PCN 1W

APRIL

PATIENT NEWSLETTER

DIABETES AND HYPERTENSION EVENT

Education, Prevention & Management

15th April 2026

10am - 2pm

Colindale Community Trust, The Old Library in The Concourse, Grahame Park, London, NW9 5XA



Diabetes

Know Your Risk Checks!

- Height
- Weight
- BMI
- Waist Circumference
- BP pressure check
- Signpost - to partners & Healthwise
- Advice & Guidance: lifestyle

10:00 - 10:30	Barnet Better Leisure Centres- How Barnet residents an access leisure centre facilities at a reduced cost
10:30 - 11:00	NHS Diabetes Prevention Programme + Blood Glucose Level testing on the day
11:30 - 12:00	Healthy Hearts – blood pressure checks and guidance.
12:30 - 13:00	Zen Project - Mindfullness Sessions
13:00 - 14:00	Body, Heart & Mind - exercises for cardiovascular conditions

Measles: Symptoms and How to Protect Your Child

What is Measles?

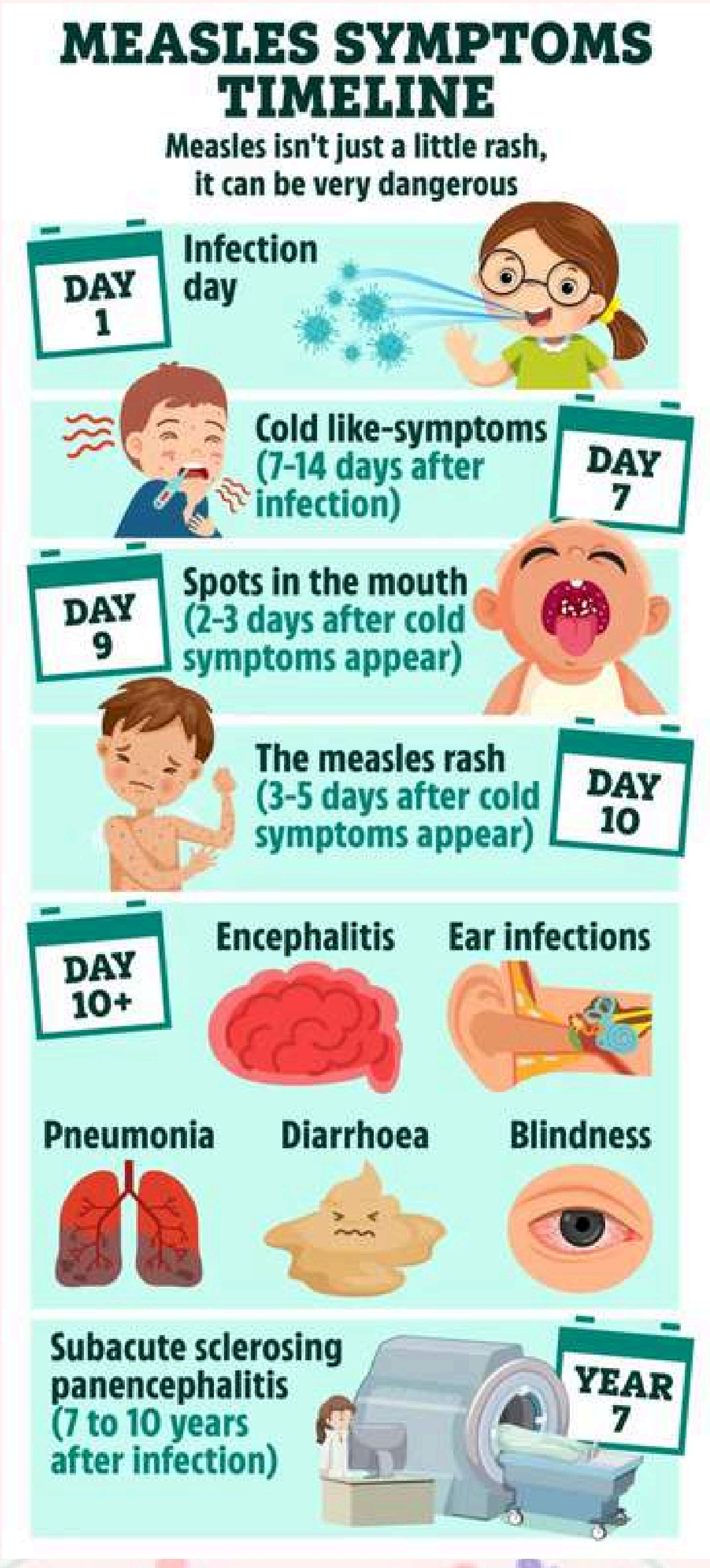
Measles is a highly contagious viral infection that mainly affects children, though it can occur at any age. It spreads through coughing, sneezing, or close contact with an infected person. Because it's so infectious, even brief exposure can lead to transmission if a child isn't protected.

When to Seek Medical Help

Contact a healthcare provider urgently if your child:

- Has a very high or persistent fever
- Shows difficulty breathing
- Appears unusually drowsy or confused
- Has seizures

Measles can sometimes lead to complications like ear infections, pneumonia, or (rarely) brain inflammation.



You have the power to protect your child!

1. Vaccination is the Most Effective Protection
2. Avoid exposure during outbreaks
3. Practice good hygiene



Saijal’s Story

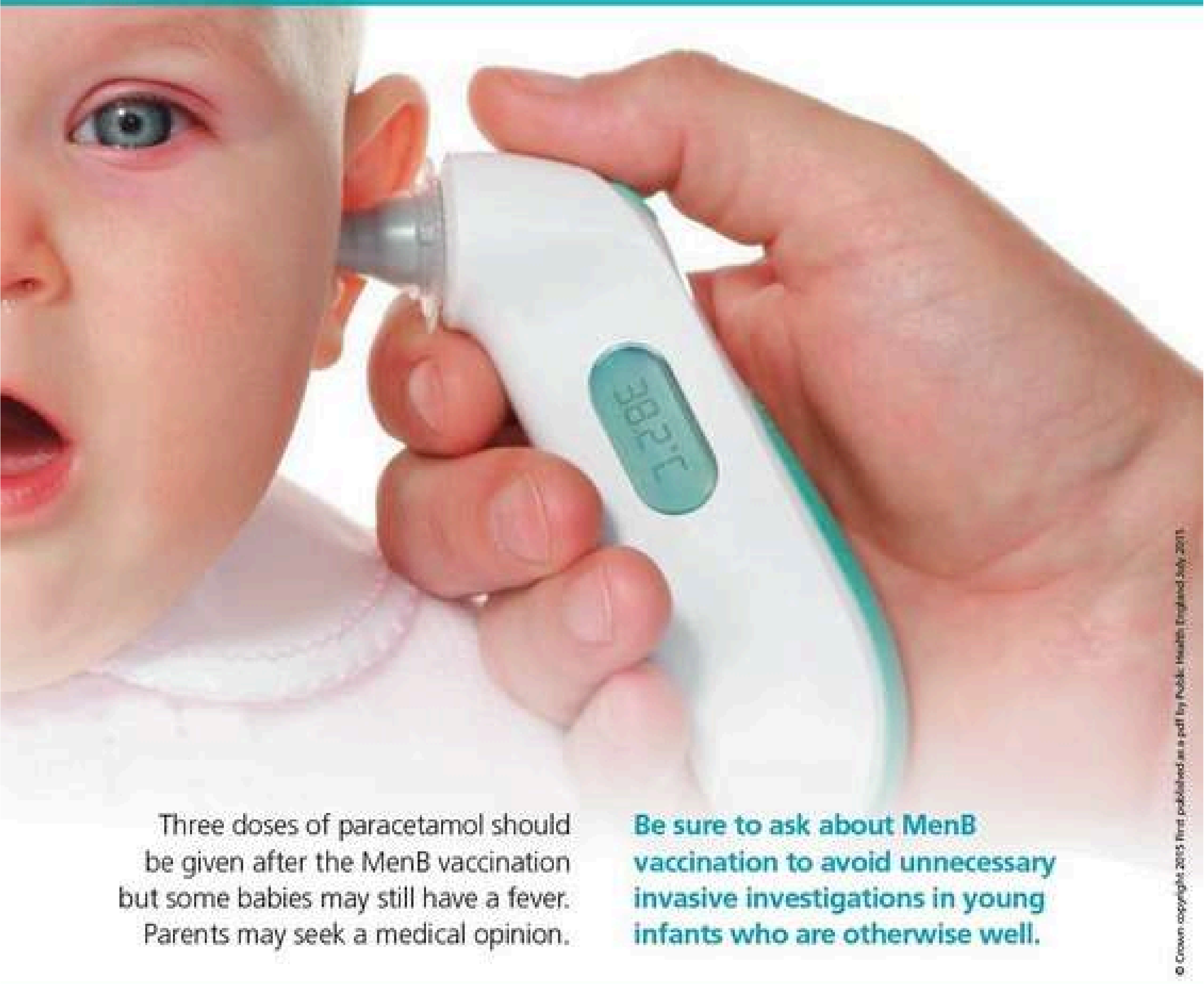
(click to watch)

NHS

Fever?

Think MenB vaccine

This vaccine can cause fever in young babies in the first 48 hours following vaccination



Three doses of paracetamol should be given after the MenB vaccination but some babies may still have a fever. Parents may seek a medical opinion.

Be sure to ask about MenB vaccination to avoid unnecessary invasive investigations in young infants who are otherwise well.

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Immunisation

Helping to protect your baby

For more information go to www.nhs.uk/vaccinations

APRIL IS STRESS AWARENESS MONTH!

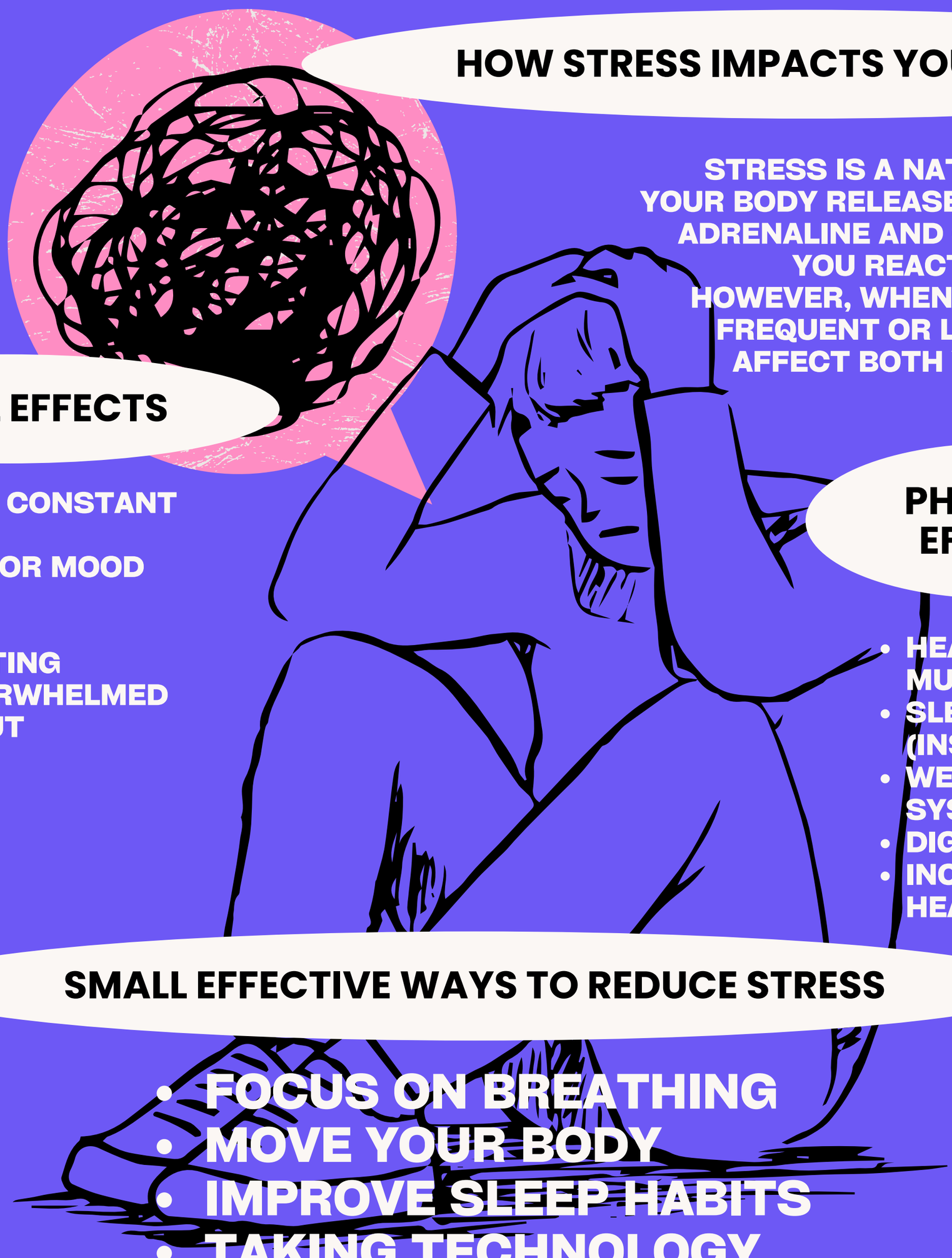
STRESS MANAGEMENT SOCIETY LEADS STRESS AWARENESS MONTH, AN ANNUAL CAMPAIGN HELD EVERY APRIL SINCE 1992. IT AIMS TO RAISE AWARENESS OF THE CAUSES AND EFFECTS OF STRESS, ENCOURAGE OPEN CONVERSATIONS, AND SHARE PRACTICAL TOOLS TO IMPROVE WELLBEING.

EACH YEAR INTRODUCES A THEME TO INSPIRE ACTION, OFTEN FOCUSING ON SMALL, POSITIVE CHANGES AND COMPASSION TOWARD OURSELVES AND OTHERS.

YOU CAN EXPLORE RESOURCES AND GET INVOLVED HERE:
VISIT THE STRESS MANAGEMENT SOCIETY PAGE

HOW STRESS IMPACTS YOUR HEALTH

STRESS IS A NATURAL RESPONSE—YOUR BODY RELEASES HORMONES LIKE ADRENALINE AND CORTISOL TO HELP YOU REACT TO CHALLENGES. HOWEVER, WHEN STRESS BECOMES FREQUENT OR LONG-TERM, IT CAN AFFECT BOTH YOUR MENTAL AND PHYSICAL HEALTH.



MENTAL EFFECTS

- ANXIETY AND CONSTANT WORRY
- IRRITABILITY OR MOOD SWINGS
- DIFFICULTY CONCENTRATING
- FEELING OVERWHELMED OR BURNT OUT

PHYSICAL EFFECTS

- HEADACHES AND MUSCLE TENSION
- SLEEP PROBLEMS (INSOMNIA)
- WEAKENED IMMUNE SYSTEM
- DIGESTIVE ISSUES
- INCREASED RISK OF HEART DISEASE

SMALL EFFECTIVE WAYS TO REDUCE STRESS

- FOCUS ON BREATHING
- MOVE YOUR BODY
- IMPROVE SLEEP HABITS
- TAKING TECHNOLOGY BREAKS

STRESS CAN AFFECT ANYONE, BUT IT DOESN’T HAVE TO TAKE OVER YOUR LIFE. BY RECOGNISING THE SIGNS EARLY AND MAKING SMALL, CONSISTENT CHANGES, YOU CAN PROTECT BOTH YOUR MENTAL AND PHYSICAL WELLBEING

TALK: PAYING ATTENTION: WHAT'S REALLY GOING ON IN THE BRAIN?

Barnet ageUK



by Professor Catherine Loveday

- **On how attention works, why it slips, and how it shapes our everyday memory.**

FREE entry

WEDNESDAY 1 April 2026
6.45pm-8pm

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

To book a space contact Teresa on 07502 989 403 or email teresa.gallagher@ageukbarnet.org.uk

Donations welcome



BUSES TO ANN OWENS CENTRE

263 From North Finchley Bus Station going towards Highbury Barn. This bus stops outside of the British Heart Foundation furniture store on the High Road. Get off at either Lewis Gardens (Stop E) and walk towards the zebra crossing, cross over and take a right up Oak Lane. Or, get off at Oak Lane bus stop (Stop F) and cross the road to Oak Lane. *Approx 5 minute walk to centre.*

Coming from East Finchley Tube Station – 263 bus - Come out of station and turn right, the bus stop is just outside. Buses going towards Barnet Hospital. Get off at Oak Lane bus stop (Stop J) *Approx 5 minute walk to centre.*

Return bus – 263 - Stop J – Oak Lane towards Barnet Hospital.
Stop F- Oak Lane towards Highbury Barn.

Free parking: you can park on Oak Lane or Tarling Road

View your test results in the NHS App



- You should see all your recent test results that have been added to your GP health record online
- Need help? Visit nhs.uk/nhs-app

You can also use these services by logging in through the NHS website.

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NHS App

Download on the App Store

GET IT ON Google Play

MONDAY 20TH APRIL 2026

4.30PM - 6PM

EVERGLADE MEDICAL PRACTICE, THE CONCOURSE, GRAHAME PARK, NW9 5XT



PATIENT PARTICIPATION GROUP MEETING

- **CLINICAL UPDATES**
- **COMMUNITY AND PRACTICE EVENT UPDATES**
- **NEW PRACTICE BUILDING UPDATE**

ALL PATIENTS WELCOME

WHERE CARE COMES FIRST

PCN 1W

NHS BARNET

HOLIDAY OPENING TIMES

Thursday 2nd April - Normal Opening Hours
Friday 3rdA April - Closed
Saturday 4th & Sunday 5th April - Closed
Monday 6th April - Closed
Tuesday 7th April - Normal Opening Hours

EVERGLADE MEDICAL PRACTICE

PATIENT PARTICIPATION GROUP

HAVE YOUR SAY

JOIN NOW

GO TO
EVERGLADEMEDICALPRACTICE.NHS.UK

OR SPEAK TO A MEMBER OF STAFF FOR HELP