

# PATIENT NEWSLETTER

ISSUE 1 | MAY 2023

## WELCOME



Feedback Form



## IN THIS ISSUE

### INTRODUCING OUR PCN SERVICES

By working in partnership as a Primary Care Network, we can offer additional services and supports to our patients. We hope that by working together as a PCN we will be able to achieve maximum person-centred care. Check out this page for services available to the PCN, including extended hours services and more information on the social prescribing service.

PCN SERVICES - PAGE 2

### WE'RE GOING DIGITAL!

Find out what online services are on offer by the PCN, including self referral, social media and upcoming website updates.

Included: Tips and services for those who struggle with getting online due to connectivity, skills or language.

GOING DIGITAL - PAGE 4

### WHAT'S HAPPENING THIS MONTH?

The month of May has multiple events and campaigns going on globally, including mental health awareness week. Check out this section for more information on whats happening in May - look out for more information on these on our various platforms.

HAPPENING IN MAY? - PAGE 6

# PCN SERVICES

PCN 1W has an in-house phlebotomist Monday–Thursday and some Saturdays. Please contact your GP Surgery for more information.

## Want to quit smoking?

Smoking Cessation Referrals are available within the PCN, contact your GP Surgery for more information.

Our PCN Child Immunisation Service took place in April at the Silkstream Children's Centre, we're looking to have a session a month. Please speak to your GP Surgery if your child is due immunisations.

A PCN Service for Sexual Health will be starting in May – keep a lookout for news regarding this.



## EXTENDED HOURS EAS CLINICS

Extra GP appointments are available in the evenings and on the weekends at all 4 practices in PCN 1W.

### Clinicians available:

Physiotherapists

GPs

Nurses

You can now book a smear in the evening

These extended hours are as follows:

6:30pm to 8:00pm on weekdays

9:00am – 5:00pm on weekends

Call your registered GP Surgery to book an appointment.

Everglade – 020 8432 8641

Parkview – 020 8906 7980

Watling – 020 8906 1711

Medical Centre on Deanslane – 020 8906 3337



# What is a **Social Prescriber** and how can they help me?



Social Prescribers are non-medical professionals who are trained to listen and offer short term support to adults (18+). They support individuals to focus on what matters most to them right now, and connect them to appropriate and local community organisations or groups.

Social Prescribers can offer information and guidance on topics such as:

**Employment**

**Benefits**

**Advice for carers**

**Bereavement**

**Living with cancer**

**Healthy lifestyle**

**Education and Training**

**Support for refugees and asylum seekers**

**Anxiety and depression**

**Living well with dementia**

**Exercise and physical activity**

**Loneliness & Social Isolation**

**Housing information**

**Debt management**

**Domestic abuse**

**Disability issues**

and many more...

Please speak to a member of the GP Practice team if you'd like to be referred or email us for more information on:

[Nclicb.barnetsocialprescribing@nhs.net](mailto:Nclicb.barnetsocialprescribing@nhs.net)



# GOING DIGITAL

For regular updates about health, wellbeing and whats going on in the PCN .



Check out our social media!

 <a href="https://www.facebook.com/ParkViewSurg">www.facebook.com/ParkViewSurg</a> 	 <a href="https://www.instagram.com/parkviewsurgery">www.instagram.com/parkviewsurgery</a> 	 <a href="https://www.twitter.com/ParkviewMP">www.twitter.com/ParkviewMP</a> 	 <a href="https://www.tiktok.com/@parkviewmp">www.tiktok.com/@parkviewmp</a> 
 <a href="https://www.facebook.com/TheEvergladeMedicalPractice">www.facebook.com/TheEvergladeMedicalPractice</a> 	 <a href="https://www.instagram.com/everglademedicalpractice">www.instagram.com/everglademedicalpractice</a> 	 <a href="https://www.twitter.com/EvergladeMP">www.twitter.com/EvergladeMP</a> 	 <a href="https://www.tiktok.com/@everglademedicalpractice">www.tiktok.com/@everglademedicalpractice</a> 

FOLLOW US ON **FACEBOOK**

[www.facebook.com/BarnetPCN1W](https://www.facebook.com/BarnetPCN1W)

**SCAN ME**

FOLLOW US ON **FACEBOOK**

[www.facebook.com/DeanslaneMedicalPractice](https://www.facebook.com/DeanslaneMedicalPractice)

**SCAN ME**

**HAVE YOU CHECKED OUT YOUR PRACTICE WEBSITE?**

- EVERGLADE**  
<https://www.everglademedicalpractice.nhs.uk/>
- PARKVIEW**  
<https://www.parkviewsurgeryedgware.co.uk/>
- WATLING**  
<https://www.watlingmedicalcentre.com/>
- DEANSLANE**  
<https://www.deanslanemedicalcentre.co.uk/>

Use your smartphone camera to scan the codes or visit the website links!



**We want your feedback!**  
Have you heard of the "How Is Your GP Surgery Doing?" Poll by CommUNITY Barnet? Find out more by visiting the below link. <https://www.surveymonkey.co.uk/r/GTNX3XL> It would be really helpful if you pass this sheet onto all their friends, families and neighbours. Provided they live in Barnet or go to a Barnet GP Surgery.

**Download the NHS App and take control of your healthcare**

Register now for quick, convenient access to your health and care records.

Feedback Form

# Having trouble getting online?

**BOOST** is a Barnet service which helps Barnet residents improve connectivity - check out <https://boostbarnet.org/> for more information.

**Make it Click-Digital Skills workshops**

Every Monday in Burnt Oak  
From 28th February  
1:00 PM - 3:00 PM

make it **click**  
**BOOST**

**Struggling to connect?**

Apply for free internet for one year from Community Fibre.

 Community Fibre  
better internet for everyone

**BOOST**

**Digital Skills workshops**

Every Tuesday in Grahame Park  
From 15th March  
12:30 PM - 2:30 PM

make it **click**  
**BOOST**



# HAPPENING THIS MAY

MAY 4TH IS ABOUT YOU



(D.A.W)  
1-7th May 2023



Sun Awareness Week  
1-7th May 2023

5 MAY 2023

IT'S THE INTERNATIONAL DAY OF THE MIDWIFE!



World Health Organization 75<sup>th</sup> HEALTH FOR ALL

I support the **SAVE LIVES - Clean Your Hands Campaign**  
Accelerate action together

NHS Confederation NHS Employers

Equality, Diversity & Human Rights Week 2023  
9-12 May

diverse inclusive together

#EQW2023

Proud to celebrate our Employee Resource Groups on

National Day for Staff Networks

Weds 10th May 2023 #StayingStrong



OUR NURSES. OUR FUTURE.  
International Council of Nurses  
International Nurses Day  
12 May 2023

INVEST  
#INDCHARTER

National Numeracy Day 17 May 2023

15 to 21 May 2023

Mental Health Awareness Week

Learning at Work Week  
15th to 21st May 2023



#ToHelpMyAnxiety



Together always:  
united in diversity

006  
may17.org

INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA & BIPHOBIA

19TH MAY

**GAAD**  
GLOBAL ACCESSIBILITY AWARENESS DAY

INTERNATIONAL HUMAN RESOURCES DAY 20 MAY

HR shaping the new future



#InternationalHRday



# MAY CALENDAR

M T W T F S S

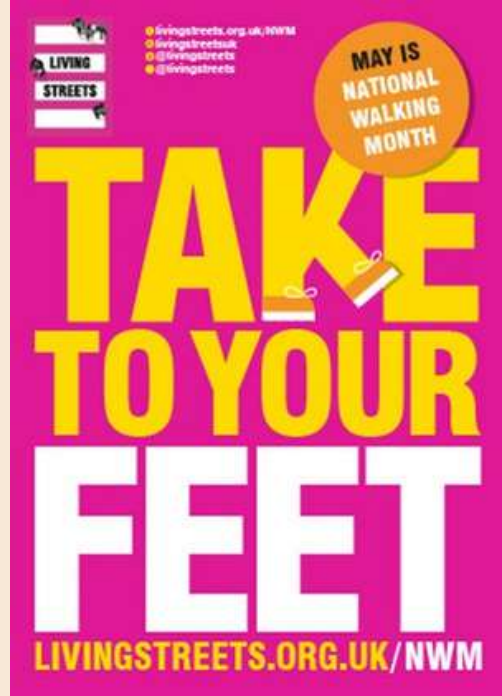
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29 30 31



Sun Awareness Week & Deaf Awareness Week

Equality, Diversity and Human Rights Week

Mental Health Awareness Week & Learning at Work Week

5th May

International Day of The Midwife  
World Hand Hygiene Day

11th May

National Day for Staff Networks

12th May

International Nurses Day  
National Numeracy Day

17th May

International Day against Homophobia, Transphobia and Biphobia

18th May

Global Accessibility Awareness Day (GAAD)

20th May

International Human Resources Day

Feedback Form

Check out our social media and websites for more information for ways that your practice is supporting these days!



HAVE YOUR SAY!  
We would appreciate your feedback on this newsletter. Scan the QR code shown with your smartphone camera or Visit: <https://shorturl.at/uxPS1>

# Mental Health Awareness Week 2023

– Mental Health Awareness Week takes place from Monday 15 Sunday 21 May 2023.  
 The official theme for 2023's Mental Health Awareness Week is anxiety.



**What is Anxiety?**

Anxiety is a common emotion that we've likely all experienced at some point in our lives. Anxiety can affect us physically and mentally. Anxiety might make you feel tense or nervous, find it hard to relax, feel tearful or have problems sleeping and concentrating. Friends or family might notice you are more irritable than usual, or more withdrawn. Or perhaps you seem fine on the outside but feel panicky inside. People living with an anxiety disorder will feel intense levels of anxiety frequently, which can deeply impact their quality of life.

Anxiety disorders affect over 8 million people in the UK that's a little over 1 in 10 of us and there are lots of different types.

**Types of Anxiety? Common types of anxiety disorders include:**

- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Generalised anxiety disorder (GAD)
- Phobias
- Separation anxiety

**Tips to cope with feelings of anxiety.**

- Focus on your breathing.
- Get moving!
- Keep a diary.
- Connect with people and talk about how you feel.
- Spend time in nature!
- Try to get some quality sleep or rest.
- Try to eat a healthy diet!

Register here for the free community event in Barnet!



Hub Connections Presents  
**Mental Health Awareness Week**  
 Community Event  
 May 15th | 11AM-3PM  
**Free Event**

Register here:  
[bit.ly/3opzXHo](https://bit.ly/3opzXHo)  
 @barnetwellbeing



# MENTAL HEALTH RESOURCES IN BARNET AND ONLINE

15 to 21 May 2023

Mental Health Awareness Week



## BARNET

### WELLBEING SERVICE

Is a **free** service that can refer or signpost you onto a wide range of services and activities such as:

- Barnet Wellbeing Hub
- Befriending
- Counselling (Improving Access to Psychological Therapies, IAPT)
- Recovery College

#### Contact:

[info@barnetwellbeing.org.uk](mailto:info@barnetwellbeing.org.uk)

[03333499088](tel:03333499088)

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

## YOUTH SERVICES



Barnet 18-25 Mental Health Service  
Call: [020 8364 8400](tel:02083648400) or Visit:

<https://communitybarnet.org.uk/BarnetYPT>



Free confidential online counselling service for 11-19 year olds

Visit:

<https://www.kooth.com/>

## MORE SERVICES FOR YOUNG PEOPLE

VISIT: [Barnet.Gov Website:](http://Barnet.Gov.Website)

<https://shorturl.at/cfmFT>

## THE NETWORK



Secondary care adult Mental Health Enablement Service - provides short term (up to 9 months) support.

<https://www.barnet.gov.uk/adult-social-care/specialist-support/network>



Provide local services in Enfield and Barnet working with people who use all mental health services to help shape and improve what we do.

Visit: <https://www.mindeb.org.uk/>

Barnet Tel: [0208 343 5703](tel:02083435703)

## SAMARITANS SUICIDE PREVENTION HELPLINE

# MENTAL HEALTH RESOURCES IN BARNET AND ONLINE

15 to 21 May 2023

Mental Health Awareness Week



FREE professional-led services, resources and support groups that will help you manage your wellbeing.

Visit: [meridianwellbeing.com](https://meridianwellbeing.com)  
Tel: [020 7613 1008](tel:02076131008)



This service provides NICE recommended psychological interventions for adults and older adults with anxiety disorders and/or depression. You can self refer or ask about referral at your GP.

Visit: <https://www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service>



Enriches and saves lives impacted by mental illness in the Jewish community.

- online mental health support
- carer and family support
- education and training
- children and young person's service

Visit: <https://jamiuk.org/>  
Call: [020 8458 2223](tel:02084582223)

**SAMARITANS SUICIDE PREVENTION HELPLINE**  
CALL: 116 123 TEXT: SHOUT to 85258

every mind matters



"If you are unsure whether you need help, or whether your concern is 'big enough', remember no problem is too small."

Dr Nicole Burnham, Counselling Psychologist at a Staff Mental Health and Wellbeing Hub

"It's alright to ask for help"

SAMARITANS

116 123

# are you a Young Parent or Parent with Young Children?

Check out these services that might help you:

BARNET.GOV

## BENEFITS AND SUPPORT FUNDS

<https://www.barnet.gov.uk/benefits-grants-and-financial-advice/benefits-families>

BARNET.GOV

## FOOD BANKS

<https://www.barnet.gov.uk/directories/food-banks>

BARNET.GOV

## **SUPPORT FOR PARENTS AND CARERS**

<https://www.barnet.gov.uk/children-and-families/support-parents-and-carers>

**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](mailto: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](mailto: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](mailto:wingfield@barnet.gov.uk)

**ESOL** – English Conversation for Beginners – **Booking Required-Silkstream:** Wednesdays 9.15 – 11.15am/ **Fairway:** Fridays 9.15 – 11.15am **Health Promotion Workshops** 1.30 – 2.45pm **Booking Required Fairway Silkstream**  
Introduction to Solids (Suitable from 5-6 months) 25.04.23 06.06.23  
Sleep Management Routines (Suitable from 8 months plus) 09.05.23 13.06.23  
Managing Mealtimes, Healthy Eating (Suitable from 8 months plus) 16.05.23 20.06.23  
Toilet Training (Suitable for 18 month plus) 23.05.23 04.07.23

**Kids Kitchen at Silkstream,** 16.05.23 & 23.05.23, 1– 2.30pm, 2 Years Plus, a fun and healthy cooking class for you and your child, **Booking Required**  
**Ready, Steady, Eat at Silkstream,** 18.04.23, 1.30-2.30pm - an introduction to solids with babies 6 months plus – **Booking Required**  
**Ready Steady School Workshop** - a workshop for parents of children due to start Reception Class in September 2023, **Fairway,** 21.06.23, 1.30 – 2.30pm, **Silkstream,** 29.06.23, 10 – 11am, **Booking Required**  
**Healthy Eating Workshops at Fairway,** 26.04.23 & 10.05.23, 18.05.23 & 25.05.23, 8.06.23 & 15.06.23, 1 – 2.30pm – supporting families to make healthy choices and to prepare healthy meals and snacks for all the family - **Booking Required**  
**Smarter Eating Workshop at Silkstream,** 21.04.23 – 26.05.23 and 09.06.23 – 14.07.23, 12.30 – 2pm – a 6 week healthy food workshop to support families to understand and create healthier food options on a budget- **Booking Required**  
**Immunisation Question Time and Advice from a Nurse Practitioner at Fairway,** 16.06.23, 10 – 11am – **Booking Required**

## Children's Centres

Tuesday 18th April 2023 – Wednesday 19th 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

West Locality

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

Activities offered weekly unless otherwise stated

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

