PCN 1W

PATIENT NEWSLETTER

OCTOBER 2025



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



FLU VACCINE CLINICS

BOOK NOW!

Who should get vaccined?

- Over 65s
- People with long-term health conditions
- Pregnant women
- Children (eligible ages)
- Carers and frontline workers
- Anyone eligible for a free NHS flu vaccine

It's quick, easy, and free if you're eligible!

Book now at reception
or call us:

020 8432 8641

WHERE CARE COMES FIRST
PCN 1W
NHS BARNET

FLU 2025

Protect yourself and others this winter—get your flu jab!

Flucan be serious, especiallyforolder adults,young children,pregnant women, and those with long-term health conditions. Getting your flu vaccine is the best way to protect yourself and your loved ones from serious illness, reduce pressure on the NHS, and help keep our community safe. The flu jab is free for eligible patients and is quick, safe, and effective.

Our PCN practices are running dedicated flu clinics—check your surgery's date and time below, and book your appointment today.

Some clinics also offer walk-in options:

Flu Clinic Dates - October 2025

Saturday 4 October

Watling Burnt Oak: 9:00am – 1:00pm
Everglade: 9:00am – 1:00pm
Parkview: 8:00am – 12:00pm
Deanslane: 9:00am – 12:00pm (Walk-in)

Saturday 11 October

Watling Burnt Oak:	9:00am – 1:00pm
Everglade:	9:00am – 1:00pm
Parkview:	8:00am – 12:00pm



Why the flu vaccine matters — especially for children and vulnerable groups

Each year, flu leads to thousands of hospital admissions in the UK. In the 2022/23 winter season alone, over 10,000 people were hospitalised with confirmed influenza, with many more affected by complications like pneumonia. Vaccination significantly reduces this risk — studies show that the flu jab can lower the chance of hospitalisation by up to 70% in children and vulnerable adults.

All secondary school children are eligible to receive the flu vaccine in school, typically administered as a quick and painless nasal spray. This makes it easy and accessible — but it's essential that parents give consent. Without vaccination, children risk missing school due to illness and may contribute to wider outbreaks in the community. In some cases, flu in children can lead to serious complications including bronchitis, ear infections, or even hospitalisation.

Sophie's Wellbeing Corner



Lastmonth we looked at alcohol. This month, we discuss smoking.
Smoking can affect our health in many ways. According to Public Health England, smoking:

- "Doubles the risk of having a heart attack
- Causes 84% of deaths from lung cancer and 83% of deaths from COPD
- Increases blood pressure and heart rate
- Can cause impotence in men and make it harder for women to conceive
- Can cause bones to become weak and brittle and increases the risk of osteoporosis in women
- Increases the risk of having a stroke by at least 50%
- Increases the risk of cancer in lips, tonge, throat, voice box and gullet
- Increases the chance of getting stomach cancer or ulcers
- Prematurely ages skin by between 10 and 20 years."

Smoking can also affect wellbeing. According to the NHS, quitting smoking "can improve mood and help relieve stress, anxiety and depression." "It's a common belief that smoking helps you relax. But smoking actually increases anxiety and tension. Adults with depression are much more likely to smoke than adults without depression."

If you are interested in stopping smoking, the NHS states that you can "contact your local stop smoking service, which provides the best chance of stopping completely and forever.
Here are some ways to boost your chances of stopping smoking for good.

- Use stop smoking treatments like nicotine replacement therapy (NRT) or e-cigarettes.
- See an NHS stop smoking expert. It's free and will increase your chances of quitting for good.
- You can talk about which stop smoking aids will work best for you, and they can provide additional support such as advice on coping with cravings. They can also talk to you about the 2 stop smoking medicines available on prescription, called varenicline (Champix) and bupropion (Zyban).
- If you're not as successful as you want to be, you'll still have learnt something to help you next time. The more comfortable you are using the support available, the better prepared you'll be for stopping completely next time
- . If you take antipsychotic medicines or antidepressants, it's important you talk to your GP or psychiatrist before you stop smoking. The dosage of these medicines may need to be monitored and the amount you need to take could be reduced."

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)

Makesureyou check back every month for all your health and wellbeing titbits.

WHATS HAPPENING THIS MONTH

2025

OCTOBER

SPEAK UP MONTH

STOPTOBER

NATIONAL MONTH

BLACK HISTORY MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 FLU JABS
5	6	7	8	9	10	11 FLU JABS
12	13	14	15 NATIONAL BURNS AWARENESS DAY	16	17 DEVELOPMENTAL LANGUAGE DISORDER DAY	18
19 INFECTION PREVENTION CONTROL WEEK	20 NATIONAL PHARMACY WEEK	21 PHARMACY TECHNICIAN DAY	22	23	24	25
26	27	28	29	30	31	

TO DO LIST

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NOTE

what's happening?

Helpful Resources

Speak Up Month
https://nationalguardian.org.uk/



Stoptober
https://thestoptober.co.uk/



Sober October
https://www.gosober.org.uk/

National Cholesterol Month
https://www.heartuk.org.uk/





Black History Month UK
https://www.blackhistorymonth.org.uk/

Allied Health Professions Day
https://www.england.nhs.uk/ahp/ahps-day/



Breast Cancer Awareness Month
https://breastcancernow.org/get-involved/breast-cancer-awareness-month

National Work Life Week
https://workingfamilies.org.uk/campaigns/national-work-life-week/

International Dysgraphia Awareness Day (IDAD)
https://internationaldysgraphiaawarenessday.com/

Back Care Awareness Week
https://nationaltoday.com/back-care-awareness-week/



what's happening?

Helpful Resources



World Mental Health Day

https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day

https://www.mind.org.uk/



Coming Out Day

https://www.hrc.org/campaigns/national-coming-out-day

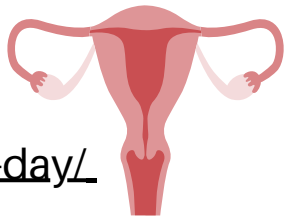


Bone and Joint Week

https://www.iosteopathy.org/help-raise-awareness-of-msk-during-bone-and-joint-week/

Infection Prevention Control Week

https://infectionpreventionandyou.org/iipw/



World Menopause Awareness Day

https://www.imsociety.org/education/world-menopause-day/

https://www.nhsemployers.org/articles/menopause-and-workplace

UK Malnutrition Awareness Week

https://www.malnutritiontaskforce.org.uk/uk-malnutrition-awareness-week-2023

International Pronouns Day

https://pronouns.org/day

International Stammering Awareness Day

westutter.org





Blood Pressure Monitoring

PCN 1W is offering a service for patients to monitor their blood pressure at home.
If you have been contacted by your practice, you can loan a BP machine from the practice or use your own machine to do this. To get started, please pick up a monitoring form from your registered practice's reception [those who have their own machine must also do this].

Please note that there is a £10 deposit required to loan a BP machine from the practice, this will be returned once you have returned the machine.

BOLOH Helpline



Call the free helpline on: 0800 148 8586

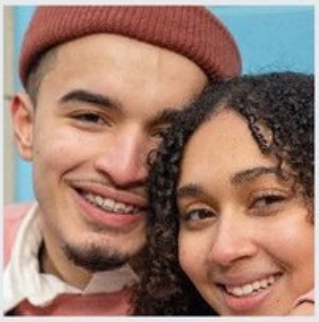


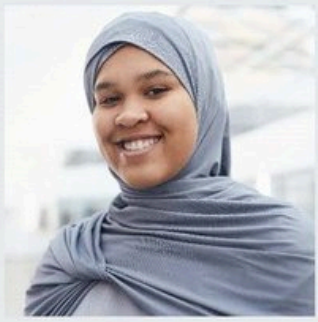
BOLOH HELPLINE

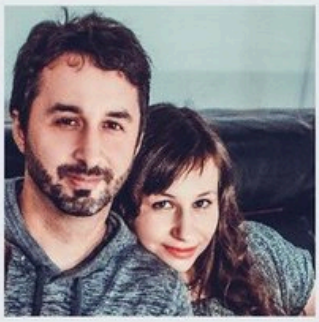
We work with adult Asylum Seekers UK-wide by supporting their emotional health and wellbeing













How can we help you?

- Helpline advisors are here to listen to you and provide emotional support
- Helpline advisors can provide specialist advice on a range of issues you might be experiencing
- We can provide free counselling to adult asylum seekers
- Helpline advisors can support you to access help from other organisations

Call us for free

0800 151 2605

Staff speak different languages or can provide an interpreter who speaks your language

Talk to us on web-chat

helpline.barnardos.org.uk

Click on the icon on the bottom right

Our helpline is open:

- Monday to Friday 10am – 8pm
- Saturday 10am – 3pm

Believe in children
Barnardo's

For more information about how we can help you, please visit: helpline.barnardos.org.uk

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contact us: 0208 359 3705
https://www.2econdchance.co.uk/

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