

# SOCIAL PRESCRIBING

Social Prescribing is a FREE and confidential service that takes a holistic approach to improve your health and wellbeing.

Our aim is to support you in making sustainable changes that matter to you.

This can be by helping you set small goals that can have big impacts on your wellbeing.

Our team can support you in navigating the services in your local community, referring to other health care professionals, voluntary organisations and services that provide further support and activities.



Providing NHS services

# CONTACT US

*Please visit our website and browse the directory for a guide of free or low cost services in the community.*



*You can self-refer via our website or by speaking to someone at your GP practice:*



[www.arcbuckspcn.org](http://www.arcbuckspcn.org)



**Beaconsfield Access Team**

Call: 01494 853680

Email: [beaconsfield.accessteam@nhs.net](mailto:beaconsfield.accessteam@nhs.net)

**Marlow Access Team**

Call: 01628 405518

Email: [marlow.accessteam@nhs.net](mailto:marlow.accessteam@nhs.net)



# ARC BUCKS PRIMARY CARE NETWORK



# SOCIAL PRESCRIBING

Listen, Connect, Advocate

# TALKING CAFES

We have weekly talking cafes across Beaconsfield, Marlow and the surrounding areas.

Meet a social prescriber or a community connector and learn about activities, services and support groups in the area.

It is a great place to connect with like minded people and have light-hearted conversations about what matters to you.

## Monday (Currently not running)

**The Dove Cafe (10:30am – 12pm)**

St Thomas' Church, Mayflower Way,  
Beaconsfield  
HP9 4UF

## Tuesday

**The Atrium Cafe (10:30am - 12pm)**

262 Amersham Road, Hazlemere, High  
Wycombe  
HP15 7PZ

## Wednesday

**Coffee Stop (10am - 11:30pm)**

Christ Church, Chapel Road, Flackwell Heath  
HP10 9AA

## Thursday

**Ark Cafe (11am - 12:30pm)**

Marlow Methodist Church, 31 Spittal Road,  
Marlow  
SL7 3HJ

# DIGITAL CAFES

These are a place to offer people FREE informal, one to one support around basic digital skills, with access to digital devices and the internet.

Digital Cafés can help you to improve your skills on smart phones and the NHS app so you can access health advice and support.

**Drop-in sessions run monthly at your local libraries**

**(11am - 12pm):**

**Beaconsfield Library**

Every 1<sup>st</sup> Tuesday

**Marlow Library**

Every 2<sup>nd</sup> Tuesday

**Bourne End Community Library**

Every 2<sup>nd</sup> Thursday

**Hazlemere Library**

Every 3<sup>rd</sup> Thursday

# PAIN CAFE

Our Pain Café is a friendly and supportive drop-in group for anyone living with persistent pain.

The group will combine peer support with educational components, covering topics related to pain management, mental health, lifestyle adjustments, and coping strategies.

The Pain Café is held on the first **Tuesday** of every month, from 10:30am to 12:00pm, at **Beaconsfield Medical Centre**.



To help us manage numbers, please register your place via **Eventbrite**:



# COMMUNITY CONNECTORS

**Would you like to help individuals in your community?**

A Community Connector is an individual that wants to make a positive difference in their community. There is no experience or knowledge required.

Signposting, support and listening from a community connector have a positive effect on the health and wellbeing of communities.

You can sign up for **FREE** Community Connector training. All details are available on our website.



The NHS App gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the Google play or App store.