



**Buckinghamshire  
Council**



# *What is happening in Public Health?*

*Quarterly Report*

*October 2025 to December 2025*

## Table of Contents

Healthy Lives .....	5
Tobacco Control .....	8
Cardiovascular Disease (CVD) .....	9
Healthy Ageing .....	10
Healthy Communities.....	10
Healthy Place Shaping .....	11
Mental Health & Wellbeing .....	13
Evidence Informed Practice .....	15
Pre-conception, Maternity, Children and Young People .....	16
Sexual Health.....	18
Drugs and Alcohol .....	18

# Public Health Highlights

## Q3 October 25 - December 25

### HEALTHY LIVES

#### Better Points

6,377 registered users in 3 years

#### Simply Walk

Over 70 walks across Bucks

#### Move Together Bucks

120 people accessed service since launch

#### Lemonade Life

60 sign-ups in Q3  
77% weekly engagement

### CARDIOVASCULAR DISEASE

#### "Pump it Up!" in Libraries & Communities

1,522 blood pressures taken across faith and community settings.



1,190 Health MOTs

#### NHS Health Checks

2,821 Health Checks

### HEALTHY AGEING

#### International Day of Older People



Over 60 partners attended the event

### MENTAL HEALTH & WELLBEING

#### Mental Health Training

66 participants for bespoke training

UKPHR Award Finalist

#### English for Health & Wellbeing

32 learners attended 10 week course

#### Healthy Libraries

130 events held  
Over 5,000 residents attended

### CHILDREN & YOUNG PEOPLE

#### Bucks Baby Week



180 parents & babies

100 professionals

#### PSHE

100 staff from 84 schools attending training sessions

#### Joyful Mamas

New service launched

### HEALTHY PLACE SHAPING

#### Healthy School Neighbourhood

Year of impact event held in October

### EVIDENCE INFORMED PRACTICE

#### Children & Young People MECC

34 Council staff trained

#### Public Health Research Engagement Role



NIHR (National Institute for Health & Care Research) funding secured

### DRUG & ALCOHOL

#### Children & Young People

CGL (Change, Grow, Live) are the new provider for the service

# PUBLIC HEALTH KEY SERVICE DATA Q2 25/26

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

## CHILDREN & YOUNG PEOPLE

### Health Visiting

132 Antenatal visits offered

82% new birth visits within 14 days completed

81% of 6-8 week checks completed

94% of 1 year checks before 15 months completed

71% of 2-2.5 Year development checks completed

### School Nursing

5,081 Pupils had an eye screening  
844 Pupils referred to NHS

11,416 Childrens height & weight measured  
186 Children referred to an expert service

## HEALTHY LIFESTYLES

### Be Healthy Bucks

325 smoking quitters at 4 weeks

293 adults achieving 3% weight loss

19 children maintaining or reducing weight

## CARDIOVASCULAR DISEASE

### NHS Health Checks

Q3 Data

2,821

NHS Health Checks delivered

1,043 delivered in most deprived areas

## DRUGS & ALCOHOL

### One Recovery Bucks

645 Adults in structured alcohol treatment

18% of successful alcohol treatment completion of those in treatment

1,702 Adults in structured drug treatment

## SEXUAL HEALTH

### Buckinghamshire Sexual Health & Wellbeing

5,526 appointments carried out.

1,839 digital kits ordered.

### Move Together Buckinghamshire

Move Together Buckinghamshire is a free physical activity and movement support service available to residents in eligible areas of Aylesbury, Chesham and Wycombe, who are aged 50+ and living with an eligible long-term health condition. The programme offers personalised, one-to-one support and guidance over a 12-week period, helping individuals to move more in a way that works for them. This leads to improved mental wellbeing, social connection, and independence. The service is led by qualified physical activity specialists experienced in supporting people with long term conditions, who work with individuals to develop and start personalised plans to be more active.



### Move Together Bucks Feedback



We've gone from doing little to getting back into running, swimming, aquafit and the gym. It's **opened our eyes as to what's out there** and we're in a much better place. I've lost 10kg and can now squat which were my goals. My final goal was to feel better so I could return to work and I've just started part time! Doing it together has **kept us accountable & made it fun!**

The service is live and supporting the first cohort through the programme. To date 120 people accessed the service. People can self-refer or refer residents into the programme through the Joy platform. [Move Together Buckinghamshire - Joy](#)

To find out more please contact [mtb@aitc.org.uk](mailto:mtb@aitc.org.uk)

### Phunky Foods

Quarter 3 saw the official launch of the Phunky Foods programme in the first cohort of 9 schools. Following school assessments and the identification of areas of support, the schools have begun delivering against their personalised action plans.

Many schools have started delivering a range of different healthy eating and physical activity initiatives, with seven schools introducing a whole schools food policy supporting and giving guidance to staff, pupils and parents, six schools delivering parent engagement activities, and four schools delivering interactive food education lessons and activities. To support healthy conversations, a bespoke 'Making Every Contact Count' training session was developed and delivered to both Phunky Food staff and some of the school leads.



Next quarter the project will continue supporting schools to achieve the actions set in their action plans and prepare to invite the next cohort of schools to sign-up to the Phunky Foods Programme.

## BetterPoints

Better Points is approaching the end of its third year and has reached 6583 registered users (target 6500), with 206 new users joining in Q3.

December introduced the Christmas Countdown Challenge, encouraging users to stay active during the colder months. Users had the chance to win 500 BetterPoints in daily draws or a 50,000 BetterPoints prize for themselves and a charity of their choice for staying active for two or more days a week.

In November, the Move More Hero shared:

*"I immediately liked the distance and data information in the app, because it helped me see how far I had travelled and track my daily activity goals. I'm more likely to walk now, much more than I imagined. I enjoy walking my dog twice a day and choose to walk instead of driving whenever possible."*

## ParkPlay

ParkPlay offers a welcoming environment for all families to get moving, connect with others and enjoy the outdoors through fun and playful activities.

Buckinghamshire Council are excited to announce a new ParkPlay session at Desborough Recreation Ground in High Wycombe, running every Saturday from 11:30am-1:30pm. Sessions will still run at Booker Recreation Ground (Wycombe) and Windsor Road Park (Chesham).

Unfortunately, ParkPlay at **Alfred Rose in Aylesbury** has ended due to challenges with volunteer recruitment. However, we are exploring opportunities to relaunch in Aylesbury, **Spring 2026**.

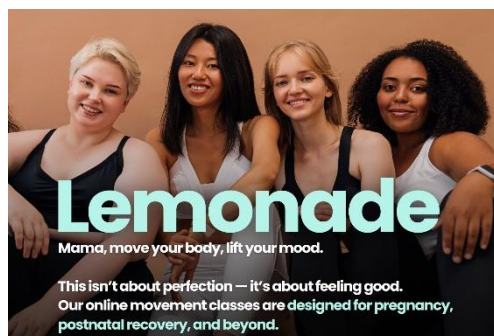


### Interested in volunteering?

For ParkPlay to continue to run successfully we are seeking local volunteers to deliver the weekly sessions. Volunteers will receive training on how to deliver fun and inclusive activities along with access to equipment, uniform and ongoing support from the ParkPlay team. To get involved register your interest here: [PlayLeaders - ParkPlay](#) or to book onto a ParkPlay session visit: [Register for ParkPlay - ParkPlay](#)

## Lemonade Life

Lemonade Life, the free online wellness programme for pregnant and postnatal women in Bucks continues to offer a holistic approach to maternal wellbeing. Across the quarter, over 60 local women signed up to the platform, taking the total to 262 of which 52% pregnant, 48% postnatal. At point of sign up, 88% of women are reporting they are not meeting the recommended 150 minutes of activity, suggesting the platform is reaching the target audience.



The content being shared has received a 77% weekly engagement rate from women all over the county with live pelvic health exercises, breathwork and articles on mental wellbeing receiving the most engagement. In November, Lemonade Life supported the Bucks Baby Week Campaign, with content engaging over 240 individuals online and 45 in attendance at face-to-face sessions in Aylesbury and Wycombe.

The participants on the platform have reported:

- "Make this available for all midwives to promote to pregnant people, it's a great platform and everyone should know about it"
- "A friend recommended Lemonade, and I'm so glad they did! It's been such a game changer"
- "I've been using the platform during my pregnancy, and it's been incredible".

To sign up visit [Home | Lemonade platform](#)

## Simply Walk

Simply Walk, delivered by the Communities Directorate, is a free walking scheme offering over 70 walks across Buckinghamshire led by local volunteers. Walks differ in levels from 1-4 (4 being the most advanced) with trained volunteers there to guide you and many walks finishing with a tea/coffee at the local cafe.

Walking is a fantastic way to get out and about and meet new people whilst improving your health and wellbeing. Fiona, our Simply Walk co-ordinator for 22 years, spoke to some of the long-term walkers this quarter to hear about their experiences of the Simply Walk scheme.



### Colin – Simply Walk leader

Colin is now a volunteer in his nineties and has been with Simply Walks since it began, July 2002. He has led walks in Lane End, Booker and Downley covering both long and short walks. Colin states

*"As a walk leader, I enjoy offering a service to the community, and now I really enjoy the social side. Keeping up with friends I've known in Simply Walk for more than 20 yrs.... Although the reason for setting up Simply Walk was for physical health, I have come to realise that mental health is just as important - there are a lot of lonely people out there."*

### **Walter – Simply Walker who attends on his mobility scooter**

At 100 years of age, Walter attends the weekly walk in Winslow after joining in 2023 after his beloved wife of 70 years died. Walter mentioned he gets lonely and what he enjoys most about the walks is meeting other people with similar interests, as well as the countryside. Walter mentioned *“It’s the company and the talking that’s important”*.

Those interested can simply register online before attending their first walk: [Simply Walk | Buckinghamshire Council](#) or anyone interested in becoming a walk leader can contact our Simply Walk Coordinator [simplywalks@buckinghamshire.gov.uk](mailto:simplywalks@buckinghamshire.gov.uk)

## **Tobacco Control**

---

### **Stoptober**

During October, a county-wide Stoptober campaign was delivered to help residents quit smoking. The initiative featured a targeted marketing campaign, pop-up events, and outreach activities across the county. Stoptober stands were set up in council offices and venues to provide information and support. Council colleagues also attended a Tea Break Talk to learn about available cessation tools.



To encourage participation, Hugg vouchers worth up to £50 were offered to residents who registered and successfully quit smoking. Buckinghamshire also joined the newly launched South East Smokefree Alliance, which coordinated regional advertising and messaging to strengthen tobacco control efforts. These combined activities aimed to increase referrals to Be Healthy Bucks and support successful quit attempts among priority groups.

### **Smokefree School Gates**

Smokefree School Gates is an initiative that aims to create smoke- and vape-free environments around school gates by shifting social norms and promoting healthier behaviours in which two schools (Elmhurst School in Aylesbury and Cressex School in High Wycombe) will designate their school gates as smoke and vape free zones.

In December, the 'design a sign' competition was held at Elmhurst School. Well done to all the winners and everyone who took part in our Smokefree School Gate Poster competition.



Cllr Isobel Darby presented the winners with their certificate and prizes.

“Wow—what an incredible response! Every single entry was fantastic, and you made judging really hard. The winning designs will be made into signs and displayed at the school gates.” Cllr Isobel Darby.

## Art Mural



In October, an illustrator collaborated with young people for a youth-led art project. This initiative transformed the back wall of Unit 33 in Friar's Square into a vibrant mural featuring health messages. The project encouraged creative expression, health education, and community ownership while enhancing the visual appeal of the space. It also provided an opportunity for meaningful conversations about smoking and vaping, focusing on the risks and promoting positive choices.

The mural showcases youth-driven messages about living smoke-free and avoiding vaping, reinforcing the importance of healthy lifestyles. The project was overseen by a youth worker with a tobacco focus. This initiative strengthened local partnerships and empowered young people to take an active role in shaping a healthier community environment.

## Cardiovascular Disease (CVD)

### “Pump It Up” Pressure Partners Community and Faith Settings

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

During Quarter 2 of 2025/26:

- 1522 blood pressures were taken at various faith and community settings.
- A total of 1190 Health MOTs were completed at kiosks located in High Wycombe, Aylesbury, and Burnham libraries, as well as at Health on the High Street, Aylesbury.

During Q3 Fairhive Housing became trained Pressure Partners and plan to offer access blood pressure monitoring at staff and community events in 2025.

## NHS Health Checks

- 2821 NHS Health Checks were delivered in GP Practices during Q3 of 2025/2026.
- 37% (N=1043) of those NHS Health Checks were delivered in the most deprived areas of Buckinghamshire.
- During Q3, 134 NHS Health Checks were delivered in community locations via Be Healthy Bucks.

## Healthy Ageing

---

### International Day of Older People's Day - A milestone for Healthy Ageing Strategy



This year in October, we proudly hosted our first International Older People's Day in collaboration with Age UK Bucks to mark the launch of our Healthy Ageing Strategy. The event brought together over 60 partners from across the council, NHS and VCSE sector, creating a vibrant space for collaboration and shared learning.

The breakout sessions provided an invaluable opportunity to explore ways to strengthen the Age Friendly Bucks Network, and work is already underway to implement the ideas and improvements identified during these discussions.

## 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, 130 events were held. These events delivered over 700 sessions across 17 libraries and were attended by over 9,000 residents. Nearly half of those attendances were to the popular Bounce & Rhyme activities held across the county. Other events included one off Christmas activities and a series of sensory craft workshops for children supported by the Arts Council. 614 health checks were completed in the health kiosks in Burnham, High Wycombe and Aylesbury libraries. 114 blood pressure kits were loaned to library users.



## 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 Autumn term (Sept - Dec) 32 learners completed the 10-week course, representing a real mix of ethnicity and age - from early 20's to mid 70's. Feedback from learners from the Autumn course includes:

*"I feel confident to describe my illness and mental health"*

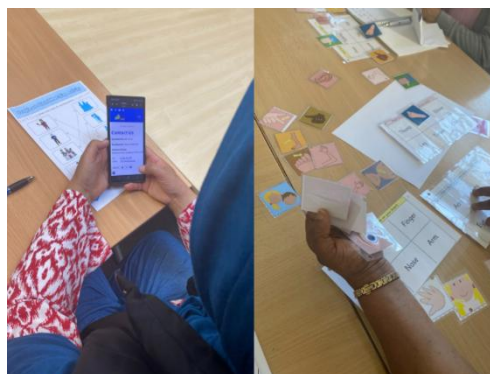
*"I know what to eat to stay healthy and maintain my blood pressure"*



## English for Schools – pilot course at Elmhurst Family Centre

Following extensive engagement and a process of co-production with a focus group of parents, Elmhurst Primary School, Aylesbury Mosque, Bucks Adult Learning, and the Family Learning team, a pilot English for Schools course has taken place.

The aim of the course was to support parents and carers to develop their communication skills, support their health and wellbeing, and help them to feel part of the school community and support their children's learning. It was developed in response to the recognition that a number of parents and carers at Elmhurst Primary School were isolated due to low levels of English literacy, and not able to communicate well with the school or other parents



Six learners joined the 10-week course. Four of those are progressing to the English for Health and Wellbeing course in January, and one is starting a new job.

## Healthy Place Shaping

---

### Healthy School Neighbourhoods (HSN)

The HSN is a 3 year pilot project designed to harness the strengths of the Council and local communities to improve the environment around two pilot schools: Elmhurst Primary School (Aylesbury) and Cressex Community School (High Wycombe). Through this collaborative initiative, council teams and partners continue to deliver actions to improve the health and wellbeing of children and their families in these communities, with Family Meal Kits, Bulb planting, Good Food Takeaway, Smokefree Gates, and English for Schools commencing in the autumn term.

## A Year of Impact event

In October, council teams, partners, councillors and school community members came together at the Year of Impact event to celebrate and reflect on achievements across the Elmhurst and Cressex HSNs and look ahead to 2026. It was powerful to hear directly from the staff and pupils from Elmhurst School who shared their thoughts about the project and challenges they face – as well as inspirational young people who have been involved in the youth hangout in Cressex. They reminded us why community engagement is at the heart of this project.



Cllr Isobel Darby and David Munday presented Cressex Community School with their Healthy School Award and partners showcased their actions – including Thames Valley Police, Metamorphosis, Switch Lanes, Earthwatch and Rice Marketing. The event provided the opportunity for networking, exchanging ideas, and strengthening connections. It was underpinned by enthusiasm for the project, and a real “Passion for Change!” with the [HSN Year of Impact film](#) bringing the project to life and demonstrating the importance of collaboration in making meaningful change and creating healthier, more resilient communities.

### **Bulb planting in Alfred Rose Memorial Park**



As part of the HSN Project and the Healthy Ageing Strategy we are working with our partners Earthwatch to improve the green spaces around the schools. 16 pupils from Elmhurst School had fun learning, digging and planting bulbs in Alfred Rose Park.

“It was beautiful helping” (age 8)  
“It made me feel fantastic” (age 7).

Over 50 people from the local community engaged with more bulb planting on a Saturday morning and we look forward to seeing the flowers in the spring.



### **Family Meal Kits**

Working in partnership with Helping Hand and Opportunities Bucks, 30 meal kits were delivered to Elmhurst School and Elmhurst Family Centre in December. These are being distributed to families facing challenging circumstances.



We have received positive feedback from the school and family centre so far with further evaluation of the project underway. Families have reportedly appreciated the kits, particularly because “everything was halal”. Families have used them for family meals with a parent “Looking forward to cooking with my 3 year old.”

### **Good Food Takeaway**

The pilot has commenced with Rice Marketing and the HSN team visiting Elmhurst school to gain insight into takeaway food purchasing habits. This will be used to inform work with local businesses in Elmhurst and Cressex to improve their healthy food offer.

## **Mental Health & Wellbeing**

---

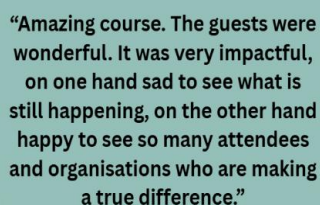
### **World Mental Health Day 2025**

We supported World Mental Health Day 2025 by sharing key messages across our social media channels and internal communications. We also used this opportunity to continue promoting the Unmasking Parenthood campaign ([Unmasking parenthood | Buckinghamshire Council](#)), reinforcing our commitment to mental health awareness and support for parents.

## Bespoke Mental Health Training

Working with Buckinghamshire Mind we have delivered a series of bespoke mental health training sessions to diverse audiences, including lecturers from the Bucks New University Paramedics course, Holmer Green Youth Club, and the Buckinghamshire Council Housing team.

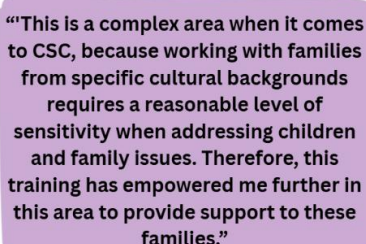
We also facilitated a collaborative session as part of the Unmasking Parenthood campaign, bringing together Public Health, Bucks Mind, Bucks Healthcare NHS Trust (BHT), and the Margaret Clitherow Trust. This session focused on the mental health of new parents and carers,



“Amazing course. The guests were wonderful. It was very impactful, on one hand sad to see what is still happening, on the other hand happy to see so many attendees and organisations who are making a true difference.”

providing valuable insight into the experiences of Black, South Asian, Pakistani communities, as well as the Traveller and

Boater communities. We trained a total of 66 participants in this session, enhancing their awareness and cultural understanding of mental health.



“This is a complex area when it comes to CSC, because working with families from specific cultural backgrounds requires a reasonable level of sensitivity when addressing children and family issues. Therefore, this training has empowered me further in this area to provide support to these families.”

## Recognition for Innovation: UKPHR Awards Finalist

Our mental health training programme was shortlisted as a finalist for the UKPHR *Innovation in Public Health Awards 2025* in the category *Improving Public Health Practice to Reduce Health Inequalities*. Although we didn't win, being a finalist shows our mental health training programme's impact and innovation, and our collaborative effort to tackle health inequalities.

## Saving Lives Wellbeing Fund

The Saving Lives Fund (2021–2025) has concluded after three rounds of micro-funding to grassroots organisations supporting men and boys at risk of suicide. Across 18 funded projects, the initiative delivered culturally sensitive, inclusive, and innovative interventions such as sport-based engagement, peer support groups, and practical workshops. These projects created safe spaces, reduced stigma, and promoted mental wellbeing, reaching hundreds of men and boys and building organisational capacity through training.

Key learnings include the importance of varied engagement methods, cultural competence, neurodiversity awareness, and sustainability planning. Although the fund has ended, its legacy will inform Buckinghamshire's Suicide Prevention Action Plan and future public mental health strategies.

## Evidence Informed Practice

---

### Local Authority Research Practitioners

**LARP Winter Event** - In December, we attended the LARP Winter Event in London. Earlier this year we successfully secured funding from the National Institute for Health and Care Research (NIHR) for 2 years to build research culture, capacity, and capability in local government. The event included a keynote address on 'Promoting curiosity in local government' from Professor Adam Briggs, Director of the NIHR Public Health Research Programme. The day also featured networking, workshops, and round table discussions for sharing learning and best practice.

**New Public Health Research Engagement Lead** - Buckinghamshire Council now has a Public Health Research Engagement Lead (0.1wte), Consultant in Public Health, Tiffany Burch. Funded by NIHR for two years, the award supports building research capacity and partnerships in the Thames Valley area. The initiative prioritises collaboration, professional growth, and tackling health inequalities. Next steps include upcoming stakeholder engagement and plans for regional learning events.

### Behavioural Science

#### Introducing Children and Young People MECC

Are you Making Every Contact Count? MECC uses day-to-day conversations to help improve health and wellbeing. 2025 saw the development of a new, free CYP MECC course—created with experts—available for those working with children and young people, including Council staff, healthcare and education partners, VCSE sector workers and volunteers in Buckinghamshire.



The one-hour session introduces healthy conversation skills and the science of behaviour change. MECC covers five key health areas: smoking/vaping, alcohol awareness, being active, healthy eating, and mental health. Marsha Brierley, Behavioural Science Practitioner in Public Health, explains, “MECC builds on your conversation skills and shows you how to open a healthy conversation, plant the seed of change, and provide clear, consistent advice tailored to the young person.” MECC empowers everyone to access support, knowledge, and skills to make positive changes.

Online sessions running March, June, September and December 2026. Book your place [HERE!](#) or email the team at [MECC@buckinghamshire.gov.uk](mailto:MECC@buckinghamshire.gov.uk) for more information.

In Q3, Public Health piloted its second session, training 6 members of staff from across the Council including Commissioning, and Family Support. In addition, we congratulate our colleagues in Children’s Services – Education, who ran two sessions of their own for 28 members of their staff. If you’d like to deliver CYP MECC to your teams, get in touch about our ‘Train the Trainer’ programme.

## Pre-conception, Maternity, Children and Young People

### Introducing Bucks Joyful Mamas - Pre-Pregnancy and Beyond

On 21<sup>st</sup> October 2025, the Public Health team in partnership with Barnardo's formally launched a new service: 'Bucks Joyful Mamas - Pre-Pregnancy and Beyond'. This service was previously referred to as the "Women's Community Health Worker Service" during the commissioning process.



A new 3-year pilot service, delivered by Barnardo's, to improve the health and wellbeing outcomes of a targeted group of women, including women from key ethnic groups, living within the most deprived wards of Aylesbury and High Wycombe before, during and after their pregnancies.

#### What are the intended outcomes?

↑ early pregnancy health check-ins and preventive care uptake (i.e. healthy lifestyle services),  
↑ breastfeeding rates, ↑ Health Visitor checks, ↑ uptake of funded early years placements,  
↑ antenatal and childhood routine vaccinations, ↑ in school readiness, ↑ child development metrics and, long term, a ↓ maternal and infant health disparities in targeted areas

To find out more or refer women visit <https://www.bucksjoyfulmamas.co.uk/>

### Bucks Baby Week 2025

Alongside a range of internal and external partners, Public Health helped launch the Baby Week campaign between 14<sup>th</sup> and 20<sup>th</sup> November 2025; its second year of running in Bucks. Baby Week aims to make UK the best place to grow up in by celebrating local services, raising awareness about the importance of early childhood, reducing barriers to access and promoting the best start in life.

We welcomed over 180 parents and babies to the three main library events in Aylesbury, Chesham and High Wycombe where families could access:

- Health Visitor drop-in clinics
- Bounce and Rhyme sessions
- Free Family Learning taster sessions
- Walk-in maternal vaccinations
- Baby Massage by Lemonade Life.

Professionals were on hand to provide information around bonding, feeding, child development, health and wellbeing.



Over 100 professionals from health, early years and community services attended networking events held at the Family Centres across the county, a great opportunity to strengthen partnerships. The six mini first aid sessions across Bucks for parents, carers and grandparents were fully booked and the Boromi play packs were a huge hit with families. These packs will stay in libraries, Family Centres and with the Family Nurse Partnership until April 2026 to keep encouraging play and learning at home.

Over 57,000 impressions were generated (views, likes, comments) across all social media platforms, three times the engagement seen in Baby Week 2024.

**Want to be part of the 2026 campaign?** Contact [katie.francis@buckinghamshire.gov.uk](mailto:katie.francis@buckinghamshire.gov.uk)

### Supporting Young People Through High-Quality PSHE Education

Personal, Social, Health and Economic (PSHE) education is a school curriculum subject designed to help children and young people develop the knowledge, skills, and attributes they need to manage their lives now and in the future. PSHE education plays a vital role in equipping children and young people to lead healthy, safe, and fulfilling lives. It equips pupils with essential knowledge and skills in areas such as physical and mental wellbeing, relationships, financial literacy, and safeguarding that goes beyond academic learning. To continue to support high-quality delivery, we've invested in funded continuing professional development (CPD) for PSHE leads and teachers across all Buckinghamshire schools. During this quarter 84 schools attended at least one training session, with a combined total of 100 school staff trained.

### Healthy Schools Award

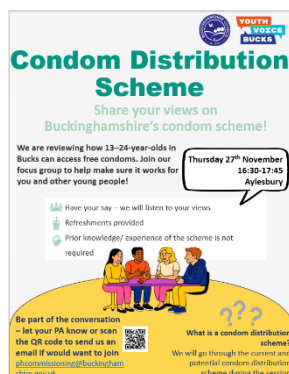
All state-funded primary, secondary and special schools have access to an online self-evaluation toolkit, leading to Buckinghamshire Healthy Schools status which cover four core domains: Personal, Social, Health and Economic (PSHE) education, Healthy eating, physical activity and social, emotional, and mental health.



The Healthy Schools Award, and the support provided by the Public Health Team, enables our schools to evaluate and strengthen good practices and improve the health and wellbeing of children and young people. A Healthy Schools approach provides a cohesive, collaborative, and holistic way for schools to review and develop best practice; supporting high-quality health and wellbeing provision for all pupils.

There are 84 schools currently registered for the Award, of which 30 have now achieved Healthy Schools status. Congratulations to Whitchurch Combined school for achieving this Award this quarter. To find out more visit [Buckinghamshire Healthy Schools Award | SchoolsWeb](#)

## Sexual Health



A young people's focus group was held in November to gather feedback on access to free condoms and to ensure services reflect the real needs of local young people.

The session identified key barriers such as embarrassment, fear of judgement, and lack of information. Young people expressed a preference for accessing condoms from youth centres, GPs and pharmacies, and highlighted the importance of trusted professionals and non-judgemental environments.

Recommendations included: expanding discreet access options, such as online ordering and vending machines, and increasing collaboration with youth clubs and health professionals to improve accessibility and awareness.

## Drugs and Alcohol

On the 1<sup>st</sup> December, Change Grow Live (CGL) became the provider for the Children and Young People's Drug and Alcohol Service in Buckinghamshire, replacing Cranstoun who delivered the service 'Here4YOUth'.

The Change Grow Live service includes advice, interventions and structured care planning treatment for children and young people aged 10 to 18, and vulnerable young adults aged 18-24, who are using or at risk of using illicit substances or harmful alcohol use. The service also supports children and young people living with and affected by parent or carer problematic drug and alcohol use.

CGL are currently working with young people to devise a new name for the service. This will be which will be shared widely with stakeholders. For more information and details about referring to the service please visit:

<https://changegrowlive.org/service/buckinghamshire-children-young-people/info>



## Public Health Services and Project Information for Partners

To find out more about the current and planned Public Health Services and Projects, please visit our [Key Reports](#) webpage on the Public Health website.

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.