



PATIENT NEWSLETTER

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BY CHIPAMPE CHISHIMBA, PCN CARE COORDINATOR

PATIENTS ON HRT MEDICATION

If you pay for NHS-prescribed HRT medicine 3 or more times in 12 months, an HRT Prescription Prepayment Certificate could save you money. Each item on an NHS prescription usually costs £9.65. You can buy an HRT PPC for a one-off payment of £19.30 (the cost of two single items). The HRT PPC covers an unlimited number of certain HRT medicines for 12 months.

Check this Link to check your eligibility: [NHS Hormone Replacement Therapy Prescription Prepayment Certificate \(HRT PPC\)](#).| [NHSBSA](#).



COMMUNITY FIBRE & DIGITAL SKILLS TRAINING

BOOST
CHILDS HILL

Your local jobs and advice team is coming to Brent Cross!

We are here to help Barnet residents with job vacancies, employability skills, housing, benefits, training courses and more

Join us in the Careers Coach on 20th July in the Brent Cross Stadium car park between 10am and 4pm

BARNET
Council

BOOST
CHILDS HILL

Barnet Southgate College
Get advice on college courses and sign up on the day

BOOST

The Barnet Group

BOOST

This scheme has been set up to support Barnet residents who do not have access to broadband in their home. To benefit from the free of charge 12- month broadband subscription with Community Fibre, successful applicants will be required to provide Direct Debit details as security for the broadband router -----> [More Information](#)

If you would like to apply but are unable to complete the form, please phone or email reception and ask to be referred to our social prescriber who will be able to help complete the form with you.

If you think that you or someone you know in Barnet would benefit from Digital Skills Training – please visit [Boost's Website](#)

<https://boostbarnet.org/?p=6803>

CHILDHOOD VACCINATIONS

Silkstream Childrens Centre

It is important to give vaccines on time for the best protection against preventable diseases. PCN 1W provided a service in March that provided childhood vaccinations for Barnet residents at the Silkstream Children's Centre. This service is aimed to continue on a monthly basis, to keep up with the vaccine requirements for children registered to our GPs.

To register your interest for your child to receive childhood immunisations please call your registered GP reception, visit their website, or fill out this online form:

Childhood Immunisations - Register Your Interest



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Age	Recommended Vaccine(s)
8 weeks	6-in-1 vaccine Rotavirus Vaccine MenB Vaccine
12 weeks	6-in-1 vaccine (2nd Dose) Pneumococcal vaccine Rotavirus vaccine (2nd dose)
16 weeks	6-in-1 vaccine (3rd dose) MenB Vaccine (2nd Dose)
1 year	Hib/MenC Vaccine (1st Dose) MMR Vaccine (1st dose) Pneumococcal vaccine (2nd dose) MenB vaccine (3rd Dose)
2-10/11 years	Childrens Flu Vaccine (every year until children finish primary school)
3 years and 4 months	MMR Vaccine (2nd Dose) 4-in-1 pre-school booster vaccine
12-13 years	HPV Vaccine
14 years	3-in-1 teenage booster vaccine MenACWY vaccine

HOME BLOOD PRESSURE MONITORING

PCN 1W will be offering a service for patients who are at hypertensive to be able to monitor their blood pressure at home. This is part of the NHS's campaign to increase the number of patients monitoring their blood pressure at home.

If you qualify for home blood pressure monitoring, you will be contacted by your registered practice on the next steps in monitoring your blood pressure at home. For more information and advice on blood pressure monitoring, please see: [NHS Advice on Monitoring Blood Pressure](#)



Monitoring your blood pressure at home has multiple benefits:

- Provides a better reflection of your blood pressure – sometimes patients that feel anxious at the GP surgery can experience slightly higher blood pressure as a result
- Allows you to take more control of the management of your long term condition.
- Cost effective
- Reduces the risk of stroke For advice on monitoring your blood pressure at home, please see: [Blood Pressure UK - How to measure your blood pressure at home](#)



CREATING AN INCLUSIVE SERVICE

Improving Accessibility

The NHS is moving to more digital services, to improve productivity.

This includes, booking your appointments online, accessing your patient records and online consultations. Whilst other services such as calling in practice and visiting in person, will still be available to you as a patient. We want to make our online and digital services as user friendly as possible. We have created a form for you or someone to fill in on your behalf, to help us in making our digital services more accessible to all of our patients. [Accessibility Feedback Form](#)



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HAPPENING THIS JUNE

1 June

PRIDE MONTH BEGINS

World Hypoparathyroidism
Awareness Day

International Childrens Day

**Managing Your
Menopause Pilot
Discussion Group**

Thank you to all that have signed up for our PCN Managing Your Menopause Discussion Group! These peer-led sessions will begin on the 5th of June and anyone experiencing menopausal or perimenopausal symptoms is able to attend. If you're still interested in joining this group for upcoming sessions in autumn, please fill out this form (link below) to register your interest and you will be added to the waiting list for the next lot of sessions. Managing Your Menopause Group - Register Your Interest

5th June

Menopause Pilot Group
Begins
National Patient
Participation/PPG Awareness
Week

12-16th June

BNF Healthy Eating Week

Men's Health Week

18th June

Autistic Pride Day

19-25th June

Learning
Disability
Week

21st June

My Health Matters Day

11am-4pm

Church of St Mary
Magdalen - Parish Hall 6
Athenaeum Road,
Whetstone N20 9AE

Supporting people with
learning disabilities,
families, carers and staff
achieve their best
health.

22nd June

Windrush Day

MENOPAUSE GROUP FORM



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NEWSLETTER FEEDBACK FORM



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