

## PCN 1W PATIENT NEWSLETTER - MARCH 2024

### In this month's newsletter:

- A message from your Health and Wellbeing Coach.
- Personal Development Courses
- Where to go for medical care?
- Loneliness Matters



### Patients with Jewish ancestry in England can now be tested for the BRCA gene mutation

Men and women over 18 years old with Jewish ancestry (at least one Jewish grandparent) in England can now be tested for the BRCA gene mutation. Eligible patients should complete the registration form or contact the genetic counselling hotline number: 020 3437 6001. The BRCA mutation increases risk of developing several cancers, in particular for women, breast and ovarian cancer. People with Jewish ancestry have a 1 in 40 risk of carrying a BRCA mutation compared to the general population risk of 1 in 250. Patients who have BRCA cancer predisposing genes will be placed onto surveillance and treatment pathways. Check here for more details.



### 13th March is National Stop Smoking Day

There are multiple benefits to your health as well as financial savings. Make Stop smoking your priority. Find your local Stop Smoking Service  
Top 10 tips to help you succeed

## Pharmacy First

### What You Need To Know

Patients can now get treatment for seven common conditions directly from their local pharmacy, without the need for a GP appointment or prescription. Patients exempt from prescription charges will still be exempt. Pharmacy First allows community pharmacists to issue prescription only medicines, including antibiotics where clinically appropriate.

The Pharmacy First scheme was launched by the government and NHS England on 31 January 2024 to give patients quick and accessible care and ease pressure on GP services. Pharmacists will be able to treat 7 common health conditions without the need to visit a GP. Those conditions and age range are:

#### **Ear infection**

1 to 17 years

#### **Impetigo**

1 year and over

#### **Infected insect bites**

1 year and over

#### **Shingles**

18 years and over

#### **Sinusitis**

12 years and over

#### **Sore throat**

5 years and over

#### **Uncomplicated urinary tract infections**

Women 16-64 years



**The NHS APP**

Simple and secure access to  
a range of healthcare services

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### A Message from your Health and Wellbeing Coach

Last month we discussed how managing setbacks and effectively problem solving, using the Problem-Solving Cycle, can help us achieve our goals. This month, I will be touching on some of the ways in which we can further increase our chances of achieving our goals.

The first way to increase success is by using rewards. Remembering to reward yourself for your achievements can be a great motivation booster. If you have short-, medium- and long-term goals, you could even set yourself rewards that respectively increase in value for each goal you achieve. Whilst rewards can be incredibly motivating, it is important to never remove or push back a reward, even if you have not achieved your goal.

This takes us onto celebrating the wins, however small. Even if you have not necessarily achieved your goal, celebrate what you have learned and reward yourself for that. Reflecting on what you have learned so far is vital. It is never two steps forward, two steps back. You will have already learned something from your journey, even if it is simply that something doesn't work for you. Setbacks are normal and success is never linear. Celebrate what you have achieved.

Another thing you could try is telling someone what your goal is and how you are going to achieve it. It may be beneficial if you are someone who struggles with holding yourself accountable. Ask friends or family to check in. Simply knowing someone will be asking about your progress every week might just give you the added boost you need. Some even find that having a support network, or being part of a group with similar goals, helps to increase motivation and can give you a sense of community. In other words, you're in it together and you're not alone. ----->

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Focusing on positive goals, rather than negative goals can also help increase your chances of success. For example, adding in an extra portion of vegetables for dinner or going for a 10 minute walk every day would be an example of a positive goal. An example of a negative goal would be to completely remove chocolate from your diet or I will watch 10 minutes less TV every day. When we focus on positive goals, the addition of something helps us feel more fulfilled. When we focus on negative goals, the reduction or removal of things that bring us joy, can make us feel like we are missing out. You might find that by focusing on adding something in, you naturally spend less time wanting or doing things we know might not be benefiting us as much.

If your goal exercise related, find activities you like. This will help with adherence and long term, sustainable changes. See if you can take part in activities with friends or family. The same goes for food related goals. Find what you enjoy and experiment with food or cooking. Likewise, if your goal is wellbeing related, find out what works for you, whether that's talking, journaling, mindfulness etc.

The last thing to bear in mind, is be kind to yourself. Change takes time and everyone's journey will be different. Deciding to make a change is already an achievement that you should be proud of. 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. Beating yourself up about what you haven't done will only serve to keep you in the past. Being aware of what you are doing in your present and what you want to be doing in the future is the key to moving forward.

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

Link to  
111 online



# WHERE TO GO FOR MEDICAL CARE



Your local pharmacy is the first choice for minor health concerns. Some pharmacies are open late and no appointment is needed to obtain medical advice.



Pharmacy

## EMERGENCY

**PHONE 999** or go to **A&E**

If you have a serious and unexpected situation involving illness or injury requiring immediate action.

**In a medical emergency, always call 999 for an ambulance.**



Pharmacy

To find your nearest open pharmacy, scan the QR code or visit



<https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>

GPs treat all common medical and long-term conditions. They refer patients to hospital and other medical services for urgent or specialist treatment.

Write your GP's phone number here:



Contact your GP by phone, electronic consultation and in-person



Enhanced Access to GP appointments

Book an appointment through your GP surgery or by phoning 111. If your GP is closed phone **020 3948 6809** from 6.30 pm to 8 pm Monday to Friday, and 8 am to 8 pm on Saturdays, Sundays and Bank Holidays. The appointment may not be at your local surgery.



Walk-in Centres

For minor illnesses and injuries similar to the GP service. In addition, they offer access to blood tests and X-rays at certain times.



Walk-in Centres

**Finchley Memorial Hospital**  
Granville Road, London,  
N12 0JE | 020 8349 7470

**Edgware Walk-in Centre**  
Edgware Community Hospital,  
HA8 0AD | 020 8732 6459

Both walk-in centres are open 8am - 8pm daily. These times apply until 31st March 2024 when they may be revised. The last booking for both centres is at 7pm.



Urgent Treatment Centres

Attend if you need urgent medical attention but it is not life-threatening.

**Mental Health Crisis Team**

0800 151 0023.  
24-hour daily service.

**The Samaritans**  
Freephone 116 123

Confidential and emotional support when you need someone to talk to



Urgent Treatment Centres

**Royal Free Hospital,**  
Pond Street, Hampstead, NW3 2QG  
020 7794 0500 | 10 am to 10 pm daily

**Barnet Hospital**  
Wellhouse Lane, Barnet, EN5 3DJ  
020 8216 4600 | 8:00 am to 10:00 pm daily.

**Dental Emergencies**

If you are unable to get hold of your own dentist, **phone 111** for advice and referral to a dental assessment centre.



You can download this form here



# PERSONAL IMPROVEMENT LTD COURSES

**Boost your IT  
literacy & win in  
the digital world!**

**BCS L1 Award – ICDL IT Essential  
BCS L2 Certificate IT Core  
BCS L2 Certificate ICDL IT Extra (ITQ)**

## **What we do:**

- We provide Career Advice and Guidance.
- We offer Employment and Recruitment support.
- We offer Training and Development support.
- We provide Health and Well-being Advice.

## **What's available for you:**

- Access to Free Accredited training.
- Improve your I.T skills.
- Improve your employment prospects.

**Available for people who Work or Live in Barnet.**



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