

PCN 1W Patient Newsletter



By working in partnership as a Primary Care Network, we can offer additional services that support 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 our extended hours service.

MAY 2023

Introducing our PCN Services

Phlebotomy

PCN 1W has an in-house Phlebotomist, available Monday-Thursday, and some Saturdays. Please contact your registered GP Surgery for more information.

Want to quit smoking?

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

Child Immunisations

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 registered GP Surgery if your child is due immunisations.

Sexual Health Service

A PCN Service for Sexual Health is due to start soon – 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
- Pharmacists
- You can now book a smear in the evening.

Extended Hours:

6:30pm to 8:00pm on weekdays

9:00am – 5:00pm on weekends

Call your registered GP Surgery to book an appointment.

WE'RE GOING DIGITAL

Check out our websites and social media for discussions and posts on what's going on in the PCN.

Use your smartphone camera to scan the below QR Codes or visit the links listed under the apps.

PCN 1W



MEDICAL CENTRE ON DEANSLANE

<https://www.deanslanemedicalcentre.co.uk/>



PARKVIEW

<https://www.parkviewsurgeryedgware.co.uk/>

EVERGLADE

<https://www.everglademedicalpractice.nhs.uk>



WATLING

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

Have you downloaded the NHS APP?

Register now for quick, convenient access to your healthcare records.

Visit: <https://www.nhs.uk/nhs-app/>

Having Trouble Getting Online?

BOOST is a Barnet service which helps Barnet residents improve connectivity with services such as **Digital Skills Workshops & One Year free Internet with Community Fibre**

Visit: <https://boostbarnet.org/>

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:

- Advice for carers
- Anxiety and Depression
- Benefits
- Bereavement
- Debt Management
- Disability Issues
- Domestic Abuse
- Education and Training
- Exercise and Physical Activity
- Healthy Lifestyle
- Housing Information
- Living well with dementia
- Living with cancer
- Loneliness & Social Isolation

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: Nclib.barnetsocialprescribing@nhs.net

May is Mental Health Awareness Month

This May 2023 is Mental Health Awareness Month.

The theme for Mental Health Awareness Week (15th May 2023 - 21st May 2023) is **Anxiety**.

We know that mental health can be a difficult topic, and wanted to provide resources that we feel can help.

There are multiple services online and in person linked below, that can help you or someone that you know, with any Mental Health support & advice.

Mental Health Services in the PCN

PCN 1W offers a [Mental Health Occupational Therapy Service](#), which helps with multiple concerns - you can [self-refer](#) to this service online or speak to your practice reception to be referred.

Mental Health Services in Barnet and Online

[MIND Enfield and Barnet](#) : Tel. [02083435703](tel:02083435703) | <https://www.mindeb.org.uk/>

[INCLUSION BARNET - Barnet Voice for Mental Health](#) Tel. [020 3475 1314](tel:02034751314)

<https://www.inclusionbarnet.org.uk/barnet-voice-for-mental-health/>

[BARNET WELLBEING SERVICE](#) Mail: info@barnetwellbeing.org.uk ; Tel. [03333499088](tel:03333499088)

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

[MERIDIAN WELLBEING](#) - professional-led services, resources and support groups to manage your wellbeing.

Tel. [02076131008](tel:02076131008) | meridianwellbeing.com

[JAMI](#) - Enriches and saves lives impacted by mental illness in the Jewish community Tel. [02084582223](tel:02084582223) |

<https://jamiuk.org/>

Youth Mental Health Services In Barnet

[YOUNG PEOPLE THRIVE \(Aged 18-25\)](#) Tel. [02083648400](tel:02083648400)

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

[KOOOTH \(Online Counselling for 11-19 year olds\)](#)

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

Self Refer to [NHS Talking therapy](#) (can also ask to be referred at your registered GP)

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

If you or someone you know are experiencing suicidal symptoms:

CALL 116 123

TEXT: SHOUT TO 85258

Please call 999 in an emergency

ARE YOU A YOUNG PARENT OR PARENT OF A YOUNG CHILD?

Check out these services that might help you:

SUPPORT FOR PARENTS AND CARERS

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

BENEFITS AND SUPPORT FUNDS

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

FOOD BANKS

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

Our social prescribers can also help with referrals to services.

HAVE YOUR SAY

We would appreciate your feedback on this newsletter. Scan the QR code below with your smartphone camera or visit:

<https://0jqhijwxzsub.typeform.com/to/qak7UKEO>

To fill out a short newsletter feedback form.

