PCN 1W PATIENT NEWSLETTER

AUGUST



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WHAT'S HAPPENING IN August

1 AUGUST '26

1st - 7th August **WORLD BREASTFEEDING WEEK**

The global campaign that aims to inform, anchor, engage and galvanise action on breastfeeding and related issues.

CLICK FOR MORE INFORMATION

6 AUGUST '26

CYCLE TO WORK DAY

UK's biggest cycle commuting event.

CLICK FOR MORE INFORMATION



MORE INFO

Cost of Living Support in Barnet

Barnet Youth is committed to ensuring that children and young people have access to enriching activities, while helping families make the most of the financial support available to them.
Some Barnet Youth activity providers are Ofsted registered, meaning eligible families may be able to receive government support towards childcare costs when accessing these activities.
Universal Credit Childcare Support.

Families who receive Universal Credit and are in work may be able to claim back up to 85% of their childcare costs when using an eligible Ofsted-registered provider.
Parents and carers pay the childcare provider first before claiming the costs back through their Universal Credit account.

BARNET YOUTH

Inspiring Young People. Strengthening Communities.



POSITIVE ACTIVITIES

TERM-TIME & HOLIDAY PROJECTS

Positive Activities is a community-driven initiative supporting children and young people aged **0–19**, and up to **25** for those with **learning disabilities and/or Autism**, across the **London Borough of Barnet.**

We believe every young person deserves the opportunity to **learn, grow, and thrive.** That's why we offer a diverse range of **low-cost or free activities** designed to inspire creativity, build confidence, and encourage personal development.

WHO CAN JOIN

Activities are open to **all Barnet residents** or **young people educated in the borough,** regardless of background or ability.

We aim to create inclusive, welcoming spaces where every participant feels supported and valued.

WHEN & WHERE

Our programmes run during:

Term-Time: Weekday evenings and weekends

School Holidays: February Half Term, Spring (Easter), May Half Term, Summer, October Half Term, and Winter (Christmas) Holidays

Sessions take place at various **community venues**, **youth centres**, and **schools** across Barnet.

Please note: We follow the official Barnet School Term & Holiday Dates.

OUR MISSION

To empower young people in Barnet to reach their full potential through engaging, accessible, and meaningful activities that promote wellbeing, learning, and social connection.

WHAT WE OFFER

Our programmes run year-round, including both term-time and school holiday sessions, and cover a wide variety of interests:

- Arts & Crafts
- Music & Performance
- Sports & Fitness
- Educational Workshops & Homework Support
- Outdoor & Adventurous Activities
- Media & Technology Projects
- Youth Clubs & Social Spaces









> *"Evidence shows that how young people spend their leisure-time really matters. Participation in constructive leisure-time activities, particularly those that are sustained through the teenage years, can have a significant impact on young people's resilience and outcomes in later life"*

SUMMER HOLIDAY ACTIVITIES for Families

Fun, free activities for babies, toddlers and young children this summer!

Our West Locality Children's Centres have a fantastic programme of free activities running throughout July and August for families with children aged 0–5 years.

Whether you're looking to meet other parents, encourage your child's development or simply enjoy some family fun, there's something for everyone.

WHAT'S ON?

STAY AND PLAY SESSIONS
A welcoming space for children aged 0–5 years to play, learn and make new friends.

0–5 YEARS

BABY GROUPS
Friendly sessions for babies (0–18 months) and their parents or carers.

0–18 MONTHS

WATER PLAY ACTIVITIES
Join us for Wacky Water and Baby Splash sessions packed with sensory fun.

SEE TIMETABLE

MESSY PLAY
Creative, hands-on activities designed for babies and toddlers.

SEE TIMETABLE

OUTDOOR ADVENTURES
Enjoy Teddy Bear Picnics, Little Explorers Park Adventures and Tales Under the Tree.

SEE TIMETABLE

SPECIAL EVENTS
Exciting trips and community events for the whole family to enjoy.

SEE TIMETABLE

SUMMER HIGHLIGHTS

- **22 July** – Tales Under the Tree, Mill Hill Park
- **30 & 31 July** – BACE Family Fun Days
  Edgwarebury Park (30 July) & Silkstream Park (31 July)
- **5 August** – Teddy Bear Picnic, Montrose Park
- **12 August** – Royal Air Force Museum Trip
- **19 August** – Little Explorers Park Adventure
  Golders Hill Park
  Teddy Bear Picnic, Stoneyfields Park
- **Throughout the summer** – Stay and Play, Baby Groups, Water Play and Messy Play sessions

BOOKING INFORMATION

Some activities require advance booking, while others are drop-in sessions.

Please check the full timetable for:

- Dates and times
- Venues
- Age suitability
- Booking requirements



CLICK TO VIEW MORE INFORMATION

View the complete week-by-week timetable, session times, venues, age ranges and booking details for all activities.

EXTENDED ACCESS

We understand that it isn't always easy to attend a GP appointment during standard opening hours. That's why patients registered with any of our PCN practices can access Extended Access Appointments, giving you more flexibility to receive the care you need at a time that suits you.

Extended Access appointments are available:

- Monday to Friday: 6:30pm – 8:00pm
- Saturdays: 9:00am – 5:00pm

Depending on your clinical needs, you may be offered an appointment with a range of healthcare professionals, including GPs, nurses and other members of the primary care team. Appointments may take place at a different practice within our Primary Care Network, allowing us to make the best use of available services while ensuring you receive timely care .

To book an Extended Access appointment, simply contact your registered GP practice. Our reception team will be happy to advise whether an extended hours appointment is suitable for your needs and arrange this for you.

BARNET SAFER BOROUGH

Domestic abuse can happen at any time, and there is never an excuse for abuse.
By signing Barnet's Charter for a Safer Borough, you're making a commitment to stand against domestic abuse and help create a safer, more supportive community for everyone.
Together, we can raise awareness, challenge abusive behaviour, and let those affected know that help is available.
👉 Sign Barnet's Charter for a Safer Borough

If you or someone you know is experiencing domestic abuse, confidential support is available in Barnet. You are not alone.
Find help and support at: barnet.gov.uk/domesticabuse

BARNET
LONDON BOROUGH



PRACTICE ANNOUNCEMENTS

Updates and important information from your local GP practices

EVERGLADE MEDICAL PRACTICE

THREE-MONTH CANCER CARE REVIEWS

Everglade Medical Practice is continuing to offer **Three-Month Cancer Care Reviews** for patients who have recently been diagnosed with cancer.

Around three months after a diagnosis, patients may receive a call from a Social Prescriber to discuss how they are coping physically, emotionally and practically.

The review provides an opportunity to talk about any concerns, including finances, employment, emotional wellbeing and access to local support services.

Patients can also be signposted to cancer support groups, carers' organisations, financial advice and wellbeing services to ensure they receive the right support throughout their cancer journey.

MEDICAL CENTRE ON DEANS LANE

IN-HOUSE ECG SERVICE NOW AVAILABLE

Medical Centre on Deans Lane is pleased to offer an **in-house ECG service**, available since June 2026.

An electrocardiogram (ECG) is a quick, simple and painless test that records the electrical activity of your heart. It can help identify irregular heart rhythms and other heart conditions.

Having this service available within the practice means eligible patients can now access their ECG closer to home without needing to attend another healthcare provider.

PARKVIEW MEDICAL CENTRE

Parkview Medical Centre continues to provide high-quality care for its patients and encourages everyone to make the most of the services available through the practice.

Patients are reminded to contact the surgery if they have any concerns about their health or need advice on accessing the most appropriate service.

We are actively seeking to increase our patient participation group. Patients can register online via: https://www.parkviewsurgeryedgware.co.uk/patientgroup or by speaking to reception.

WATLING MEDICAL CENTRE

HELP US REDUCE MISSED APPOINTMENTS

During the first six months of 2026, **1,315** appointments at Watling Medical Centre were missed because patients did not attend and did not cancel in advance. This accounted for **4.3%** of all appointments.

If you no longer need your appointment or are unable to attend, please let the practice know as soon as possible.

Cancelling unwanted appointments means they can be offered to another patient, helping to reduce waiting times and ensuring valuable clinical time is used effectively.

EXTENDED HOURS APPOINTMENTS ACROSS PCN 1W

Need an appointment outside of normal practice opening hours? All four practices within PCN 1W offer extended hours GP appointments to provide patients with greater flexibility.

MONDAY TO FRIDAY	SATURDAY
6:30pm – 8:00pm	9:00am – 5:00pm

To book an extended hours appointment, please contact your registered practice:

EVERGLADE MEDICAL PRACTICE	020 8432 8641
MEDICAL CENTRE ON DEANS LANE	020 8906 3337
PARKVIEW MEDICAL CENTRE	020 8906 7980
WATLING MEDICAL CENTRE	020 8906 1711

Patient Participation Group

Your voice. Your practice.
Better healthcare together.



What is a PPG?

A Patient Participation Group (PPG) is a group of volunteer patients who work closely with the practice to improve services, share patient perspectives, and ensure the voice of the community is heard.

It's a vital link between patients and the healthcare team.

Why does it matter?

- Gives you a say in how your GP practice operates and develops.
- Helps ensure services meet the needs of the local community.
- Provides feedback on patient experience and suggests improvements.
- Promotes health and wellbeing initiatives.
- Strengthens the partnership between patients and healthcare professionals.

What does the PPG do?

- Meets regularly to discuss updates and share ideas.
- Works with the practice on new projects and services.
- Acts as a sounding board for the practice team.
- Shares patient concerns and feedback in a constructive way.

Who can join?

We welcome patients of all ages and backgrounds who are registered with the practice and keen to make a difference. Whether you have lots of time to give or just want to stay informed, your voice matters.

Everyone's views help shape better care for all.

How to join?

- Add your name to the sign-up sheet at events.
- Contact the practice reception and ask for more information or help to sign up.
- Visit your practice website and register online.

Join Your Practice's Patient Participation Group

EVERGLADE MEDICAL PRACTICE
CLICK HERE

MEDICAL CENTRE ON DEANSLANE
CLICK HERE

PARKVIEW MEDICAL CENTRE
CLICK HERE

WATLING MEDICAL CENTRE
CLICK HERE



Follow PCN 1W on Social Media

Forregular updates onpractice, PCN1W andlocal events, havea look atour practice social media pages!

Everglade Medical Practice

Instagram: @evergladem edicalpracticepcn1w

Facebook: https://www.facebook.com/TheEvergladeMedicalPractice/

Medical Centre on Deans Lane

Instagram: @medicalcentreondeanslane

Facebook: https://www.facebook.com/DeanslaneMedicalPractice/

Parkview Surgery

Instagram: @ParkviewSurgery

Facebook: https://www.facebook.com/ParkViewSurg/

Barnet PCN 1W

Facebook: https://www.facebook.com/BarnetPCN1W/

BOOST

The Barnet Group
PERSON CENTRED

DIGITAL SKILLS DROP-IN

Free Digital Skills Workshops for beginners, no need to book, just turn up!

make it click

Mondays

1:00pm - 3:30 pm
@LoveBurntOak
102a Watling Avenue, Burnt Oak, HA8 0LN

Tuesdays

1:00pm – 3:00pm
@LoveBurntOak
102a Watling Avenue, Burnt Oak, HA8 0LN

For free, Essential Digital Skills for work courses,

- Online learning
- Fully accredited by BCS
- In person support

Visit our workshop or contact PIL for more information:

contact@pi-ltd.co.uk
0208 905 7221
www.pi-ltd.co.uk

BARNET LONDON BOROUGH

pil

@Loveburntoak
Building a community, uncovering opportunity, connecting people

Barnet Age UK

Enabling Connections



A new short-term befriending and support service for older residents in Barnet feeling lonely, isolated or disconnected.

WE CAN HELP YOU:

- Rebuild confidence after illness or a difficult time
- Join local groups and activities
- Get out and about again and enjoy new experiences
- Learn digital skills to stay connected online
- Meet new people and reduce loneliness
- Set personal goals with the support of a friendly volunteer

THIS SERVICE MAY BE RIGHT FOR YOU IF YOU ARE:

- Living alone
- Recently bereaved
- Recovering from illness
- Caring for someone else
- Adjusting to retirement
- Feeling isolated or low because of loneliness
- Recently diagnosed with dementia and able to engage with short-term support

Up to 6 months of FREE volunteer support

GET IN TOUCH TODAY

020 8150 0967

enablingconnections@ageukbarnet.org.uk

Complete a referral form via the Age UK Barnet website

Cherry Lodge Cancer Care

INFORMATION AND SUPPORT CENTRE

Registered charity number 1011629

WHERE CARE COMES FIRST

PCN 1W

NHS BARNET



TOGETHER THROUGH CANCER

SUPPORTING YOU, EVERY STEP OF THE WAY

Join us for a day of wellbeing taster sessions, information and support, and connection with local services and like-minded people

LOCATION
Everglade Medical Practice, NW9 5XT

DATE & TIME
Wednesday 23/09/2026
10:00am- 2:00pm

WELLBEING TASTER SESSIONS PROGRAMME	
TOPIC	**TIME**
Welcome from Cherry Lodge Cancer Care	10:00am
Breathwork	10:05am – 10:25am
Reflexology	10:40am – 11:00am
Mindfulness	11:10am – 11:30am
Sound Healing	11:40am – 12:00pm
General health chat	12:00pm – 12:20pm
OncoMove demo	12:20pm – 12:40pm

INFORMATION AND SUPPORT DROP-IN
1:00 pm – 2:00 pm

Following the wellbeing sessions, attendees will be invited to visit information stalls and speak with Cherry Lodge Cancer Care and OncoMove on a one-to-one basis.

The drop-in session will offer opportunities to:

- Learn about local cancer support services.
- Access emotional and wellbeing support information.
- Discuss practical concerns such as community and social support.
- Receive advice, guidance and signposting to appropriate services.

Promote holistic support alongside medical treatment.

Reduce isolation by joining Cherry Lodge Cancer Care social groups.

Notting Hill Genesis

MAKE IT HAPPEN

ONCO MOVE

THREE-MONTH CANCER SUPPORT REVIEW

PCN 1W
NHS BARNET

Around three months after your cancer diagnosis, you may receive a phone call from one of our **Social Prescribers.**

This call is to check in with you, understand how you are coping, and make sure you know about the support available to you.



WHAT WILL WE TALK ABOUT?

During the call, we may ask about:

- How you are getting on with your cancer treatment.
- How you are feeling emotionally and how you are coping.
- Whether you have support from family, friends, or carers.
- Any concerns about work, finances, or day-to-day life.
- Whether you would benefit from advice about benefits or financial support.

HOW CAN A SOCIAL PRESCRIBER HELP?

We can connect you with a range of local services and support, including:

Cancer information and support
Practical advice and guidance, including helplines.

Local cancer support groups
Connect with others with similar experiences.

Financial and benefits advice
Referrals to Citizens Advice and the Macmillan Benefits Team.

Support for family members and carers
Through Barnet Carers Centre.

Emotional wellbeing support
Through Cherry Lodge, including counselling, therapeutic massage and reflexology.

Physical activity and rehabilitation
Programmes such as OncoMove and Healthwise to support recovery and improve quality of life.

WHAT HAPPENS AFTER THE CALL?

If you feel you are managing well
We will provide information about our Social Prescribing Service so you can access support if you need it in the future.

If you would like additional support
We can refer you to the most appropriate local services and help you access the support that is right for you.

ABOUT SOCIAL PRESCRIBING

Social Prescribing is a free, non-medical support service that connects you with community services, local organisations and practical support to improve your health and wellbeing.

CERVICAL SCREENING SAVES LIVES

Cervical screening (smear test) is one of the best ways to prevent cervical cancer and protect your health.



If you've received an invitation to book your cervical screening, please don't put it off. Even if you feel well and have no symptoms, attending your appointment is one of the most important things you can do to protect your health.

OUR GOAL: ELIMINATING CERVICAL CANCER BY 2040

London has an ambitious goal to help eliminate cervical cancer by 2040 by:

- Increasing access to cervical screening
- Encouraging more people to take part
- Creating a more inclusive and supportive service for everyone

Your screening makes a difference. Together, we can save lives.

HPV SELF-SAMPLING

MORE CHOICE. MORE CONVENIENCE. SAME PROTECTION.

As part of this London-wide initiative, some GP practices are now offering HPV self-sampling to eligible patients who are overdue for their cervical screening.

- A simple self-taken swab that can be done in privacy.
- The sample is tested for HPV, the virus that can cause cervical cancer.
- An additional option to help more people take part in cervical screening.

HPV self-sampling is available to eligible patients who are registered with a London GP and are at least 6 months overdue for their cervical screening.

IMPORTANT:

HPV self-sampling is NOT replacing cervical screening. If you are invited for a routine smear test, we encourage you to book your appointment as soon as possible.

BOOK YOUR APPOINTMENT TODAY

NOT SURE IF YOU'RE DUE?

If you're unsure or have any questions, please contact your GP practice.

Find out more about cervical screening at: **www.nhs.uk/cervical-screening**

View your test results in the NHS App



You should see all your recent test results that have been added to your GP health record online

Need help? Visit nhs.uk/nhs-app

You can also use these services by logging in through the NHS website.

NHS App

Download on the App Store

GET IT ON Google Play

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Google Play and the Google Play logo are trademarks of Google LLC.

North London Mental Health Partnership

NHS
Barnet, Enfield and Haringey Mental Health NHS Trust
Camden and Islington NHS Foundation Trust

Bereavement Group
at the Everglade Medical Practice
Start Date:Thursday 10th September, from 16:30 to 18:00.



Barnet Talking Therapies

Grief can affect every part of life. You may feel sadness, anxiety, loneliness, numbness, anger, overwhelm, or find that life no longer feels the same. The Bereavement Group offers a safe, supportive and compassionate space to explore your grief alongside others who understand.

What the Group Offers
- 8weeklyface-to-facesessions
- 90 minutes per session
- Small group of 6–12 participants
- Facilitated by two NHS Talking Therapies Counsellors
- Includes an individual 1:1 review session



Who Can Attend?
Thisgroup is for adults aged 18+ who have experienced the death of a significant person in their life and whose bereavement occurred at least 4 months ago.

Topics Include
- Understanding grief
- The emotional impact of loss
- Grief and the body
- Identity and life changes after loss
- Relationships, support and loneliness
- Living with grief over time
- Moving forward while staying connected to what matters

What You Can Expect from the Sessions
- Awarm,supportive andconfidential environment
- No pressure to share more than feels comfortable
- Understanding and normalising grief reactions
- Opportunities to connect with others who have experienced loss
- Practical tools for coping with difficult emotions
- Time to reflect on your own experience of grief

You Can Self-Refer
We actively encourage self-referrals but referrals can also be made by GPs, other health care professionals and/or carers. All we ask is that the patient is always aware of and in agreement with the referral. Visit the link below to self-refer.

https://www.barnetandenfieldtalkingtherapies.nhs.uk/refer-yourself/

Grief changes because life changes, but you do not have to navigate it alone.

Visit QR Code to Self-Refer

Samaritans
Call free: 116 123
24 hour listening and emotional

If you are hearing voices, or at risk of harming yourself or others, please call your GP or the 24-hour Crisis Telephone Service on 0800 151 0023.
You can also call 999 or visit your local Accident & Emergency (A&E).

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.