



# ARC BUCKS PCN NEWSLETTER

January 2025 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.**

## **The new year is upon us!**

Christmas and the New Year festivities are now in the rear view mirror. Here at Arc Bucks, we wish your holiday season was filled with cheer, new memories and of course, great food... we can't forget about the food!

2024 was a year of tremendous effort from all of our staff. From carrying through two vaccination campaigns, tile-making sessions, delivering courses on pain management and much more, it has been a year of proactivity across the PCN.

And moving into 2025, we will continue to look for ways to support our practices and provide new and beneficial services to our patients and the local community.

## *This Month's Topics:*

- A PCN recap
- National Christmas Jumper Day
- X-PERT award winners
- Honours List 2024
- New Year Quit Smoking
- Digital Cafes

“

When we strive to become better than we are, everything around us becomes better too.

”

- Paulo Coelho



## What is our PCN?

We hope that many of you are already aware of the Arc Bucks PCN by this stage. But anyone who is new to our GP practices, or just the local area, here is a brief outline of what you can expect from us.

Arc Bucks cover 6 GP practices across the Buckinghamshire region, with our patient list exceeding over 80,000. With this in mind, the ultimate goal is to help provide the personal care needed by our patients, services that are valued by the GP practices, reduce the amount of health care inequalities and and to have a greater impact on the health and wellbeing of the local community.

We also are working collectively in a holistic approach to health care and wellbeing, attempting to anticipate a patient's needs to avoid becoming unwell in the future, and provide a planned journey of long term support to keep people healthy and independent.

Our 6 GP practices include:

- Marlow Medical Group
- Cherrymead Surgery
- Highfield Surgery
- Simpson & Penn Surgery
- Millbarn Medical Centre
- Bourne End & Wooburn Green Medical Centre

It also consists of two hubs, in Marlow and Beaconsfield, and our team consist of the following:

- Social Prescribers
- Health & Wellbeing Coaches
- Pharmacist & Pharmacy Technicians
- Care Coordinators
- Paramedics
- Physician Associates
- Physiotherapists

We have a PCN website that you can access 24 hours a day. It is there if you

need more information on the PCN, submit a self-referral, browse our service directory and more. You can find us using the link below:

[ARC Bucks PCN Website](#)

We are also very active on our social media accounts. Here you can find the most up-to-date information and changes, holistic advice and even some of our jaunts within the community.

You can see our page and follow us through the link below:

[Arc Buck PCN Facebook](#)

[Arc Buck PCN Instagram](#)



**Our Christmas Garb!**

As the festive season kicked into full swing, we joined in with thousands of people on National Christmas Jumper Day to wear out our favourite Christmas jumpers (yes, many of us have more than one) and to help raise money to donate to Save The Children UK.

Every December, millions of people across the United Kingdom put on a festive knit at their workplace, school or with friends and can make a donation to help give many children the magical future they deserve.

Christmas Jumper Day has raised over £30 million for children in the UK and around the world since it began in 2012.

If you would like more information about Save The Children, you can click on the link below:

[Save The Children](#)



**X-Pert Health Awards 2024**

Last month, we were informed, and equally excited to be told, that our Health and Wellbeing Coaches were being nominated for the 'X-Pert Health Audit Awards for 2024'.

This month, we are even more thrilled to inform you that the Arc Health & Wellbeing team won the 2024's Weight & Wellbeing Best Educator Award!

A huge congratulation to the team! We are incredibly proud of their success in helping people empower their lives through education and enjoy a healthier lifestyle, and the recognition they've now received from X-Pert.

If you are interested in learning more about X-Pert Health, and what they could potentially help you with, you can click the link below:

[X-Pert Health](#)

## New Years Honours from Arc Bucks

We are proud to have Wendy, Helen and Lilian be recognised for their outstanding commitment to our Talking Cafes.

Wendy has been especially recognised for her support to our friends of the Talking Cafe, often taking individuals to their appointments, hospital visiting and meal deliveries.

Thank you for all you do for the community! And a thank you to the South West Chilterns Community Board for recognising their achievements!

If you have time to spare, why not pop along to one of our weekly Cafes and join us in growing a thriving community in your local area.



## A Smoke-free 2025

The start of the year is a great opportunity to quit smoking for good. It is never too late to quit and the right support can make it easier to progress and eventually, become self-sufficient.

It is remarkable that either being 20 minutes smoke free, or 1 year smoke free, the impact this has on your blood and organs is tangible. Some notable changes in a smoke-free life include:

- After 72 hours, breathing feels easier and you're feeling more energetic.
- After 2-12 weeks, your blood circulation to your heart and muscles is much improved.
- After 1 year, your risk of a heart attack has halved compared to a smoker.



Once you reach 28-days smoke-free, you're much more likely to quit for good.

There is support to help you at every stage of your journey. You can learn more and get support at the NHS Better Health website.

**Better Help Quit Smoking**

**Digital Cafes**

Digital Café is a collaboration between NHS Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Board (BOB ICB), Oxfordshire County Council, and Oxford City Council. And they have become more acutely aware that there are large numbers of resident who are digitally 'disadvantaged'.

Using digital technology is becoming more and more part of everyday life. Getting a new device like a smartphone, or using a new app can be intimidating for the first time.

If you are looking for one-to-one support around basic digital skills, access to digital devices and/or the internet, there are a number of Digital Cafes across the local area to attend.

These are free sessions, attending by a ICB representative and/or a member of the local PCN, who are happy to help anyone learn how to use devices and services.

See the list below to find a Digital Café near you. There is no need to book a place, just turn up (depending on availability):

Place	Date & Time	Address
Beaconsfield	First Tuesday of every month (11am-12 noon)	Beaconsfield Library, Reynolds Rd, Beaconsfield, HP9 2NH
Marlow	Second Tuesday of every month (11am-12 noon)	Marlow Library, Institute Rd, Marlow, SL7 1BL
Bourne End	Second Thursday of every month (11am-12 noon)	Bourne End Library, Wakeman Rd, Bourne End, SL8 5SX
High Wycombe	First Friday of every month (11am-12 noon)	High Wycombe Library, Eden Shopping Centre, 5 Eden Pl, HP11 2DH
Hazlemere	Third Friday of every month (11am-12 noon)	Hazlemere Library, 312 Amersham Rd, Hazlemere, HP15 7PY