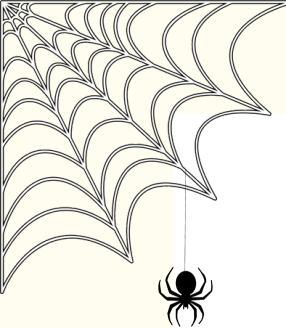


PCN 1W

PATIENT NEWSLETTER


ISSUE #?
OCTOBER 2023





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PCN 1W Feedback

GP PATIENT SURVEY


We appreciate your feedback in all aspects of our care, the GP Patient Survey, alongside feedback forms on our websites, allow you to have your say on your experience at our PCN 1W Practices. Below is some of the information that is available to you via the GP Patient Survey results. You can view the remaining results at: [**gp-patient.co.uk/**](https://gp-patient.co.uk/)

Practice	Everglade	Deanslane	Parkview	Watling
% of patients who find receptionists at this practice helpful	64	79	90	85
% of patients who were satisfied with the appointment they were offered	64	72	75	84
% of patients who say the the healthcare professional they spoke to was good at listening to them during their appointment	78	85	84	89
% of patients who say they have had enough support from local services in the last 12 months to help manage their long term condition(s)	57	58	53	62

what's happening?

October '23



MON	TUES	WED	THURS	FRI	SAT	SUN
Speak Up Month Stoptober Sober Tober National Cholesterol Month Black History Month Lupus Awareness Month						1
2 International Dysgraphia Awareness Day	3 Back Care Awareness Week	4	5	6	7	8
9	10 World Mental Health Day	11 Coming Out Day	12 Bone and Joint Week (12- 20th)	13	14 Allied Health Professionals Day	15
16 Infection Prevention Control Week	17 Malnutrition Awareness Week	18 World Menopause Awareness Day EVERGLADE EVENT - SEE PAGES 9 & 10	19 Plant winter veggies	20	21	22 International Stammering Awareness Day
23	24	25	26	27	28	29
30	31 					

what's happening?

Helpful Resources

Speak Up Month

<https://nationalguardian.org.uk/>



Stoptober

<https://thestoptober.co.uk/>

Sober October

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



National Cholesterol Month

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



Black History Month UK

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



Allied Health Professions Day

<https://www.england.nhs.uk/ahp/ahps-day/>



Breast Cancer Awareness Month

<https://breastcancernow.org/get-involved/breast-cancer-awareness-month>

National Work Life Week

<https://workingfamilies.org.uk/campaigns/national-work-life-week/>

International Dysgraphia Awareness Day (IDAD)

<https://internationaldysgraphiaawarenessday.com/>

Back Care Awareness Week

<https://nationaltoday.com/back-care-awareness-week/>



what's happening?

Helpful Resources

World Mental Health Day

<https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>



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



Coming Out Day

<https://www.hrc.org/campaigns/national-coming-out-day>

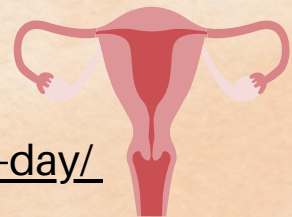
Bone and Joint Week

<https://www.iosteopathy.org/help-raise-awareness-of-msk-during-bone-and-joint-week/>



Infection Prevention Control Week

<https://infectionpreventionandyou.org/iipw/>



World Menopause Awareness Day

<https://www.imsociety.org/education/world-menopause-day/>

<https://www.nhsemployers.org/articles/menopause-and-workplace>

UK Malnutrition Awareness Week

<https://www.malnutritiontaskforce.org.uk/uk-malnutrition-awareness-week-2023>

International Pronouns Day

https://pronouns.org/day_

International Stammering Awareness Day

westutter.org



Frequently Asked Questions

Where can I see the latest COVID Information on number of cases?

The [GOV.UK Coronavirus Website](https://coronavirus.data.gov.uk/details/interactive-map/cases) has an interactive map of the latest coronavirus information in your area. Simply enter your postcode and it will show you the most recent information, usually over the past 7 days.

<https://coronavirus.data.gov.uk/details/interactive-map/cases>

Is there a way I can get alerts on covid?

Download the NHS COVID-19 app

The app includes a number of features to help you protect yourself and others, including: getting alerts to let you know if you may be at risk from coronavirus (COVID-19) a symptoms checker. the latest advice based on your circumstances

Is it possible to choose any hospital of your choice?

A choice of hospital or service is available to most patients and in most circumstances. You can choose a hospital or service based on whatever matters most to you – this could include waiting times, quality of service, your previous experience, the opinions of other patients, the location or your GP's recommendation.

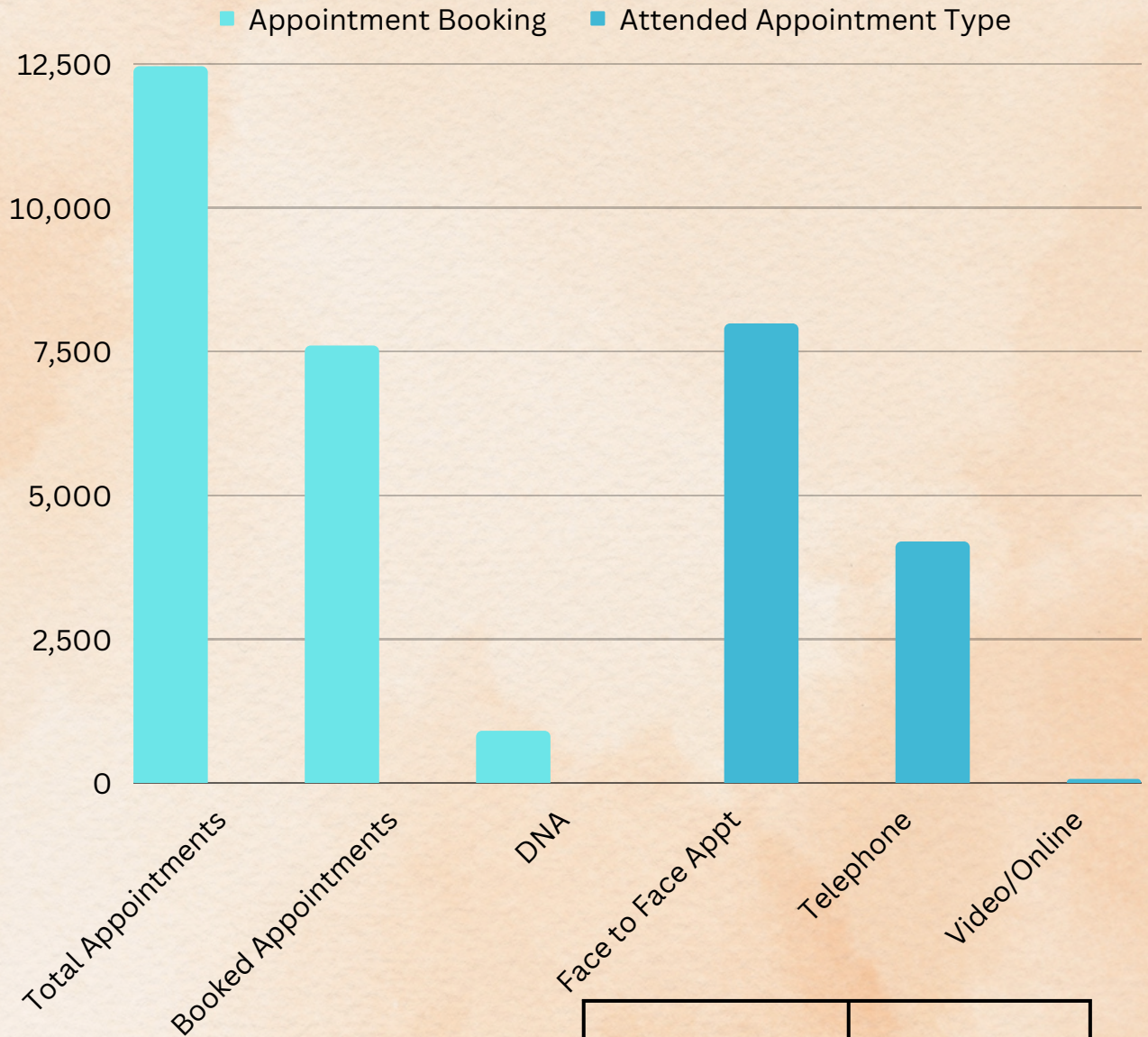
If you want to find out more you can visit

www.nhs.uk/patientchoice

september 23

APPOINTMENT DATA

Below is the information on appointment data throughout our PCN for the month of September, please try to call in as soon as you know you cannot make an appointment.



Total Appointments	12439
Booked Appointments	7585
DNA	889

Face to Face	7969
Telephone	4179
Video/Online	52

MENTAL HEALTH

DAY

Join us!
Wednesday 18th October

Theme : Mental Health Awareness

12.45 -16.00

There will be:

- Speakers from Community Barnet!
- Updates from Mind & Meridian wellbeing services
- Light Refreshments **Free!**



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



18 OCTOBER DIGITAL HEALTH MORNING

Everglade Medical Practice will be hosting a Digital Health Morning, where patients can be introduced to the digital services available to them to help with their digital skills and accessibility, including skills training, free access to devices and data, navigating the NHS app.

**NHS APP | BOOST BARNET | MY GP |
INFORMATION ON SIM CARDS AND
DEVICES**

9AM-12.30PM



**LIGHT
REFRESHMENTS
PROVIDED**



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



Blood Pressure Monitoring

PCN 1W is offering a service for patients to monitor their blood pressure at home.

If you have been contacted by your practice, you can loan a BP machine from the practice or use your own machine to do this. To get started, please pick up a monitoring form from your registered practice's reception [those who have their own machine must also do this].

Please note that there is a £10 deposit required to loan a BP machine from the practice, this will be returned once you have returned the machine.

BOLOH Helpline



UKRAINIAN SUPPORT HELPLINE

**Are you in need of help after
fleeing the war in Ukraine?**

We are here to support your emotional and practical needs. **Call us for free support and advice.**

Call the free helpline on: 0800 148 8586



BOLOH HELPLINE



We work with adult Asylum Seekers UK-wide by supporting their emotional health and wellbeing



HOW CAN WE HELP YOU?

- ◆ Helpline advisors are here to listen to you and provide emotional support
- ◆ Helpline advisors can provide specialist advice on a range of issues you might be experiencing
- ◆ We can provide free counselling to adult asylum seekers
- ◆ Helpline advisors can support you to access help from other organisations



Call us for free
0800 151 2605

Staff speak different languages or can provide an interpreter who speaks your language



Talk to us on web-chat
helpline.barnardos.org.uk

Click on the icon on the bottom right
Our helpline is open:

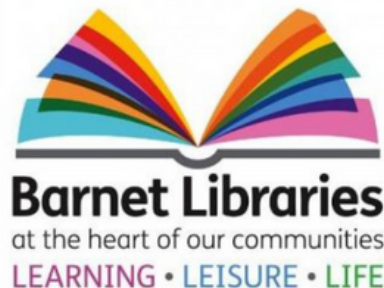
- Monday to Friday 10am – 8pm
- Saturday 10am – 3pm



For more information about how we can help you, please visit: helpline.barnardos.org.uk



2ECOND CHANCE.co.uk
EMPOWER PEOPLE & SAVE COMPUTERS



RECYCLE YOUR UNUSED LAPTOP, DESK TOP OR TABLET HERE!

**Don't bin it!
Give it a 2econd
chance**



**Donate it here or drop off your
laptops and tablets
to your local Barnet Library.**

getonline@barnet.gov.uk
contact us: 0208 359 3705
<https://www.2econdchance.co.uk/>



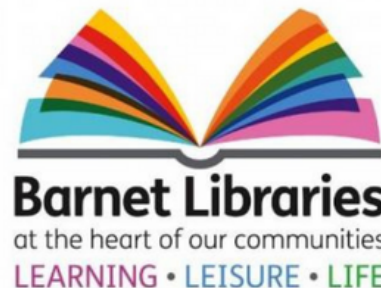
BARNET
LONDON BOROUGH

BOOST
www.boostbarnet.org

**The Barnet
Group**
PERSON CENTRED



2ECOND CHANCE.co.uk
EMPOWER PEOPLE & SAVE COMPUTERS



Barnet Libraries
at the heart of our communities
LEARNING • LEISURE • LIFE



2econd Chance is a registered Community Interest Company (11845887)



www.2econdChance.co.uk
info@2econdChance.co.uk

What We Do

We refurbish donated machines and sell at affordable prices.

We provide meaningful training and employment opportunities for people with learning difficulties and SEMH (social, emotional, and mental health) needs.

What We Need

Working desktops, laptops and tablets up to 8 years old.

Secure Data Destruction

Data destruction takes place at our secured London premises. We issue certification giving you complete peace of mind that your data has been irretrievably erased.

www.boostbarnet.org
getonline@barnet.gov.uk
contact us: 0208 359 3705
<https://www.2econdchance.co.uk/>

re-imagine

THE CONCOURSE

Get involved – The project team at Barnet Council want to hear from you. You have until the 6 October to share your ideas:

- Send your ideas to grahamepark@barnet.gov.uk
Seen an interesting place elsewhere that you like? Send us photos.
- Email us to attend a meeting or activity with local people to hear ideas.
- Visit the website to find out more and click on 'Your imaginative ideas' to show support for someone's idea or to add your own
<https://engage.barnet.gov.uk/hub-page/gp-concourse>

SCAN HERE



The Concourse is ours for
the next three years



PERSONAL IMPROVEMENT LTD COURSES

**Boost your IT
literacy & win in
the digital world!**

**BCS L1 Award – ICDL IT Essential
BCS L2 Certificate IT Core
BCS L2 Certificate ICDL IT Extra (ITQ)**

What we do:

- We provide Career Advice and Guidance.
- We offer Employment and Recruitment support.
- We offer Training and Development support.
- We provide Health and Well-being Advice.

What's available for you:

- Access to Free Accredited training.
- Improve your I.T skills.
- Improve your employment prospects.

Available for people who Work or Live in Barnet.



Email: anna@personal-improvement.org OR
getonline@barnet.gov.uk



020 8905 7221

BOOST

www.boostbarnet.org



DIGITAL SKILLS



DROP-IN make it



**Free Digital Skills
Workshops for beginners,
no need to book, just turn up!**

Mondays

1:00 – 3:00 pm

**Burnt Oak Library
Watling Avenue,
Burnt Oak, HA8 0UB**

Tuesdays

12:30 – 2:30 pm

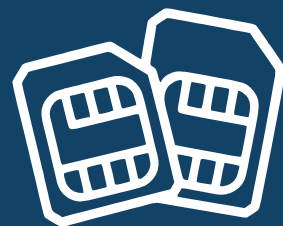
**Centre of Excellence,
The Concourse,
Grahame Park, NW9 5XB**

BARNET
LONDON BOROUGH

**The Barnet
Group**
PERSON CENTRED

FREE SIM CARDS

with the national databank



BOOST has partnered with the Good Things Foundation, a digital inclusion charity, to provide free data to our community members via the National Databank. The National Databank, which was developed in collaboration with Virgin Media and O2, offers free mobile data vouchers to people who are unable to afford an internet connection.

Eligibility:

- you must be a Barnet resident
- have no or insufficient access to the internet at home.
- have no or insufficient access to the internet when away from the home
- cannot afford your existing monthly contract or top up

You can collect a free SIM* from:

Burnt Oak**or****Cricklewood**

Burnt Oak Library
99 Watling Avenue
HA8 0UB

BOOST@184
184 Cricklewood Lane
NW2 2DX

*SIM cards include unlimited UK calls/text messages

www.boostbarnet.org