

BUCKINGHAMSHIRE COMMUNITY WELLBEING HUB NEWSLETTER

BUCKINGHAMSHIRE
COMMUNITY WELLBEING HUB

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

WELCOME 2026!

Hello and welcome, everyone! We're so delighted to step into this New Year together. We hope you enjoyed a joyful and restful break, and that you're feeling refreshed and ready for all the exciting opportunities ahead. This year promises to be full of growth, collaboration, and great news we can't wait to share with you. Let's make it a year of inspiration, success, and memorable achievements together!

As a newly registered charity we celebrate some proud moments and some new faces!
As always we would like to thank you for being a part of our community!

Buckinghamshire Community Wellbeing Hub Team

CHALFONTS & GERRARDS CROSS HUB

We are pleased to share news of the opening of the new Buckinghamshire Community Wellbeing Hub which will be located at Chalfonts & Gerrards Cross Hospital.

The new hub is proud to be funded by Friends of Chalfonts and Gerrards Cross Community Hospital. Their support enables us to develop and deliver a dedicated space for health, wellbeing and social care activities that benefit the local community in South Buckinghamshire. Our partnership with them additionally ensures that the hub can provide accessible services, promote healthier lifestyles and create opportunities for residents to connect and thrive.

Keep an eye out on our website for more details about the soft launch coming soon!
[Chalfont & Gerrards Cross | Buckinghamshire Community Wellbeing Hub](#)

For more information please contact Eloise on e.waring3@nhs.net

We look forward to welcoming you all to the new hub!

AWARD

We are thrilled to announce that we have been awarded the Health Creating Community Space/Place of the Year at the 2025 Excellence in Health Creation Awards!

This recognition celebrates our commitment to building a welcoming, supportive environment where health and community thrive together.

It's a proud moment for everyone involved, and we couldn't have achieved this without the passion, dedication, and collaboration of our community.

These prestigious awards celebrate the people and projects transforming health and wellbeing across the UK. The Hub was recognised as a shining example of health creation in action, thanks to its co-designed approach with partners, strengths-based ethos, and commitment to listening and responding to local needs.

Thank you to all who have contributed to making this space a beacon of health creation. Here's to continuing our journey of innovation, inclusion, and wellbeing!



HUB COORDINATORS

We would like to give a warm welcome and introduce you to the new Buckinghamshire Community Wellbeing Hub Coordinators; Aamna and Eloise.

Aamna will be based at the Aylesbury hub whilst Eloise will be positioned at the Chalfonts & Gerrards Cross hub.

Both are looking forward to welcoming you all to the hubs and supporting you with any questions or queries that you may have. Please be sure to say hello!



AYLESBURY

Thank you to Aylesbury Town Council for awarding us £2,000 at the Buckinghamshire Community Wellbeing Hub. This funding makes a meaningful difference to our work. It enables us to continue delivering vital support, resources, and activities that improve the wellbeing of residents across Aylesbury.

Your contribution helps us reach more people, strengthen our community programmes, and ensure that local individuals and families can access the help they need. We're grateful for your recognition and value of the work we do.



AYLESBURY CREATIVE HEALTH & WELLBEING PROGRAMME

In Autumn 2025, we delivered an 8-week series of creative health and wellbeing workshops in Aylesbury.

The Aylesbury Creative Health and Wellbeing Programme was organised by us at Buckinghamshire Community Wellbeing Hub, Buckinghamshire Health & Social Care Academy and Buckinghamshire Culture. The project was supported by the Aylesbury Community Board project funding. The sessions ran every Friday, were completely free to attend, and included all materials. The programme was warmly received, with fantastic engagement and positive feedback throughout. A project evaluation will be completed with the funders (Aylesbury Community Board) in early 2026.

A great success overall,
keep an eye out for more sessions soon!

AYLESBURY CREATIVE HEALTH & WELLBEING PROGRAMME

- Looking for a new hobby or to learn a new skill?
- Interested in making new friends and connections within the community?
- Want to try something creative for your wellbeing?
- Ready to explore creativity in a new way?

We are offering 8 weeks of creative health and wellbeing workshops (no cost to attend, all materials provided) on Fridays, in Aylesbury, in Autumn 2025

Date	Time	Session
26TH SEPT	10AM - 12PM	Madhubani art A heritage Indian folk art form & the session will include making natural colours from vegetables and painting on handmade paper
3RD OCT	10AM - 12PM	Medicinal Movement & Spoken Word A creative movement and poetry workshop that brings together rhythm, memory, emotion, and connection
10TH OCT	10AM - 12PM	Voicing Yourself Happy A workshop for the whole body, bringing together music and sound through noises, improvisation and singing
17TH OCT	11 - 3PM	Zine-making Design and create a zine (a small art booklet) using collage and mark making techniques
24TH OCT	11 - 3PM	Cyanotype printing A historic, alternative photographic process that creates amazing blue images, using different objects to explore the technique
14TH NOV	11 - 3PM	Realising your Creative Magic A drama and performance based workshop utilising movement, improvisation, clown and therapeutic wellness techniques
21TH NOV	10AM - 12PM	Dance (for all abilities) A dance session for diverse audiences that can be adapted for any ability (both seated and standing)
28 NOV	10AM - 12PM	Slow Stitch and Breathe Learn a basic stitching technique and use that skill to slow stitch a mini art quilt/coaster, option to make a holiday themed project

How do you register for sessions?
Register for & come along to one, two or all eight sessions by emailing events@buckscommunityhub.com confirming which session/s you would like to attend

Where?
Buckinghamshire Community Wellbeing Hub,
Buckinghamshire New University's Aylesbury
Campus Walton Street, Aylesbury, HP21 7QG

The Aylesbury Creative Health and Wellbeing Programme is organised by Buckinghamshire Community Wellbeing Hub, Buckinghamshire

OLIVER MCGOWAN TRAINING

We are also pleased to be hosting Oliver McGowan Training at the Aylesbury Hub. In October 2025, BHSCA started a system wide training programme for the Oliver McGowan Mandatory Training in learning disability and autism. This is to ensure our NHS and social care workforce across the BOB and Frimley ICB footprint receive this mandatory training, to support the reduction in health inequalities for people with a learning disability and autistic people. NHS staff can book onto the training via their Trust training teams.



TOGETHER ON TUESDAYS

We are delighted to introduce you to our upcoming series of professional connection and collaboration sessions at our Aylesbury Hub:

‘Together on Tuesdays’ taking place on the dates listed below.

These informal sessions will offer a welcoming space to connect, exchange insights, and explore new opportunities for collaboration and strengthen relationships with each other. Please feel free to bring promotional material to showcase your services.

Connection & Collaboration Sessions

1-3pm

**3rd February
10th March
7th April
12th May
2nd June**

To participate please email: welcome@buckscommunityhub.com

BUCKINGHAMSHIRE
COMMUNITY WELLBEING HUB

**BUCKINGHAMSHIRE
COMMUNITY WELLBEING HUB**

"Integrating Care, Nurturing Wellbeing & Empowering Futures"

TOGETHER ON TUESDAYS

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

Connection & Collaboration Sessions
1-3pm

3rd February
10th March
7th April
12th May
2nd June

Strengthen relationships with our valued professional partners.
The informal sessions will offer a welcoming space to connect, exchange
insights, and explore new opportunities for collaboration. Please feel free
to bring promotional material to showcase your services.

To participate please email: welcome@buckscommunityhub.com

07634406268
welcome@buckscommunityhub.com
Buckinghamshire Community Wellbeing Hub

Buckinghamshire New University
Aylesbury Campus
55 Watton Street
Aylesbury
HP21 7QC

Registered CIO 1210830

As we welcome 2026, we want to extend our heartfelt thanks for your continued support and connection. This new year brings fresh opportunities to strengthen the way we care for one another, and we remain committed to supporting you and your wellbeing every step of the way. Together, we continue "Integrating Care, Nurturing Wellbeing, and Empowering Futures" building a year shaped by compassion, collaboration, and meaningful progress.



07834406268



welcome@buckscommunityhub.com



Buckinghamshire Community Wellbeing Hub



Registered CIO 1210830