PCN 1W Patient Newsletter

July 2026 | Supporting Health and Wellbeing in Our Community



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HAVE YOU DOWNLOADED THE NHS APP?

NHS App

The NHS App gives you secure and easy access to a range of NHS services.

BENEFITS INCLUDE:

- Order repeat prescriptions
- View your GP health record
- Check your symptoms
- Book and manage appointments
- View your NHS number and more

CLICK HERE TO DOWNLOAD

Compassionate care | Stronger together | Supporting wellbeing | For a healthier community

JULY 2026

What's happening this month

Awareness dates and local events to keep you informed and connected.



AWARENESS DATES

Important awareness dates to celebrate, learn about and support.

Alcohol Awareness Week

6–12th July

Raising awareness about alcohol and supporting healthier choices.

Alcohol Awareness Week
6-12 July 2026
Local Places, Local Support

Disability Pride Month

Throughout July 2026

Celebrating the achievements, contributions and pride of disabled people.

Disability Pride Month

South Asian Heritage Month

Throughout July 2026

Honouring South Asian history, culture and contributions.

LOCAL EVENTS

Events and services happening in our local community and PCN 1W.

Child Immunisation and Vaccination Pop Up

Babies Home (UNITAS) (Children Centre)

Thursday 16th July

09:30 – 14:30

Montrose avenue Children Centre near Watling

More information on local and PCN 1W events is available on your practice website.

Awareness Dates Local Events

North Finchley Community Grocery



Keeping Families Fed

NOW OPEN FOR NEW MEMBERS



913High Road,
London,
N12 8QJ

communitygrocery.org.uk/northfinchley

@CommunityGroceryNorthFinchley

ACCESS SUPPORT • SAVE MONEY • REDUCE FOOD WASTE

Stronger Communities, Better Health for All

Information and support for our local communities

1 Supporting Mental Health and Wellbeing in Our Communities

Local NHS teams are working with community organisations across North Central London to improve mental health awareness, reduce stigma, and support healthier lifestyles.

Activities include:

- Mental health workshops
- Walking groups
- Healthy cooking classes
- Coffee mornings
- Benefits advice
- Information about cancer screening and vaccinations



If you would like support with your wellbeing, speak to your GP practice about local community services and social prescribing opportunities.

2 Social Prescribing and Culturally Appropriate Care

Did You Know? Social Prescribing Can Support Your Wellbeing

Social prescribing connects people to community activities and support that can improve wellbeing, such as exercise groups, volunteering opportunities, arts activities, financial advice, and social groups.

Services are increasingly designed to recognise different cultural backgrounds, languages, and lived experiences, helping people access support that feels right for them.

Ask your GP practice about social prescribing services available locally.



3 Safe Surgeries for Migrants

Everyone Can Register with a GP

You do not need proof of address, immigration status, or identification to register with a GP practice.

NHS GP practices are committed to ensuring everyone can access healthcare when they need it.

If you or someone you know has experienced difficulties registering with a GP, please speak to the practice team for support.



4 Health Equity and Reducing Inequalities

Working to Reduce Health Inequalities

Local NHS organisations continue to work with communities to improve access to healthcare and reduce health inequalities.

This includes:

- Supporting migrant health
- Improving digital inclusion
- Ensuring healthcare services meet the needs of diverse communities



We are here for you. Your health. Your community. Your NHS.



Barnet babyzone



Summer Wellbeing Event

Thursday 16th July 2026 9:30am-2:30pm

Vaccine Clinic

Get childhood immunisation advice and education from the PCN1W Nurse.

Please bring your child's Red Book on the day for this.

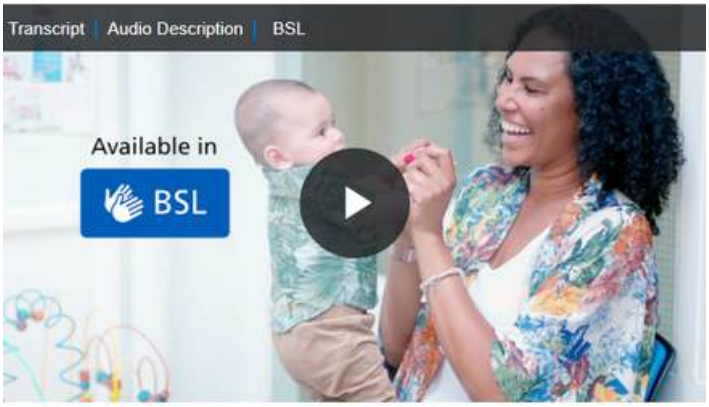
If you are registered with Everglade Medical Practice, Watling Medical Centre, Parkview Surgery or Deans Lane Medical Centre, you may also receive any due childhood vaccinations during your visit.

Babyzone Barnet
Unitas Youth Zone, 76 Montrose Ave, Edgware HA8 0DT

We are open to all families with children aged between 0 and 5 years

Video: Vaccines – are they safe for my child?

In this video, a GP reassures a parent about vaccinations for her child.



Media last reviewed: 29 July 2025
Media review due: 29 July 2028

Be aware of anti-vaccine stories

Anti-vaccine stories are often spread online through social media and offline.



PCN 1W
NHS BARNET
WHERE CARE COMES FIRST

VACCINE MYTH BUSTERS!

SEPARATING FACT FROM FICTION TO KEEP CHILDREN PROTECTED

ZAP!

I'M VAXMAN, THE MYTH-BUSTING HERO! LET'S ZAP COMMON VACCINE MYTHS WITH THE FACTS!

VAX MAN

1 MYTH:
My child's immune system is stronger than a vaccine.

NATURAL IMMUNITY IS ALL THEY NEED!

BUSTED!

VAXMAN SAYS: (FACT)
Your child's immune system is amazing. It can fight off coughs, colds and sore throats – but it needs extra help to protect against illnesses that can be very serious for them.
All NHS childhood vaccinations help strengthen your child's immune system.

✓ VACCINES ARE SAFE, EFFECTIVE AND FREE THROUGH THE NHS.

2 MYTH:
Vaccines overload a child's immune system.

THAT'S TOO MANY VACCINES FOR SUCH A SMALL BODY!

BUSTED!

VAXMAN SAYS: (FACT)
Children encounter thousands of germs every day through eating, touching and playing. Vaccines use only a tiny fraction of the immune system's capacity and can safely be given together.

✓ MULTIPLE VACCINES REDUCE THE NUMBER OF INJECTIONS NEEDED.

3 MYTH:
The MMR vaccine causes autism.

I HEARD VACCINES CAUSE AUTISM!

BUSTED!

VAXMAN SAYS: (FACT)
There is no evidence linking the MMR vaccine to autism. This claim came from a study that was later discredited and has been thoroughly debunked.

✓ THE MMR VACCINE SAFELY PROTECTS AGAINST MEASLES, MUMPS AND RUBELLA.

4 MYTH:
Flu is just a bad cold.

IT'S NOT WORTH GETTING VACCINATED.

BUSTED!

VAXMAN SAYS: (FACT)
Flu can be much more serious than a cold, especially for young children and people with health conditions. Every year, healthy children are hospitalised with flu complications.

✓ ANNUAL VACCINATION HELPS PROTECT AGAINST CHANGING FLU STRAINS.

5 MYTH:
Only girls need the HPV vaccine.

BOYS DON'T NEED IT!

BUSTED!

VAXMAN SAYS: (FACT)
HPV affects everyone. The vaccine helps protect boys and girls against HPV-related cancers and genital warts.

✓ THE VACCINE WORKS BEST BEFORE EXPOSURE TO THE VIRUS.

WATCH & LEARN!

Video: "Vaccines – Are They Safe for My Child?"

A GP answers common questions and reassures parents about childhood vaccinations.

▶ CLICK TO WATCH!

THE FACTS WIN!

Vaccination remains one of the safest and most effective ways to protect children and communities from serious infectious diseases.

PROTECT YOUR CHILD. PROTECT YOUR COMMUNITY.

Speak to your GP practice, health visitor or school immunisation team if you have questions about vaccines.

SOURCES:

Information adapted from:
Greater Manchster Integrated Care Partnership
Childhood Vaccine Myths
gmintegratedcare.org.uk/keep-well/childhood-immunisations/childhood-vaccine-myths/

NHS Childhood Vaccinations
www.nhs.uk/vaccinations

NHS MMR Vaccine
www.nhs.uk/vaccinations/mmr-vaccine/

NHS HPV Vaccination
www.nhs.uk/vaccinations/hpv-vaccine/

NHS Children's Flu Vaccine
www.nhs.uk/vaccinations/child-flu-vaccine/

Londonwide LMCs
The professional voice of London general practice

Don’t become a GP ghost patient: check you’re still registered



What is a “ghost patient”?
A “ghost patient” is someone who remains on the practice list despite having moved away or otherwise no longer being an active patient.



What you need to know - NHS list validation
You may receive a letter from NHS England or Primary Care Support England (PCSE). This is part of a routine process called list validation (or list cleansing). It helps ensure GP records are accurate across England.



Why this matters to you
Keeping a patient list correct helps GPs to ensure:
🩺 You stay registered and can see your GP when you need to.
💌 You get important letters, including for screening, vaccinations etc.
💷 The practice gets the right funding to care for their patients.



What you need to do
If you or someone you care for gets a letter from NHS/PCSE asking you to confirm your/their details, please respond. **Do NOT ignore it**.
✔️ Follow the instructions in the letter.
✔️ Confirm your details are correct.
✔️ Let us know as soon as possible if you have moved.



What happens if you do not respond
If you do not respond and PCSE cannot confirm your details:
⚠️ They may remove you from the practice without you even knowing it.
⚠️ If you get removed, you will not be able to get an appointment with a GP until you re-register.



Need help
📱 Contact your practice via your usual preferred means.
📢 If you have friends or relatives who are patients, but have not contacted their practice in the last three years please encourage them to get in touch to update or confirm their details.

Watling Medical Centre

Ready to quit *smoking or vaping?*

Support is available close to home.



Your local pharmacy is taking part in **Quitters Club**, a free service that offers expert support to help you quit for good.

Quitters Club provides:

Educational resources
Clear, trusted information to help you understand your quit journey.

Behavioural support
Practical tools and strategies to help you manage cravings and build confidence.

Progress tracking
Track your progress, celebrate milestones and stay motivated.

Community support
Connect with others on the same journey for encouragement and accountability.

This service is designed to **complement, not replace,** the care and advice available from your GP practice and the NHS.

GET SUPPORT LOCALLY

Local pharmacy partner:

Pharmco Pharmacy

202 Deansbrook Rd,
Edgware HA8 9BU,
United Kingdom

Speak to the pharmacy team today to find out more and take your first step towards a smoke-free, healthier you.

Quitting smoking is one of the best things you can do for your health.
We're with you every step of the way.

This service is for adults who smoke or use nicotine products.
If you are under 18, please speak to a healthcare professional.

A SMOKE-FREE FUTURE STARTS TODAY

North Finchley Community Grocery

Anyone can become a member of the Community Grocery. Just pop in and sign up for an annual membership to start saving on your weekly shop.

ACCESS SUPPORT
SAVE MONEY
REDUCE WASTE



Free courses

Learn new skills, find a new job and meet new people