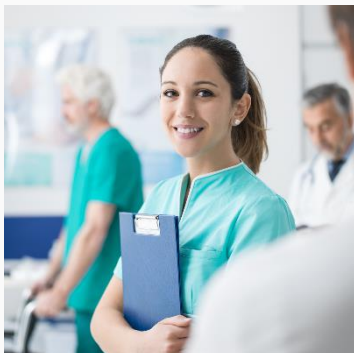


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April 2025 Newsletter

Our updates



Spotlight on Amersham Community Hospital

In March 2025, we visited Amersham Community Hospital to hear directly from patients, visitors, and staff as part of our Enter and View programme.

We spoke with patients, visitors, and staff members across three wards. Their feedback, along with our observations, gave us insight into what's working well and where things could improve.

[Read the full report to see what we found and our recommendations for better care.](#)



Discover Be Healthy Bucks in our next webinar

Join us for an online webinar where we'll be shining a spotlight on [Be Healthy Bucks](#) – the free health and wellbeing service available to Bucks residents and anyone registered with a Bucks GP.

We're excited to welcome **Owain Johns** (Service Manager) and **Gemma Knott** (Team Leader) from Be Healthy Bucks, who'll give us a quick tour of the support they offer – from healthy eating and quitting smoking, to moving more and feeling better, every day.

Date: 21 May 2025

Time: 12:30 - 13:15

Location: MS Teams

[Click here to register.](#)



Community researchers

On Friday 4 April, we celebrated a special milestone- three of our community researchers completed their support and mentorship programme with us. The programme aimed to give each of them the tools and confidence to carry out meaningful research within their own communities.

Each of the researchers shared a personal video—powerful, heartfelt stories that gave insight into their journeys, challenges, and hopes.

We're incredibly proud of their achievements and excited to see the difference they'll continue to make.

[Watch their videos here.](#)



Board Meeting

We're hosting our next Board Meeting in public online, on **20 May 2025, 14:00 – 15:00, via MS Teams**.

Our Board meetings are held in public and anyone is welcome to attend.

[Find out more, submit a question or let us know you'll be attending.](#)

Your voice counts

Community Action Days

This month Aamna attended the very busy Community Action Day at a new community venue operated by Wycombe Mosque - The Ark in Castlefield, High Wycombe. The sun was out and lots of residents attended. We spoke to over 50 people, 20 checked their blood pressure and we helped to signpost another eight onto other organisations. A big thanks to everyone who spoke with us, and also to our wonderful volunteers who helped on the day.

The Community Action Days are organised by Buckinghamshire Council as part of the Opportunity Bucks programme and give residents an opportunity to discuss concerns with a number of organisations including the council, the NHS, Thames Valley Police and many more. Further Community Action days will be organised throughout the year and more details can be found here [Community Action Days | Buckinghamshire Council](#).



Where to find us

We will be out and about at the venues below over the next month, and would love to hear what you think about health and social care in Bucks.

We will be available for a chat and to hear your stories. And don't forget, we can check your blood pressure for free too.

2 May - Burnham Library
29 May - Buckingham Library
30 May - High Wycombe Library

Further details for the events listed above can be found on our [events calendar](#). Be sure to check it often, as we regularly add new events.



In the news



Bank Holiday Pharmacy opening times

To help you plan your visits to the pharmacy over the upcoming May Bank Holiday, we have provided a list of your local pharmacies with their updated opening times [on our website](#).



Social prescriber role

[The Chalfonts Primary Care Network](#) are recruiting for Social Prescriber to join their team.

The successful candidate will play a vital role in enhancing patient care and well-being by connecting individuals with non-medical support services within the community.

[Find out more and apply.](#)



A strain on sight: Waiting for NHS specialist eye care.

[Healthwatch England's](#) report warns long waits for eye care are having a huge impact on people's daily lives.

According to their report, eye care is the busiest outpatient speciality in the NHS in England, and with an ageing population, demand is set to grow further.

[Read the report in full](#), including their findings and recommendations.



May Measure Month

Buckinghamshire Council and Pump It Up Pressure Partners are encouraging residents to check their blood pressure.

The campaign looks to raise awareness of the importance of regular blood pressure monitoring. Raised blood pressure is the number one cause of preventable deaths worldwide.

One in five Bucks residents have high blood pressure which can lead to many more serious health conditions such as cardiovascular disease, stroke, diabetes, and dementia. High blood pressure is known as the “silent killer” due to often showing no symptoms. Simply checking your blood pressure and making small healthy lifestyle changes can help prevent developing more

serious health conditions.

You can get your blood pressure checked for FREE with us at any of our [events](#).

[Find out more and other places you can get checked for free.](#)

Volunteering

Make a difference and volunteer with us!

Looking to give back, build new skills, and meet great people? Join our community of volunteers and help make a difference to health and social care in Bucks.

[Get in touch today to learn more.](#)

