PATIENT NEWSLETTER

CHILD HEALTH





"A campaign encouraging young people to get up-to-date with their measles, mumps, and rubella (MMR) vaccinations has led to a significant boost across the country, with one region delivering more than seven times the number of jabs in the first 12 weeks of this year to those aged five to 25." [england.nhs.uk]

You can arrange your child vaccines via reception at any of our PCN 1W practices.

NHS APP

The NHS App gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the Google play or App store. You can also access the same services in a web browser by logging in through the NHS website. To use the NHS App, you must be aged 13 or over and registered with a GP surgery in England



JULIANA SILVA
Researcher

PATIENT NEWSLETTER

HEALTH KIOSKS

Our new Health Kiosks will allow patients to answer health questions from our library of 18 plus Care Pathways and take vital signs measurements independently. Results are seamlessly recorded onto your patient records.

Each health kiosk is now available in each reception/waiting area for our practices:

Everglade, Deanslane, Parkview and Watling.

You can use these kiosks to self monitor things such as blood pressure, asthma, BMI and more!



TUESDAY 11TH JUNE 2024

SENIOR CITIZENS FAYRE

Watling Medical Centre,
108 Watling Avenue, HA8 0NR

AGE UK
leading charity helping every older person

Good Neighbour Scheme for Burnt Oak and Mill Hill
Local charity with neighbourly support to older and less mobile people

Watling MC Nurses
Checking and understanding your blood pressure

PCN 1W Social Prescribers
How to connect to local services and activity groups for senior citizens

Dietitian and Health and Wellbeing Coach
Dietary and Lifestyle advice



HWBC

Last month we discussed strengthening activities and the month before that, aerobic exercise. This month, I will be discussing 2 other types of exercises, why they are important and the recommended guidelines. The 2 other types of activities are flexibility exercises and balance exercises. These are often forgotten when it comes to discussing physical activity but are just as important.

According to the NHS, "improving your flexibility can improve your posture, reduce aches and pains, and lower your risk of injury. Good flexibility can also help you to continue carrying out everyday tasks." Improving your balance can reduce your risk of falls as well as improve your health and mobility.

We should aim to do balance and flexibility exercises at least twice a week. You can do balance and flexibility exercises on the same or different days as your aerobic and strengthening activity – whatever's best for you. A lot of people often incorporate flexibility exercises after a workout e.g. static stretching where you hold a stretch for 15-30 seconds. We can also incorporate balance exercises into our day e.g. doing standing calf raises whilst waiting for the kettle to boil. Remember to use support if you need it and consider your safety and environment. More examples of balance and flexibility exercises can be found on the NHS Live Well page.





HWBC



It is important to note that balance and flexibility exercises do not count towards your 150 mins/week aerobic activity or your 2 days strengthening activity/week.

As we age, these other types of physical activity become even more important - remember, if you don't use it, you lose it!

If you have not exercised for a while, or you have a medical condition or concern, please speak to your GP or a qualified medical professional before partaking in physical activity. It is also important for you to make the activity and intensity appropriate for your level of fitness.

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.

WHATS HAPPENING IN June

PRIDE MONTH, NATIONAL AGE WITHOUT APOLOGY MONTH

1ST JUNE

International Childrens Day, World Hypopara Awareness Day

2ND JUNE

Cancer Survivors Day

3-9 TH JUNE

Child Safety Week

5TH-11TH JUNE

World Heart Rhythm Week

5-16TH JUNE

Walk Together for Bowel Cancer

7 TH JUNE

Tourettes Awareness Day, TM (Transverse Myelitis) Awareness Day

1-7TH JUNE

Volunteers Week

9-15TH JUNE

Diabetes Awareness Week

10-16TH JUNE

Bike Week, National Carers Week, Loneliness Awareness Week

WHATS HAPPENING IN June

10-14TH JUNE
BNF Healthy Eating Week
12-18TH JUNE
Men's Health Week
14TH JUNE
World Blood Donor Day
15TH JUNE
World Elder Abuse Awareness Day
17-23RD JUNE
Cervical Screening Awareness Week, Learning Disability Week
20TH JUNE
National Clean Air Day
19-25TH JUNE
Learning Disability Week
22ND JUNE
UK Windrush Day
24-30TH JUNE
World Wellbeing Week, Deafblind Awareness Week
29TH JUNE
Armed Forces Day