PATIENT Newsletter

MARCH 2026

WHERE CARE COMES FIRST

PCN 1W

NHS BARNET

Happening This Month

Have a look at local and PCN 1W events going on in the month, including awareness days for March - Page 2

Men's Health Awareness Event | 27.03

Join us for our Men's Health Awareness Event, featuring information and a GP talk on prostate cancer, screening, and support services. The event aims to raise awareness and encourage open conversations about men's health. **Read more inside for full details.**

Ovarian Cancer Awareness Month

Ovarian cancer symptoms can be subtle and are often mistaken for common digestive problems. Knowing the signs can help with earlier diagnosis.

Key symptoms to watch for:

- Persistent bloating
- Pelvic or abdominal pain
- Feeling full quickly when eating
- Needing to pass urine more often



University Mental Health Day

13th March 2026

University Mental Health Day brings together the university community to make mental health a university-wide priority and create ongoing year round change to the future of student mental health.

Have you got the NHS App?

The NHS App makes it easier to manage your healthcare quickly and securely from your phone or computer. By downloading the app, you can order repeat prescriptions, book and manage appointments, view parts of your GP health record, and access test results without needing to call the practice. You can also receive important messages from your GP surgery and find trusted NHS health advice anytime. Using the NHS App helps save time, reduces waiting on the phone, and gives you greater control over your health and care wherever you are.

ENDOMETRIOSIS AWARENESS MONTH

BRAIN TUMOUR AWARENESS MONTH

BRAIN INJURY AWARENESS MONTH

OVARIAN CANCER AWARENESS MONTH

March 3 2026

Click the dates & links in the calendar for more information

PROSTATE CANCER AWARENESS MONTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Zero Discrimination Day Self Harm Awareness Day
2	3 World Hearing Day	4 AN EVENING WITH DR. MIRIAM STOPPARD	5 WOMEN'S SPRING CELEBRATION	6 National Dentist Day	7 National Employee Appreciation Day	8 International Women's Day
9	10 COLINDALE STOP SMOKING EVENT	11 National No Smoking Day Young Carer's Action Day	12 World Kidney Day	13 World Sleep Day PPG MEETING - MEDICAL CENTRE ON DEANSLANE 6PM	14	15
16 Nutrition and Hydration Week	17	18	19	20 World Oral Health Day	21 World Down Syndrome Day	22
23	24	25	26 EVENT; LIVING WELL BARNET	27 PCN 1W MEN'S HEALTH AWARENESS EVENT	28	29
30 World Autism Acceptance Week	31					

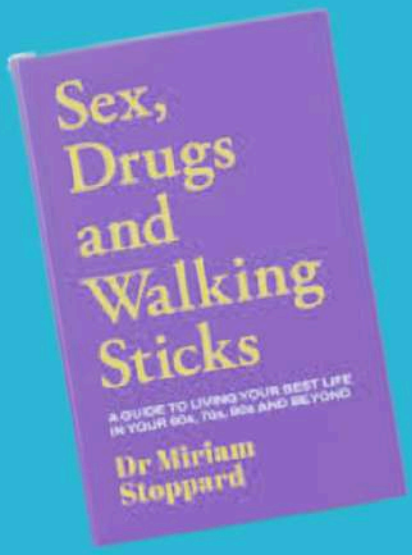
AN EVENING WITH DR MIRIAM STOPPARD



Join Age UK Barnet for a lively Q&A with doctor, journalist, author and TV presenter Dr Miriam Stoppard.

Newham Bookshop

Barnet ageUK Let's change how we age



Hot topics!

- Intimacy, dating and relationships in mid life and beyond.
- Miriam's latest book - Sex, Drugs and Walking Sticks.

WEDNESDAY 4 MARCH, 6.30–8PM

ANN OWENS CENTRE, OAK LANE, EAST FINCHLEY N2 8LT

£5 DONATION ON THE DOOR

To register, contact Teresa on 07502 989403 or email teresa.gallagher@ageukbarnet.org.uk

Registered Charity No 1080458

THE HUB
Romanian & Eastern European

Women's Spring Celebration

5 March • 10am–2pm
Victoria Hall
Main entrance next to St John Baptist Church, Sheepcote Rd, Harrow HA1 2JE

- **Wellness movement session**
- **Romanian-speaking GP Q&A**
- **Employability guidance**
- **Women's health presentation**
- **Free express manicure**
- **Lunch, cakes & refreshments**
- **Pampering bag for all women**

Morning • Afternoon • All Day
Free event | All women welcome

Sărbătorim Sosirea Primăverii și Ziua Mamei Împreună

5 martie • 10:00–14:00
Victoria Hall, Harrow
(întrarea principală lângă Biserica St John Baptist,
Sheepcote Rd, HA1 2JE)

de mișcare ușoară
- **Q&A cu medic român**
- **Angajabilitate pentru femei**
- **Sănătatea femeii – prezentare**
- **Manichiură gratuită**
- **Prânz, prăjituri & răcoritoare**
- **Pachețel de răsfăț pentru toate participantele**

Dimineața • După-amiaza • Toată ziua
Eveniment gratuit | Toate femeile sunt binevenite



Start your Quit Journey on No Smoking Day!

We're here to help you every step of the way.

Stopping smoking for 28 days:

- Improves your chances to quit smoking by **5 times!**
- Considerably **improves your physical health**
- Helps you **breathe easier,** as your lungs clear and your heart recovers
- **Improves your sense of taste and smell**

Register free today for tailored 1-2-1 personalised support and start your journey to quit smoking for good!

Scan the QR code to register your details or visit
yourhealthbarnet.org/stop-smoking

Email us:
Smokingcessation@barnet.gov.uk

Speak to an experienced advisor at one of our events

Our next event will be at:

**THE OLD LIBRARY,
THE CONCOURSE,
GRAHAME PARK,
COLINDALE, NW9-5XA**

**Tuesday - 10th March
10am-11.30am
Come along and get free vapes and Nicotine Therapies to help you quit smoking.**

Advisors and nicotine replacements will be available to all visitors.

CARERS TRUST

Young Carers Action Day

Wednesday 11 March 2026

Help us give young carers a fair future.

Young carers are people under 18 who help look after someone - often a family member - who cannot cope without their help. Does this sound like you? Young carers have so much responsibility on their shoulders. They need more support.

We want to ensure every young carer has the same chance to learn, grow and thrive as their friends who are not carers.



Find out how you can get involved in Young Carers Action Day:

carers.org/ycad

#YoungCarersActionDay

@ Carers Trust 2026 - Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee (7697170).

MEDICAL CENTRE ON DEANSLANE

PPG MEETING

13TH MARCH 2026

6.00PM



156 Deans Lane, Edgware, Middlesex, HA8 9NT.

EVENT: LIVING WELL IN BARNET

Thursday 26 March 2026 (10am-12 noon)

Manor Drive Methodist Church, Manor Drive, N20 0DZ

Join us for a morning of talks and activities on memory and dementia

Barnet age UK

FREE entry and FREE refreshments! FREE parking

Talk by Professor Catherine Loveday

How to protect your memory

Dementia prevention strategies

Living well with dementia

Power of attorney

To register, please email fiona.cronin@ageukbarnet.org.uk or call 0208 629 0269.

BARNET LONDON BOROUGH

MEN'S HEALTH AWARENESS EVENT

WHERE CARE COMES FIRST
PCN 1W
NHS BARNET

EVERGLADE MEDICAL PRACTICE, THE CONCOURSE, NW9 5XT

FRIDAY 27TH MARCH

10AM - 2PM



12:30-Talk by GP on Prostate Cancer

March is Prostate Cancer Awareness Month!

Notting Hill Genesis

MAKE IT HAPPEN

THE PROPER BLOKES CLUB

Promoting Information on Prostate Screening and Support

Cherry Lodge Cancer Care
INFORMATION AND SUPPORT CENTRE
Registered charity number 1011629

CB Plus
CONNECTING COMMUNITIES

The power of experience
inclusion barnet

AQ
LIFE COACHING & COMMUNITY COACHING C.I.C
SHINE A LIGHT • MOVE WITH PURPOSE • AMPLIFY VOICES

MEN'S HEALTH AWARENESS EVENT

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EVERGLADE MEDICAL PRACTICE, THE CONCOURSE, NW9 5XT

FRIDAY 27TH MARCH

10AM - 2PM

March is Prostate Cancer Awareness Month!

12:30-Talk by GP on Prostate Cancer

GROUND WORKS HEALTH AMBASSADORS

Cancer screening education.

BARNET FRIENDS

1-1 phone call befriending service

HEALTHY HEARTS

BP checks and hypertension education

PROPER BLOKES CLUB

walking groups for men for emotional wellbeing and social support.

CHERRY LODGE

Education about screening and support available for people with cancer and their support network

ANDY'S MAN CLUB

peer-to-peer men's mental health support groups

AQ

Providing health, wealth, education and cultural identity coaching.

SMOKING CESSATION

registration for ongoing one to one support to stop smoking.

BARNET TALKING THERAPY SERVICE

Notting Hill Genesis

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SHINE A LIGHT • MOVE WITH PURPOSE • AMPLIFY VOICES

The UK Health Security Agency (UKHSA) has reported an active measles outbreak across NCL, particularly in Enfield, with rising cases including some with no link to initial school clusters.

Measles cases are rising in North London

Measles is a serious disease, especially for babies, young children, and pregnant women.

Measles symptoms include a high fever, cough, runny nose, watery eyes, followed by tiny white spots in the mouth and a rash.

The rash looks brown or red on white skin, but on darker skin the redness may be harder to see. Rashes may appear purple or darker than surrounding skin.

Phone your GP and/or NHS 111 if you are concerned or to get your child vaccinated.





The MMRV vaccine is the best way to protect your family

nhs.uk/measles

North Central London Health and Care Integrated Care System

NHS

Childhood vaccinations and when to have them

8 Weeks



- **6-in-1**(Diphtheria, Tetanus,Whoopingcough,Polio,Hib, Hepatitis B)
- **MenB**
- **Rotavirus** (drops to swallow)

12 Weeks



- **6-in-1** (Diphtheria, Tetanus, Whooping cough, Polio, Hib, Hepatitis B)
- **MenB**
- **Rotavirus** (drops to swallow)

16 Weeks



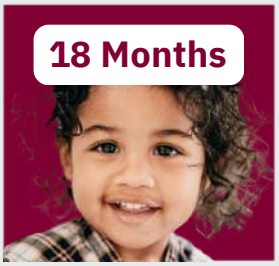
- **6-in-1** (Diphtheria, Tetanus, Whooping cough, Polio, Hib, Hepatitis B)
- **Pneumococcal**

1 Year



- **MMRV** (Measles, Mumps, Rubella, Chickenpox)
- **Pneumococcal**
- **MenB**

18 Months



- **MMRV** (Measles, Mumps, Rubella, Chickenpox)
- **6-in-1** (Diphtheria, Tetanus, Whooping cough, Polio, Hib, Hepatitis B)

3 Years 4 Months



- **4-in-1** (Diphtheria, Tetanus, Whooping cough, Polio)

Getting vaccineson timegives the bestprotection. Ifyour child misses a dose, contact your GPtocatch up.Tobe fully protected,your child needs all thedosesshown.

Questions about vaccinations?

Ask your GP, nurse, health visitor or pharmacist.

Scan QR to find out more

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North Central London Health and Care
Integrated Care System

NHS

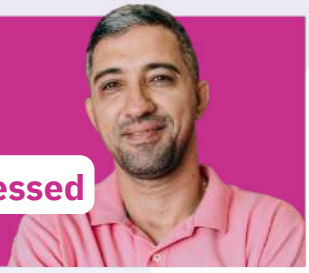
Adult vaccinations and when to have them

18 Years to 64 Years and in a clinical risk group



- **Flu vaccine** – given every year from September to March

18 Years to 64 Years and Immunosuppressed



- **Shingles vaccine** (two doses given between 8 weeks to 6 months apart)

65 Years



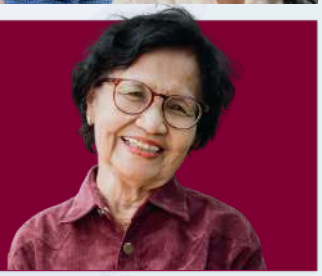
- **Shingles vaccine** (those turning 65 on or after 1st September in any year are eligible for the shingles vaccine. Two doses given, 6 to 12 months apart)

65 Years and older



- **Pneumococcal vaccine** (One dose required)
- **Flu vaccine** – given every year from September to March

70 Years to 79 Years



- **Shingles vaccine**

75 Years to 79 Years*



- **RSV vaccine** - *If you're aged 75 to 79 years, or turned 80 after 1 September 2024

Itisimportant that vaccinesare givenontimefor the best protection, but if you havemissed avaccine,contact your GP

Questions about vaccinations?

Ask your GP, nurse, or pharmacist.

Scan QR to find out more

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View messages about your care in the NHS App



- Turn on notifications for the NHS App to get messages from your trusted healthcare providers
- The NHS App messaging service is a simple and secure way to stay up to date
- You can also use these services by logging in through the NHS website

NHS App

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