WHERE CARE COMES FIRST

PCN 1W

NHS BARNET

OCTOBER

Newsletter

SPEAK UP MONTH

Speak Up Month aims to promote a culture of openness in healthcare, ensuring that both patients and staff feel confident about raising concerns regarding safety, quality of care, or general well-being. Your voice matters, and it's crucial that you feel comfortable discussing any issues you face during your healthcare experience.

If you feel uncertain about any part of your care or have witnessed something that doesn't seem right, speak up. Whether it's about your treatment, the behavior of staff, or issues with appointments, addressing your concerns can lead to improvements in care for you and others.

How to Speak Up:

- Contact our practice's reception to speak with a care coordinator.
- Use the NHS Feedback service.
- Reach out to a Freedom to Speak Up Guardian.

Local Resources and Support:

- Speak Up Guardian (NHS): freedomtospeakup.org.uk
- Healthwatch Barnet: healthwatchbarnet.co.uk

STOPTOBER & SOBER OCTOBER



Stoptober encourages smokers to quit, while Sober October encourages individuals to give up alcohol for 31 days. Both campaigns highlight the profound benefits of making healthier lifestyle choices.

Quitting smoking significantly lowers the risk of heart disease, stroke, and cancer. Even after 20 minutes of quitting, your heart rate begins to return to normal, and after a year, your risk of heart disease is halved.

Alcohol, while socially common, can increase the risk of liver disease, certain cancers, and depression. Taking a month off from alcohol gives your body time to recover and reset.

Quitting Smoking:

- Set a quit date and get support from friends, family, or smoking cessation services.
- Smoking Cessation Reseouces available in the PCN and prescription medications can help.

Cutting Back on Alcohol:

- Keep a diary of how much you drink.
- Opt for alcohol-free alternatives.
- Set a limit before attending social events.



Our Health & Wellbeing Coach and social prescribers can offer support and connect you to smoking cessation programs or alcohol reduction resources.

Local Resources and Support:

- Stoptober: nhs.uk/stoptober
- Alcohol Change UK (Sober October): alcoholchange.org.uk
- Barnet Stop Smoking Services: barnet.gov.uk
- Alcoholics Anonymous UK: alcoholics-anonymous.org.uk



BLACK HISTORY MONTH

SYMPTOMS OF SICKLE CELL DISEASE

- Episodes of pain (crises)
- Fatigue and shortness of breath
- Increased risk of infections
- Yellowing of the skin and eyes (jaundice)

LOCAL RESOURCES & SUPPORT

- Sickle Cell Society: sicklecellsociety.org | Helpline: 020 8961 7795
- NHS Sickle Cell Information: NHS Sickle Cell
- Barnet Council Health Services: barnet.gov.uk

SICKLE CELL AWARENESS

Black History Month not only celebrates the achievements and contributions of Black individuals to British society but also highlights the inequalities faced, especially in healthcare. Health disparities in the African and Caribbean communities are profound, with conditions like sickle cell disease disproportionately affecting these groups.

Sickle cell disease (SCD) is a genetic condition affecting red blood cells. People with SCD experience periods of extreme pain, known as sickle cell crises, as well as a higher risk of infections, organ damage, and stroke. It is particularly common in individuals with African or Caribbean heritage.

At our PCN, we recognize the unique health challenges faced by those living with SCD. We offer support through our mental health nurses, social prescribers, and care coordinators to help patients manage the condition and navigate their healthcare needs.

DIABETES IN AFRO-CARIBBEAN COMMUNITIES

Type 2 diabetes is a condition in which the body struggles to regulate blood sugar levels, often leading to serious complications like heart disease, stroke, and kidney failure. It's particularly prevalent in African and Caribbean communities in the UK, where individuals are up to three times more likely to develop the condition.

Why the Increased Risk?

Several factors contribute to this increased risk, including genetics, lifestyle, and cultural diets that may include higher levels of carbohydrates, sugar, and saturated fats. Foods like yam, plantain, rice, and fried dishes are staples in many African and Caribbean homes, but managing portion sizes and cooking methods can help lower the risk of diabetes.

Healthy Eating Tips:

- Opt for boiled, baked, or grilled methods instead of frying.
- Reduce the intake of sugar-sweetened beverages.
- Use herbs and spices for flavor instead of salt.
- Add vegetables to your meals to balance carbohydrate-rich dishes.

Statistics:

- People of African-Caribbean descent are 60% more likely to be diagnosed with diabetes compared to white Europeans.
- Complications from diabetes, such as amputations and kidney disease, are also more prevalent in Black communities.

Our PCN dieticians and Health & Wellbeing Coach are available to help you create meal plans that allow you to enjoy traditional foods while managing your health.

Local Resources and Support:

- Diabetes UK: diabetes.org.uk | Helpline: 0345 123 2399
- Barnet Diabetes Services: barnetccg.nhs.uk
- Black Health Initiative: bhim.org.uk

HEALTH & WELLBEING CORNER

SOPHIE ABERGILL
HEALTH & WELLBEING COACH

Last month, we looked at what a healthy, balanced diet consists of. In particular, we looked at fruit, vegetables and carbohydrates. This month we continue discussing what a healthy, balanced diet consists of and we will specifically be looking at protein.

Protein is an important macronutrient that has many functions e.g. from helping transport substances in the blood, to helping growth and repair of tissue. It is also important for helping in recovery from physical activity.

You may have come across the NHS Eatwell Guide pictured on the next page.



The Eatwell guide tells us how much of each food group we should be aiming for over the course of the day or week to achieve a healthy, balanced diet.

Looking at the pink protein section in the Eatwell Guide above, the NHS states:

“These foods are good sources of protein, vitamins and minerals. Pulses, such as beans, peas and lentils, are good alternatives to meat because they're low in fat and they're a good source of fibre and protein, too.

Choose lean cuts of meat and mince, and eat less red and processed meat like bacon, ham and sausages.

Aim for at least 2 portions (2 x 140g) of fish every week, 1 of which should be oily, such as salmon, sardines or mackerel.”

If you are interested in finding out more about meat and fish, please follow the links below:

Meat

Fish

If sedentary, to simply maintain our muscle mass, we should aim to have at least 0.8-1g of protein per kg of body weight. For example, if you weight 70kg, you should be aiming to eat 56-70g of protein per day. It is important to note that grams of protein refers to the amount of protein contained in a food, not the weight of the food itself. For example, 100g of chicken breast contains about 31g of protein. The amount of protein in each product can be found in the nutrition tables on packages.

As we become more active, the amount of protein we should be eating to maintain our muscle mass goes up. The upper limit is 2.2g of protein per kg of body weight. If you take part in regular physical activity (and are not under a heavy or extreme training programme), a good target to aim for is around 0.8-1.5g of protein per kg of bodyweight.

You can split up your protein intake over the course of the day. Try and aim to include some kind of protein with every meal.

It is important to remember, however, that everyone is different. The information here generalised. If you have specific dietary requirements or dietary requirements based on a specific medical condition or concern, please consult a GP or relevant medical professional.

Next month we will look at the rest of the Eatwell Guide. In the meantime, see how your protein intake compares to the guidelines and 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 PCN 1W, Certified Personal Trainer and Nutritional Advisor)

A CELEBRATION OF BLACK HISTORY WITH LEVI ROOTS

Monday 21 October
2-4 pm



At the Ann Owens Centre, Oak Lane, East Finchley N2 8LT

To mark Black History Month, we're excited that musician, celebrity chef and Dragon's Den success story Levi Roots will be joining us again for a wonderful celebration of Afro-Caribbean music, food and dance!





"Reclaiming the narrative"
BHM theme for 2024

Bringing Afro-Caribbean stories to life!

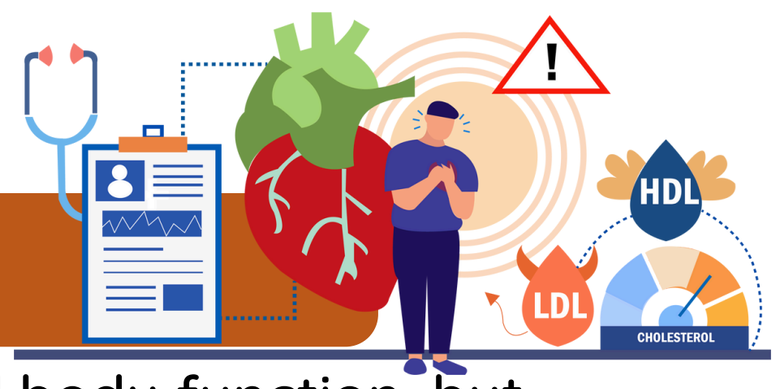
- Levi Roots - his amazing story
- Solicitor Anne Stennett - her journey to becoming partner at Curwens
- Looking at history afresh - a fascinating talk on black Tudors.

To register contact - Teresa on teresa.gallagher@ageukbarnet.org.uk or call her on 07502 989 403.

FREE EVENT

Barnet age UK

NATIONAL CHOLESTEROL MONTH



Cholesterol is a fatty substance that's essential for normal body function, but too much can clog your arteries, leading to serious health problems like heart disease and stroke. National Cholesterol Month is a chance to raise awareness of how to manage cholesterol levels through diet, exercise, and, when necessary, medication.

What You Can Do to Lower Cholesterol:

- Eat more fiber (found in fruits, vegetables, and whole grains).
- Limit saturated fats, found in butter, cheese, and red meat.
- Engage in regular physical activity—30 minutes of moderate exercise most days of the week.
- Consider medication such as statins if prescribed by your GP.

Our PCN dieticians and physiotherapists are available to help you manage your cholesterol through lifestyle changes.

Local Resources and Support:

- Heart UK: heartuk.org.uk | Helpline: 0345 450 5988
- Barnet Heart Health Services: barnetccg.nhs.uk

BREAST CANCER AWARENESS MONTH

Breast cancer is the most common cancer in the UK, affecting around 1 in 8 women during their lifetime. This month, we encourage all women to be aware of the signs and symptoms and to participate in regular screenings.

What to Look Out For:



- A lump in the breast or armpit
- Change in the size or shape of the breast
- Skin changes, such as dimpling or redness
- Nipple discharge or changes in nipple appearance

Early detection significantly improves the chances of successful treatment. If you notice any changes, don't hesitate to book an appointment with your GP for further assessment. Women between 50 and 71 are eligible for routine breast screening every three years through the NHS Breast Screening Programme.

Local Resources and Support:

- Breast Cancer Now: breastcancernow.org | Helpline: 0808 800 6000

BACK CARE AWARENESS WEEK (7-11TH OCTOBER)

Back pain is a widespread issue, particularly among those who sit for long periods or have poor posture. Whether you're working from home or spending hours behind a desk, maintaining a healthy back is essential for long-term health.



Tips for a Healthy Back:

- Practice good posture by keeping your back straight and shoulders relaxed.
- Take regular breaks to stretch and move.
- Use a supportive chair and set up an ergonomic workspace.
- Strengthen your core muscles with exercises like yoga or Pilates.

If you suffer from chronic back pain, book an appointment with our PCN physiotherapists, who can guide you through exercises and treatment plans to relieve pain and improve mobility.

Resources and Support:

- BackCare UK: backcare.org.uk

NATIONAL WORK LIFE WEEK (7-13TH OCTOBER)

National Work Life Week promotes the importance of work-life balance, encouraging both employers and employees to find better ways to manage workload and well-being. Whether you're working from home or commuting, it's important to set boundaries and ensure you take time for rest.

Top Tips for a Healthy Work-Life Balance:

- Set clear work hours and stick to them.
- Take regular breaks away from your desk.
- Prioritize tasks and avoid multitasking.
- Stay active—exercise is a great way to boost both physical and mental health.

BABY LOSS AWARENESS WEEK (9-15 OCTOBER)



Baby Loss Awareness Week is a time for bereaved parents and families to remember the babies they have lost. It is also a chance to raise awareness of the support available to families affected by miscarriage, stillbirth, and neonatal death.

Support for Families:

Talking about your loss with family, friends, or a professional can help you process the grief.

Consider joining a support group to connect with others who have experienced similar loss.

Local Resources and Support:

Sands (Stillbirth and Neonatal Death Society): sands.org.uk | Helpline: 0808 164 3332

Barnet Bereavement Services: Barnet Bereavement

UK MALNUTRITION AWARENESS WEEK (14-20 OCTOBER)

Malnutrition can occur when the body doesn't get the nutrients it needs to function properly. It can affect anyone, though older adults are particularly vulnerable. Eating a balanced diet and maintaining a healthy weight are essential for preventing malnutrition.

Signs of Malnutrition:

- Unintentional weight loss
- Lack of appetite or interest in food
- Fatigue and weakness
- Poor concentration

Our PCN dieticians are available to provide tailored nutrition advice and support.

Local Resources and Support:

- Malnutrition Task Force: malnutritiontaskforce.org.uk
- Barnet Nutrition Services: barnetccg.nhs.uk

WORLD MENTAL HEALTH DAY (10 OCTOBER)



Mental health affects every aspect of our lives, and World Mental Health Day encourages everyone to prioritize their mental well-being. Whether you are dealing with anxiety, depression, or stress, help is available.
Resources for Adults:

- Practice self-care by getting enough sleep, eating a balanced diet, and taking time for yourself.
- Speak to a mental health professional if you are feeling overwhelmed.

Resources for Young People:

- Encourage open conversations about emotions.
- Engage in activities that promote relaxation and creativity.

Our PCN offers mental health nurses and social prescribers who can connect you with the right support.
Local Resources and Support:

- Barnet Mental Health Services: barnet.gov.uk
- Mind UK: mind.org.uk | Helpline: 0300 123 3393
- Barnet Young People's Mental Health Services: barnetccg.nhs.uk

INFECTION PREVENTION CONTROL WEEK (15-21 OCTOBER)

Infection prevention is more important than ever, particularly as we move into the winter months. Washing your hands, wearing masks when appropriate, and getting vaccinated are all key ways to stop the spread of infections.
What You Can Do:

- Wash hands regularly with soap and water for at least 20 seconds.
- Use alcohol-based hand sanitizer when soap isn't available.
- Keep your vaccinations up to date, including flu and COVID-19 vaccines.

Local Resources and Support:

- **NHS Infection Control Guidance**

https://www.england.nhs.uk/publication/national-infection-prevention-and-control/

WORLD MENOPAUSE AWARENESS DAY (18 OCTOBER)



Menopause is a natural phase in a woman's life, but it can come with a range of symptoms, such as hot flushes, night sweats, mood swings, and sleep problems. The perimenopause phase can last several years before menopause occurs.

Coping Strategies:

- Keep a symptom diary to track your experiences.
- Exercise regularly and maintain a healthy diet.
- Speak to your GP about Hormone Replacement Therapy (HRT) if appropriate.

Local Resources and Support:

- Menopause Matters: menopausematters.co.uk
- Barnet Menopause Services: barnetccg.nhs.uk

INTERNATIONAL STAMMERING AWARENESS DAY (22 OCTOBER)

Stammering is a speech disorder that affects the fluency of speech. It is often misunderstood, leading to anxiety and low self-esteem for those who experience it. Raising awareness can help break down the stigma and provide the right support.

Resources for People Who Stammer:

- Practice slow and controlled breathing techniques.
- Seek professional speech therapy if necessary.
- Be open about your stammer with those around you.

Local Resources and Support:

- Stamma (British Stammering Association): stamma.org | Helpline: 0808 802 0002
- Barnet Speech and Language Therapy: barnet.gov.uk

PCN 1W
NHS BARNET

Employment Support Workshop

Drop In Event

Come at any time for talks supporting those who are experiencing anxiety, depression and stress related concerns which are preventing working

Including talks by:

Volunteering Barnet
support with upskilling & access to volunteering opportunities

West London Works
support to find suitable employment

The Skills Centre – Edgeware
support with upskilling

When?

Monday 14th

October

12pm – 3pm

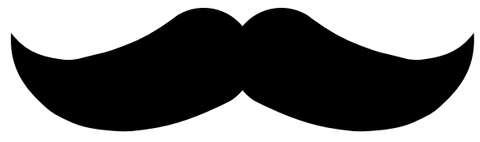
Where?

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

VOLUNTEERING BARNET
Inspiring and supporting volunteering

THE SKILLS CENTRE

West London Works

MOVEMBER 

Movember is an annual event that raises awareness of men’s health issues, including prostate cancer, testicular cancer, and mental health. Men are encouraged to grow a moustache in November to start conversations about these important issues.

Key Health Tips for Men:

- Regular self-examinations for testicular cancer can help with early detection.
- Don’t be afraid to talk about your mental health—support is available.
- Attend regular health check-ups, including prostate cancer screenings if you are at risk.

Local Resources and Support:

- Movember UK: uk.movember.com
- Prostate Cancer UK: prostatecanceruk.org | Helpline: 0800 074 8383

COMING OUT DAY (11 OCTOBER) & INTERNATIONAL PRONOUNS DAY (18 OCTOBER)

Coming Out Day celebrates the courage of individuals in the LGBTQ+ community to live openly and authentically. International Pronouns Day promotes respect for people’s chosen pronouns, encouraging inclusivity and understanding in every interaction.

Supporting LGBTQ+ Inclusivity:

- Ask for and respect people’s pronouns.
- Create safe spaces for open conversations.

Local Resources and Support:

- Stonewall: stonewall.org.uk
- LGBT Foundation: lgbt.foundation | Helpline: 0345 330 3030

NHS APP: A GATEWAY TO YOUR HEALTH INFORMATION

The NHS App provides easy access to your medical records, allows you to book appointments, request repeat prescriptions, and view test results. It’s a convenient way to manage your health from your smartphone or tablet.

Setting Up the NHS App

If you’ve recently moved GP practices or haven’t used the app before, setting it up is simple. You will need:

- Your NHS number (this can be found on your medical card, prescription, or by contacting your GP).
- Photo ID (passport or driver’s license).
- Your GP registration details.

Once you have these, download the NHS App from your app store and follow the steps to verify your identity. From there, you’ll have full access to your health information.

Local Resources and Support:

- NHS App: nhs.uk/nhsapp
- Barnet GP Services: barnetccg.nhs.uk



HEALTH KIOSK: AVAILABLE AT YOUR GP PRACTICE

We are pleased to introduce a Health Kiosk at our practice, where patients can monitor their blood pressure, weight, height, BMI, and smoking status. The kiosk is available for use at any time during surgery hours and is easy to use. Simply follow the on-screen instructions to track your health.

This is a convenient way to monitor your health between GP appointments, especially for patients managing chronic conditions like hypertension or diabetes.

STAYING HEALTHY WHILE WORKING FROM HOME

Working from home has become a new normal for many, but it can take a toll on both physical and mental health. Creating a balance between work and personal life is key to staying healthy.

Physical Health Tips:

- Set up a comfortable, ergonomic workspace.
- Take regular breaks to stand up and stretch every hour.
- Stay active by incorporating short walks or home workouts into your day.

Mental Health Tips:

- Create a clear separation between work and home life.
- Stay connected with colleagues through virtual meetings.
- Practice mindfulness or breathing exercises to manage stress.

Local Resources and Support:

- Mind UK: mind.org.uk

SILVER SUNDAY

A CELEBRATION OF AGEING WELL IN BARNET











MIDDLESEX UNIVERSITY, THE BURROUGHS, NW4 4BT

FREE PARKING available in the Greyhound Hill Carpark.

Bus Routes: 143, 183, 326, 125, SL10

Booking recommended but not essential.

Contact Pippa on 07379 331807

or email agefriendly@ageukbarnet.org.uk for more information