PCN 1W

JANUARY 2025

PATIENT NEWSLETTER



INCLUDED

Dry January
Managing Your Wellbeing
Wellbeing First
Emotional Wellbeing Event

Health and Wellbeing Corner







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.

DRY JANUARY

As we step into 2025, it's the perfect time to reflect on our health and make small, positive changes. Whether you're looking to detox from the holiday indulgence or simply start fresh, our January newsletter offers helpful tips to support your wellbeing. This edition focuses on Dry January and managing your overall wellbeing in the new year.

What is Dry January?

Dry January is a popular movement that encourages people to take a month off from alcohol, allowing the body time to recover from any excesses during the festive season. Whether you're hoping to reduce your alcohol intake, improve your sleep, or save money, Dry January can be a great way to reset your habits.

Why Try Dry January?

- Improved Sleep: Alcohol can disrupt your sleep cycle, so cutting it out may help you feel more rested and refreshed.
- Better Hydration: Staying alcohol-free gives your body a break from dehydration, improving your skin and energy levels.
- Improved Mood: Alcohol can affect your mood and mental health. Taking a break may help you feel more balanced and less stressed.
- Weight Management: Alcoholic drinks can be high in empty calories. Going dry for a month may help you shed a few pounds.

Tips for Success:

1. Set clear goals – What do you want to achieve this month? It could be a healthier body, more energy, or saving money.
2. Find support – Share your plans with friends, family, or a support group. Encouragement goes a long way.
3. Stay busy – Focus on hobbies or activities that don’t revolve around drinking. Exercise, cooking, or exploring new interests can keep you engaged.
4. Track your progress – Notice how your body and mind feel as the month progresses. Celebrate the small victories!



Everglade Medical Practice, The Concourse, Grahame Park Health Centre, London NW9 5XT



EMOTIONAL WELLBEING EVENT

Age Group: 17+

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

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.

Date: Friday 24th January

Time: 10am-2pm



INCLUDING PRESENTATIONS FROM YARAN CLUB, BARNET YOUNG PEOPLE THRIVE, THE NETWORK AND CHANGE GROW LIVE

1PM : TALK BY BARNET TALKING THERAPY

- **TIPS FOR EMOTIONAL WELLBEING**
- **BLUE MONDAY**
- **FOLLOWED BY A MINDFULNESS ACTIVITY**

EVERGLADE MEDICAL PRACTICE



SOPHIE'S HEALTH AND WELLBEING CORNER

Last month we looked at what a healthy, balanced diet consists of. This month, we will be looking at how to cut down on sugar, particularly at breakfast time.

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.

Breakfast foods like cereal can often be high in sugar. The NHS states to “try switching to lower-sugar cereals or those with no added sugar, such as: plain wheat biscuit cereal, plain shredded wholegrain cereal, no-added-sugar muesli, plain porridge, wholemeal toast, plain natural yoghurt topped with chopped fruit.



SOPHIE'S HEALTH AND WELLBEING CORNER

Porridge oats are cheap and contain vitamins, minerals and fibre. Make porridge with semi-skimmed, 1% or skimmed milk, or water. If you usually add sugar to your porridge, try adding a few chopped dried apricots or a sliced or mashed banana instead.

For a more gradual approach, you could eat sugary cereals and plain cereals on alternate days, or mix both in the same bowl. If you add sugar to your cereal, you could try adding less. Or you could eat a smaller portion and add some chopped fruit, such as a pear or banana, which is an easy way of getting some of your 5 A Day.

If toast is your breakfast staple, try wholemeal or granary bread, which is higher in fibre than white bread, and see if you can get by with a little less of your usual spreads like jam, marmalade, honey or chocolate. Or you could try sugar-free or lower-sugar options."

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.

INTRODUCING WELLBEING FIRST

Our free, exclusive, and accessible web platform that will help guide and support you on your health and wellbeing journey.

ACCESS TO:

- Direct contact with a Health & Wellbeing Coach
- Educational tools and resources
- Courses to enhance your wellbeing
- Goal setting and progress tracking
- And much more





JOIN US FOR OUR WEBINAR!

Date: Monday 13th January

Time: 18:30

Platform: Microsoft Teams

Meeting ID: 357 290 178 020
Passcode: MR7sE92M

If you're interested in learning more about Wellbeing First and its upcoming launch, please:

- Let reception know that you'd like to join.
- Or scan the QR code to join the meeting.

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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 give you gives you access to:

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



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