

>>> PCN 1W <<<<

# PATIENT NEWSLETTER

## INSIDE

Happening This Month!

*This September*

More on Page 7



I use the NHS App to manage my GP surgery appointments

Your NHS, your way  
Download the NHS App 😊



**WORRIED ABOUT YOUR BLOOD PRESSURE OR DIABETES?**



## >>> MORE ON PAGE 2

Everglade Medical Practice is holding a Hypertension and Diabetes drop in event on 13th September, more information is available on page 2.



## MORE ON PAGE 4 <<<



After a successful group of sessions at Everglade, PCN 1W is holding a set of sessions for those who are worried about or experiencing menopausal symptoms. For more information see page 4.

**MANAGING YOUR MENOPAUSE**

**DROP IN EVENT - COME AND LISTEN TO A TALK OF YOUR CHOICE**

# Diabetes and Hypertension Education Event

**WEDNESDAY 13TH SEPTEMBER 2023**

**14.00-18.00**

More info :

[everglademedicalpractice.com/  
communityevents](http://everglademedicalpractice.com/communityevents)

**LOCATION:**

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



**FREE Mini  
Health Checks  
on the day**

## TALKS BY VARIOUS SPEAKERS:

14:30 *Importance of Diabetes annual health checks* - Anita, Diabetes Nurse, CLCH Diabetics Team

15.30 *Diabetes & Lifestyle - Managing Your Condition*, Dr Heather Hills, Everglade Medical Practice

16.30 *"Making small changes for a big result - managing your high blood pressure at home"* Judi Dumont-Barter, Inclusion Barnet

17.30 *Hypertension and Lifestyle* - Janki Joshi, Pharmacist, Specialist in Hypertension





# FLU JABS - AUTUMN 2023

## PCN 1W'S FLU JAB SESSIONS

PCN 1W's Flu Jab Programme will begin soon. By having the flu vaccination, you will help protect yourself and others from what can be a severe, and sometimes fatal, illness which could lead to hospital treatment. You will also be helping to protect the NHS from coming under pressure this winter. If you are eligible, you will soon be hearing from your registered practice, by text, phone call or letter, about making your appointment for Vaccination at a mutually convenient time. Please try to keep your appointment, if you cannot make it, please let reception know.

## NEW PCN STAFF

In order to achieve our goal of improving the management of Long-Term Conditions, our PCN will be hiring two new roles – Nursing Associate and Health and Wellbeing Coach, who will be able to take appointments where appropriate. We also have a new Physiotherapist starting, you can book appropriate appointments via reception.

## DO WE HAVE YOUR CURRENT CONTACT DETAILS?



In order to get in touch with you regarding appointments, clinics and events happening in your practice, we would be grateful if when you are in touch with the practice, you could check that the details we have for you on the system are the most up to date.

## FOLLOW US ON FACEBOOK

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



SCAN ME 

# 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>)

## KNOW YOUR NUMBERS WEEK 2023 [SEE CALENDAR ON PAGE 8]

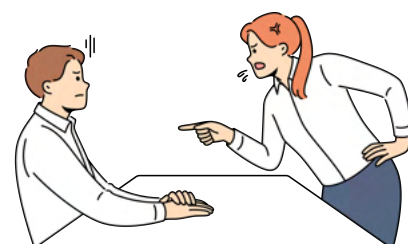
### »»» BLOOD PRESSURE

Around 30% of people in England have high blood pressure, however, this can be hidden in some. If high blood pressure is left untreated, this increases your risk of having a heart attack or stroke. All adults should measure their blood pressure every 5 years. If you haven't checked your blood pressure yet, you can get it checked at most Pharmacies, NHS Health Checks or by buying a blood pressure machine.

If you have been contacted by your practice due to having a high blood pressure, then there is an opportunity to loan a blood pressure machine to monitor your blood pressure. Please contact your registered practice reception for details.



### »»» RESPECTING STAFF MEMBERS



We understand that ill patients do not always act in a reasonable manner and will take this into consideration when trying to deal with a misunderstanding or complaint.

However, the Practice views the following type of behaviour as unacceptable.:

- Using bad language or swearing at practice staff.
- Any physical violence towards any member of the Primary Health Care Team or other patients, such as pushing or shoving.
- Verbal abuse towards the staff in any form including verbally insulting the staff, shouting, raising voice to intimidate members of Staff.
- Racial abuse and sexual harassment will not be tolerated within this practice.
- Persistent or unrealistic demands that cause stress to staff will not be accepted.
- Libellous statements or defamatory comments about the surgery or a member of the surgery staff made on Social Networking sites.

We ask you to treat your GPs and their staff with respect at all times, please.

## BACK TO SCHOOL

Routine changes can be a pain in any household; as children go back to school this September, [Barnet.Gov](https://www.barnet.gov.uk/sites/default/files/back_to_school_booklet_1.pdf) have a helpful resource on managing your child's anxiety and disrupted sleep pattern.

[https://www.barnet.gov.uk/sites/default/files/back\\_to\\_school\\_booklet\\_1.pdf](https://www.barnet.gov.uk/sites/default/files/back_to_school_booklet_1.pdf)

# CHILDHOOD + *Baby!* IMMUNISATIONS

Our Childhood Immunisations Service has been running regularly every month, at Silkstream Children's Centre, with some dates at Watling Medical Centre. We also offer Baby Immunisations (Beginning 12th August)

## 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.

## UPCOMING DATES

- 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

***Please remember your red books!***

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

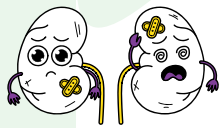


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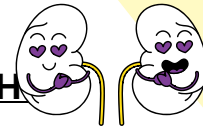
# SEPTEMBER



7



UROLOGY AWARENESS MONTH



KNOW YOUR NUMBERS WEEK

WORLD SUICIDE PREVENTION DAY



WORLD SEPSIS DAY

WORLD PATIENT SAFETY DAY



INTERNATIONAL WEEK OF DEAF PEOPLE



ORGAN DONATION WEEK

NATIONAL EYE HEALTH WEEK



INTERNATIONAL DAY OF SIGN LANGUAGES



NATIONAL FITNESS DAY



UK NATIONAL INCLUSION WEEK













CHECK OUT  
OUR  
CALENDAR  
ON THE NEXT  
PAGE FOR  
DATES



# THIS SEPTEMBER



## Urology Awareness Month **SEPTEMBER 2023**

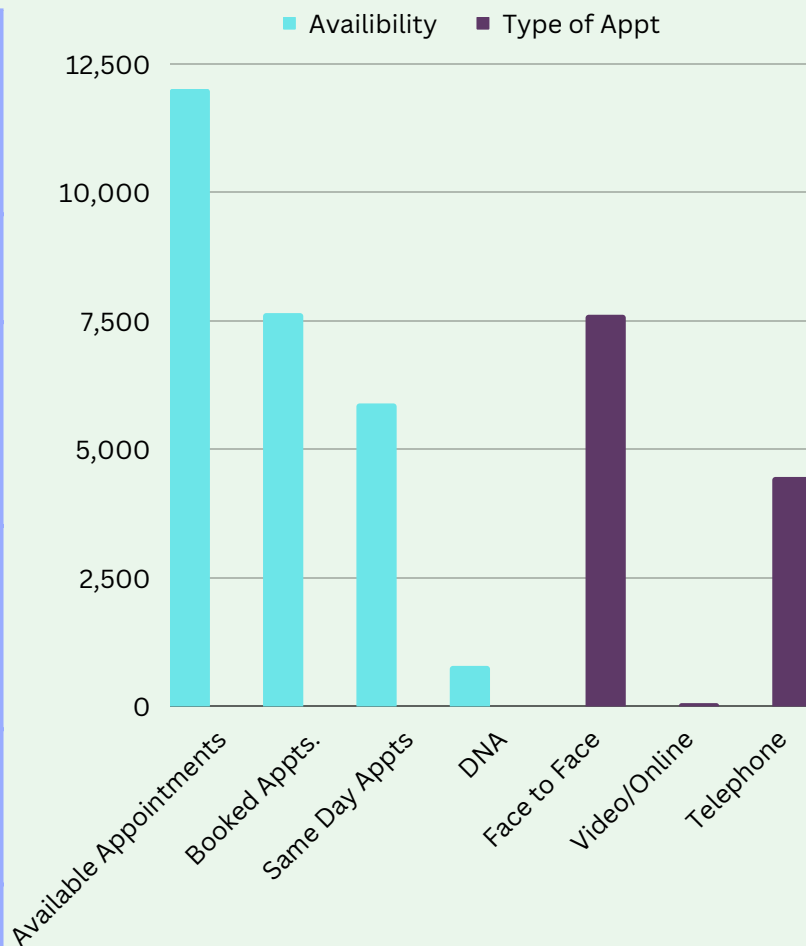
MON	TUE	WED	THUR	FRI	SAT	SUN
				1	2	3
4 Know Your Numbers Week 	5	6	7	8	9	10 World Suicide Prevention Day 
11	12	13 World Sepsis Day Hypertension & Diabetes Event Everglade Medical Practice 	14	15	16	17 World Patient Safety Day 
18 International Week of the Deaf People National Eye Health Week Organ Donation Week  	19	20	21	22	23 International Day of Sign Languages 	24
25 National Fitness Day UK National Inclusion Week 	26 Managing Your Menopause Group 1 Sessions Begin @ Watling Surgery, Burnt Oak 	27	28 Managing Your Menopause Group 2 Sessions Begin @ Watling Surgery, Burnt Oak 	29	30	



# PCN 1W

## Appointment Data August 2023

Available Appointments	11995	
DNA	768	64.27%
Booked Appointments	7630	63.61%
Same Day Appt	5873	48.96%
Telephone	4443	37.04%
Face to Face	7598	63.34%
Video/Online	44	0.37%



**SOURCE: GP APPOINTMENTS DASHBOARD**  
**[HTTPS://DIGITAL.NHS.UK/DASHBOARDS/GP-APPOINTMENTS-DATA-DASHBOARD](https://digital.nhs.uk/dashboards/gp-appointments-data-dashboard)**

### HAVE YOUR SAY!



WE APPRECIATE ANY FEEDBACK GIVEN ON OUR SERVICES AND HOPE TO FIX ANYTHING WE NEED TO WORK ON. PLEASE TAKE 2 MINUTES OF YOUR TIME TO FEEDBACK ON THE PRACTICE NEWSLETTER BY SCANNING THE QR CODE WITH YOUR SMARTPHONE CAMERA.

