September

PATIENT NEWSLETTER

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PCN 1W

PRACTICE ANNOUNCEMENTS



Parkview Surgery

Flu vaccination clinics will be held on 4th October and 11th October (by appointment only).
Children’s flu vaccine available from 1st September by appointment with the nurse.

Dean’s Lane Medical Centre

No events are scheduled for September.
Walk-in flu clinic will be held on 4th October.
For further information, please contact the practice directly.

Everglade Medical Practice

Flu vaccines available from 1st September for pregnant women and children.
Flu vaccination clinics will be held across all practices on 4th October and 11th October.
Eligible patients will be contacted by the practice with an appointment.



HAPPENING THIS MONTH

UROLOGY AWARENESS MONTH

September is Urology Awareness Month, a time to raise understanding of conditions that affect the kidneys, bladder, prostate and reproductive organs. Urology problems can include kidney stones, urinary tract infections, incontinence and prostate issues.

These conditions are more common than many people realise, and early detection makes a real difference. If you notice changes in your bladder habits, persistent pain in your lower back, blood in your urine, or difficulty passing urine, please don't ignore it – book an appointment with your GP.

Raising awareness helps reduce stigma and encourages people to seek help sooner.

EAST AND SOUTH EAST ASIAN HERITAGE MONTH

This September, we celebrate East and South East Asian (ESEA) Heritage Month. It is a chance to acknowledge and appreciate the many ways these communities have enriched the UK, from culture and cuisine to science, health, business and the arts.

It is also an opportunity to learn more about diverse histories and experiences, to challenge stereotypes, and to recognise the importance of inclusion. We encourage our patients to join local events, explore cultural exhibitions, or simply take time to learn more about ESEA heritage.

PULMONARY FIBROSIS AWARENESS MONTH

Pulmonary fibrosis is a lung condition that causes scarring of the lungs, making it difficult to breathe. Symptoms can include breathlessness, a persistent dry cough, fatigue and unexplained weight loss.

There is currently no cure, but research continues into better treatments and support for those affected. Early recognition of symptoms is important, so if you notice breathlessness that doesn't go away or a lasting cough, please seek medical advice.

This month is about raising awareness, supporting patients and carers, and calling for more research into this challenging condition.

KNOW YOUR NUMBERS WEEK (8–14 SEPTEMBER 2025)

High blood pressure often has no symptoms, but it can lead to serious conditions such as stroke, heart disease and kidney problems.

During "Know Your Numbers" Week, we encourage all adults to check their blood pressure. This can be done at home with a monitor, in many pharmacies, or at our practice.

Simple lifestyle changes – such as reducing salt, staying active, keeping to a healthy weight, and cutting down on alcohol – can help manage blood pressure. Knowing your numbers could save your life.

LET'S TALK BENEFITS

Find the right support for you

DROP IN EVENT

Date: Wednesday 17 September2025
Time: 10:00 AM – 4:00 PM
Location: Grahame Park Old Library, The Concourse, London NW9 5XA

Why come along?

If you're finding it hard to know where to turn for benefits or financial advice, you're not alone. This event brings together a range of services under one roof so you can:

- Speak directly to support teams
- Learn which service can help with your specific benefit queries
- Find out about referral routes and how to access support
- Get information tailored to your circumstances



Free entry • Drop in any time between 10am – 4pm

Who will be there?

BOOST
Local advice and support service
Inclusion Barnet
For disabled people, including those with long-term conditions or health issues
Barnet Homes
Welfare benefits service for Barnet Homes residents
Notting Hill Genesis
Welfare benefits service for NHG residents
Citizen's Advice Barnet (CAB)
Free advice for all Barnet residents
Age UK
Later life planning and support for people aged 55+
Shaw Trust
Employment support services
Children's Centre
Support for families
DWP (Department for Work and Pensions)
Jobcentre and benefit services
New Citizens Gateway
Support for asylum seekers and refugees

Delivered by PCN 1W partnership with: Colindale Communities' Trust



HAPPENING THIS MONTH PT.2

WORLD SUICIDE PREVENTION DAY (10 SEPTEMBER 2025)

Every year, World Suicide Prevention Day reminds us that suicide is preventable and that reaching out can make a difference. This year's theme encourages us to create hope through action.

If you are struggling, please know that you are not alone. Talking about suicidal feelings can feel difficult, but help is available. You can contact Samaritans on 116 123 (free, 24/7) or speak with your GP about support services.

Small acts of kindness, listening without judgement, and encouraging open conversation can all help save lives.

WORLD SEPSIS DAY (13 SEPTEMBER 2025)

Sepsis is a life-threatening reaction to an infection. It can affect anyone and needs urgent treatment. Symptoms can include slurred speech, extreme shivering, breathlessness, mottled or bluish skin, and confusion. In children, fast breathing, convulsions or a rash that doesn't fade under pressure are red flags.

If you suspect sepsis, seek emergency medical help immediately by calling 999.

World Sepsis Day is about raising awareness so that more people recognise the signs and act quickly. Early treatment saves lives.

NATIONAL INCLUSION WEEK (15–21 SEPTEMBER 2025)

National Inclusion Week is designed to celebrate everyday inclusion in all its forms. Inclusion means creating spaces where everyone feels valued, respected and able to contribute – regardless of background, culture, ability or identity.

This year's theme encourages individuals, workplaces and communities to take small, practical steps to make inclusion part of everyday life. We can all play a role in making others feel welcome.

NATIONAL SUICIDE MEMORIAL DAY FOR HEALTH AND CARE WORKERS (17 SEPTEMBER 2025)

This special day honours health and care workers who have lost their lives to suicide. It is an important reminder of the pressures faced by those in caring professions, and the need to prioritise mental health support within the NHS and beyond.

If you work in health or social care and are struggling, please reach out to trusted colleagues, helplines, or your GP. You are not alone, and your wellbeing matters.

Healthy Heart: Hypertension Awareness & Self Management

Joinourworkshops tolearn how tomanageyour blood pressure and improve your heart health!

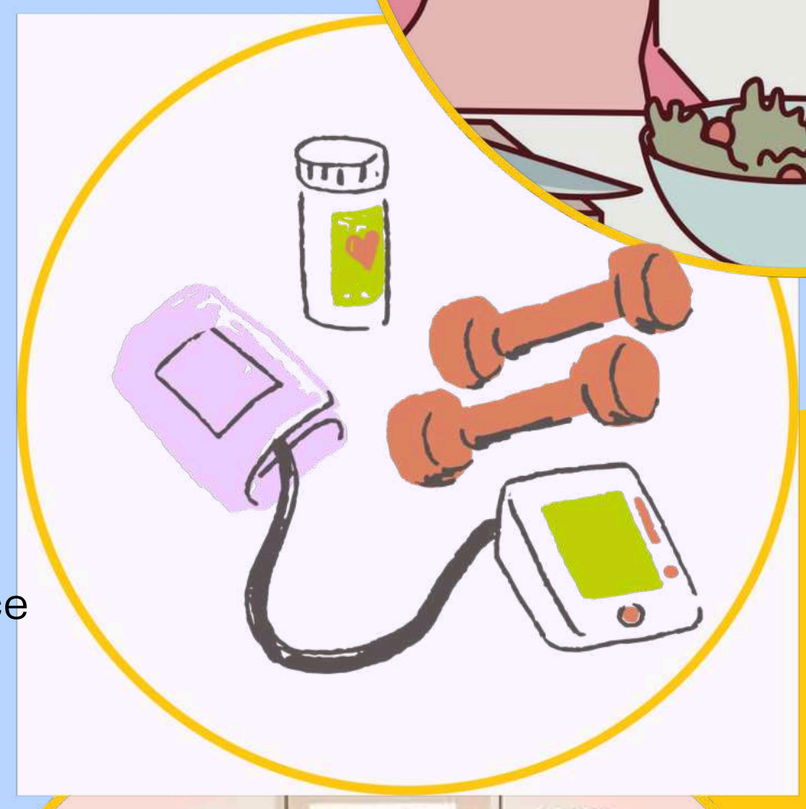
Tuesday 23rd September 2025

Tuesday 30th September 2025

1:00 - 2.30pm

Everglade Medical Practice Grahame Park Health Centre, The Concourse, NW9 5XT





Free Blood Pressure Checks

Health & Well-being Coaching

Moderate Exercise Support

Dietitian Support

Pharmacist Advice

Open to adults aged 18+, especially from African, Caribbean, and South Asian backgrounds.
Let's take charge of our heart health — together!

Meet your local Healthy Heart Team

Judi, Riffat & Salna offer peer support, training and coaching











HAPPENING THIS MONTH PT.3

WORLD PATIENT SAFETY DAY (17 SEPTEMBER 2025)

Patient safety is at the heart of healthcare. World Patient Safety Day is a chance to raise awareness of the importance of safe practices, open communication and learning from mistakes.
Patients and families also play a role by being involved in their care – asking questions, sharing concerns and keeping track of medications. Together, we can create safer care for everyone.

INTERNATIONAL DAY OF SIGN LANGUAGES (23 SEPTEMBER 2025)

Sign languages are vital for inclusion, communication and access to services for Deaf communities worldwide. The International Day of Sign Languages celebrates the richness of sign languages and raises awareness of the importance of accessibility.
Learning a few basic signs, supporting interpreters, or promoting awareness can make a huge difference in reducing barriers.

ORGAN DONATION WEEK (22–27 SEPTEMBER 2025)

Organ Donation Week encourages us all to have the conversation about organ donation. One organ donor can save or improve the lives of up to nine people.
In England, the law now operates on an opt-out system, but your family will still be asked about your wishes. That's why it is so important to share your decision with them.
Find out more or register your choice at www.organdonation.nhs.uk.

MIGRAINE AWARENESS WEEK (22–28 SEPTEMBER 2025)

Migraines are more than just headaches – they can cause severe pain, nausea, sensitivity to light and sound, and can last for hours or even days.
This awareness week aims to challenge misconceptions and improve support for those affected. If you experience regular migraines, speak to your GP, as treatments and lifestyle changes may help.

ICON WEEK (22–26 SEPTEMBER 2025)

ICON Week raises awareness about infant crying and how to cope. It is normal for babies to cry, but it can be stressful for parents and carers.
ICON stands for:

- Infant crying is normal
- Comforting methods can help
- Once the baby is safe, it is okay to walk away
- Never, ever shake a baby

Support is available – please reach out to your health visitor, GP or midwife if you are finding things difficult.

SOPHIE'S WELLBEING CORNER

Last month we looked at alcohol. This month, we will be looking at wellbeing, in particular, healthy relationships and social 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.

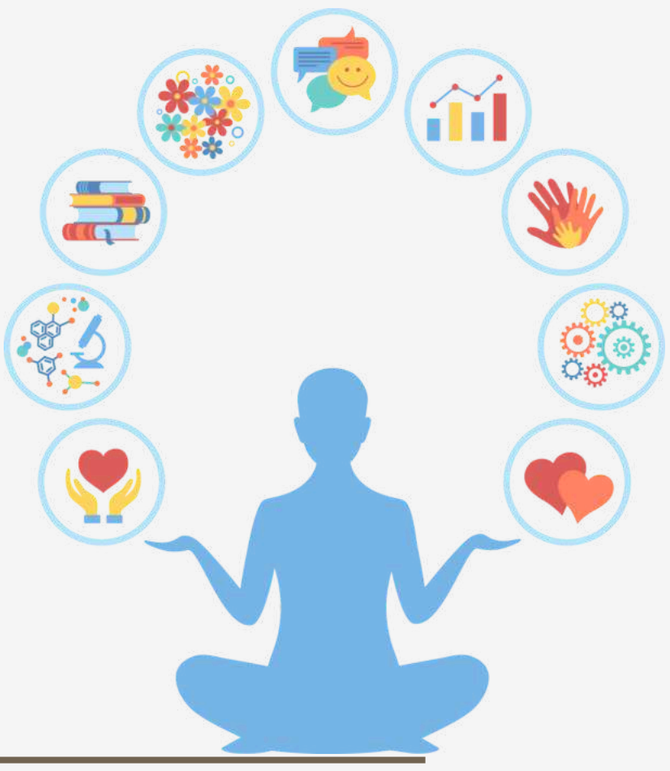
The World Health Organisation (WHO) states that wellbeing is:

- 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.



Our relationships can have a huge effect on our wellbeing. Supportive, positive relationships help us feel connected, understood, and valued. On the other hand, difficult or unhealthy relationships can increase stress.



SOPHIE'S WELLBEING CORNER

Benefits of healthy relationships:

- Lower stress levels and improved mental health.
- Increased sense of belonging and connection.
- Opportunities to share experiences and build resilience.



How to support your social wellbeing:

- Connect: Make time for friends, family, or groups that are meaningful to you.
- Boundaries: Learn to say "no" when you need to protect your time or energy.
- Loneliness: If you feel isolated, explore community groups, volunteering, or local activities. Many GP practices have Social Prescribers who can talk with you about what's available locally and help you find the right support. They can help connect you with local services, groups, and activities.
- Communication: Be open and honest about how you're feeling and what you need.

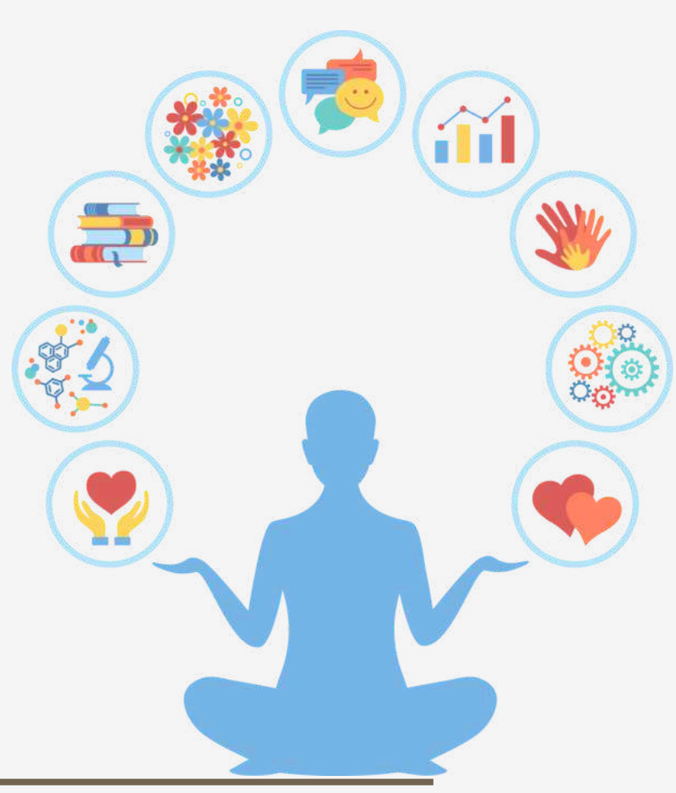


To learn more about wellbeing, you can register for our health and wellbeing platform, Wellbeing First:

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.

PCN 1W
NHS BARNET

Notting Hill Genesis

MAKE IT HAPPEN

YOUNG BARNET FOUNDATION

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

START ART

YARAN CLUB

EVERY TUESDAY | 2PM - 5PM

02.09.25 - 10.02.26

CLOSED: 23/12/25 AND 30/12/25

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 PT.4

INTERNATIONAL STAMMERING AWARENESS DAY (22 SEPTEMBER 2025)

Stammering affects people of all ages and backgrounds. It is a way of speaking that may involve repetition, prolongation or blocking of sounds.
This day promotes understanding, reduces stigma, and celebrates the voices of people who stammer. With the right support, people who stammer can thrive in all areas of life.

WORLD PHARMACISTS DAY (25 SEPTEMBER 2025)

Pharmacists play a vital role in keeping communities healthy – from dispensing medicines to offering advice on minor illnesses and long-term conditions.
World Pharmacists Day is a chance to say thank you to the professionals who are often the first point of contact in healthcare. Remember, your local pharmacist is available for quick advice without the need for a GP appointment.

WORLD'S BIGGEST COFFEE MORNING (26 SEPTEMBER 2025)

Join thousands of people across the UK for Macmillan's World's Biggest Coffee Morning. It is a chance to enjoy a slice of cake and a cup of coffee while raising money to support people living with cancer.
Whether you host your own event or attend one locally, every coffee shared helps Macmillan provide vital services and support.

THE NHS APP
Take Control of Your Health

🩺 What Can You Do on the NHS App?

- Book & Manage Appointments
- Order Repeat Prescriptions
- View Your Medical Records
- Get Trusted Health Advice
- Prove Your COVID-19 Vaccination Status
- Nominate a Pharmacy
- Get Organ Donation Information

📲 Why Use the NHS App?

- Fast and easy to use – designed with patients in mind
- Safe and secure – your data is protected with NHS login
- Available 24/7 – no need to wait for surgery opening times
- Reduces phone calls and admin – freeing up time for staff and patients alike

Need help getting started? Pop into your GP reception – an NHS Ambassador can help you set it up or answer your questions.

GET IT ON Google Play

Download on the App Store

Made in Grahame Park

KEEPING IT LOCAL

COLINDALE COMMUNITIES TRUST

COMMUNITY & HEALTH DAY

Thursday 11th September
From 1pm to 6pm
Sign inatTheOldLibraryonTheConcourse



WHAT'S ON





INFORMATION





LOCAL ENTERPRISE



LOCAL SERVICES



CONNECT WITH YOUR COMMUNITY







COLLECT STARS AND HAVE LUNCH ON US!

Pop into Old Library for more info
T: 0208 200 3014 E: Jan.Brennan@ColindaleCCT.org