PATIENT NEWSLETTER

CHILD HEALTH/IMMS AND TOY GIFT EVENT

Tuesday 9th December
Vaccinations, Gifts, Information on local Services

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PCN 1W WELLNESS EVENT

20th January 2026

More on page 10

SOPHIE'S WELLBEING CORNER

FINANCIAL WELLBEING

More on page 7-8

THE BENEFITS OF THE NHS APP

The NHS App is a quick and secure way to manage your healthcare from your phone or computer. It helps you stay organised and reduces the need to call or visit the practice.



What you can do:

- Order repeat prescriptions
- View your test results and key parts of your medical record
- Check, book or cancel appointments (where available)
- Update your contact details
- Access your COVID-19 vaccination status

Using the NHS App saves time, gives you more control over your health information and helps the practice work more efficiently.

If you need help getting started, our NHS App Ambassadors are here to support you.

AGE UK EVENTS

AGE UK has a fantastic line-up of events this December – including another chance to dust off your dancing shoes at our festive Disco, plus a cosy Christmas get-together and catch-up with mince pies and a good old singalong.
For those looking for something a little more informative, they're also hosting a talk on the 12 Scams of Christmas and, at our Living Well event, Professor Catherine Loveday will be sharing fascinating insights into the link between memory and what we eat.



Check out **AGE UK's "What's On Near You For Over 55s"** page for more information.

PCN 1W

SPACE

Notting Hill Genesis

MAKE IT HAPPEN

POP- UP EVENT

CHILD HEALTH & GIFT

Ages 0-7

Please bring red imms books!



TUESDAY 9th DECEMBER

2PM - 5PM

20 THE CONCOURSE, GRAHAME PARK, COLINDALE, LONDON, NW9 5XA

Vaccinations available on the day by PCN 1W Nurses
If under 5 and due or over 5 and have missed MMR

Farsi Speaking interpretation

Introduction to the healty child programme and young people's services

Importance of Oral Health with guest dentist.
Talk to your nurse about vaccinations

Gift/Toy Exchange

Community Art Display

Vaccinations are available if you are registered at: Everglade Medical Practice, Medical Centre on Deanslane, Parkview Surgery or Watling Medical Centre

World Aids Day 1st December 2025

World AIDS Day is an opportunity to raise awareness about HIV, show support for people living with the virus, and reflect on the progress made in treatment and prevention. Today, HIV is a manageable long- term condition, and with the right care, people living with HIV can lead long, healthy lives. What's important to know:

- Effective treatment works. Modern HIV medication can reduce the amount of virus in the body to "undetectable" levels. When HIV is undetectable, it cannot be passed on to sexual partners ("U=U": Undetectable = Untransmittable). Testing is quick and confidential. Many people with HIV have no symptoms. Getting tested is the only way to know your status and start treatment early if needed. Stigma remains a barrier. Misunderstanding and misinformation can prevent people from seeking help. Treat everyone with kindness and respect—HIV can affect anyone. Prevention options are available. Condoms, regular HIV testing, and PrEP (pre-exposure prophylaxis) significantly reduce the risk of acquiring HIV.



International Day of People with Disabilities - 3rd December 2025

This day serves as a reminder of the importance of creating a society where everyone has equal access to healthcare, education, employment, and community life. People with disabilities—both visible and invisible—bring valuable strengths, insights and contributions to our communities.

At our practice, we are committed to providing care that is accessible, inclusive and tailored to individual needs. If you require adjustments during appointments—such as longer consultations, mobility support or communication assistance—please let us know. We are always happy to help make your visit easier and more comfortable.



Not Every Disability Is Visible

Some disabilities aren't immediately obvious. Conditions such as chronic pain, mental health conditions, autism, hearing loss, fatigue-related illnesses and many others may not be visible to others. Because these conditions are unseen, people often face misunderstanding or judgement.

How we can all help:

- Avoid assumptions—someone may be dealing with challenges you cannot see.
- Be patient and considerate in shared spaces, including waiting rooms.
- If you have an invisible disability and need specific support, please speak to our reception or clinical team; we are here to help.

Whether visible or invisible, every disability deserves understanding, respect and accessible care.

STAND UP TO CANCER 2025

From 5–12 December 2025, Cancer Research UK and Channel 4 are coming together for a special Stand Up To Cancer campaign week. This nationwide initiative aims to raise vital funds for cancer research and encourage everyone to stay on top of their health by attending routine cancer screening.

Why This Matters

Cancer screening can detect early signs of cancer before symptoms appear. Early detection often means treatment is more effective and less invasive. Many people are eligible for screening and may not even realise it—this campaign is here to change that.

New Online Screening Checker (Launching 5 December)

A brand-new online screening checker will go live on 5 December. It's a simple tool designed to help you quickly find out which cancer screening programmes you may be eligible for, based on your age and circumstances.

Using the checker takes just a few minutes and can help you stay informed about your health.

Live Awareness Broadcast – 12 December

To finish the campaign week, Channel 4 will host a live Stand Up To Cancer broadcast on 12 December. The programme will share powerful stories, raise awareness, and highlight how early screening saves lives.

What This Means for Our Patients

During this period, local screening services may experience higher call volumes and appointment requests. If you try to book screening around this time, you may notice slightly longer waiting times—but please don't let that stop you from reaching out. Screening is one of the most effective tools we have for detecting cancer early.

Check Your Eligibility – Take One Step Today

When the online checker launches on 5 December, we encourage all our patients to use it and learn more about screening options available to them.

Taking a few minutes to check could make a life-saving difference.

Children's Centres

West Locality

Autumn Term 01.09.2025 – 19.12.2025

All Centres closed Monday 3 November for Staff Training

	Fairway A Sure Start Children's Centre	Silkstream A Sure Start Children's Centre	Wingfield A Sure Start Children's Centre
Monday	**Stay and Play** 9.30 – 11am, 0 – 5 years **Starts 08.09.25**	**Baby Group** 9.30 – 11am, 0 – 18 months **Messy Makers** 20.10.25 **Booking required** **Christmas Cooking** 15.12.25 **Booking required**	**Stay and Play at OneStonegrove HA8 8BN** 10 – 11.30am,0 – 5 years **Baby Group at OneStonegrove HA8 8BN** 12 – 1pm, 0–18 months
Tuesday	**Baby group** 9.30 – 11am, 0 – 18 months **Starts 09.09.25**	**Stay and Play** 9.30 – 11am 0 – 5 years **Wacky Water** 09.09.25 **Booking required** **Baby Splash** 16.09.25 **Booking required** **Chatty Children** 21.10.25 **Booking required**	**Stay and Play at Dollis Primary School NW7 2BU** 1 – 2.30pm, 18months – 5 years
Wednesday	**Stay and Play at BroadfieldsSchool HA8 8JP** 9.15 – 10.45am, 0 –5years **Starts 17.09.25 – Ends26.11.25** **Cultural Cooking** 22.10.25**Booking required**	**Stay and Play** 1 – 2.30pm 0 – 5 years	**Stay and Play at Greentop NW9 5WR** 12.30 – 2pm, 0 – 5 years
Thursday	**Stay andPlay** 9.30 – 11am,0–5years **Baby Messy Play** 02.10.25**Booking required**	**BabyGroup** 1 – 2.30pm0– 18 months	**No Sessions**
Friday	**Baby Group** 1.30 – 3pm, 0 – 18months **Ends 12.12.25** **Storytime Fun** 14.11.25 **Booking required**	**Stay and Play** 9.30 – 11am, 0 – 5 years	**Baby Group at Greentop NW9 5WR** 12.30 – 1.30pm,0 – 12 months

Caring for people, our places and the planet

Activities offered weekly unless otherwise stated

FAMILY FRIENDLY BARNET

BARNET LONDON BOROUGH

Children's Centres

West Locality

ESOL – English Conversation for Beginners - **Fairway** Fridays, 9.15 – 11.15am **Booking required**	Starts 19.09.25 Ends 12.12.25
Childcare Level 1 - 17-week course - **Fairway** Mondays, 9.30 – 11am **Booking required**	Starts 15.09.25, Ends 08.12.25
Chatty Children - Practical advice and fun ways to encourage talking and understanding for your child - **Silkstream** 21.10.25 1 – 2pm	
Baby Messy Play – Squish, splat, and giggle - join us for a sensory-filled messy play session where babies explore, create, and have fun! For babies 6 – 18 months old - **Fairway** 02.10.25, 1.30 – 2.30pm **Booking required**	
Storytime Fun – Have fun exploring the world of storytelling in a creative and interactive session For ages 2 – 5 years - **Fairway** 14.11.25, 9.30 – 10.30am **Booking required**	
Cultural Cooking – Explore one of the world's cultures with some hands-on cooking fun with your child For ages 2- 5 years - **Fairway** 22.10.25, 1.15 – 2.30pm **Booking required**	
Wacky Water - An outdoor waterplay session. For ages 2 – 5 years - **Silkstream** 09.09.25, 1.30 – 2.30pm **Booking required**	
Baby Splash - An outdoor waterplay session for babies. For ages 0 – 2 years - **Silkstream** 16.09.25, 1.30 – 2.30pm **Booking required**	
Messy Makers - A fun-filled messy play session with a spooky theme - **Silkstream** 20.10.25, 1.15 – 2.30pm **Booking required**	
Christmas Cooking – Festive, fun cooking with your child. For ages 2 – 5 years - **Silkstream** 15.12.25, 1 – 2.30pm **Booking required**	

Fairway

A Sure Start Children's Centre

Fairway Children's Centre (based at Fairway School)
The Fairway, Mill Hill NW7 3HS
Tel: 020 8359 3730 • childrenscentre@fairwaycc.barnetmail.net

Silkstream

A Sure Start Children's Centre

Silkstream Children's Centre
Silkstream Road, Edgware HA8 0DA
Tel: 020 8905 7605 • Silkstreamcc@barnet.gov.uk

Wingfield

A Sure Start Children's Centre

Wingfield and Stonegrove Children's Centre
C/O Barnet and Southgate College, Colindale, 7 Bristol Avenue (formerly Lanacre Avenue) London NW9 4BR
Tel: 020 8359 3510 • childandfamilyhub-west@barnet.gov.uk

Health Promotion Workshops at Silkstream
1.30 – 2.45pm **Booking required**

Baby to Toddler **Watch Me Grow, Ages and Stages** For babies 10 – 18 months	30.09.2025
Introduction to solids For babies 4 – 6 months	14.10.2025 04.11.2025
Toilet Training For babies 18 months plus	18.11.2025
Sleep and Routines For babies 8 months plus	02.12.2025
Toddler to School Readiness **Watch Me Grow, Ages and Stages** For babies over 18 months	

Baby Weighing Appointments

Silkstream *Please call to book*	Tuesday 12.30 – 3.30pm



For more information about Children's Centre visit:
www.barnet.gov.uk/childrenscentres

Find us on Facebook and Instagram
'Barnet Child and Family Early Help'

Caring for people, our places and the planet

FAMILY FRIENDLY BARNET

BARNET LONDON BOROUGH

COLINDALE JOB FAIR
18-24 Year Olds

An opportunity to get much needed career advice, support and potential job roles

04/12/2025
11:00am – 3:00pm
Grahame Park, The Old Library, Number 20, The Concourse, Colindale, NW9 5XA

Please contact Ronald.Andrade2@DWP.GOV.UK
07345439367 for more information

Pathway Group

jobcentreplus
DWP

Notting Hill Genesis

MAKE IT HAPPEN

SOPHIE'S WELLBEING CORNER



Last month we looked at wellbeing, in particular, digital wellbeing. This month, we will be looking at financial wellbeing.

Wellbeing is multidimensional and consists of physical, mental, emotional and social health. It is also about resilience — your ability to recover from setbacks and adapt to challenges.

The World Health Organisation (WHO) states that wellbeing is:

- A positive state experienced by individuals and societies.
- Determined by social, economic and environmental conditions.
- Encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose.

The Mental Health Foundation States that wellbeing is:

- A much broader concept than moment-to-moment happiness.
- Includes other things, such as how satisfied people are with their life a whole, their sense of purpose, and how in control they feel.
- Can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole.

SOPHIE'S WELLBEING CORNER



Financial wellbeing is not just about how much money we have, but how we manage it and feel about it. Money worries are one of the most common causes of stress, and long-term stress can impact our physical and mental health.

- Control & Confidence: Creating a budget, tracking spending, and planning ahead can help reduce uncertainty and increase confidence.
- Small Wins: Even small actions – like setting aside a little savings, paying down debt bit by bit, or reviewing subscriptions – can boost a sense of control.
- Support Matters: If finances feel overwhelming, remember there are free services and charities that offer advice (e.g. StepChange, Citizens Advice).
- Link to Wellbeing: Feeling financially secure helps free up mental space and reduces stress, making it easier to focus on other areas of wellbeing.

To learn more about wellbeing, you can register for our health and wellbeing platform, Wellbeing First: https://pcn1w.wellbeingfirst.co.uk/registration/
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.

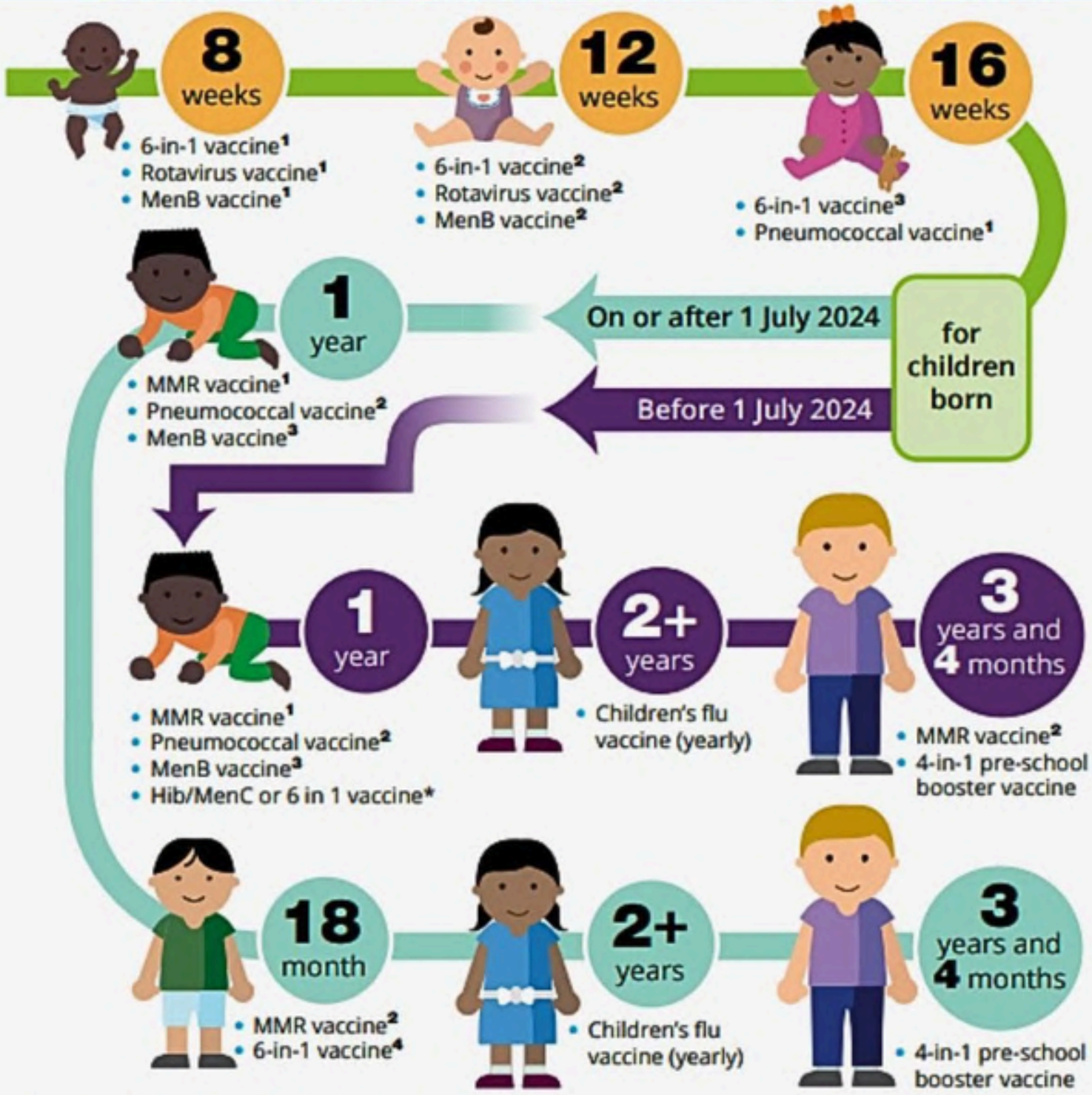
Sophie (Health and Wellbeing Coach for PCN1W, Certified Personal Trainer and Nutritional Advisor)

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

UK Health Security Agency

NHS

Your child's vaccine schedule



[1]first dose, [2]second dose, [3]third dose, [4]fourth dose

6-in-1 protects against diphtheria, tetanus, whooping cough, polio, Hib and hepatitis B

4-in-1 protects against diphtheria, tetanus, whooping cough and polio

First dose of rotavirus vaccine must be given before 15 weeks of age and second dose must be given before 24 weeks of age

*Vaccine given will depend on vaccine availability

From 1 January 2026: Introduce new 18-month appointment for 4th DTaP/IPV/Hib/HepB dose and 2nd MMR dose for children born on or after 01 July 2024

From 1 January 2026: Move 2nd MMR dose to 18 months for children born on or after 01 July 2024

COLINDALE COMMUNITIES TRUST

WHERE CARE COMES FIRST
PCN 1W
NHS BARNET

T—Z—P

BETTER
e feel good plac

ONCOMOVE
muito mais que exercício

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.



