Patient Newsletter

WHERE CARE COMES FIRST

PCN TW
NHS BARNET

November 2026



IN THIS ISSUE

- Men's Health Awareness Month
- Vaccine information
- Event information
- And more

London's

2026

BIG WEEK

9th November to 16th November

to get your winter vaccinations

Get your free NHS flu vaccination and help protect those most at risk this winter.

Eligible Londoners can get vaccinated in convenient community locations.



You can get immunised for free in any PCN 1W Practice if you:

- are aged 65 or over
- have a long-term health condition
- are pregnant
- are the main carer for an older or disabled person
- live with someone who has a weakened immune system
- work in health or social care and your job means you meet patients

PATIENT NEWSLETTER
NOVEMBER 2026

PCN 1W website: one hub for local care, events and support



The PCN 1W website brings all PCN 1W practices together in one hub and acts as a one-step platform for patients to find events, activities and services connected to PCN 1W.

A **Primary Care Network, or PCN**, brings GP practices together with local health, social care and voluntary organisations so they can coordinate care and provide shared support for the local community.

What is a primary care network?

A Primary Care Network, or PCN, brings GP practices together with local health, social care and voluntary organisations so they can coordinate care and provide shared support for the local community.

Why is the PCN 1W website useful?

The PCN 1W website brings all PCN 1W practices together in one hub and acts as a one-step platform for patients to find events, activities and services connected to PCN 1W.

- One place to discover shared events and services
- Easier access to support across the network
- Clearer information about which activities are open to all PCN 1W patients
- Links to participating practices and local support

What can you find there?

You can find events, activities and services that are connected to PCN 1W. Some events and services are available to all PCN 1W patients, not only patients registered at one individual practice.

- **Please check the eligibility or booking details for each activity.**

Visit the PCN 1W website

https://barnet.patientlink.digital/

PCN 1W

November 2026

Calendar of Awareness Dates and PCN 1W Events

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
		International Stress Awareness Week				PCN 1W Children's immunisation clinic 9am-1pm
		Everglade stop smoking group 2pm-3.30pm				
8	9	10	11	12	13	14
Remembrance Sunday		Everglade stop smoking group 2pm-3.30pm		Let's Talk Finances Event 10am-3pm		
15	16	17	18	19	20	21
	UK Malnutrition Awareness Week					
	Anti-Bullying Week					
	Self-Care Week					
	World AMR Awareness Week					
		17 Everglade stop smoking group 2pm–3.30pm	18 Active Within and PCN 1W – drop-in event 10am–12pm	19 International Men's Day		
22	23	24	25	26	27	28
		Everglade stop smoking group 2pm–3.30pm	16 Days of Action Against Domestic Violence 25 November–10 December			
29	30					
16 Days of Action Against Domestic Violence 25 November–10 December						

Men's Health Awareness Month Movember — all November

UK Disability History Month — 19 November-19 December

PCN 1W EVENTS

PCN 1W Children's immunisation clinic
Saturday 7 November 2026, 9am–1pm

Everglade stop smoking group
2pm–3.30pm
Tuesday 3 November 2026, then every Tuesday

Recurring dates in November:
3, 10, 17 and 24 November

Active Within and PCN 1W drop-in event
Wednesday 18 November 2026, 10am–12pm, Everglade Medical Practice, NW9 SXT

LEGEND

- Awareness dates
- Awareness weeks
- Recurring
- PCN 1W events

BOOST

PART OF The Barnet Group

PCN 1W

LET'S TALK FINANCES



Helping Barnet residents access free financial advice and support.

Are you a Barnet resident experiencing financial difficulties or looking for financial advice and support?

What's Happening?

Join us for a free community event where you can speak directly with local organisations offering practical support with money worries, benefits, debt, energy costs and the rising cost of living.

Get confidential advice, ask questions and find the support that's right for you—all in one place.

EVENT DETAILS

Date	Thursday 12 November 2026
Time	10:00 am – 3:00 pm
Location	**Burnt Oak Library** 99 Watling Avenue Burnt Oak Edgware HA8 0UB

- Connect with local financial support services
- Find out what help is available in Barnet
- Get practical advice on debt, benefits and living costs
- Speak face-to-face with experienced advisers
- Access support early before problems become bigger

EVENT FORMAT

Information stands
Speak to local organisations and find out what support is available.

Friendly drop-in conversations
Chat with advisers and community services.

On-the-day advice and guidance
Get help and advice on straightforward enquiries.

Signposting and referrals for ongoing support
We'll connect you to specialist or longer-term support where needed.

SUPPORT IS HERE.
You're not alone.

For more information, please speak to a member of the team at the event.

NOVEMBER 2026

Remembrance Sunday

REMEMBERING SERVICE AND SACRIFICE

Sunday 8 November 2026

A time to remember and give thanks to those who served and sacrificed.

Find out more at:
www.britishlegion.org.uk

Anti-Bullying Week
break the silence

16–20 November 2026

Let's encourage kindness, support each other and speak up against bullying.

Get help and support:
Childline: 0800 1111

More information:
www.anti-bullyingalliance.org.uk/anti-bullying-week



Children's Immunisation Clinics

For our PCN 1W patients



Silkstream Children's Centre
SilkstreamRd, BurntOak,
Edgware HA8 0DA

7 November 2026

9am–1pm

All childhood vaccines, including flu vaccines.

Eligibility: registered in our PCN, up to 5 years old

PLEASE BRING YOUR RED BOOKS

CALL YOUR REGISTERED PRACTICE TO BOOK

PATIENT EDUCATION

Childhood immunisations:

protecting children as they grow



Vaccines are one of the safest and most effective ways to help protect children against serious diseases. Following the routine schedule gives your child the best start in life.

The routine childhood immunisation schedule in England changed in 2026.
Please check the latest schedule and speak to your practice if you have any questions.

VACCINE TIMELINE MILESTONES

8 weeks	6-in-1 vaccine, MenB vaccine, Rotavirus vaccine
12 weeks	6-in-1 vaccine, MenB vaccine, Rotavirus vaccine
16 weeks	6-in-1 vaccine, MenB vaccine
1 year	Hib/MenC vaccine, MMR vaccine, MenB vaccine, Pneumococcal vaccine
18 months	4-in-1 preschool booster vaccine, MenB vaccine
3 years 4 months	MMR vaccine (second dose)
School age	Td/IPV booster vaccine, MenACWY vaccine, HPV vaccine

Your practice will let you know when each vaccine is due. If you miss an appointment, it's never too late to catch up.

PARENT/CARER FAQS

Q: Are vaccines safe?
A: Yes. Vaccines are very safe. They are carefully tested and continuously monitored. Side effects are usually mild, such as a sore arm or mild fever.

Q: Why are there multiple injections?
A: Some vaccines are given as a combination to protect against several diseases at once. This means fewer visits to the practice and earlier protection.

Q: What if my child is unwell?
A: If your child has a mild illness, they can usually still have their vaccines. If you're unsure, speak to your practice.

Q: Can vaccines cause autism?
A: No. There is no link between vaccines and autism. Extensive research has confirmed vaccines are safe.

Q: What if we travel abroad?
A: If you are travelling, check with your practice or a travel health clinic about any additional vaccines your child may need.

PCN 1W CHILDHOOD VACCINATION CLINIC

We offer dedicated clinics to make it easy for families to keep their children protected.

Ask our team or visit our website for more information.

USEFUL RESOURCES (UK)

NHS – Vaccinations and when to have them
www.nhs.uk/vaccinations

NHS – Help protect your child with vaccines
www.nhs.uk/conditions/vaccinations

UK Health Security Agency (UKHSA)
www.nhs.uk/government/vaccinations
www.gov.uk/government/collections/immunisation

Vaccination helps protect your child and others in our community.
Thank you for helping keep everyone safer.

UK MALNUTRITION AWARENESS WEEK

Notice the signs early

16–22 November 2026



Malnutrition can affect anyone, at any age. It happens when the body does not get the nutrition it needs, either from not enough or from the wrong balance of food and fluids.

What signs should you look out for?

- Losing weight without trying
- Eating or drinking less than usual
- Feeling tired or weaker
- Clothes fitting looser
- Getting ill more often
- Slower healing of cuts or sores
- Changes in mood or concentration

Who may be more at risk?

Anyone can be at risk, including people who:

- are older
- live with a long-term health condition
- have recovered from illness or surgery
- have difficulty eating, swallowing or chewing
- live alone or have money worries
- are going through a big life change

Malnutrition can affect people of all body shapes and sizes.

Food and fluids

- Good nutrition and hydration help to keep you stronger, support your immune system and improve wellbeing.
- Try to eat a variety of foods you enjoy, have regular meals, and drink enough fluids throughout the day.
- Small, frequent meals and snacks can help if you do not feel hungry or feel full quickly.
- If you are worried about your appetite or weight, speak to a healthcare professional.

Trusted resources

For more information and support, visit these trusted sources:

Malnutrition Task Force	www.malnutritiontaskforce.org.uk
NHS – Malnutrition	www.nhs.uk/conditions/malnutrition
NHS 111	Call 111 for non-emergency health advice

MOVE MORE FEEL BETTER

ACTIVE WITHIN & PCN1W

Find the right programme to improve your mobility, strength and confidence!

Mobility and Balance Group	Improve balance, coordination and mobility	Reduce the risk of falls	Maintain physical independence
Physical Activity Group	Gentle, low-impact exercise.	Muscle activation and strengthening	Bodyweight exercises for individual ability.

No exercise needed on the day!

BMI recording available on the day!

Referral to a free programme for ongoing physical activity support.

Wednesday 18th November 2026

10am - 12pm

Everglade Medical Practice
NW9 5XT

Drop in Event! No need to register

Self-Care Week

look after your mind and body



16–22 November 2026 **2026 theme: Mind & Body**

Self-Care Week is a reminder that small, daily actions can have a big impact on how we feel. This week, focus on simple steps to support both your physical and mental wellbeing.

1 Food and fluids

Eat regular, balanced meals and stay hydrated throughout the day.

2 Movement

Find time to be active in ways you enjoy, every day.

3 Rest

Good sleep helps your mind and body recover and recharge.

4 Connection

Spend time with people who lift you up and make you feel valued.

5 Health checks

Keep up with regular check-ups and recommended screenings.

6 Medicine safety

Take medicines as directed and check in with your pharmacist or GP if you're unsure.

Start with one small step that fits your life.

Trusted resources

- **Men's Health Forum**
  www.menshealthforum.org.uk
- **NHS – Medicines**
  www.nhs.uk/medicines
- **SAMH**
  www.samh.org.uk
- **NHS – Better Health**
  www.nhs.uk/better-health
- **NHS – Self-care**
  www.nhs.uk/self-care
- **Mind**
  www.mind.org.uk

November 2026

Flu vaccination: help protect yourself and those around you



Flu can be unpleasant and, for some people, it can lead to serious complications.

The flu vaccine is the best protection. It's free on the NHS for many eligible people. Getting vaccinated helps protect you and helps protect vulnerable people around you.

Who is offered a free NHS flu vaccine?

You are eligible if you:

- are aged 65 or over
- have certain long-term health conditions
- are pregnant
- are in long-stay residential care
- are the main carer for an older
- or disabled person
- live with someone who has a weakened immune system
- are a frontline health or social care worker

Children aged 2 or 3 on 31 August 2026, primary school-aged children and secondary school-aged children in clinical risk groups are also offered the flu vaccine.

Why have it every year?

Flu viruses change each year, so last year's vaccine may not protect you this year.

Having the vaccine every autumn gives you the best protection against the flu strains most likely to be circulating.

It reduces your risk of serious illness and helps protect other people too.

How to book

Call your registered GP practice and speak to reception.

Trusted resources

NHS: www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine

UK Health Security Agency: www.gov.uk/government/collections/annual-flu-programme

NHS 111: www.nhs.uk/service-search

MOVEMBER

Men's health matters all year



November is a reminder to look after the men in our lives — and ourselves. Small steps today can make a big difference tomorrow.

Mental fitness: check in before things reach crisis point

It's normal to have tough days, but when stress, worry or low mood hang around, it's important to speak up.

Look out for changes in sleep, appetite, motivation or how you're feeling. You don't have to handle it alone — talking helps.

Prostate cancer: know your risk and speak up about changes

Prostate cancer is most common in men over 50, especially if you have a family history.

Talk to your doctor if you notice changes such as needing to pee more often, a weak flow, getting up at night, or blood in your urine or semen.

Early detection saves lives.

Family history

If your father or brother has had prostate or testicular cancer, your risk may be higher. Let your GP know so you can get personalised advice.

Black men

Black men are more likely to develop and die from prostate cancer. Know your risk and speak to your GP about screening options.

Need to talk?

If you're feeling overwhelmed, anxious or just need someone to listen, support is available. Reach out to a trusted friend, family member or professional. You're not alone.

Trusted resources

Movember UK
movember.com/uk

Samaritans
samaritans.org

Prostate Cancer UK
prostatecanceruk.org

Living Well with Hypertension

TAKE CONTROL OF YOUR BLOOD PRESSURE

Join us for our FREE Two-Part Blood Pressure Workshop Series. Learn how to manage your blood pressure with expert advice on healthy eating, medication, and lifestyle. Take control today for a healthier tomorrow!

Wednesday 18th & 25th November| 12:00-1:15 pm
Watling Medical Centre
HA8 0NR



FREE BLOOD PRESSURE CHECK

SCAN HERE

International Stress Awareness Week: small steps can reduce stress



2-6 November 2026

2026 theme: Stress Less, Live More

Stress is a normal part of life. It can help us meet deadlines and deal with challenges. But when stress lingers or feels overwhelming, it can affect how we think, feel and cope.

Good news—small, everyday actions can make a big difference. This week is a reminder to pause, reset and choose habits that support your wellbeing.

How might stress show up?

Everyone is different, but stress can show up as:

- Feeling worried, overwhelmed or on edge
- Feeling tired, low in energy, or finding it hard to concentrate
- Physical tension, headaches or stomach upsets
- Trouble sleeping or restless nights
- Pulling away from family, friends or activities

Try one small, realistic change

Small steps, done regularly, can add up.
Pick one idea to try this week:

- [ ] Take a few deep breaths and pause for 1–2 minutes when stress builds.
- [ ] Go for a short walk, stretch or move your body when that feels good.
- [ ] Drink a glass of water and choose nourishing food when you can.
- [ ] Set a small, realistic goal for the day and celebrate tiny wins.
- [ ] Put screens down 30 minutes before bed and create a calming routine.
- [ ] Connect with someone—call, text or check in with a friend.
- [ ] Plan one activity that brings you joy or helps you relax.

Support is available

It's okay to ask for help. If stress feels too much or is affecting your daily life, reach out to someone you trust or a health professional. Support can make a big difference.

If you are in crisis, please contact your local emergency services.

Trusted resources

- Mental Health Foundation: www.mentalhealth.org.uk
- Mind: www.mind.org.uk
- NHS – Stress and coping: www.nhs.uk/mental-healthself-help/tips-and-support/stress/

Men's Health Awareness Month

UK Disability History Month:

Disability, politics and democracy



19 November–19 December 2026

Theme:
Disability, Politics and Democracy

Recognise barriers

Disabled people face many barriers to taking part in politics and public life.

Understanding these barriers is the first step to real change.

Ask for the adjustment you need

Make your voice heard.
Request reasonable adjustments so you can participate fully and equally.

Accessible healthcare makes a healthier future for everyone

Everyone deserves healthcare that is accessible, respectful and inclusive.
Your needs matter. Your voice matters.

Trusted resources

UK Disability History Month
ukdhm.org

Scope
scope.org.uk

Disability Rights UK
disabilityrightskuk.org

Watling Medical Centre

Local care for a healthier tomorrow

NHS

Have you had your flu vaccine yet?

Flu vaccination helps keep us all healthier

If you are eligible, you can ask our reception team about having your flu vaccine today.

Walk-in Flu Vaccination Clinic

Every afternoon, 3:00pm to 6:00pm

No appointment needed

Or book your appointment with our reception team at a time that suits you.



The flu vaccine can help you:

Reduce your risk of flu
Helps protect you from catching flu and can make the illness less severe if you do get it.

Protect others
Helps protect family, friends and those who are more vulnerable.

Keep you out of hospital
Lowers the risk of serious illness, hospital admission and complications.

Supports a healthier community
The more people who are vaccinated, the safer and healthier we all are.



Protect Yourself.
Protect Others.
Stay Well.

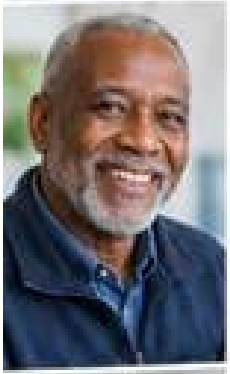
Stronger together

PREVENT | PROTECT | STAY WELL












WATLING
MEDICAL CENTRE

PATIENT PARTICIPATION GROUP (PPG) MEETING

Your Practice • Your Voice • Your Community

Thursday 12 November

7:00pm - 8:00pm

Online via Microsoft Teams

Join Us

Help shape the future of services at Watling Medical Centre. All patients are welcome to attend and share their views.

Agenda

1. **Welcome & Introduction**
   Mr Michael Grossman
   Patient Participation Group Chair
2. **AI Receptionist**
   Mr Saeed Mohamedali
   Learn about our new AI Receptionist service and how it supports patient access to care.
3. **Importance of Medication Reviews**
   PCN1W Pharmacists
   Find out why regular medication reviews are important and how they help keep you safe and well.
4. **Questions & Answers Session**
   An opportunity to ask questions and provide feedback.

Join the Meeting

Microsoft Teams

Meeting Link
https://teams.microsoft.com/meet/390756952572967?p=GFQUs1GGmpyIFdRZWT

Meeting ID: 390 756 952 572 96

Passcode: 3fv9qB3W

Scan to join on Microsoft Teams

Everyone Welcome

International Men's Day:

supporting men and boys

19 November 2026

Men's health is everyone's health. Talking, checking in, and showing support can save lives.



International Men's Day is a chance to start conversations that matter. Many men find it hard to speak up or ask for help. By listening and encouraging open conversations, we can break down barriers and build stronger, healthier communities.

Whether it's checking in with a mate, a family member, or a colleague, small actions can make a big difference.

Let's work together to create a world where every man and boy feels supported to live well.

> *"Listening without judgement can make it easier to ask for help."*

Trusted resources

- Talk to someone you trust
- See your healthcare professional
- Visit a trusted health information provider

16 Days of Action Against Domestic Violence: support is available

25 November-10 December 2026



Domestic abuse can affect anyone.
You deserve to feel safe and supported.
Help is available.

PRACTICAL GUIDANCE

- Talk to someone you trust. You are not alone.
- If it is safe, think about a plan. Keep important numbers and documents somewhere secure.
- You can contact a helpline confidently for advice and support.
- If you are in immediate danger, call 999.

HELP IS AVAILABLE

999
in immediate danger

National Domestic Abuse Helpline
0808 2000 247

Men's Advice Line
0808 801 0327

Galop
0800 999 5428

Abuse is not your fault. Support is available.

If you're worried this device might be monitored, use a safe device to access support and clear your browsing history.

TRUSTED RESOURCES

Women's Aid
womensaid.org.uk

Respect – Men's Advice Line
mensadviceline.org.uk

Galop
galop.org.uk

Victim Support
victimsupport.org.uk

HPV vaccination: protection that can last a lifetime



The HPV vaccine helps protect against several cancers caused by human papillomavirus. It's safe, effective and offered free on the NHS.

What is HPV?

HPV (human papillomavirus) is a common infection. Most people will get it at some point in their lives without knowing. Most infections go away on their own and don't cause any problems. But some types of HPV can cause cancers later in life.

Who is offered the vaccine?

The HPV vaccine is offered free on the NHS to help protect against HPV-related cancers.

In England, the vaccine is offered to:

- all children aged 12 to 13
- children aged 14 to 18 who have missed the vaccine
- gay and bisexual men, and men who have sex with men, up to their 45th birthday
- people with a weakened immune system, up to their 45th birthday

Your GP practice, school or local NHS service can tell you more.

Common questions

Q: Is the vaccine safe?

Yes. The HPV vaccine has been used for many years and has an excellent safety record.

Q: Does the vaccine protect against all cancers?

No. The vaccine protects against the types of HPV that cause most HPV-related cancers, but not all.

Q: Will the vaccine affect fertility?

No. There is no evidence that the HPV vaccine affects fertility.

Eligibility details England

The HPV vaccine is offered free on the NHS to:

- all children aged 12 to 13
- children aged 14 to 18 who have missed the vaccine
- gay and bisexual men, and men who have sex with men, up to their 45th birthday
- people with a weakened immune system, up to their 45th birthday

Your GP practice, school or local NHS service can advise if you're eligible.

Cervical screening reminder

The HPV vaccine doesn't protect against all types of HPV. It's still important to attend cervical screening when invited.

Cervical screening helps find changes early, when they are easier to treat.

UK resources

NHS - HPV vaccine
www.nhs.uk/conditions/hpv-vaccine/
Official NHS Information about the HPV vaccine.

NHS - Human papillomavirus
www.nhs.uk/conditions/human-papillomavirus-hpv/
Information about HPV, risks and prevention.

Jo's Cervical Cancer Trust
www.jostrust.org.uk
Support and information about cervical cancer and HPV.

Cancer Research UK
www.cancerresearchuk.org
Trusted research information, including HPV and cancer prevention.

Talk to your GP practice, school or local NHS service to find out more about the HPV vaccine and how to protect your future.

World AMR Awareness Week:

protect antibiotics for the future

18–24 November 2026



Antibiotics do not treat every infection

Antibiotics treat bacterial infections, not viruses like colds and flu.

Taking antibiotics when you do not need them can cause side effects and help make bacteria harder to treat.

Using antibiotics only when needed helps keep them working for you, your family and your community.

What can patients do?

- Trust your clinician's advice. Antibiotics are not always needed.
- Never share antibiotics with others or use leftover antibiotics.
- Take antibiotics exactly as prescribed.
- Keep vaccinations up to date. Prevention helps reduce the need for antibiotics.

UK-relevant trusted resources

NHS
Antibiotics: when you need them, and when you don't
www.nhs.uk/conditions/antibiotics

Antibiotic Guardian
www.antibioticguardian.com

UK Health Security Agency
Antimicrobial resistance (AMR)
www.gov.uk/government/collections/antimicrobial-resistance-amr

Patient UK
Antibiotics
www.patient.info/conditions/antibiotics

Use antibiotics only when prescribed for you.

BARNET
LONDON BOROUGH

NHS
West and North London

Measles cases are rising



No family wants to see a loved one hospitalised

For protection against measles, **scan the QR code** to get your free MMR vaccine

Catching measles can cause complications such as blindness, hearing loss, pneumonia, brain damage and death

Barnet PCouncil4