PUBLIC HEALTH SERVICES AND PROJECTS INFORMATION FOR PARTNERS

September 2026

People in Bucks are generally healthier than the national average however many people still suffer from potentially preventable conditions such as heart disease, stroke, diabetes, some cancers and some forms of dementia. In addition many people living in our more deprived areas have poorer health over their lifetime than people living in the least deprived areas.

The information below is for partners and highlights public health services and programmes to help people stay healthy. We would encourage partners to refer people to these services and get involved in the projects that help people and communities stay well.

Many of the programmes are countywide but some may be focused in areas of higher health need such as our more deprived areas and the wards chosen as part of the Opportunity Bucks programme. Opportunity Bucks is a partnership programme in Buckinghamshire designed to level up outcomes across Buckinghamshire across several domains including the built environment, education, skills, employment and health and wellbeing. It focuses on the 14 wards experiencing the poorest outcomes across multiple indicators of inequality within Buckinghamshire.

We are very grateful to all our partners who work with us on these projects.

For further information or to get involved in these public health projects please contact: **phadmin@buckinghamshire.gov.uk**

- Most initiatives listed are countywide.
- Where initiatives are only available in specific Opportunity Bucks wards/towns, they are listed
- Some initiatives have eligibility criteria, underlined hyperlinks have been added where available.

Opportunity Bucks wards:

High Wycombe
- Castlefield and Oakridge
- Totteridge and Bowerdean
- Marsh and Micklefield
- Sands
- Booker and Cressex
- Abbey
- Disraeli
- Terriers and Amersham Hill

Aylesbury
- Aylesbury South West
- Aylesbury North West
- Aylesbury North
- Aylesbury West

Chesham
- Chesham South
- Chesham North

WHAT'S HAPPENING NOW

REDUCING CARDIOVASCULAR DISEASE (CVD)

- **Free NHS Health Checks –** to reduce cardiovascular risks for residents aged 40-74. (Exclusions apply see website for more info)
- **Blood Pressure Partners** in faith settings to increase free access to blood pressure monitoring and information around cardiovascular risk.
- **Health Kiosks in Community Settings –** providing an easy way to check their height, weight, blood pressure and other helpful health readings.
- **Blood Pressure Take Home Loan Kits -** most libraries are providing blood pressure loan kits for members to take their blood pressure at home.

LIVING HEALTHIER LIVES

- **BetterPoints Bucks app –** be rewarded for walking, cycling and wheeling.
- **Be Healthy Bucks** - a free healthy lifestyle service that offers a range of support to stop smoking, be a healthier weight (for adults and children), cut down on alcohol and provides NHS Health Checks in the community.
- **Health Equity Fund** – funding for projects reducing health inequalities for ethnic minority groups.
- **English for Health & Wellbeing -** a programme of 10-week Health Literacy/English Language courses for adults whose first language is not English taking place in Aylesbury, Chesham, and High Wycombe.
- **Healthy Libraries Programme –** a co-ordinated programme of health and wellbeing activities, events, and information days in Libraries, based on the needs of local communities.
- **Healthy Ageing Fund –** funding to improve social connectedness for older adults
- **Healthy School Neighbourhoods –** creating healthier environments around schools to support the health and wellbeing of children, young people and families.
- **Age Better Bucks –** A new free prevention service that supports residents aged 65 and over who may be starting to experience loneliness, isolation or declining health or wellbeing.
- **Chatty Cafés –** providing venues across the county to help reduce social isolation and loneliness, encourage new social connections, and support wellbeing of residents.

WHAT'S HAPPENING NOW continued....

SMOKE FREE ENVIRONMENTS

- **Smokefree Sidelines -** initiative to discourage smoking and vaping at youth football sidelines.
- **Smoke free school gates -** Creating smoke-free and vape-free environments around schools: **Elmhurst School (Aylesbury)** and **Cressex School (High Wycombe)** will designate school gate areas as smoke-free and vape-free zones.

MENTAL WELLBEING

- **Men in Mind Campaign -** a Buckinghamshire campaign promoting men's mental health and challenging stigma. Partners can access the Men In Mind Toolkit of resources
- **Sport in Mind** - Free Mum and Baby Yoga sessions support mental wellbeing and physical activity for mothers with babies up to one year old.
- **Listening Benches** - installed across the county to encourage connection, reduce stigma and remind residents that someone is always listening. They provide a space for reflection, remembrance and conversation, while signposting people to support.
- **Suicide Bereavement Support Service -** provides bereavement support for anyone affected by suicide.
- **Qwell** - a digital platform offering free, 24/7 access to mental health resources and provides a safe, anonymous space for peer support for adults in Buckinghamshire
- **Unmasking Parenthood** - support for new and expectant parents.

GETTING MORE ACTIVE

- **Move Together Bucks -** Supporting adults over 50 with long term conditions to increase their physical activity levels. Providing 1-2-1 support to identify and access suitable local opportunities to be more active.
- **Simply Walk -** there are over 75 walks countywide. All new walkers are welcome whether you are fit and active or haven't exercised in a long time.
- **Staying Active Staying Connected Events –** A series of events will take place in priority areas targeting older adults to increase their levels of physical activity. Including taster sessions and a chance to see what is available locally.
- **Love Exploring app** - encouraging communities to explore their local area, parks and green spaces through walking, using games, guided trails and quizzes.
- **Balance Bike Loan Scheme –** Free balance bike loans are now available from three Family Centres across Aylesbury, High Wycombe and South Bucks for all children completing a Balanceability course, delivered in partnership with the Family Hub Team.

CHILDREN AND YOUNG PEOPLE

- **Health Visiting & School Nursing services -** supporting every child, with extra help for those that need it.
- **Chat Health -** a confidential, anonymous service giving parents/carers (0-5 & 11-19) and young people (11-19) direct access by text to health advice and support from Health Visiting Team or School Health Nurses.
- **Health for Under 5s –** a website for kids & parents/carers offering fun expert backed info through games and videos. As well as offering practical advice for parents and carers.
- **Health for Teens –** a website dedicated to 11 to 19 year olds about their health and local services available to them, covering feelings, growing up, lifestyle, relationships and sexual health.
- **Lemonade Life –** Digital support programme (now available as an App) for pre and post-natal women that is built on four core pillars: Movement, Breath, Food and Community. An evidence based, holistic and practical approach created by experts.
- **Bucks Joyful Mamas –** enhancing the health and wellbeing of women particularly from specific ethnic groups and deprived areas before, during and after pregnancy
- **Buckinghamshire Healthy Schools Award –** an online self-evaluation tool-kit to support a whole school approach to health and wellbeing. Support is available, and the Award is open to all state funded schools in Buckinghamshire.
- **Phunky Foods** – a tailored whole school approach addressing identified healthy eating, physical activity and oral health needs. Including a comprehensive support package of resources, training and delivery support for school and home.
- **ParkPlay** - building happier, healthier communities through the power of play. 2 hours of free organised community play, every week in parks or public spaces. ParkPlay is running in Melbourne Play Area, Micklefield, Desborough Rec Park, High Wycombe and Windsor Road Park, Chesham.
- **Making Every Contact Count (MECC) Children & Young People Training** – free training designed for professionals or volunteers working with children and young people or families, helping them support healthy behaviour through everyday interactions.
- **Supervised Toothbrushing programme** – Evidence-based daily supervised toothbrushing programme for targeted early years and school settings (children aged 3-5).
- **Bike Loan Scheme -** in partnership with the Family Hub team - now live in 3 family centres across Aylesbury, High Wycombe and South Bucks. Provides free access to balance bikes, helping young children develop the confidence and skills needed to learn to ride a bike.

SEXUAL HEALTH

- **bSHaW (Buckinghamshire Sexual Health and Wellbeing) -** offers a free, confidential sexual health service covering a range of issues including contraception and the prevention and treatment of sexually transmitted infections. Order STI self testing kits online and book face to face consultations via the online booking form.

WHAT'S HAPPENING NOW continued....

ALCOHOL AND DRUGS

- **One Recovery Bucks** - integrated adult drug and alcohol treatment service in Buckinghamshire for people aged 18 or over, who are experiencing problematic or harmful drug and /or alcohol use at any level.
- **One Recovery Bucks Specialist Family and Carers Service-** this service offers a range of support for people who are affected by a loved one's or family member problematic or harmful use of drugs and or alcohol at any level.
- **The Blue Light Project -** a bespoke treatment pathway, via assertive outreach, providing support for vulnerable residents with an enduring pattern of problematic and dependent alcohol use, who as a result of problematic alcohol use place significant demand on public services.
- **Bucks Youth Drug & Alcohol Support 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.

EATING BETTER

- **Healthy Start Social Marketing Campaign –** to increase uptake of the healthy start scheme with eligible families and increase awareness with retailers about how they can support families.
- **Good Food Retail** supporting healthier environments around schools. Assessing children's purchasing habits and working with local retailers to improve access to healthier options in local convenience stores.
- **Good Food Takeaway -** supports local takeaway businesses to introduce and promote healthier food and drink options, helping to create healthier food environments and making it easier for residents to choose healthier food when eating out.
- **Food Parcels Project -** working with four food banks to improve the nutritional content of food parcels, supporting residents with the knowledge to use the contents in meal planning.
- **Nutrition and Hydration** The Healthy Weight and Physical Activity network have developed top tips and information to encourage individuals to Refuel, Rehydrate and Recharge.
- **Leisure Centre Healthy Food Environment Project –** working with a local leisure provider to enhance and create further opportunities for centre users to make healthier choices, reducing the influence of less healthy food and drink options.
- **Care Home Nutrition & Hydration Project** - the pilot will support the residential care home and their staff to ensure care provided to older adults meet their nutritional, hydration and oral health needs

WHAT'S COMING SOON

CHILDREN & YOUNG PEOPLE

- **Bucks Baby Week –** Building on last year's success, Bucks Baby Week returns from 14th to 20th November 2026 with the theme "Chat, Play, Read with Me: Together we Build the Best Start". A programme of free events for families and partners will take place across the County, celebrating the importance of babies' early relationships, communication, play and learning. For more information and details of the events

MENTAL WELLBEING

- **myHappymind** - A whole-school programme building children's resilience, confidence and emotional wellbeing, piloted in primary schools ahead of wider rollout across Buckinghamshire.
- **Domestic Abuse and Suicide Prevention Toolkit –** Buckinghamshire Public Health is working with partners and people with lived experience to develop a domestic abuse and suicide prevention toolkit, helping organisations identify risk and connect people with local support.

How can you get involved?

SUPPORT YOUR COMMUNITIES TO

- Ask communities to register interest in attending ParkPlay or becoming a volunteer
- Promote Simply Walk and identify key individuals to become walk leaders/volunteers
- Encourage communities to get out and about with the Love Exploring App
- Encourage faith and community settings to be part of the blood pressure pilots
- Identify local football clubs to have smokefree sidelines
- Encourage pre/post natal women to access Lemonade Life wellness platform
- Help increase awareness of healthy start with residents and local businesses
- Know about, promote and use the BetterPoints app
- Share your activities on the Joy Marketplace so local communities and partner organisations can discover what's happening nearby.
- Ensure young people know how and where to access free condoms at a local C-Card scheme
- Raise awareness of the online wellbeing platform Qwell
- Increase opportunities for social connection by promoting and establishing more Chatty Café venues

For more information or to get involved please contact Public Health

phadmin@buckinghamshire.gov.uk

ATTEND AND PROMOTE TRAINING

- Alcohol brief advice training
- Sexual Health & Wellbeing training
- Making Every Contact Count (MECC) training
- Mental Health First Aid training
- Bespoke Mental Health Training
- Suicide prevention training
- Healthy Start training for professionals
- Very Brief Advice Training (Smoking)
- Challenging Ageism Training
- Complete Zero Suicide Alliance training
- Suicide Awareness Training - Supporting a Stranger

BE PART OF MULTIAGENCY NETWORKS

- Live Longer Better Alliance
- Whole System Approach to Healthy Weight & Physical Activity
- Age Friendly Bucks Network
- Tobacco Control Alliance
- Sexual Health Network
- Drug & Alcohol Multi-Agency Group
- Health & Housing Working Group
- Healthy Planning Network