PCN 1W *Patient* Newsletter

June 2026

Your health. Your community.
Together we thrive.











Useful Information | Local News | Health & Wellbeing | What's On in June

shaw trust

12TH JUNE

12PM - 2PM

WHERE CARE COMES FIRST

PCN 1W

Notting Hill Genesis

MAKE IT HAPPEN

Department for Work & Pensions

JOB APPLICATIONS WORKSHOP

SUPPORT WITH JOB APPLICATIONS & COVER LETTERS



GET SUPPORT WITH:

- Completing job applications
- Writing strong cover letters
- Tips to make you stand out

Open to all – no booking required!

EVERGLADE MEDICAL PRACTICE, THE CONCOURSE, NW9 5XT

PCN 1W
NHS BARNET

JUNE 2026

What's on this month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
VOLUNTEERS' WEEK 1st – 7th June						
8	9	10	11	12	13	14
CARERS WEEK 8th – 14th June **MEN'S HEALTH WEEK** 8th – 14th June **DIABETES AWARENESS WEEK** 8th – 14th June **BIKE WEEK** 9th – 15th June				**JOB APPLICATIONS WORKSHOP** 12 – 2pm Support with Job Applications & Cover Letters		**WORLD BLOOD DONOR DAY** 14th June
15	16	17	18	19	20	21
LEARNING DISABILITY WEEK 15th – 21st June **REFUGEE WEEK** 15th – 21st June **LONELINESS AWARENESS WEEK** 15th – 21st June			**NATIONAL CLEAN AIR DAY** 18th June		**REFUGEE DAY** 20th June	
22	23	24	25	26	27	28
UK WINDRUSH DAY 22nd June		**MENTAL HEALTH WELLBEING AWARENESS** 10am – 4pm Everglade Medical Practice				
29	30					

A MONTH OF AWARENESS, COMMUNITY & WELLBEING

These important events highlight key health, wellbeing and community issues.
Get involved, stay informed and support each other.

Together, we can make a difference.

LOOK AFTER YOURSELF. LOOK OUT FOR OTHERS.
Small actions can have a big impact.

For more information on any of these events, visit your local GP practice or trusted websites.

MEN'S HEALTH WEEK 2026

8–12TH JUNE



Led by the Men's Health Forum

Raising awareness of preventable health issues and encouraging men and boys to seek professional advice for health-related problems.

MEN OFTEN PUT THEIR HEALTH LAST.

Regular check-ups and early conversations can help prevent serious health problems.

TALK TO US ABOUT:

- Heart health
- Mental wellbeing
- Cancer awareness
- Healthy lifestyle
- Blood pressure
- Prostate health

WHY IT MATTERS

Men are less likely to visit the GP but more likely to suffer serious health problems.

Many health conditions can be treated more successfully when caught early.

Looking after your health helps you live longer, stay stronger and be there for the people who matter most.

WE'RE HERE TO HELP

Don't wait for a problem to get worse. If something doesn't feel right, speak to your GP practice.

YOUR HEALTH. YOUR FUTURE. LET'S TALK.

For more information, visit: menshealthforum.org.uk

MEN'S HEALTH FORUM

Notting Hill Genesis

MAKE IT HAPPEN

PCN 1W
NHS BARNET

WORLD WELLBEING WEEK

Mental Health Event

A day dedicated to promoting mental health awareness, emotional wellbeing and access to local support services within our community.

WEDNESDAY 24TH JUNE 2026

10AM – 4PM

Everglade Medical Practice,
The Concourse,
Grahame Park,
NW9 5XT



Join us for a day of information, practical wellbeing strategies and direct engagement with local mental health and wellbeing organisations.

WHAT TO EXPECT

- Information on local support services
- Practical wellbeing strategies
- Self-care and resilience tips
- Advice and early support signposting
- Community engagement and connection

CONFIRMED SERVICES / ORGANISATIONS ATTENDING

- Barnet Talking Therapies
- Zen Project
- Meridian Wellbeing Hub
- Andy Man
- Farsophone

Let's make wellbeing happen – together

PATIENT PARTICIPATION GROUP MEETING

Your voice. Your practice. Your community.



WHEN

Tuesday, 2nd June
6.30 – 8pm

WHERE

Watling Medical Centre
108 Watling Avenue
HA8 0NR

WHO

Patients, carers and local people are all welcome.

THE MEETING WILL HAVE TWO PARTS:

1. **PPG ANNUAL GENERAL MEETING**
   WMC PPG committee election, a review of the year and plans for the future.

2. **PATIENTS OPEN MEETING**
   Your opportunity to share your views and help shape the services we provide.

Together we can shape better healthcare.

Have your say | Improve our services | Stronger together

We look forward to seeing you there!

CARERS WEEK 2026

8–14 JUNE 2026

Looking after your mental and physical health as a carer

Raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities.



Please make your practice aware if you're a carer as you are entitled to additional services

Being a carer is a vital role. Your health matters too.

CARERS LOOK AFTER OTHERS.

Remember to look after yourself too.

Caring can be rewarding, but it can also be tiring – both physically and emotionally. Taking time for your own health and wellbeing is not selfish, it's essential.

CARING CAN AFFECT:

- Your physical health
- Your mental wellbeing
- Your relationships
- Your ability to cope
- Your sleep
- Your time
- Your finances

TOP TIPS TO LOOK AFTER YOU

LOOK AFTER YOUR HEALTH
Eat well, get regular exercise, keep up with check-ups and vaccinations.

LOOK AFTER YOUR MENTAL WELLBEING
It's okay to feel overwhelmed sometimes. Talk to someone you trust or seek support.

TAKE BREAKS
Even small breaks can help you recharge.

ASK FOR SUPPORT
You don't have to do it all alone. Help is available.

PLAN AHEAD
Planning can reduce stress and give you peace of mind.

WE'RE HERE TO HELP

If you're feeling overwhelmed, struggling with your mental health, or just need someone to talk to, speak to your GP practice.

YOU CAN'T POUR FROM AN EMPTY CUP.

Take care of you, so you can keep caring.

Thank you to all unpaid carers – you make a difference every day.

For more information and support, visit: carersweek.org

DIABETES AWARENESS WEEK

8–14 JUNE 2026



Shout about the things that matter to people with diabetes, shining a light on what it's like to live with day in, day out.

Living with diabetes is different for everyone.

It's 24/7
Every day brings decisions, checks and balancing act.

It's not always visible
You can't always see the effort that goes into staying well.

It can be mentally tiring
Worry, stress and burnout are real and deserve understanding.

Support makes a difference
Being listened to, respected and supported can change lives.

You are more than your diabetes
Dreams, goals, relationships and passions don't stop.

Let's listen. Let's support. Let's shout about what matters.

Together, we can build a world where people with diabetes are understood, supported and empowered.

Ways you can get involved

- Start a conversation
- Share your experiences
- Use #ShoutAboutDiabetes
- Support your friends, family and community

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

Find out more and get involved at
diabetes.org.uk

Here for you, when you need us

Did You Know?

Small steps can make a big difference to your health

Drinking water
Staying hydrated can improve your energy, mood and focus.

Move more
Just 30 minutes of activity a day can boost your wellbeing.

Good sleep
Aim for 7–9 hours a night for better health and focus.

5 a day
Eating more fruit and veg supports your immune system.

Little changes. Better health. Every day.

Pharmacy First

Your local pharmacy can help with common conditions – no GP appointment needed.

Pharmacists can help with:

- Sore throat
- Earache
- Sinusitis
- Infected insect bites
- Shingles
- Urine infections (in women)
- Impetigo
- Cold sores
- Athlete's foot

Safe. Convenient. Expert advice.
Ask your pharmacist for more information.

Where to get help when the practice is closed

We're closed, but help is available. If you need medical help when we're closed, use one of the options below.

NHS 111 online
Visit 111.nhs.uk any time.

Call NHS 111
Available 24/7 on 111.

Visit a walk-in centre
Find your nearest at nhs.uk

Get the right help, right away.

NHS 111

We're here when you need us

CALL 111

Friendly, trained advisors available 24 hours a day, 7 days a week.

Get clinical advice and find the right care for you.

For urgent medical help that isn't life-threatening.

Call 111 or visit 111.nhs.uk

NHS 111. Here to help.

Your health, in your hands

The NHS App makes it quick and easy to manage your health – without needing to come into the GP.



With the NHS App you can:

Book & manage appointments
Find, book or cancel appointments

Order repeat prescriptions
Request your medication anytime, anywhere

View your test results
See your results when they're ready

Contact your GP practice online
Send an admin request securely

Check your medical records
See allergies, medications and more

Get health updates
Receive important messages and notices

Easy. Secure. Convenient.

Download the NHS App today
Better access. Better care. When it suits you.

Download on the App Store

GET IT ON Google Play

TRAVEL VACCINATIONS

Travel well. Stay safe.



If you're planning a trip abroad, make sure you and your family are protected.

Vaccinations can help protect you against serious diseases that are still common in many countries.

Why are travel vaccinations important?

- Some infections are more common in certain parts of the world.
- Vaccines help protect you from diseases such as hepatitis A & B, typhoid, tetanus, meningitis and rabies.
- Protect yourself, your family and those you travel with.
- Some vaccines need to be given weeks before you travel to be effective.

Top tips before you travel

Plan early
Some vaccines need to be given 4–6 weeks before travel.

Check what you need
Visit www.fitfortravel.nhs.uk for country-specific advice.

Don't forget your essentials
Check you have enough of any prescribed medicines you need.

Stay healthy while away
Food and water hygiene, insect repellent and sun protection all play a part.

Book your travel vaccination appointment via reception

at any of our PCN 1W practices.

Our team is here to help you stay safe so you can enjoy your trip with peace of mind.

Safe travels!

Please note: some travel vaccines are not routinely provided on the NHS and a charge may apply. Our team can advise you on this when you book.