PCN 1W

Patient Newsletter.

JUNE 2025

BY C. CHISHIMBA
PCN 1W CARE COORDINATOR

Cervical Screening Awareness Week 19th June

Smear tests (cervical screening) save lives by detecting early signs of cell changes. If you're aged 25 to 64 and eligible for a screening, please don't delay your appointment.

We understand it can feel uncomfortable, but our team is here to support you every step of the way. If you have concerns, talk to us – your comfort and care are our priority.

The NHS App helps you to get well, stay well and manage your health care

It' s a simple and secure way to:

- order repeat prescriptions
- find NHS services
- view your GP health record
- get reminders and messages

and much more ...
It's free and available 24 hours a day, 7 days a week.
You can download the NHS App or find the same services on the NHS website: www.nhs.uk/nhs-app/

SLEEP AND YOUR LIFESTYLE

Check out Sophie's wellbeing corner for helpful information surrounding sleep.

NHS App

Have you downloaded the NHS App? Each PCN 1W Practice has at least one App Ambassador that can help you with any app queries.

Events in Barnet

Have a look through the Newsletter for events happening in PCN 1W and the Barnet area

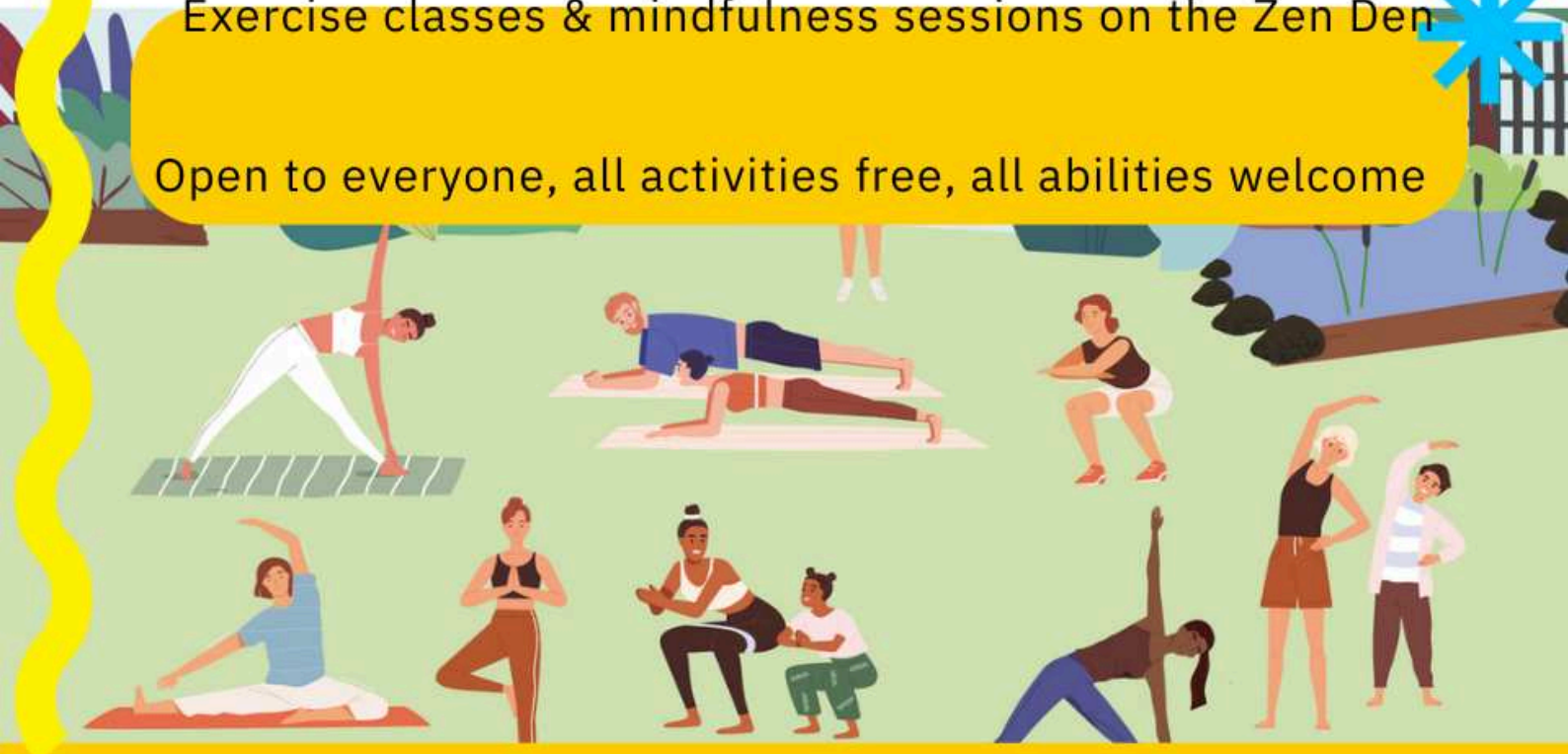


WELLBEING AT GRAHAME PARK!

Join Active Within, The Zen Project and PCN 1W, Everglade Medical Practice, Watling Medical Centre, Parkview Surgery and Deans Lane Medical Centre for a day of health and wellbeing focused on managing hypertension. FREE sessions in partnership with Notting Hill Genesis - Make it Happen. Sessions improve health, increase fitness levels, ease anxiety, manage stress levels and offer you some good vibes in your day!

Exercise classes & mindfulness sessions on the Zen Den

Open to everyone, all activities free, all abilities welcome



DATE: TUESDAY 17TH JUNE
TUESDAY 1ST JULY
TIMINGS: 10AM - 4PM
NEAR TO THE OLD LIBRARY, GRAHAME PARK CONCOURSE, LONDON NW9 5XA

info@activewithin.com
hello@t-z-p.com

Notting Hill Genesis · Active Within · PCN 1W · inclusion barnet · The Zen Project · Make It Happen

Sophie's Wellbeing Corner

PCN 1W

SLEEP & YOUR LIFESTYLE

Last month we looked at how to cut down on sugar, particularly with desserts. This month, we will be looking at sleep and how it relates to lifestyle.

Sleep is critical to our mental and physical health, recovery and the proper functioning of nearly all the systems of the body.

A lack of sleep has been linked to cardiovascular problems, a weakened immune, higher risk of obesity and type 2 diabetes, impaired thinking and memory, and mental health problems like depression and anxiety.

The Sleep Foundation recommends:

Infants (4-12 months) sleep for: 12-16 hours (including naps)

Toddlers (1-2 years) sleep for: 11-14 hours (including naps)

Preschool (3-5 years) sleep for: 10-13 hours (including naps)

School-age (6-12 years) sleep for: 9-12 hours

Teens (13-18 years) sleep for: 8-10 hours

Adults (18 years and older) sleep for: 7 hours or more

A lack of sleep might increase blood sugar levels due to increased insulin resistance, increased inflammatory chemicals and the release of cortisol (a hormone released when we are stressed).

Sophie Abergill

PCN 1W HEALTH AND WELLBEING COACH
Certified Personal Trainer and Nutritional Advisor



Sophie's Wellbeing Corner

PCN 1W

SLEEP & YOUR LIFESTYLE

When we don't sleep, our hunger hormone (called ghrelin) also rises. Leptin (the hormone that makes us feel full) decreases. If we don't sleep well, we have less energy, so we may opt for higher calorie or less nutritious foods thenext day that can lead to elevated blood glucose levels, increased risk of other health conditions and weight gain. You may also be less physically active if you have not slept well the night before and you may not manage your health conditions as well as you might like if you do not sleep well.

It is important to remember, however, that everyone is different and the information here is generalised. More information on sleep can be found here:

CLICK HERE

Next month we will be looking into how to actually improve your sleep.

In the meantime, try to think about your sleep and bedtime routine. 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 Abergill
PCN 1W HEALTH AND WELLBEING COACH

Certified Personal Trainer and Nutritional Advisor



Community Fibre

BOOST
www.boostbarnet.org

Barnet Council is working in partnership with Community Fibre to provide 12 months of free broadband to eligible residents.

This scheme has been set up to support residents who can not access broadband at home, to help bridge the digital divide.

Before applying, please check that Community Fibre is available in your area, by visiting here:

NEED TO KNOW

Applicants will be required to provide Direct Debit details as security for the broadband router to Community Fibre.

START HERE

communityfibre.co.uk

The Barnet Group
PERSON CENTRED

BARNET
LONDON BOROUGH

HAPPENING THIS MONTH

BIKE WEEK

9- 15th June

Encouranging people to get out cycling and switch to cycling as the best way to get around.

MORE INFO: CLick Here

MENS HEALTH WEEK

9- 15th June

Led by the Men's Health Forum to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.

MORE INFO: CLick Here

LONELINESS AWARENESS

9- 15th June

Reducing the stigma around this human emotion

MORE INFO: CLick Here

BLOOD DONOR DAY

14TH JUNE

Raising awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood.

MORE INFO: CLick Here

DIABETES AWARENESS

9- 15th June

Shout about the things that matter to people with diabetes, shining a light on what it's like to live with day in, day out.

MORE INFO: CLick Here

LEARNING DISABILITY WK

16-22ND June

SRaising awareness about the issues that are important to people with a learning disability and their families and carers

MORE INFO: CLick Here


Better Health
every mind matters
Everyone feels lonely sometimes and there are things you can do to help
Loneliness. It's a part of life. Let's talk about it.
For support and advice search
'loneliness – every mind matters'