PCN 1W
PATIENT NEWSLETTER

MAY

PCN 1W

KIDS EAT FREE

MAY HALF TERM 2026

Great places where kids can eat free (or for £1)!

ANGUS STEAKHOUSE
Kids 8 & under eat FREE with any full-paying adult meal. Every day 12pm – 5pm. Includes activity sheet & crayons.

ASDA CAFES
Kids eat for £1 all day, every day – all year round (no adult spend required). Includes a free piece of fruit. FREE Ella's baby food pouches for children under 18 months with any purchase.

ASK ITALIAN
Kids eat for £1 this Easter holidays (27 March – 19 April). Only via ASK Perks rewards app. Up to 2 kids eat for £1 with every adult main meal.

BELLA ITALIA
Kids eat FREE Sunday to Thursday! 1 free kids' meal (starter, main, dessert & drink) per full-paying adult main. For children aged 2–11.

BEEFEATER
Two children up to 16 get FREE breakfast with one paying adult!

BREWERS FAYRE
Two children up to 16 get FREE breakfast with one paying adult!

CAFE ROUGE
Kids eat FREE from 12–4pm every day of the week with every adult main meal.

DOBBIES GARDEN CENTRES
For every adult breakfast or lunch purchased, kids eat for £1. Every day.

FRANCO MANCA
Mon to Thurs, kids under 12 get a FREE kids pizza up until 6pm with every full-priced adult main meal (in selected pizzerias).

FUTURE INNS
Under 5's always eat FREE with any adult meal.

GORDON RAMSAY RESTAURANTS
Kids under 10 eat FREE all day, every day at selected restaurants. 1 free main course per child with every adult ordering 2 courses from the à la carte menu.

IKEA
Kids Pasta with Tomato Sauce for 95p. Includes a drink and a piece of fruit.

LAS IGUANAS
Join 'My Las Iguanas' via the app – 1 Niño (12 & under) gets a free main, 2 sides & dessert with every adult main (or 3 tapas dishes) purchased. 1 per table.

MARCO PIERRE WHITE
Kids dine FREE throughout the school holidays (excluding Saturdays after 6pm). For 1 adult per child under 12. Includes starter & main or main & dessert with every adult main from the à la carte menu.

MORRISONS CAFES
Kids eat FREE all day, every day. Get 1 free kids meal with every adult main meal over £5.

PAUSA CAFÉS AT DUNELM
For every £4 spent by an adult in the café, kids get 1 free mini main, 2 yummy snacks & a drink – across all menu items. All day, every day.

PIZZA HUT
Kids eat FREE all day, every day with the kids buffet when you spend £9.99 on other food. Use code KEF (KEF2 to upgrade to bottomless drinks & dessert for £2).

PREMIER INN
13 Feb – 1 March at selected restaurants. Up to 2 kids eat FREE per paying adult at breakfast, lunch or dinner. Open to all.

PRETO
Kids eat FREE all day on weekends and from 4pm on weekdays with paying adults. For children up to 10. Download a 'Kids Eat Free' voucher online & show server.

PUREZZA
Children under 10 eat FREE pizza with every adult meal. All day, every day.

SA BRAINS PUBS
Every Wednesday, all day – kids main meal from 'Little Dragons' menu for £1 with every full price adult main meal.

SIZZLING PUBS
Mon – Fri, 3pm – 7pm: kids eat for £1 with every adult main meal in England, Scotland & Wales.

TABLE TABLE
Two children under 16 get a FREE breakfast every day with one paying adult!

THE REAL GREEK
Kids under 12 eat FREE every Sunday with every £15 spent by an adult.

TRAVELODGE
Enjoy all-you-can-eat Breakfast for £9.75 and up to two kids under 15 eat for £1.

WHITBREAD INNS
Buy one great value £9.50 breakfast and two kids under 16 eat breakfast FREE.

YO!SUSHI
Kids eat FREE all day (Mon – Fri) during all school holidays with a full-paying adult (min £10 spend).

ENJOY TOGETHER!

Good food, Happy kids, Great memories!

SUPPORT LOCAL EAT WELL & ENJOY MAY HALF TERM!

NATIONAL
WALKING MONTH

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 WORLD HAND HYGIENE DAY	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 ACTION FOR WOMEN'S HEALTH DAY	29	30
31						

DEAF AWARENESS WEEK

ME AWARENESS WEEK

MENTAL HEALTH AWARENESS WEEK

BREAST CANCER PREVENTION WEEK

shaw trust

15 MAY

12PM - 2PM

EMPLOYMENT WORKSHOP

OVERCOMING BARRIERS

- Understanding Benefit Changes When Entering Employment and Considering Health Conditions.
- Understanding reasons adjustments - what they are and how they can help you in the workplace



HEAR FROM SPECIALISED EMPLOYMENT SERVICES INCLUDING

Specialist MSK teams
Vocational Rehab Teams
from the Royal Free
DWP

EVERGLADE MEDICAL PRACTICE, THE CONCOURSE, NW9 5XT

shaw trust

PCN 1W

UPCOMING EMPLOYMENT WORKSHOPS

15 MAY 12PM - 2PM

OVERCOMING BARRIERS

Understanding Benefit Changes When Entering Employment and Considering Health Conditions.

29 MAY 12PM - 2PM

VOLUNTEERING AND CV BUILDING (

In depth CV Build Support and How Volunteering Can Improve a CV.

12 JUNE 12PM - 2PM

JOB APPLICATIONS

Support with Job Applications.

26 JUNE 12PM - 2PM

EMPLOYER AND APPRENTICESHIP INTRODUCTIONS

Opportunity to Meet Organisations Offering Employment and Apprenticeships.

EVERGLADE MEDICAL PRACTICE, THE CONCOURSE, NW9 5XT

Understanding hearing loss and improving communication

Deaf Awareness Week highlights the experiences of people living with hearing loss and promotes better communication for everyone.

Hearing loss is common in the UK and can affect people of all ages. It may develop gradually, making it easy to overlook. Signs include:

- Difficulty following conversations, especially in noisy places
- Frequently asking people to repeat themselves
- Turning up the TV volume louder than others prefer

How you can help

- Face the person when speaking
- Speak clearly (not louder)
- Reduce background noise where possible
- Be patient and allow extra time

If you're concerned about your hearing, contact your GP or request a hearing test.

Support & resources

- British Deaf Association – information on Deaf culture and rights
- RNID – free hearing checks and support
- NHS: Hearing tests and audiology services

Deaf Awareness Week aims to break down communication barriers and improve inclusion across society



World Hand Hygiene Day - 5th May



Good hand hygiene is one of the simplest and most effective ways to prevent the spread of infections.

You should wash your hands:

- Before eating or preparing food
- After using the toilet
- After coughing, sneezing, or blowing your nose
- After contact with animals or waste

Why it matters

Hand hygiene reduces the spread of viruses, including flu and stomach bugs, protecting both you and vulnerable people around you.

BARNET MAY BANK HOLIDAY PHARMACY OPENING HOURS

PHARMACY NAME	Fairveiw Pharmacy	Greenfield Pharmacy	Bishops Pharmacy	Jade Pharmacy
ADDRESS	Finchley Memorial Hospital, Granville Road, London	16 Greenhill Parade, New Barnet	7 Lyttelton Road, London	5-6 Silkstream Parade, Watling Avenue, Burnt Oak, Edgware
POSTCODE	N12 0JE	EN5 1ES	N2 0DW	HA8 0EJ
TELEPHONE	020 8346 0707	020 8449 0708	020 8455 1353	020 8959 2376
EARLY MAY BANK HOLIDAY 4th MAY 2026	10:00-16:00	10:00-14:00	12:00-16:00	10:00-14:00
SPRING BANK HOLIDAY 25th MAY 2026	10:00-16:00	10:00-14:00	12:00-16:00	10:00-14:00



MENTAL HEALTH AWARENESS WEEK

Looking after your mental wellbeing

Mental Health Awareness Week encourages us to talk openly about mental health and take steps to improve wellbeing.

Mental health affects how we think, feel and cope with everyday life. Anyone can be affected, and support is available.

Simple ways to support your mental health

- **Stay connected with friends and family**
- **Get active—even a short walk helps**
- **Maintain a regular sleep routine**
- **Take time to relax and unwind**

If you're struggling, speaking to someone can make a real difference.

When to seek help

Contact your GP if you experience:

- Persistent low mood or anxiety
- Difficulty sleeping
- Loss of interest in daily activities

Support & resources

- Mental Health Foundation – leads this awareness week
- Mind – advice and local services
- NHS Talking Therapies (self-referral available in many areas)

Mental Health Awareness Week aims to improve understanding and reduce stigma around mental health



Please note that all Barnet PCN 1W GP surgeries will be closed during the May Bank Holiday. If you need urgent medical help while we are closed, please contact NHS 111 online or by phone for advice and support. In a life-threatening emergency, always call 999 or attend your nearest Accident & Emergency department. We wish all our patients a safe and enjoyable bank holiday weekend.

PCN 1W
NHS BARNET

Have you tried:

eConsult?

A New, Easier Way to Contact Your GP Practice



Get Medical Advice

For new symptoms, flare ups and other health concerns.



Request sick or fit notes

If you're off work, school, or need a doctors note.



Request medication advice

Questions about your prescriptions, side effects or medicine changes.



Ask for test results or letters

Need a summary letter, referral update, or test result? Just ask.



Follow up on a previous issue

Not feeling better or need to update us after a consultation?



Get help with admin or forms

From DVLA letters to insurance forms, we can help.

Visit your practice website for more information.
Submit your request during practice hours – we'll get back to you by the next working day.

Understanding ME (Chroninc Fatigue Syndrome)

Myalgic Encephalomyelitis (ME), also known as Chronic Fatigue Syndrome (CFS), is a long-term condition that can significantly impact daily life.

Common symptoms include:

- Severe fatigue that doesn't improve with rest
- "Brain fog" (difficulty concentrating)
- Sleep problems
- Muscle or joint pain

Symptoms can fluctuate and may worsen after activity (known as "post-exertional malaise").

Managing ME

- Pace your activities—balance rest and activity
- Prioritise tasks and avoid overexertion
- Seek support from your GP

Support & resources

- Action for ME – information and support services
- ME Association – helplines and guidance
- NHS: ME/CFS information and management



Breast Cancer Prevention Week (18th-24th May)



Know your body. Check regularly.

Breast Cancer Prevention Week focuses on reducing risk and encouraging early detection.

Breast cancer is one of the most common cancers in the UK, but early detection greatly improves outcomes.

Symptoms to watch for

- **New lump or thickening**
- **Changes in breast size or shape**
- **Skin dimpling or redness**
- **Nipple changes or discharge**

If you notice any changes, contact your GP promptly.

Support & resources

- **CoppaFeel! – promotes early detection in young people**
- **Breast Cancer Now – support and information**
- **NHS Breast Screening Programme**

Order repeat prescriptions in the NHS App



choose where your prescriptions are sent

request prescriptions at a time that suits you

need help? Visit **nhs.uk/nhs-app**

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

NHS App

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Download on the App Store

GET IT ON Google Play

PHARMACY FIRST

NHS

YOUR PHARMACIST IS THERE TO HELP

You don't need to wait for a doctor's appointment.

Quick, friendly advice and treatment:


BLOCKED NOSE


SORE THROAT


EAR ACHE


FEVER


COUGH OR COLD


TEETHING PAIN

Other conditions include:

- Athletes foot
- Thrush
- Threadworms
- Sprains or strains
- Hay fever

Advice from your pharmacist is always free

Use your PHARMACY FIRST

COLINDALE COMMUNITIES TRUST

FREE ACTIVITIES & COURSES - SPRING/SUMMER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
INDEPENDENT LIVING 10AM - 12.30PM KEEP FIT, TALKS, SOCIAL ACTIVITIES *(FEE APPLIES)* (DROP IN - CC)	**TASTE THE WORLD** 10AM - 12.30PM COOKING SESSIONS *(28 MAY, 16 JUNE, 14 JULY)* (ENROL - CC)	**ART CLASS** 10.30AM - 1.00PM LINO PRINTING *(STARTS 3rd JUNE)* (ENROL - CC)	**COFFEE MORNING** 10AM - 12PM TEA/COFFEE/ GAMES & CHAT (DROP IN - OL)	**WALKING GROUP** 10AM - 11AM WALK AROUND LOCAL AREA *(STARTS 8th MAY)* (DROP IN - OL)
DANCE 1PM - 3PM HEALTHY DANCE *(STARTS 13th APR)* (ENROL - CC)	**HERITAGE COOKING** 10AM - 12.30PM COOKING SESSIONS *(23 & 30 JUNE, 7 & 21 JULY)* (ENROL - CC)	**HERITAGE ART SESSIONS** 10 JUNE 13:30 - 14:30 17 JUNE 13:30 - 14:30 8 JULY 11:00 - 12:00 15 JULY 11:00 - 12:00 22 JULY 11:00 - 12:00 (ENROL - CC)	**PAPERCRAFT** 12.30PM - 2PM WORKSHOP *(4, 11 & 18 JUNE* (ENROL - CC)	**HERITAGE JEWELLERY MAKING** 11.30AM - 1PM 5 WEEK COURSE *(STARTS 19th JUNE)* (ENROL - CC)
	HEALTH AND WELLBEING 2PM - 4PM GUEST SPEAKERS, ACTIVITIES & BINGO (DROP IN - CC)	**FEMALE FITNESS** 6.30PM - 7.30PM BOXERCISE (DROP IN - CC)	**HERITAGE CREATIVE WRITING & DRAMA** 5.30PM - 7.30PM 5 WEEK COURSE *(STARTS 18th JUNE)* (ENROL - CC)	**FUSE YOUTH CLUB** 4PM -9.30PM CHILDREN 8 - 16 YEARS (ENROL - OL)
	YOGA 6PM - 7PM BEGINNERS (DROP IN - OL)		**FEMALE FITNESS** 6.30PM - 7.30PM ALL ABILITIES (DROP IN - OL)	

EMOTIONAL WELLBEING EVENT
WED 24th JUNE
10AM - 3PM
(DROP IN - OL)

URBAN GAMEZ
FRIDAY 28th AUG
FROM 12PM
GRAHAME PARK OPEN SPACE/ HEYBOURNE PARK

LOVED & WANTED & MADE IN GRAHAME PARK
THU 10th SEP
3PM - 7PM

To enrol or for more information email: CCT@colindalecct.org or 020 8200 3014
All courses are held at either The Old Library (OL) or Community Centre (CC), Grahame Park, NW9 5XA

NEW SERVICES NOW AVAILABLE FOR RESIDENTS IN GRAHAME PARK & SURROUNDING AREA

DEBT COUNSELLING - confidential support and practical guidance to help you understand, manage, and reduce debt.

CASE WORKERS – Not sure where to start? Start with us – our Caseworkers are friendly, provide local support on your doorstep and will help you, whatever you're facing.

Small steps can make a big difference by setting goals at your pace - support with finances, health, housing and confidence.

Call **0208 200 3014**, email **CCT@colindalecct.org** or pop into the Old Library to check eligibility and to make an appointment.

THE COLINDALE COMMUNITIES TRUST ARE SUPPORTED AND FUNDED BY:

North Central London Health and Care Integrated Care System

BARNET LONDON BOROUGH

L&G

COMMUNITY FUND

JOHN LYON'S CHARITY

Heritage Fund

Notting Hill Genesis

MAKE IT HAPPEN

YOU ARE LOVED & WANTED Here

THE HENDONIAN CHARITABLE TRUST
Community Investment • Supporting Local Impact