



ARC BUCKS PCN NEWSLETTER

December 2024 Newsletter

Welcome to the latest edition of the Arc Bucks PCN Newsletter! These newsletters are dedicated to keeping you updated on what has been going on, in and around the PCN, and where we are headed.

Tis the Season!

During World War II, the United States Playing Card Company joined in cooperation with American and British intelligence agencies to create a very special deck of cards. They distributed them as Christmas gifts to the soldiers, but they also helped Allied prisoners of war escape from German POW camps. When wet, individual cards peeled apart to reveal maps of escape routes.

This little anecdote goes to show that no matter where you are, a Christmas gift can always be a wonderful surprise for the receiver, and provide joy to the giver.

This Month's Topics:

- Stay Well This Winter
- Into the Spotlight
- Reducing Cancer Barriers
- Pharmacy First
- Update from the Amblers
- Act Fast - Stroke

“

If you want to lift yourself up, lift up someone else.”

”

- Booker T. Washington



Stay Well This Winter

The winter conditions can be a struggle for many, especially when it comes to their health and wellbeing. People aged 65 or older, and people with long-term conditions such as heart or kidney disease, COPD (including emphysema and chronic bronchitis), asthma or diabetes are at higher risk.

A simple, but important thing you can do over the winter months is just keeping warm. This can help to prevent colds, flu and more serious health problems. Low indoor temperatures can have a serious impact on your health, especially if you have medical conditions or are older.

Age UK and UKHSA suggest heating your home to a temperature that is comfortable for you; at least 18°C in the rooms that you regularly use, such as your living room and the bedroom.

There are some simple changes that can help to keep you and your home warm:

- Try to reduce draughts – fit draught excluders around doors cheaply, or alternatively use an old towel to cover a gap under a door.
- Keep your bedroom windows closed at night.
- Wear several layers of thinner clothing – this will keep you warmer than one thicker layer.
- Ensure you are eating enough and having hot drinks.

Arc Bucks PCN's website has a Christmas Advent Calendar now live for more tips and tricks on how to best prepare for winter. No chocolates are behind these doors unfortunately!

You can find this via the link below:

<https://arcbuckspcn.org/about-us/preparing-for-winter/>



Into the spotlight

We're thrilled to announce that Arc's Health and Wellbeing Coaches have been nominated in the X-PERT Audit Award category for Best Educator.

For context, X-PERT Health is an award winning registered charity, who have a "educate not medicate" approach to welfare. It is all about Helping people make more informed choices to self manage condition like diabetes, obesity and more.

Our health and wellbeing team's dedication to education and its transformative impact truly deserves recognition, and we'd love for you to join us in celebrating their achievements.

Reducing Cancer Barriers

As you get older, the worry of cancer can become more of a day-to-day reflection. And putting off getting checked for cancer i



is common as many people will just hope the symptoms will subside, or the fear of bad news is always dispiriting.

The NHS long term plan is to help address the key barriers to people seeking help, the fear around cancer diagnosis and the importance of body awareness when it comes to bodily changes that could be a sign of cancer. This includes the ambition to increase the proportion of cancers detected at an early stage one or two from around half to three quarters by 2028.

The key takeaway is that if something in your body doesn't feel right, contact your GP practice. It's probably nothing serious, but finding cancer early makes it more treatable and can save lives. If your GP suspects cancer, they'll refer you for further tests.

Whatever the result, the NHS is here for you!

Pharmacy First

With the busy Christmas season on the horizon, the NHS is keen to aware people of how the health service is making it more convenient for local communities to access care.

NHS England has launched its second phase of the Pharmacy First initiative. If you are unaware, this is a service that allows pharmacists to provide some prescription medicine for seven common conditions, if needed, without the need to see a GP or prescription.

The seven conditions are:

- Sinusitis (for those aged 12 years and over)
- Sore throat (for those aged 5 years and over)
- Earache (for those aged between 1 and 17 years old)
- Infected insect bite (for those aged 1 year and over)
- Impetigo (for those aged 1 year and over)
- Shingles (for those aged over 18 years old)
- Uncomplicated urinary tract infections (UTIs) (for women aged 16-64)

Speak to your local pharmacy about the community support that they could offer you!



Update from the Amblers



Our call for more leaders for the Marlow Amblers walking group in the last newsletter, was answered with swift and enthusiastic responses. Thank you to everyone who have offered up their time to help us continue our little jaunts.

Christmas and the winter months can make it more difficult to be active and enjoy social activities. Our walking group will help to stimulate both your physical and mental wellbeing; providing relief from stress, anxiety and more, and provides an opportunity for important social interaction with other lovely people from the community.

We meet every Monday at 10am, outside the M Cafe in Court Garden, Marlow. Feel free to come and join us, or you can call our team on 01628405518.



Act Fast - Stoke

NHS England's Act FAST stroke campaign has now launched. The campaign is to increase knowledge of the signs of a stroke and it encourages people to dial 999 immediately in response to any sign – even if it doesn't seem like much.

Stroke symptoms can be less dramatic, painful or obvious than expected. The main symptoms of stroke are face weakness, arm weakness and speech problems. High blood pressure, diabetes and sickle cell are significant risk factors that can contribute to increasing the likelihood of having a stroke.

Any sign of a stroke is always an emergency – at the first sign, call 999.

Visit www.nhs.uk/ActFAST for more information.

