



ARC BUCKS PCN NEWSLETTER

February 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.

A month of triumph & change

February isn't just about chilly weather; it's a month brimming with celebrations that can add warmth and fellowship. From romantic tales to cultural festivities, the shortest month of the year has, ironically, got so much going on.

With the transition from winter to early spring, it is still critical not to forget about personal health and wellbeing. Post-holiday blues are real!

Focusing on a wellness idea that will rejuvenate and inspire you can help overcome this. Being active, having an immune-boosting diet or having a discussion about your and other's mental wellbeing; they are all small but can be very effective suggestions.

This Month's Topics:

- Recapping Events
- Time To Talk Day
- Healthy Dialogue Bucks
- Clear on Cancer

“

Just remember, you are not alone, in fact, you are in a very commonplace with millions of others. We need to help each other and keep striving to reach our goals.

- Mike Moreno

”



New year, new things!

We would like to quickly recap on an exciting January that was for the PCN.

We began with many local charities and organisations, joining us for the Blue Monday event at the Liston Centre in Marlow. This was an invite-only event to offer, inform and demonstrate the range of amazing services and charities which are available in the local community.

Unless you are specifically seeking or being referred to supports such as these, it can be hard to know what is out there to help you with. Many local charities, organisations and services are always available to those in need and are more than happy to try and help in anyway they can.

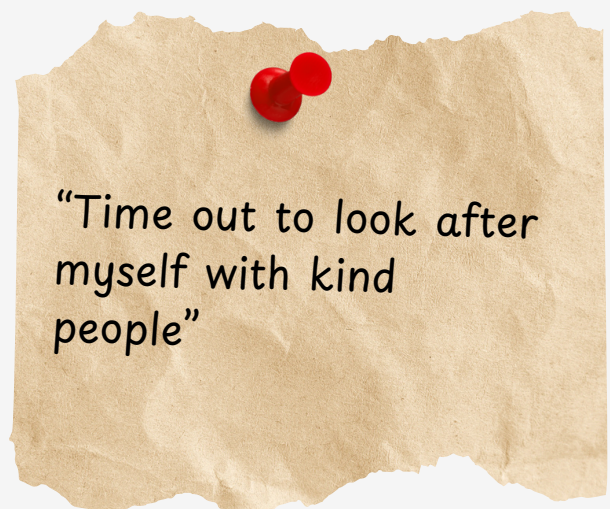
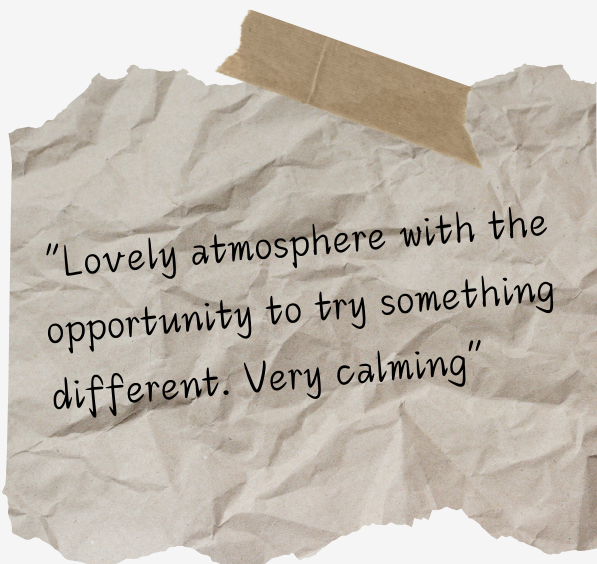
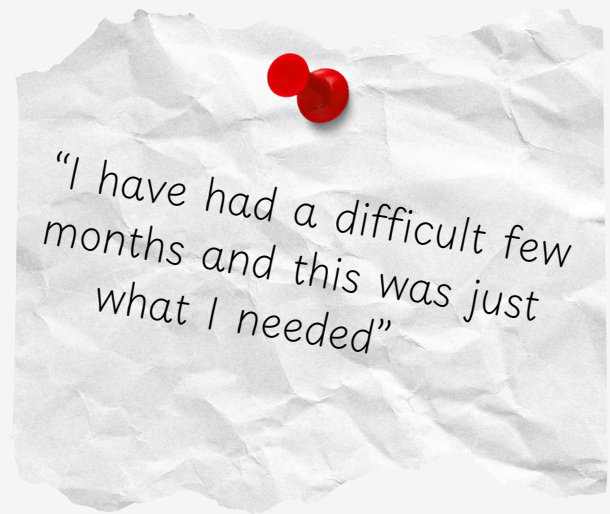
Not to be outdone, the 31st January also saw Arc Bucks in collaboration with Creative Partnership Beaconsfield host a Chinese Silk watercolour painting event at the Beaconsfield Medical Centre.

Local artist Hong donated her time to guide the groups through practicing a range of brush stroke techniques, patterns and colouring, before culminating in final piece; some delightful watercolour of flowers.

Being able to focus on something creative, stimulating or something of interest to you can help take your mind off some of the challenges of life, such as living with pain, cost of living, etc.

These events we do aren't possible without the hard work and commitment of our social prescribers, community development lead and the wonderful charities and organisations we work with. And we would like to thank all of you who attended, and we hope it was informative and fun days for all.

We would also like to share some of the kind feedback we have received from anonymous attendees:



Time to Talk Day

Time to Talk Day is a vital initiative focused on encouraging open conversations about mental health and breaking the silence around this issue of wellbeing. By talking openly, we can help reduce the stigma and discrimination that often surrounds mental health issues - people sharing their experiences, providing support, and raising awareness will all help to contribute toward this goal.

But it is also important to feel comfortable talking about mental health. It can be as simple as talking with a friend or family member over a cup of tea. We all have mental health and by talking about it we can support ourselves and others.

Time to Talk Day is taking place on the **6th February 2025**. If you would like more information, you can click on the link below:

[Time To Talk Day](#)



Healthy Dialogues Buckinghamshire

Healthy Dialogues, on behalf of local councils in West Berkshire, Reading and Buckinghamshire, is conducting a survey to understand how pharmacy services meet the needs of residents.

They encourage anyone who lives, works, or studies in these areas to share their views - whether they use pharmacy services often or just occasionally.

Your feedback will guide improvements, ensuring these services better support everyone and also help:

- Identify how pharmacy services meet local needs.
- Highlight challenges in accessing these services.

The survey is quick, confidential, and open until Sunday 16 February 2025.

You can complete the survey here:

[Your Voice Bucks](#)



Clear on Cancer

February is the month that the world marks and raises awareness of cancer, its prevention, detection and treatment.

In a recent survey conducted by Censuswide, only approx. 35% of people recognised tummy trouble, such as discomfort or diarrhoea, for three weeks or more as a potential sign of cancer. Only half of respondents recognised unexplained or unexpected bleeding (such as bleeding from your bottom or blood in your vomit or when you cough) as a possible sign of cancer. And around 55% did not recognise blood in your pee, even just once, as a potential warning of cancer.

Cancer touches millions of lives in countless ways and doesn't discriminate on who it will affect.

It is important then to be 'body aware' when it comes to bodily changes that could be a sign of cancer.

If you have been experiencing signs of cancer, including abdominal and urological symptoms, for three weeks or more, it is heavily encouraged that you contact your GP practice.

Early detection significantly increases survival rates. Regular screenings can lead to prompt treatment, reducing cancer mortality.

And primary prevention, such as positive lifestyles choices, can help to reduce the exposure to cancer risk factors. By prioritising screening and early detection, we can further reduce the burden of cancer for many more.



HM Government

NHS

Contact your GP practice

If you've had **tummy trouble** such as **discomfort or diarrhoea for three weeks or more**, or seen **blood in your pee – even just once**, it could be a sign of cancer. It's probably nothing serious, but finding cancer early makes it more treatable.

nhs.uk/cancersymptoms

Clear on cancer Help us help you

“Just a bit uncomfortable”