WHERE CARE COMES FIRST

PCN 1W

NHS BARNET

PATIENT NEWSLETTER

OCTOBER 2026



EVERGLADE | DEANS LANE | PARKVIEW | WATLING

PATIENT NEWSLETTER • OCTOBER 2026

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Damp and Mould

Pop-Up Event

Practical advice and support for Barnet residents



EVENT DETAILS

Date: Monday, 5 October 2026

Time: 10:00 am – 12:00 pm

Location: Colindale Communities Trust – The Old Library,NW9 5XA

AGENDA

10:00
Welcome and event introduction

10:15
Barnet Council Housing Regulatory Services

11:00
Green Doctors

11:30–12:00
Questions, networking and individual support

MEET THE PARTNER ORGANISATIONS

Belinda
Barnet Council – Housing Regulatory Services

Carolina
Green Doctors

Amirah
Respiratory Physiotherapist (CLCH), information stall

Drop in for practical advice, support and individual questions

For all Barnet residents who are privately renting, Barnet Council tenants, or housing association tenants.

1. **Tenant and landlord responsibilities**
   Understand where responsibilities lie and what you should expect.

2. **How to report dump and mould concerns**
   Step-by-step guidance on reporting issues and getting help.

3. **Services available to support residents**
   Find out about council, health and community support services.

4. **Practical steps to prevent dump and mould**
   Simple, effective actions you can take at home.

5. **The impact dump and mould can have on health**
   Learn how dump and mould can affect your health and wellbeing.

PCN 1W: Practice Announcements

OCTOBER 2026



Everglade Medical Practice

- Please join us in welcoming Dr Uqba Nadeem, who will be working Mondays and Wednesdays.
- The practice also has a new nurse, Bianca Brown, starting in October.



Medical Centre on Deans Lane

- Flu walk-in clinic: Saturday 3 October 2026.
- Flu walk-in clinics: Wednesday 14 October 2026, 09:00–12:30 and 18:00–20:00.
- Physiotherapy services started on 3 September 2026 at the Medical Centre.
- Patient Participation Group: Join our PPG to share your opinions and feedback and support practice development. Please contact us if you are unable to complete the form online.



Parkview

- The practice will be be going live with AI reception in October. Please see page ___ for further information
- Please make the most of the NHS App for convenient access to NHS services.
- Flu clinics: Saturday 3 October and Saturday 10 October 2026.





Watling

No current announcements.

Burnt Oak : 108 Watling Avenue, Burnt Oak, Edgware, Middlesex, HA8 0NR

Stanmore: 42 London Rd, Stanmore HA7 4NU

GET IN TOUCH

Practice	Phone number	Address	Email
Everglade Medical Practice	020 8432 8641	Grahame Park Health Centre, The Concourse, London, NW9 5XT	everglade.reception@nhs.net
Medical Centre on Deans Lane	020 8906 3337	156 Deans Ln, Edgware HA8 9NT	medicalcentre156@nhs.net
Parkview	020 8906 7980	36 Cressingham Road, Edgware, Middlesex, HA8 0RW	nclicb.parkviewsurgery@nhs.net
Watling	020 8906 1711	See Watling Section Above	Parkview

Parkview Surgery is making it easier to reach us



Our AI Reception goes live from 5 October 2026

Every call answered instantly, so you can get the help you need without long waits.

What can the AI Reception do?

Our secure AI Reception answers your call and gathers information about your request, following the same call-handling process as our reception team.

- Appointment requests
- Medical queries
- Prescription enquiries
- Test results
- Fit notes
- Pharmacy First referrals
- Administrative questions

No engaged tone.
No long queue.
Your request reaches our practice team sooner.

You are still in control

Every request is reviewed by practice staff.

If you would prefer to speak to a person, simply say so at any point during the call and you will be transferred to our team.

The AI does not diagnose or make clinical decisions.

Your information is handled securely

The AI does not access your medical records. It only records the information you choose to provide during the call, which is securely added to our clinical system for review by the practice team.

We will continue to follow NHS data protection standards and UK GDPR.

The AI Reception is not an emergency service. For life-threatening emergencies, call **999**. For urgent medical advice, call **111**.

Find out more about the service or share your feedback through the **Parkview Surgery** website.

Click here for more information

Click here to provide feedback

parkviewsurgeryedgeware.co.uk

020 8906 7980

Stoptober: Make October Your Month to Quit Smoking

October is Stoptober – a great opportunity to take the first step towards becoming smoke-free.

28 days smoke-free = around 5 times more likely to quit for good

Smoking is one of the biggest preventable causes of illness in the UK. It increases your risk of heart disease, stroke, lung disease and several types of cancer. The good news is that it is never too late to stop smoking. The NHS says that if you manage to stay smoke-free for 28 days, you are around 5 times more likely to quit for good.

Why quit?

Stopping smoking can:

- Improve your breathing and circulation
- Reduce your risk of heart disease and stroke
- Reduce your risk of cancer
- Improve your sense of taste and smell
- Save you money
- Protect people around you from second-hand smoke



Quit smoking this Stoptober with a free NHS Personal Quit Plan

Want some extra help to get through Stoptober? The NHS Personal Quit Plan can help you get started with personalised support based on your smoking habits. Answer a few simple questions to get practical tips that can help you:

- Prepare for your quit date
- See how much money you could save
- Manage smoking triggers and cravings

CLICK HERE TO CREATE YOUR FREE PERSONAL QUIT PLAN

You can also speak to your GP practice, pharmacist or local stop smoking service for additional support.

This Stoptober, why not make your first day smoke-free the start of a healthier future?

Download the free NHS Quit Smoking App

Download on the App Store

GET IT ON Google Play

The above is only in relation to smoking, if you vape there is a guide below

How to quit vaping: https://www.nhs.uk/better-health/quit-smoking/ready-to-quit-smoking/how-to-quit-vaping/

Looking after your mental health when you quit if you are stressed and anxious about quitting: https://www.nhs.uk/every-mind-matters/

NATIONAL PHARMACY WEEK

18-24 OCTOBER

YOUR LOCAL PHARMACY CAN HELP

Pharmacists do much more than dispense medicines. Your local pharmacy team can offer advice and treatment for many common health concerns, support with medicines and, in some cases, provide clinical services without needing to see your GP first.

YOUR PHARMACIST CAN HELP WITH:

- Coughs, colds and sore throats
- Minor skin problems and hay fever
- Stomach problems and pain
- Questions about medicines and repeat medication
- Some vaccinations and NHS services



THINK PHARMACY FIRST

Speak to your pharmacy team to find out what services are available.

BACK CARE AWARENESS WEEK

LOOK AFTER YOUR BACK

Back pain is extremely common and can affect people of all ages. It can be linked to muscle strain, injury, prolonged sitting, repetitive movements or some medical conditions.

SMALL CHANGES CAN HELP:

- Keep physically active
- Break up long periods of sitting
- Take rest, movement breaks
- Build strength gradually
- Use safe lifting techniques
- Review your desk or workstation setup
- Avoid prolonged bed rest for ordinary back pain

If your back pain is severe, persistent, keeps coming back or is affecting daily life, speak to your GP or another healthcare professional.



YOUR NHS, IN YOUR POCKET

Use the NHS App for a simple, secure way to manage your healthcare from your phone, tablet or computer.

WITH THE NHS APP, YOU MAY BE ABLE TO:

- Order repeat prescriptions
- Check test results and health information
- Book and manage appointments
- Read messages from NHS services
- Use NHS 111 online
- Find nearby NHS services
- Manage services for a child or someone you care for, where access is available



For people aged 13+ who are registered with a GP surgery in England. Available features can vary by GP surgery or care provider.

DOWNLOAD THE OFFICIAL NHS APP TODAY

Download on the App Store

GET IT ON Google Play

ALCOHOL CHANGE UK

Sober October

TAKE A BREAK FROM ALCOHOL

Sober October is an opportunity to take a break from alcohol and think about how drinking fits into your everyday life.

Taking a month away from alcohol can be a chance to:

- Improve your sleep
- Have more energy
- Save money
- Reduce your calorie intake
- Give your liver and body a break
- Reflect on your drinking habits

You don't need to wait until October to make a change. If you drink regularly, consider setting yourself some alcohol-free days each week and keeping track of how much you drink.

Important

If you are concerned about your drinking or find it difficult to stop, speak to a healthcare professional before making a sudden change, particularly if you drink heavily or regularly, as stopping suddenly can be dangerous for some people.

Small changes can be the start of a healthier relationship with alcohol.

TAKE THE SOBER OCTOBER CHALLENGE

Challenge yourself to go alcohol-free for 31 days this October, feel the benefits and make a difference. You can take part in the official Sober October challenge and raise funds to help Alcohol Change UK work to significantly reduce serious alcohol harm in the UK. Together, we can change and save lives.

CLICK TO JOIN THE SOBER OCTOBER CHALLENGE

If you drink regularly, remember that stopping suddenly can be dangerous for some people. If you are concerned about your drinking or think you may be dependent on alcohol, speak to a healthcare professional before making a sudden change.

HPV vaccination

Protecting you from HPV cancers
Everyone should have it in year 8



Scan here

HPV materials

qrco.de/NHS-HPV

Are you up to date on all your immunisations?

qrco.de/YoungPeopleImms

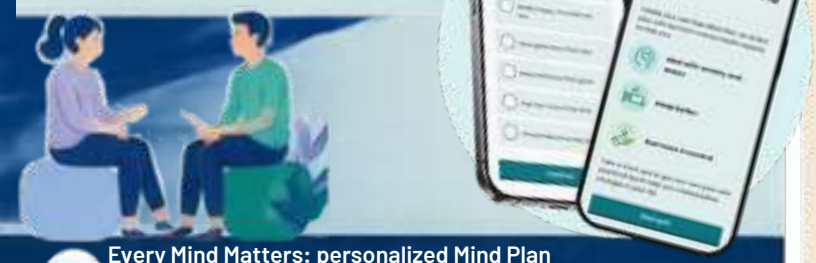
arm against cancer

Produced by The UK Health Security Agency
© Crown copyright 2023. HPVU1POS 100K JUNE 2023 (APS)

World Mental Health Day – 10 October

LOOKING AFTER YOUR MENTAL HEALTH

Talk to someone you trust
Stay connected with friends, family or your community
Get regular sleep
Move your body regularly
Make sure your activities enjoy
Take breaks from social media and screens
Ask for professional support when you need it



Every Mind Matters: personalized Mind Plan

CLICK HERE FOR MORE INFORMATION

If you're struggling, speak to your GP. If you are worried that someone may be in immediate danger, seek urgent help.

INTERNATIONAL ADOLESCENT HEALTH WEEK

12–18 OCTOBER

A week to remind young people that their health matters

Adolescence is the period of enorm physical, emotional, and social development that young people may be dealing with school or college pressures, friendships, relationships, body image, and social norms. It's a time of self-assertive, assertive, and growing independence, sometimes all at once.



CLICK HERE FOR MORE INFORMATION

NATIONAL BURNS AWARENESS DAY

14 OCTOBER

Stay calm, cool the burn and get help when needed

Burns and scalds can happen quickly, particularly in the kitchen or around hot drinks. Chidnes are especially vulnerable because their skin is thinner than an adult's



IF SOMEONE GETS BURNED

Cool the burn under cool running water for 20 minutes

Remove clothing or jeweleries from the injury if it isn't stuck on the person's warm while cooling the burn. Over the burn loosely with cling film or a dash of fluffy dressing, seek medical advice for serious burns

DEVELOPMENTAL LANGUAGE DISORDER DAY

16 OCTOBER 2026

DLD is a common but often hidden disability affecting a person's ability to understand and/or use language. RADLD estimates it affects around 1 in 14 people.

Someone with DLD might find it difficult to:
- Understand instructions
- Find the right words
- Tell a story or explain something
- Understand complex language
- Remember information heard
- Read or write
- Follow conversations

DLD is not caused by a lack of intelligence or poor parenting. Children and adults may need additional support at school, work or in healthcare settings.

If you're concerned about your child's speech or language development, speak to your GP, health visitor, school or speech and language therapy service.

CLICK HERE FOR MORE INFORMATION

WORLD MENOPAUSE DAY

18 OCTOBER 2026

This year's International Menopause Society theme is "Chronic Pain at Midlife", highlighting the need to recognise and appropriately manage pain during midlife and menopause.
Menopause is a natural stage of life, but symptoms can affect everyday life, relationships, sleep and work.

SYMPTOMS CAN INCLUDE:
- **Hot flushes and night sweats**
- **Difficulty sleeping**
- **Mood changes**
- **Anxiety**
- **Brain fog**
- **Changes to periods**
- **Vaginal dryness**
- **Reduced sex drive**
- **Joint or muscle symptoms**

You don't have to simply put up with symptoms. Treatment and support options are available. HRT is one option for some people, while non-hormonal treatments are also available. Your GP, nurse or pharmacist can help you understand which options may be suitable for you.



Cholesterol Matters. Every Swap Counts

October 2026



Cholesterol is a type of fat found in your blood. Your body needs some cholesterol to work properly, but having too much can increase your risk of heart disease and stroke.

High cholesterol usually has mno symptoms

One of the tricky things about high cholesterol is that it usually has no symptoms. The only way to know your cholesterol level is to have a blood test.

What can increase cholesterol?

Your cholesterol can be affected by:

- Eating a diet high in saturated fat
- Not being physically active
- Being overweight
- Smoking
- Alcohol
- Age
- Family history and genetics
- Certain medical conditions

Some people inherit high cholesterol.
so healthy eating and exercise are not always enough on their own.

Every swap counts

Try making one small change this month:

1. Swap: Butter → unsaturated spread



2. Swap: processed meats → beans, fish or leaner meats



3. Swap: sugary drinks or water for sugar-free alternatives



4. Swap: sitting a short walk



5. Swap: takeaway meals — a home-cooked meal



Join HEART UK's walking challenge this October

Swap The Scroll for a Stroll



https://www.heartuk.org.uk/get-involved/SwaptheScrollforaStroll

If you've been advised to take cholesterol medication, continue taking it as prescribed.

Speak to your GP practice if you think you may be at risk of high cholesterol or need a cholesterol check.

Black History Month:

Understanding Heart Health, Stroke and Diabetes in Black Communities

Black History Month is an opportunity to celebrate Black history, culture and contributions, while also recognising health inequalities that affect Black communities.

One important area of health is the increased risk of type 2 diabetes and cardiovascular conditions, including heart disease and stroke, among people from Black African and African Caribbean backgrounds.

This does not mean that being Black causes these conditions. Health is influenced by many different factors, including genetics, family history, blood pressure, cholesterol, diabetes, lifestyle, environment and access to healthcare.



Type 2 diabetes

People from Black African and African Caribbean backgrounds have a higher risk of developing type 2 diabetes and can develop it at a younger age.

In the UK, Diabetes UK identifies Black African and African Caribbean people as being at increased risk from around age 25, compared with around age 40 for White people.

Type 2 diabetes happens when the body cannot use insulin effectively or does not produce enough insulin. Over time, high blood sugar can damage blood vessels and increase the risk of complications including heart disease and stroke.



Why is the risk higher?

There isn't one simple explanation. Research suggests that biological, genetic, social and environmental factors can all contribute. Family history can play an important role, and research is continuing into differences in how the body stores fat and responds to insulin.

Social factors can matter too. Income, housing, access to healthy food, opportunities to be physically active and access to appropriate healthcare can all influence health outcomes.

It is important not to assume that everyone in a particular ethnic group has the same risk. Your individual risk is influenced by a combination of factors.



Heart disease and stroke

Cardiovascular disease includes conditions affecting the heart and blood vessels, including heart attacks and strokes.

The NHS identifies Black African and African Caribbean ethnicity as one factor associated with increased cardiovascular risk. Other important risk factors include:

- High blood pressure
- High cholesterol
- Diabetes
- Smoking
- Being physically inactive
- Being overweight
- Drinking too much alcohol
- Age
- Family history of cardiovascular disease



This is why checking your blood pressure, cholesterol and blood sugar can be particularly important if you have other risk factors.

What can you do?



You cannot change your genetics, age or family history – but there are things you can do to reduce your risk.

1. Know your numbers

Ask about your:

- Blood pressure
- Cholesterol
- Blood sugar/diabetes risk

Don't wait until you feel unwell. Type 2 diabetes and high cholesterol can be present without obvious symptoms.

2. Keep active

Regular physical activity can help with blood pressure, blood sugar, cholesterol and weight.

You don't need to start with an intense exercise programme. Walking, dancing, cycling, swimming or being active with family can all count.

3. Look at your diet

Healthy eating doesn't mean giving up the foods you enjoy or your cultural foods.

Instead, consider how you can make familiar meals healthier – for example, increasing vegetables and beans, choosing wholegrains, reducing highly processed foods and limiting foods high in saturated fat.

4. Don't smoke

Smoking increases your risk of cardiovascular disease. If you smoke and would like support to stop, speak to your GP practice, pharmacist or local stop smoking service.

5. Look after your blood pressure

High blood pressure often has no symptoms. Having your blood pressure checked is one of the simplest ways to identify a risk that can be treated.

6. Know your family history

If close family members have had diabetes, high blood pressure, heart disease or stroke, tell your healthcare professional. Family history can be an important part of understanding your individual risk.



Most importantly – don't wait until you're ill

- Having an increased risk does not mean you will definitely develop diabetes, heart disease or stroke.
- Finding out your risk early gives you an opportunity to take action.
- If you are concerned about your risk, speak to your GP practice about blood pressure checks, diabetes testing, cholesterol checks and the support available to you.

BREAST CANCER AWARENESS MONTH: KNOW YOUR BODY

October is Breast Cancer Awareness Month, raising awareness, recognising signs and encouraging screening when invited.

Breast cancer can affect women and, much more rarely, men.

Get used to how you breast normalise and feel. There is no special technique to learn. Speak to a GP about any new or unusual change.

[Click here for further information regarding signs and symptoms of breast cancer]

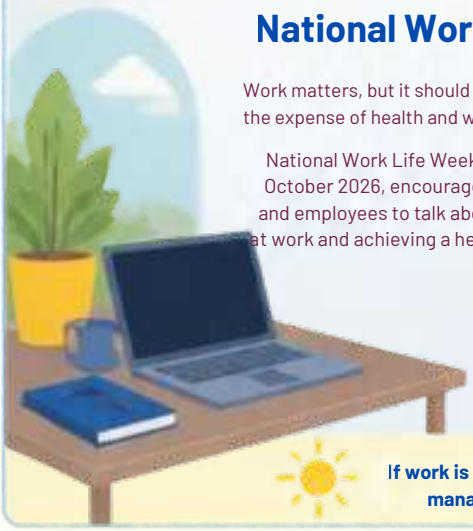
Know the signs – speak to a GP about any new or unusual change

- A lump or swelling in the breast, chest or armpit
- A change in breast size or shape
- Skin puckering or dimpling
- A change in breast colour
- An inverted ripple
- A rash or crusting around the ripple
- Unusual ripple discharge
- Persistent pain in the breast or armpit

Women aged 50 to 70 are routinely invited for breast screening every three months of a talk.

If you're aged 73 or over, you can still request screening even though you are no longer automatically invited.

National Work Life Week – 5–9 October 2026



Work matters, but it should not come at the expense of health and wellbeing.

National Work Life Week, running 5-9 October 2026, encourages employers and employees to talk about wellbeing at work and achieving a healthier work-life balance.

Try asking yourself:

- Am I getting enough sleep?
- Am I taking proper breaks?
- Do I have time away from work?
- Am I able to switch off when my working day ends?
- Am I making time for family, friends and activities I enjoy?
- Am I feeling overwhelmed by my workload?

Small changes can help

- **Taking a proper lunch break**
- **Getting outside during the day**
- **Setting boundaries around the kids outside working hours**
- **Making time for activities that help you relax**

If work is affecting your mental or physical health, consider talking to your manager, occupational health service or healthcare professional.

Baby Loss Awareness Week – 9–15 October

This week provides an opportunity to remember babies who have died during pregnancy or after birth, while raising awareness of support available to families.

Baby loss can include miscarriage, ectopic pregnancy, molar pregnancy, molar pregnancy, stillbirth and neonatal death.

There is no single 'right' way to grieve. People may experience sadness, anger, guilt, anxiety, numbness or many different emotions, sometimes making them feel sad.

If you or someone you know has experienced baby loss, you do not have to go through it alone. Speak to a GP, midwife or health visitor, Partners, family members and other loved ones can also be affected and may need support.



NEW BEREAVEMENT LEAVE RIGHTS

From April 2027, women and their partners who experience a pregnancy loss before 24 weeks will be entitled to up to $1000.

The new rights will also extend to people experiencing the death of certain family members and relationships, including step, half, adoptive, kinship care and foster relationships.

These changes are intended to give people more time and space to grieve following the loss of someone close them.

If you are struggling following a bereavement or pregnancy loss, please speak to your GP practice or another healthcare professional about the support available to you.

https://www.gov.uk/government/news/no-should-have-to-fight-for-time-to-grieve-new-rights-for-family-bereavement-and-pregnancy-loss

Barnet age UK

FREE

Middlesex University London

SILVER SUNDAY

a celebration of ageing well in our community

SUNDAY 4 OCTOBER 2026

11am-3pm

See you there!

HEALTH CHECKS

TALKS

INFORMATION

MUSIC & DANCE

REFRESHMENTS

Middlesex University
The Burroughs, NW4 4BT

Scan code to register

For more information contact
salima.jiwa@ageukbarnet.org.uk
or call her on 07503 353157

UNISON the public service union

Kindly sponsored by

Your Choice Barnet PERSON CENTRED

MEDEQUIP Connect Technology Enabled Care Service

Signature Luxury living EXCEPTIONAL CARE

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 | hawa.abdi@centerofexcellence.org.uk

BARNET LONDON BOROUGH

pil

Get Online Week
19-25 October 2026
Good Things

Stronger Brighter More Connected

Easier healthcare at your fingertips

Support Learn Connect

GET HELP WITH THE NHS APP

Free community support session

Get Online Week 2026



Thursday 22 October 2026

11:00am – 1:00pm

Fallowfields Community Centre
Isis Court, Agnesfield Close
(off Fallowfields Drive),
North Finchley, London, N12 0TJ

Small steps make a big difference

Come along and get friendly help to:

- Download the NHS App
- Register and set up your NHS login
- Book and manage appointments (where available)
- Order repeat prescriptions
- View health information and use NHS services online

Healthier Happier Communities

Bring your smartphone or tablet.
Please bring ID and your NHS number to register

The NHS App is a simple, secure way to manage healthcare and can be downloaded on Apple and Android devices.

Get Online Week 19-25 October 2026 | BOOST Part of The Barnet Group | BARNET PCN 2 BETTER TOGETHER | NHS App

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HOMELESS ACTION IN BARNET

ASK US ABOUT DIGITAL SUPPORT

at Homeless Action Barnet



Get Online Week 2026

Find out what digital support is available

Wednesday 21 October 2026 | **12:00pm – 1:30pm** | **Homeless Action Barnet** 36B Woodhouse Road, London N12 0RG

For service users only

Come along to:

- Learn more about the digital drop-in sessions
- Get practical support
- Enter the FREE raffle
- Get free SIM cards
- Volunteering opportunities
- Find out about becoming a Digital Champion

Digital skills can open doors

Come along, have a chat and find out how digital support can help you.

Get Online Week | HOMELESS ACTION IN BARNET | BOOST Part of The Barnet Group | BARNET LONDON BOROUGH