PCN 1W — MARCH 2025

Patient Newsletter



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Brain Tumour Awareness Month

Brrain Tumour Awareness Month highlights the urgent need for more research into brain tumours, which affect thousands of people every year. Early detection is crucial, so be aware of key symptoms such as persistent headaches, vision problems, seizures, and memory issues. If you are experiencing any of these symptoms, book an appointment with your GP.

🔗 More info: Brain Tumour Research

📍 Local Support: Speak to your GP about referrals to specialist neurological services.

International Women's Day -(8th March 2025)

This year's theme for International Women's Day is Inspire Inclusion. It's a day to celebrate the achievements of women in all sectors, including healthcare, and to advocate for gender equality in health access and outcomes.

We encourage all patients to prioritise their health—whether it's booking a routine check-up, cervical screening, or seeking support for menopause or reproductive health concerns.

🔗 More info: International Women's Day

📍 Local Support: Our practice provides cervical screening, contraception services, and women's health advice.

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🔗 More info: Brain Tumour Research

📍 Local Support: Speak to your GP about referrals to specialist neurological services.

Healthcare Science Week (10th - 16th March 2025)

Healthcare Science Week shines a light on the invaluable role healthcare scientists play in diagnosing and treating medical conditions. From biomedical scientists to clinical engineers, these professionals ensure high-quality care through research, innovation, and diagnostics.
If you or someone you know is interested in a career in healthcare science, this is a great opportunity to learn more!
🔗 More info: NHS Healthcare Science
📍 Local Opportunities: Speak to your GP about career pathways in healthcare or check NHS careers resources.

Young Carers Action Day (13th March 2025)

This year's theme for International Women's Day is Inspire Inclusion. It's a day to celebrate the achievements of women in all sectors, including healthcare, and to advocate for gender equality in health access and outcomes.
We encourage all patients to prioritise their health—whether it's booking a routine check-up, cervical screening, or seeking support for menopause or reproductive health concerns.
🔗 More info: International Women's Day
📍 Local Support: Our practice provides cervical screening, contraception services, and women's health advice.

National No Smoking Day (12th March 2025)

Quitting smoking is one of the best things you can do for your health. National No Smoking Day is an opportunity to take the first step towards a smoke-free life. Smoking is a major cause of heart disease, stroke, and cancer. There is free support available to help you quit.
🔗 More info: British Heart Foundation
📍 Local Support: Speak to your GP about NHS smoking cessation services and stop smoking aids.

World Kidney Day (13th March 2025)

Kidney disease often goes unnoticed until it reaches an advanced stage. World Kidney Day raises awareness about the importance of kidney health. Key risk factors include high blood pressure, diabetes, and obesity. Simple lifestyle changes, such as staying hydrated and reducing salt intake, can help protect your kidneys.
🔗 More info: World Kidney Day UK
📍 Local Support: If you have concerns about your kidney health, book a check-up with your GP.

Nutrition and Hydration Week (10th - 16th March 2025)

Good nutrition and hydration are fundamental to overall health. This week promotes the importance of maintaining a balanced diet and proper hydration to prevent malnutrition and dehydration, particularly in vulnerable groups such as the elderly and those with long-term conditions.
🔗 More info: Nutrition and Hydration Week
📍 Local Support: Your GP or a dietitian can provide tailored dietary advice.

World Oral Health Day (20th March 2025)

Oral health is a key part of overall well-being. Poor oral hygiene can lead to gum disease, tooth decay, and other health complications. Brushing twice daily, flossing, and regular dental check-ups can help maintain a healthy mouth.
🔗 More info: World Oral Health Day
📍 Local Support: Book an appointment with a dentist for regular check-ups and oral health advice.

World Down Syndrome Day (21st March 2025)

World Down Syndrome Day is a global awareness initiative celebrating people with Down syndrome and advocating for their rights and inclusion. This year's theme promotes equal opportunities in education, healthcare, and employment.
🔗 More info: World Down Syndrome Day
📍 Local Support: Speak to your GP about local support groups and services for individuals with Down syndrome and their families.

Join AGE UK's Coffee Mornings for Connection and Community

AGE UK's Coffee Mornings provide a welcoming space for older people to come together, enjoy a hot drink, and connect with others in their community. These gatherings help combat loneliness and promote wellbeing by fostering social interaction in a relaxed setting.

What to Expect

- Friendly and informal meet-ups
- A chance to make new friends and reconnect with old ones
- Enjoy tea, coffee, and light refreshments
- Access to helpful advice and support from AGE UK representatives

Who Can Attend?

Anyone over the age of 50 is welcome to join. Whether you're looking for companionship or simply a warm and friendly atmosphere, AGE UK's Coffee Mornings are a great opportunity to get involved.

Find Your Local Coffee Morning

To find an event near you, visit the AGE UK website or contact your local AGE UK branch. Come along and enjoy a friendly chat over a cup of tea!
For more information, visit AGE UK's official website.

Upcoming AGE UK Barnet Events

Living Well in Barnet - 18 March 2025 (10.30am-12.30pm)

Join us at the RAF Museum in Hendon for a morning of talks and activities focusing on memory and dementia prevention. Professor Catherine Loveday will be sharing science-backed memory strategies. Attendees will be entered into a FREE raffle to win an air fryer, and there will be free refreshments!
To register, email fiona.cronin@ageukbarnet.org.uk or call 020 8629 0269. The RAF Museum is located at Grahame Park Way NW9 5LL, with free parking available for all attendees.

Singalong and Lunch - 12 March 2025 (11.30am-12.30pm)

We've partnered with Candlewood House to host monthly singalongs featuring musician and singer Camilo. Sing along to classic hits from the 50s, 60s, and 70s, plus Latin American folk songs. After the singalong, enjoy a delicious lunch prepared by Candlewood's fantastic kitchen team.

- Location: Candlewood House, Bentley Drive, NW2 2TD
- Cost: £5 (includes lunch)
- Booking essential! Call Helen Nicolaou on 07384 466840 or email activities@ageukbarnet.org.uk

New Scams Prevention Drop-ins - East Barnet

Concerned about scams? Visit our new monthly scams information and advice drop-in sessions at Hot Milk Café, 27 East Barnet Road EN4 8RN. Our team will update you on the latest scams and provide tools to help you stay safe.

- First session: Wednesday 2 April 2025 (10-11am)
- Sessions continue on the first Wednesday of every month
- Questions? Call 020 8129 7615 or email scamsawareness@ageukbarnet.org.uk

New Class! Seated Standing Stretch & Flex - Wednesdays (2-3pm)

Improve strength and flexibility with energising yoga moves designed for all abilities.

- Location: Annunciation Catholic Church, 4 Thirlby Road HA8 0HQ
- Cost: £5 per class
- To register: Call Wendy on 07741 877027 or email Wendy.nutman@ageukbarnet.org.uk

The NHS App: Your Gateway to Easier Healthcare Access

The NHS App is a simple and secure way to access a range of NHS services from your smartphone or tablet. Whether you need to book an appointment, order repeat prescriptions, or view your medical records, the NHS App puts control over your healthcare at your fingertips.

Key Benefits of the NHS App

- Book and manage GP appointments – Check availability and book appointments at your convenience without needing to call the practice.
- Order repeat prescriptions – Request your regular medications and track their status online.
- View your medical records – Access your health information, including test results and immunisation history.
- Check symptoms and get health advice – Use the NHS 111 online symptom checker and find trusted health information.
- Register as an organ donor – Manage your organ donation preferences.
- Access your COVID-19 vaccination status – View your vaccination history and access travel documents if needed.

How to Download and Set Up the NHS App

1. Download the App:
   - Search for 'NHS App' on the Apple App Store or Google Play Store and install it on your device.
2. Set Up Your Account:
   - Open the app and follow the on-screen instructions to register.
   - You may need to verify your identity using your NHS number, date of birth, and a form of ID such as a passport or driving licence.
3. Link to Your GP Practice:
   - Once verified, you will be able to connect to your GP practice and start using the app's services.

If you experience any issues during setup, support is available to help you get started.

Need Help? PCN 1W NHS App Ambassadors Are Here for You!

We understand that not everyone is familiar with digital healthcare services. That's why PCN 1W now has NHS App Ambassadors—a team of trained staff available to assist you with any questions or technical difficulties related to the app.

If you need help:

- Visit your GP practice and ask to speak to an NHS App Ambassador.
- Call your practice reception for guidance on setting up or using the app.
- Check the NHS website for step-by-step guides and FAQs.

NHS APP: ASK FOR AN AMBASSADOR!

Sophie's Health and Wellbeing Corner

Last month we looked at how to cut down on sugar, particularly during main meals. This month, we will be looking at how to cut down on sugar, particularly with snacks.

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.

Foods can be high in sugar, even if we don't think they are that sweet. The NHS states "healthier snack options are those without added sugar, such as fresh or tinned fruit (in juice, not syrup), unsalted mixed nuts, plain popcorn, rice cakes, crackers topped with lower-fat cheese or lower-sugar yoghurts.

If you are not ready to give up your favourite flavours, you could start by having less. Instead of 2 biscuits in 1 sitting, try having 1. If your snack has 2 bars, have 1 and share the other, or save it for another day.

If you're an "all-or-nothing" type person, you could find something to do to take your mind off food on some days of the week.

When shopping, look out for lower-sugar (and lower-fat) versions of your favourite snacks. Buy smaller packs or skip the family bags and just go for the normal-sized one instead.

Here are some lower-calorie substitutes for popular snacks:

- cereal bars – despite their healthy image, many cereal bars can be high in sugar and fat. Look out for bars that are lower in sugar, fat and salt.
- chocolate – swap for a lower-calorie hot instant chocolate drink. You can also get chocolate with coffee and chocolate with malt varieties.
- biscuits – swap for oatcakes, oat biscuits, or unsalted rice cakes, which also provide fibre.
- cakes – swap for a plain currant bun, fruit scone, or malt loaf. If you add toppings or spreads, use them sparingly or choose lower-fat and lower-sugar varieties.

Dried fruit, such as raisins, dates and apricots, is high in sugar and can be bad for your dental health because it sticks to your teeth.

To prevent tooth decay, dried fruit is best enjoyed at mealtimes – as part of a dessert, for example – rather than as a snack."

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 medicalprofessional.

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 Abergill, Health and Wellnbeing Coach PCN 1W

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WELLBEING FIRST

Making lifestyle changes is not always easy. That is why we have launched Wellbeing First – our free, exclusive, and accessible web platform that helps guide and support your health and wellbeing journey.

The platform gives you access to:

- Direct contact with a Health & Wellbeing Coach
- Educational tools and resources
- Courses
- Goal setting
- And more



bitly

Please scan the QR code to register, or let reception know that you are interested.