

WHERE CARE COMES FIRST

PCN 1W

NHS BARNET

AUGUST 2025

PATIENT NEWSLETTER

C. CHISHIMBA, CARE COORDINATOR PCN 1W

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SOPHIE'S WELLBEING CORNER

SOPHIE ABERGILL



HOW MUCH IS TOO MUCH? UNDERSTANDING ALCOHOL GUIDELINES

Last month we looked at sleep and how to improve it. This month, we discuss alcohol.

Consuming too much alcohol can have serious health implications, especially if we drink more than 14 units per week. Drinking less than 14 units per week is considered low risk, but it is important to bear in mind, there is no "safe" drinking level.

The NHS states "to keep health risks from alcohol to a low level if you drink most weeks:

- men and women are advised not to drink more than 14 units a week on a regular basis
- spread your drinking over 3 or more days if you regularly drink as much as 14 units a week
- if you want to cut down, try to have several drink-free days each week

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If you're pregnant or think you could become pregnant, the safest approach is not to drink alcohol at all to keep risks to your baby to a minimum."

The NHS also state that "The type of illnesses you can develop after 10 to 20 years of regularly drinking more than 14 units a week include:

- mouth cancer, throat cancer and breast cancer
- stroke
- heart disease
- liver disease
- brain damage
- damage to the nervous system

There's also evidence that regular drinking at high-risk levels can make your mental health worse. Research has found strong links between alcohol misuse and self-harming, including suicide."





When drinking try and be mindful. Think about limiting how much you drink in a single session, drink your drink more slowly or with food, or even think about drinking water/non-alcoholic drinks in between having alcoholic drinks.

For advice or support on alcohol, please visit:
nhs.uk/live-well/alcohol-advice/alcohol-support

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.



Sophie (Health and Wellbeing Coach for PCN1W, Certified Personal Trainer and Nutritional Advisor)

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

British Heart Foundation

BHF - 9 HEALTHY WAYS TO EXERCISE AT HOME

THE NHS APP
Take Control of Your Health

🩺 What Can You Do on the NHS App?

- Book & Manage Appointments
- Order Repeat Prescriptions
- View Your Medical Records
- Get Trusted Health Advice
- Prove Your COVID-19 Vaccination Status
- Nominate a Pharmacy
- Get Organ Donation Information

Need help getting started?
Pop into your GP reception – an NHS Ambassador can help you set it up or answer your questions.

GET IT ON Google Play

Download on the App Store

👨‍💻 Who Can Use It?

Anyone aged 13 or over and registered with a GP surgery in England can download and use the NHS App. You'll need to verify your identity the first time you log in – just follow the secure steps provided.

📲 Why Use the NHS App?

- Fast and easy to use – designed with patients in mind
- Safe and secure – your data is protected with NHS login
- Available 24/7 – no need to wait for surgery opening times
- Reduces phone calls and admin – freeing up time for staff and patients alike

Skip the GP Queue
SEE A SPECIALIST FIRST

Speak to a Physiotherapist (FCP) Without Seeing a GP

Did you know? You can now speak to a First Contact Physiotherapist (FCP) directly by asking reception – no GP appointment needed!

✅ YOU CAN SELF-REFER IF YOU HAVE:

- Sprains, strains, or soft tissue injuries
- Sports injuries
- Joint pain or arthritis (any joint)
- Muscle, ligament, tendon or bone issues (e.g. tennis elbow, carpal tunnel, ankle sprain)
- Back, neck, or spinal pain (including sciatica or trapped nerves)
- Pain in arms or legs with tingling or numbness
- Recovery after orthopaedic surgery

❌ YOU'LL NEED TO SEE THE GP IF YOU:

- Feel generally unwell
- Are under 16
- Need help managing long-term conditions (e.g. rheumatoid arthritis)
- Are pregnant or need women's health support
- Need medication reviews
- Have headaches or neurological concerns
- Are experiencing a mental health crisis
- Prefer not to see a physiotherapist

💬 **Ask Reception:**

"Can I see the physiotherapist for this problem?"

If eligible, they'll book you directly — no GP appointment needed!

🎯 **Why Book with an FCP?**

Quicker access to expert advice

Direct help with joint, bone, muscle or nerve issues

They can refer you for MRI scans, x-rays, or physio treatment if needed

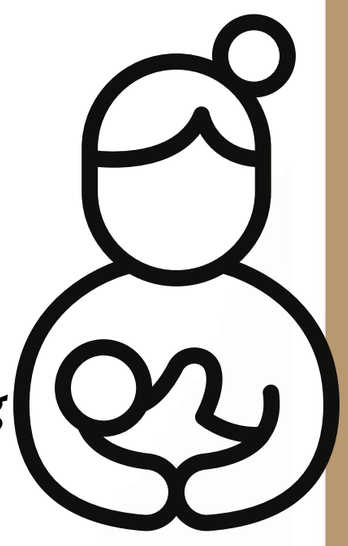
Save time by going straight to the right person

Get help faster. Ask reception about FCP self-referral today!



WHATS HAPPENING THIS MONTH

WORLD BREASTFEEDING WEEK (1–7 AUGUST 2025)



Supporting Breastfeeding for a Healthier Future

World Breastfeeding Week is celebrated globally from 1–7 August to raise awareness of the importance of breastfeeding and the support that families need to make it work.

This year's theme, ***"Enabling Breastfeeding: Making a Difference for Working Parents,"*** highlights the need for improved workplace support for breastfeeding mothers. Whether it's parental leave, breastfeeding breaks, or safe spaces to express milk, small changes can help parents balance family and work life more confidently.

Breastfeeding provides the best start in life — offering babies essential nutrients, strengthening immunity, and nurturing the bond between parent and child. For mothers, it can lower the risk of breast and ovarian cancers, type 2 diabetes, and postpartum depression.

Support is available! Your health visitor, midwife, or GP practice can help with guidance on positioning, milk supply, or challenges you may be facing. You can also visit:

🔗 waba.org

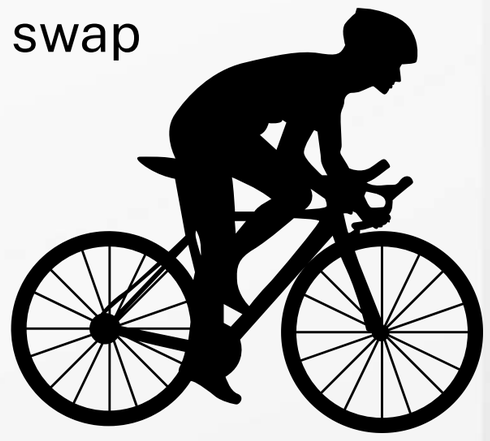
🔗 NHS.uk

Let's create an environment where breastfeeding is encouraged, supported, and protected — at home, in healthcare, and at work.

CYCLE TO WORK DAY (1 AUGUST 2025)

Get Pedalling for Your Health and the Planet

Cycle to Work Day is back on 1st August — the perfect opportunity to swap four wheels for two and experience the benefits of cycling.



Even just one day of cycling to work has its rewards:

- Boosts your physical and mental health
- Saves on travel costs
- Reduces your carbon footprint
- Avoids traffic and improves air quality

You don't have to be an expert cyclist. Whether it's a full commute or just part of your journey, every mile makes a difference. Don't forget to wear a helmet, check your bike before riding, and stay hydrated in warm weather.

Many workplaces support the Cycle to Work Scheme, allowing you to buy a bike and accessories tax-free. Check with your employer or learn more at:

HTTPS://WWW.CYCLESCHEME.CO.UK/

So why not give cycling a go this August — for your health, your wallet, and the planet!

shaw trust

shawtrust.org.uk

Do you need help finding or keeping a job?



Helping You Find and Keep Meaningful Work

Shaw Trust provides free, personalised support to help people improve their health and wellbeing through employment. If you're living with a health condition or facing challenges finding work, they can help you overcome barriers and build a brighter future.

Why It Matters

Shaw Trust believes everyone deserves access to work that supports their mental and physical wellbeing. By bringing together health and employment services, they’re helping to reduce health inequalities and build stronger communities.

Who Is It For?

Adults living in West London
Those with physical or mental health conditions
People needing extra support getting into work

FREE PROGRAMMES:

Connect to Work
Government-funded support to help you find and keep a job – ideal for those with health conditions or extra support needs.

WorkWell
Tailored coaching and support for people facing health challenges, helping you feel confident and job-ready.

MSK Trailblazers
Support for people with muscle, joint, or bone conditions – personalised coaching to find work that suits your needs.

IPS into Work (Drug & Alcohol)
Confidential support for those affected by substance use, with help building skills and finding paid employment.

IPS for Severe Mental Illness (SMI)
Specialist help for people with serious mental illness to find and maintain meaningful employment.

How to Signpost (Self-refer/through referral)

Work SupportWestLondon -
Shaw Trust Free Employment Support

Marcus Harris Community Integration Officer - t: 07872 858979
e: Marcus.Harris@shaw-trust.org.uk

WorkWell North Central London

MSK Trailblazer

CONNECT TO WORK
Funded by UK Government

West London Alliance

STEP FORWARD

Wednesday 13TH of August 2025

12PM - 3PM

Careers Fair

FREE event for 16–30 Yr olds

What's It About?

Discover support to help you thrive — whether you're figuring out your next step, looking to boost your skills, or want someone to talk to. Come and learn about local opportunities in employment, skills and training.

— it's not just about jobs, it's about you.



What You'll Find:

- Mini career & wellbeing chats with friendly advisers
- Tips for CVs & interviews
- Routes into volunteering, training & education
- Local opportunities & tailored guidance
- Support with interpersonal and communication skills



Everglade Medical Practice
Grahame Park Health Centre,
The Concourse, NW9 5XT

NHS Central London Community Healthcare NHS Trust

PCN 1W

Notting Hill Genesis

MAKE IT HAPPEN

FIRSTRUNG .ORG.UK

v-i-a

shaw trust

2econd Chance

Empower People and Reduce E-Waste

registered charity (1210740)

Barnet age UK

Middlesex University London

BARNET LONDON BOROUGH

Avery Collection
Barnet Grange
CARE HOME

SILVER SUNDAY

A CELEBRATION OF AGEING WELL IN OUR COMMUNITY

SUNDAY 5 OCTOBER 2025

SAVE THE DATE!

HEALTH CHECKS

INFORMATION

TALKS

MUSIC & DANCE

11AM-3PM

LIGHT LUNCH PROVIDED

ALL AGES WELCOME

MIDDLESEX UNIVERSITY THE BURROUGHS, NW4 4BT

FOR MORE INFORMATION CONTACT SALIMA.JIWA@AGEUKBARNET.ORG.UK OR CALL HER ON 07503 353157

International Day of Older People

home instead

Fahri LLP Law Firm

MEDEQUIP Connect
Technology Enabled Care Service

Your Choice Barnet
PERSON CENTRED

TLC Candlewood House Care Home