



# HOUNSLOW HEALTH PCN PATIENT BULLETIN


Welcome to the October edition of our patient newsletter! We're here to keep you updated with what's happening across Hounslow Health PCN and how to make the most of your local NHS services.

## KEEP YOUR HEART HEALTHY

Free local event for PCN patients

 **Date:** Friday 14 November 2025

 **Venue:** Hounslow Jamia Masjid Centre, 367 Wellington Road South, TW4 5HU

 **Time:** 10am – 12pm

Join us for a free community event focused on heart health and prevention.

Our team will be on hand at the Hounslow Jamia Masjid Centre to provide checks, advice, and support to help you keep your heart healthy.

 What's on offer:

- ✓ Free blood pressure checks
- ✓ Heart risk prevention advice
- ✓ Healthy eating guidance
- ✓ Exercise and lifestyle tips
- ✓ Stop smoking support
- ✓ Free NHS Health Checks

**Walk in on the day or secure your space on Eventbrite.**



This event is for patients registered at the following practices:  
Bath Road Surgery  
Blue Wing Family Doctor Unit  
Chestnut Practice  
Green Practice  
HMC Health  
Hounslow Family Practice  
Hounslow Medical Centre  
Kingfisher Practice  
Redwood Practice  
Willow Practice

### Keep Your Heart Healthy

Free local event to help you look after your heart

**FRIDAY 14 NOVEMBER, 10AM-12PM**

**HOUNSLOW JAMIA MASJID CENTRE**  
367 WELLINGTON ROAD SOUTH, TW4 5HU

Walk in or secure your place by registering on Eventbrite via the QR code.





## ARE YOU WINTER READY?


Winter can be tough on our health. Here's how you can stay well:

- **Flu & COVID vaccinations:**

Available at your GP practice or local pharmacy - book today.

- **Stay warm:** Keep your home heated to at least 18°C.

- **Coughs & colds:** Your community pharmacy can often help without the need to see a GP.


 Find out more: [NHS Keep Warm, Keep Well](https://www.nhs.uk/keep-warm-keep-well)

## NHS APP QUICK WINS

The **NHS App** isn't just for prescriptions!

You can also:

- Check your vaccinations and medical history
- Book or cancel appointments
- Get health advice 24/7

 Download today: [nhs.uk/nhs-app](https://nhs.uk/nhs-app)



## HEALTH TIP OF THE MONTH

Did you know most adults need **7-9 hours** of sleep each night? Good sleep helps your immune system, mood and energy.

- Stick to regular bedtimes
- Avoid screens before sleep
- Try gentle stretches or reading to relax

## SERVICES SPOTLIGHT


### Social Prescribing

Did you know? Not all problems can be solved with medicine.

Our **Social Prescribers** can support you with:

- Loneliness and isolation
- Housing or financial worries
- Finding local activities or support groups

Ask your GP practice about social prescribing – it could make a real difference.

 Find more information here: [Services](#)

## STAY CONNECTED WITH US

Keep an eye on your GP's website and posters in the waiting room for more news, events, and updates from your Hounslow Health team.

Together, we're building healthier communities – one patient at a time.

## GET INVOLVED!

Join our Patient Participation Group

Want to help shape the future of local health services?

Join our **Patient Participation Group (PPG)** to:

- Share your views and experiences
- Take part in discussions about priorities and services
- Work with us to improve patient care

 Sign up here: [Join our PPG](#)

## FRIENDS AND FAMILY TEST

After your appointment, please complete the short survey on your practice's website or ask for a paper form at reception. It helps us improve care for everyone.

You can also provide feedback on our services, straight to the PCN, complete our [patient feedback form](#).

## 0-4 YEAR OLDS HEALTH HUB

If your child is unwell and no appointment is available at your practice, you may be offered a same-day slot at the **0-4 Hub** (from 5:30pm).

This service is for urgent issues such as high fever, infections or sudden illness and may be at a different location to your usual GP surgery.