



# ARC BUCKS PCN NEWSLETTER

March 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.**

## **Ushering in the spring!**

March brings with it the vernal equinox, the Full Worm Moon and the return of Daylight Saving Time. The strictest part of the winter is behind us and it is time when we begin to consider if the thick, woolly coat is still a necessity.

As a PCN, it is when we begin to prepare for some exciting events, vaccine season, community outreach days and much more.

We are never ones to just sit still. We want to be right upfront and at the heart of everything. And if you need any support from the PCN, you may be able to find what you are looking for on our website.

## *This Month's Topics:*

- Social Prescribing Day
- Screening Saves Lives
- No Smoking Day 2025
- Nutrition & Hydration Week

“ Every day you wake up is another opportunity to be a blessing to someone else. ”

- Jacqueline Wallace



# Social Prescribing Day

19TH MARCH '25

## Preparing for Social Prescribing Day

Social Prescribing Day is an annual celebration of the people, organisations and communities who make social prescribing happen. Since 2019, thousands of local, national and international organisations, link workers, medical professionals, academics and students have taken part across the world.

Last year, we opened our doors twice to patients and the public, as we worked closely with local organisations to share information and ideas, and highlight the impact of social prescribing on people and communities.

Our Marlow Hub hosted a walking and wellbeing consultation event, with the aim of bringing awareness of these amazing charities and organisations, and what they can offer to keep people active, social and have an overall healthier life, the holistic way.

And at the Beaconsfield Medical Centre, we hosted a mosaic tile-making session, which went toward a number of works that are now on display around Beaconsfield Town Centre.

This year, on the **19th March**, we will be at it again; wanting to raise awareness of what social prescribing is, how it works, and how it changes lives.

At 10:30am, Marlow Methodist Church will host a Mindful Verses session; to immerse yourself in the beauty of words and mindfulness. Then at 12:30pm, there will be a Qigong session, to help improve people's mental and physical wellbeing, as well as help in community building.

And finally at 2pm at the Beaconsfield Medical Centre, in collaboration with Creative Partnership Beaconsfield, an afternoon of pebble painting will round off a comprehensive day of info, reprieve and hopefully lots of fun!

You can find the information over on our Facebook page, linked below. Or you can visit our website for more information about our Social Prescribing service.

[\*\*Arc Bucks PCN Facebook\*\*](#)

## Screening Saves Lives

NHS England is launching a new phase of the 'Help Us, Help You' campaign to encourage women living in England to attend their breast screening appointment when invited.

Breast cancer is one of the most common cancers in England and is the second highest cause of cancer deaths in women. But finding cancer early can make it more likely that treatment will be successful.

When diagnosed at the earliest stage, 98% of women survive their breast cancer for 5-years or more.

The NHS breast screening programme invites anyone registered with a GP as female aged from 50 up to their 71st birthday for NHS breast screening every 3 years. Women will automatically get their first invite for breast screening between the ages of 50-53.

Breast screening uses X-rays called mammograms to check your breasts for signs of cancer. It's done by female health specialists called mammographers.

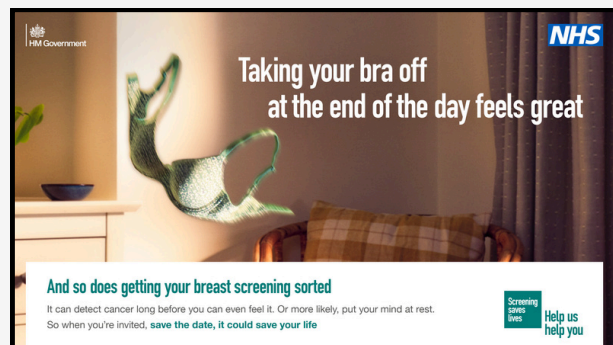
Breast screening services are more accessible than ever. As well as hospitals, mobile screening vans are available in convenient community locations, such as supermarket car parks.

Taking your bra off at the end of the day feels great. And so does getting your breast screening sorted. It can detect cancer long before you can even feel it.

Or more likely, put your mind at rest. So when you're invited, save the date, it could save your life.

You can also click the 'NHS breast screening' link to find out more.

[\*\*NHS Breast Screening\*\*](#)



## No Smoking Day 2025

National No Smoking Day falls on Wednesday 12th March and is another great opportunity to make a quit attempt.

It is a day dedicated to empowering and supporting individuals to break free from the habit and embrace a healthier lifestyle. It is proven that when you stop smoking, the improvements to your health are noticeable almost immediately.

But beyond the individual health benefits, it is also important to remember the broader, positive impacts on families, local communities and the environment. By not spending money on smoking, on average you can save up to £2,500 a year, allowing you to use those funds on something new and exciting.

Beating a smoking habit is a challenge for many and it's completely normal to have cravings while trying to quit. It may feel tough to resist the temptation to smoke sometimes.

But you are not alone. Aside from your family and friends, you can get support from local healthcare professionals, as well as many stop smoking programmes.

The NHS Better Health initiative offers free support tools for anyone attempting to quit, including:

- The NHS Quit Smoking app
- A Personal Quit Plan
- A 28-day email programme
- A local stop smoking service look-up tool

You can find out more information by clicking the link below.

### [NHS Quit Smoking](#)



## Nutrition & Hydration Week

Since 2012, Nutrition & Hydration week and its purpose is to bring people together, to highlight and educate on the value of food and drink in maintaining health and wellbeing in health and social care.

A weekly event like this is open to anyone and doesn't cost you anything! It is about joining the shared cause of helping people understand the importance of nutrition and hydration.

The highlight of every Nutrition and Hydration Week is the Global Tea Party which takes place on the Wednesday.

On this day, all communities are invited to hold local tea parties. Not only does it show your commitment to nutritional care, and help people improve nutritional intake, it is also a great way to bring people together and create some joy and fun.

You can find out more information by clicking the link below:

[Nutrition & Hydration Week](#)



## Nutrition and Hydration Week

17th to 23rd March 2025

"Making a difference every day"

[www.nutritionandhydrationweek.co.uk](http://www.nutritionandhydrationweek.co.uk)



HM Government **NHS**

*Dr. Rahim  
Tue 11am*

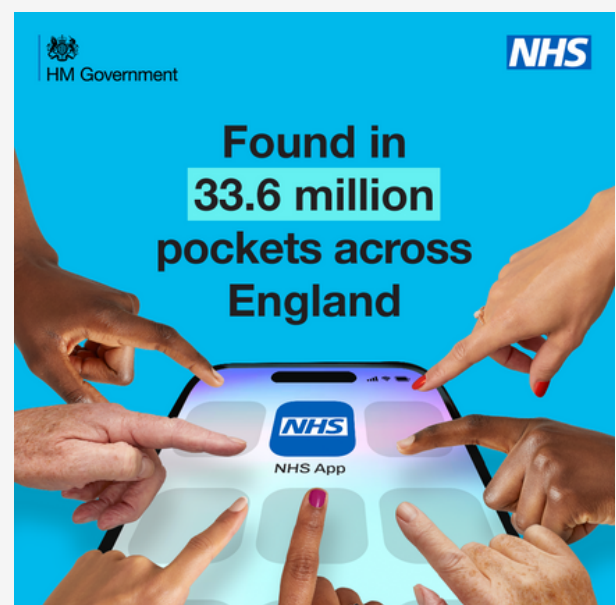
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or

Just tap the App

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View appointments



HM Government **NHS**

Found in **33.6 million** pockets across England

NHS App