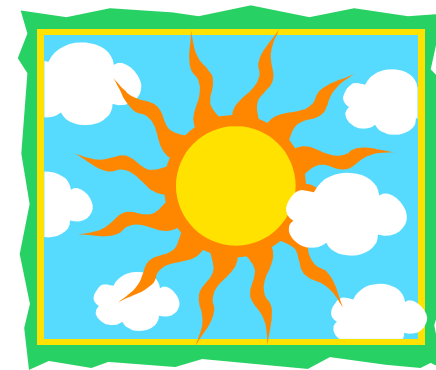




Robin Redmond Resource Centre
440 Seven Sisters Road
Woodberry Down Estate
N4 2RD

Phone: 020 8809 6745
Fax: 020 8809 3462
Email: barbara_nwagbara@hotmail.com
tamar_sutton@yahoo.co.uk

*SERVICES AVAILABLE IN HACKNEY FOR WOODBERRY
DOWN RESIDENTS*



Produced by: Barbara Nwagbara and Tamar Sutton
Health Development and Regeneration Workers

JUNE 2002

- **Health information and advice**
- **Advocacy**
- **Young people's services**
- **and much much more**



City and Hackney Primary Care Trust, in conjunction with Renaisi through the SRB6 fund, is pleased to provide you with a directory of health services that are available in your local area.

As you are aware, many changes are taking place in the area. As a result of those changes, two health development workers have been employed specifically to look after your health needs.

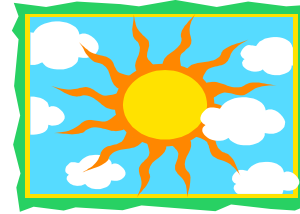
Barbara Nwagbara and Tamar Sutton have been employed by City and Hackney Primary Care Trust to look at ways of improving health for the residents of both Woodberry Down and Stamford Hill.

They have been in post for just under a year and have managed to meet quite a few of you already. They hope to take forward your ideas and improve services.

This directory is the start of many changes to health for the local community and we would welcome any comments that you would like to make.

You will be informed of health events throughout the year. Look out for our forthcoming events.

We also have a health information centre based at the Robin Redmond Resource Centre and would be pleased to see you on Wednesdays between 1.00-3.00pm or you can telephone for an appointment.

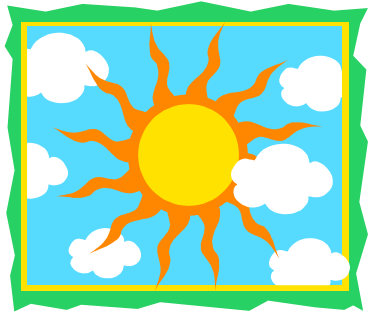


If you are a community or voluntary sector organisation working or prepared to work within the SRB6 community then Barbara and Tamar can help you do the following:

- Become aware of funding available for health projects
- Develop your organisation
- Link you to other health providers in the area
- Provide you with health information
- Provide some training and advice around health awareness.
- Signpost you to suitable organisations or facilities within the area.

Telephone Barbara or Tamar on:

020 8809 6745



Health Information and Access Centre

Robin Redmond Resource Centre
440 Seven Sisters Road
Woodberry Down Estate
N4 2RD
020 8809 6745

- Leaflets and books on a wide range of health issues, including asthma, cancer, immunisation, drugs, healthy eating, stopping smoking, heart disease, stroke, stress, depression and anxiety.
- Internet access to search for health Information and Advice

Call Barbara or Tamar on 020 8809 6745

Open Wednesdays 10.00am to 1.00pm or telephone for an appointment

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GP Surgeries



Name

Dr Michael Bench	Barton House Health Centre 233 Albion Road N16 9JT 020 7249 5516
Dr Patricia Bohn	
Dr Gabriela Clouter	
Dr Chris Derrett	
Dr Michael Fitzpatrick	
Dr Janet Williams	

Dr Laurence Blumberg	Stamford Hill Group Practice 2 Egerton Road N16 6UA 020 8800 1000
Dr Linda Cross	
Dr Charlotte Foster	
Dr Clifton Marks	
Dr Harriet Mitchell	

Dr Virbala Patel	John Scott Health Centre Green Lanes N4 2NU 020 7690 1193
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Dr Fiona Sanders	The Heron Practice, John Scott Health Centre Green Lanes N4 2NU 020 7690 1172/4
Dr Sian Harris	
Dr M Krishnamurthy	
Dr Laura Lyttelton	

Parkside Mother and Toddlers Group

The group meets every Tuesday and Thursday and has sessions that support the development of children.

For Further Information please contact **Jackie Vbrahimis on 020 8800 6814**



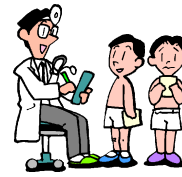
Sahil Housing

Sahil are currently conducting a feasibility survey for the needs of the Somali Community in Woodberry Down area.

Part of the study will incorporate health needs.

Anyone who is interested should contact

Mohammed Abdullahi: on 020 7249 7227



Dr Richard Carver
Dr Shiranee Jeganathan
Dr Deborah Shier
Dr Paula Stanley

The Cedar Practice
John Scott Health Centre
Green Lanes
N4 2NU
020 7690 1151

Dr Rhiannon England
Dr Clare Goodhart
Dr Johnathan Graffy
Dr Declan Phelan
Dr Nicola Singer

Statham Grove Surgery
Statham Grove
N16 9DP
020 7254 4327

Dr N Gadhvi
Dr M Gadhvi
Dr A Pathan

Fountayne Road Health Centre
1A Fountayne Road
N16 7EA
020 8806 8514

Dr S Kiernan

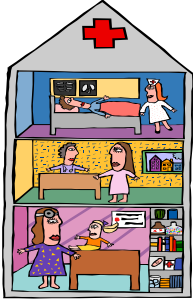
Fountayne Road Health
020 8806 9197

Dr Syed Shariff

Fountayne Road
Health Centre
020 8806 0523

Dr Spitzer
Dr Levy

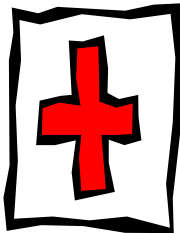
The Surgery
62 Cranwich Road
N16
020 8802 2002



About Hospitals

If you are unwell and your doctor feels you need further investigation or treatment you will probably be referred to a local hospital.

If you have an accident or emergency you can go to the accident and emergency unit at your local hospital. However this service should not be used as an out of hours GP service. Don't forget you can call NHS direct or go to your local walk in centre.



Homerton University Hospital NHS Trust

Homerton Row
London
E9 6RT
Tel 020 8510 5555
Fax 020 8510 7608

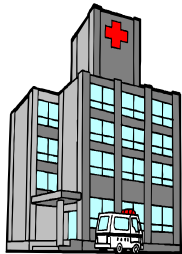
**Accident and Emergency Service Available
24hours**



Barts & The London NHS Trust

Royal London Hospital
Whitechapel
London E1 1BB

Tel 020 7377 7000
Fax 0207377 7413



The Whittington Hospital NHS Trust
Highgate Hill
London N19 5NF

**Tel 020 7272 3070
Fax 020 7288 5550**

**Accident and Emergency Service Available
24 hours**

Inclusive Play Project.

After school support for children with special needs at Woodberry Down Community School.

**For further Information please contact
Jackie Hopfinger On 020 8356 7330**



Well Family Association

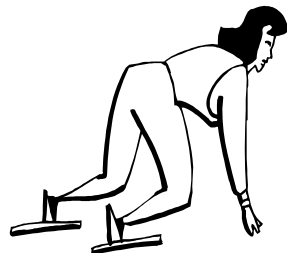
Counselling support for families and children. :

- Welfare Advice
- Relationship Problems
- Debt problems
- Violence at home
- Decision making

Contact Sue Heap for further support on 020 8802 6794

Also available:
Yoga for Turkish speaking clients.

Contact: **Gulden on 020 8802 6794**



St Leonard's Family Dental Practice

1st Floor B Block,
St Leonard's, Nuttall Street
London N1 5LZ
Tel 020 7301 3367/8



John Scott Family Dental Practice

Green Lanes
N4 2NU
Tel 020 8210 3736



Somerford Grove Family Dental Practice

Somerford Grove
Health Centre
London N16 6UA
Tel 020 8210 3736



Lower Clapton Health Service—Dental Service

36 Lower Clapton Road
London E5 OPD
Tel 020 8919 5037



Community and Salaried
Dental Service
3rd Floor B Block
St Leonard's
Nuttall Street
N1 5LZ
Tel 020 7301 3519

For people with special needs:

- anxiety, homeless, HIV,
dental care at home,
- difficulty in obtaining
dental care.



**Fountayne Road Health
Centre-Dental Service**
1A Fountayne Road
London
N16 7EA
Tel: 020 8806 4539

RAD

Advice and Guidance Support for deaf and hearing people.

The project worker Katrina can be contacted on 020 7627 1716



Also volunteers are needed for administration and advice work. Sign language skills would be an advantage but training will be given.

City and Hackney Alcohol Service

To provide support for those with drug or alcohol concerns. This project is funded for the next year and will provide counselling, acupuncture and homeopathy.

The project worker Andy can be contacted on: 020 8525 1313



A.R. Hashem
83 Stoke Newington
High Street
020 7254 7542

Bakshi & Raza
77 Upper Clapton
Road
020 8806 0106

S.K. Sehgal
84 Lower
Clapton Road
020 8985 2490

B Davidoff
103 Stamford Hill
020 8800 0674

**C.R.Shah & Associates,
Dental Surgeons.**
307 Seven Sisters Road
N4 1QR
020 8800 2244

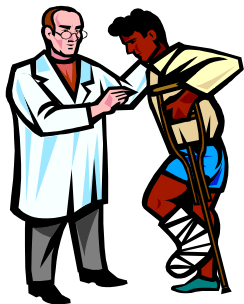
B Bose
78 Stoke Newington Road
020 7254 2279

At all NHS walk-in centres you can receive healthcare information, advice and treatment without an appointment for:

- Coughs, colds and flu-like symptoms
- Information on staying health/local services
- Minor cuts and wounds—care, dressings
- Skin complaints-rashes, sunburn, head lice, nappy rash.
- Muscle and joint injuries, strains and sprains
- Stomach ache, indigestion, constipation, vomiting and diarrhoea
- Women's health problems, e.g. thrush, menstrual advice.
- Hay fever, bites and stings



Soho NHS Walk-in Centre
Soho Centre for Health and Care
1 Frith Street (off Soho Square)
London W1D 3QS
Tel: 020 7534 6500
Fax 020 7534 6550
Opening Hours Monday to Friday
7.30am –9.00pm Saturday and
Sunday 10am-8.00pm



Whitechapel NHS Walk-in Centre
(Next to the Royal London Hospital
A&E dept) 174 Whitechapel Road-
London E1 1BZ
Tel 020 7943 1333
Opening Hours Monday to Friday
7.00am –10.00pm Saturday Sunday
& Bank Holidays 9am—10m



If you need language support you can ask the receptionist once you make an appointment if they have an interpreter, or you may be able to take along someone who can interpret for you. Please ask at the surgery if you require language support.

What if I can't find a doctor?

As we already said you are entitled to a doctor but sometimes the doctor may have a waiting list and may not be able to accept you at their surgery. You must then get in touch with the Local Health Authority who will find you a doctor straight away. You can contact the health authority at:

East London & City Health Authority
Find A Doctor Service
Aneurin Bevan House
81 Commercial Road
London
E1 1RD
Tel: 020 7655 6688

Special feature on finding and registering with a doctor

Doctors, also known as GPs are the first point of call for receiving healthcare in the United Kingdom. Your doctor or GP can give you immediate medication and can also refer you for other services at hospitals.

It is important that you consult your doctor as soon as you begin to feel unwell. If you leave the illness without treatment further complications may set in.

Finding a Doctor

Everyone in the United Kingdom has the right to see a doctor . You can choose which doctor you want to see and can request to be put on the doctor's list.

A doctor can refuse to have you on the list but if you need immediate treatment then the doctor must see you and treat you for the next fourteen days of the condition.

All GPs surgeries will inform you of their opening times, how the surgery operates and what services you can expect and will also advise you what you do when the surgery is closed.



North Middlesex NHS Walk-in Centre

The North Middlesex Hospital
NHS Trust, Stirling Way,
Edmonton, London
N18 1QX
Tel 020 8887 2680
Fax 020 8887 2720
Next to the new Accident and
Emergency department

Open Monday—Friday
7.00-10pm
Saturday and Sunday
9am—10pm



Newham NHS Walk-in Centre
Glen Road London E13 8SH
Next to A&E Department
Tel 020 7363 9200
Fax 020 7363 9210

Open Monday to Sunday 7am-10pm
Saturday Sunday & Bank Holidays
9.00 am –10.00 pm

NHS Direct



NHS Direct is a new 24-hour telephone helpline. The helpline is led by qualified and experienced nurses who can help reassure you and give you telephone advice and health advice. Anyone can ring NHS Direct, at any time, for health advice.

If you feel there is something wrong with you or someone you are calling about, a NHS DIRECT nurse will be able to help you.

- They can tell you whether the symptoms can be managed safely at home and advise you to the right treatment and service.
- The nurse will advise you whether you need to contact your family doctor or go to your local hospitals emergency (casualty) department. In an emergency the nurse can also transfer you directly to the 999 service

0845 46 47

WWW.NHSDIRECT.COM



Community Resource Team
 Sir Robert Geffery Centre
 153 Church Walk
 London N16 8QQ
 Telephone 020 7275 7092

This service provides information to older people on the following:

- Information and access to services within your area
- Newsletter
- Befriending
- Volunteering

St Olave's Over 50's Club

This club meets every week for activities to interest the over fifties.



For more information call in at ST Olave's and speak to Joan

Sharp End

Newlon House
204 Hoxton Street
London N1 5LH
Tel: 020 7739 7887

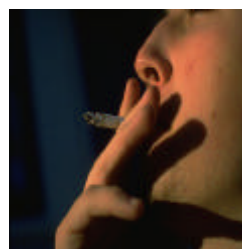
Facilities for older people, including exercise, massage, reflexology, circle dancing, relax for health, meditation and relaxation, Healthy Living with High Blood Pressure, Arthritis Support Group.

Foot Health/Podiatric Foot Surgery.

St Leonard's Nuttall Street
London N1 5LZ

For chiropody service send for an application to the above address or telephone 020 7301 3347

Giving up smoking on your own can be quite difficult; however there are advisors in your area who can support you.



Freephone: East London smoking Cessation on **020 7377 7047** for nearest appropriate service.

- **Margarita Beltran** Practice Nurse, The Health Centre 1A Fountayne road N16 7EA
020 8806 9197/33
- **Sandra Bulley** Health Promotion Nurse Stamford Hill Group Practice,
2 Egerton Road N16 6UA
020 8800 1000
- **Marika Kassira** Pharmacist Boots the Chemist Ltd 222-224 Stamford Hill N16 6TT
020 8800 2874
- **Meg Macdonald** Practice Nurse Lower Clapton Health Centre, 36 Lower Clapton Road, E5 OPD
020 8986 7111



- **Orhan Dil**
Health Advocate
Turkish Kurdish Health Advocacy
The Lawson Practice
St Leonard's Hospital, Nuttall Street N1 5LZ
020 7613 5944
- **Yvonne Sinclair & Claudette Reid**
Practice Nurses,
Healy Medical Centre,
200 Upper Clapton Road
E5 9DH
020 8806 1550
- **Ann Daly**
Nurse Practitioner,
Barton House Group Practice
233 Albion Road N16 9JT
020 7249 5511
- **Caroline Jackson**
Practice Nurse
Heron Practice,
John Scott Health Centre,
N4 2NU
020 7690 1172

The Nile Centre

105—109 Foulden Road
London N16 7UH
020 7241 3003

Supporting African Caribbean people in mental health crisis

24 hour supported accommodation

Counselling and therapy Service users and carers

St John at Hackney Community Space Centre.

**Lower Clapton Road
Hackney
London
E5 OPD
Tel: 020 8985 6707**

Day centre for homeless people and people at risk of homelessness

Drop in for free meals, showers, clothes

Advise on debt and substance misuse. Help in registering with a GP,

Promotes health awareness and provides mental health support

**City & Hackney Mind
Advice & Information Project**

8-10 Tudor Road Hackney E9 7SN
020 8525 2302

Offers advice and information to users of mental health services and to their personal and professional carers in the City and Hackney area.

The service covers all mental health issues including national and local resources, self –help groups and support organisations, counselling, therapy, medication and hospital treatment.

Specialised welfare rights advice which can help with Incapacity Benefit, Income Support and Disability Living Allowance claims and appeals.

Client Group: People with mental health difficulties.

Open Monday—Friday 9.am to 5.00pm



- **Howard Shaw**
Pharmacist
185 Lower Clapton Road
E5 8SQ
020 8985 2795
- **Carmel Coneely**
Practice Nurse Heron Practice
John Scott Health Centre
Green Lanes
N4 2NU
020 7690 1172
- **Monica Belgrave**
Practice Nurse The Health Centre
1A Fountayne Road, N16 7EA
020 8806 8514
- **Mutiur Rahman**
Oral Health Promotion Advisor
St Leonard's
B Block,
Nuttall Street
N1 5LZ
020 7301 3142



Off Centre: offers support that can make a difference to young people:

Off Centre offers support and counselling to young people in Hackney. If you are aged between 13-25, and live, work or study in Hackney, we offer free and confidential service to young people like you.

- One to One counselling—one hour at a time for up towards 12 sessions short term or up to two years long term.
- Crisis counselling to help you find solutions to immediate problems.
- Support and therapy groups to share your problems with others who have had similar experiences.
- Creative therapy –to use art and drama space to express feelings, if words are difficult for you.

**For further information telephone:
020 8986 4016**

City and Hackney Mind,
Homerton Mental Health Advocacy Project
1st Floor, East Wing
Homerton Hospital Homerton Row
E9 6SN
Tel 020 8510 8092

Offers support to empower and give a voice to the users of the mental health services, particularly inpatients and outpatients of Homerton Hospital.

Helping patients pursue their rights and have more control over their treatments and welfare.

Offers support with issues including ward rounds, as well as mental health and medical assessments.

Welfare benefits and housing rights

Complaints under the Mental Health Act 1983

Client group:

People with mental health difficulties

Open Monday to Friday 9.00am—5.00pm

City and Hackney Advocacy Services,
Basement "B" Block St Leonard's Nuttall Street
N1 5LZ
020 7301 3024
Acute Services (Homerton) 020 8510 7179

Deaf Advocacy Project aims to enable deaf people to exercise choice and control over their lives.

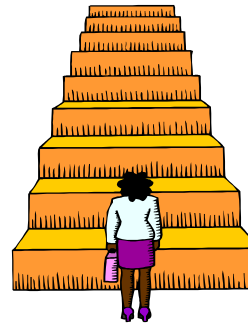
Advocacy for people with physical disabilities

Client group: People whose first language is not English

Opening Times Monday—Friday 9.00—5.00pm

Wheelchair Service St Leonard's
Tel: 020 7613 3250

For the maintenance of wheelchairs and specialist seating to people with long-term mobility impairment to help them gain maximum mobility and to promote greater independence. Anyone can refer but must be supported by GP.



Young People in Care

Young people in care should have a choice about the direction of their lives. This is sometimes difficult. It is also difficult leaving care.

For further information about being in or leaving care Tel: **The Who Cares Linkline** on: **0500 564570** on **Mondays, Wednesdays and Thursdays, 3.30—6.00pm** or write to Kemp House 152-160 City Road, London, EC1V 2NP





Parkside Youth Club

For leisure facilities and further information:
telephone: 020 8800 6814

Youth Inclusion Project

Woodberry Grove, Woodberry Down Estate:

For 13-17 year olds

- IT support
- Youth activities
- Adventure programmes and education
- Arts and craft

Telephone for further information
020 8985 1755
020 8809 7478

Support for young people who are pregnant or who are parents can contact the:

Young Mum's groups

Hackney Grove	020 8356 3041
Parkholme Road	020 7254 6251
Rectory Road	020 7254 6251

Autism London

1 Floral Place, London, N1 2FS
Help line number 020 7359 6070

Offering support, advice and information to those affected by autism
Outreach and Advocacy
Fact Sheets
Art and Leisure activities
Day-Trips for those affected and their families.

Open Monday—Friday 9.00am –5.00pm Help
Line 2.00pm—5.00pm

Choice in Hackney, St Leonard's 2nd
Floor D Block, Nuttall Street, N15 5LZ ,
Tel 020 7613 3206

One to One advocacy services for disabled residents aged 16 plus

Enabling the individual to make choices about their lives.

Family Welfare Association (FWA)

For support with relationship problems, or just starting out as a family:

Support is available for the following:

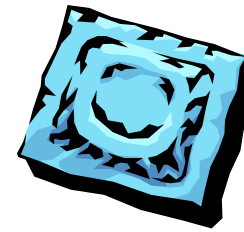
- Feeling isolated
- Child health concerns
- Lost touch with family and friends
- Behaviour problems
- Relationship difficulties
- Benefits, housing, health and education advice.

For further information telephone on Mon, Tues, Thurs or Fri on 020 7254 6251 and ask for Hackney Young Families.



Parkside Parent & Toddler Group

Runs every Tuesday and Thursday, call Jackie Vhramis on 020 8800 6814 for further Information



CHYPS Project

Based at John Scott Health Centre, Green Lanes, N4

020 8919 5040 Thursday, 4-6pm or at

Lower Clapton Health Centre,

**Monday 4.30-6.40 Wednesdays 5.30-7.00pm
Saturday 2.00 -4.00pm**

CHYPS will provide advice and support on:

- Contraceptives
- pregnancy testing
- Terminations/abortions
- smear tests
- sexual health
- advice and counselling
- HIV testing
- Hepatitis B vaccination

Park Chemist

286 Seven Sisters Road, N4 2AA

020 8800 0786

Monday—Friday 9-7 Saturday 9-6**Rentons**

5 Marlborough Parade, 280 Green Lanes N4 2NH

020 8800 8801

Monday—Friday 9-7 Saturday 9-6**Boots the Chemist**

Craven House Corner

222 Stamford Hill N16 6TT

020 8800 2874

Monday –Friday 9-6 Sat 9-5.30**Sunday 10—2pm****Land Chemist,**

272 Stamford Hill, N16 6TU

020 8800 2931

Monday—Friday 9-6 Sunday 10 –1**Monday –Thursday 9-6.30****Friday 9-5 Sunday 9.30—1****Dunsmure Pharmacy**

90 Dunsmure Road, N16 5JY,

020 8802 7007

Well Women Clinic: for screening, breast health, menopause, weight and urine tests, reproductive health, emotional health, looking after yourself.
Tel: 020 7301 3327 for an appointment

Open Doors Project

Outreach project for women working in the commercial sex industry. For more information contact the Open Door's mobile on 07050 328128

Family Planning

For all your family planning needs contact John Scott on 020 8210 3700



Black Women's Health and family support

1st Floor 82 Russia Lane London E2 9LU
Tel: 020 8980 3503

Monday—Friday 9.30—12.30

Identify the needs of ethnic minority women especially those affected by female circumcision

Organise workshops for professionals on the issues of female circumcision

Provide information on the existing health services and improve existing links between the voluntary and statutory sectors

Accompanying women/clients to hospitals, GPs and dentists to provide advocacy and interpretation during consultation.

Languages:

English, Somali, Swahili

Client Group, black women and others who

ABC Pharmacy

170 /172 Stamford Hill, N16 6QX
020 8800 6166

Monday –Friday 9—9

Saturday 5-9 Sunday 10-2

Safedale

162 Green Lanes, N16 9DL
020 7254 0505

Monday—Wed 9-7 Thursday 9-1, Friday 9-7

Saturday 9-5.30

Safeways

47/49 Stamford Hill, N16 5SR
020 8800 2872

Monday—Wednesday 9-8 Thursday 9-9 Saturday 8-9

Sunday 10-4

ABC Pharmacy

77 Stoke Newington High Road N16 8AD,
020 7241 0486

Monday—Friday,

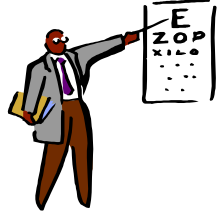
9—7 Sat 9-6, Sun 10-1

Safedale

2-3 Kingsway Parade, Albion Road,
N16 OTA

Tel 020 7254 4990 **Mon-Tues 9-7 Thurs- Fri 9-7 Weds**

9—7 Sat 9-1



If you have problems with your eyes you should visit an optician, who will check your eyesight

- Tests for Children under 16 are free
- Under 19's still in education are free.
- Over 60's are free
- Glaucoma patients are free
- Free eye test if unemployed
- Subsidies to cover parts of the cost are available to those who are on benefits

Gary Swerner Opticians,
284 Green Lanes, N4 2HE
020 8802 7513

A Austin
103 Stamford Hill, N16 5TR
020 8211 7228

Eyewear
115 Stoke Newington High O N16
020 7249 8647

S. Davies
94 Stoke Newington Church Street
N16 OAP,
020 7254 8181

Eyesight
3A Regents Court
Armhurst Park
N16 4QD
020 8880 1075

G.Witt,
North London Eye care Centre Ltd
163 Stoke Newington Road, N16 8BP
0207 254 4299

Asian Women's Advisory Service

161 Mare Street, E8 3RH, Telephone, 020 8986 4804

What We Do:

- Counselling, advocacy, interpretation
- Information & advice
- Volunteer Opportunities
- Preventing Crisis
- Training women as counsellors
- Promoting mental health and cultural awareness.

Languages:

English, Bengali, Gujarati, Hindi, Punjabi, Sylheti, Urdu

Client Group: Asian women and children

**Opening times 10.00am –3.00pm
Monday to Thursday**