MAY 2025

PCN 1W

NEWSLETTER



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Care Coordinator

in this issue

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Mental Health Awareness Week

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MMR Vaccine Information

Download the NHS App!

& More

Mental Health Awareness Week (12-18th May 2025)

This year's theme is "Community" highlighting the vital role connections play in our mental well-being.

How to get involved:

- Join local groups or volunteer initiatives.
- Share your experiences on social media using #ThisIsMyCommunity.
- Attend events organized by Mind in Barnet.

Explore more resources and tips at the Mental Health Foundation.

Protecting Our Children: Updates to the Childhood Immunisation Schedule

Starting July 2025, the UK is updating its childhood immunisation schedule to enhance early protection against serious diseases:

- MMR Vaccine: First dose at 12 months; second dose moved earlier to 18 months (from 3 years 4 months).
- 6-in-1 Vaccine: A new fourth dose at 18 months to replace the discontinued Hib/MenC vaccine.
- Meningitis B Vaccine: Second dose now at 12 weeks.
- Pneumococcal Vaccine: First dose shifted to 16 weeks

These changes aim to provide earlier protection amid rising measles cases in the UK and Europe. The MMR vaccine offers up to 99% protection with two doses.

For more information visit: Barnet Council's Childhood Immunisation Page

MAY 2025

Sophie's
Health And Wellbeing Corner

Last month we looked at how to cut down on sugar, particularly with drinks. This month, we will be looking at how to cut down on sugar, particularly with desserts. The NHS states that we should added sugars (e.g. table sugar, honey and syrups etc.) should not make up more than 5% of our energy intake (around 11g per day for anyone 11+).

Added sugar comes in many different forms e.g. sucrose, glucose, fructose, maltose, fruit juice, molasses, hydrolysed starch, invert sugar, corn syrup, honey etc.
When looking at food labels, it can be useful to look at the sugar per 100g. 22.5g or more of total sugar per 100g means that the food item is high in sugar. 5g or less of total sugar per 100g is considered low sugar.

When looking at packages, it can be helpful to look out for the traffic light labels. These are a colour coded system that makes it easier to see if foods are high in sugar. Aim to choose foods that are "green" more often, foods that are "amber" sometimes and foods that are "red" less often.

Nearly 25% off the added sugar we have comes from sugary drinks e.g. fizzy drinks, sweetened juices, milkshakes and cordials. The NHS suggests to "work out some ground rules. Do you need to have dessert every day? How about only having dessert after your evening meal, or only eating dessert on odd days of the month, or only on weekends, or only at restaurants?



MAY 2025

Sophie's
Health And Wellbeing Corner





Do you have to have chocolate, biscuits, and cake every day? If you had this type of sugary snack less often, would you actually enjoy it more?

Less sugary desserts include fruit – fresh, frozen, dried, or tinned, but choose those canned in juice rather than syrup – as well as lower-fat and lower-sugar rice pudding, and plain lower-fat yoghurt.

However, lower fat does not necessarily mean low sugar. Some lower-fat yoghurts can be sweetened with refined sugar, fruit juice concentrate, glucose, and fructose syrup. If you're stuck between choosing 2 desserts at the supermarket, why not compare the labels on both packages and go for the one with the lower amount of sugar."

It is important to remember, however, that everyone is different. The information here generalised. If you have specific dietary requirements or dietary requirements based on a specific medical condition or concern, please consult a GP or relevant medical professional.

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.





WHERE CARE COMES FIRST

PCN 1W

NHS BARNET





EVERGLADE MEDICAL PRACTICE, THE CONCOURSE, GRAHAME PARK HEALTH CENTRE, LONDON NW9 5XT

PATIENT PARTICIPATION GROUP EVENT

19TH MAY 2025

14:00 – 17:00

About This Event

This event is an opportunity for patients to meet our Patient Participation Group (PPG) and learn more about the ways we're working to support health and wellbeing in our community. We'll be joined by local organisations and services, including Colindale Community Trust, Active Within, Better Leisure Centres, Meridian Wellbeing Hub, IAPT, respiratory physiotherapy, smoking cessation support, and our health and wellbeing coach. The event will finish with an informal drop-in session where you can chat with service representatives, ask questions, and explore how these services can support you. If you're interested in having a say in how your practice is run and helping shape future services, we'd love for you to sign up to join the PPG!

020 8432 8641

evergladedmedicalpractice.nhs.uk

MAY 2025

Managing Hay Fever and Allergies This Spring



With pollen levels rising, hay fever symptoms can be challenging.

Tips to Alleviate Symptoms:

- Keep windows closed during high pollen times.
- Shower and change clothes after being outdoors.
- Use over-the-counter antihistamines.

For persistent symptoms, consult your pharmacist or GP.

Navigating the NHS App: Your Health at Your Fingertips

The NHS App allows you to:

- Book appointments.
- Order repeat prescriptions.
- View your medical records.

Get started by visiting the NHS App support page.



Dementia Action Week (19-25th May 2025): Early Diagnosis Matters

Early diagnosis of dementia can lead to better support and care.Alzheimer's Society

Local Support in Barnet:

- Dementia Club UK: Offers free sessions with activities and support.
- Barnet Council's Dementia Support: Provides resources for patients and carers.

Learn more at the Alzheimer's Society

WATLING MEDICAL CENTRE

PPG MEETING

THURSDAY 5TH JUNE

6.30PM - 8.30PM



Watling Medical Centre, 108 Watling Avenue,
Burnt Oak, Edgware, HA8 0NR

MAY 2025

Support for New Parents in Barnet

Barnet offers various services to assist new parents:

- Infant Feeding Support: Provides advice and drop-in sessions.
- Children's Centres: Offer a range of services for families with young children.

For more information, contact your local health visitor or visit the Barnet Council's Health Visiting page.



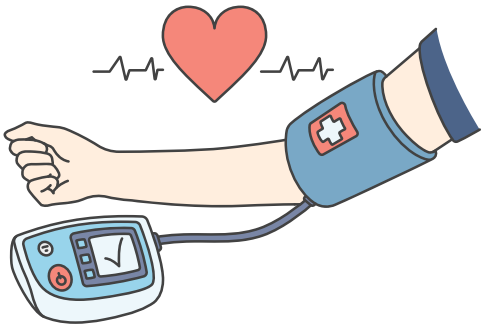
MMR Vaccine: Protecting Against Measles

Measles cases are on the rise in the UK. The MMR vaccine is a safe and effective way to protect against measles, mumps, and rubella.

- Two doses provide up to 99% protection.
- Children should receive the first dose at 12 months and the second at 18 months.

Ensure your child is up to date with their vaccinations. Vaccinations can be booked via GP Reception

For more information, visit the NHS MMR Vaccine page.



BP at Home!

PCN 1W are relaunching the BP at home project - which allows you to borrow a blood pressure machine to monitor your blood pressure over 1 week in the comfort of your own home.

If you would like to participate please speak to reception via telephone or in person and ask to speak to the nurse.

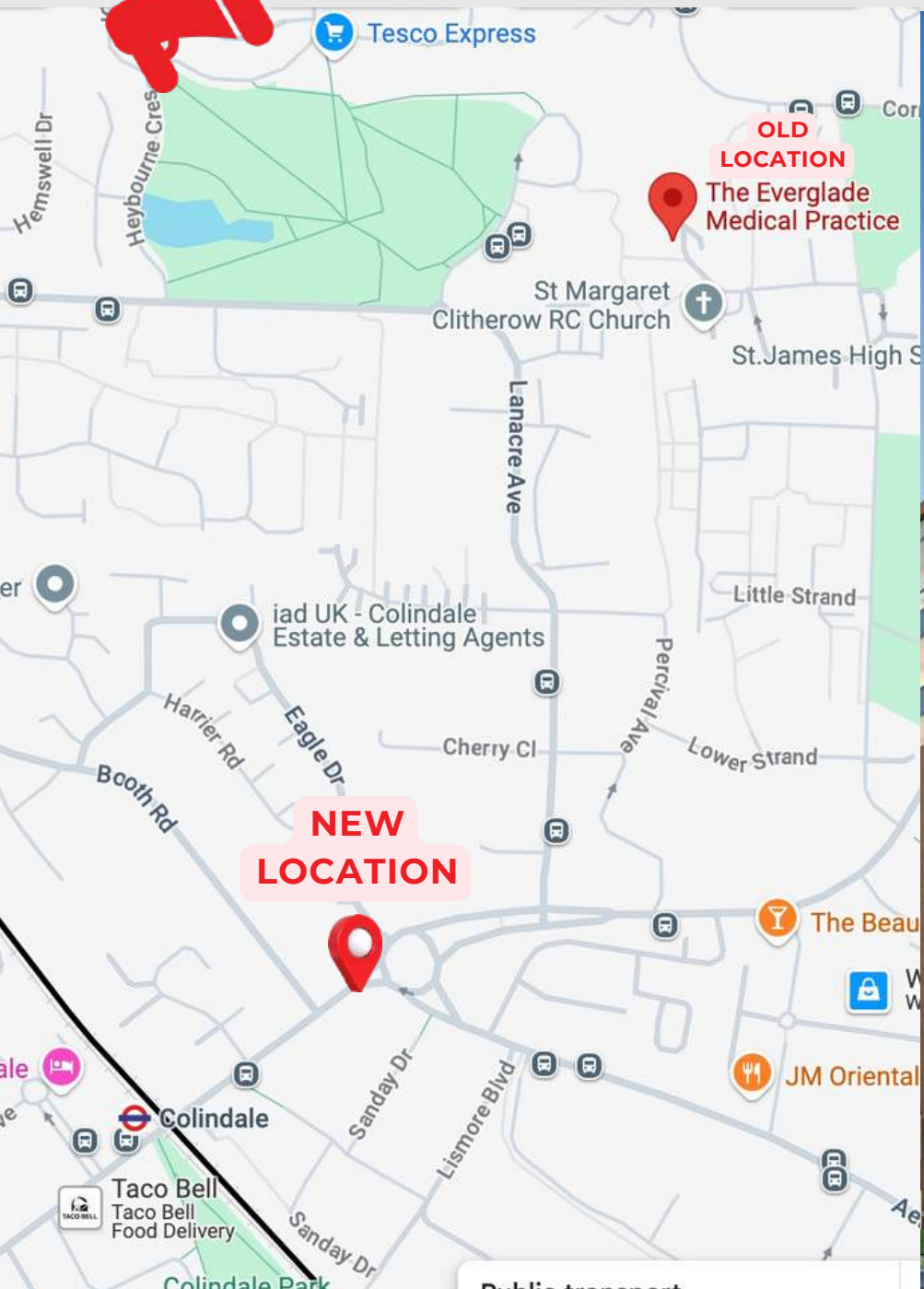
You can also contact reception via email:

Everglade: everglade.reception@nhs.net ; Telephone: 02084328641 Deanslane: medicalcentre156@nhs.net; Telephone: 020 8906 3337
Watling:
Parkview:

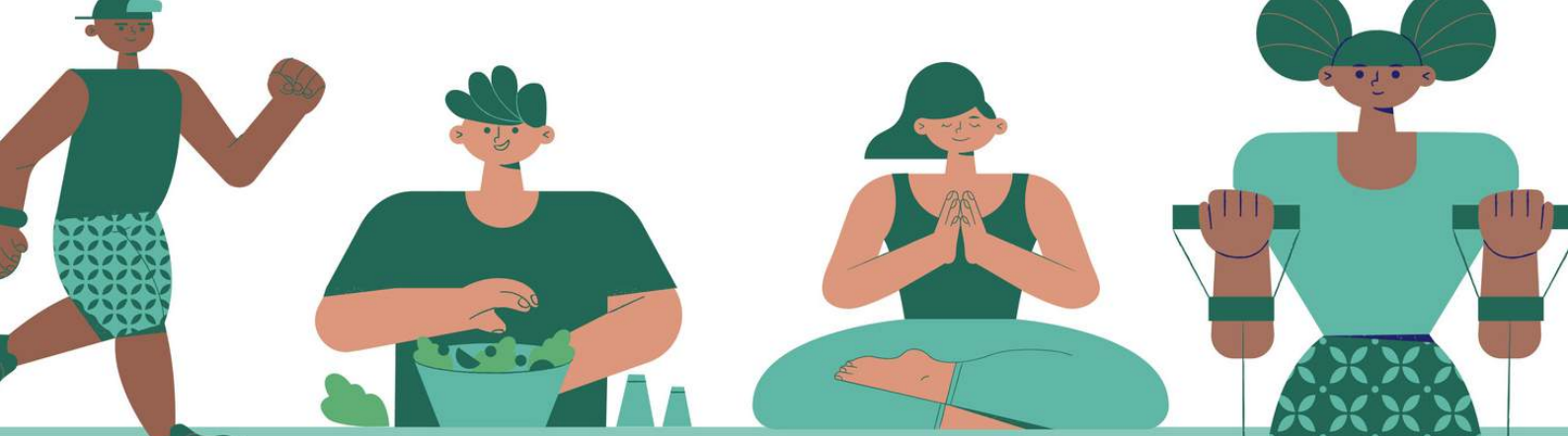
EVERGLADE MEDICAL PRACTICE

WE'RE MOVING

DECEMBER 2026







HEALTH & WELLBEING COACHING

Non-clinical support for people who wish to actively engage with their own health and wellbeing.

WHAT IS INVOLVED?

- Discussions around the topics that are most important to you.
- Setting & achieving self-identified goals.

WHAT CAN I DISCUSS?

- Discuss anything from diet, to becoming more active, to general wellbeing and mental health.

HOW TO BOOK

- Get in touch via reception to book an initial triage call.

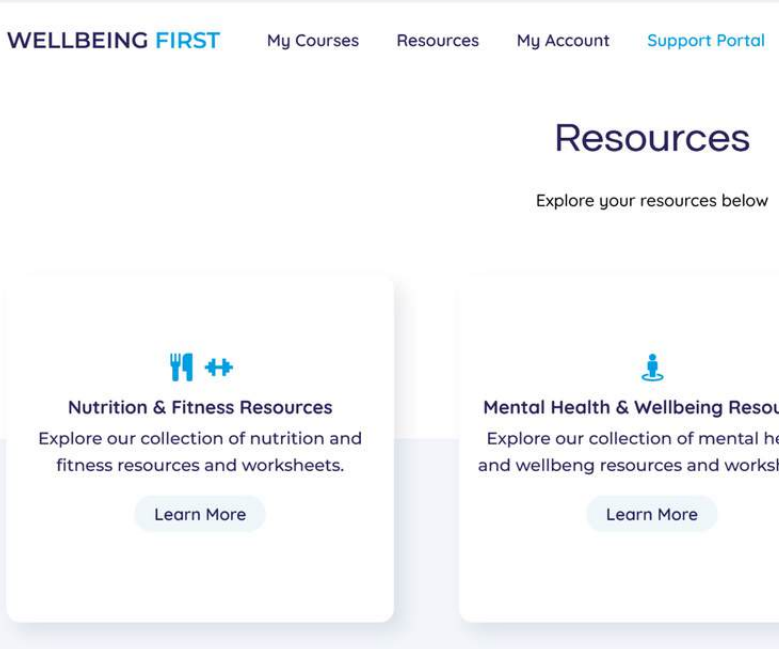
WELLBEING FIRST

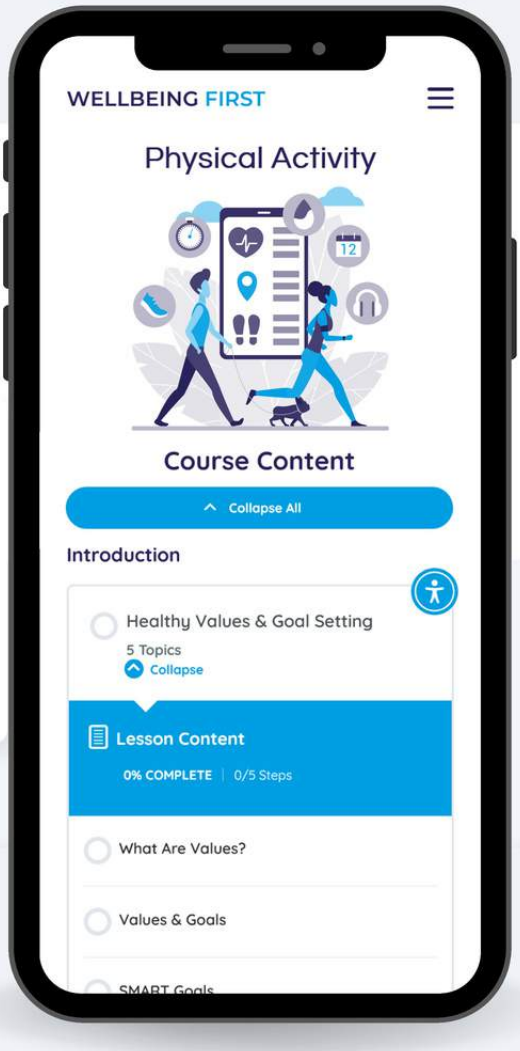
Register for our Health & Wellbeing Platform

www.pcn1w.wellbeingfirst.co.uk

*Health & Wellbeing Coaches are not able to diagnose or treat medical conditions, nor do they provide medical advice.

WELLBEING FIRST





Access reliable, engaging health & wellbeing content and support on your own time and terms.

1. Register for the platform and wait to be approved by your GP.
2. Gain access to on-demand courses related to your goals &/or conditions.
3. Gain access to health and wellbeing resources, workbooks and journals.
4. Consult with a Health & Wellbeing Coach via the Support Portal.

REGISTER HERE

or visit our website
www.pcn1w.wellbeingfirst.co.uk



FIND OUT MORE
www.pcn1w.wellbeingfirst.co.uk

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