

BUCKINGHAMSHIRE COMMUNITY WELLBEING HUB



BUCKINGHAMSHIRE
NEW UNIVERSITY
EST. 1991

Buckinghamshire
Health & Social
Care Academy



Winter Newsletter 2024

Hello and welcome to our 1st Newsletter for the BCW Hub. Wishing you all a Happy and Prosperous New Year. We hope everyone had a wonderful Christmas break and is rested and ready for a new chapter, 2024.

January 2024 for us, marks the first (just over) half a year for the Buckinghamshire Community Wellbeing Hub... and what an amazing first half a year it has been!

Since the opening in June, we are very pleased that the BCW Hub has hosted an array of events and activities and now is home to over 40 different health and social care professionals and voluntary community social enterprise organisations.



An insight to one of our regular community groups...

We are proud to be a home for the Knit and Natter group in partnership with CPJ Fields 'Never Alone'. It is a joy to see all the regular attendees come into the hub each week and make items for the premature babies in the Neonatal unit at Stoke Mandeville. This group is a vital part of the community and helps people flourish and build confidence all while helping others. The group runs every Wednesday 10:30 – 12pm. Never Alone have also newly launched a Community Crafters group now running every Tuesday 10 - 12pm.

For more information regarding the groups please contact Maria Butler on community.bucks@cpjfield.co.uk



C.P.J. Field.

New year new support groups...

We are pleased that from January 2024 we have two new regular groups commencing. **Alzheimer's Society UK** will be launching a new Carer's Support group running once a month on a Wednesday afternoon.



Determined to
make a difference



Trusted expert



Better together



Compassionate





**STOP SMOKING
AND GOOD
THINGS HAPPEN**

Our second new session beginning is in partnership with **Be Healthy Bucks** who will be beginning a regular Smoking Cessation session weekly also on a Wednesday. This group timing ties wonderfully with the new NHS national stop smoking campaign just launched on 27th December called 'Good things happen when you stop smoking' in which you may have seen advertisement for. The session is open to all so please do let us know should you like to book.

Placements and opportunities...

As you may be aware one of our key objectives at the BCW Hub is to provide opportunities for learners to develop skills and gain work experience, including volunteering placements, job shadowing and training. With this in mind, we are extremely happy to advise that our first placement has begun this week and they will be job shadowing health and social care professionals and VCSE providers as well as supporting our regular social groups within the hub.



Fundamental Events at the BCW Hub...

In the last few months of 2023, The BCW Hub Aylesbury was pleased to be host to two important and crucial events. On Wednesday 25th October 2023, we hosted a Black History month event 'Celebrating Our Sisters'. The event was in partnership with the local NHS Maternity and Neonatal System. The evening had various talks with guest speakers touching on Maternity, Menopause, Mental Health and Diabetes.

Also on offer throughout the evening was health checks being delivered by Public Health, a local DJ playing cultural music and indulging in delicious African and Caribbean food. BCW Hub were proud to facilitate and mark such an important cultural event and we look forward to facilitating similar events in the future.



A few weeks later, on Tuesday 21st November, we were delighted that Heart of Bucks chose to use the BCW Hub to host their event launching their new Young Futures Fund. This new fund is a partnership of local organisations and people dedicated to funding the aspirations and dreams of young individuals across Buckinghamshire. The event was a success which saw a large group of attendees attend to listen and find out more information about the new fund.

If you would also like to find out more, please go to www.youngfuturesfund.org



High Wycombe BCW Hub...

On Friday 8th December, we hosted our High Wycombe BCW Hub Open Morning @ The Room, High Wycombe Campus, which saw a fantastic turn out of attendees to come along for us to portray and explain all we have been doing at the Aylesbury hub and for attendees to view and give feedback on our dedicated space within the Sports and Wellbeing Clinic.

It was a lovely morning of networking which saw some of our dedicated representatives from the Health and Social Care Academy, give a small talk and explanation of our values and objectives and we were also joined by a handful of some of the organisations already utilising the BCW Hub in Aylesbury to showcase and give out information regarding their organisation. We also had on offer a Dementia Dance Taster session for those that were feeling energised and up for some exercise!

We explained that the location in High Wycombe for the BCW Hub is open for anyone to utilize however, it is not our forever home, and we look forward to finding a permanent dedicated space in High Wycombe just like Aylesbury, to continue our fabulous collaborations and support.

Any queries, please do get in touch.



OPENING HOURS

Aylesbury: Monday, Tuesday, Wednesday, and Thursday 9-5pm

High Wycombe: Friday 9-5pm.

We would like to take this time to thank everyone for all their ongoing support and contributions for our hubs and we look forward to developing and sharing all our plans and ideas throughout 2024.

For bookings, please click [here](#) to complete on our online booking form or for further information or queries, please contact us at

bcwh@bucks.ac.uk

Best wishes,

The Buckinghamshire Community Wellbeing Hub

Integrating Care, Nurturing Wellbeing & Empowering Futures.