

# January Newsletter

Amersham Health Centre

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## Happy New Year!

### A new year message from The Partners

To our patients at Amersham health Centre we wish you and your family a very happy New Year

We hope that you will enjoy good health and happiness through 2026

If you are looking for a new year resolution you may like to consider one of the five pillars of wellbeing or even all five!

Good luck



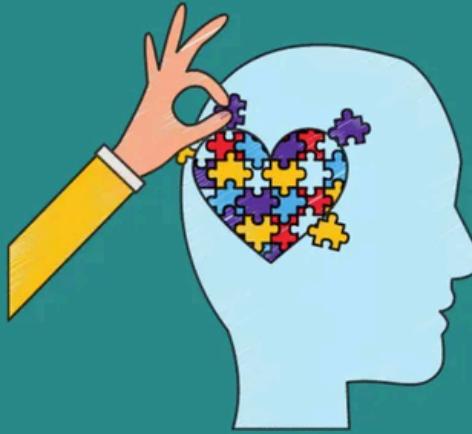
### Dr Layng's Channel Swim

As some of you may already know Dr Layng did not manage to attempt his English Channel swim in September due to bad weather and high winds.

However, he does have another date for next year confirmed between 29th June - 3rd July 2026.

He's having a very brief respite from training before starting again in the New Year!!

Watch this space and we will keep you posted.



## Start the New Year Healthy

January is a great time to focus on your wellbeing and work towards healthier habits. Whether you want to improve your fitness, manage your weight, or stop unhealthy behaviours, BeHealthyBucks and Health and Wellbeing coaches and trainers are available to support you in reaching your goals like: stop smoking, be a healthier weight, cut down on alcohol, get an NHS Health Check and more.

[Click here for Be Healthy Bucks](#)

[Click here for Health and Wellbeing Coach](#)

[Click here for IAPT](#)



## Mental Health in the New Year

The start of a new year can bring new pressures as well as new opportunities. If you're feeling overwhelmed, anxious, or low, support is available. You can book an appointment with our First Contact Mental Health Practitioner Paul Walden or self refer to IAPT for confidential help without needing to see a GP first.

## Pharmacy First

Your local pharmacy is here to help and support GP surgeries. Patients can visit a pharmacy as a first point of contact for advice and treatment for seven common conditions, helping you get quicker care without needing a GP appointment.

- Sinusitis (for adults and children aged 12+)
- Sore throat (for adults and children aged 5+)
- Earache (acute otitis media) (for children aged 1–17)
- Infected insect bites (for adults and children aged 1+)
- Impetigo (for adults and children aged 1+)
- Shingles (for adults aged 18+)
- Uncomplicated urinary tract infections (UTIs) (for women aged 16–64)



Pharmacy First

**Message to Patients : Dr Alisha Esmail will be on maternity leave from Wednesday 21<sup>st</sup> January 2026**

