PCN 1W December Newsletter

DECEMBER 2024



Seasonal Health Tips: Stay Well This Winter

As winter sets in, it's important to prioritise your health. Here are some quick tips to keep you feeling your best this season:

- Dress in Layers: Wear warm, breathable clothing to protect against the cold, especially when going outside. Don’t forget gloves, scarves, and hats to keep extremities warm.
- Stay Hydrated: It's easy to forget to drink enough water during the colder months, but staying hydrated is essential for maintaining energy and overall health.
- Wash Your Hands: With flu and cold season upon us, frequent hand washing is key to preventing the spread of germs. Carry hand sanitizer when soap and water aren’t available.

Don't forget—if you haven’t had your flu shot yet, it's not too late. Contact us today to book your appointment!





Managing Holiday Stress

The holiday season can be a joyful time, but it can also bring stress and anxiety. Here's how you can manage it:

- Take Breaks: Schedule time for yourself to relax, whether it’s a walk in the fresh air or enjoying a hot drink with a good book.
- Practice Mindfulness: Simple breathing exercises can help calm your mind. Take a few minutes each day to focus on your breath and clear your thoughts.
- Set Realistic Expectations: Don't stress over perfection. Enjoy the moment, and remember it’s okay if everything doesn’t go according to plan.

If the holidays feel overwhelming, talk to us. We’re here to support your mental well-being year-round.



NEW YEAR GOALS

The new year is a great time to set new health goals. Here are some simple resolutions you can make to improve your well-being:

- Exercise Regularly: Aim for at least 30 minutes of activity most days of the week. Start small and gradually increase the intensity.
- Eat More Whole Foods: Focus on fruits, vegetables, whole grains, and lean proteins. Reducing processed foods can help improve overall health.
- Prioritise Mental Health: Set aside time for self-care, whether it’s through mindfulness, hobbies, or spending time with loved ones.

We’re here to help you achieve your health goals. Don’t hesitate to schedule a health check-up or talk to one of our GPs if you need support.

EMOTIONAL WELLBEING EVENT

Join Us for an Emotional Wellbeing Event at Everglade!

Date: Friday, 24th January
Time: 10 AM – 2 PM
Location: Everglade Medical Practice, The Concourse, Grahame Park Health Centre, London NW9 5XT

Age Group: 17+ (Barnet Young People Thrive supports ages 17–25)

Focus: Mild/Moderate Anxiety, Depression, Stress, Mixed Anxiety and Depression, Low Mood

Event Overview:
This event is designed for individuals seeking primary care/community services support. If you are experiencing mild to moderate mental health challenges, join us for an informative and supportive day.

Schedule:

- **10 AM – 12 PM: Drop-in Space**
  - **Meet and connect with various support services**
- **12 PM: Jairos Presentation**
- **12:15 PM: Yaran Club Presentation**
- **12:30 PM: Barnet Young People Thrive Service**
- **12:45 PM: Change Grow Live**
- **1 PM – 2 PM: Barnet Talking Therapy Service**
  - **Awareness Talk**
  - **Blue Monday Tips**
  - **Mindfulness Activity**

Note: This event is not suitable for individuals already engaged with secondary mental health teams.

Come along to learn, connect, and find new ways to enhance your emotional wellbeing! We look forward to seeing you there.



SOPHIE'S HEALTH AND WELLBEING CORNER

We have previously looked at what a healthy, balanced diet consists of. This month we continue discussing what a healthy, balanced diet consists of and we will specifically be looking at hydration and foods high in fat, sugar and salt.

You may have come across the NHS Eatwell Guide pictured above.
The Eatwell guide tells us how much of each food group we should be aiming for over the course of the day or week to achieve a healthy, balanced diet.

Looking at the fluids section in the Eatwell Guide above, the NHS states we should aim for 6-8 glasses of fluid per day:
"Water, lower-fat milks, lower-sugar or sugar-free drinks and tea and coffee all count.

Fruit juice and smoothies also count towards your fluid consumption, but they contain free sugars that can damage teeth, so limit these drinks to a combined total of 150ml a day."
Achieving the recommended daily fluid guidelines helps prevent dehydration. There may be some instances, however, where you may need to drink more e.g. depending on temperature, if you are pregnant, if you are ill, if you are very physically active etc.
You should try and drink regularly throughout the day and drink caffeine in moderation.



SOPHIE'S HEALTH AND WELLBEING CORNER

When it comes to foods high in fat, sugar and salt, the NHS states:
"These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream. They're not needed in our diet, so should be eaten less often and in smaller amounts."
In relation to sugar, the NHS says "added sugars, such as table sugar, honey and syrups, should not make up more than 5% of the energy you get from food and drink each day. That's about 30g a day for anyone aged 11 and older."
We should also be aware of statements on food labels. For example, low fat means there is <3% fat in these products and they can often contain more sugar. Reduced, light or lower fat means there is 30% less fat than the full fat alternative. This means up to 70% of the fat is still included and it could still contain a lot of fat.

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, fat and salt. Aim to choose foods that are "green" more often, foods that are "amber" sometimes and foods that are "red" less often.
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.
Next month we will look at the rest of the Eatwell Guide. In the meantime, 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)

Happening This Month



World AIDS Day

1st December 2024

An opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness.

WORLD AIDS DAY



International Day of People with Disibilaties

Since 1992, the United Nations IDPD has been annually celebrated around the world.

For more information:

INTERNATIONAL DAY OF PEOPLE WIHT DISABILITIES

MINOR ILLNESS PARENTING SESSIONS

Join a FREE 1-hour learning event with our local doctors to learn more and protect your children this winter. We will share information and give you the chance to ask questions.

The sessions will cover what to do if your child is unwell including:

- What should I do to help my child?
- When should I call for help?
- Where should I go for help?



They will take place online:

Tues 17th Dec 10am or 8pm
Tues 14th Jan 10am or 8pm

Book here: www.bit.ly/Childhealth

North Central London Health and Care
Integrated Care System

NHS



Daytime & evening places available!

My child is unwell, what do I need to do?

Get expert advice on how to help your child when they're unwell at a **free child health webinar for parents** on 17 December 2024 & 14 January 2025

Scan this QR code or go to bit.ly/Childhealth for details

Plus, get free, NHS-approved clinical advice for these common childhood illnesses, at any time

For advice, scan the codes

- Fever
- Cough
- Skin rash
- Sore throat
- Stomach ache
- Vomiting
- Earache
- Head injury
- Breathing issues
- Diarrhoea