

Patient Newsletter

Latest PCN News and Events

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Connect with us.



Childhood Immunisations

After several successful childhood immunisation clinics, PCN 1W is running an additional childhood immunisation service at Watling Medical Centre on the 12th August. Please contact your registered GP to book a slot. For more information on what childhood immunisations your child needs, please visit: <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

Location

Watling Medical Centre, 108 Watling Ave, Burnt Oak,
Edgware HA8 0NR

Time

10:00-13:00



Flu Clinics

Flu clinics to begin from 16th September and will be taking place for 2 months following this. Keep an eye out for text and website updates on this.

Hypertension and Diabetes Event

A Hypertension and Diabetes event will take place on 13th September 2023 at Everglade Medical Centre. This event will feature various talks by healthcare professionals and guest speakers. For more information visit: [LINK](#)



Awareness Days in August

World Breastfeeding Awareness Week

1st August to 6th August.

Cycle to Work Day 6th August.



Baby Imms

Our Baby Immunisation Service is starting in August and continuing throughout the year! Please see below the upcoming dates and locations.

○ **12th August 2023 - Watling Medical Centre**

○ **9th September 2023 - Silkstream
Children's Centre**

○ **14th October 2023 - Silkstream
Children's Centre**

○ **11th November 2023 - Silkstream
Children's Centre**





Menopause Group Update



Our PCN IW Menopause Group took place from 5th June to 13th July, at Everglade Medical Practice. Thank you to all those who have attended, your participation and feedback will help in the planning and for various group sessions such as this.

Patient Feedback

"VERY USEFUL AS BEFORE, THOUGH I WAS IN MY MENOPAUSE I HAD NO MUCH KNOWLEDGE ABOUT IT BEING AROUND WITH EVERYONE. I HAVE LEARNT A LOT"

"THE SESSIONS WERE VERY USEFUL, INFORMATIVE AND HELPED ME DEVELOP A GREATER UNDERSTANDING ON MENOPAUSE, THE SYMPTOMS AND HOW TO MANAGE THEM"



"HAVING THE OPPORTUNITY TO BE WITHIN A GROUP WITH OTHER WOMEN GOING THROUGH SIMILAR EXPERIENCES"

"FOUND OUT ABOUT MORE ABOUT THE AFFECT OF DIET AND EXERCISES, HRT, TALKING TO THE PHARMACIST WAS VERY USEFUL REGARDING THE HORMONE REPLACEMENT THERAPY"

Topics Covered:

Week 1 – Introduction, completing the mental wellbeing questionnaire, brief overview of the menopause.

Week 2 – Menopausal symptoms

Week 3 – Strategies & techniques to manage symptoms

Week 4 – The role of diet and exercise - Physiotherapist talk

Week 5 – Moving forward (using skills and information to manage symptoms) – Pharmacist talk

Week 6 – Feedback and evaluation session

MANAGING YOUR MENOPAUSE



PEER GROUP 2.0



We hosted a managing your menopause pilot group at Everglade Medical Practice during the month of June which was very successful in attendance and reviews. A new set of group sessions will be taking place at Watling Medical Centre - starting Tuesday September 26th 11am-12pm and Thursday 28th 5.30pm-6.30pm.

AIMS:

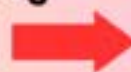
- Gain an understanding of peri/menopause
- Develop strategies to enhance wellbeing
- Create a safe space to share concerns and opinions respectfully
- Educate the link between menopause and mental health
- Promote and discuss lifestyle changes e.g. diet and exercise, which may help

(This is a 6 week programme, repeating on these days at the same times weekly)



**WATLING MEDICAL CENTRE,
BURNT OAK, EDGEWARE, HA8 0NR**

Register your interest by scanning
the QR Code or visiting the link



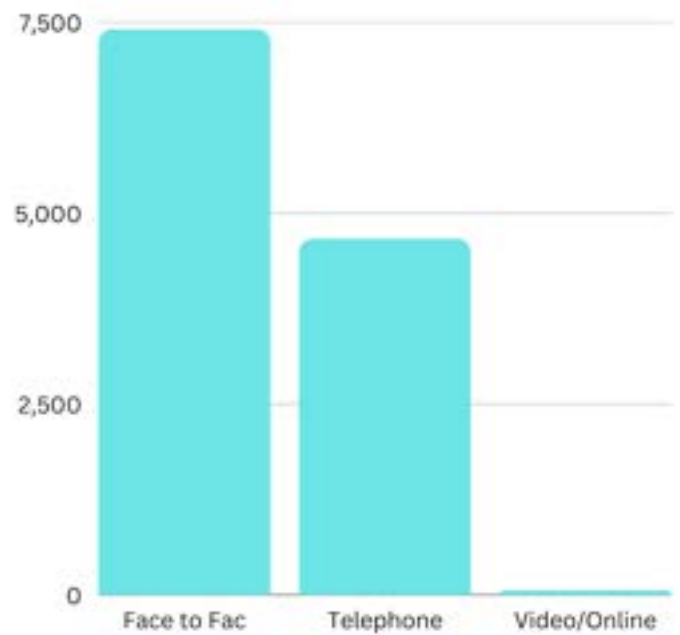
<https://bit.ly/42qZW0a>

PCN 1W Appointment Booking Data

July 2023

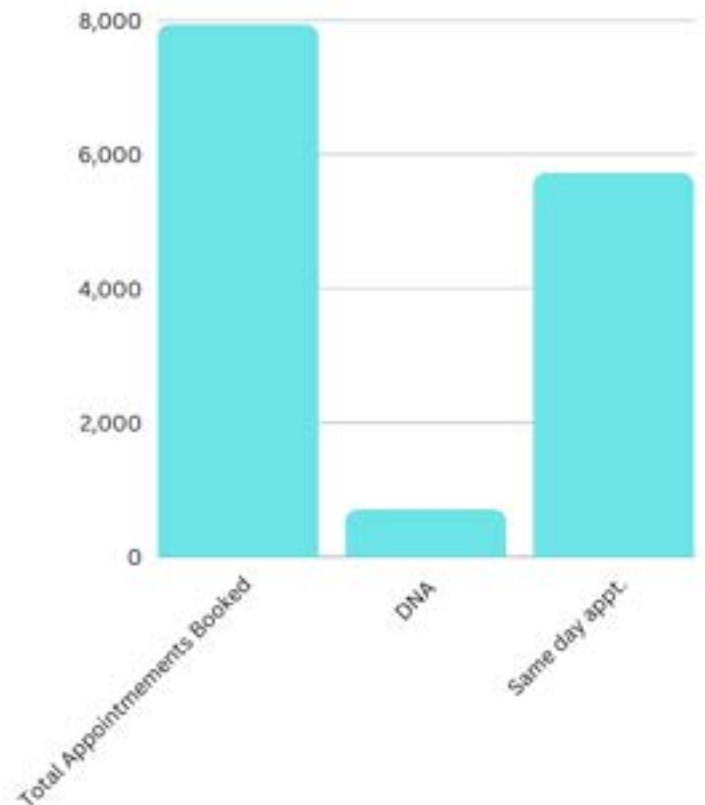
Between 3 July 2023 and 30 July 2023, we had a total of 7932 appointments booked between Everglade, Deanslane, Parkview and Watling Practices; 702 of which were DNAs. These are bookable either face to face, via telephone or video conference.

Face to Face	Telephone	Video/Online
7403	4659	57



Please note, if you can no longer attend an appointment, it is important to let us know as soon as possible, so that we can allocate that appointment to somebody else.

Total Booked Appointments	DNA	Same Day Appt
7932	702	5721



PCN 1W MAP

Areas of Service throughout each practice



PCN 1W covers the highlighted area in Barnet; for more information on each practice website's coverage then please see below.

To check whether your postcode is covered by a surgery, click the practice name or the map picture.

Everglade Medical Practice



Parkview Surgery



Medical Centre on Deanslane



Watling Medical Practice

