



Patient Participation Group (PPG)

PPG's are a great way for Patient's to meet with the team here at the Surgery to help us to continue to deliver high quality services.

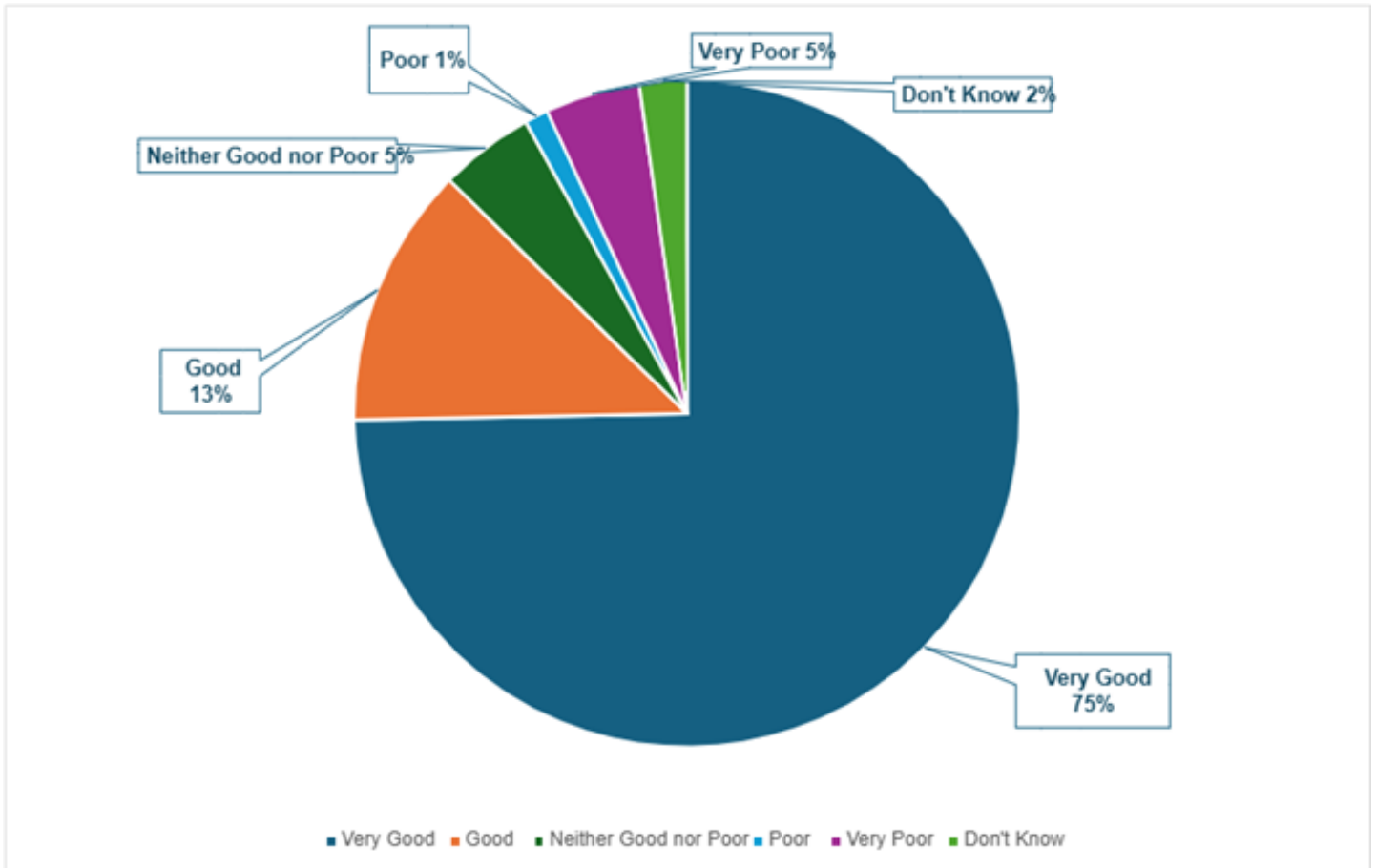
They meet regularly with the Practice manager, GP's and various other staff members to identify what can be improved and how to implement the changes needed to con-tinue our strong relationship.

These meetings also provide support to individual patients, and help them to make informed decisions about managing their health conditions, and show people where to find additional services and support in the community.

Inside this issue

- Friends and Family Survey Test Results
- Summer Wellbeing Tips
- ADHD and Autism Support
- NHS Weight Loss Tips
- BAME Blood Donation Drive

Friends and Family Test Results May 2026



88%
of patients who responded to our survey in May 2026 said that our
service was **Very Good** or **Good**.

Thank you for responding to our survey as this helps us to
continuously improve our service :)



UK Health
Security
Agency

Beat the heat

Plan ahead



Check the weather
forecast and the news



Plan ahead to
avoid the heat



Schedule activities to
cooler times of the day

Keep yourself cool



Drink plenty of fluids and
avoid excess alcohol



Wear sunscreen, a
hat, and sunglasses



Cool your skin with water
and slow down

Find somewhere cool



Close blinds and curtains
during the day



Go indoors or outdoors,
whichever feels cooler



Avoid closed spaces
like stationary cars

Be safe



Be on the lookout
for signs of heat
related illness



Look after yourself
and check in with
others



Stay safe when
swimming



Get help. Call
NHS 111 or in an
emergency 999

For more information go to: [gov.uk/ukhsa/beat-the-heat](https://www.gov.uk/ukhsa/beat-the-heat)



SUPPORT SERVICES – CENTRE FOR ADHD AND AUTISM SUPPORT (CAAS) – Service Overview and Support Information ———— PART 1 OF 2 ————



ABOUT CAAS

The Centre for ADHD and Autism Support (CAAS) is commissioned by North West London to provide services for neurodivergent individuals and their families throughout their journey, both before and after diagnosis.

The service provides a range of practical support, including **drop-in advice sessions, specialist workshops, sleep support, DLA guidance** and **parenting courses**. CAAS supports **children, young people and families** across North West London, helping them better understand neurodivergence and access appropriate support.

North-West London Services

CAAS is delighted to announce that in partnership with North West London ICB, CAAS will deliver a range of services for families of a child or young person who has been diagnosed with ADHD or autism, or is on the waiting list for diagnosis.

Wherever parents are in their diagnosis journey, we're here to listen and advise at our range of drop-in support groups, and to offer reliable, evidence-based workshops to increase understanding of ADHD and autism.

After diagnosis, an individual meeting with our support workers will offer guidance in next steps, whilst young people can access lots of groups where they can meet peers and have fun.



Find us
@ADHDandAutism



The Centre for ADHD & Autism Support (CAAS), founded in 1996, supports, educates and empowers ADHD/Autistic individuals, their families, and the community.

Led and run by qualified staff with personal experience, and through talking and listening to ADHD/Autistic people, CAAS understands the issues facing service users and delivers effective support.

Last year we provided information, training, support groups and practical help to more than 9,000 residents of North West London, and over 18,000 appointments.

We also offer specialised professional training, courses, and workshops.



Charity Registration No. 1193799



NWL Children and Family Services 2025

<https://adhdandautism.org/>



enquiries@adhdandautism.org

Television House
269 Field End Road
Eastcote
HA4 9XA

ACCESS SUPPORT & RESOURCES

SERVICE LEAFLET

[NWL Youth & Family Services Brochure 2025](#)



WEBSITE

[Our website Our Services - Centre for ADHD and Autism Support](#)



SIGN-UP

[Sign Up Forms - Join Mailing lists: Parents & Professionals](#)



EVENTS

[EVENTBRITE LINK - Upcoming Activities and Workshops](#)



YOUTH SERVICES

[Youth Services Page - Groups, Courses and Support for Young People](#)



ENQUIRY FORMS

- [Youth Group Enquiry Forms](#)
- [Youth Course Enquiry Forms](#)





SUPPORT SERVICES

– CENTRE FOR ADHD AND AUTISM SUPPORT (CAAS) –

CAAS Drop-In Sessions: Upcoming Sessions and Support Available

———— PART 2 OF 2 ————



All times and locations are correct at the time of print. For the latest CAAS Service, event and support updates, visit www.adhdandautism.org or contact enquires@adhdandautism.org.

UPCOMING SESSIONS & WORKSHOPS

For parents/carers in Brent

Drop-In Support Services

February - July 2026

For more information on the Centre and what we do, please visit our website: <https://adhdandautism.org/services/parent-carer-young-people/>

In the coming months, CAAS will be embarking on drop in support services within the area of Brent. This is a great opportunity to learn more about ADHD and autism in your child, right on your doorstep.

Theme	Date & time	Address
Welcome to CAAS: Sensory Needs and strategies to support your child/young person	Tuesday 23 rd June 10:00 am - 12:00 pm	Preston Park, College Rd, Wembley, HA9 8RJ
Welcome to CAAS: Preparing for Summer holidays & how to support your child/young person with travel	Tuesday 7 th July 10:00 am - 12:00 pm	Church Lane, Fryent Primary School, Church Lane, Kingsbury, NW9 8JD

Contact carla@adhdandautism.org for more information.



ONGOING DROP-IN SESSIONS

7-week course For residents of North-West London

Understanding the Diagnosis

For parents of ADHD or autistic children
(both waiting for an assessment & with a diagnosis)



A Free 7-Week Webinar Series for Parents and Carers

Join our free, seven-week series of webinars, designed to help parents and carers deepen their understanding of their child, whether they are on a waiting list for diagnosis, or been diagnosed with ADHD or autism. Led by professionals with lived experience, each session includes key information, practical strategies and valuable insights that support you to help your child or young person thrive. YOU WILL NEED TO REGISTER VIA ZOOM & EVENTBRITE. Please keep an eye on your email inbox when you have registered with Eventbrite for a link to register on Zoom.

When: Scan the QR code to see the dates we're offering

Where: Online via Zoom



Scan the QR code or contact enquires@adhdandautism.org for more info.

www.adhdandautism.org | Charity Registration No. 1193769

Drop-In For residents of Brent

Welcome to CAAS: Executive Functioning



An introduction to the Centre for ADHD and Autism Support

Welcome to our first ever CAAS service within Brent! We're really excited to reach so many new people in a brand new space and help expand the support we can offer to ADHD/autistic people and their families. We're holding a free drop-in session on **executive functioning** and how **visual aids** can support our children/young people - come along to find out more.

When: Monday 18th May 2026
10:00 am - 12:00 pm

Where: Granville Plus, 78 Granville Road,
Kilburn, NW6 5RA

Contact carla@adhdandautism.org for more info

www.adhdandautism.org | Charity Registration No. 1193769

Drop-In For residents of Brent

Welcome to CAAS: Sensory Needs



An introduction to the Centre for ADHD and Autism Support

Welcome to our first ever CAAS service within Brent! We're really excited to reach so many new people in a brand new space and help expand the support we can offer to ADHD/autistic people and their families. We're holding a free drop-in session on **sensory needs** and **strategies to support** your child/young person - come along to find out more.

When: Tuesday 23rd June 2026
10:00 am - 12:00 pm

Where: Preston Park, College Rd,
Wembley, HA9 8RJ

Contact carla@adhdandautism.org for more info

www.adhdandautism.org | Charity Registration No. 1193769

Drop-In For residents of Brent

Welcome to CAAS: Preparing for Summer



An introduction to the Centre for ADHD and Autism Support

Welcome to our first ever CAAS service within Brent! We're really excited to reach so many new people in a brand new space and help expand the support we can offer to ADHD/autistic people and their families. We're holding a free drop-in session on **preparing for summer holidays**, including how to support your child/young person with **travel** - come along to find out more.

When: Tuesday 7th July 2026
10:00 am - 12:00 pm

Where: Church Lane, Fryent Primary School,
Church Lane, Kingsbury, NW9 8JD

Contact carla@adhdandautism.org for more info

www.adhdandautism.org | Charity Registration No. 1193769

Weight Loss tips from the NHS

Do

- ✓ get active for 150 minutes a week – you can break this up into shorter sessions
- ✓ aim to get your 5 A Day – 80g of fresh, canned or frozen fruit or vegetables count as 1 portion
- ✓ aim to lose 1 to 2lbs, or 0.5 to 1kg, a week
- ✓ read food labels – products with more green colour coding than amber and red are often a healthier option
- ✓ swap sugary drinks for water – if you do not like the taste, add slices of lemon or lime for flavour
- ✓ cut down on food that's high in sugar and fat – start by swapping sugary cereal for wholegrain alternatives
- ✓ share your weight loss plan with someone you trust – they can help motivate you when you have a bad day

Don't

- ✗ do not lose weight suddenly with diets
- ✗ do not stock unhealthy food – popcorn, fruit and rice cakes can be healthier alternatives
- ✗ do not skip meals – you might end up snacking more because you feel hungry
- ✗ do not finish your plate if you're full – you can save leftover food for the next day



Save lives Give blood

Black, Asian and minority ethnic communities

We need donors from all communities and ethnic backgrounds to donate blood so we can meet the needs of all patients in England. Black, Asian and minority ethnic donors are specifically needed because patients who receive frequent blood transfusions need blood to be closely matched to their own.

A number of blood conditions, like sickle cell and thalassaemia which are treated through blood transfusions, most commonly affect people from Black, Asian and minority ethnic communities

The best match typically comes from blood donors from the same ethnic background

Thalassaemia and sickle cell

Thalassaemia mainly affects people with a South Asian or Mediterranean heritage, and sickle cell mainly affects people with Black African or Black . Caribbean backgrounds

It is estimated that 1,000 people in the UK have thalassaemia, and between . 13,000-15,000 people in the UK have sickle cell

Patients with these disorders need regular blood transfusions to stay alive. They benefit from donations from blood donors from a similar ethnic background.

. If you have the sickle cell trait you can still become a blood donor

Some rare blood types are only found within the Black, Asian and minority . ethnic communities

. Become a blood donor, book an appointment near you and give blood

Giving blood

While people from all communities and backgrounds do give blood, fewer than 5% of our blood donors who gave blood in the last year were from Black, Asian and minority ethnic communities, despite representing around . 14% of the population. We want to try and readdress this balance

Register to be a blood donor and give blood.



**Give blood
blood.co.uk**

Chalkhill Family Practice Surgery News

- We know at busy times it can be frustrating waiting for your call to be answered. If it's not urgent and you have a clinical query, why not try our **automated service**? We will ask you some questions regarding the reason for your call, you can then hang up and your responses will be reviewed and actioned as appropriate. This may result in a quicker response for you. If you would like to use this new service, please press **option 2** when prompted if you are in the queue.
- Since 2024, we have been a Veteran Friendly Practice after receiving Armed forces accreditation. Please go to our website (under the New Patient's tab) to find out what this means for you.
- We are part of the Central PCN Group who support surgery 's with GP access. The PCN have allocated our patients a full time pharmacist, a dedicated pharmacist for our nursing home and housebound patients, dietician, social prescriber, health and well being coach and a physiotherapist.
- Evening and weekend appointments are available via GP access hubs and again this is to help patient s with GP access. This service is managed by K&W Healthcare. Sites are based at Wembley Centre for Health and Care, Kingsbury Health and Well-being, Lonsdale Medical Centre and Willesden Centre for Health and Care.
- eConsultations have all been triaged within 48 working hours of submission. They are currently triaged by the Central PCN Pharmacist who will book and signpost patient to the most appropriate service according to clinical priority. This is also managed by the Central PCN team.
- We are having great success with our eConsult Lite as we are aware that not all our patients are able submit eConsultations online. Using eConsult lite a receptionist completes the templates on behalf of the patient and then the request/query is triaged the same as eConsultations.

All of us at the practice wish everyone a
happy and healthy summer season!



Please go to our website @
www.chalkhillfamilypractice.nhs.uk for updates on the
health services available during the holiday period.



Chalkhill Family Practice

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