



Friends of Amersham Health Centre Newsletter July 2022

Practice News /

The great news is that the Practice is back in the main building. It has been a difficult time for everyone working in the surgery and they have been very grateful for the support the FAHC has been able to offer.

for further information log into: <https://www.amershamhealthcentre.co.uk>

FAHC News

AGM

We held the Annual General Meeting on 9 June 2022. At the meeting members were re-elected and Patrick Clarke stood down as Chair. We are all very grateful for the work he has put in over the last 5 years in establishing the FAHC and creating a good working relationship with the Practice staff to support the needs of the patients; even through the difficult times the Practice and patients have had since the Covid pandemic started. Daphne Lally has now taken over the role as Chair of the FAHC PPG. For further information log onto the FAHC link on the surgery website.

A word from Daphne

"I am delighted to have been elected as Chair of the FAHC. There are many projects in the pipeline which have had to be put on hold during lockdown, but I am very hopeful that these will be resurrected and completed in the very near future.

These being:

- *To assist patients who would like to use the online services to access the Surgery.*
- *Define the equipment that the surgery needs, but are not available from the NHS.*
- *Fund raising to cover the cost of the equipment, and to pay for future talks on Health related issues.*
- *Set up meetings with Centre staff on a regular basis to improve understanding and communications between Practice and patients.*

In the longer term:

- *I will be working with the PPG groups in our Patient Care Network group to share and develop resources from which we can all benefit. This would include Health Talks and sharing good practise.*
- *The committee and I will also address the recommendations made after the survey which we sent out in July 2021.*
- *We will also continue to develop a robust communications programme with the Practice Staff."*

The Annual Review has now been published and is also available on the FAHC link. We are planning to have hard copies available in the surgery.

Your Correct Contact Details

Please check that the Surgery has the correct contact details for you. These being your home phone number, any mobile phone number and an email address. This will expedite communications between the Practice and the patients.

The Mid-Chiltern (PCN) Primary Care Network - Social Prescribing



Patients need to be registered with one of the following practices within the PCN in order to access these social prescribing services:

The Amersham Health Centre,
Hughenden Valley Surgery (Chequers Drive Surgery),
John Hampden Surgery,
Rectory Meadow Surgery
The Prospect House Surgery.



The Social Prescribing Team has asked us to make you aware of the services they offer:

- Social Prescribing can help you find the support you need, when you need it!
- Do you need support with fixing housing issues, negotiating debts and benefits, implementing healthy habits, managing your mental health, or overcoming loneliness?
- Do you feel lost trying to navigate all of the Health and Social Care possibilities that are available?

Social Prescribing can connect you to support within your local community to help you work towards a happier, healthier and more fulfilling life.

You can complete an online self referral form at

Log into : <https://www.midchilternpcn.nhs.uk/self-referral/> and click on "Self Referrals

Alternatively, a professional, for example your doctor, can refer you.