



North West London

Insight

North Kensington update. A bulletin where we share the learning and insight from the North Kensington Recovery Programme (Grenfell).



Welcome,

We have started the process of looking at what future services and support will look like for the Grenfell-affected community and will start having conversations with all the local community following the Mayoral elections on 5 May 2024.

The service and support changes we propose are based on several years of listening to our partners, hearing from communities and gathering data, as well as contributing and learning from public health insight linked to the Joint Strategic Needs Assessment (JSNA), to be published in the near future.

The Next Steps document continues to be a working/live and iterative document and is our starting point to progress the conversations about future services - we are seeking your feedback at some public meetings in May.

Some of the key topics we've highlighted in this document relate to survivors and bereaved, the wider Grenfell-affected community and children and young people. They include all aspects of service delivery including mental health, primary care and specialist support, as well as social prescribing.

We very much want to work with you on this, so hope you will attend the events we highlight in this newsletter to share your thoughts on what we propose. You can always reach us beforehand by emailing the team: nhsnw.nkrt@nhs.net

Best wishes,

North Kensington Recovery Team, NHS North West London

Invitation - save the date!

We would like to invite you along to two public events in May, where you can share your views on what services may look like in the future, as proposed in our Next Steps document. It's also your opportunity to ask questions.

The dates are:
Wednesday 15 May
7-8.30pm (online)

Thursday 23 May
10-11.30am in person
Venue tbc

We will send you more details soon and look forward to working with you.

[Find out more](#)

NHS NW London publishes Joint Forward Plan

The ICB and our partner NHS trusts are developing our Joint Forward Plan (JFP) for 2024/25 to 2028/29. An initial draft for discussion with residents, our local authority colleagues and other partners has been published on our website.

The next step is for Health and Wellbeing Boards in each of our boroughs to discuss with us whether the JFP is sufficient to meet the needs of the residents of their area over the next five years.

The plan will be discussed at the ICB Board on Wednesday 17 April and is expected to be finalised at a future ICB meeting.

Residents and staff are welcome to comment on the initial draft by emailing nhsnwl.nwlstrategy@nhs.net

[Find out more](#)

Celebrating Eid ul-Fitr



Image credit: Khadija sed

Muslims all over the world are celebrating Eid ul-Fitr, marking the end of a month of fasting from dawn to sunset that took place during Ramadan.

As well as prayers and a big meal to mark the event (including many sweet treats!), people often exchange gifts and visit friends and family.

We would like to wish all our Muslim communities in North Kensington a very happy Eid.

Social Prescribing day



Make time for yourself

North Kensington residents can access free social prescribing and self-care activities, proven to boost your skills and confidence and improve your health and wellbeing.



Visit the NHS North Kensington Health & Wellbeing website



Social Prescribing day was celebrated last month (14 March). It was a good opportunity to highlight all the free self-care and social prescribing services that continue to be available to North Kensington residents and those affected by the Grenfell Tower Fire.

There are lots of activities, from guided meditation and yoga, to art, cooking classes, boxing, walking groups and more. There are also advice sessions linked to debt or employment training.

These activities are proven to boost health and wellbeing (as well as improve skills and boost confidence) and we encourage people to look at what is available and take part.

Accessing these services can be done via your GP practice, going directly to the organisation running a service, or by filling in a Healthier Futures referral form.

[Find out more](#)

Integrated Neighbourhood Teams

Integrated Neighbourhood Teams (INTs) are a national initiative which brings together local services across health, social care and community groups to support the health and wellbeing in local neighbourhoods.

The aim behind this integration is to help build resilience, tackle underlying issues and improve outcomes. INTs enable people to easily access a wide range of support without having to jump through hoops.

This way of working together has been shown to really make a difference to individuals, especially those living with complex social or health conditions.

[Find out more](#)

Dentists accepting NHS patients

Dentists look after your teeth and gums and dental check-ups can help to keep you and your family healthy.

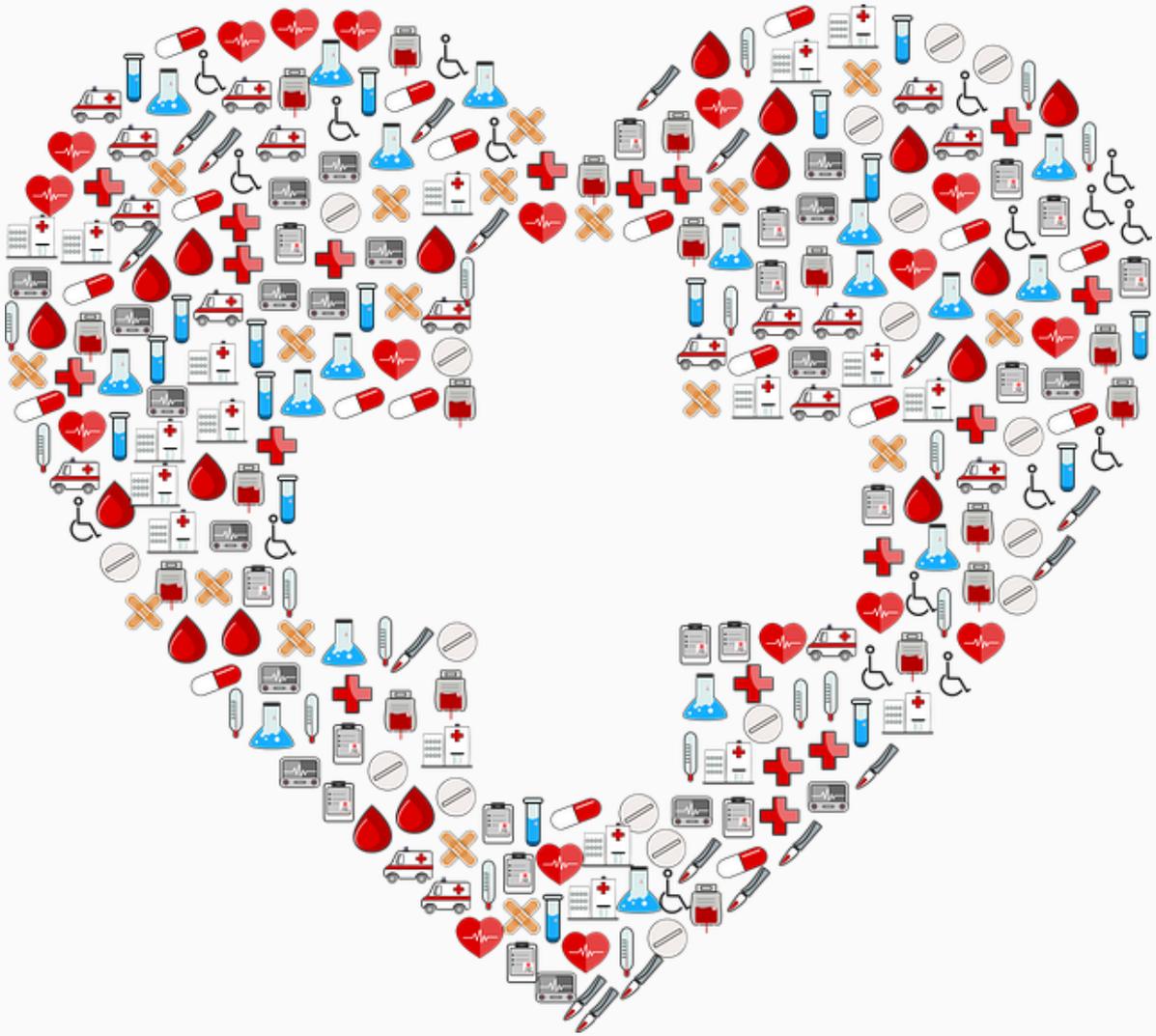
Regular check ups are highly recommended to avoid tooth decay, gingivitis and any other signs of deterioration.

You may be eligible for low cost treatments and even free dental care, which is available to children, pregnant women and people on a low income or receiving benefits.

An updated list of dentists accepting NHS patients in the North Kensington area and across other parts of North West London is now available.

[Find out more](#)

Walk in pop-up health hubs



The NHS is holding two pop up sessions in North Kensington this month, available to individuals, parents and families of all ages. No appointment is needed - patients can simply walk-in on the day.

The pop-up walk in clinics will be held:

Thursday 11 April - Chelsea Theatre, World's End Place, SW10 0DR
(10am to 4pm)

Monday 15 April - North Kensington Library, 108 Ladbrooke Grove, W11 1PZ
(11am to 5pm)

These clinics provide the perfect opportunity for North Kensington residents to get their blood pressure, blood sugar levels and BMI checked, as well as access general health and wellbeing information (includes smoking and alcohol cessation advice).

Busy parents can seek advice on immunisations and receive catch up Measles Mumps and Rubella (MMR) vaccinations on the day, for both their children and/ or themselves.

In addition to these pop up clinics, Enhanced Health Checks are being run at various community venues in April and May. These free checks are recommended on an annual basis and are an ideal way to ask about any health concerns you or your family may have.

[Find out more](#)

Spring COVID-19 vaccination programme launch

From 22 April until 30 June 2024, the seasonal COVID-19 booster will be available, free, for those who are at greatest risk of becoming seriously ill from the virus.

The national booking system opens on 15 April and a number of walk-in sites will be open across North West London from 22 April.

No booking is required at walk-in clinics, but you are advised to contact the vaccination site in advance to confirm their opening times. Individuals do not need to be registered with the NHS to use walk-in services and do not need to bring any identification.

Those eligible for vaccinations this spring are:

adults aged 75 years and over.

residents in care homes for older adults.

individuals aged 6 months and over* who are immunosuppressed (as defined in the Green Book, chapter 14a; tables 3 and 4).

The list of North West London sites offering COVID-19 vaccination for the Spring 24 campaign is now available.

*Please also note that not all sites offer vaccination to children. It is advised to contact the site in advance to check this.

[Find out more](#)

Bowel cancer awareness month

Know the symptoms of bowel cancer



Bleeding from your bottom



Blood in your poo



A change in how often you poo, or regularly having diarrhoea or constipation



Losing weight but you're not sure why



Feeling very tired all the time but you're not sure why



A pain or lump in your tummy

If you have any of these symptoms, it's important to ask your GP for an at-home test as soon as you can.

Bowel cancer is cancer that begins in the large bowel, which is made up of the colon and rectum. It's sometimes called colorectal cancer.

The image above provides information on what symptoms can look like and when to visit your GP if you are concerned. Don't delay if you have any symptoms as the earlier that bowel cancer is found, the more treatable it's likely to be.

[Find out more](#)

Supporting families



Family Friends is an organisation that supports young people and families living in central and north west London (including North Kensington), who might be struggling and need some early intervention support. They provide home-based individual and group sessions, emotional and practical support, including specialised youth and Special Educational Needs (SEN) sessions.

In the recent GP pilot project being run at the Golborne GP practice, the Family Friends service has been very effective at signposting families to social prescribing and self-care services after they receive an Enhanced Health Check. The support they provide is both targeted and holistic.

One GP involved in the pilot project explains why Family Friends has been an important part of the pilot project's multi-disciplinary team: "I have found working in a multi-disciplinary team so helpful. Children and young people and families disclose things to the student doctors and Family Friends, which they would not to me. At the de-brief we get the opportunity to share what we hear and build a full picture of their lives and helps us to provide better and more rounded support."

In our next bulletin we will provide more information on this vital work.

[Find out more](#)

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