



Dr Penny Macdonald  
Managing Partner - Marlow Medical Group,  
Accountable Clinical Director - Arc PCN,  
Chair - FedBucks



# What is a PCN?

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*“PCNs enable greater provision of proactive, personalised, coordinated and more integrated health and social care for people close to home”.*

NHS England



# Arc Bucks Primary Care Network (PCN)

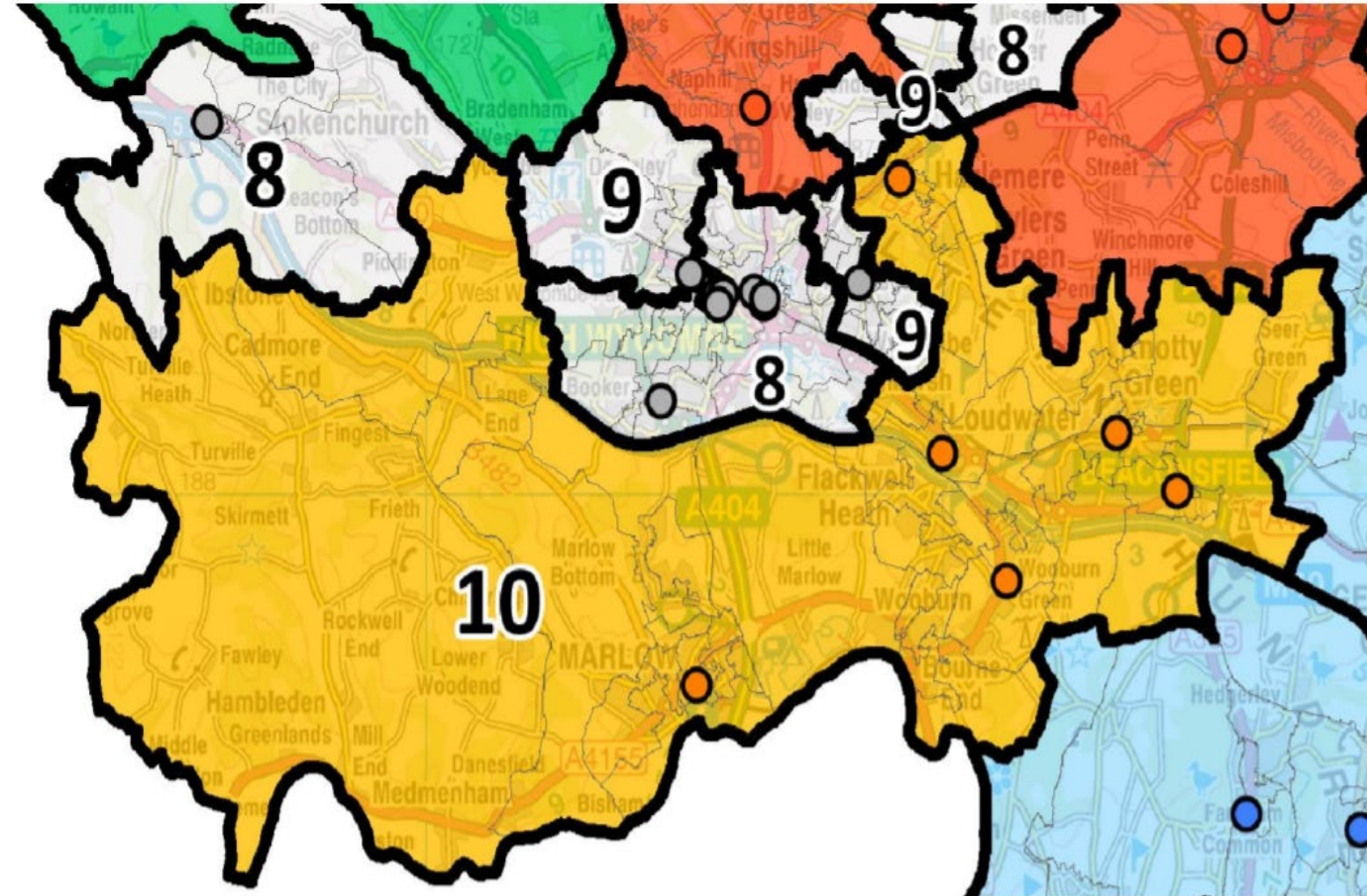


**BAT**

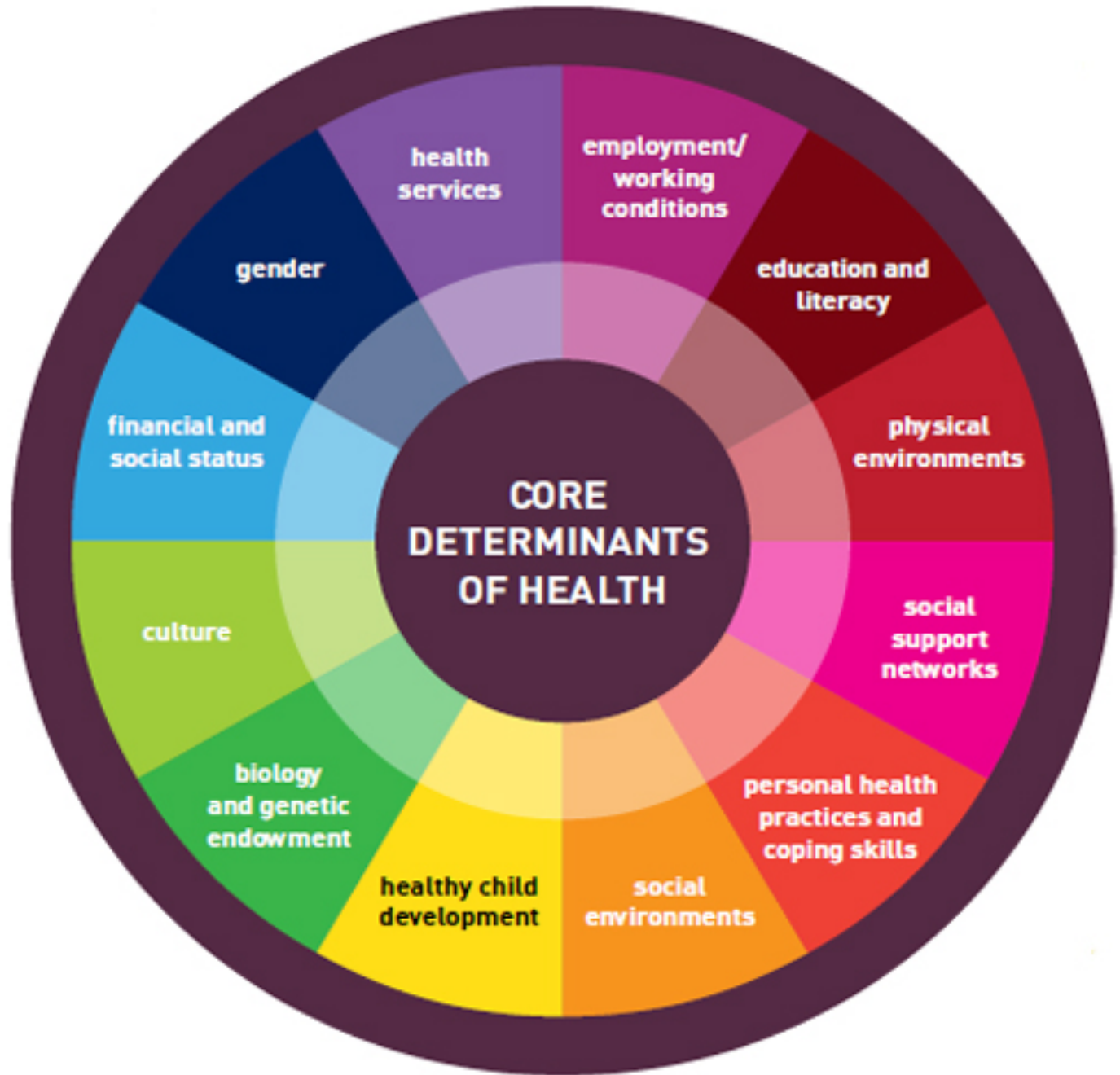
- Bourne End and Wooburn Green Medical Centre
- The Millbarn Surgery
- The Simpson Centre and Penn Surgery

**MAT**

- Cherrymead Surgery
- Highfield Surgery
- Marlow Medical Group



# Core Determinants of Health







COMMUNITY INFORMATION AREA



Visit: [frommedicalpractice.co.uk](http://frommedicalpractice.co.uk)



# Social Prescribing: The Basics



## WHAT?

Social prescribing (aka community referral) is a means of enabling health professions to refer people to a range of local, non-clinical services.

## HOW?

It seeks to address peoples needs in a holistic way by recognising that health and wellbeing is determined by socioeconomic and environmental factors.

## WHY?

To improve the mental and physical health and wellbeing of the population.

# Arc Bucks PCN Social Prescribing Team

## Meet the Team

Sarah Walker – Senior SP

Rosie Reardon – SP



### Beaconsfield Access Team

The Simpson Centre and Penn Surgery

Milbarn Medical Centre

Bourne End and Wooburn Green Medical Centre

### Marlow Access Team

Marlow Medical Group- Doctors House Surgery

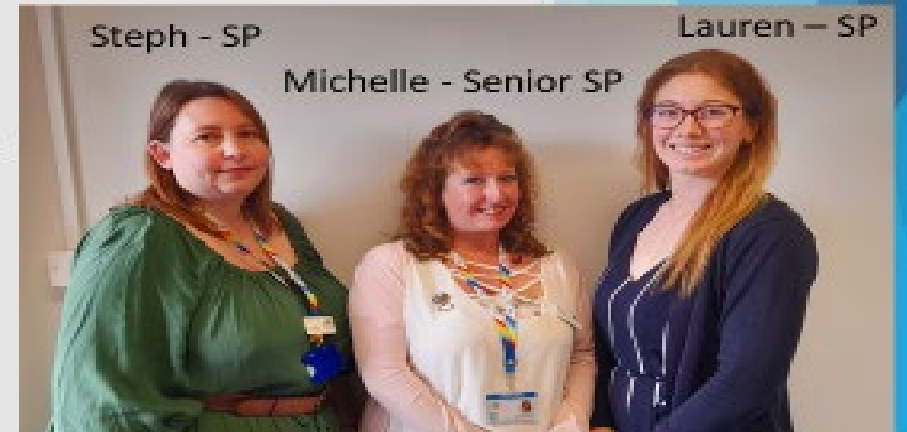
Highfield Surgery

Cherrymead Surgery

Steph - SP

Lauren – SP

Michelle - Senior SP



A colorful illustration of a community scene. It features a winding path, a bridge, a church with a steeple, a school building, and various trees and flowers. The title 'Community Connectors' is overlaid on the top part of the illustration.

# Community Connectors

- Trained to identify and then connect people who may need additional support to resources available in the community.
- Arc Bucks PCN Community Connector training makes this process more structured.
- Enabling more people to know which groups and events are available in their neighbourhood and to know where to signpost to help and support.



# Arc PCN Directory of Services

News Cafés - 1st Tuesday of the month 3.30pm - 4.30pm Flackwell Heath Library Carrington Junior School Chapel Road HP10 9AB Talking Cafés - 2nd Thursday of the month



HOME ABOUT US SERVICES SELF-REFERRAL LOCATIONS WHO'S WHO CONTACT US **DIRECTORY**

Do you want to find groups and support in the community that might help you improve your health and wellbeing? You can find lots of local support from charities to social groups in the Arc Bucks PCN Directory.



## Befriending

Print page

Add page to print basket

## Lindengate

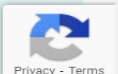
Lindengate is a multi-award winning Nature based Health and Wellbeing Charity based in Wendover, Bucks, at the foot of the Chiltern Hills. Since 2014, and with the support of over 200 volunteers, Lindengate has transformed from a disused allotment site with 2 metre high nettles, to a unique 6 acre secret garden with a Nature Reserve, Ponds, Heritage Orchard, Kitchen Garden and Sensory Garden with sculptures and heritage-based art hidden across the site.

Lindengate@Home (#lindengate@home) is for everyone who might be struggling with their wellbeing and isolation. Our normal structure and balance in life has been seriously disrupted and many of us are having to

### Directory

You can browse our directory by selecting a category from the dropdown box below.

- [A Welcoming Space – Keep Warm.](#)
- [Abuse Domestic Abuse and Safeguarding](#)
- [Abuse of Money](#)
- [Activities](#)
- [Additional Learning](#)
- [Advocacy](#)
- [Arthritis](#)
- [Autism and ADHD](#)
- [Befriending](#)
- [Bereavement](#)
- [Bladder and Bowel conditions](#)



# Talking Cafes

10 regular **Talking Cafes** across our area are available to our residents with 1:1 advice and support. People can drop in or be signposted to this resource which combats social isolation and provides practical and emotional support resulting in long-lasting benefit.



# THANK YOU FOR LISTENING! PLEASE JOIN US!

- Monthly newsletter - sign up to via the website [www.arcbuckspcn.org](http://www.arcbuckspcn.org)
- Check our website for Community Connector training sessions on other topics [www.arcbuckspcn.org](http://www.arcbuckspcn.org)
- Email any questions or updates to [Marlow.AccessTeam@NHS.net](mailto:Marlow.AccessTeam@NHS.net) or [Beaconsfield.AccessTeam@NHS.net](mailto:Beaconsfield.AccessTeam@NHS.net)

