JANUARY NEWSLETTER

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PCN 1W Care
Coordinator



IN THIS ISSUE

Sophie's Wellbeing Corner:
New Year's Resolutions

JANUARY WELLNESS EVENT: SMALL STEPS BIG CHANGES



DRY JANUARY:
Challenging you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol



Get Your Personal Smoking Quit Plan

COLINDALE COMMUNITIES TRUST

WHERE CARE COMES FIRST PCN 1W NHS BARNET

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Fab FIT & ACTIVE BARNET

SMALL STEPS BIG CHANGES



WELLNESS EVENT



20TH JANUARY 2026

10AM - 4PM

The Concourse, The Old Library
NW9 5XA

DROP IN EVENT



- Visit service tables
- speak to services
- offer ongoing support
- Receive lifestyle advice and referral information.

JOIN LIGHT PHYSICAL EXERCISE ON THE DAY
Gentle exercise, chair yoga, seating exercise and breathing exercises



SMALL BIG STEPS CHANGES

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ON THE ZEN BUS:

Time	Bus Sessions
12:00 AM	10am Morning breathing for energy
10.3	Tapping for anxiety
11am	Sound bath
11.3	Breathwork to ease stress
12pm	Mindfulness to relax
12.30pm	Sound bath
1pm	Tapping to let go
1.30pm	Gratitude meditation
2pm	Sound bath
2.30pm	Just be
3pm	Breathwork to let go
3.30pm	Sound bath

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IN THE HALL:

Time	Presentation	Presenter
10am	Diet Support	Vanitha
11am	Better Balance	Billy
12pm	Seated Yoga and gentle stretch	Zen project
1pm	Gentle exercise & life style changes.	Sophie
2pm	Gentle exercise	Gro Health – Michele
3pm	Circuit class	OncoMove Isaac

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SOPHIE's WELLBEING CORNER



NEW YEAR'S RESOLUTIONS

January often inspires us to think about fresh starts and healthier routines. But traditional New Year's resolutions can sometimes feel overwhelming, especially when life is already busy. This year, rather than aiming for a "new you," consider focusing on small, realistic changes that support your wellbeing in a sustainable way.

Start Small and Be Specific

Broad goals like "get healthier" or "exercise more" are hard to stick to. Guidance from NHS Better Health highlights the value of setting SMART goals. SMART goals are specific, measurable and achievable, realistic and time bound. They work as steps that make change more manageable. For example, instead of deciding to "walk more," you might choose something clear and achievable, such as walking for 10 minutes during your lunch break on set days of the week. This kind of clarity makes it easier to stay motivated and monitor progress.

Build Healthy Habits Gradually

The NHS Every Mind Matters campaign emphasises that healthy habits don't need to be dramatic to be effective. Small, consistent actions e.g. drinking an extra glass of water, adding an extra portion of fruit or veg, or taking short movement breaks, can make a real difference over time. Starting small also helps new behaviours feel less daunting and more sustainable.

Be Kind to Yourself

Setbacks are a normal part of behaviour change, and the NHS encourages a self-compassionate approach when motivation dips. Every Mind Matters resources remind us to focus on what is going well and to avoid being overly critical when things don't go to plan. Progress is rarely linear, and allowing yourself space to reset can make it easier to stay on track in the long run.

SOPHIE's WELLBEING CORNER



NEW YEAR'S RESOLUTIONS

Connect With Support

If you're hoping to make lifestyle changes this year, there is plenty of free, evidence-based support available. Programmes such as Better Health, Smokefree, Couch to 5K and the NHS Weight Loss Plan (developed through NHS and GOV.UK public health initiatives) offer practical guidance to help build new habits. Local NHS wellbeing services, including ours, can also offer personalised support to help you set achievable goals and explore what works best for you.

A Healthier Year Starts With One Step

Rather than thinking of resolutions as all-or-nothing, see them as a series of small choices that add up over time. Celebrate the wins, learn from the challenges, and remember that long-lasting change is built on persistence, not perfection.

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.

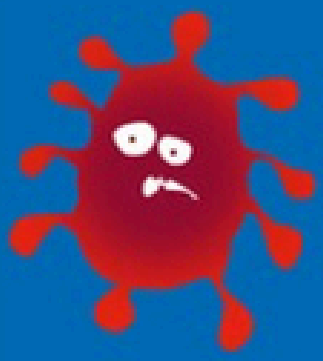
Sophie (Health and Wellbeing Coach for PCN1W, Certified Personal Trainer and Nutritional Advisor)

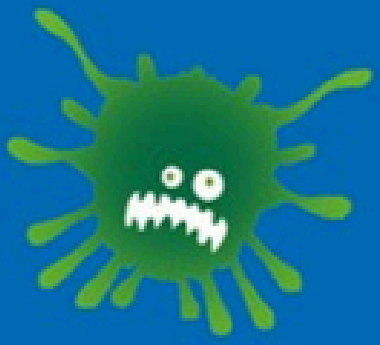
Make sure you check back every month for all your health and wellbeing titbits.





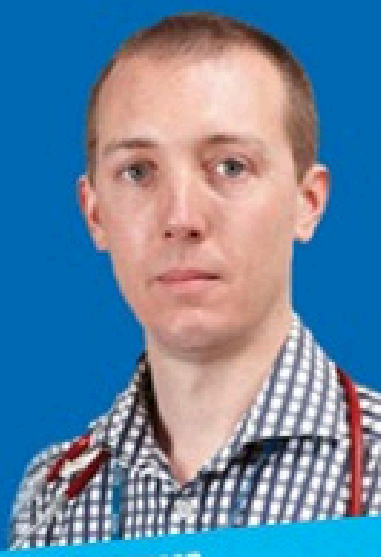






NHS

FLU FACTS VS FLU FICTION



Dr Dan Yeomanson,
Consultant Paediatric Oncologist

FICTION
The flu jab gives you flu.

FACT
The flu jab cannot give you flu as it doesn't contain any live viruses.

FICTION
A healthy diet and vitamin C will prevent flu.

FACT
Flu is a virus and can affect anyone, no matter how good your immune system is.

FICTION
The vaccine does not work, I still got flu!

FACT
Over the last ten years, the vaccine has provided good coverage against flu and it is still the best way to fight flu this winter.

FICTION
I've never had flu so I'm not likely to get it.

FACT
The flu virus mutates so you need to be vaccinated yearly for protection.

FICTION
The vaccine is not safe.

FACT
The vaccine is well tested and has an excellent safety record.

FICTION
I'm not in an at risk group.

FACT
Anyone can get flu and pass it on to vulnerable groups – even with no symptoms.

flu fighter

Public Health England

A leading workforce campaign delivered by

NHS Employers

© NHS Employers 2015


Better Health
Start for Life
NHS
BREASTFEEDING CAN TAKE TIME TO GET THE HANG OF
FOR BOTH OF US
If they could tell you,they'd say not to worry.
Visit Start for Life for support.

NHS

MAKE A RESOLUTION YOU CAN KEEP



Quit smoking for good

Better Health Smoke free

Get your free
Personal Quit Plan

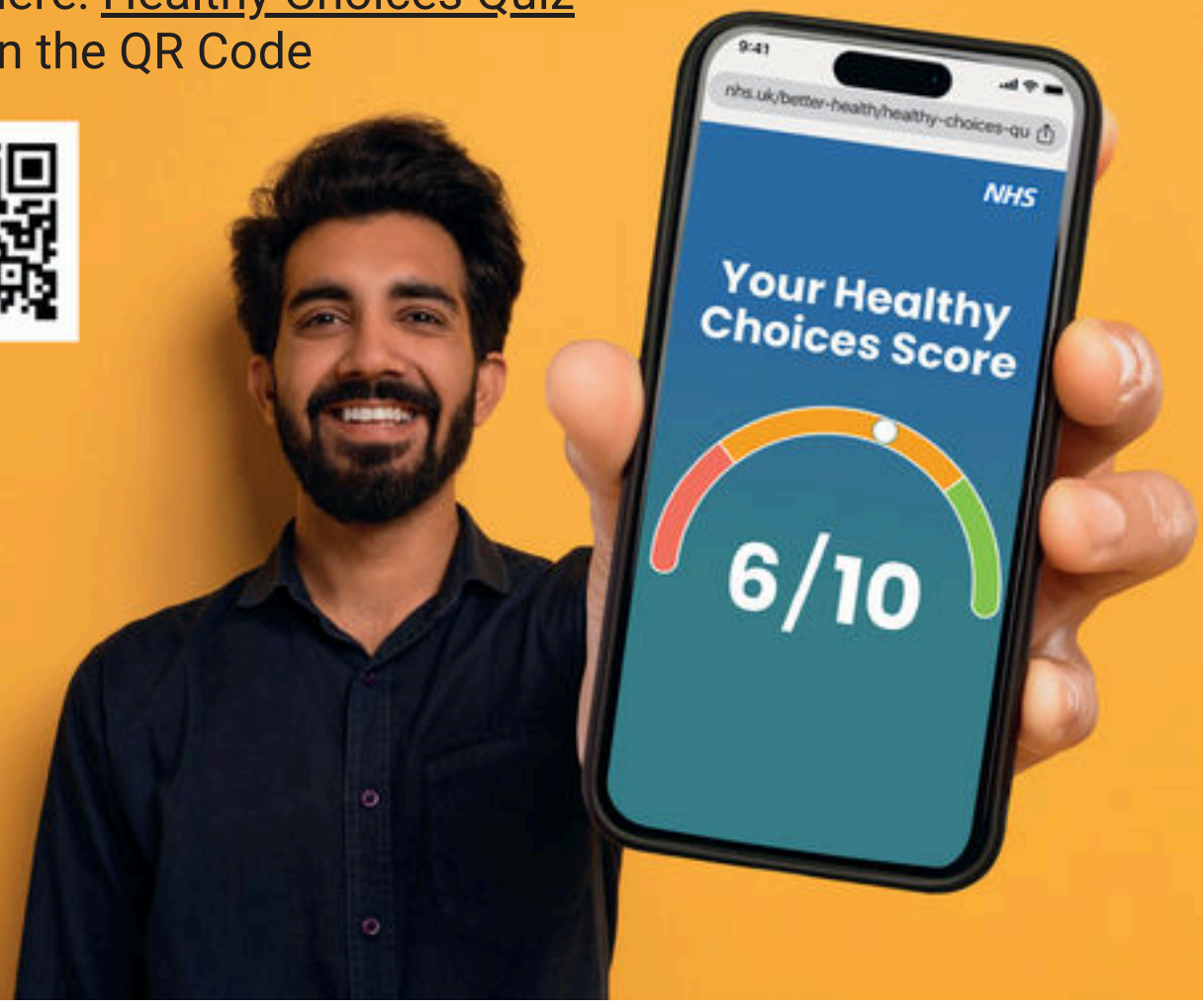
CLICK HERE FOR YOUR PERSONAL QUIT PLAN

No wrong answers, just the right start.

TheHealthy Choices Quizis free,quick,and designed to help you take small steps towards lasting changes.

It can help you eat well, move more, sleep better, and feel more in control of your health.

Click here: Healthy Choices Quiz
or scan the QR Code



DRY JANUARY

A MONTH TO REFRESH YOUR HEALTH

As the New Year begins, many people consider ways to reset their health and habits. One approach that has grown in popularity is "Dry January" – a month-long challenge to abstain from alcohol. This isn't about scaremongering; it's about understanding how alcohol affects our bodies and exploring the potential benefits of taking a break.

Understanding Alcohol and Its Effects

Alcohol is a depressant, which means it slows down the central nervous system. In moderation, some people may drink socially without immediate harm, but regular consumption can impact both physical and mental health. Alcohol can affect the liver, heart, immune system, and even our sleep patterns. It also provides "empty calories" that contribute little nutritional value and may lead to weight gain over time.
Beyond the physical effects, alcohol can influence mood and mental well-being. Some people find that drinking can initially relieve stress or social anxiety, but it may later contribute to low mood, anxiety, or difficulty concentrating. For others, drinking regularly can interfere with daily routines, work, and relationships.

Why Try Dry January?

Taking a month off alcohol can provide a valuable opportunity to notice the changes in your body and mind. Many people report:

- Improved sleep quality
- Increased energy levels
- Better concentration and mood
- Reduced bloating and improved digestion
- Financial savings from not purchasing alcohol

Even if you don't plan to give up alcohol permanently, a month of abstinence can help you reassess your relationship with drinking and develop healthier habits.

Practical Tips for a Successful Dry January

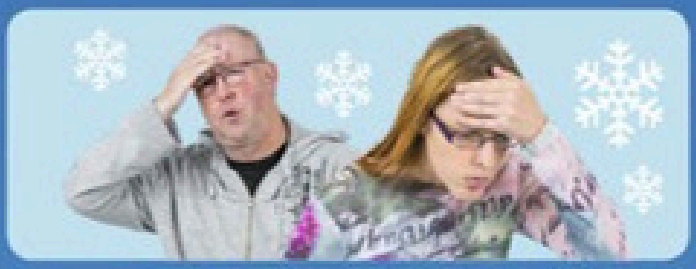
- Plan alternative beverages: sparkling water, herbal teas, or alcohol-free beers and wines can help with social situations.
- Keep a diary: noting improvements in sleep, energy, or mood can be motivating.
- Seek support: friends, family, or online communities can help you stay on track.
- Be kind to yourself: occasional slip-ups don't mean failure; each day without alcohol still counts.

A Healthier Perspective

Dry January isn't about restriction; it's about choice and awareness. Taking a break from alcohol can help you learn more about your body, mind, and lifestyle, and may encourage long-term positive habits. Whether it becomes a short-term experiment or a longer-term change, the benefits of a mindful approach to alcohol can be substantial.

NHS

Get your free flu jab



Some people with a learning disability can get very ill if they get flu.



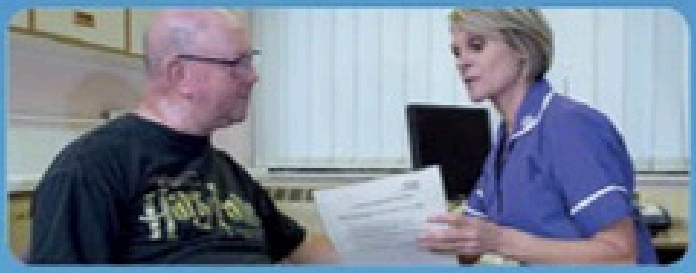
The best way to avoid flu is to get a free flu jab.

NHS
GP surgery

You can have the flu jab at your GP surgery.

Pharmacy +

Or you can have the flu jab at a pharmacy.



If you are scared of needles, tell the nurse. You may be able to have the vaccine as a nose spray instead.

Produced by Public Health England. Copyright 2019. Product code: [illegible]. Pictures reproduced with kind permission from Photosymbols.com

HELP US HELP YOU
STAY WELL THIS WINTER

Flu immunisation
Helping to protect everyone, at every age

See your GP health record in the NHS App



- you can see all new entries
- view consultation notes, medicines, vaccinations and test results
- need help? Get support in the app or visit **nhs.uk/nhs-app**

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

NHS App

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