

NEWSLETTER

Amersham Health Centre – June 2025



Natalie, Health and Wellbeing Coach

Hi, I'm Natalie, a registered Health Coach with training from the College of Naturopathic Medicine. My journey into health and wellbeing began after I completed a Nutrition & Culinary Practice course at Leith's Cookery School. That experience reignited my passion for healthy eating and holistic living. I retrained as a health coach, combining both my professional experience with my commitment to wellness.

After spending a year in private practice helping clients make sustainable lifestyle changes, I'm now excited to be part of the Health & Wellbeing Team at Mid Chiltern PCN.

As a Health and Wellbeing Coach, my role is to empower people to feel more confident in managing their own health. I focus on areas such as healthy eating, physical activity, weight management, better sleep, and supporting those living with long-term conditions like hypertension, diabetes, and heart disease. I'm passionate about meeting people where they are and working with them to make small, meaningful changes that can have a big impact over time.

Help Us to Help You!

Each **missed appointment** costs us more than just time, they are a huge financial burden too! On average a missed appointment cost us and the NHS £30 each!

Here is the number of missed appointments in the last two months:

	April	May
Doctors	61	72
Minor Illness	22	19
Nurses	59	81
Total	142	172

Help us get these numbers down!

If you cannot make your appointment, **please cancel** it as soon as possible. By doing so we can offer it to another patient on our waiting list, ensuring we can see as many patients as possible in need of care.

Practice Closure – 11th June

The surgery will be **closed on the afternoon of Tuesday 11th June from 1pm** for staff training. We understand that some patients may still need medical advice or to speak to a GP during this time. **Please call NHS 111**, who provide cover on our behalf and can direct you to the right care.

Important Update About Using AskFirst

Some patients have been experiencing challenges when using our online consultation tool, **AskFirst**. This is due to recent changes made by a new supplier, which have impacted the **'New Problem'** tab and made it more difficult to use.

While we work with our partners to resolve these issues, **we kindly ask that you use the 'Ongoing/Further Follow-Up' tab instead**, even if it's a new concern. This option allows you to enter **free text**, giving you more space to describe your issue clearly. This helps our triage GPs assess your request more accurately and direct you to the most appropriate care.

The **Integrated Care Board (ICB)** is aware of these difficulties and is currently in discussions about a **unified system** for all GP surgeries across Buckinghamshire. The goal is to reduce confusion and better support the growing demand on general practice.

Thank you for your understanding and patience as we navigate these changes together.



Loneliness Awareness Week

Loneliness Awareness Week 2025 takes place from **9th-15th June**, presenting a valuable opportunity to address the growing concern of loneliness. This year's theme, **"Meeting Loneliness Together,"** emphasises reducing the stigma around this natural human emotion and encourages collective efforts to foster connections.



Why This Matters:

If loneliness is very severe or lasts a long time, it might increase the risk of some physical conditions such as dementia and mental health conditions such as stress, anxiety, low mood or depression.

How You Can Participate:

If you are planning to mark Loneliness Awareness Week in your social channels, you can find useful resources, aimed at a 16-24 year old audience, on the [Campaign Resource Centre](#). As a call to action you might link to content on [Better Health: Every Mind Matters](#).

If these resources don't quite fit your requirements, the **Marmalade Trust**, the organisers of Loneliness Awareness Week, has resources for community events, schools and social media. The Marmalade Trust is an award-winning loneliness charity which raises awareness of loneliness and supports people to find new social connections.

