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NW Chilterns Community Board: <https://bit.ly/3h1LFSk>



@HughendenStreet



<https://bit.ly/2PNqQfg>



HELPLINE: 07392 683500

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## Hughenden Newsletter

Find us on Facebook: <https://bit.ly/2PNqQfg>

### The Hughenden Street Association vision

For community life in Hughenden Parish to become better connected, supportive/supported, stronger and friendlier so that all residents are involved in it to the level they desire. This means working to create safer and connected communities encouraging residents to identify the needs of their neighbours to help them engage in the community. The Association has a key role to play in helping develop links to existing facilities whilst also working to support community groups to reach out to as many residents as possible.

So much has been achieved by the Street Association with more still to do together. Take a look: <http://bit.ly/2Skst40> PLEASE SHARE THIS NEWSLETTER

### Social Prescribing – An Introduction

We are delighted to report on a very positive meeting with the **Mid-Chiltern Social Prescribing Service**. Over the coming months we will be sharing details of this important Service.

Let's start with a definition of what is **Social Prescribing** from our contact at the Service.

Social prescribing involves helping patients to improve their physical and mental wellbeing by connecting them to activities, groups and services in their community.

#### Who can we support?

We can help with becoming more active, support with mental wellbeing, becoming healthier, be more socially connected, live well and be more independent, support with finances.

#### What to expect?

Once we receive your referral, we will contact you directly and discuss your needs. We can support you by linking you to support services in the community.

#### What we are not....

We are not clinically or medically trained and cannot help with medication or medical problems.

To use this free service you must be a registered patient at one of the following GP surgeries:

- Amersham Health Centre
- **Hughenden Valley Surgery**
- John Hampden Surgery
- Prospect House Surgery
- Rectory Meadow Surgery

#### How to contact us:

You can self-refer to us:

Email: [mid-chiltern.socialprescribers@nhs.net](mailto:mid-chiltern.socialprescribers@nhs.net) or via our website: <https://www.midchilternpcn@nhs.uk>

Or contact your GP surgery/reception team and ask to make a referral

### Social Prescribing Drop in Café

If you would like to come and meet us in person, come along to one of our cafes!

Chiltern Lifestyle Centre HP6 5AH every Thursday 10 – 12  
Or The Pantry at 51 HP16 9EJ every third Wednesday of the month at 10 – 12

### Suspicious Email Reporting

A reminder about the **Suspicious Email Reporting Service** (SERS). Do forward any suspicious emails here: [report@phishing.gov.uk](mailto:report@phishing.gov.uk). It is not necessary to add a covering message. The Service has received around 24 million emails resulting in scams being addressed and many websites closed. Worth doing!

### NHW on Wycombe Sound

The **Director of Operations**, Geoff Pegg, will be interviewed live by Chris Phillips on **Wycombe Sound, 106.6 FM**, during their afternoon programme on consecutive weeks beginning with a shortened interview this **Friday, 9th August** and a longer session **on Friday 16th August** from 1:25 pm.

If you have any questions for him, please call Wycombe Sound on 01494 449900 before or during the course of the programme. Alternatively, email your questions to [contact@wycombesound.org.uk](mailto:contact@wycombesound.org.uk)

### Wycombe Celebrates – Volunteering Opportunities



**Wycombe Celebrates** is a feast for all senses, a festival celebrating all the things unique and special about the town. This brand-new festival has something for everyone - food, music, arts, heritage, and crafts. This brand-new festival will include an eclectic mix of live performances from local bands and spoken word artists. You can also discover the heritage of the town through trails, walks and exhibitions.

There are a range of volunteering opportunities including stewarding and signposting, event set-up and performance liaison for anyone aged 18+. Contact [Sheena.Carman@buckinghamshire.gov.uk](mailto:Sheena.Carman@buckinghamshire.gov.uk)

### Don't Forget .....

**HSA Pub Lunch** dates:

**Hughenden Valley:** 2<sup>nd</sup> September. Contact Anne Smart, 07970 037419

**Naphill & Walter's Ash:** 21<sup>st</sup> August. Contact Susan Bickerstaffe, 07880 519323

**Kingshill:** 28<sup>th</sup> August. Contact Janet Booth, 07976 896219

### Contact the Editor

Email: [Hughendensa@gmail.com](mailto:Hughendensa@gmail.com) or call: 07808 229476

