

# NEWSLETTER



Amersham Health Centre – August 2025

Say hi to  
Paul!

Our First  
Contact  
Practitioner  
for Mental  
Health



Hi, I'm Paul, First Contact Practitioner for Mental Health, working in partnership with Bucks Mind. I'll be supporting adults (18+) who are presenting with common mental health concerns, offering brief initial assessments to guide people toward the most appropriate support. I will also be offering 1:1 supported self-help sessions for those with difficulties such as low self-esteem, loneliness, low mood and anxiety. I'm available Monday to Friday across the Mid Chiltern PCN.

My background is in Psychology and Mental Health, and I have worked locally in several different places including Bucks Talking Therapies, Bucks Primary Care Mental Health Hub and Mind. I'm passionate about empowering people to take the next steps in managing their wellbeing. While I don't prescribe medication, I can offer guidance around self-help strategies and psychological resources.

Outside of work, I enjoy going to the gym, watching the latest film at the cinema or a doing a bit of beer tasting at my local brewery. I'm always happy to chat if you'd like to know more about what I can offer. I look forward to working with you!

## Thank You for Helping Us!

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!

Last month we saw the lowest amount of missed appointment in our history! Thank you and keep up the good work!

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

	June	July
Doctors	46	40
Minor Illness	34	11
Nurses	59	46
<b>Total</b>	<b>139</b>	<b>97</b>

### 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.

Please remember you can **cancel an appointment online** by....

- Ask First
- Amersham Health centre Website
- NHS app
- Simply by calling us!

Buckinghamshire council have announced that from this month Bucks adult residents will have round-the-clock, free access to mental health resources through a new online platform, Qwell. This digital mental health support tool offers a safe and anonymous space for adults aged 18+ to seek help and support. It is available at <https://explore.qwell.io/bucks/>

- Access a library of articles, podcasts, and videos
- Use tools like an online journal and goal tracker
- Join a moderated peer support forum to share experiences and ask questions



## Say Goodbye to AskFirst and hello to ACCURX

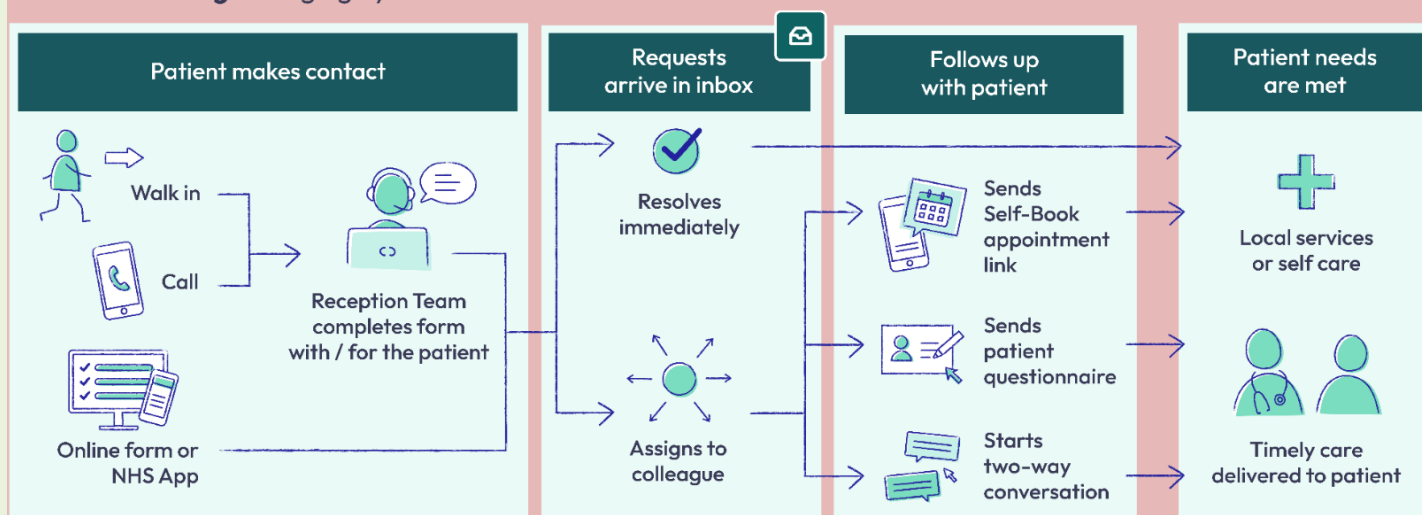
Accurx is an NHS approved remote consultation system, that allows healthcare professionals to send messages, schedule appointments, and conduct online consultations with patients. It also facilitates the collection of patient information through online forms and questionnaires.

Patients can use Accurx to request sick notes, get test results, and receive responses from their GP practice, often without needing to visit the surgery. It aims to streamline communication, making it faster and more efficient than phone calls or emails.

### What is total triage?

Total triage is a General Practice workflow where **every patient** contacting a practice first **provides some information** on the reasons for contact **and is triaged** by a GP before making an appointment.

**Accurx total triage:** triaging by clinical need



**Date of Launch to be confirmed – please look out for announcement.**