

TOWER HAMLETS COMMUNITY HEALTH SERVICES

Quarterly Newsletter April 2024

Enhanced Primary Care Team | Foot Health | Contenance Service | Admission Avoidance & Discharge Service | Continuing Health Care



Welcome to the Community Health Services Newsletter. Our aim is to provide you with service updates and information that we hope will be of interest to you.

Advice & Information



Fasting:

If you are diabetic and using insulin, you must consult your doctor or diabetes specialist nurse before deciding on fasting. If you take regular medication, speak to your doctor or pharmacist about changing your regime to suit the needs of Ramadan.

Carers Centre Royal London Hospital Hub



Carers Centre Royal London Hospital Hub
Support for Carers at Royal London Hospital

For all carers aged 16+

Our Carers Hospital Support Worker can help with:

- Information, advice and advocacy
- Discharge support
- Respite care
- Benefit entitlements
- Carers Needs Assessments
- Carers Support Group

Fathama Rahman
Carers Hospital Support Worker

Mobile: 07366 977103 | Tel: 020 7790 1765
Email: fathama@ccth.org.uk

The Carers Centre
21 Brayford Square,
London, E1 0SG
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Working with London Borough of Tower Hamlets Health, Adult & Community Services

SPRING INTO SPRING 23RD OF APRIL 10-3:30PM OXFORD HOUSE - Derbyshire St

Come and join us, find out about different physical health offers available to YOU in Tower Hamlets

Workshops

Setting health goals
Healthy Habits

Kitchen Pharmacy

Stalls
DIETITIAN
THTT
Coffee Afrique
Idea Store
Yoga

MOVEMENT TO MUSIC

RESISTANCE TRAINING

Health checks and challenges

Diabetes Quality Improvement Work

Tower Hamlets Community Health Service is currently working on a Quality Improvement Project that aims to:

- Empower patients to take ownership of their health, by offering knowledge and understanding around their Diabetes care, and increase education around healthy diet to improve their diabetes.
- To help patients win the fight against the complications of Diabetes.
- There will be review of bloods & medication & encourage uptake of Diabetes annual reviews.

This is a massive step forward for enabling patients/family & carers to participate with their care.

Important Updates



Foot Health Homelessness Clinic

Foot Health Homeless Project stands tall as a champion for equality.

The introduction of self-referral is to allow people to take control of their foot health without the need for a GP visit. Recognizing the foot health challenges faced by the homeless population, this project has provided accessible healthcare solutions. By bringing the foot care to four large hostel sites across Tower Hamlets, one of them is women only and one for elderly street drinkers, they are not only addressing physical health but also breaking down barriers to healthcare access.

Clinic on all sites starts from 1:15-4 pm,

Health E1 (Tues & Thursdays PM)

Riverside (alternate Mondays PM)

Founders House (alternate Mondays PM)

Edward Gibbon House (Friday PM)

Announcements

TH CHS Working Together Group

The Tower Hamlets Working Together Group held an election in February 2024 for the positions of Chair and Vice Chair.

They have been elected for a 2 years term.

Salima Khatun, Chair

Shanaz Basit, Vice Chair



Congratulations...

**Employee of the
month for
March 2024 goes to...**

***Gulshana Begum,*
Administrator,
Admissions Avoid-
ance & Discharge
Team**

Services and contact details for help with mental health issues.

Tower Hamlets Crisis Line —24 hour Mental Health Crisis Helpline **08000730003**. Available 24 hours a day including weekends and bank holidays.

NHS 111: dial 111 . **Sane Line:** **03003047000**. (6pm-11pm everyday) www.sane.org.uk.

Samaritans: **08457909090** (24-hour everyday) www.samaritans.org

Contact Numbers by Service

Rapid Response

Open 8am-8pm
7 days



0300 033 5000 *

Continence Service

Open 9am –5pm
Mon– Friday



020 7771 5795

Continuing Health Care

Open 9am-5pm
Mon-Fri



020 7771 5680

Enhanced Primary Care Team

*(Community
Health Teams)*

Open 24 hours



0300 033 5000 *

Foot Health Service

Open 8.30am—
5.00pm
Mon– Fri



020 7771 5775

**The Single Point of Access (SPA) is the first point of contact for patients and referrers for these services*