EVERGLADE | DEANSLANE | PARKVIEW | WATLING

February Newsletter

ORAL HEALTH WORKSHOPS

2 events focusing on the importance of oral health for children and adults.

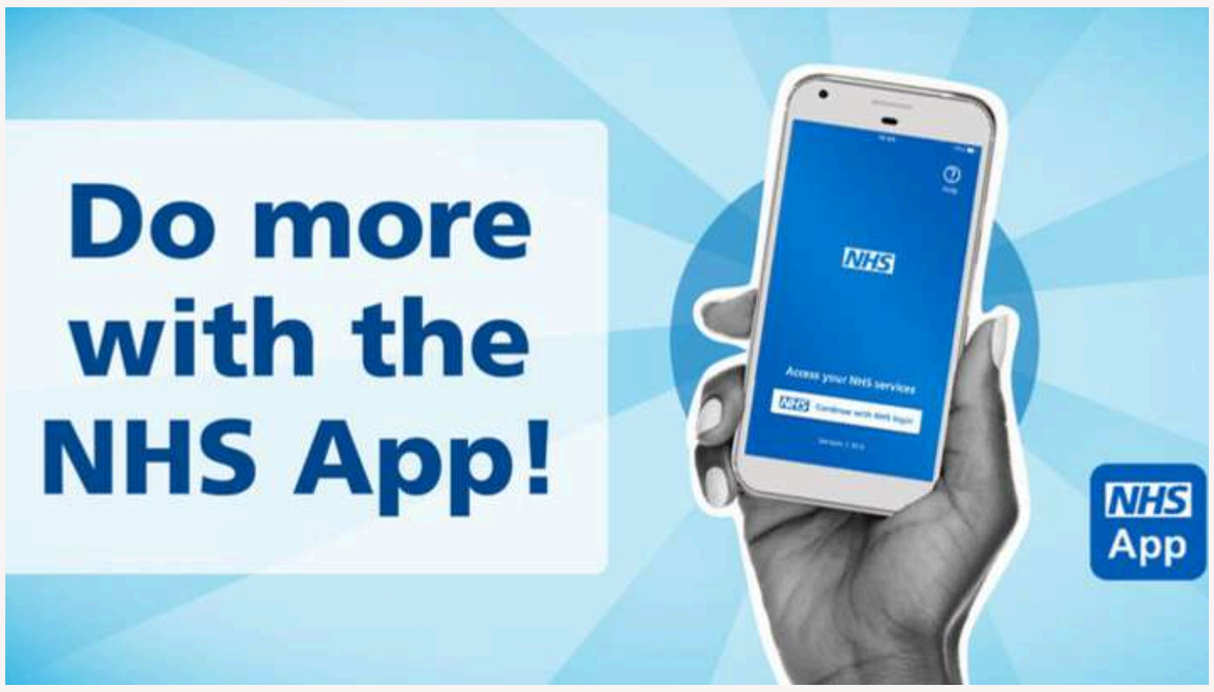
[18th & 24th Feb]

SOPHIE'S WELLBEING CORNER

This months edition focuses on Small Habits That Support Health & Wellbeing

WHATS HAPPENING THIS MONTH

Calendar of events and information surrounding several health awareness dates, with resources available to access online



Download on the App Store

GET IT ON Google Play

February

2026



HEART MONTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4 WORLD CANCER DAY	5	6 TIME TO TALK DAY	7	8
9	10	11	12	13	14	15
16	17	18 CHILDRENS ORAL HEALTH WORKSHOP; PCN 1W EVENT	19	20	21	22
23 EATING DISORDER AWARENESS WEEK; 23rd Feb - 1st March	24 ADULT ORAL HEALTH WORKSHOP; PCN 1W EVENT	25	26	27	28 RARE DISEASE DAY	

HAPPENING THIS MONTH

HEART MONTH

February is Heart Month — a chance to focus on your heart health. Heart disease is one of the most common long-term health conditions, but many risk factors can be improved with simple lifestyle changes.

What can I do to help my heart?

- Eat better: Choose whole grains, vegetables, fruit, lean proteins, and healthy fats (like olive oil and nuts).
- Be active: Aim for at least 150 minutes of moderate exercise per week — that’s about 20-30 minutes most days.
- Quit smoking: Smoking damages blood vessels and lowers “good” cholesterol.
- Know your numbers: Regular checks of blood pressure and cholesterol help you and your GP make the best plan for you.

Where to learn more

- British Heart Foundation — heart health, lifestyle tips, and tools: https://www.bhf.org.uk
- NHS Heart Health Information: https://www.nhs.uk/conditions/cholesterol

Talk to your GP or nurse if you’re concerned about your blood pressure, cholesterol or heart disease risk — we’re here to help.

British Heart Foundation





Sophie's Wellbeing Corner



Small Habits That Support Health & Wellbeing

Last month we looked at New Year's resolutions. This month, we will be looking at small habits that support health and wellbeing.

February can feel like a long month. The days are still short, the weather can limit how much time we spend outdoors, and motivation can dip after the start of the year. This makes it a useful time to focus on simple, realistic habits that support energy, mood and overall health and wellbeing.

Rather than aiming for big changes, research consistently shows that small, repeatable actions are more likely to stick and support long-term health.

Supporting energy levels

Low energy is a common concern at this time of year. Some helpful starting points include:

- Regular meals that include a source of protein, fibre and healthy fats to support stable energy levels.
- Staying hydrated, as even mild dehydration can contribute to tiredness and headaches.
- Keeping caffeine intake earlier in the day, as caffeine later in the afternoon can affect sleep quality.

The NHS Eatwell Guide provides clear, practical guidance on balanced meals and portioning.
Sleep and routine

Sleep has a strong influence on both physical and mental health. The NHS recommends aiming for regular sleep and wake times where possible, even at weekends. Simple steps such as dimming lights in the evening, reducing screen use before bed and keeping bedrooms cool and dark can help support better sleep.

If sleep feels difficult, focusing on one small change at a time is often more effective than trying to overhaul everything at once.

The Sleep Foundation provides guidance on sleep hygiene.

Sophie's Wellbeing Corner



Small Habits That Support Health & Wellbeing

Movement

Physical activity does not need to be intense to be beneficial. The NHS advises that adults aim for at least 150 minutes of moderate activity each week, which can be broken into short bouts. A brisk walk, gentle cycling, or movement spread across the day all count.

The NHS also recommends strengthening activities twice a week. This can include bodyweight exercises at home, using weights (or even water bottles or soup cans if weights are not accessible) or using resistance bands.

In winter months, it can help to focus on what feels achievable rather than what feels ideal.

You may find the NHS Fitness Studio helpful if you are looking for some at home workouts

Managing stress and mood

Stress gradually build up over time, particularly when routines are busy or unpredictable. Brief breathing exercises, getting outside during daylight hours and maintaining social connection can all support emotional wellbeing.

NHS Every Mind Matters offers practical tools for managing stress, low mood and anxiety, including short exercises that can be done at home.
Try and set yourself a relevant goal in one of the areas above 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.

Make sure you check back every month for all your health and wellbeing titbits.

Sophie Abergill,
Health and Wellbeing Coach
PCN 1W



HAPPENING THIS MONTH

WORLD CANCER DAY 4th FEB

World Cancer Day is a global awareness day with a simple but powerful aim: to reduce preventable cancer deaths by encouraging people to learn more and take action.

What can I do?

- Know the signs: Common signs can include unusual lumps, changes in bowel habits, unexplained weight loss or bleeding. See a GP if something doesn’t feel right.
- Stay healthy: Being a healthy weight, eating well, staying active, and avoiding smoking lowers the risk of many cancers.
- Screening matters: Cervical, breast, and bowel screening help find cancer early — early detection often makes treatment more successful.

Where to find reliable information

- World Cancer Day information and resources: https://www.worldcancerday.org
- NHS Cancer Information and Support: https://www.nhs.uk/conditions/cancer



HAPPENING THIS MONTH

TIME TO TALK DAY - 6TH FEB

Talking openly about mental health can help break stigma, reduce loneliness, and make it easier for people to get support. You don’t need to have all the answers — just starting the conversation matters.

How can you take part?

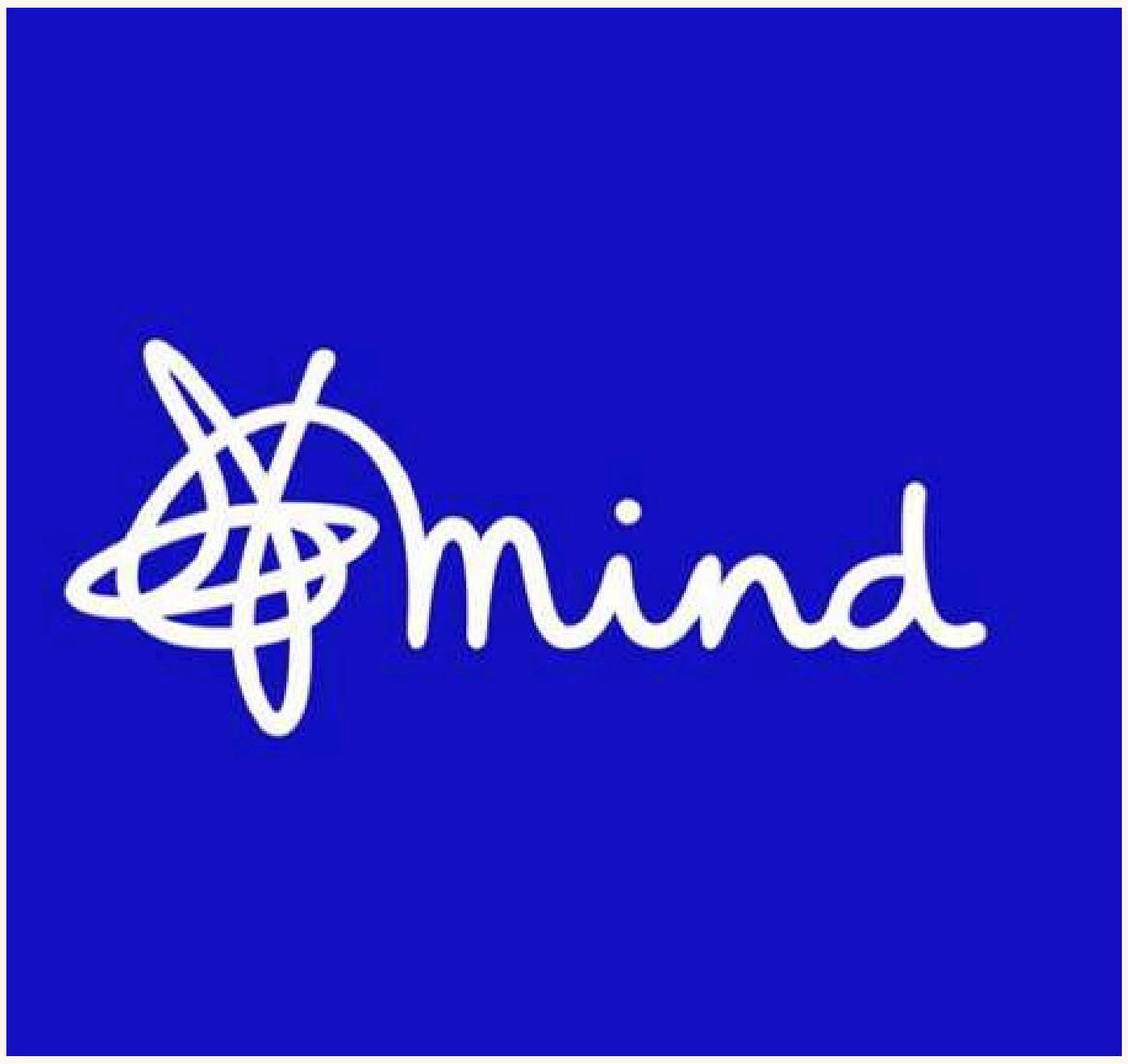
- Check in with someone this week and ask, “How are you really doing?”
- Listen without judgment — sometimes just being heard helps a lot.
- If you’re finding things tough, tell a friend, family member, or GP.

Where to get information and support

- Time to Change / Mental Health Foundation resources:
- https://www.time-to-change.org.uk
- NHS mental health support and tips:

https://www.nhs.uk/mental-health





18TH FEBRUARY 2026 **11AM - 1PM**

Children's Oral Health Workshop



This event focuses on promoting healthy smiles for children aged 3–12 by highlighting the importance of good oral health from an early age. Families will gain simple, practical knowledge to support strong teeth, healthy habits, and confident smiles as children grow.

TOPICS

- Children's oral health
- Importance
- Diet & sugars
- Dental cares and tooth loss
- Oral diseases & common syndromes
- Brushing habits
- Prevention
- Treatment





This session will conclude by outlining three clear pathways for accessing dental care, ensuring families are aware of all available options

Large Meeting Room
Everglade Medical Practice
Graham Park Health Centre,
The Concourse, London,
NW9 5XT

Order repeat prescriptions in the NHS App



choose where your prescriptions are sent

request prescriptions at a time that suits you

need help? Visit **nhs.uk/nhs-app**

You can also use these services by logging in through the NHS website

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Google Play and the Google Play logo are trademarks of Google LLC.

How To: Activate Notifications on your NHS APP

In the NHS App, you can see messages from your health care providers to make sure you get a notification when you have received a new message in your inbox.

- Your notification settings need to be turned on in your phone.
- To do this, go to your account and select Settings.
- Then select Manage Notifications.
- Select go to Device Settings.
- Select Allow notifications.
- Once you've enabled notifications on your device, you need to reopen the NHS App.

Doing this confirms that you have registered to receive notifications.

For more information, go to nhs.uk/nhs-app.







PCN 1W Patient Participation Groups

A Patient Participation Group (PPG) is a group of patients who work alongside a GP practice to help improve the services it provides. The group acts as a bridge between patients and the practice, giving patients a voice in how care is delivered. Members may share feedback, discuss patient experiences, help identify local health needs, and support the practice with ideas for service improvements, events, or health awareness activities. By working collaboratively with practice staff, a PPG helps ensure that services are more responsive, inclusive, and better suited to the needs of the community.

To find out more information or join your practice's PPG, take a look at the following links for your practice:

Everglade Medical Practice:
https://www.evergladem edicalpractice.nhs.uk/patientgroup

Medical Centre on Deanslane:
https://deanslanemedicalcentre.co.uk/patientgroup

Parkview Surgery:
https://www.parkviewsurgeryedgware.co.uk/patientgroup

Watling Medical Centre:
https://www.watlingmedicalcentre.com/patientgroup



HAPPENING THIS MONTH

EATING DISORDER AWARENESS WEEK

23rd FEB - 1st MARCH

Eating disorders are serious mental health conditions that affect how people think about food, weight and body image. They are not a lifestyle choice.

Signs to look out for

- Extreme worry about weight or shape
- Very strict eating rules
- Eating very little or avoiding meals
- Binge eating or thoughts about food all the time

If you’re struggling, or you’re concerned about someone else, talk to a GP — early help makes a big difference.

Where to learn more

- Beat (UK eating disorder charity): https://www.beateatingdisorders.org.uk
- NHS information on eating disorders: https://www.nhs.uk/conditions/eating-disorders

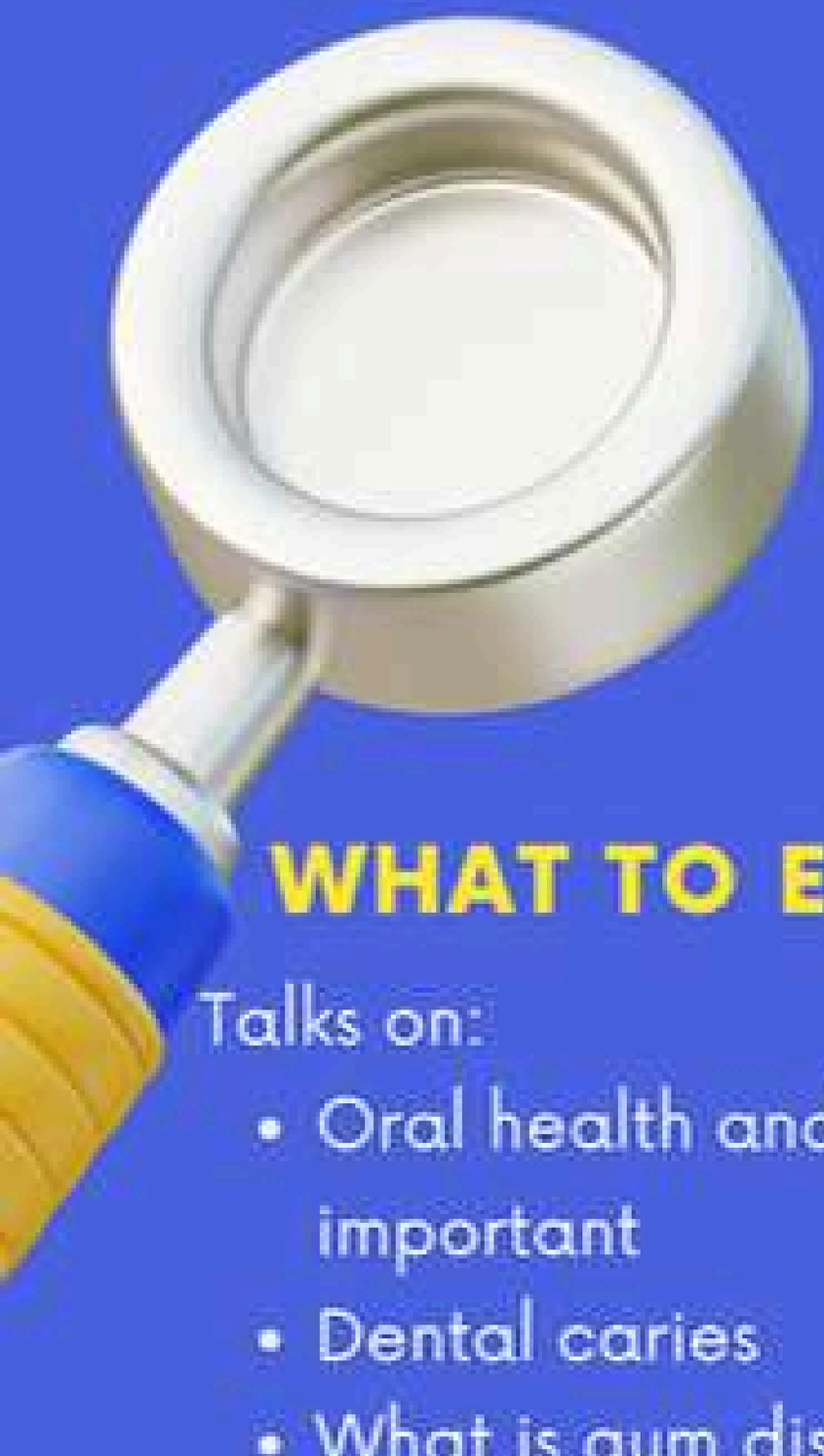


PCN NW

R-Dental

ORAL HEALTH WORKSHOP

24TH FEBRUARY 2026
11AM - 1PM



WHAT TO EXPECT:

Talks on:

- Oral health and why it is important
- Dental caries
- What is gum disease? - Treatment & Prevention
- Gingivitis and periodontitis – what is the difference?
- Oral hygiene and brushing
- Management of tooth loss.



This session will conclude by outlining three clear pathways for accessing dental care, ensuring families are aware of all available options

Large Meeting Room
Everglade Medical Practice
Graham Park Health Centre, The Concourse,
London, NW9 5XT

HAPPENING THIS MONTH

RARE DISEASE DAY - 28th FEB

Rare Disease Day raises awareness about the challenges faced by people living with rare diseases. A rare disease is one that affects fewer than 1 in 2,000 people, but collectively they affect millions.

What matters most

- Diagnosis can take a long time — we want faster answers.
- Access to care and treatments varies — this day calls for equality in healthcare.
- Support helps both patients and families.

Find out more

- Rare Disease Day information hub: https://www.rarediseaseday.org
- Genetic and rare condition support (UK): https://www.nhs.uk/conditions/rare-diseases



Get your free flu jab



Some people with a learning disability can get very ill if they get flu.



The best way to avoid flu is to get a free flu jab.

NHS
GP surgery

You can have the flu jab at your GP surgery.

Pharmacy +

Or you can have the flu jab at a pharmacy.



If you are scared of needles, tell the nurse. You may be able to have the vaccine as a nose spray instead.

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HELP US HELP YOU
STAY WELL THIS WINTER

Flu immunisation
Helping to protect everyone, at every age