Buckinghamshire Council









What is happening in Public Health?

Quarterly Report

July 2026 to September 2026

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Public Health Highlights
Q2 June 26 - September 26

HEALTHY LIVES

Phunky Foods

2,242 pupils engaged

ParkPlay

329 attendances

Staying Active, Staying Connected Event

82 participants (age 50 +)

Lemonade Life

Supported
8 pregnant women
&
27 post natal women

Tobacco Control

Illegal Tobacco Roadshow

262 residents engaged

CARDIOVASCULAR DISEASE

Pump it up Pressure Partners

2246 health MOTs

2861 BP checks in Q1

HEALTHY AGEING

Age Friendly Webinar

29 partners attended

Healthy Ageing Fund

5 grants awarded

SEXUAL HEALTH

New and improved **bSHaW** website

HEALTHY COMMUNITIES

English for Health & Wellbeing

30 learners attended 10 week course

Health Equity Fund

4 grants awarded

Healthy Libraries

244 events held.
Over 11,651 residents attended

CHILDREN & YOUNG PEOPLE

Supervised Toothbrushing Programme

20 early years settings and schools signed up

MENTAL HEALTH & WELLBEING

24 mothers engaged with free Mum and Baby Yoga

60 professionals and volunteers attended bespoke mental health awareness training

PUBLIC HEALTH KEY SERVICE DATA Q1 26/27

(Data is reported one quarter in arrears due to reporting timescales)

CHILDREN & YOUNG PEOPLE

Health Visiting

- **33** Antenatal checks at 28+ weeks
- **955** new birth visits within 14 days completed
- **988** of 6-8 week checks completed
- **1087** of 1 year checks before 15 months completed
- **1049** of 2-2.5 Year development checks completed

School Nursing

- **4199** Pupils received an eye screening
- **501** Pupils identified as having problems through eye screening.
- **11,842** Childrens height & weight measured across reception and Yr 6
- **174** Children referred to an expert service

HEALTHY LIFESTYLES

Be Healthy Bucks

- **272** smoking quitters at 4 weeks
- **219** adults achieving 3% weight loss
- **100%** of children (7-13 yrs) completing programme who maintained or reduced weight

CARDIOVASCULAR DISEASE

NHS Health Checks

Q2 Data 2026-2027

- **2,604** NHS Health Checks delivered
- **966** delivered in most deprived areas

DRUGS & ALCOHOL

One Recovery Bucks

- **627** Adults in structured alcohol treatment
- **1,677** Adults in structured drug treatment
- **36.2%** of successful alcohol treatment completion of those in treatment
- **17.6%** of successful drug treatment completion of those in treatment

SEXUAL HEALTH

Buckinghamshire Sexual Health & Wellbeing

- **4,832** appointments carried out.
- **1,763** digital kits ordered.

Healthy Lives

Staying Active Staying Connected Meet and Move Event

Staying Active, Staying Connected (SASC), delivered by Active in the Community, launched its second free event at Stoke Mandeville Stadium in partnership with More Leisure. Designed for adults aged 50 and over, SASC provides opportunities for people to discover and try new activities, connect with local organisations, and explore ways to improve their physical activity levels while maintaining valuable social connections.

The event welcomed 82 adults aged 50+ and offered a range of activities including pickleball, seated exercise, aqua, zumba, Inclusive cycling and wheelchair sessions, health walks, tai chi and walking cricket. Feedback from attendees was overwhelmingly positive, with 94% reporting that they had tried something new and some individuals signing up to become local volunteers.

Alongside the activity programme, attendees were able to visit a partner marketplace showcasing a variety of local services and support organisations including; carers' support services, libraries, blood pressure monitoring, Age UK, Bucks Adult Learning, Be Healthy Bucks, Simply Walk and Community Safety, enabling participants to access information and advice to support their health and wellbeing.

Feedback from attendees:

"I really enjoyed the session at Stoke Mandeville, I was able to try Tai Chi, Pickleball, Zumba Gold and Aqua Aerobics. All were really good! I was hoping to start Tai Chi and Zumba Gold"

"Thank you for a brilliant day yesterday. All of the staff who were organising things and helping people with where to go next, were absolutely brilliant. It was a shame that we could not of had a full day, or a little longer. I would have been very happy to have tried a few more of the activities. I slept very well last night! Thank you all again. Look forward to the next events."

Check out a short reel of the day on Facebook

Lemonade Life



Lemonade Life's face-to-face service successfully launched this quarter, supporting 8 pregnant women and 27 postnatal women through a range of wellbeing and physical activity sessions. Activities included pregnancy breathwork, exercise ball classes to prepare for birth and smoothie tasting sessions delivered in partnership with local midwifery at Berryfields Family centre, postnatal wellbeing walks at The Rye in High Wycombe, pregnancy stretch and relax and baby massage delivered at Mapledean Family Centre.

The postnatal walk at The Rye, Wycombe

Sophie, Mum of 1: *The buggy walk was great. I really enjoyed the chance to exercise and meet other mums. After attending the baby massage class I knew I wanted to attend the buggy walk. Lemonade feel really inclusive. I am enjoying moving again after a difficult birth.*

Louise, first pregnancy*: I came away feeling really relaxed and with a better understanding of which stretches and exercises are safe and beneficial during pregnancy. I found it reassuring to be shown the movements properly rather than having to work out for myself what is suitable. The relaxation at the end was particularly enjoyable and gave me some lovely time to switch off and focus on myself and my baby. The instructor was really approachable and clear, and I found the class both enjoyable and reassuring. It was also lovely to have dedicated time to relax and focus on myself and my baby.*

Bucks Pathfinder

The Bucks Pathfinder app is now live - whether you're a regular walker, cyclist, equestrian, keen explorer or just looking for somewhere new to visit, we'd love your help testing the new Bucks Pathfinder before its full launch in 2027.

It offers FREE access to premium features, including:

- 🗺️ OS Maps
- 📴 Offline route downloads
- 📍 Augmented reality wayfinding
- ⛰️ Route steepness information
- 👫 BuddyBeacon location sharing
- 🚫 No ads!

We're still adding more routes to it but now is the perfect time to explore, leave a review and share your feedback.

Download it today and help us build the ultimate guide to walking and riding in Buckinghamshire:

- Android Bucks Pathfinder – Apps on Google Play
- Apple Bucks Pathfinder App - App Store

Move Together Bucks

Move Together Bucks is **now available county-wide** for all Buckinghamshire residents aged 50 and over who are living with a long-term health condition.

The free programme helps people become more active through personalised support, guidance and connections to local physical activity opportunities. Whether they are looking to improve their fitness, boost their confidence, manage a health condition more effectively, or simply become more active, Move Together Bucks can help people find activities that are right for them. Participants receive tailored support to set achievable goals and access a range of community based activities designed to improve physical health, mental wellbeing and overall quality of life.

Residents can be referred or can also **self-refer** directly to the programme. To find out more about Move Together Bucks, check eligibility or make a referral, visit **www.activeinthecommunity.co.uk**

The programme has received 130 referrals in the last quarter.

Healthy Start Training

To support increased uptake of the NHS Healthy Start scheme, Buckinghamshire Public Health launched an online professional training package designed to improve frontline staff and volunteers' knowledge and confidence in promoting the scheme to eligible families. The training has been well received, with 61 professionals completing the course and successfully achieving their local Healthy Start ambassador certificate.

The programme has strengthened awareness of eligibility criteria, application processes and key messaging across partner organisations, helping to embed consistent promotion of Healthy Start within health, community and family support services. Further promotion of the training is planned to increase completion rates and expand the network of Healthy Start advocates across Buckinghamshire. Training can be access here Healthy Start training for professionals | Health and Wellbeing

Phunky Foods

Year one report of the Phunky Foods programme showed impactful outcomes across the 9 schools with:

- 59 pupil-facing events delivered.
- 2242 pupils directly engaged through programme activities.
- 6 Phunky Ambassador programmes established.
- 18 pupils trained as Phunky Ambassadors.
- 9 parent-facing events delivered, with 573 parents participating.

School-Level Outcomes across participating schools include:

- 4 schools implemented new school food policies, including updates to packed lunch and Early Years food provision policies.
- 1 school integrated the programme and school food policy into its School Improvement Plan and established a whole-school cooking club.
- 5 schools are delivering whole-school healthy lifestyle initiatives.
- 6 schools are embedding activities within the curriculum.
- 6 schools are undertaking parent engagement work.
- 7 schools have completed Healthy Schools Award baseline activity.

The recruitment of 11 schools as part of cohort 2 is being finalised, ready to launch in the first school term of 2026/27.

Good Food Takeaway



The Good Food Takeaway programme, which is part of the Healthy Schools Neighbourhoods project, was officially launched in July. The launch event, attended by Cllr Isobel Darby, celebrated the commitment of participating businesses to making healthier choices more visible and accessible to customers and was followed by a council press release to raise awareness of the initiative.

Since launch, all ten participating businesses have remained actively engaged with the programme, with every business introducing a healthier meal deal and committing to further develop healthier options beyond the pilot. Businesses have also increased the visibility of healthier choices through menu changes and promotional activity, helping to create a more supportive local food environment.

"By working collaboratively with takeaways, we're helping make healthier choices more visible, accessible and appealing. It also shows how our local businesses can play an important role in supporting community health"

Cllr Isobel Darby, Cabinet Member for Health and Wellbeing

Good Food Retail

The second phase of the Good Food Retail project has continued to progress in Iver following engagement with local residents. Feedback highlighted a desire for greater access to affordable, healthier food options, helping to shape retailer recruitment and future project activity. Three retailers have now joined the programme in Iver and are being supported to increase the availability and promotion of healthier products within their stores. Building on this progress, retailer mapping for inclusion in the project as part of the next wave of the Healthy School Neighbourhoods project is underway in Aylesbury.

Revisits to retailers involved in the successful first phase have also been positive, demonstrating that businesses have maintained the changes introduced through the project, with many continuing to stock and promote healthier products. This ongoing commitment highlights the potential for sustained improvements to the local food environment through continued retailer engagement and support.

BetterPoints

Across this quarter, a further 287 new users have joined BetterPoints, with 40% coming from an Opportunity Bucks ward. Encouragingly, 69% of users who previously reported doing less than the recommended 150 minutes of physical activity per week are now meeting or exceeding this level.

A recent user story shared through the app was from a Buckinghamshire resident who downloaded BetterPoints after seeing a promotional poster in her GP practice. She subsequently increased her daily physical activity, achieved a 4kg weight loss and reduced her HbA1c from 48 to 41, moving out of the diabetic range while establishing more active and sustainable lifestyle habits. Reflecting on her experience, she said the app had helped her realise that *"I can make time for physical activity, even with a busy schedule"*, demonstrating the role BetterPoints can play in supporting positive and lasting behaviour change.

ParkPlay

ParkPlay continued to provide regular opportunities for families to be active, connect and play within their local communities. Between July and September 2026, 329 attendances were recorded across the three established Buckinghamshire ParkPlay locations, with 32 new participants registering during the quarter. ParkPlay is also reaching diverse communities, with participants representing a wide range of ethnic backgrounds and almost half identifying as Asian ethnicities.

Looking ahead, work is underway to identify and appoint a new delivery provider to support the future delivery and ongoing development of ParkPlay across Buckinghamshire.

Pre-conception, Maternity, Children and Young People

Supervised Toothbrushing Programme launches across Buckinghamshire



Buckinghamshire's new three-year Supervised Toothbrushing Programme launched this quarter, with more than 20 early years settings and schools already signed up to begin delivery this autumn. Delivered by Community Dental Services, the programme helps children aged 3 to 5 years in targeted settings develop positive oral health habits through daily supervised toothbrushing with fluoride toothpaste. The programme builds on a successful pilot at Elmhurst School in Aylesbury and aims to reach children who face the greatest risk of poor oral health outcomes. The programme complements, rather than replaces, twice-daily toothbrushing at home.



Good oral health is an important foundation for children's health, wellbeing and readiness to learn. By supporting children to establish healthy routines from an early age and ensuring preventative support reaches those most in need, the programme will help reduce tooth decay and support healthier futures. This work supports the ambitions of Buckinghamshire's Best Start in Life Plan 2026-2029, helping children get the best possible start in life through improved health and wellbeing, reduced inequalities and stronger support for families.

Home Learning Play Bags are back!

Boromi's Home Learning Play Bags programme has been made available for a further three years this quarter, helping more families across Buckinghamshire support their children's learning through play. Available through selected libraries, Family Hubs and targeted family support services, such as health visitors, the bags provide books, play resources and simple activities that encourage communication, language development and early learning.

The programme has already shown positive results, with 93% of participating families reporting they gained new ideas for play and learning at home, and 97% spending more time engaging with community settings. The Home Learning Play Bags supports the ambitions of Buckinghamshire's Best Start in Life Plan 2026-2029, particularly the priority to strengthen home learning by building parents' confidence and providing practical, accessible ways to support children's development. By helping families create positive learning experiences at home, including for children with SEND, the programme is supporting school readiness and reducing inequalities across the County.



Tobacco Control

'Cut Down to Stop' for people who smoke and are living with substance misuse.

Starting in June 2026, smokers receiving support for substance misuse at One Recovery Bucks (ORB) may now access the Cut Down to Stop pathway. This pathway is evidence-based and provides an additional option for smoking cessation support, helping to ensure smokers facing complex challenges are not left behind. The programme provides nicotine replacement therapy (NRT) and vapes to help participants gradually reduce smoking before setting a quit date. They can received support for up to 19 weeks. We also have a dedicated stop smoking practitioner within ORB to deliver the pathway. The outcomes of participants so far are promising.

Illegal Tobacco Roadshow 2026

The Illegal Tobacco Roadshow, delivered across High Wycombe, Chesham and Aylesbury in August 2026, brought together Public Health, Trading Standards, Thames Valley Police and community partners to raise awareness of illegal tobacco and illicit vapes, promote stop smoking support, and encourage reporting of illegal activity.





The three events engaged 262 residents, generated 12 referrals to Be Healthy Bucks, four referrals to other services, and 41 signposting conversations. They increased awareness of the links between illegal tobacco, organised crime and community safety, strengthened local partnership working, and demonstrated Buckinghamshire Council's commitment to creating healthier and safer communities.

Cardiovascular Disease (CVD)

"Pump It Up" Pressure Partners Community and Faith Settings

To support early identification and management of cardiovascular risk, Buckinghamshire delivers community-based access to blood pressure and health checks through the 'Pump It Up' programme, helping people understand their blood pressure and protect their heart health in local community and faith settings.

Pressure Partners

Data collected on blood pressure readings via pressure partners is reported a quarter in arrears.

- 2861 blood pressure checks were completed at community and faith-based Pressure Partner locations during Quarter 1 of 2026

Health Kiosks and Libraries

- During Quarter 2, 2246 Health MOTs were completed at health kiosks located in community settings, 926 of those in libraries.
- 104 blood pressure monitors were loaned through Buckinghamshire Libraries in Quarter 2, supporting people to monitor their blood pressure at home.

Know Your Numbers Week 2026 (7-13th September)

Know Your Numbers Week is a national campaign run by blood pressure uk which aims to raise awareness about the dangers of high blood pressure, often called the "silent killer" and encourage people to get their blood pressure checked regularly. Be Healthy Bucks teamed up with Public Health for a Know Your Numbers Week event in Friar's square. Over 50 people interacted with the event. 25 people checked their blood pressure, 7 were identified as having high blood pressure. 4 were booked for an NHS Health Check.

During the week 8 leisure centres became pressure partners giving people visiting these centres an opportunity to check their blood pressure. As well as Stoke Mandeville Stadium's launch of becoming a pressure partner when a huge 96 blood pressures where taken.

Healthy Ageing

Healthy Ageing Fund

In August, Heart of Bucks awarded five grants to local groups and organisations helping older people stay connected and engaged in their communities.

The funded projects include intergenerational activities that bring different age groups together, community hubs supporting people living with progressive and life-limiting illnesses, and social groups centred around shared interests such as singing and other group activities. So far, 21 activities have been funded across Buckinghamshire, helping more older people build social connections, take part in local activities, and feel less isolated. By creating opportunities to meet others and participate in community life, these projects are supporting healthier, happier ageing across the county.

Age Friendly Bucks Webinar

In August we hosted our third age friendly webinar, focusing on Sexual Health, Drug and Alcohol Use in adults aged 40 years and above living in Buckinghamshire. Sexual health and the use of alcohol and drugs are often underexplored topics in later life, despite their potential impact on physical health, mental wellbeing, relationships and overall quality of life.

This session was attended by 29 partners and explored how community-based approaches can support sexual health and reduce drug and alcohol-related harm, helping professionals, community leaders and organisations to provide accessible, inclusive and person-centred support.

Age Friendly Bucks Newsletter

In July, we published the latest Age Friendly Bucks Newsletter, which shares news, updates and inspiring stories about making Buckinghamshire a great place to grow older. The newsletter celebrates local achievements, highlights projects and opportunities, and showcases ideas that support healthy, active and connected ageing across the county. It is a great way to find out about the work taking place across the county and the opportunities available for older people and those who support them. To read previous editions or sign up to receive future newsletters and updates from the Age Friendly Bucks Network, please follow the link above.

Healthy Communities

Healthy Libraries



Our Healthy Libraries programme provides a range of activities, events, and information to promote healthier lives for Buckinghamshire residents. In this quarter 244 events were held. These events delivered over 1,269 sessions across 17 libraries and were attended by over 11,651 residents.



Events included Read to the Beat Summer Reading Challenge, Multilingual Stories and Rhymes at the Eden Centre and pop-up libraries at One Recovery Bucks and RAF Halton Families Health and Wellbeing Day.

English for Health & Wellbeing



Our English for Health and Wellbeing courses, delivered by Bucks Adult Learning, run in Opportunity Bucks areas. Learners improve their communication skills and learn about the key pillars of a healthy lifestyle. They practice making health appointments, learn how to navigate the NHS website for information, and are given taster sessions in physical activity and mindful crafts.



In the Summer term (April - July) 30 learners enrolled on the 10-week course, representing a mix of ethnicity and ages ranging from 24 to 64 years old. 25 learners live in an Opportunity Bucks Ward and 21 learners completed the course. September saw the start of a new academic year, 3 courses have launched and 27 learners have enrolled.

"I have learnt how to keep our life healthy and i know now how to maintain a balanced diet"

"I have enjoyed this course. Meenaz made it easy for me to make my appointment with the GP and describe my illness"

Health Equity Fund

In September Heart of Bucks awarded 4 grants to groups and organisations supporting ethnic minorities, to deliver meaningful projects within their community. The aim is that these community-based initiatives, address one or more health inequalities that impact on the life expectancy and quality of life for some people from ethnic minority communities, across our county. Projects range from upskilling girls and young women to gain leadership qualifications and increase their physical activity levels, music therapy for mental health service outpatients and health education workshops for female asylum and refugees from Afghanistan.
We look forward to seeing these projects develop over the next 12 months.

Healthy Place Shaping

Healthy School Neighbourhoods (HSN)

The Healthy School Neighbourhood (HSN) project—a collaborative place-based initiative —has continued to deliver improvements in the Elmhurst HSN (Aylesbury) and Cressex HSN (Wycombe) pilot sites to support the health and wellbeing of children, young people and their families.



Cressex HSN

As part of the Cressex Healthy School Neighbourhood (HSN) programme, students worked with Earthwatch to transform their EcoDome area into a vibrant sensory garden. The project was launched during the summer holidays, providing an excellent opportunity for new Year 7 pupils to meet new people, make friends and get involved in their school community before the start of term. The sensory garden will be cared for through a regular Gardening Club, helping students develop their gardening skills while maintaining the space for everyone to enjoy. The garden will also host activities involving the wider community in partnership with the Women's Cultural Arena, creating opportunities for local residents to connect with nature and each other.



"This is amazing, a real 'wow' moment. With just a little support, look what we've been able to achieve together. The new sensory garden will help spark children's curiosity and give them opportunities to explore and connect with nature. Many of our pupils don't have access to a garden at home, so this is such an exciting opportunity for them."

PSHE Lead, Cressex Community School, High Wycombe

Healthy School Neighbourhoods expansion: Wave 2

The Healthy School Neighbourhoods programme is being expanded over the next three years, reaching approximately five additional primary schools each year. The expansion will focus on schools located within Opportunity Bucks wards, helping to ensure that children and families in communities experiencing greater inequalities can benefit from healthier neighbourhood environments.

Local Plan development

Health-related policies, supported by a Health and Wellbeing Study, have been included within the Regulation 19 Draft Local Plan for Buckinghamshire. Public Health also carried out a Health Impact Assessment of all the policies and appendices within the Local Plan to assess where positive impacts of health could be strengthened. A six-week consultation period ran from 23 July to 6 September 2026. All representations will be carefully considered ahead of submission to the Planning Inspectorate for Examination in December. The Local Plan timescales, consultation information and how to get involved can be found on the Council's website.

Mental Health & Wellbeing

Sport In Mind

Resuming after the summer break in September, Sport in Mind has continued to deliver free Mum and Baby Yoga sessions at Elmhurst Family Hub in Aylesbury and Mapledean Family Hub in High Wycombe. The sessions support mothers with babies up to one year old through gentle movement, relaxation and opportunities to connect with others, helping to promote mental wellbeing and physical activity during the postnatal period. To date, the programme has

engaged 24 mothers, generating 38 attendances across the sessions, demonstrating continued participation and engagement with the offer.

World Suicide Prevention Day 2026

World Suicide Prevention Day, held annually on 10 September, provides an important opportunity to raise awareness of suicide prevention, reduce stigma and encourage people to have open conversations about mental health and seeking support.

Building on the success of Buckinghamshire's Men in Mind campaign, the day was an opportunity to further raise awareness of men's mental health, challenge stigma and encourage conversations around wellbeing. Partners were encouraged to support the campaign by sharing key messages, resources and the Men in Mind communications toolkit within their organisations and communities to help extend its reach across the county.



To mark the day, we promoted local and national support services, including the continued roll-out of Listening Benches, and published The Why Behind the Sigh. Written by a resident with lived experience of suicide and mental health challenges, the blog highlights the importance of connection, compassion and early support, encouraging people to check in with others, seek help when needed and recognise the part we can all play in preventing suicide.

Listening Benches



On 10 September 2026, World Suicide Prevention Day, Buckinghamshire's third Listening Bench was unveiled at Bierton Crematorium in partnership with Survivors of Bereavement by Suicide (SOBS). Listening Benches are being installed across the county through partnership working to encourage connection, reduce stigma and remind residents that someone is always listening. Each bench provides a space for reflection, remembrance and conversation, while signposting people to mental health, suicide prevention and bereavement support. A further bench is planned for the grounds of Buckinghamshire New University in autumn 2026, in partnership with Chiltern Samaritans. Find local benches here Benches Archive - Legend on the Bench

Mental Health and Suicide Prevention Training

We have continued to work with partners across the county to increase confidence in supporting mental health and wellbeing and having conversations about suicide. Supporting Buckinghamshire's ambition of creating mentally healthier and suicide-safer communities. During this quarter, bespoke mental health awareness training was delivered to 60 professionals and volunteers, including 50 staff and volunteers working with parents of pre-school aged children through local toddler groups and early years settings, and 10 social prescribers.

The Unmasking Parenthood early years training helped participants recognise signs of poor parental mental health, hold compassionate conversations and signpost families to professional support. Equipping trusted community-facing staff and volunteers with these skills supports earlier identification and access to appropriate help.

> *"I found the course very engaging, it validated my current practice when supporting parents as well as extending my knowledge, in particular with practical examples, tips, useful language and signposting information. I feel much more confident with supporting the parents in my care."*

The social prescriber sessions increased awareness of local mental health and suicide prevention support. Participants gained confidence in recognising when someone may be struggling, holding supportive conversations and connecting residents with appropriate help. Feedback showed that the training improved understanding, built confidence and encouraged a more proactive approach to promoting wellbeing across teams and communities.

Evidence Informed Practice

Local Authority Research Practitioner

It was the NIHR LARP National Network Event on 23-24 September 2026. Local Authority Research Practitioners (or LARPs, for short) help colleagues use research and evidence in everyday public health work. Last month, 60+ LARPs from around the country came together in London for two days for a chance to network, share best practice, and learn from each other. Marsha Brierley, Behavioural Science Practitioner in Public Health and LARP, met up with colleagues to:

- **Learn about the evidence pie** and how it can help people spot knowledge gaps, build confidence in using different kinds of information, and support decisions that are transparent and fair.
- **Explore blue sky thinking** on a range of public health challenges
- **Ask the big questions** around sustainability and future of research in local authorities of the 'Directors of Public Health' Panel



Behavioural Science

Moving more, feeling better: early learning from Move Together Buckinghamshire

Brunel University researchers have been working with Public Health to understand how Move Together Buckinghamshire is working for local people and what we can learn together. Launched in June 2025, Move Together Bucks offers free, tailored physical activity support for people aged 50 and over who are living with a long-term condition in Buckinghamshire, with a focus on Opportunity Bucks areas.

The first nine months have given us an early picture of what is working well and where we can strengthen the service. This brings together the experiences of participants, health coaches (Physical Activity Referral Specialists or PARS), and partners involved in delivering the programme.

After 12 weeks with the programme, early findings show that:

- 60% of participants increased their physical activity
- participants felt more knowledgeable and confident about finding activities, using local green spaces and living a healthy lifestyle
- participants rated their health more positively, increasing from 53 to 65 out of 100, on average
- participants reported fewer A&E visits and fewer trips and falls

Additionally,

- participants liked the freedom to choose activities that work for them
- Several said they were becoming more active with a partner
- Delivery partners identified practical areas to improve including clearer eligibility and referral information and digital systems

"It gave me the confidence to try classes which I could never have done without the 'push'.

"It opened the door to me enjoying exercise again and my confidence is soaring. I am having to many knock-on benefits.

"Today I sat on the beach and was able to get up easily on my own with no support."
- MTB participant

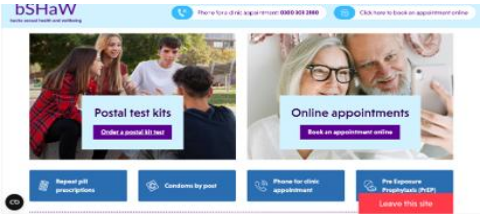
These early months have been an important learning phase, helping partners refine the service as it develops. A final report in December 2026 will bring together updated health outcomes, further feedback from those involved, and evidence of value and impact.

Sexual Health

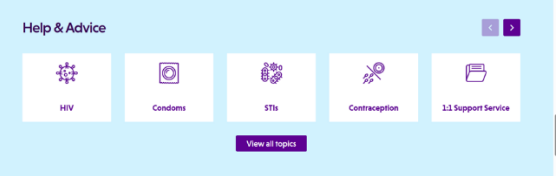
Buckinghamshire Sexual Health and Wellbeing website

Users of the Buckinghamshire Sexual Health and Wellbeing have undertaken a review of the website. This has resulted in improvements to make it more user friendly, accessible and easier for Buckinghamshire residents to navigate and access sexual health services. The new look website went live at the beginning of September.

The website now provides a much clearer and more streamlined experience. The new format of the homepage enables residents to quickly access key services, including booking an appointment at a sexual health clinic, ordering a postal STI home-testing kit, requesting repeat contraception, and accessing other sexual health support.



The advice section has also been improved to provide comprehensive and accessible sexual health information and guidance, helping residents make informed decisions about their sexual health and wellbeing.



Overall, the improvements aim to reduce barriers to accessing sexual health services, simplify the user journey and support residents to find the information and services they need quickly and conveniently.

Drugs and Alcohol

Drug and Alcohol Related Deaths

Work is continuing to establish a new multi-agency Drug and Alcohol Related Deaths (DARD) Harms Panel for Buckinghamshire. The panel will bring together partners from health, criminal justice, and wider care and support services to better understand the circumstances surrounding drug and alcohol related deaths, share learning, and identify opportunities to reduce harm.

Recent activity has focused on developing the governance, information sharing and partnership arrangements needed to support the panel's implementation. We are grateful for the constructive input received through existing multi-agency forums, which has helped shape the panel's development and approach.

We want to ensure the panel reflects the breadth of expertise and experience across the system, helping to maximise learning and deliver better outcomes for our communities. If you would like to learn more about the DARD Harms Panel or discuss how your organisation may be able to contribute to this work, please contact Ellie Blackley at eleanor.blackley@buckinghamshire.gov.uk.

Public Health Services and Project Information for Partners

Please visit Public Health Service & Projects to find out more about the current and planned services and projects.

The purpose of the quarterly summaries produced by Public Health are to keep you updated with what is going on across Buckinghamshire and in your local areas in real time. They are shared with a wide range of partners including Council directorates, NHS and VCSE organisations.