

Title Calling Name Surname
Home Full Address (stacked)



Woodgrange Medical Practice

University of London
Linked Practice

Our Ref: WMP/ /EMIS Number
Long date letter merged

Address
40 Woodgrange Road
London
E7 0QH

Contact
Enquiries: 020 8221 3128
Tel No: 020 8221 3100
Fax No: 020 8221 3129

Website
www.wmp-gp.co.uk

General Manager
Darshan Kaur

Dear Patient,

We understand that the Woodgrange Medical Practice doctors have discussed your attendance and have written to you regarding the high frequency of your attendance. As a result of increasing demand for appointments the practice is now at breaking point. Access to medical services has changed dramatically in the past decade especially now since GP's are required to provide care for the long term conditions, reduce hospital admissions and accident and emergency demands as well as providing routine appointments.

We the Patient Participation Group (PPG) members recognise the pressures put upon the practice and support their programme to help you reduce your dependency at the practice. These pressures are being felt by GP practices all over the country.

In order to help you make the correct choice of what other services are available to you we have devised a list of various facilities to promote health and well-being. It is increasingly recognised that by you doing this it will lead you to have a healthier lifestyle, physical and mental well-being and thus reduce your frequency of attendance. These include:-

1. Minor Ailment Scheme (MAS) – leaflet provided
2. www.patient.co.uk – a very good health website
3. Talking therapies – Tel: 0208 475 8080 – leaflet already provided to you by practice.
 - www.newham-therapies.eastlondon.nhs.uk
4. www.woodgrangemedicalpractice.co.uk – health conditions A – Z
5. Pharmacist – for general medical advice
6. Self-Health care Books from the Library – example: Pain Free as a Revolutionary Method for stopping Chronic Pain – Author: Pete Egoscue

Doctors
Dr Yusuf Patel
Dr Sanjay Parmar
Dr Muhammad Naqvi
Dr Ambar Ghaznavi
Dr Jagdeep Bhachu
Dr Shoaib Patel
Dr Christine Linvell
Dr Seun Audu
Dr Deepika Gangahar
Dr Dr Rizwan Khan
Dr Imrana Siddiqui

Registrar
Dr Jigna Patel

Nurse Practitioner
Sabine Lenny



7. Local Council Services for health and well-being.

Please go to www.activenewham.org.uk or call Tel: 0844 414 2728 – for information on the following:

- Newham Leisure Centre – for various facilities and activities
- walk your way to better health
- Yoga
- Swimming
- Group Exercises
- Gym
- Disability programme for disabled people
- Some services are free and some have subsidised fees which are very reasonable.

The Practice will keep this under review; if the situation does not improve than this will be deemed a breakdown of the practice-patient relationship. The Practice will have no choice but to ask you to register elsewhere.

Finally we would like to thank you for you co-operation in this matter.

Yours Faithfully

Premduth Rekhaye
PPG Chair Person

Caroline Brown
PPG Secretary