



**Bucks Older Peoples Action Group Meeting
(BOPAG)
10am, Friday 24th March 2023.
Minutes**

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

Attendees:

Alan Barnard – BOPAG Chairman Marlow bottom Valley Plus (AB)
David Whittaker – BOPAG Vice Chairman (DW)
Paula Watts – BOPAG Administrator (PW)
Chris Stanners – BOPAG (CS)
Jane Osborn - Lane End OPAG (JO)
Linda Richards – BFAB (LR)
Phil Folly – Chesham OPAG (PF)
Barbara Richardson – Chesham OPAG (BR)
John Betts – STOPAG Stokenchurch (JB)
Janet Kenny – OASIS (JK)
Dee Irvin – Buckinghamshire Healthcare Trust (DI)
Jo Birrell – B.H.T (JB)
Vicky Perkins – B.H.T. (VP)
Caroline Raimbach – Bucks Council (CR)
Rachel Ngombe – Oxford Aunts (RN)
Renay Clark – Bluebird Care Burnham
Michelle Bewley – ARC Bucks PCN (MB)
Linda Porter – Lane End member (LP)
Sheila Keatinge – Lane End member
Elizabeth Connell – Lane End member
Joe Boake – Extra Care Charitable Trust (JB)
M. Dossett – Carer
Brian Bolton – Dementia Sufferer (BB)
Chris Blake – Valley Plus (CB)
Marian Mulady – local resident Marlow (MM)
Elizabeth Aylward – PROBUS (EA)
Mo Lipman – STOPAG
Peter Lipman - STOPAG
Jan Sambrook – DAM (JS)
Jenny Miles – DAM (JM)
Bernie Hunter – DAM (BH)
Anne Bower – Parkinson’s High Wycombe Branch (AnB)

Apologies:

Pie Ling Harper – Trading Standards

Wendy Healy – Signature at Beaconsfield

Faye Ewing – Bucks Council

Harry Hunt – Bluebird Care

Karen Blagojevic – Horizon Rehabilitation

Helen Cavill – Bucks Council

Ros Shorrocks – Age UK

Leonie Cowlard - Christ Church Families Support Worker

Karoline Lamb- Chalfont St Giles 60+ Fitness and Social Club

1. **Introduction;** Alan Barnard (AB) welcomed everyone to the meeting and informed the attendees that we would be recording. Linda (LR) asked everyone to introduce themselves as there were lots of new attendees.
2. **Main Speaker's;** (AB) went on to introduce our main Speaker's Jo Birrell (JB), and Vicky Perkins (VP), from Buckinghamshire Healthcare Trust. (JB) talked about Brain Health and what Dementia means and the effects it has on people. (JB) talked with the group and invited everyone to answer questions and be involved in the subject matter. We learnt that dementia is not a result of getting older, and that only 5% of dementia has a hereditary link. (JB) talked about several types of dementia and with some dementias there is medication to stem the progression. (JB) explained that many people can live well with dementia but important to acknowledge that everyone shows unique triggers that are personal to them. Following a diagnosis, (JB) explained that they navigate you to services and support. They are in the process of appointing 2 Admiral Nurses who are specialist nurses for supporting dementia and managing the risks.
3. **Q & A's followed;** (BB) asked when the Admiral Nurses will be appointed. (JB) answered she was hopeful by the end of August 2023. (AnB) mentioned that they had a Parkinson's Nurse that retired and very difficult to replace. (JB) Risk of having just one person, what's needed is a team with various levels of skills that can support each other. Also mentioned the social prescribers are really helpful. (DW) mentioned the difficulties of ongoing staffing issues. (JB) explained the realities of one-to-one care and that it is not always required, and one size doesn't fit all. (LR) asked how much the GPS understand and that the GPS keep changing their titles which is confusing. (JB) explained tier training and how it works and how it is always changing and needing updating constantly.
Vicky Perkins (VP) then updated us on the Marlow Community Hospital. Very successful Open Day in another location and wants to do the same in Marlow. They have an event happening on the 19th of April. Lots of health tests on offer and numerous services explained. Great opportunity for people to come and see what is on offer.(LR) asked about coming to Burnham. (VP) very happy to have one there too. (JO) mentioned that people in Lane End can't get there and how will they attend. (DI) said if there is a venue in Lane End they will go there too. Lane End Village Hall mentioned as a great venue. (VP) then went onto say that they listened to the attendees concerns about Admiral Nurse and it is now in place, so our voices were listened too. (JM) asked about waiting times and (JB) explained it is frustrating, but they are trying to improve. (BB) mentioned funding inadequacies and where are we with it.

(JB) answered they are not in charge of budgets but not always about money it's about understanding too.

(AB) thanked the Main Speakers for their help and support and mentioned they are always welcome to attend our meetings. He also commended the services in the Marlow Hub as vital and far more comfortable than being in a huge hospital. (AnB) wanted to also mention the cafes for Parkinson's and dementia are also vital and a great support.

4. **Notices;** (AB) introduced Caroline Raimbach (CR) from Community Development and Engagement Team spoke about Digital exclusion. Caroline has been mapping areas where people can get support and finding companies who will come to you and help you get set up. Listed in the Hoot. Caroline also mentioned the free digital courses that BAL (Bucks Adult Learning) offer and session in the Libraries. Q & A's followed. (LR) mentioned the cost of getting everyone on a computer and feels that the Government wants older people excluded. Late 60yrs will be Ok but anyone older is excluded. (MM) supported (LR) in her views and felt there is a lot of older people scammed because of their lack of digital knowledge. (DI) informed the attendees of The Accessible Information Standard that ensures that anyone can get the information that they need in the way that they want. You can request that you want that information in paper copy only via the website! (PW) will add how to access this service to the Hoot magazine. (JO) mentioned that the free sessions are not always accessible to people who have to use bus services to get to them and that that are limited. (JB) asked about what other initiatives are being planned and (CR) informed us of the Heath and Wellbeing event on the 5th of April in Amersham, 1-5pm. (JB) also asked about funding sources, not (CR) area but (PW) mentioned she may be able to signpost him to some. (LP) mentioned as an ex-programmer that if you want older people to use programmes you must have older people to test it and it is not happening. (AB) introduced Rachel Ngombe (RN) from Oxford Aunts to talk to the attendees about what Oxford Aunts offer in the way of home care and support services. Q and A's followed.
5. **Matters arising from last meeting;** (PW) mentioned the need for a Treasurer following the sad news of Stuart Smith's passing. (AB) covering the role in the meantime. (AB) mentioned the viability of BOPAG becoming a registered charity with help from CIB (Community Impact Bucks), which will help us source further funding going forward. Date of BOPAG AGM 26th May.
6. **Finance;** Using last balance sheet, paid some invoices, debts collected. 13K in the bank account.
7. **Any Other Business;** (DW) mentioned BUDS, Bucks Disability Service, (see link to the minutes below). (LR) mentioned the congestion charge is going out wider from London so be aware. (EA) mentioned Tea Tasting Speaker they had for their group Probus and gave the info to PW to mention in the Hoot. Parking Apps were mentioned and to be aware of. (CB) mentioned Age UK Befrienders and that he took part and please volunteer. (JK) informed the group that OASIS group are closing after 15 years, as no one is available to help anymore, and she felt that people have other commitments. (CS) mentioned how sad she was to see them go and all the attendees gave a round of applause for all their hard work.

(PW) mentioned the next Free Information Day run by the Princes Centre and BOPAG which will take place in High Wycombe centre during September 2023, and it will be a totally dementia focussed event. Mentioned the need for a dementia choir. PW explained that the idea came from Kim Challinor (from the Princes Centre) who BOPAG will be working with on this event.

8. **2023 Meeting dates;** Face to face meeting Friday May 26th, 2023.
9. **Networking followed.**

The meeting closed at 12.15 hrs.

<https://buds.org.uk/>