



Bucks Older Peoples Action Group Meeting
10am Friday 24th January 2024.
Meeting Minutes

Christ The Servant King Church, Sycamore Road, High Wycombe.

Attendees:

1. Alan Barnard – BOPAG Chairman & Marlow Bottom Valley Plus (AB)
2. David Whittaker – BOPAG Vice Chairman (DW)
3. Paula Watts – BOPAG Administrator/Editor (PW)
4. Heather Wilde – BOPAG Assistant Administrator (HW)
5. Phil Clarke – Secretary of High Wycombe Beekeepers Association (PC)
6. Cari Patterson- Age UK Bucks (CP)
7. Aniela Zychowicz – Horizon Rehabilitation (AZ)
8. Carmen Cianciaruso – Woodland Manor Care Home (CC)
9. Lesley Ball – Imperial NHS (LB)
10. Marian Mulady – local resident (ML)
11. Mo Lipman – STOPAG (ML)
12. Peter Lipman STOPAG(PL)
13. John Betts – STOPAG (JB)
14. Barbara Richardson-COPAG (BR)
15. Phil Folly – COPAG (PF)
16. Marta Fischer – NHS (Digital Rep) (MF)
17. Ros Horrocks – Age UK Bucks (RH)
18. Elizabeth Aylward – PROBUS (EA)
19. Wendy Healy – Avery Care, Beaconsfield Heights (WH)
20. Vera Bird – OPAG (VB)
21. Sheila BrownJohn – OPAG (SB)
22. David Bird – OPAG (DB)
23. Ian Gronbach – Memory Partners (IG)
24. Sheila Gronbach - Memory Partners (SG)
25. Marrison Green – Hub Care Support (MG)
26. Larissa Goff - Hub Care Support (LG)
27. Christine Hatfield – DAM (CH)

Apologies:

Richard Chalmers - Oasis BG/South Bucks Hospice
Michelle Bewley – Senior Social Prescriber ARC PCN
Rachel Ngombe – Oxford Aunts
Janet Kenny – Ex Oasis
Louise Joslin – Ashridge Home Care

AB: Introduction to the format of the meeting and welcome to our speaker, **Phil Clarke** secretary of the High Wycombe Beekeeping Association (HWBKA).

PC: High Wycombe is one of 4 associations making up the Bucks group, the others being Chalfont's, Mid Bucks and North Bucks. The honey bee is one of 250 different types of bees in the British Isles. Non hibernating, thus at this time of year in a hive there is 1 Queen, approx. 10,000 workers, and no males (drones) because males are thrown out in Autumn by the female workers and subsequently perish. Height of summer there are 60,000 workers and 2,000 drones plus 1 Queen.

PC informed us that Queens can live up to 5 years but more likely 2-3 years. A Queens purpose is laying eggs – up to 2000 per day. Unfertilised eggs become males and fertilised eggs become female worker bees. **PC** then demonstrated the different types of hive from old style skeps to current popular domestic hives to commercial hives.

The Asian Hornet is a huge threat to all our pollinators, not just bees. It's believed that in 2004 a Queen was brought into France via garden pots. Now prolific throughout most of Europe. UK have had some incursions and last year 65 nests of Asian hornets were found in the Dover area. A nest can produce approx. 200 queens of which 20% survive which means a massive number of queens to start nests so can multiply very quickly. Ideally, we need to track where the hornet goes to detect and kill the nests. He introduced us to **THE ASIAN HORNET APP** to identify hornets. Taking a picture via the app which will give coordinates and then send to **DEFRA** who can then deal with tracking and the nest. Local courses are available for beekeeping. There are some sessions coming up such as an Open day in July where they can lend you a suit and you can go and see a hive for yourself and a full taster beekeeping day in August.

Questions:

ML asked if the bee population was declining to which **PC** replied yes but that in certain areas e.g. London, bees had recovered and were out performing other pollinators. There is a massive decline in the insect population and this will worsen if the Asian Hornet infiltrates the UK. There are various options to kill the hornets such as an “electric harp” but ultimately, we must destroy their nests. **MG** asked how to identify the Asian Hornet – **PC** described its yellow legs and distinctive yellow band on the abdomen. **PW** asked if it is as big as the Wood Wasp. **PC** said it is bigger than a wood wasp. In Asia the local bees have developed ways to kill the Hornet or to fool it. **WH** suggested that we could import some Asian bees to teach our bees but **PC** said this is importing a non-indigenous species and a no go. Closest sighting to us has been in Ascot. Ideally use the app to identify and then to alert those who can help to identify the hornet and ultimately DEFRA, who can use DNA to identify its origin. **ML** asked what advertising there was to raise awareness. **PC** replied that the press do report and that they increase awareness by presentations such as his, plus poster advertising.

AB thanked **PC** for his interesting presentation and **PC** agreed to stay on for the rest of the meeting so that members could taste honey and view the hive sample that he had kindly brought with him.

Notices:

Marta Fischer from Bucks West Integrated Care Board. BWICB: MF described the community service element of her role as she did not have time at the last BOPAG meeting. The digital cafes, for which she had leaflets, are free to attend and open to all. The walk-in cafes are in Marlow, Bourne End, Flackwell, Hazlemere and Beaconsfield libraries. Her team can help anyone requiring help with their digital skills, either on phones, laptops or tablets. Examples would be: downloading apps, especially the NHS app plus using them, use of email, websites, and awareness of the latest scams. She stressed the importance of being able to use the NHS and Surgery apps to reduce waiting times on telephones and getting test results etc.

WH asked if they have PC's available and **MF** said that could be arranged. **CH** asked about the possibility of individuals with dementia coming and confirmed that this would be possible and that they could organise a separate walk-in café for them and other specific groups if necessary.

Horizon Rehabilitation: Aniela Zychowicz: AZ informed the group of a series of open days that Horizon are holding at Court Gardens <https://www.horizonrehabilitation.co.uk/home/introducing-strength-to-increase-confidence/>. A chance to get to know the team and get a functional fitness assessment – a fitness MOT which takes approx. 30 mins and needs to be booked in advance and a fitness recommendation afterwards. There is a week's class for those suffering with Parkinson. Marlow 2-3 pm at Court Gardens. She pointed out leaflets for the class. Initial assessment is free and then the rest requires payment. Details .

Chris Hatfield from Dementia Action Marlow (DAM): CH reported on the growing popularity of the social cafes - 3 in total: Tuesday and Wednesday and on Thursday a "Let's Get Moving" group which is open to all. <https://www.dementiaactionmarlow.org/news>

DAM are always looking for funding and now have own Carers course available on the last Tuesday of every month. All welcome. DAM are always looking for volunteers and for trustees to join the group as they are now a charity. **AB** sent our best wishes to Bernie who is currently in Stoke Mandeville Hospital.

AB announced that **BOPAG** is also applying for charitable status. He appealed to anyone who might want to be a trustee. **DW** acknowledged that we are very lucky to have a new treasurer -Tony Tagent, who has extensive experience in charitable status applications. We need funding to support the success of **Hoot**

PW pointed out that the minutes from the last meeting with Cllr Steve Broadbent are finally published on our web site. A little delayed as his Office had to check them before publishing. Did anyone have any comments?

JB remarked that he was a typical politician, and had a negative view on the talk. **JB** thanked **PW** for everything that she has done for these meetings before **HW** joined she had to manage a huge variety of tasks to prepare, including the baking! All present, agreed with a round of applause.

RH pointed out that she had put revamped **AGE UK** leaflets on our information table and collected the old ones.

CP introduced the new project that **AGE UK** will be launching in March – taking place over 3 years and will engage with individuals and groups in the community to research attitudes on ageing and how matters and services can be improved. She will be looking at groups from 40-60 years old. She asked the group to think about groups that might be relevant to her.

MG commented on how valuable BOPAG meetings had been to her from the point of view of networking and seeing everyone.

IG informed us that he had many packs of playing cards to give out from an excess Bridge Club order and to see him after the meeting if you are interested.

BR and **PF** both commented that they had not been present at the last 2 meetings owing to illness and the sad demise of Phil's wife.

EA reported on how much she loved the Ukelele groups that Bernie had recommended to her and had been involved with them a few times

WH thanked BOPAG and BecMarket for all the networking opportunities that the meetings had afforded to her introducing her to lovely groups and people such as The Glee Choir and **PW** thanked her for introducing the **Toe Tappers** who were at our Dementia event in September. **VB** said that this was her first time to the group and remarked how welcoming we all are.

Carmen Cianciaruso – Woodland Manor Care Home Manager in Chalfont St Peter, first time at the meeting and introduced her care home and its facilities. 2nd Tuesday of the month there's a friendship meet for family members and carers and a blue light breakfast on every last Wednesday for the emergency services. Also a fundraising event every month and would like to network with **CP** and AGE UK.

PW – raised the subject of group insurance and when it's renewed (imminently), **HW** will send out to all groups. Will send to STOPAG via email. **AB** explained that any small group can sign up to the BOPAG insurance FOC as it is a blanket coverage.

Meeting closed at 12pm. **AB** thanked all for coming and to avail themselves of cake. Next meeting is March 22nd 10am at Christ the Servant King, Cressex