PCN 1W

NOVEMBER 2025

PATIENT NEWSLETTER



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WHERE CARE COMES FIRST

PCN 1W

NHS BARNET

Winter WELLNESS

As we approach the winter months, the NHS is gearing up for an anticipated increase in demand for services. With seasonal illnesses on the rise, it’s crucial for everyone to understand how we can all play a part in easing the pressure on healthcare services.
The NHS has announced plans to enhance services and ensure patients receive the care they need during this busy period.

The following cohorts of patients:
Homeless,
Housebound,
Severely Frail,
Over 75 year old not seen in the last year,
65-74 year old not seen in the last year will be contacted by phone by our Social Prescribers shortly to check if help is required.

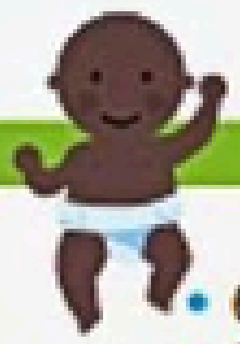
As we navigate the winter months, let’s all do our part to support the NHS and ensure we stay healthy. If you have any concerns or need assistance, don’t hesitate to contact your gp practice



UK Health Security Agency

NHS

Your child's vaccine schedule



8 weeks

- 6-in-1 vaccine[1]
- Rotavirus vaccine[1]
- MenB vaccine[1]



12 weeks

- 6-in-1 vaccine[2]
- Rotavirus vaccine[2]
- MenB vaccine[2]



16 weeks

- 6-in-1 vaccine[3]
- Pneumococcal vaccine[1]

On or after 1 July 2024

Before 1 July 2024

for children born



1 year

- MMR vaccine[1]
- Pneumococcal vaccine[2]
- MenB vaccine[3]



1 year

- MMR vaccine[1]
- Pneumococcal vaccine[2]
- MenB vaccine[3]
- Hib/MenC or 6 in 1 vaccine*



2+ years

- Children's flu vaccine (yearly)



3 years and 4 months

- MMR vaccine[2]
- 4-in-1 pre-school booster vaccine



18 month

- MMR vaccine[2]
- 6-in-1 vaccine[4]



2+ years

- Children's flu vaccine (yearly)



3 years and 4 months

- 4-in-1 pre-school booster vaccine

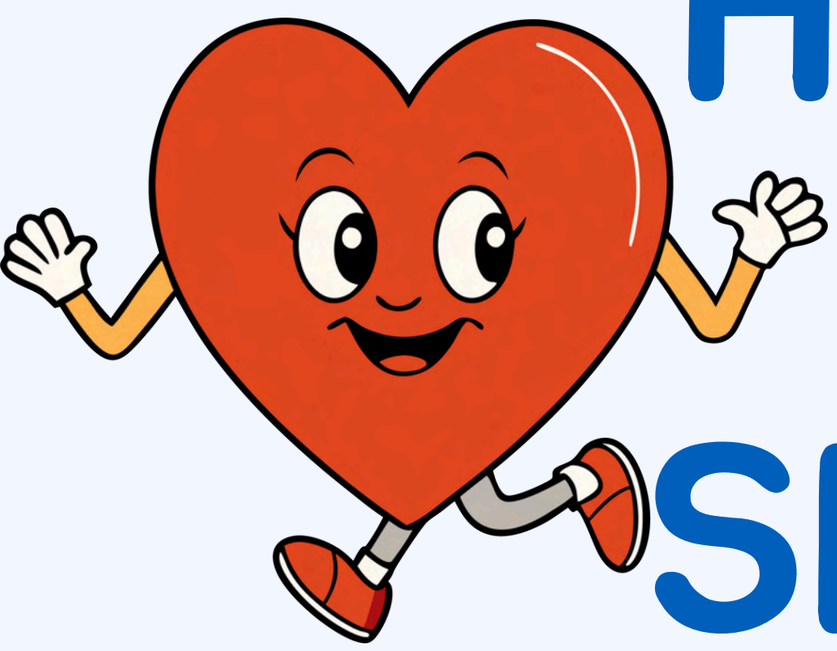
[1]first dose, [2]second dose, [3]third dose, [4]fourth dose

6-in-1 protects against diphtheria, tetanus, whooping cough, polio, Hib and hepatitis B

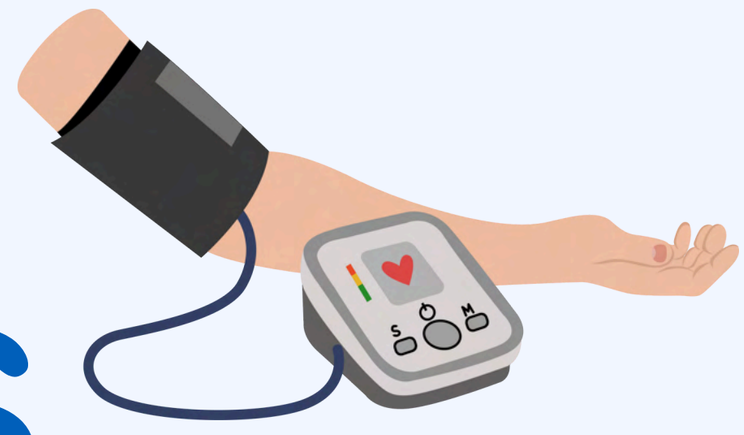
4-in-1 protects against diphtheria, tetanus, whooping cough and polio

First dose of rotavirus vaccine must be given before 15 weeks of age and second dose must be given before 24 weeks of age

*Vaccine given will depend on vaccine availability



HEALTHY HEART SESSIONS



Over the past few months, our Healthy Heart sessions have been helping patients across our network learn more about high blood pressure (hypertension) — a condition that often goes unnoticed but can have serious effects on long-term health.
These sessions are designed to raise awareness of the dangers of high blood pressure and provide practical self-management tools to support healthier living. While we particularly encourage attendance from African, Caribbean, and South Asian communities, all adults aged 18 and over are warmly welcomed.

Each programme runs over two sessions, one week apart, hosted at local GP surgeries. Participants have the opportunity to learn:

- What hypertension is and why it matters
- How lifestyle choices, such as reducing salt intake, increasing physical activity, eating a balanced diet, and stopping smoking, can help
- How to check blood pressure and understand next steps

We're delighted to announce that the next set of sessions will be for Watling Medical Centre patients, taking place at Watling Medical Practice, Burnt Oak on the following dates:

- **Session 1:** Thursday 6th November 2025, 1:00 – 2:30 PM
- **Session 2:** Thursday 13th November 2025, 1:00 – 2:30 PM

Session 1 will be led by pharmacists and focus on blood pressure management and medication guidance, including a Q&A.

Session 2 will be delivered by a health and wellbeing coach, focusing on lifestyle and wellbeing.

Attendance at both sessions is required to gain the full benefit of the programme.
Join us to take positive steps toward a healthier heart and a healthier you!

WOMEN'S HEALTH

PCN 1W

PCN 1W EVENT WITH THE YARAN CLUB

TUESDAY, 11TH NOVEMBER

2:00 PM – 5:00 PM

Smear Tests – Importance & Access

Contraception & Sexual Health

Menopause – Symptoms & Management

Breast Self-Examinations

PCOS& Endometriosis

FGM – Awareness & Support Services

Hormone Replacement Therapy

Exercise for Women's Health

Refreshments & Craft activity

20 THE CONCOURSE, GRAHAME PARK, COLINDALE, LONDON NW9 5XA



HEALTH AND WELLBEING CORNER



DIGITAL WELLBEING

Sophie Abergill

A few months ago we looked at wellbeing, in particular, healthy relationships and social wellbeing. This month, we will be looking at digital wellbeing.

Wellbeing is multidimensional and consists of physical, mental, emotional and social health. It is also about resilience — your ability to recover from setbacks and adapt to challenges.

The World Health Organisation (WHO) states that wellbeing is:

- A positive state experienced by individuals and societies.
- Determined by social, economic and environmental conditions.
- Encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose.

The Mental Health Foundation States that wellbeing is:

- A much broader concept than moment-to-moment happiness.
- Includes other things, such as how satisfied people are with their life a whole, their sense of purpose, and how in control they feel.
- Can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole.

Technology is part of everyday life, but too much screen time or negative online habits can impact our sleep, mood, and focus.

How can screens affect wellbeing?

- Blue light from phones can interfere with sleep.
- Social media can increase comparison, stress, or anxiety.
- Sitting for long periods reduces physical activity.



HEALTH AND WELLBEING CORNER



DIGITAL WELLBEING

Sophie Abergill

Tips & tricks for digital wellbeing:

- Reduce screen time before bed.
- Use apps or phone settings to limit notifications.
- Take regular breaks away from screens — try the 20-20-20 rule (every 20 minutes, look 20 feet away for 20 seconds).
- Be mindful of how social media makes you feel — unfollow accounts that impact your wellbeing negatively.
- Try a “digital detox” by scheduling tech-free time (e.g. during meals or an hour before bed).

To learn more about wellbeing, you can register for our health and wellbeing platform, Wellbeing First:

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.



LIVING WELL

A Long-Term Conditions Event



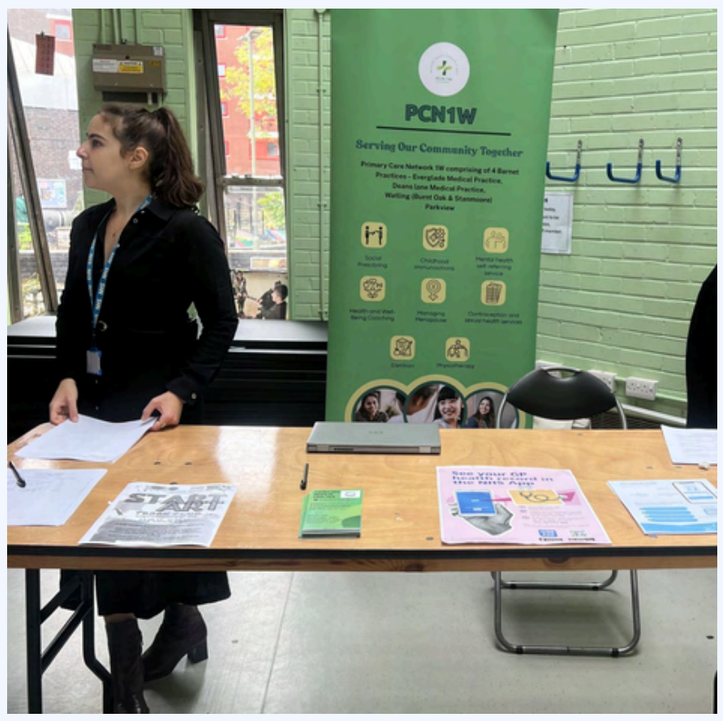
EVENT SUMMARY

On October 21st, PCN1W held a “Living Well” event from 10 a.m. to 4 p.m. to support long-term health conditions and promote prevention and healthy living. The event connected over 100 residents with local health services and encouraged engagement through face-to-face discussions.

Presentations were delivered by various services, including Stroke, Diabetes, Healthy Heart, Stoma & Continence, Health Coaching, Gro Health, Bread n Butter, Health Ambassadors, Smoking Cessation, the Ageing Well Team, and the Falls Prevention Team. Although the NHS Diabetes Prevention Team was unable to attend, Cherry Lodge Cancer Care stepped in to share the support their service provides.

All services also had stalls which residents could attend for more one to one discussion.

Overall, the day was a great success and offered education, health checks, and easy access to local support services while giving eligible residents the chance to receive a flu jab.



Summar Parratt
Social Prescribing Link Worker PCN 1W

COMING SOON

PCN 1W WEBSITE

We’re pleased to announce that the new PCN 1W website is coming soon – a central online space designed to make it easier for patients across our network to stay informed, connected, and supported.

The website will bring together information from our four practices: Everglade Medical Practice, Medical Centre on Deanslane, Parkview Surgery , and Watling Medical Practice.

This means you’ll be able to find out what’s happening across the network quickly and easily, all in one place.

On the site, you’ll be able to access:

- Details about local health and wellbeing initiatives
- Information on our patient programmes and community events
- Resources to help you manage your health and access support
- Updates from our health and care teams

The new PCN 1W website reflects our ongoing commitment to improving access, communication, and community engagement across Barnet. Whether you’re looking to learn about upcoming health events, read our latest news, or discover services available at your local surgery, the website will be there to help.

Keep an eye out for updates – the PCN 1W website is coming soon!

NHS How to APP

This new video gives an introduction to the NHS account and the NHS App, including what features are available and how you can navigate to them.

New videos show patients how to use the NHS account step by step.
The NHS account, which can be accessed through the NHS website, offers the same services that are available in the App online.



Movember - Men's Health Awareness Month

2025

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

INTERNATIONAL STRESS AWARENESS WEEK

PCN 1W & YARAN CLUB WOMEN'S HEALTH EVENT

NATIONAL SELF CARE WEEK

UK MALNUTRITION AWARENESS WEEK

WORLD ANTIMICROBIAL RESISTANCE (AMR) WEEK

16 DAYS OF ACTION AGAINST DOMESTIC VIOLENCE (TILL 10TH DECEMBER)

Click the coloured bars for further information!