

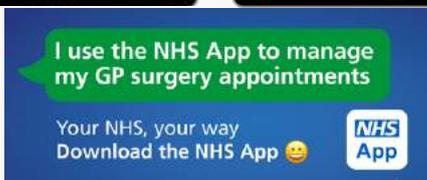
Issue 3 | July 2023

# PATIENT NEWSLETTER



## Get the NHS App

The NHS App contains multiple ways to navigate your healthcare, if you haven't already, download this to manage your health independently and cut down on waiting time on the phone to reception.



For more on the benefits of GP Online Services: <https://www.england.nhs.uk/gp-online-services/learning-so-far/key-benefits/>



# CHILDRENS CENTRE OPENING TIMES

West Locality

## Children's Centres

Tuesday 18<sup>th</sup> April 2023 – Wednesday 19<sup>th</sup> July 2023

NB: Centre's are closed for Bank Holidays and on 17.04.23 for staff training

Separate Half- Term timetable for 29.05.23 – 02.06.23

**Fairway**  
A Sure Start Children's Centre

**Silkstream**  
A Sure Start Children's Centre

**Wingfield**  
A Sure Start Children's Centre

Day	Fairway	Silkstream	Wingfield
Monday	<p>Stay and Play 9.30 - 11am, 0 – 5 years</p> <p>Developmental Baby Massage 12.06.23 – 03.07.23 (4 week block), 1 – 2pm 8 – 18 weeks – Booking Required</p>	<p>Baby Group 9.30 - 11am, 0 – 18 months</p> <p>Stay and Play 1 - 2.30pm, 0 - 5 years</p>	<p>Baby Group at OneStonegrove HA8 8BN 9.30 – 10.30am, 0-12 months</p> <p>Stay and Play at OneStonegrove HA8 8BN 11am – 12.30pm, 0-5 years</p>
Tuesday	<p>Baby group 10 – 11.30am, 0 – 18 months</p> <p>Health Promotion Workshops, Please turn over</p>	<p>Stay and Play, 9.30 - 11am, 0 – 5 years</p> <p>Ready, Steady Eat Workshop, Please turn over</p> <p>Kids Kitchen, Please turn over</p> <p>Health Promotion Workshops, Please turn over</p>	<p>Stay and Play at Orion School NW7 2AL 9 – 10.30am, 18 months -5 years</p> <p>Baby Group at Greentops NW9 5WR 12.15 – 1.30pm, 0-12 months</p>
Wednesday	<p>Stay and Play at Broadfields School HA8 8JP 9.15 – 10.45am, 0 – 5 years, 26.04.23 – 28.06.23</p> <p>Registered Childminders Group 9.30 – 11am</p> <p>Ready, Steady, School Workshop, Please turn over</p> <p>Baby Self-Weighing Booking Required</p>	<p>Stay and Play 1 - 2.30pm, 0 – 5 years</p>	<p>Stay and Play at Greentops NW9 5WR 12.30 - 2pm, 0-5 years</p>
Thursday	<p>Stay and Play 9.30 - 11am, 0 – 5 years</p> <p>Healthy Eating Workshop, Please turn over</p> <p>Baby Self-Weighing Booking Required</p>	<p>Stay and Play at Woodcroft School HA8 0GQ 9 - 10.30am, 0-5 years</p> <p>Baby Group 1 - 2.30pm, 0 – 18 months</p> <p>Ready, Steady, School Workshop, Please turn over</p> <p>Baby Self-Weighing Booking Required</p>	<p>No Sessions</p>
Friday	<p>Baby Group 1.30 – 3pm 0 – 18 months</p>	<p>Stay and Play 9.30 - 11am, 0 – 5 years</p> <p>Baby Self-Weighing Booking Required</p>	<p>Smarter Eating Workshop at Silkstream, Please turn over</p>

Family Sunday Stay and Play 9.30 – 11.30am, 0-5 years  
Silkstream – 21.05.23      Fairway – 25.06.23

Activities offered weekly unless otherwise stated



Summer Term  
18.04.23 – 19.07.23

**Fairway**  
A Sure Start Children's Centre

Fairway Children's Centre (based at Fairway School)  
The Fairway, Mill Hill NW7 3HS  
Tel: 020 8359 3730 • childrenscentre@fairwaycc.barnetmail.net

**Silkstream**  
A Sure Start Children's Centre

Silkstream Children's Centre  
Silkstream Road, Edgware HA8 0DA  
Tel: 020 8905 7605 • SilkstreamCC@barnet.gov.uk

**Wingfield**  
A Sure Start Children's Centre

Wingfield and Stonegrove Children's Centre  
C/O Barnet and Southgate College, Colindale, 7 Bristol Avenue  
(formerly Lanacre Avenue) London NW9 4BR  
Tel: 020 8359 3510 • wingfield@barnet.gov.uk

For more information on  
Children's Centre opening  
times this Summer, visit:  
[Barnet.Gov's Website](http://Barnet.Gov's Website)





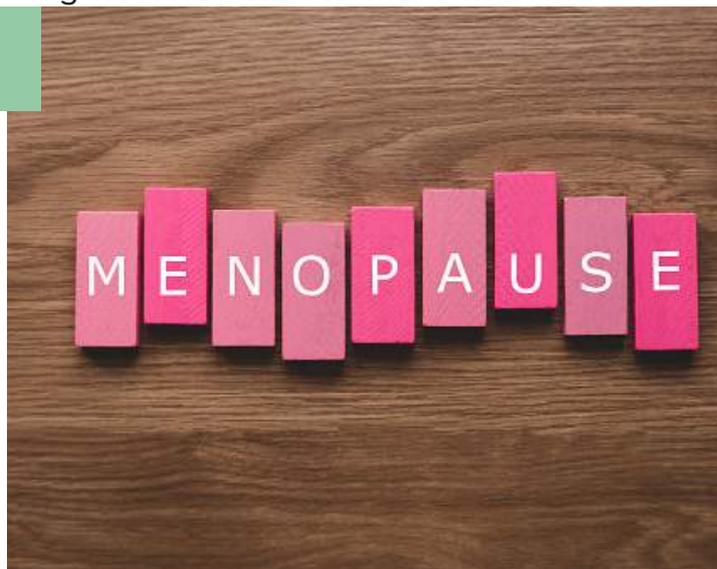
## BABY IMMUNISATIONS

A new **Baby Imms** service will be taking place in **August** at **Watling Medical Centre**, from **September** they will be taking place **at the Silkstream Children Centre in Burnt Oak**.

Please pay attention to practice websites and upcoming newsletters for more information.

## MENOPAUSE GROUP

Our PCN Menopause Pilot Group has been running successfully with positive feedback from those attending. This peer led group aims to educate, inspire and provide a comfortable space for those experiencing menopause or peri menopausal symptoms. If you would like to join the waiting list or be contacted for more information visit: [Menopause Pilot Group](#)



## GROUP B STREP AWARENESS MONTH

Group B Streptococcus (Group B Strep, Strep B, Beta Strep, or GBS) is a type of bacteria which lives in the intestines, rectum and vagina of around 2-4 in every 10 women in the UK (20-40%). This is often referred to as 'carrying' or being 'colonised with' GBS. Carrying GBS is not harmful to you, but it can affect your baby around the time of birth.

[MORE INFORMATION](#)

[ORDER A TEST KIT](#)

## HAYFEVER MEDICATION

**Please be advised** that you can get hayfever medication over the counter at shops such as Boots, Grocery Stores e.g. Tesco, and Superdrug.



# CHILDHOOD IMMUNISATIONS

## HOW TO BOOK

You can book via **Parkview, Everglade, Deanslane and Watling** surgery receptions - please book at the practice you are **registered** at.

**Call your GP surgery reception** & they can book for you.

## DATES AND TIMES

DATE	TIME
08.07. 2023	09:30-13.30
12.08. 2023	09:30-13.30

## LOCATION

9th July @ Everglade Medical Practice, The Concourse,  
Grahame Park Health Centre, London NW9 5XT.

12th August @ Watling Medical Centre, 108 Watling  
Ave, Burnt Oak, Edgware HA8 0NR

**Please remember your red  
books!**

**Please maintain proper social  
distancing while queuing.**

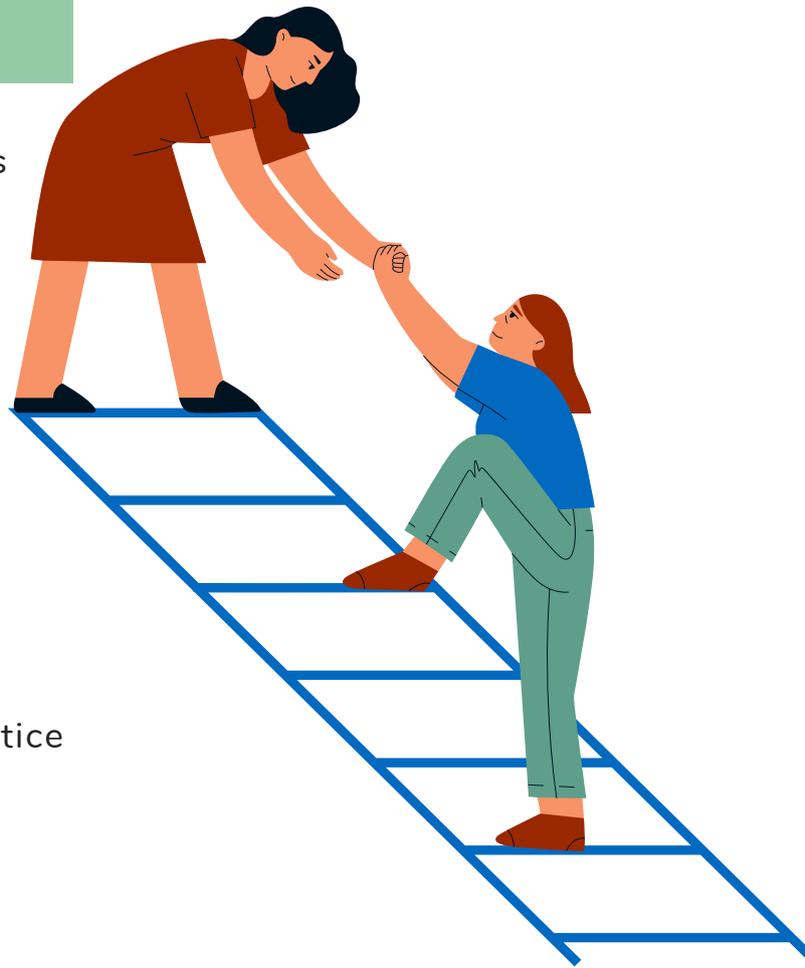


# SOCIAL PRESCRIBING

Our PCN Social Prescribing service is available to help with a variety of issues such as:

- homelessness
- low income and benefits
- debt management
- domestic abuse
- disability issues
- food banks
- and more!

For more information or to be referred please speak to a member of your registered GP Surgery or visit your practice website.



# DIGITAL SUPPORT

**BOOST** is an organisation in Barnet that supports provision of devices, data and digital education. They also provide advice on employment and benefits.

Please visit: <https://boostbarnet.org/> for more information.

# PATIENT PARTICIPATION GROUPS

Each practice in PCN 1W has a PPG, where patients can provide feedback and insight into the practice they are registered to, please see your practice website for more information on how to join [Located in Practice Information section].

Practice Information



Patient Group

# ALCOHOL AWARENESS WEEK

3rd - 9th July 2023

## Alcohol Awareness Week

If you or someone you know is struggling with alcohol problems, your GP is the first point of call. You can also find a list of online and telephone support services such as SMART and AA [here](#).

## #TALKTOUS2023

Samaritans UK is running a "Talk To Us" campaign all through July, alongside their Samaritans Awareness Day on 24th July. If you need to talk to someone about mental health concerns such as anxiety and depression. **Samaritans** is an organisation that offers mental health support for all who need it. **Call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org) to speak to them.**



## SARCOMA AWARENESS MONTH

**SARCOMA  
CANCER**  
AWARENESS MONTH



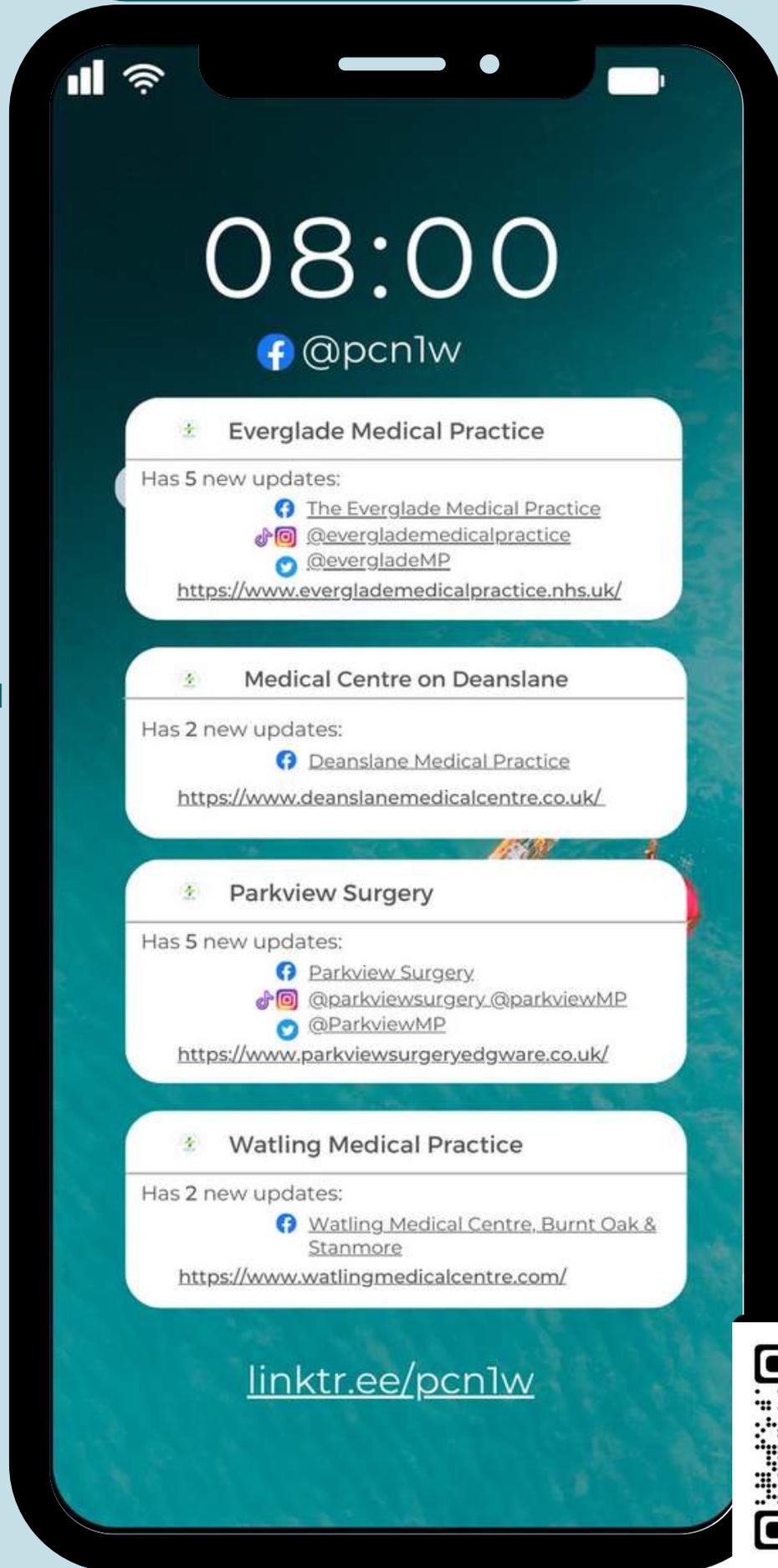
Sarcoma is a type of cancer that occurs in various locations of the body.

Signs and symptoms

- A lump which is growing, changing, or bigger than a golf ball
- Swelling, tenderness or pain in or around the bone which may come and go and may be worse at night
- Stomach pain, feeling sick, loss of appetite or feeling full after eating only a small amount of food
- Blood in either your poo or vomit

If you have any questions or would like to talk to someone, the Sarcoma [Support Line](#) is here for you on **0808 801 0401**.

# KEEP IN THE LOOP



Connect with your practice and PCN for practice updates, local information, useful resources and health events.



SCAN ME

# Managing your care with our practice websites



Our "Practice Information" section of the website contains useful information on managing long term conditions, contraception and depression/anxiety. Please see your practice website for more information.

Also available on practice websites:

- medication requests
- sick notes
- travel questionnaires
- eConsult (electronic consultations)

# APPOINTMENT BOOKING

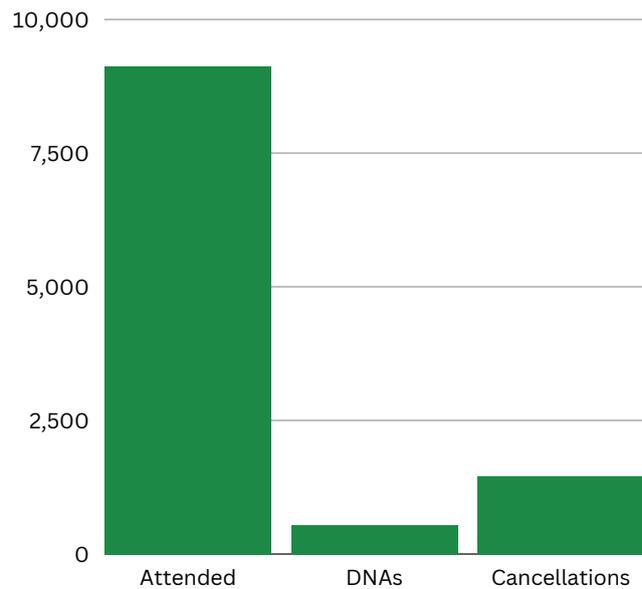
## OUR FIGURES

You can currently book appointments at practices via telephone, GP Online Services, or econsult. These can be face-to-face, telephone or online consultations.

If you can **no longer attend** an appointment, you can cancel via patient access, our online web forms available on practice websites, or telephone the practice you are registered at.

From **15th May 2023 to 11th June 2023**, PCN 1W has had **12789 available appointments and 11095 booked appointments** all together; across Everglade, Deanslane, Parkview and Watling sites.

This bar chart and table contains information on appointments attended, cancelled and DNAs from 15th May 2023 to 11th June 2023



Available	Booked	Attended	Did Not Attend (DNA)	Cancelled
12789	11095	9120	529	1446

Of these attended appointments:

Face to Face	Telephone/Audio	Written
6290	4247	29

Telephone/Audio  
40.2%

