



ARC BUCKS PCN NEWSLETTER

May 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.

Hello Bucks!

We are back! Did you miss us? (Actually, it is best that we don't know the answer!).

Our spring has begun in a dash, as we were at the heart of the seasonal COVID vaccinations. And let's just say the train was quickly at full speed from then. There has been the patient group roll-outs to a practice merger, but with still enough time to squeeze in our coffee and catch-up with the talking café chums!

So needless to say, we have a lot to cover in this edition. No month based stories or facts this time I am afraid! Let's get stuck in...

This Month's Topics:

- Seasonal Vaccine Recap
- Patient Needs Groups
- May Bank Holiday
Pharmacy Hours
- Keep Antibiotics Working
- Dying Matters Awareness
Week

“Patience is the support of weakness; impatience the ruin of strength.”

- Charles Caleb Coulton



COVID Booster Spring Campaign 2025

And where else to start, but to give thanks and much needed gratitude for all of those who helped in organising and carry out this season's spring Covid booster campaign.

And boy, were there plenty of people and roles that need acknowledging. Clinical and Site Leads, Pharmacists, Vaccinators, Receptionists, Administrators, Pharmacy Admin, Diluters and Runners... all performed by a combination of social prescribers, pharmacists, pharmacy technicians, paramedics, physician associates, health and well-being coaches, care coordinators and plenty of volunteers.

An eclectic group of wonderful people to say the least, but this campaign could not have been achieved without you all. Especially to David, who made sure our tea and coffee cups remained topped up throughout!

If you are eligible for a covid booster, and you were unable to make it to one of our pop-up clinics, then not to worry. You are still able to get vaccinated at a local service, such as a community pharmacy.

You can get a COVID-19 vaccine if you:

- are aged 75 or over (including those who will be 75 by 17 June 2025)
- are aged 6 months to 74 years and have a weakened immune system because of a health condition or treatment
- live in a care home for older adults

You do not need to wait for an invitation before booking an appointment.

The last date you will be able to get your COVID-19 vaccine is **17 June 2025**. Online booking will close on **16 June 2025**.

You can book a COVID-19 Vaccination appointment online or via the NHS app:

[Book, change or cancel a COVID-19 vaccination appointment](#)

Patient Needs Groups

You may have already received notification from your GP practice, about the use of the Johns Hopkins ACG Patient Needs Groups. But here is a brief breakdown of what this is, and what you can expect.

Patient Needs Groups, or PNGs, are a simple way of categorising patients based on their specific health needs. It helps our practices understand the individual needs of our patients, based on their health and wellbeing to support personalised care and ensures you get the right support in a timely way.

The image at the bottom of this section is a well tested set of 11 segments/groups based on research by Johns Hopkins University. Factors used for grouping include the number of conditions a person and how severe they are. This helps us decide what level of support they might need.

The patients in a particular group have similar patterns of need. For example:

Red (PNG 10-11) = Complex Care Needs: Patients with multiple chronic conditions, requiring regular monitoring and a coordinated care approach.

Amber (PNG 5-9) = Stable Chronic Conditions: Patients with chronic conditions that are well-managed and require occasional support to maintain their stability.

Green (PNG 1-4) = Healthy: Patients without significant health issues who could benefit from preventive care.

You may notice a 'test result' appear in your NHS App referring to your Segmentation Score. This is part of a national initiative designed to help GP Practices better understand the individual health and wellbeing needs of their patients. It supports the delivery of personalised care and ensures patients receive the right support at the right time.

There is no cause for concern regarding this score however should you like some additional information please follow this link:

[Patient Needs Group \(PNGs\)](#)



May Bank Holiday Notice

NHS Buckinghamshire Healthcare Trust are advising patients across the county to order repeat prescriptions in plenty of time for the upcoming Bank Holiday weekends in May.

Pharmacy opening hours on Bank Holidays are voluntary and are, therefore, subject to change. Please check if pharmacies are open by telephone before making a journey.

For people who run out of prescription medication over the break and need an emergency supply, the advice is to go to **111.nhs.uk** online which will signpost you on how to access their medication.

You can view a list of Buckinghamshire pharmacy opening times and locations over the May Bank Holiday, when they become available, by clicking the link below:

[NHS Buckinghamshire Healthcare Trust](#)

Keep Antibiotics Working

Both the NHS and health organisations across the world are trying to reduce the use of antibiotics, especially for health problems that are not serious.

For example, antibiotics are no longer routinely used to treat:

- Chest infections
- Ear infections in children
- Sore throats

This is because:

- Many infections are caused by viruses, so antibiotics are not effective
- Antibiotics are often unlikely to speed up the healing process and can cause side effects
- The more antibiotics are used to treat trivial conditions, the more likely they are to become ineffective for treating more serious conditions

In April this year, the UKHSA launched a digital initiative to re-engage adults in particular with anti-microbial resistance (AMR) and to make patients aware of the best practices that will help keep antibiotics working.

While it may focus on younger adults, its messages are universal!

To keep antibiotic working:

- Don't take antibiotic for colds and flus - these illnesses are caused by viruses, not bacteria.
- Don't save leftover antibiotics for later; they will not work!
- Take them as directed by your GP, nurse or pharmacist

If you would like more information, you can scan the QR code or follow the link below:



[UK Health Security Agency](#)

National Walking Month

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.

You do not have to walk for hours. A brisk, daily walk has lots of health benefits and counts towards your 150 minutes of weekly exercise, as recommended in the physical activity guidelines for adults aged 19 to 64.

May is National Walking Month, so getting out and walking or wheeling more gives us the opportunity to unwind, move the body, connect with others and enjoy the early summer sunshine.

And the value it has on our personal wellbeing is also important. Being physically active can help you to lead a mentally healthier life as well.

Evidence also shows it can help in raising your self-esteem and positive change in your mood. And when participating in a group, it can help you build a sense of belonging, and provide an opportunity to share yours and others positive experiences.

You can find out more about NWM by clicking the link below.

[Living Street](#)

