



Buckinghamshire Community Wellbeing Hub

Winter Newsletter 2024

Welcome

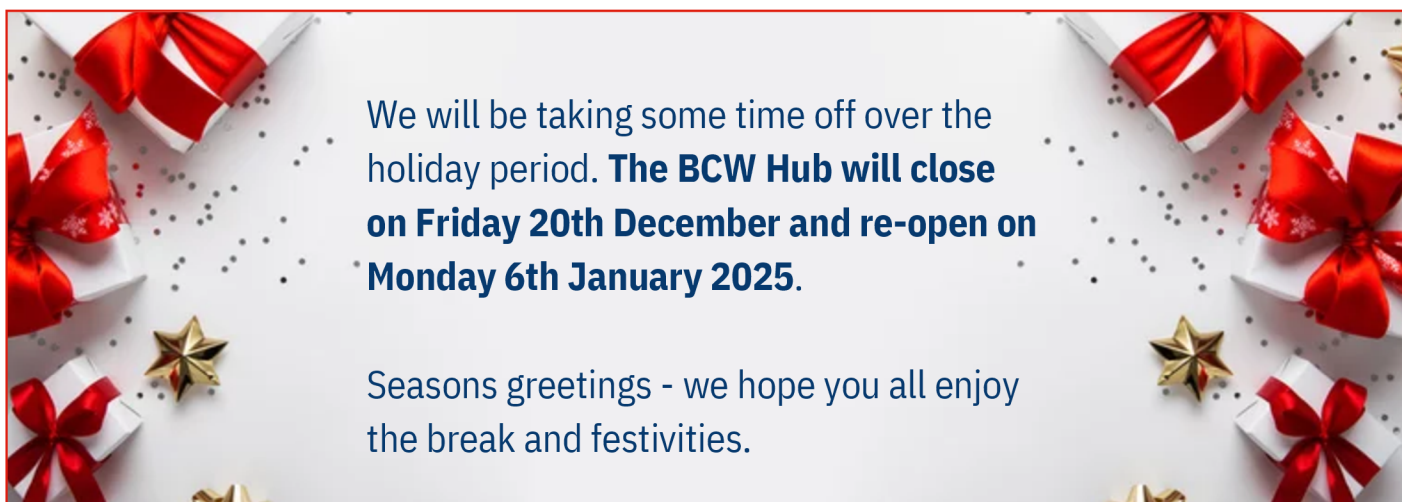
As the days have grown shorter and the air has turned crisp, we are excited to share the latest updates and heart-warming stories from our community. This season, we have been busy with a variety of activities and initiatives aimed at fostering well-being and connection among our residents.

In this edition, you will find highlights from our recent events and collaborations. We also have inspiring quotes from members who have benefited from our services. As always 'Thank You' for being a part of our vibrant community. We hope you enjoy reading about what we have been up to and find inspiration in the collective efforts to make Buckinghamshire a happier, healthier place for everyone.

Stay warm and well!

Best wishes

The Buckinghamshire Community Wellbeing Hub Team





Open morning: Never Alone

In October we were thrilled to be the host an open morning for Never Alone, a social-prescribed group designed for individuals experiencing loneliness, aiming to foster a sense of community, and belonging.

Running Weekly at the BCW Hub, these sessions feature various activities, including mindfulness colouring, sewing, and creative crafting, all tailored to address and alleviate the feelings of isolation many residents face.

These activities are uniquely co-designed and co-produced by the members who showcase their skills and talent, teaching and learning from each other. Attended by residents and health and social care colleagues, this event provided a wonderful way to connect with others, gain new skills, and contribute to the community.

If you would like to know more about these activities, please get in touch with **community.bucks@cpjfield.co.uk** for more information.

Quotes from our attendees:

"Inspiring"

"It is all about togetherness"

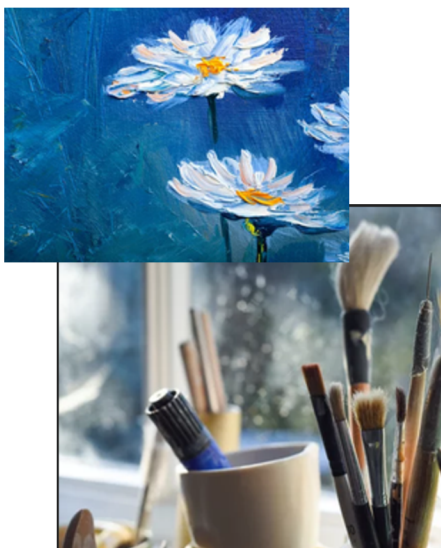
"Keep doing what you do so well"

"I love it here"

"Great safe, warm environment"

"These groups mean the world to me"

The BCW Hub is privileged to host, in partnership with our VCSE and Health, Social & Social Care colleagues, a weekly programme of health & wellbeing improvement activities and support groups.



We are therefore thrilled to host the new weekly **Cancer Support Painting Group** every **Tuesday 12:30 - 2 pm**.

This activity provides a safe and supportive space for people to find a little escape while dealing with cancer. A place to help you be creative, slow down, relax, and process your thoughts with others affected by cancer. Open to everyone, regardless of skill and experience.

For further information, please contact **Niki Powell** at **njpowell189@gmail.com** or **bht.cancer.inf@nhs.net**



Occupational Therapy: Connect and Celebrate

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The inaugural Buckinghamshire Occupational Therapy Community Connect and Celebrate event took place on Friday 8th November, during the national Royal College of Occupational Therapy's OT week, themed: "The power of occupational therapy - transforming health & social care". Hosted by Buckinghamshire Health and Social Care Academy (BHSCA), this brought together current and future Buckinghamshire Occupational Therapy workforce from health services, social care, education, independent, and VCSE across all levels and stages of careers, including learners and apprentices, in the BCW Hub.

The event facilitated professional networking and an interactive programme with varied speakers, stimulating valuable discussion, sharing of innovation, and celebration of practice across organisational boundaries.

Featured were inspirational Occupational Therapy career stories and case studies, a spotlight on the recently launched Occupational Therapy BSc programme at Buckinghamshire New University (BNU), as well as the newly elected **Member of Parliament Laura Kyrke-Smith**, exploring current issues for our population health outcomes, as well as workforce challenges for allied health professions.



The event closed with Gemma Donnelly, BOB ICB Chief of Allied Health Professionals (AHPs), motivating a call to action towards health and social care services fit for the future and the integral role Occupational Therapists play in this with national shifts from hospital to community, analogue to digital, and sickness to prevention.

Attendees provided overwhelmingly positive feedback on evaluation and were able to share reflections, learning and takeaway actions for CPD and to collectively harness our potential, optimising our workforce to benefit our residents and population outcomes in Bucks.

Elizabeth Evans, AHP Workforce Programme Fellow, BHSCA. e.evans29@nhs.net

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AGM: Alternatives to Conflict

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We were pleased to host the Alternatives to Conflict Annual General Meeting (AGM) Celebration in November at the BCW Hub. This organisation provides a Conflict Resolution Service using mediation, conflict support sessions, and workshops/training. It aims to help communities, individuals, and families to resolve different types of conflict.



The event was attended by the **Police & Crime Commissioner for Thames Valley, Matthew Barber**, who spoke about tackling conflict and anti-social behaviour.

For more information please [Contact us](#)

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Important Update:

BCW Hub Full Capacity (High Wycombe)

We would like to inform you that the BCW Hub in **High Wycombe** is now at full capacity, and unfortunately, we are unable to take any further bookings at this time. The BCW Hub at our Aylesbury campus will continue to take bookings as normal.

We are actively working on securing a dedicated space to accommodate future needs and will be sure to send out relevant communications as soon as we have more information.

Thank you to all our partners for your understanding and patience. We look forward to ongoing collaboration with you in 2025.

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thank you
FOR YOUR SUPPORT