Patient Newsletter

September 2026



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What's Happening in September?

Click the underlined text for further information

SEPTEMBER 2026

Click here for our online PCN 1W Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10 World Suicide Prevention Day	11	12
	KNOW YOUR NUMBERS WEEK					
13 World Sepsis Day	14	15	16	17 Living Well With Hypertension Event 12:00-13:00 Everglade Medical Practice	18	19
20	21 Managing Your Migraine Online Session 12:00 - 13:00 Online Event REGISTER HERE	22 Basic Life Support (BLS) Event TIME 12:30 - 14:30 Colindale Community Trust See practice websites for further information	23 Together Through Cancer Event 10:00-14:00 Everglade Medical Practice International Day of Sign Languages	24 Living Well With Hypertension Event 12:00-13:00 Everglade Medical Practice	25 World Pharmacist Day	26
	Migraine Awareness Week			Organ Donation Week		
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UROLOGY Awareness MONTH

NOTES

Pulmonary Fibrosis Awareness Month

https://everybreathcounts.co.uk/

Need support?

If you or someone you love is living with pulmonary fibrosis, Action for Pulmonary Fibrosis is here for you.
Their support line connects you with specialist nurses who can offer expert advice and a listening ear.
You can also access free information resources, join peer support groups or attend patient information sessions

Call 01223 785725 mail support@actionpf.org

Know Your Numbers Week



7th–13th September

Know your blood pressure numbers and take action to reach and maintain a healthy blood pressure.

High blood pressure usually has no symptoms, but over time it can increase your risk of heart attack, stroke, kidney disease and other serious health problems. The good news? Knowing your numbers is the first step to protecting your health.

WHAT DO YOUR NUMBERS MEAN?

90/60 or lower	**Low blood pressure** May cause symptoms such as dizziness or fainting. Speak to a clinician if you feel unwell.
90/60 to 120/80	**Ideal blood pressure** Great! Keep up healthy habits like regular activity, a balanced diet and limiting salt.
121/81 to 139/89	**Pre-high blood pressure** You are at increased risk. Small changes now can help you avoid high blood pressure.
140/90 or higher at the practice	**High blood pressure** You are at increased risk of serious health problems. Speak to your clinician about next steps.

Home readings of **135/85 or higher** count as high blood pressure.

HOW OFTEN SHOULD YOU GET CHECKED?

If you are aged **40–74**, have your blood pressure checked at least every **5 years** as part of an NHS Health Check.

If your reading is in the pre-high range, aim for a check **every year**.

If you have been diagnosed with high blood pressure, follow your clinician's advice, often every **6–12 months** once controlled.

Get checked sooner if you have risk factors or concerns.

BOOK YOUR CHECK TODAY

Each PCN 1W practice offers in-person blood pressure checks at the practice.

You can also take your blood pressure at home by borrowing a home blood pressure monitor. **Speak to your practice reception about arranging a check or borrowing a monitor.**

THIS SEPTEMBER - PCN 1W is holding a FREE two part blood pressure workshop series, see the next page for more information

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!

Thursday 17th & 24th September | 12:00-1:00 pm
Everglade Medical Practice
NW9 5XT



FREE BLOOD PRESSURE CHECK AND A FREE BLOOD PRESSURE MONITOR!

SCAN HERE

World Suicide Prevention Day – 10 September

Changing the Narrative on Suicide

Mental Health is not just a female issue.

"According to WHO, men account for 75% of all suicides.[1] More than 90% of people who die by suicide struggle with their mental health. Researchers estimate that up to 60% of people who die by suicide have major depression."

HEADS UP GUYS is an online, global organisation that educates and provides resoources and support for men dealing with depression and suicidal thoughts.

You do not have to struggle alone

We all face difficult times. You might be feeling overwhelmed, anxious, or hopeless. Whatever you are going through, please know that your feelings are valid and help is available. Reaching out is a sign of strength, not weakness.

Talking about suicide can save lives

It is okay to ask:

"Are you having thoughts about ending your life?"

Asking does not put the idea in someone's mind—it shows you care. Encourage them to seek support and help them find it. If they are in immediate danger, seek urgent help.

Start a conversation

- **"How have you been feeling lately?"**
- **"I'm here for you. Do you want to talk?"**
- **"Is there anything I can do to help?"**

Listen with kindness and without judgement. Sometimes, being heard can be the first step towards getting the right support.



GET SUPPORT – WE'RE HERE FOR YOU

1. **Samaritans** – Call **116 123** (free, 24/7)
   Talk to someone who will listen, without judgement.
2. **NHS 111** – Call **111** and select the mental health option
   For urgent mental health support and advice.
3. **In immediate danger?** Call **999** or go to **A&E**
   If you or someone else is at risk right now.

Supporting Someone You Care About

If a friend or family member has attempted suicide or is experiencing thoughts of suicide, it can be frightening and difficult to know what to do. You do not need to have all the answers — simply listening, showing that you care and encouraging them to seek support can make a difference. Remember to look after your own wellbeing too, as supporting someone through a difficult time can be emotionally challenging. If you are concerned that someone is in immediate danger, call 999 or go to A&E. You can also reach out to any counselling service and seek out counselling for yourself.

World Suicide Prevention Day

Resources



The 'Reach In, Reach Out' podcast series aims to encourage understanding around the complexities of suicide, reduce stigma surrounding the topic and spark meaningful conversations.
https://www.iasp.info/podcast/

Service	Contact	Website
Samaritans	**116 123**	samaritans.org
Childline	**0800 1111**	childline.org.uk
Hopeline	**0300 102 2470 (text) / 88247**	papyrus-uk.org
National Suicide Prevention Helpline	**0800 587 0800**	spuk.org.uk
SOS Silence of Suicide	**0808 115 1505**	silenceofsuicidesos.org.uk
National Bullying Helpline	**0300 323 0169**	nationalbullyinghelpline.co.uk
NSPCC Helpline	**0808 800 5000**	nspcc.org.uk
Nacoa (National Association for Children of Alcoholicics)	**0800 358 3456**	nacoa.org.uk

You are not alone. Please reach out.

Talking can make a difference. Whether you are struggling, worried about someone, or just need to talk, support is available.

International Day of Sign Languages – 23 September

Creating a more inclusive world



International Day of Sign Languages is celebrated every year on 23 September, alongside International Week of Deaf People. The day highlights the importance of sign languages and raises awareness of the rights, experiences and contributions of Deaf and hard-of-hearing people around the world.

In the UK, **British Sign Language (BSL)** is used by many Deaf and hard-of-hearing people. Learning even a few basic signs can help make everyday interactions more welcoming, accessible and inclusive.

Why does inclusion matter in healthcare?

Communicating clearly with healthcare professionals is essential for safe, effective care. Deaf or hard-of-hearing people may face challenges at every stage—from reception and booking appointments to consultations and follow-up care.

Healthcare services can help by offering appropriate communication support, including qualified sign language interpreters when required.

Simple actions make a big difference

- Face the person when speaking
- Speak clearly without exaggerating mouth movements
- Reduce background noise
- Use written information where helpful
- Check that the person has understood important information

Most importantly, don't make assumptions about how someone prefers to communicate. Ask the person what works best for them and give them the time and opportunity to communicate in the way that is most comfortable for them.

INCLUSION STARTS WITH ALL OF US

Creating an inclusive environment is everyone's responsibility. By being patient, respectful and open to different ways of communicating, we can remove barriers and help everyone feel valued and understood.

Learning a few basic BSL signs is a great place to start!

Helpful resources

BSL for Beginners playlist:

https://www.wwwwytoplasm.plplaylist?list=PLaoW1tZImtO1ledpD1NkxbwrmGkhz5zQohIzQ

Health and Medical Terminology in British Sign Language:

https://www.youtube.com/watch?v=07UKG48ADh08

Other medical care and health signs:

https://www.youtube.com/watch?v=07UYQOpeCaeJe

Free online British Sign Language course with Commanding Hands:

https://commandinghands.co.uk/online-bsl-course/

Find out more about International Day of Sign Languages: https://www.un.org/en/observances/sign Languages-day

World Sepsis Day - 13 September

Recognising sepsis and knowing when to get help

13 SEPTEMBER

World Sepsis Day takes place every year on 13 September and is an opportunity for people around the world to unite in the fight against sepsis.

Trust your instincts. If you or someone you care for has an infection and is becoming significantly more unwell, seek medical help promptly.

What is sepsis?

Sepsis is a life-threatening reaction to an infection. It happens when the body's immune system overreacts to an infection and starts damaging its own tissues and organs.

Sepsis can affect anyone, although some people are at higher risk. Sepsis can start in any part of the body or from an infection that might seem minor, such as a cut, a sore throat or a urine infection. Without fast diagnosis and treatment sepsis can quickly become life-threatening.

KNOW THE SIGNS

- Feeling very unwell or like something is seriously wrong
- Confusion or difficulty staying awake
- Difficulty breathing or breathing very quickly
- A fever or shivers
- Fever. shivering or feeling unusually cold
- Clammy or sweaty skin
- Passing very little urine
- A rash that does not fade when pressed

Knowing the signs could help save a life.

What should I do if I'm worried about sepsis?

If you think you or someone else may have sepsis, seek URGENT MEDICAL ADVICE.

It is essential to act quickly. By contacting quickly, treatment is more likely to be successful, confusion or delirium to lesson, call 999 or go to A&E.

If you are concerned but it is not an emergency, you can contact NHS III for advice.

Sepsis can develop quickly, so recognising the warning signs and getting help early can make a difference.

Find out more about sepsis and how to protect yourself and your loved ones:

https://www.nhs.uk/conditions/sepsis/

looking after your mental health at university



Chipampe
PCN 1W Care Coordinator



Dami
PCN 1W Care Coordinator

09:30

Wellbeing at Uni Chit Chat
Chipampe, Dami

Chipampe: What was your experience of university like overall, and what did you find most challenging?

Dami: Overall, I really enjoyed my university experience. I had attended boarding school before university, so I was already used to having a fair and healthy lifestyle. I was also away from home. However, university was different because I had to take full responsibility for myself and keep myself accountable, particularly when it came to maintaining my mental health. I was feeling very worried. I think that was one of the more challenging aspects for me.

Chipampe: How did you look after your mental health and wellbeing while you were at university? Were there any things that helped you?

Dami: Being involved in a club or regularly went to the gym, and made sure I spent time with my friends. Having a good balance outside of my studies helped me manage stress and gave me opportunities to switch off from university work.

Chipampe: Was there anything you wish you had known about looking after your mental health before starting university?

Dami: I wish I had known more about how to manage my mental health during particularly busy periods, especially around exams. I think understanding how to recognize, when things were becoming overwhelming and having strategies in place to deal with difficult periods would have helped me.

Chipampe: Looking back, is there anything you wish you had done differently to support your mental health or wellbeing during universitiy?

Dami: Looking back, I wish I had learnt to seek help earlier when I was going through difficult periods. Sometimes I felt that I should be able to deal with things myself, but I now understand that asking for support is a strength and can make things much easier.

Chipampe: What is one piece of advice you would give to a student starting university now about looking after their mental health?

Dami: My main piece of advice would be don't afraid to ask for help. Speak to the people around you, whether that is your friends, family, or even a stranger. It's a great way of embarrassing about telling people when you are struggling. Everyone goes through difficult periods, and you don't hate to deal with them on your own.

Looking after your mental health at university

University is exciting, full of new experiences and opportunities, but it can also be overwhelming at times. Looking after your mental health is just as important as looking after your physical health. You don't need to wait until you're struggling to start taking care of your wellbeing. Small steps now can make a big difference.

SAMARITANS [24/7]
Call: 116 123

SHOUT [24/7]
Text "SHOUT" to 85258

PAPYRUS [24/7]
Call: 0800 068 4141
Text: 88247

1 Build a routine that works for you

A routine can bring structure and reduce stress.

- Plan time for sleep (7-9 hours), meals, lectures and study.
- Include breaks and other activities.
- Be flexible—do what
- Be flexible—do what

2 Make time for yourself

You can't pour from an empty cup.

- Rest and recharge.
- Do things that make you feel good. Whether it's reading, music, gaming, art, a walk, make time for it time for it.

3 Stay connected

You don't have to do yourself alone.

- Keep in touch with friends and family.
- Join societies or groups that share your interests.

Talk to people—

- it helps.

4 Look after your physical health

Body and mind are connected.

Get enough sleep.
Stay hydrated.

- Eat regular, nutritious meals.

Move your body—

- even a short walk counts!

YOU MATTER

TAKE CARE

ASK FOR HELP

5 Be kind to yourself

- You are doing your best.
- It's okay to have off days.
- Don't compare your journey to others.

You are enough.

6 Recognise when you need support

- It's okay to ask for help.
- If you're feeling low, anxious or not yourself for a while, speak up.
- Early support can prevent small worries becoming bigger problems.

7 If things feel overwhelming

- Take one step at a time.
- Break tasks into small steps.
- Focus on what you can control
- Reach out—you don't have to face it alone.

Breathe. Reset. Keep going.

8 Your mental health matters

- There is support available and it's okay to ask for it.
- Looking after your wellbeing helps you enjoy your time at university.

Search your university website or speak to your tutor for:

- Student wellbeing
- Mental health support
- Counselling service
- Student advice and support
- Wellbeing team
- Mental health adviser
- Disability and support services
- Student support
- Nightline
- Out-of-hours support

student minds

Student Minds is designed specifically for students and offers information, advice and support around mental health and wellbeing. It can be particularly useful if you're not sure what kind of support you need or simply want to explore some resources independently.

Your GP can help if you're experiencing ongoing difficulties with your mental health and can discuss treatment and support options with you. In England, you can also self-refer to NHS Talking Therapies for problems such as anxiety and depression without needing to see your GP first.

WORLD PHARMACIST DAY

25th September 2026



MEET NEEMA



MEET DOLLY

World Pharmacist Day is an opportunity to recognise and celebrate the vital role pharmacists play in supporting healthier communities and improving patient care.

To mark this year's World Pharmacist Day, we spoke to two of our PCN 1W pharmacists, Neema and Dolly, to hear more about their roles, what they enjoy most about their work, and some of the highlights of being a pharmacist.

PCN 1W
What inspired you to become a pharmacist?

Neema
Wanting to be the most approachable expert in medicine on the healthcare frontline and helping change peoples lives.

PCN 1W
What is your favourite part of being a pharmacist?

Neema
Sometimes we see people when they are less well and then we see them later having supported them on their journey and they feel better - it feels rewarding knowing that you have helped them

PCN 1W
If you could give patients one piece of advice about their medicines or health, what would it be?

Neema
Eat healthy and exercise daily to keep you body and mind active to lead a healthy life

PCN 1W
What inspired you to become a pharmacist?

Dolly
I really enjoyed Science in school and I wanted to be involved in healthcare.

PCN 1W
What is your favourite part of being a pharmacist?

Dolly
I like to help patients get the best out of their medicines. I believe I am constantly making a difference to people's lives and enjoy seeing the direct benefits that I make to patients' long-term conditions such as helping control their Asthma and blood pressure better as well as bringing down their sugar and cholesterol levels.

PCN 1W
If you could give patients one piece of advice about their medicines or health, what would it be?

Dolly
It's important to take responsibility for your own health, taking time to exercise and eat healthy foods. This will help you live longer.

Meet our New GP



Dr Rajdeep Rajan Singh Bhogal

General Practitioner - Everglade and Watling

MD (Debrecen 2019), MRCGP

ABOUT DR BHOGAL

Dr Bhogal qualified as a Doctor in 2019 from the University of Debrecen Faculty of General Medicine.

He has broad clinical experience across primary care and hospital specialties including Geriatric Medicine, Dermatology, Rheumatology, ENT, Psychiatry, Palliative Care, Endocrinology and Diabetes, Paediatrics, and Acute Medicine.

He completed his General Practice training through the Stevenage Vocational Training Scheme.

He enjoys the variety of General Practice and values the opportunity to build long-term relationships with patients and their families.

He takes a holistic approach to patient care, considering immediate concerns as well as wider health and wellbeing.

> **"Caring for you, as a whole person"**

OUTSIDE MEDICINE

Outside of medicine, Dr Bhogal enjoys sport, spending quality time with his family, and has a deep passion for music.

He plays the Saranghi, a traditional bowed string instrument from India, whose name at often translated as "100 colours" in reference to its expressive range and versatility.



BOOST

www.boostbarnet.org

CENTER OF EXCELLENCE CIC®

DIGITAL SKILLS WORKSHOPS

make it click



Center of Excellence
4/5 The Concourse
Grahame Park
NW9 5XB

New Digital Skills Workshops
Starting Monday
14th September

Every Monday
10:00am – 12:00pm

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

Visit our workshop or contact PIL for more Infomation:

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

centerofexcellence.org | 020 3489 5167 | info@centerofexcellence.org.uk

BARNET LONDON BOROUGH

pil

Fun, friendly and free **Digital Skills Workshops**





Five Bells Computer Club

internet guidance & a cuppa

Every Thursday
10.00–12.30

STEPHENS HOUSE AND GARDENS
17 East End Road,
Finchley, London N3 3QE

Workshop dates overleaf
Fully accessible.
See our website for further information

COMMUNITY FUND



Website: https://five-bells-computer-club.mailchimpsites.com
Email: FiveBells.ComputerClub@gmail.com

Digital Workshops
Every Thursday 10.00–12.30

Stephens House, N3 3QE

Our classroom style workshops are suitable for people who want to improve their digital skills. Most workshops are suitable for smartphones and tablets, though some are for laptops.

All workshops will be free, but booking a place is essential.

The workshops will take place at the **Stephens House and Gardens, 17 East End Road, Finchley, London N3 3QE** which is fully accessible, with refreshments and toilets on site, free parking and bus-stops nearby.

Doors will open at 9.45 for a 10.00 start.
Coffee break around 11.00.
Finish around 12.30

Five Bells Computer Club

internet guidance & a cuppa

1. **17th September** - Maps/Getting Around/TFL Go/Uber.
2. **24th September** - Files/Folders - saving, organising, downloads.
3. **1st October** - Internet Banking and Shopping safely online.
4. **8th October** - Email Management & Tips (demo will use Gmail).
5. **15th October** - Using AI - explore Gemini, Perplexity, ChatGPT.
6. **22nd October** - Library Apps - MediciTV and Freegal.
7. **29th October** - NHS online - ordering prescriptions, appointments.
8. **5th November** - Scams awareness - staying safe online.
9. **12th November** - Taking and Editing photos & videos.
10. **19th November** - Cloud storage for photos and file backup.
11. **26th November** - iPad and Tablet Art - hands-on tablet art creation.
12. **3rd December** - Intro to selling (and buying) online. An overview of various platforms including eBay.

COMMUNITY FUND

For more details see our website:
https://five-bells-computer-club.mailchimpsites.com
To book tickets go to: **https://buytickets.at/fivebellscomputerclub**

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

020 8150 0967
enablingconnections@ageukbarnet.org.uk

WE'RE MOVING!

A NEW HOME. A STRONGER COMMUNITY.

Colindale Foodbank is moving to a new location so we can continue supporting our community and helping even more local people.

OUR NEW ADDRESS

TRINITY HUB
COLINDALE FOODBANK
7A THE CONCOURSE
NW9 5XB

CLOSED

WE WILL BE CLOSED
THE WEEK COMMENCING
MONDAY 3 AUGUST 2026

WE WILL RE-OPEN ON
MONDAY 10 AUGUST 2026
AT OUR NEW LOCATION

THANK YOU FOR YOUR CONTINUED SUPPORT!

Colindale foodbank
Supporting our community

LOCAL PEOPLE ♥ STRONGER COMMUNITY ♥ BRIGHTER FUTURES

Barnet Children's Centre Autumn Term

PLAY, LEARN, GROW TOGETHER THIS AUTUMN

AUTUMN TERM
1.09.26 - 18.12.26

OCTOBER HALF TERM
26.10.26 - 30.10.26

HIGHLIGHTS THIS TERM

- Fun & friendly sessions for babies, children & families
- Support for your family wellbeing
- Learn, connect and build confidence
- Stories, songs and learning through play
- Special events and seasonal fun!

A RANGE OF SESSIONS FOR THE WHOLE FAMILY

Stay and Play | Baby Group | Developmental Baby Massage | Special Events | Health Promotion Workshops | Adult Learning | ESOL | Storytime

SESSIONS TAKE PLACE AT THREE CONVENIENT VENUES

FAIRWAY CHILDREN'S CENTRE
Dak Lane,
London NW9 00U

SILKSTREAM CHILDREN'S CENTRE
The Silkstream Centre,
Colonist Road,
London NW9 55D

WINGFIELD & STONEGROVE CHILDREN'S CENTRE
288 Stonegrove,
Edgeware HAB
8NE

Some activities are BOOKING REQUIRED (see full schedule)

Some sessions run on SPECIFIC DATES ONLY (check details)

Timetable are subject to change (visit website for updates)

CLICK HERE TO VIEW THE FULL SCHEDULE AND FURTHER DETAILS

Booking required where noted

PRACTICE UPDATES

NHS

PCN 1W Member Practices - Click for More information

DEANS LANE



Patient Participation Group (PPG) Meeting

Next meeting on
1 September at 6:00pm
at Deans Lane Medical Centre, 156 Deans Lane.

Open to all Deans Lane patients

EVERGLADE



New GP joining the practice

We are pleased to welcome a new GP to Everglade Medical Practice and Wating Medical Centre.

Find out more on our - Meet Our New GP Page

PARKVIEW



New AI Assistant coming soon

Parkview Medical Centre
will soon trial an AI Assistant
to help patients access the practice by telephone.

Further information will follow on the practice website and text messages.

WATLING



New AI Assistant

- As of Thursday, 27th Aug in order to improve our telephone access, patient will have opportunity to use AI assistant when calling the surgery. It will follow the same call handling process as our reception team and every call will still be reviewed by our practice team. It can also answer calls in number of different languages. For those using eConsultations, please continue doing so. If you need to call the surgery, please try using AI Assistant. If you prefer to speak to a person at any point, just say so and your call will be transferred.
- Smoking Cessation Course (1 day a week for 6 weeks from 8th September) – Patients will be contacted via text message on how to book

Flu Vaccination Clinics

PCN 1W



Flu vaccinations will be available from September for:

- Pregnant women
- Children aged 2 and 3
- Children aged 6 months to 18 years

From 1 October

All other eligible groups will be able to receive their flu vaccination from 1 October.

Clinic dates

All PCN 1W surgeries are running clinics on 3 and 10 October, 9am–1pm.

Deans Lane

- **3 October, 9am–1pm**
- **14 October, 6:30pm–8pm**
- *Deans Lane is not running a clinic on 10 October.*

Watling Stanmore

Sunday 4 and 11 October

How to

Eligible patients will receive a text message.
If you are in one of the eligible groups, you can also call your surgery to book an appointment or book at reception.

Please contact your surgery to book.

North London Mental Health Partnership

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

Bereavement Group
atthe EvergladeMedical 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
- A warm, supportive and confidential 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

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

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.

Visit QR Code to Self-Refer

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

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).

shaw trust

Supporting You with Work and Your Health



Free employment support through PCN 1W

Through **PCN 1W**, Shaw Trust helps local patients who need support to find work, return to work, or stay in work when health or other challenges are making this difficult.

Shaw Trust provides free, personalised employment support through **WorkWell North West London** and **Connect to Work.**

How can Shaw Trust help?

- Free personalised support to find or stay in meaningful employment.
- A tailored plan with a work and health coach.
- Advice from occupational health, mental health and employment specialists.
- Support and guidance for employers.
- Connection to local services and support networks.
- Practical steps to make finding or remaining in work easier.

Work can be good for your health and wellbeing.

Meaningful work can boost confidence, improve mood and help you feel part of your community.

Shaw Trust can help you work towards employment goals that are right for you.



Shaw Trust Employment Specialist at Everglade

A Connect to Work Employment Specialist is based at Everglade Medical Practice.

Yolanda is available every Tuesday afternoon from 1:30pm.
Yolanda is currently on leave and expected to return in the first week of September [TBC].

If you think you could benefit from employment support,

speak to your GP practice team

about how you can be connected with Shaw Trust.

Cherry Lodge Cancer Care

INFORMATION AND SUPPORT CENTRE

Registered charity number 1011624

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

NHS | Barnet Talking Therapies

MINDFULNESS-BASED CBT GROUP

Practical skills for managing stress, anxiety and everyday challenges

- Reduce stress and worry
- Improve focus and concentration
- Improve emotional regulation
- Build resilience
- Feel calmer in daily life



GROUP DETAILS

Starts	**29 September 2026**
Time	Tuesdays • 4:30–6:30 pm
Venue	Everglade GP Practice
Duration	8 weekly sessions
Delivered by	Barnet Talking Therapies

SELF-REFER HERE

Scan to self-refer

Is this group for you?

This course teaches practical mindfulness and CBT skills that can help you respond differently to difficult thoughts and emotions.
Between sessions you'll have opportunities to practise techniques that you can use in everyday life.

BOOK AN ASSESSMENT

Call us on: **020 8702 5309**

Email us at: **nlft.barnettalkingtherapies@nhs.net**

Visit our website: **www.barnetandenfieldtalkingtherapies.nhs.uk**

Helping you improve your wellbeing with free NHS psychological therapies.

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.

UK Government

NHS

Is your child preparing for school?

5 steps for toilet training





Step Three

Help your child use the toilet regularly.

Visit **Best Start in Life** for advice and support

BEST START IN LIFE