PCN 1W

JULY 2025

PATIENT NEWSLETTER

By C. Chishimba - PCN 1W Care Coordinator

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and more!





ZEN PROJECT

The first Zen ProjectWellbeing at Grahame Park event took place on Tuesday 17th June and was a great success, with a strong turnout from across the PCN 1W community. Attendees enjoyed a variety of free activities, including mindfulness and exercise sessions in the Zen Den, all designed to support physical and mental wellbeing, reduce stress, and promote healthier lifestyles. Thank you to everyone who took part and helped create such a positive and welcoming atmosphere.

Missed it? Don't worry – the next event is coming up on Tuesday 1st July, from 10am to 4pm at Grahame Park Concourse. Everyone is welcome!

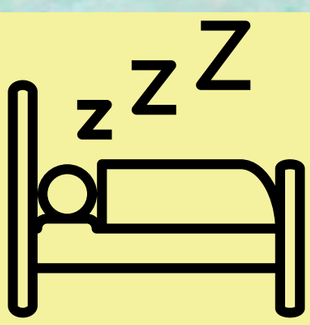


ORDER REPEAT PRESCRIPTIONS EASILY WITH THE NHS APP

Did you know you can order your repeat prescriptions quickly and securely through the NHS App? There's no need to book an appointment with a pharmacist—just log in, select the medication you need, and your request will be sent straight to your GP practice. It's simple, convenient, and available 24/7 from your phone or tablet. Select the images on the left to download the app or visit the website.

JULY 2025

SOPHIE'S HEALTH AND WELLBEING CORNER



HOW TO IMPROVE YOUR SLEEP

Last month we looked at sleep and how it relates to lifestyle. This month, we will be looking at sleep and how to improve it.

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 NHS states that "many cases of tiredness are due to stress, not enough sleep, poor diet and other lifestyle factors. If you feel you're suffering from fatigue, which is an overwhelming tiredness that isn't relieved by rest and sleep, you may have an underlying medical condition. Consult a GP for advice."

TO IMPROVE YOUR SLEEP:

- Try breathing, relaxation or mindfulness exercises.
- Try not to eat too close to bed time as that can impact how fast you are able to fall asleep and the quality of your sleep, due to digestion.
- Try not to exercise too late in the evening as it can wake your body up and make it harder to fall asleep.
- Try to reduce your screen time before bed. You can adjust the blue light on your phone and set a filter.
- Make sure your bedroom isn't too warm or too bright. Make sure you also view it as a comfortable, peaceful place.
- Try not to have any caffeine at least 6 hours before bed.
- Try to limit your alcohol intake (aim for <14 units of alcohol per week, spread over at least 3 days).
- Make your bedroom somewhere that you consider a nice place to be/comfortable.
- Try to only use your bedroom for sleeping.
- Try and limit the amount of light and noise around you.
- Try to stick to the same bedtime and wake up time every day and stick to a routine.
- Keeping a diary or journal. If thoughts keep you up at night, you might find keeping a journal by your bed to write down your thoughts and clear your mind.

It is important to remember, however, that everyone is different and the information here is generalised. More information on sleep can be found here: https://www.sleepfoundation.org/how-sleep-works.
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.

LOCAL BEREAVEMENT SERVICES

Grief affects everyone differently, and it’s important to know that support is available if you're struggling with the loss of a loved one. Whether you need one-to-one counselling, group support, or online resources, the following services offer compassionate help tailored to different needs and circumstances.

BARNET ADULTS SERVICE

The Barnet bereavement service for one to one counselling.

Barnet Bereavement Service

020 8368 8880

Bereavement listening for group support after loss.

Bereavement Listening - St Michael and All Angels Mill Hill

NATIONAL SERVICE

Cruse – 0808 808 1677

Home – Cruse Bereavement Support

Sue Ryder – Online bereavement support

Sue Ryder’s Online Bereavement Support | Sue Ryder

The new normal – groups online and in person for bereavement with specific groups for loss of a partner, sibling, parent and child.

The New Normal

UNDER 18

Child bereavement UK – Counselling for children following loss.

Child Bereavement UK

LOSS OF A CHILD

Child bereavement UK – Counselling for parents who have lost a child

Child Bereavement UK

LOSS BY SUICIDE

Survivors of bereavement by suicide – Helpline and peer support.

0300 111 5065

Survivors of Bereavement by Suicide - Overcoming the isolation of people bereaved by suicide

PRACTICE ANNOUNCEMENTS

DEANSLANE
Welcoming New Staff

We're pleased to welcome new members to the Medical Centre on Deanslane team, helping the practice continue to run smoothly and provide high-quality care to patients. A new Healthcare Assistant has recently joined us and is already playing a vital role in supporting patients with blood tests, long-term condition reviews, and NHS Health Checks. We've also welcomed a new GP Assistant, who is helping to streamline appointments and support the clinical team in delivering efficient, patient-focused care. We're excited to have them on board!

PPG Meeting - Deanslane

The next Deanslane Patient Participation Group (PPG) meeting will take place on Monday 15th July at 6:00 PM at the practice. The PPG is a great opportunity for patients to share feedback, hear updates from the practice, and work together to improve services. All registered patients are welcome to attend—your voice matters, and we'd love to see you there!

EVERGLADE
New Location!

We're pleased to share that Everglade Medical Practice will be relocating to a brand-new, purpose-built facility in Colindale Gardens in December 2026. The new building will offer modern, spacious facilities designed to enhance patient care and improve the overall experience for both patients and staff. This move is part of our continued commitment to providing high-quality, accessible healthcare in a welcoming environment. We'll keep you informed with updates as the move approaches.

NO.20 THE CONCOURSE, GRAHAME PARK, LONDON NW9 5XA

START ART

YARAN CLUB

EVERY TUESDAY | 10AM - 2PM

29.07.25 - 26.08.25

A Free Creative & Supportive Space for Women & Children (Under 18)

Join a welcoming community where women and children can enjoy creative activities together!
Explore arts like painting, fabric work, and jewellery making.
Build friendships, boost your wellbeing, and grow your talents in a safe, fun environment.

HAPPENING THIS MONTH

JULY

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	01 **ZEN PROJECT WELLBEING EVENT** **10am-4pm** Grahame Park	02	03	04	05
06	07	08	09 Alcohol Awareness Week	10	11	12
13	14	15 **DEANSLANE PPG MEETING** **6PM**	16	17	18 SOUTH ASIAN HERITAGE MONTH '25	19
20	21	22	23	24	25	26
27	28	29 **START ART YARAN CLUB** **10AM - 2pm** n.20 The Concourse	30	31	01	02

Notes :

HAPPENING THIS MONTH

ZEN PROJECT EVENT (1 JULY 2025, 10AM–4PM)

Kick off July with the upcoming Zen Project event on 1st July 2025, running from 10am to 4pm near the old library in Grahame Park. This community initiative focuses on promoting mental wellbeing through mindfulness and relaxation techniques, offering a supportive space for people to de-stress and connect. Whether you're looking to learn new coping strategies or simply enjoy a calm moment, the Zen Project is a great opportunity to prioritize your mental health. Keep an eye out for details on how to participate and join the movement towards a more mindful community.

ALCOHOL AWARENESS WEEK (9-13 JULY 2025)

Alcohol Awareness Week is an important annual campaign that aims to raise awareness about the risks associated with alcohol consumption and promote healthier choices. Running from 9th to 13th July 2025, this week encourages individuals and communities to reflect on their drinking habits, understand the impact of alcohol on physical and mental health, and access support services if needed. It also highlights the broader social issues linked to alcohol misuse, including its effect on families and public safety. Various events and resources will be available throughout the week to help people make informed decisions and foster a culture of responsible drinking. Learn more and get involved at Alcohol Change UK.

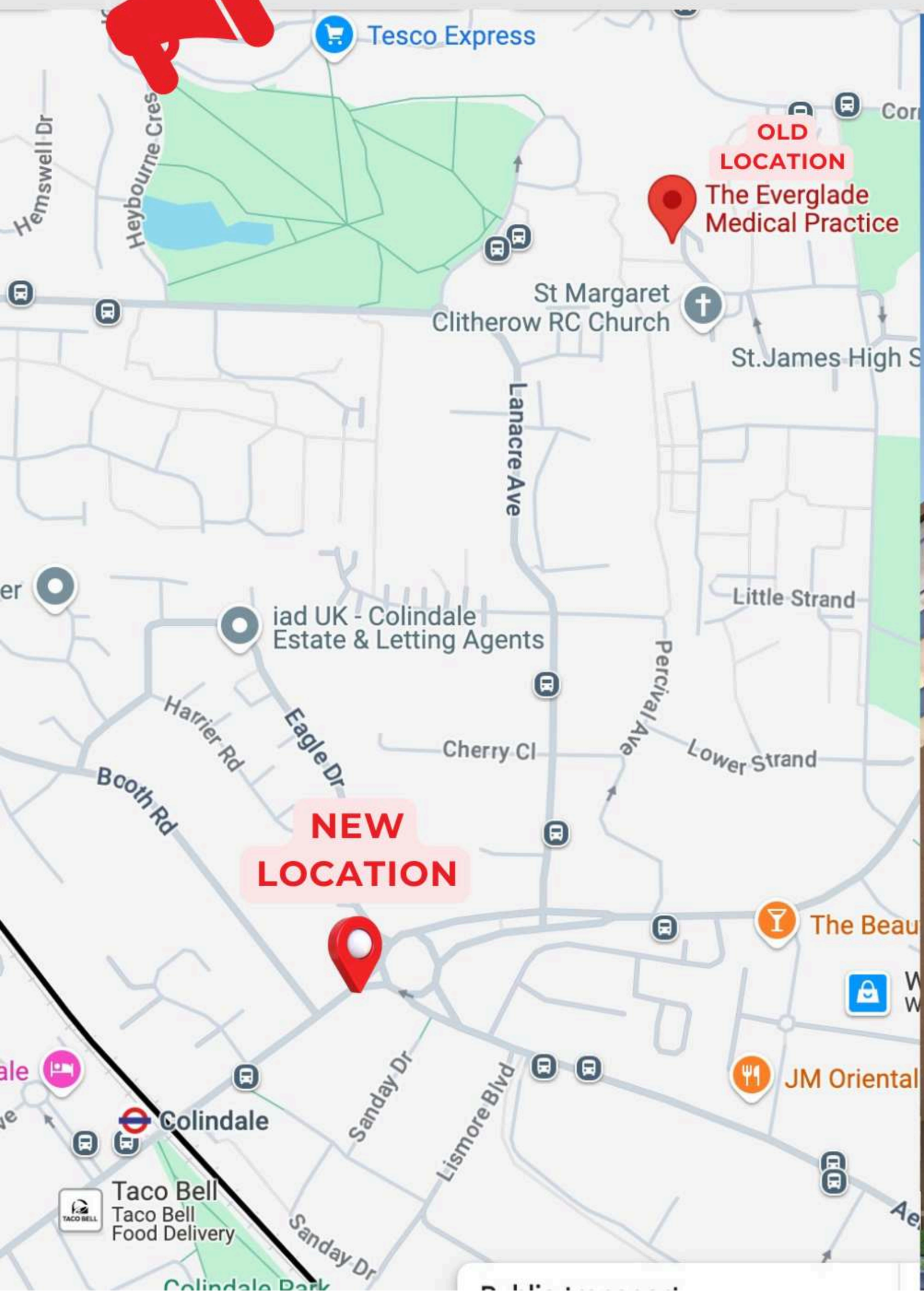
SOUTH ASIAN HERITAGE MONTH (18 JULY - 17 AUGUST)

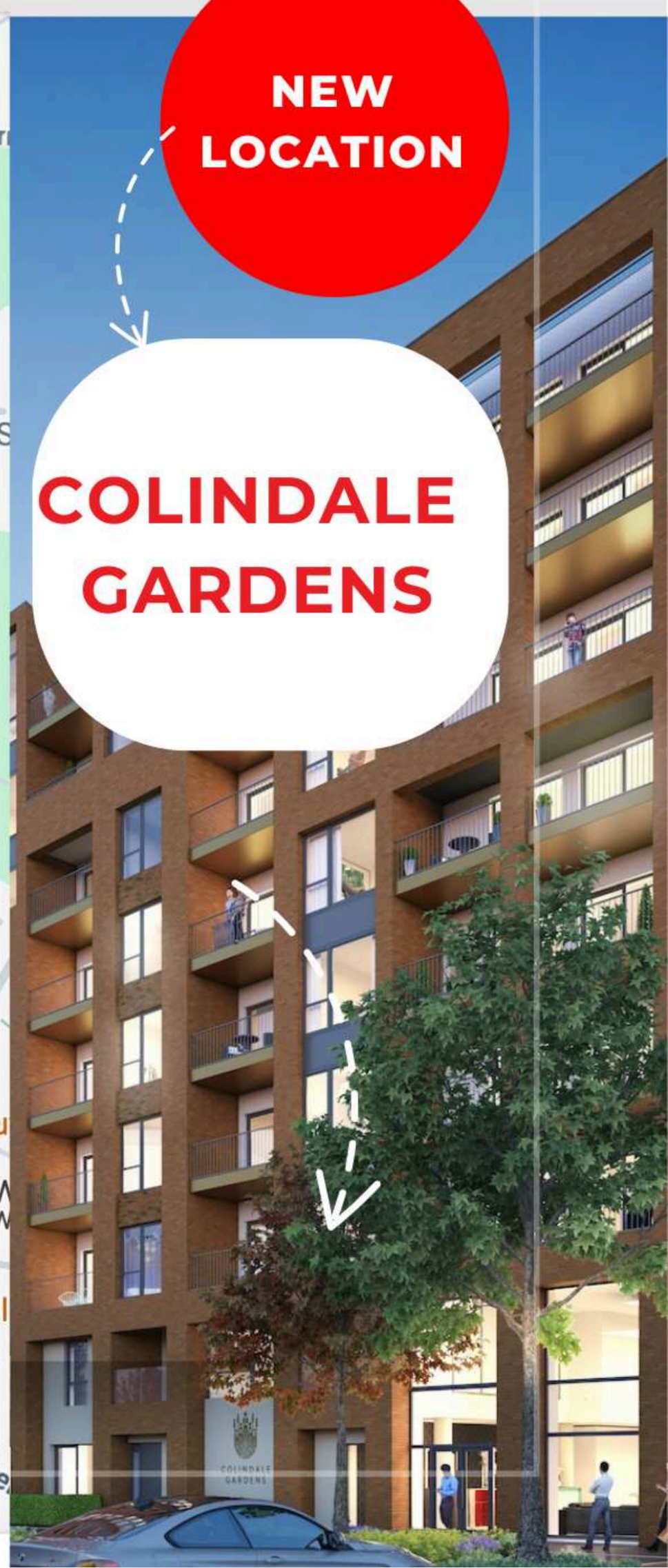
South Asian Heritage Month celebrates the rich history, culture, and contributions of South Asian communities in the UK and beyond. From 18th July to 17th August, this month shines a spotlight on the diverse traditions, languages, arts, and achievements of people with roots in countries such as India, Pakistan, Bangladesh, Sri Lanka, Nepal, Bhutan, and the Maldives. It offers an opportunity to learn about the impact of South Asian heritage on British society, from food and music to literature and politics. Throughout the month, numerous events, workshops, and cultural showcases will take place, fostering understanding, inclusion, and pride in South Asian identity. Find out more and explore upcoming events at the South Asian Heritage Foundation.

EVERGLADE MEDICAL PRACTICE

WE'RE MOVING

DECEMBER 2026





APPLY TO THE HOUSEHOLD SUPPORT FUND



Rising utility bills and food prices getting too much?

Age UK Barnet is here to help!



FACING FINANCIAL HARDSHIP?
OVER 55?
LIVING IN BARNET?

...you might be entitled to support with bills, food, and other essential costs

Contact Age UK Barnet's Household Support team on 020 8203 5040 or email us on support@ageukbarnet.org.uk