



Best Start in Life – Parent Hub

Every child's journey is shaped by the moments that matter, from first steps and first words to the first day at school. The government's Best Start in Life campaign, delivered by the Department for Education and

the Department for Health and Social Care, aims to help break down barriers to opportunity for every family, supporting parents and children from pregnancy through to age five and beyond. We know that being a parent is filled with joyful firsts, but it can also bring natural worries and questions. That's why Best Start in Life brings together trusted information, advice, and support - making it easier and more affordable for families to access early education and childcare, health guidance, and practical help at every stage. Best Start in Life is here to help parents and carers whether they are expecting, navigating their child's early health, exploring childcare options, or preparing for school. The new website offers practical tools like a childcare checker, a breakfast clubs map, and links to local support, all designed to make the journey as a parent easier. Our focus is on the following key topics that we know are important for families and carers - the Best Start in Life website offers helpful tools to make your journey as a parent easier.



How to access support:

- Explore the Best Start in Life website for resources and information
- Sign up for Best Start in Life emails and newsletter for regular updates and guidance
- Check a breakfast clubs map to see if your child's school offers a free breakfast club
- Find out how you can save money on early education and childcare with the online childcare checker
- Follow @DfE and @DHSCgovuk on social media for news and tips

Scan here



www.beststartinlife.gov.uk/



The parent newsletter: news, updates & support

A regular newsletter with the latest updates, news and announcements about government support available for parents.

Great for staying informed.

Personalised weekly e-mails

Weekly e-mails tailored to your stage of pregnancy or your child's age, with personalised tips and activities to support your child's health and development.

Great for practical, age-appropriate support.



Stay Well this Winter

Winter conditions can worsen existing health problems, especially for people aged 65 and over, or those with heart disease, kidney disease, chronic obstructive pulmonary disease (COPD), asthma or diabetes. Being cold can also cause your blood pressure to rise, potentially increasing the risk of strokes and heart attacks. But, there are lots of things you can do to stay well this winter.

Stay strong with winter vaccines - Free NHS vaccines are the best way to protect yourself and your family this winter. They help keep you healthy and reduce your chances of becoming seriously ill or needing hospital care.

Preventing respiratory infections - Flu and respiratory tract infections are often spread through coughs and sneezes. To reduce the risk of spreading infections:

- cover your mouth with a tissue when you cough or sneeze (if you do not have a tissue, cough or sneeze into the bend of your elbow, not into your hand)
- wash your hands regularly
- throw away used tissues immediately

Keep warm - Keeping warm during winter can help prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression. Age UK and UK Health Security Agency suggest heating your home to a temperature that is comfortable for you. This should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. You can reduce draughts by fitting draught excluders around doors or using an old towel to cover gaps. Keep your bedroom windows closed at night and wear several layers of thin clothing, which will keep you warmer than one thick layer. Make sure you're eating enough and having hot drinks.

Keep active - Regular exercise can improve your physical and mental health, reduce your risk of falling, and help with recovery if you do get ill. Try to reduce the time you spend sitting during the day. There are many activities you can do at home to keep active. For tips and ideas, visit www.nhs.uk/KeepActive or www.ageuk.org.uk/active.

Prescriptions - Make sure you get your prescription medicines before your pharmacy or GP practice closes for the holidays. You can order your repeat prescriptions via the NHS App. The NHS App is available on the App Store and on Google Play. For more information visit www.nhs.uk/NHSAApp. You can also order repeat prescriptions by contacting your pharmacy. Ask a friend, relative or volunteer to collect medicines for you if needed. Many local pharmacies now deliver.

Looking out for others - Remember older neighbours, friends and family members may need extra help during winter. Keep in touch with them, especially if they live alone. Age UK offers several services to help you stay connected and supported. The Silver Line Helpline is a free, confidential telephone service for people aged 55 and over. Whether you're feeling lonely, need help accessing support, or just want a chat, you can call 0800 470 80 90 to speak to a friendly team member 24 hours a day, 365 days a year. Many local Age UK offices run befriending schemes that involve friendly phone chats or volunteers visiting you at home or accompanying you to appointments. Age UK also runs a telephone friendship service that matches you with a volunteer with similar interests for a free weekly chat. You can call 0800 434 6105 to find out more. Local Age UK offices offer various clubs and activities that provide opportunities to meet new people in your area. You can also volunteer with Age UK, which is a great way to make a difference, meet new people and feel more engaged in your local community.





NELFT Mental Health Direct

Tel: 0800 995 1000

Talking Therapies in Redbridge

0300 300 1554 - option 1

Minor eye conditions

Care Optics, 14 The Broadway, Woodford Green 020 3551 6075

Eye Clinic, 449 Woodford High Rd,

Woodford Green 0203 951 7192

Ellis Bass Optometrists, 25 High St. Barkingside 020 8550 9288

Missing and or un-booked Barts Hospital appointments

0345 602 9906 and quote your NHS number.

Need to find your NHS number?

<https://www.nhs.uk/nhs-services/online-services/find-nhs-number>

Need to chase a referral?

MRI or USS ring Healthshare Diagnostics on 0330 1273229

ENT ring TNW Communitas 0208 683 6734

24 ECG, ECG, 24 BP ring OMNES Healthcare 0203 189 4604

Dermatology ring DMC 0207 635 1012

Family Planning & Sexual Health Services:

Barking Hospital

Upney Lane, Barking IG11 9LX

020 8970 5724

All East Sexual Health Clinic Stratford

40 Liberty Bridge Rd, E20 1AS

0208 496 7237

Eligible for a Covid 19 Vaccination?

Contact the following local pharmacies

- Osbons
- Churchfields
- Pyramid
- Britannia
- Day Lewis
- Wanstead

Submit an e-consult using the NHS APP

Services>Contact your GP surgery for a document or update

Services>Contact your GP surgery about a health problem

Submit an e-consult using our website

www.theshrubberiesmedicalcentre.co.uk/appointments



We have an active Patient Participation Group which meets regularly to discuss what has been happening in the practice. We want to understand how we can improve our service to you and how you feel about our surgery, staff and quality of care.

Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is extremely valuable.

We need people of all ages and backgrounds to join the team so that we can truly represent the diversity of our patients.

Interested?

Please contact **Michelle Greene 07941 077350**

Did not attend Appointment

In June & July, we booked **7244** appointments.

277 patients did not attend (DNA)

If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.

To cancel your appointment:

- phone us AT ANY TIME on 0208 530 4108 and select Option 1
- use your NHS account (through the NHS website or NHS App)



Our very best wishes for this festive season and a happy, healthy New Year.

The surgery opening and closing times over the festive period are as follows:

Monday 22 Dec	08.00 – 18.30
Tuesday 23 Dec	08.00 – 18.30
Wednesday 24 Dec	08.00 – 18.30
Thursday 25 Dec	Closed
Friday 26 Dec	Closed
Saturday 27 Dec	Closed
Sunday 28 Dec	Closed
Monday 29 Dec	08.00 – 18.30
Tuesday 30 Dec	08.00 – 18.30
Wednesday 31 Dec	08.00 – 18.30
Thursday 1 Jan	Closed
Friday 2 Jan	Normal opening hours

When we are closed you can get help by dialling 111

