

# PATIENT

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# NEWSLETTER

PCN 1W

## London Pharmacy opening hours for May Day and Spring Bank Holiday 2024

Bank Holidays can affect the opening hours of local pharmacies.

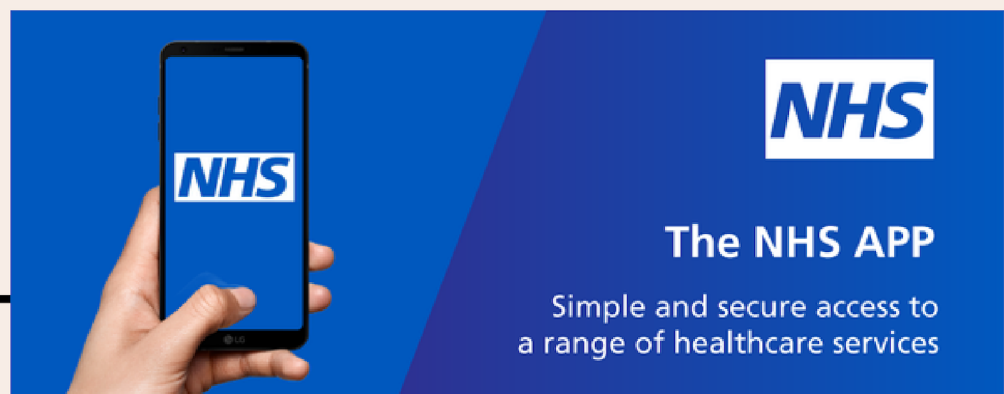
This document provides the opening hours for pharmacies in London which have been asked to open over May Day 6th May and Spring Bank Holiday 27th May 2024

There may be additional pharmacies opening which are not listed. If the pharmacy you would like to visit is not listed here, then you can check their opening hours by searching at [www.nhs.uk/service-search/find-a-pharmacy](http://www.nhs.uk/service-search/find-a-pharmacy) or by calling NHS 111.

Additionally, some pharmacies may close early on 4th May 24, however you can check their opening hours by searching at [www.nhs.uk/service-search/find-a-pharmacy](http://www.nhs.uk/service-search/find-a-pharmacy) or by calling NHS 111.

For more information please visit patient news on your practice website, or visit:

## London Pharmacy Opening Hours for May Day and Spring Bank Holiday 2024



# Mental Health Awareness Week



**MENTAL  
HEALTH  
AWARENESS  
WEEK**  
13-19 MAY 2024

MAY 13th - May 19th is Mental Health Awareness Week!

We know that mental health can be a difficult topic, and wanted to provide resources that we feel can help.

There are multiple services online and in person linked below, that can help you or someone that you know, with any Mental Health support & advice.

Mental Health Services in the PCN

PCN 1W offers a Mental Health Occupational Therapy Service, Mental Health Nurse & NEW Health & Wellbeing Coach which can help with multiple concerns - you can self refer to the Mental Health Occupation Therapy service online or speak to your practice reception to be referred to any of the above.

Everglade Medical Practice is hosting a Mental Health Awareness Afternoon on 18th October!

Self Refer to NHS Talking therapy (can also ask to be referred at your registered GP)

If you or someone you know are experiencing suicidal symptoms:

CALL 116 123

TEXT: SHOUT TO 85258

**Please call 999 in an emergency**



# Mental Health Awareness Week

## Mental Health Services in Barnet and Online

### **MIND Enfield and Barnet**

02083435703

### **INCLUSION BARNET - Barnet Voice for Mental Health**

020 3475 1314

<https://www.inclusionbarnet.org.uk/barnet-voice-for-mental-health/>

### **BARNET WELLBEING SERVICE**

[info@barnetwellbeing.org.uk](mailto:info@barnetwellbeing.org.uk)

03333499088

<https://www.barnetwellbeing.org.uk/>

**MERIDIAN WELLBEING** professional-led services, resources and support groups to manage your wellbeing.

02076131008

[meridianwellbeing.com](http://meridianwellbeing.com)

### **JAMI**

Enriches and saves lives impacted by mental illness in the Jewish community

02084582223

<https://jamiuk.org/>

### **Youth Services In Barnet**

#### **YOUNG PEOPLE THRIVE (Aged 18-25)**

02083648400

<https://communitybarnet.org.uk/BarnetYPT>

#### **KOOTH (Online Counselling for 11-19 year olds)**

<https://www.kooth.com/>



# Health and Wellbeing Coach

Our PCN has a new service - **Sophie Abergill, our Health and Wellbeing Coach (HWBC)**

## What do they do?

- enable patients to self-identify lifestyle, health and wellbeing needs and set goals accordingly.
- Enable patients to improve their knowledge, confidence and skills (activation level) to become active participants in their care and live well
- Provide a holistic approach to health and wellbeing by enabling the patients to decide what matters to them.

You may be referred to her services by a member of staff, you can also call reception to ask for an appointment for any of the following:

- OBECITY AND WEIGHT MANAGEMENT
- DIABETES AND PCOS
- RESPIRATORY
- HYPERTENSION AND STROKE
- COPD
- MILD MENTAL HEALTH
- GENERAL ADVICE AND LIFESTYLFE GUIDANCE - such as nutrition & diet, exercise or sleep and wellbeing







## Health and Wellbeing Corner

Last month we discussed aerobic exercise. This month, I will be discussing strengthening activities, why they are important and the recommended guidelines.

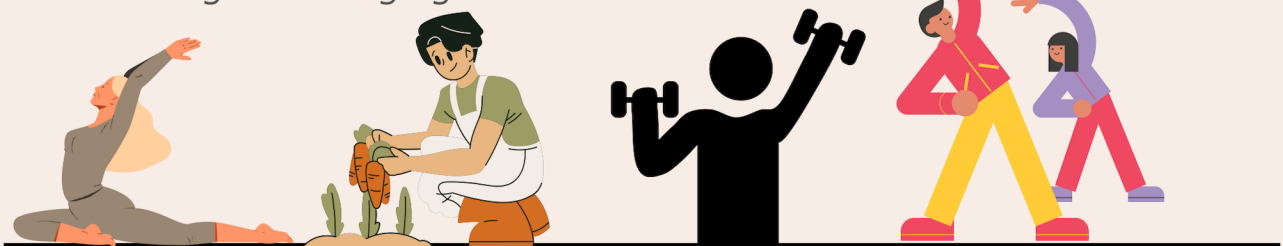
According to [NASM](#), strengthening activities, or resistance training, is a “form of exercise that increases muscular strength and/or endurance by exercising a muscle or muscle group against external resistance. Resistance training can be performed by using bodyweight exercises, like push-ups or squats, or with exercises that use equipment like bands, dumbbells, kettlebells, barbells, etc.”

[NASM](#) states that resistance training can lead to “improved cardiovascular efficiency, improved hormone and cholesterol adaptations, increased muscle size, increased bone density, increased metabolism, decreased body fat, increased coordination, increased tendon and ligament strength and increased muscular endurance, strength, and power.” As we age, this becomes particularly more important.

According to the [NHS](#), “there are many ways you can strengthen your muscles, whether you're at home or in a gym.

Examples of muscle-strengthening activities include:

- Carrying heavy shopping bags
- Yoga
- Pilates
- Tai chi
- Lifting weights
- Working with resistance bands
- Doing exercises that use your own body weight, such as push-ups and sit-ups
- Heavy gardening, such as digging and shovelling
- Wheeling a wheelchair
- Lifting and carrying children





## Health and Wellbeing Corner



You can do activities that strengthen your muscles on the same or different days as your aerobic activity – whatever's best for you. Muscle-strengthening exercises are not always an aerobic activity, so you'll need to do them as well as your 150 minutes of aerobic activity.”

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.



Receive messages from your surgery in your NHS App, instead of by SMS text or letter

**MORE SECURE, MORE RELIABLE**

Download the NHS App and turn on notifications



**NHS**

**NHS APP: A MORE SECURE AND RELIABLE WAY TO RECEIVE MESSAGES FROM YOUR SURGERY**

PLEASE CLICK THE LINK BELOW TO DOWNLOAD THE NHS APP:

[NHS APP | WWW.NHS.UK](https://www.nhs.uk)



# GET ACTIVE GIVE IT A GO! FOR YOUR MENTAL HEALTH

## Green spaces and nature are vital for good mental health and wellbeing

- Join us for FREE wellbeing activities
- Enjoy music and dance performances
- Visit information stalls from local community organisations

DATE:

15 May 2024

TIME:

11:00am Walking Group  
Meeting point Orange Hill  
entrance to Watling Park

12:00 to 17:00 sessions  
and performances

LOCATION:

Watling Park, Burnt Oak,  
HA8 0RW



[www.better.org.uk](http://www.better.org.uk)



@Bar netCouncil



Caring for people, our places and the planet

[sport@barnet.gov.uk](mailto:sport@barnet.gov.uk)

**BARNET**  
LONDON BOROUGH



# AGE UK - UPCOMING EVENTS

## Upcoming talks from neuropsychologist Professor Catherine Loveday

### **Talk: Has the pandemic affected our memories? Wednesday 8 May 2024 (7-8pm)**

Catherine reveals how the pandemic and big life events affect our memories. Takes place on *Wednesday 8 May at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT*

Arrive at 6.45pm for a 7pm start. Ends 8pm. Free entry.

To register contact Teresa on [teresa.gallagher@ageukbarnet.org.uk](mailto:teresa.gallagher@ageukbarnet.org.uk) or phone her on 07502 989 403. Alternatively, register on eventbrite here: <https://www.eventbrite.co.uk/e/840202848337>

### **Talk: Improving everyday memory - Wednesday 12 June 2024 (7-8pm)**

Whether it's remembering someone's name or holding onto important personal memories, Catherine shares science-backed ways to boost everyday memory - whatever your age! Takes place at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. To book your free place, register on [eventbrite here](#) or contact Teresa on 07502 989 403 or email [teresa.gallagher@ageukbarnet.org.uk](mailto:teresa.gallagher@ageukbarnet.org.uk)

### **Quiz Night fundraiser - Weds 22 May 6.45pm (Food served at 7pm)**

Join us for our next Quiz Night fundraiser at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. It's £20 a ticket which includes a two-course meal made by the wonderful Tolly - a chef at top restaurant Rovi, Ottolenghi's newest venue and London hotspot. There'll be a raffle and bar selling drinks. Make up your own team of 8 or join another team. All funds raised on the night go towards helping us provide our essential services and activities.

Book soon as places run out fast on our quiz nights. Just contact Teresa on:

[teresa.gallagher@ageukbarnet.org.uk](mailto:teresa.gallagher@ageukbarnet.org.uk)

07502 989 403

### **Your Money, Your Way - how to manage your money in later life. Weds 26 June 2024 (2-4pm)**

Join us for an afternoon of useful talks and advice - from lasting Power of Attorney to making a Will and avoiding scams. There'll be information stands and refreshments. All over 55s welcome. Free entry. Takes place at The Ann Owens Centre, Oak Lane N2 8LT. To book your place, just phone Teresa on 07502 989403 or email [teresa.gallagher@ageukbarnet.org.uk](mailto:teresa.gallagher@ageukbarnet.org.uk)

# AGE UK - UPCOMING EVENTS

## Age-friendly pop ups

Come and talk to our Age-friendly champions about what we are doing to make Barnet a better place to grow old in - plus a chance to find out about activities and events for over 55s in the borough. For more info, email [agefriendly@ageukbarnet.org.uk](mailto:agefriendly@ageukbarnet.org.uk) or call Pippa on 07379 331807.

## Dates and locations

8th May 2024: High Barnet - 10am-2pm - The Spires Shopping Centre, High Barnet EN5 5XY

9th May 2024: Edgware - 10am-2pm - the Broadwalk Shopping Centre, Edgware HA8 7BD

10th May 2024: Burnt Oak - 2pm-5pm - Burnt Oak Library HA8 0UB

15th May 2024: East Finchley - 2pm-5pm - East Finchley Library N2 9BB

## New fitness class: Circuits and strength for active ageing - starts Wednesday 22 May 2024

We're excited to launch a new new circuit training class for over 55s which takes place on Wednesdays from 10.30am - 11.30am at UNITAS Barnet Youth Zone building, 76 Montrose Ave. HA8 0DT. £5 a session. All levels welcome. To book a place email [wendy.nutman@ageukbarnet.org.uk](mailto:wendy.nutman@ageukbarnet.org.uk) or phone Wendy on 07741877027.

## How to improve your memory

Are you worried about your memory? Our Memory Matters sessions are for people who want to learn techniques, tips and strategies to support and strengthen their memory. The next 6-week course will start in May and the venue is just being confirmed. To register your interest, however, just contact Katie on [katie.grayson@ageukbarnet.org.uk](mailto:katie.grayson@ageukbarnet.org.uk) or phone her on 0747 0499597.





## HAPPENING THIS MAY

<b>1-7th May</b> <u>Maternal Mental Health Awareness Week</u>	<b>1-7th May</b> <u>Deaf Awareness Week</u>	<b>6-12th May</b> <u>Dying Matters Awareness Week</u>
<b>13-19th May</b> <u>Black Inclusion Week</u>	<b>13-19th May</b> <u>Mental Health Awareness Week</u>	<b>17th May</b> <u>International Day Against Homophobia, Biphobia and Transphobia</u>

### **May is Also:**

National Pet Month

Make May Purple/Action on Stroke Month

Maternal Mental Health Month

National Share a Story Month

National Walking Month

National Clean Air Month

Zombie Awareness Month

Tourette's Awareness Month

**CLICK ANY OF  
THE LINKS FOR  
FURTHER  
INFORMATION**