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Green Space

--- Autumn 2025 ---

Welcome to the Autumn Edition of LFMC's Community Newsletter

Welcome to the spring edition of the Green Space quarterly newsletter! Here are some updates and news about the practice.

Movember Men's Health Check event - 27th November 2025...

Mind in the City, Hackney and Waltham Forest are hosting a "Movember" Men's Health Check event in nearby Homerton at the HUB, 15a Homerton Row, E9 6ED from 2 to 4pm on Thursday 27th November 2025.

This event aims to raise awareness for men's health. Specifically prostate cancer, testicular cancer, mental health, and suicide prevention.

The event is in-person and also online.




Get the ' Covid and Flu Vaccination – Stay Safe from Seasonal Influenza

Flu is a serious illness and experts are worried there could be a lot of it around this winter. From the autumn GP practices will be offering protection from flu by vaccination to their most vulnerable patients, starting with those who are older or immune-compromised.

Richmond Road Medical Centre is a registered Covid Vaccination Centre. We offer Walk-in Appointments every Saturday from 9am to 1pm for all patients eligible for the vaccination. No appointments necessary.

If you are contacted by your practice, don't delay, get booked in. The flu vaccine does NOT give you the flu – it can make you feel a bit ill but it is far better than getting full-blown flu!

Mentored Home Cooking Programme – Cook, Connect & Save!

Want to cook delicious meals at home for less than £1 per portion? Bags of Taste's Mentored Home Cooking Programme is here to help you do just that – and so much more!

Whether you're new to cooking or just want to sharpen your skills, this free programme offers step-by-step support via WhatsApp or phone. You'll learn to make tasty, healthy meals at your own pace, with guidance, videos, and tips from our friendly mentors.

Email: hackney@bagssoftaste.org



**FREE
FUN
EASY
lessons**

*** Are you a Carer or being cared for?

If you are a carer or are being cared for, please inform one of our receptionists. We will update your records and ensure that the appropriate support and provisions are put in place for you.

Patient Participation Group (PPG):

Will you like to have a say in how the practice is run? Why not join our patient participation group, you can help shape and design service delivery. Please contact LFMC for further information.

