PCN 1W
NHS BARNET

February

PATIENT NEWSLETTER

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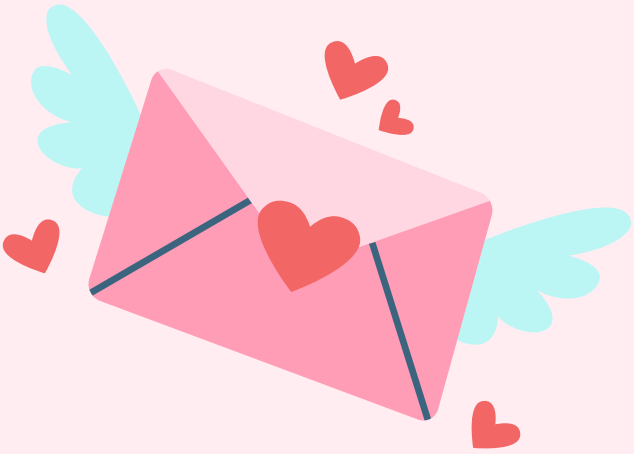
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HEALTH & WELLBEING CORNER

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DIGITAL SUPPORT

WELLBEING FIRST





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WELLBEING FIRST

Making lifestyle changes is not always easy. That is why we have launched Wellbeing First – our free, exclusive, and accessible web platform that helps guide and support your health and wellbeing journey.

The platform gives you access to:

- Direct contact with a Health & Wellbeing Coach
- Educational tools and resources
- Courses
- Goal setting
- And more



bitly

Please scan the QR code to register, or let reception know that you are interested.

THE BENEFITS OF THE NHS APP

Your Health At Your Fingertips

The NHS App is a powerful tool that puts you in control of your health, making it easier than ever to access essential services and manage your well-being from the comfort of your own home. With just a few taps on your phone, you can access a wide range of NHS services, all designed to support your health journey.

Here are some key benefits of using the NHS App:

1. Book and Manage Appointments
2. You can book, view, or cancel appointments with your GP practice directly through the app. This makes it quick and easy to stay on top of your healthcare needs.
3. Order Repeat Prescriptions
4. No need to call or visit your practice for repeat prescriptions. Simply request them via the app and have them sent directly to your chosen pharmacy.
5. Access Your Health Records
6. The app allows you to view important details about your health, including test results, medications, and immunizations, giving you a better understanding of your medical history.
7. Track Your Health and Wellbeing
8. You can monitor your physical activity, record your mood, or track your health measurements to stay on top of your fitness and mental well-being.
9. Find NHS Services Near You
10. Whether you need urgent care, a local pharmacy, or other services, the app helps you find the nearest NHS resources, making it easier to access the care you need when you need it.

New Support from Your Local Practice

In PCN 1W, we're excited to announce that each practice will now have two dedicated ambassadors for the NHS App. These ambassadors are here to support you with the onboarding process, answer any questions you may have, and help you make the most of the app's features. If you're new to the NHS App or need a little guidance, simply reach out to one of our ambassadors during your next visit or contact the practice directly.

We're here to help you make the most of this fantastic tool so you can take charge of your health more easily!

TACKLING DAMP AND MOULD

A new project to support your health and home

BARNET'S DAMP AND MOULD PROJECT

Barnet Council is launching an exciting new project aimed at tackling the growing problem of damp and mould in homes across the borough. Damp issues, which can cause visible mould, leaks, and material damage, are not just a building problem—they can also seriously impact your health, especially if left untreated.

What Is Damp and Mould?

Damp refers to areas of excess moisture in your home that cause problems such as mould growth, leaks, or degradation of building materials. Over time, these issues can worsen and may lead to serious health concerns. The longer damp and mould are left untreated, the greater the health risks. These include respiratory issues, particularly for people with asthma, allergies, or other lung conditions.

How Damp and Mould Affect Health

According to recent surveys, 18% of people in the UK live in homes with cold, damp conditions, and 4% of homes have severe damp and mould problems. Unfortunately, this not only makes the home an unpleasant place to live but can also lead to respiratory illnesses such as asthma, chronic coughing, and breathing difficulties. If you already have respiratory issues, living in a damp environment can make these symptoms worse, or even cause new health problems to develop.

Barnet's Pilot Programme: Support for Residents with Respiratory Issues

To address this growing concern, Barnet Council's Housing Regulatory Service and Public Health teams have teamed up to launch a new pilot project. This project will support residents who are struggling with respiratory health issues that may be caused or worsened by damp and mould in the home. The aim is to identify these problems early and take action before they cause further harm to your health.

TACKLING DAMP AND MOULD

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BARNET'S DAMP AND MOULD PROJECT

Here's how the project works:

- **Referral Process:** If you are living in Colindale North, Colindale South, or Burnt Oak and are experiencing respiratory issues, speak to your GP or another medical professional. If your doctor believes damp and mould may be contributing to your condition, they can refer you to the project by emailing healthy homes.

- **Getting Help:** Once referred, you will receive a Hygrometer, a device that measures humidity levels in your home. This will help assess if excess moisture is present.

- **Inspection and Action:** If damp and mould are identified, our team will inspect your property and work with your landlord to resolve the issue. In some cases, if necessary, legal action may be taken against the landlord to ensure the problem is fixed.

Not in the Pilot Area? There's Still Help!

If you live outside Colindale North, Colindale South, or Burnt Oak, or if you are not eligible for the pilot programme, you can still receive help from Barnet Council for any damp and mould issues in your home. Simply visit our self-referral portal to get advice and support on dealing with these issues: Barnet Private Housing Support Portal.

Why Is This Important?

By addressing damp and mould early, we can help reduce health risks and improve the quality of life for people living in affected homes. If you're struggling with respiratory issues, or if you suspect damp and mould could be the cause, please don't wait—get in touch with your GP and find out if you're eligible for this vital project. Your health is important, and Barnet Council is here to help.

SOPHIE ABERGILL
PCN 1W
HEALTH AND WELLBEING COACH

FEBRUARY
2025

Health and Wellbeing Corner

HOW TO CUT DOWN ON SUGAR

Last month we looked at how to cut down on sugar, particularly at breakfast time. This month, we will be looking at how to cut down on sugar, particularly during main meals.
The NHS states that we should added sugars (e.g. table sugar, honey and syrups etc.) should not make up more than 5% of our energy intake (around 11g per day for anyone 11+).
Added sugar comes in many different forms e.g. sucrose, glucose, fructose, maltose, fruit juice, molasses, hydrolysed starch, invert sugar, corn syrup, honey etc.
When looking at food labels, it can be useful to look at the sugar per 100g. 22.5g or more of total sugar per 100g means that the food item is high in sugar. 5g or less of total sugar per 100g is considered low sugar.
When looking at packages, it can be helpful to look out for the traffic light labels. These are a colour coded system that makes it easier to see if foods are high in sugar. Aim to choose foods that are “green” more often, foods that are “amber” sometimes and foods that are "red” less often.
Foods can be high in sugar, even if we don’t think they are that sweet. The NHS states “some ready-made soups, stir-in sauces and ready meals can also be higher in sugar than you think.
When eating out or buying takeaways, watch out for dishes that are typically high in sugar, such as sweet and sour dishes, sweet chilli dishes and some curry sauces, as well as salads with dressings like salad cream, which can also be high in sugar.
Condiments and sauces such as ketchup can have as much as 23g of sugar in 100g – roughly half a teaspoon per serving. These foods are usually served in small quantities, but the sugar count can add up if eaten every day.”
It is important to remember, however, that everyone is different. The information here generalised. If you have specific dietary requirements or dietary requirements based on a specific medical condition or concern, please consult a GP or relevant medical professional.
Try and set yourself a relevant goal if applicable. Remember to start small and start SMART (Specific, Measurable, Achievable, Relevant and Time-bound goals). It is also never too late to make a change. We are all stronger than we think, so don’t give up. I wish you luck.

SUPPORTING DIGITAL ACCESS & SKILLS

A HOLISTIC APPROACH TO HEALTH AT PCN 1W

At PCN 1W, we believe in the importance of holistic healthcare—addressing not just your physical and mental health but also the broader factors that can affect your wellbeing. In today's increasingly digital world, one key factor is access to digital skills and resources. We understand that having the ability to navigate digital services is essential for maintaining good health, accessing healthcare, and connecting with important community resources.

However, not everyone has the skills, resources, or even the access they need to fully engage with the digital world. Whether it's accessing health services, communicating with family members, or simply using online tools to improve your health, digital access can make a big difference in how you manage your wellbeing. Without the right skills and resources, people can feel disconnected, miss out on valuable services, or even face health risks due to missed appointments or lack of information.

How Digital Skills and Resources Impact Your Health

In today's healthcare environment, digital tools and services are becoming more and more important. Many of us now access health advice, book appointments, and manage prescriptions online. However, this reliance on digital technology can be a barrier for some people—especially for those who do not have the necessary digital skills or access to devices.

Lack of digital skills can:

- Limit access to healthcare: Many healthcare services are now online, from booking appointments to checking test results. Without digital literacy, patients may struggle to engage with these services.
- Create feelings of isolation: Digital platforms are increasingly used to connect with loved ones and support networks. Those without access to digital technology may feel disconnected, especially during times when social isolation is a concern.
- Impact mental and physical health: Not being able to access health resources, fitness apps, or health monitoring tools can hinder people from managing their conditions and improving their overall wellbeing.

We want to bridge this gap and ensure that no one is left behind due to a lack of digital resources or skills.

Our Partnership with The Good Things Foundation

Through our partnership with The Good Things Foundation, we are able to offer several vital services aimed at improving digital access and skills for those who may need additional support. These services can help you or a family member get the digital tools and training needed to navigate the online world with confidence and independence.

SUPPORTING DIGITAL ACCESS & SKILLS

A HOLISTIC APPROACH TO HEALTH AT PCN 1W

Here are the services available through this initiative:

- **SIM Cards:** Access to mobile data is one of the fundamental building blocks for connecting to essential services. We are offering free SIM cards for patients who need support with mobile phone data, helping them stay connected and access online healthcare and other services.
- **Digital Skills Training through FutureLearn:** Digital skills are essential for engaging with online health services, managing appointments, and using health-related apps. FutureLearn offers a range of online courses designed to build confidence and competency with digital tools. Whether you are just starting to learn how to use a computer, or you want to enhance your skills, this training can help you get more from digital services.
- **Access to Digital Devices:** We understand that not everyone has the equipment they need to access digital services. Through this partnership, we can help provide access to devices, such as tablets or computers, so that patients can engage with digital health resources, keep in touch with family members, and benefit from online support.

How to Get Involved

If you or someone you care for is registered with one of our practices in PCN 1W and could benefit from any of the above services, we encourage you to reach out to a social prescriber. Social prescribers are here to help you access the support you need, whether it's related to health, social care, or other community services. They can guide you through the process and refer you to the appropriate support. Alternatively, if you prefer, you can also fill out our newsletter feedback form to express your interest in these services. Once we receive your information, our team will be in touch to provide further details and help you get started.

Why This Matters

By improving access to digital skills and resources, we are supporting the overall health and wellbeing of our community. Digital tools are not just about convenience—they can have a significant impact on your ability to manage your health, stay connected with loved ones, and access services that can improve your quality of life. At PCN 1W, we want to ensure that every patient, regardless of their digital background, has the opportunity to benefit from the resources and services that can make a real difference in their lives.

If you think you or a family member could benefit from SIM cards, digital skills training, or access to devices, don't hesitate to get in touch with us. We are here to support you every step of the way.

For more information or to sign up, please contact your social prescriber or fill out our newsletter feedback form today.

HAPPENING THIS MONTH

WORLD CANCER DAY - 4TH FEBRUARY 2025 | WORLDCANCERDAY.ORG

Every year on 4th February, World Cancer Day is observed to raise awareness about cancer, encourage early detection, and support the global fight against the disease. In the UK, one in two people will be diagnosed with cancer in their lifetime. But it's important to remember that survival rates have been improving, with more people living longer after a diagnosis.

- Know the Signs: Early detection is key to improving outcomes. Be aware of common signs like lumps, unusual bleeding, unexplained weight loss, or persistent pain.
- Prevention Tips: Smoking cessation, healthy eating, regular exercise, and limiting alcohol can reduce your risk of developing cancer.
- Support: If you or someone you know is going through cancer treatment, support is available from NHS services, charities, and local groups.

For more information on signs and symptoms, please see:
https://www.nhs.uk/conditions/cancer/symptoms/

TIME TO TALK DAY - 6TH FEBRUARY 2025

Mental health is just as important as physical health, yet it can often be overlooked. Time to Talk Day, on 6th February 2025, is an initiative encouraging people to talk about mental health openly, break down stigma, and start important conversations that can lead to support and recovery.

- Starting the Conversation: It can be difficult, but talking to someone you trust about your mental health can be a huge step in getting the help you need.
- Supporting Others: If you notice someone close to you struggling, asking how they're doing and listening without judgment can make a world of difference.
- Access to Support: Don't forget that your GP is there for you. If you feel overwhelmed, anxious, or depressed, talking to your GP, Mental Health Nurse, or Health and Wellbeing Coach is a good place to start. There's also a wide range of mental health services, including counselling and therapy, available across the UK.

HAPPENING THIS MONTH

CHILDREN'S MENTAL HEALTH WEEK 3RD-9TH FEBRUARY

Children's Mental Health Week runs from 3rd to 9th February 2025, focusing on raising awareness of mental health in young people and promoting the importance of early intervention. Mental health issues in children are increasingly recognized as a priority, with conditions such as anxiety, depression, and behavioural problems affecting many.

Early Signs to Look Out For:

- Changes in mood
- Sleep disturbances
- Withdrawal from activities
- Declining school performance

What Can You Do?

- Encourage your child to talk about their feelings and validate their experiences. If needed, seek professional help early. Schools, GPs, and mental health professionals can work together to support your child.

Parent and Carer Support: If you're worried about your child's mental health, don't hesitate to reach out to your GP. They can offer advice and connect you to specialists who can provide further support.

https://www.childrensmentalhealthweek.org.uk/



HAPPENING THIS MONTH

EATING DISORDER AWARENESS WEEK - 28TH FEBRUARY - 6TH MARCH

Eating Disorders Awareness Week, running from 28th February to 6th March 2025, highlights the struggles faced by those living with eating disorders and the importance of seeking help. These conditions affect millions of people in the UK, yet they often go undiagnosed or untreated for years.

What Are Eating Disorders?
Eating disorders can manifest in various forms, including anorexia, bulimia, and binge eating disorder. They are often driven by emotional struggles rather than just a desire to lose weight.
Warning Signs: Common signs include extreme preoccupation with weight, irregular eating habits, significant weight changes, or avoiding social situations involving food.

Getting Help: If you or someone you know may be struggling with an eating disorder, it's vital to seek help early. Your GP can refer you to specialist services for support.

Online services are also available: BEATEATINGDISORDERS.ORG.UK

TIMETOCHANGE - ARCHIVED WITH LOVE

RARE DISEASE DAY - 28TH FEBRUARY 2025 | RAREDISEASEDAY.ORG

On 28th February 2025, we observe Rare Disease Day to highlight the challenges faced by those living with rare diseases, and to raise awareness for both patients and healthcare professionals. With over 7,000 rare diseases identified, each with its own set of symptoms and challenges, it's important to remember that these conditions affect thousands of families across the UK.

- What Is a Rare Disease? A rare disease is defined as one that affects fewer than 1 in 2,000 people. Many rare diseases are genetic, and symptoms can vary greatly, sometimes leading to misdiagnosis or delays in care.
- Living with a Rare Disease: Patients with rare diseases often face a long journey to diagnosis and treatment. They may need to visit multiple specialists and navigate complex healthcare systems.
- Support Resources: If you or a loved one is living with a rare disease, there are numerous support groups and charities dedicated to rare conditions that provide vital information and community.

Order repeat prescriptions on the NHS App



- easily choose where your prescriptions are sent
- order at a time that suits you
- need help? Access support in the app or visit **nhs.uk/helpmeapp**

NHS App

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