



**Bucks Older Peoples Action Group Meeting**  
**10am Friday 22<sup>nd</sup> March 2024.**  
**Meeting Minutes**

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

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**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. Chris Humphris – Trustee of Accessible Boating Thames (CH)
6. Alice Bairstow – Active in the Community (AB)
7. Amelia Evans - Active in the Community (AE)
8. Ash Khan – Carers Bucks (AK)
9. Stephanie Moffat – Bucks Council (SM)
10. Linda Richards – BFAB (LR)
11. Jane Osborn – LOPAG (JO)
12. Cari Patterson- Age UK Bucks (CP)
13. Carmen Cianciaruso – Woodland Manor Care Home (CC)
14. Lesley Ball – Imperial NHS (LB)
15. Mo Lipman – STOPAG (ML)
16. John Betts – STOPAG (JB)
17. Barbara Richardson-COPAG (BR)
18. Phil Folly – COPAG (PF)
19. Elizabeth Aylward – PROBUS (EA)
20. Wendy Healy – Avery Care, Beaconsfield Heights (WH)
21. Ian Gronbach – Memory Partners (IG)
22. Sheila Gronbach - Memory Partners (SG)
23. Marrison Green – Hub Care Support (MG)
24. Larissa Goff - Hub Care Support (LG)
25. Jenny Miles– DAM (JM)
26. Richard Livesey – DAM (RL)
27. Richard Chalmers - Oasis BG/South Bucks Hospice (RC)
28. Janet Kenny – Ex Oasis (JK)
29. Ivan Mant – Valley Plus (IM)
30. Graham Morgan – Valley Plus (GM)
31. Liz Morgan – Valley Plus (LM)
32. Abbi Langan – Ashridge Home Care AL)
33. Karoline Lamb – Chalfont 60+ Fitness and Social (KL)
34. Brian Bolton – DAM (BB)
35. Fay Ewing – High Wycombe Community Board (FE)
36. Lesley Clarke OBE – Bucks Councillor (LC)

**Apologies:**

Joe Boake – Hughenden Gardens Activities Co-ordinator

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**AB:** Introduction to the format of the meeting and the welcome news that BOPAG had recently been granted charitable status, thanks to the efforts of our Treasurer, Tony Tagent plus the trustees and Paula and Heather. The news was greeted by a round of applause.

**AB** welcomed our speaker, **Chris Humphris**, Trustee of Accessible Boating Thames, [www.accessibleboatingthames.org](http://www.accessibleboatingthames.org)

**CH:** Introduced himself and his love of boating. With the aid of an informative slide presentation, he described how his interest in accessible boating was spurred on by his partner's diagnosis of MS and how this inspired him to help develop a boat that could be accessed by disabled persons. After a few unsuccessful attempts to start an accessible boating facility, he met Peter May from Bisham Abbey Sailing School at Bisham and together they formed the charity as it is now. They are all volunteers and are driven by their love of "messing about on the river" and helping those who would normally be unable to sail, to do so. They help both young and old alike, families, schools, individuals, those who are neuro diverse and they can accommodate anyone in a wheelchair in their specially adapted boats. Via his slides he was able to show us the different types of boats available from bell boats to sailing boats and gave us some charming anecdotal examples of those they had helped. A safety boat is always around to help anyone who might decide to take a swim from the boat.

Volunteers are needed both for land, boats and the safety boat.

#### Questions:

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**DW** asked whether he was aware of Captain Beaky in Bourne End which **CH** was. **AB** recounted how he had come across Accessible Boating Thames at Bisham last year and how impressed he had been.

**JM** also recounted her experience with Accessible Boating and how popular it had been with her group. **PW** asked about costs of hiring and **CH** said that the charity only accepted donations. A suggested amount might be £5 per person in a big group and £120 for a school. They do get donations from other sources. A family might donate £20-30

**AB** thanked **CH** for coming and his informative presentation.

#### Notices:

##### **Amelia Evans and Alice Bairstow from Active in the Community CIC**

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Not for profit charity situated in Halton, Wendover. AITC make physical activity accessible and affordable across Buckinghamshire, Hertfordshire and Berkshire.

Through Local Authority and Public Health activity services and a fully managed school lettings service, the team ensure that everyone can be more physically active in an accessible and affordable way. They are currently involved in a project with Bucks Council - **Staying Active, Staying Connected Bucks** which aims to help older adults become more active by connecting them to existing programs and spaces in their community. Through collaboration with, and supporting existing sessions and the public, they are looking to understand what activities currently exist and the barriers older adults face that deter them from being physically active. They are doing this with the help of a survey and are currently mapping all the services in our area which are available to help keep us active from walking to cycling to Tai Chi. Many of these activities are free but many don't know about them which is why they are mapping these services to have on their website.

Go to: <https://www.activeinthecommunity.org.uk/staying-active-staying-connected/>

to fill out the survey form and understand more of what they do. Paper survey copies were made available at the meeting

**BB** suggested including **Health Walks** in their mapping, 68 health walks across the country. 7k people take part in these walks. He asked to please include them in their mapping.

**LR** laid blame with Bucks Council for lack of communication, together with lack of available transport. She thanked Alice and Amelia and suggested they try and include Burnham in their

mapping. **LC** asked how they get out information to those that are not IT savvy and if they had hooked up with **Opportunity Bucks**? **AB** and **AE** asked for more information **KL** expounded the virtues of Nordic Walking and how important it is to ensure people walk properly in an upright position using the poles. **DW** asked if they were aware of the JOY network and urged them to get on the network. **AB** thanked **AE** and **AB** for presenting.

#### **Ash Khan: Adult Carer Support Team Leader at Carers Bucks**

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**AK** introduced herself to the group. Carers Bucks supports unpaid carers of all ages, from all backgrounds and in all caring roles. <https://carersbucks.org/> She described the type of support that they give and how they can signpost the individual to other charities that can help if needed. Their help extends from Power of Attorney form filling, male carers walks throughout Bucks, to evening groups for carers who are working and help with emergency planning should the carer become incapacitated. They also support young carers and operate county-wide. **BR** commented on how helpful **Carers Bucks** had been when she was looking after her mother. **WH** asked if **Carers Bucks** could talk about emergency planning to groups in her Beaconsfield Care Home. **AK** said she would be delighted to oblige and would leave her cards with those that wanted them.

**BB** asked if they help with form filling for the **Herbert Protocol** (a form that contains vital information about a person at risk that can be passed to the police at the point the person is reported missing). **AK** explained that they were mainly a signposting charity and she would probably direct people to Telecare <https://www.telecare24.co.uk/> who they recommend highly. She underlined how excellent the Beaconsfield Advisory Service are and can help with form filling. **LN** remarked how expensive Telecare can be. **AB** thanked **AK** for speaking to us.

#### **Ian and Sheila Gronbach: Memory Partners**

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Ian described how the **Memory Partners** Café started in Totteridge with Sue Stuart and the benefits of Tai Chi for those with dementia and their carers.

**IG** mused on how he can get the word out about the Tai Chi cafes and if those present can spread the word to start more cafes. There is a world Tai Chi Day on the 27<sup>th</sup> April @ Holmer Green Common at 10 am on this date. Memory Partners are also working with the HWCB (community board) and on Wednesday 15<sup>th</sup> May @ 11am, there will be a demonstration of Tai Chi in the Eden Centre coinciding with Dementia Awareness week. There will be many related stands available. They are currently working with all Freemantle Care Home to train all their activity leaders in Shibashi. In order to start more cafes they need approx. 10 more individuals who they will train to take classes.

**SB** described the training and how easy it was for her. Please get in touch with them if you are interested. **KL** described her experience of Tai Chi and suggested it must be extended to council playing fields. **BB** suggested that we remove the word, **exercise** in descriptions. **LG** has had a positive experience of Tai Chi cafes and a PA has subsequently signed up to become a trainer.

**AB** thanked all for their input.

#### **No matters arising from last meeting**

Comments from around the table:

**JK** observed how the lack of communication was an age-old problem and how to improve? **PW** remarked that now BOPAG are a charity they would have additional funding to get the word out and to populate the web site with information. **AB** announced that there is a Health and Wellbeing fayre in Burnham on the 24<sup>th</sup> April.

**LR** gave plaudits for the **Hoot** and underlined the theme of lack of communication getting the word out ref BOPAG and other groups. **AB** explained how expensive it is to get the paper version out plus other associated costs. **DW** gave praise to **PW** and **HW** for what they do in getting the magazine out to the public but we need more funding. Please feedback any ideas for funding to **PW**

**BB** suggested that the **Hoot** be left in libraries, doctors' surgeries to which **PW** and **HW** replied that this is already the case but more could be done.

**FE** introduced the Community Board work. There are 16 across the county and they are trying to raise awareness of their existence. They look for projects in the community that they can support. She thanked **BOPAG** for aiding them and related how networking has expanded the reach of the Community Board especially via the wonderful Golden Years event

**LC** explained that she works with **Fay** and there is funding available for charities via **Community Impact Bucks**. One can go on **BIC** run courses to understand where funding can be sourced. They have installed 14 defibrillators in unparished areas. She is trying to get the council to get info across to the community outside of the Council website.

**RC** described his 2 roles: 1) the Bucks Hospice and 2) Bereavement group in Flackwell Heath. The Jersey Guys which is a fund-raising event for the 50<sup>th</sup> year of the bereavement group takes place on the 4<sup>th</sup> April. They have no funding and have tried in the past but to no avail. He can come and talk about either or both of his roles. **DW** gave **Richard** a huge accolade for the work that he does and this was met by a round of applause. **ML** described the outings that **Stopag** were conducting and how fortunate they are to have a community bus to get them places. She also commented on the difficulty in finding what is available to us. **PW** suggested that we send her a few **Hoot** magazines each month to distribute. **JB** loved the informative talk on honey bees last meeting and the honey that was bought for tasting. **WH** suggested that she can print off **Hoot** copies to take to her meetings to spread the word but **PW** interjected and proposed we can give **WH** some magazines. **CP** described the help with form filling that can be provided by **Age UK**. They have an I&A service- Info and Advice which is a telephone advice service, rather than web site.

**SM** introduced the **Healthy Ageing Fund** via Heart of Bucks community foundation – the purpose of the fund - to support community-based projects which improve social connectedness for older adults (40+), helping them to prepare for and enjoy better health in later life. The focus of the projects should be to combat loneliness and social isolation, and to promote a sense of purpose.

**JM** introduced their "Let's Get Moving" classes and how successful they are. She explained that they can actually post out their guides, benefits and care guides to individuals. She was interested in hearing about the bereavement group and how important this is to their carers. She will speak to **RC**.

**IM** pointed out that web sites providing information on activities should be up to date and that the **BOPAG** site is not up to date. **PW** pointed out that we were aware and that we had inherited the site but with further funding will be able to update it more easily and thanked him for his comments.

**AB** introduced herself as the new contact for Ashridge Home care

**MG** further underlined the importance of the bereavement group

Meeting closed at 12:10 pm. **AB** thanked all for coming and to avail themselves of cake. Next meeting is May 17<sup>th</sup> 2024 @ 10am at Christ the Servant King, Cressex.

**N.B the last part of the May meeting will be our AGM**