

CHALFONTS AND GERRARDS CROSS BUCKINGHAMSHIRE COMMUNITY WELLBEING HUB NEWSLETTER

BUCKINGHAMSHIRE
COMMUNITY WELLBEING HUB

Awarded Place of the Year at the 2025
Excellence in Health Creation Awards!

WELCOME

This summer marked an exciting milestone for the hub, as we welcomed new organisations, hosted a variety of events, and supported residents to access activities and opportunities that promote health, wellbeing, and meaningful social connections.

We would like to take this opportunity to thank everyone who has visited, supported, or partnered with the hub over recent months. It has been amazing to see the hub continue to grow, with individuals and partner organisations making full use of the space to create opportunities and improve access to local support.

As we move into autumn, we look forward to welcoming even more activities, events, and services to the hub. We hope you enjoy reading about what has been happening and discovering the opportunities available in the months ahead.

RECENT EVENTS

April:

The hub was delighted to welcome two Tropic Skincare Ambassadors, who hosted a wellbeing session for NHS and BHT staff. Featuring complimentary facials, the session encouraged attendees to take a well-earned pause from their busy schedules, prioritise self-care and support their overall wellbeing.

We are pleased to share that the session received excellent feedback, and we are delighted that the Tropic Skincare Ambassadors have expressed an interest in returning to the hub during the festive season to deliver another complimentary wellbeing session for staff. We look forward to sharing more details on this very soon!

May:

The hub was pleased to host an NHSE wider workforce session, facilitated by Lucy Jones from FACT Bucks Parent Carer Forum. Open to all health and social care staff from across Buckinghamshire, the session focused on supporting SEND families. The learning and sharing workshop explored ways to effectively support families and carers of children and young people with special educational needs and disabilities (SEND), providing attendees with valuable insights, knowledge, and practical approaches to apply within their roles.

The hub rounded off the month of May by hosting a further online directory support session. This time, the event was aimed at organisations within the Voluntary, Community and Social Enterprise (VCSE) sector. The session invited those delivering events, activities and services across Buckinghamshire to learn more about Joy and receive support to register their services on the platform, helping to increase visibility and connect more residents with local opportunities and support.

Are you signed up to Joy? – Joy is the software for delivering preventative care at scale, covering over 22 million patients across the UK. The aim is to make it easy for patients and residents to be connected, or to connect themselves, into local support that will improve their long-term health and wellbeing. Through the use of Joy Marketplace individuals can discover events, groups, and activities with the overall purpose of connecting people to life-changing services.



To access Joy Marketplace please scan the QR Code -



August:

Visiting Angels delivered an engaging nutrition and hydration talk, raising awareness of the important role both play in helping individuals live active and independent lives. A key takeaway from the session was that small, consistent changes to everyday eating and drinking habits can have a significant impact on long-term health, wellbeing and independence.

We are grateful to Visiting Angels for their continued support of the hub and for once again sharing their knowledge, expertise, and practical advice with the community.

An ongoing series:

Following the success of the initial series of 'Meet Up Mondays,' a second set of sessions was launched and is already well underway. Meet Up Mondays is a networking and collaboration initiative that provides a welcoming environment for professionals to connect, share insights, explore opportunities for partnership working, and build meaningful relationships across sectors. We are delighted to see the sessions continuing to grow, fostering stronger community connections, and encouraging collaborative working.

'MEET UP MONDAYS'

13:00 - 14:15

20TH JULY

17TH AUGUST

21ST SEPTEMBER

19TH OCTOBER

ALL ENQUIRIES:

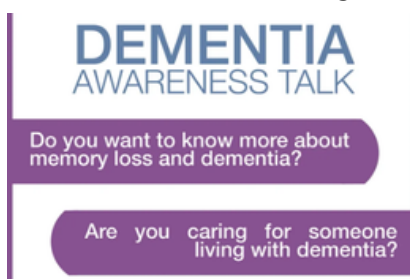
EVENTS@BUCKSCOMMUNITYHUB.COM



UPCOMING EVENTS

September:

Delivered by dementia specialist Sally Blackden, this upcoming dementia awareness talk will offer valuable insights into memory loss and dementia. Open to anyone wishing to learn more about the condition, the session will provide practical guidance on supporting people living with dementia and those who care for them.



DEMENTIA AWARENESS TALK
MONDAY 14TH SEPTEMBER
14:00 - 15:00
NO BOOKING REQUIRED

The hub is pleased to be hosting its final NHSE Wider Workforce session, aimed at those working across health and social care. The session will explore how organisations and teams can better support neurodivergent staff, including the provision of reasonable adjustments and the creation of more inclusive working environments.



SCAN THE QR CODE
TO BOOK YOUR
PLACE-



NHSE WIDER WORKFORCE
SESSION: SUPPORTING OUR
NEURODIVERGENT STAFF
THURSDAY 17TH SEPTEMBER
11:00 - 12:30

Following the NHSE Wider Workforce Session, the hub will be hosting a crime prevention event in partnership with the Buckinghamshire Community Safety Team and Thames Valley Police. The session will provide practical advice on crime prevention, personal safety and recognising common scams.

CRIME PREVENTION EVENT
THURSDAY 17TH SEPTEMBER
12:45 - 14:00
'DROP IN' SESSION - NO BOOKING REQUIRED



The Hub is proud to be hosting the health coaching course, delivered by Buckinghamshire Health and Social Care Academy (BHSCA). This PCI-accredited Level 4 programme equips participants with the skills and confidence to have meaningful, person-centred conversations that support positive health and wellbeing outcomes. Through practical learning and interactive sessions, attendees will gain valuable tools that can be applied immediately within their roles and communities. We are pleased to support the delivery of this programme and the development of a skilled and empowered workforce. Please note that this course is currently fully booked.

WORKING TOGETHER: PROJECTS, SCHEMES & PARTNERSHIPS

The hub is delighted to play a role in promoting and supporting programmes that make a positive difference within our communities. The following section highlights some of the schemes and initiatives we are proud to support and be involved in.

Pop-Up Library:

We would like to extend a huge thank you to Chalfont St Peter Community Library for providing the hub with a pop-up library. This fantastic initiative aims to bring the library into the heart of the community, making reading easy and accessible for everyone. Visitors to the hub are welcome to borrow a book to take home or simply enjoy reading while spending time at the hub. The pop-up library offers a great selection of both children's and adult books, and we hope attendees will continue to enjoy and make good use of this valuable resource.

The Safe Place Scheme:

Since May 2026, Chalfonts and Gerrards Cross Buckinghamshire Community Wellbeing Hub has been proud to be part of The Safe Place Scheme. The Safe Place Scheme was launched in Buckinghamshire in 2012 and has built a network of suitable venues and businesses where anyone can go for help and assistance if they find themselves in need whilst out and about in their local community. Having access to a 'Safe Place' offers anyone vulnerable who is feeling confused, scared, or upset, to have somewhere they can go to ask for help. Whether someone needs directions, wishes to make a telephone call, or requires assistance for another reason, staff at Chalfonts and Gerrards Cross Buckinghamshire Community Wellbeing Hub are on hand to help.



If you or someone you know may benefit from the scheme, emergency contact cards can be collected from the hub. Designed to be carried by the individual, the cards contain essential emergency contact information and can provide reassurance in the event of an emergency.

The Chatty Cafe Scheme:

The Hub is delighted to announce that it is part of The Chatty Cafe Scheme, a national initiative dedicated to reducing loneliness and social isolation by encouraging meaningful, face-to-face conversations.

As part of this initiative, the hub hosts a weekly 'Chatter & Natter' table, open to all members of the community. This designated space provides an opportunity for people to meet, connect and socialise. The hub is proud to be part of this scheme, and its 'Chatter & Natter' table is open every Friday from 09:30 – 11:30.



Registered Condom Distribution Centre:

The hub has partnered with Brook as a free registered condom distribution centre and sexual health signposting service. Through this partnership, we will be supporting young people aged 13 – 24 by providing access to free condoms, sexual health information, and signposting to appropriate services. We look forward to working alongside partners to enhance access to support and information for young people.



Pump it Up Campaign:

Lastly, the hub is proud to be part of Buckinghamshire Council's Love Your Heart Bucks initiative through the 'Pump It Up: Make a Start to a Healthy Heart' campaign. The campaign encourages residents to check their blood pressure and take simple steps towards improving their heart health and overall wellbeing.

Free blood-pressure checks are available to anyone using the hub, enabling people to gain a better understanding of their health and wellbeing.

CURRENT HUB ACTIVITY AND AVAILABILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Maximus – Be Healthy Bucks: Health Checks Clinic. Every other Monday. Start date: 12/10/26. Time TBC.	Bucks Mind: Wellbeing and Support Group. Every Tuesday. 10:00 – 14:00.	NHS Buckinghamshire Talking Therapies: Talking Therapies Clinic. Start date: 16/09/26. Time TBC.	Rape and Sexual Abuse Support Service South Buckinghamshire (RSASS): Counselling (both 1-1 and group setting) & Training Opportunities for local residents. Start Date/Time: TBC.	The Chatty Cafe Scheme (Managed by BCW Hub): 'Chatter & Natter' Table. Every Friday. 09:30 – 11:30.
BCW Hub initiative: 'Meet Up Mondays.' Third Monday of every month. 13:00 – 14:15.				

The hub continues to grow as a welcoming and inclusive community space, bringing together a wide range of organisations and services that support local residents.

Alongside our regular programme of sessions, we still have availability for meetings, training events, workshops, community activities, and organisations looking to establish a regular presence at the hub. **Current availability includes two Mondays per month (full day), Tuesdays from 14:15 – 17:00, and Fridays (full day).** If you are interested in hiring the space or would like to find out more, please contact the Buckinghamshire Community Wellbeing Hub team via events@buckscommunityhub.com or e.waring3@nhs.net

OUR RECENT SNAPS!



IN CASE YOU MISSED IT:

If you have any enquiries about the hub or would like to book the space and facilities on offer, please get in touch by emailing:

events@buckscommunityhub.com

or

e.waring3@nhs.net

If you have visited the hub, we would love to hear from you. Your feedback helps us improve and shape the experience for everyone who attends.



TO PROVIDE FEEDBACK PLEASE SCAN THE QR CODE ABOVE

Lastly, the Chalfonts & Gerrards Cross BCW Hub team would like to say a massive thank you to Friends of Chalfonts and Gerrards Cross Community Hospital for their continued support and dedication to the hub.

