

Note from the Editor

I have to admit that I am not a fan of the modern day Christmas season. The over the top commercialisation which starts in October has the old festive spirit wearing a bit thin by December. But the true spirit of Christmas is still alive and wonderful people across the county give up their day to provide Christmas lunch for those who would otherwise be alone. I have listed the events that I know about on page 2 but if you know of others, please get in touch and I'll circulate the details.



If you are part of a group, that is looking for some financial support for a physical activity, please take a look at the article below. Sources of funding are getting more tricky to find so grab this one with both hands! There's also a grant pot for South Bucks which you can read about on page 4.

The last few weeks I have been plagued with scam phone calls, all computer related and most easily identified as scam. But one very nearly caught me out and I am clearly not alone. I've shared my experience on page 4 and hope that this helps others.

Philip Hammond is facing a backlash after failing to provide any extra funds for social care in the budget and announcing only a "short-term fix" for the NHS. Health bosses are now talking about rationing of services (page 7) but with parliament consumed with Brexit there seems little wherewithal to address the long-term health and social care funding crisis.

We have another 'arctic blast' so if you haven't already registered with UK Power Networks for priority help in the event of power cuts, you'll find the details on page 5.

Thank you for support this year. My best wishes to you all and most importantly, stay warm and safe.

Andy

Can you help us get older adults moving more in Bucks?

There is strong scientific evidence that physical activity can make a major contribution to leading a healthier, happier and less lonely life. Physical inactivity directly contributes to one in six deaths in the UK, and is the fourth largest cause of disease and disability in this country. In Buckinghamshire, the cost of physical inactivity to healthcare and wider societal costs such as sickness absence is estimated to be around £69.3m each year.

The latest data suggests 37.2% of Bucks adults don't undertake optimal levels of physical activity to benefit their health (150mins per

week). Even more worrying is that more than one in five Bucks adults (22%) undertake less than half an hour of moderate intensity physical activity each week, classing them as inactive and at a greater risk of health issues. Evidence also shows that inactivity increases with age – suggesting that by the age of 75 only one in ten men and one in twenty women are active enough for good health.

The Active Bucks Older Adult Project seeks to engage and retain inactive and fairly active Bucks older adults aged 65+. The Active Bucks programme (www.activebucks.co.uk) was created three years ago by Buckinghamshire public health team and working with a range of partners has engaged close to 5000 Bucks residents during this period. Leap recently won the contract to coordinate investment into older adults activities across the county, a group that has so far been under represented to date.

During 2018 Leap wants to work with existing older adult groups to understand better what will help older adults become more active across the county and then co design activities that will appeal and hopefully get the county



Nordic Walking Waddesdon

Continued on page 3



Invitations for Christmas Lunch



Nearly a million older people say they feel lonelier at Christmas time, according to research from Age UK. The charity spoke to people aged over 65 and found shocking levels of isolation and loss. Around 1.2 million people admitted Christmas feels like an ordinary day that just passes them by and 873,000 older people have little or no contact with people over the Christmas period.

If you are alone or know someone that will be, there are some wonderful people who will welcome you with open arms.

Aylesbury

The Parish Church of St. Mary's in St. Mary's Square, Aylesbury 12.00 noon to 3.00pm

Everyone is welcome, it is not dependent on age or religious belief

The lunch is free – paid for by the kind sponsorship by benefactors. No booking required

You can expect a three course hot traditional Christmas Dinner with all the trimmings (veggie option available). Games, other entertainment, presents and no washing up!

Transport can be arranged for those in the Aylesbury area who cannot get there independently, but we must have prior notice if you need to make use of this service. Please call us on 07598 316126. Everything is done by a team of dedicated volunteers who organise and put on the event on Christmas Day. We are always looking for more people to help, so if you would like to lend a hand please call us on 07714 246 593

Thame.

Community Christmas Thame aims to provide a lunch on Christmas Day (12:30—14:30) for the isolated and vulnerable elderly of the Thame area. This year's event will be held at the Masonic Hall, Thame.

On Christmas Eve we will be preparing the food and decorating the dining area. Volunteers collect our guests on Christmas morning and once at the Masonic Hall we all enjoy some entertainment and a traditional, freshly cooked lunch.

If you would like to join us at Thame as either a volunteer or a guest then please call our phone number (01844 217413) or contact Kathy who will be your hostess.

Chesham

Held at the Douglas McMinn Centre, East Street, Chesham, HP5 1DG

Free traditional Christmas lunch

If you would like to join us at Chesham either as a guest or a volunteer, please contact Jane MacBean

On 01494 774 842 or admin@chesham.gov.uk

High Wycombe

Held at the St Andrews Church, Hatters Lane, HP13 7NJ

Free Traditional Christmas lunch

If you would like to join us at High Wycombe either as a guest or a volunteer, please contact 01494 437 477 or marion@lyon.uk.com

Bletchley

Lakeview Lodge Care Home are opening their doors to all elderly people on Christmas day, who may have otherwise eaten alone. We are really hoping to spread the word far and wide, to ensure nobody spends Christmas Day alone!

We are offering complimentary Christmas lunches for elderly people between 12 noon and 2pm. Please get in touch with us on 01903 641 200 or email maria.moore@countrycourtcare.com
Lakeview Lodge Care Home , Jersey Drive, Newton Leys , Bletchley , MK3 5SD

If you know of others not listed here, please let me know Editor



Scannappeal is a local charity independent of the NHS that fundraises for state of the art medical and diagnostic equipment for Bucks hospitals. They are currently raising money to purchase

- equipment for Wycombe hospital to treat patients with prostate, kidney and bladder cancers.
- two scanners to diagnose all types of heart disease using non-invasive ultra sound to generate detailed, real time, 4D moving images of the heart.
- 5 state of the art machines to radically improve surgery on the eyes.

Fundraising Events: -

Christmas Wrapping Service

Christmas gift wrapping service at the Eden Shopping Centre Mon 18 – Sat 23 December. We are also looking for donations of wrapping paper, ribbons or new gift bags or volunteers to help. Please contact us.

An Audience with Johnny Herbert

Johnny Herbert, who is considered as one of the greatest all-round racing drivers in history, will be interviewed by Louise Goodman (TV commentator) and the audience will be able to ask Johnny about his career. A great gift for any motorsport fan! Thursday 8 February 7.00pm at Sytner High Wycombe, London Road. Tickets £25 in advance, gift packs available. Call 01494 734161.

Listening with Your Eyes Workshop



How do we communicate when words don't always make sense? If you care for someone living with dementia, come to a FREE workshop to find out more

Listening with your Eyes, run by Vamos Theatre, is a participatory workshop for anyone who wants to better develop skills of empathy, insight, listening and trust-building. It is ideal for anyone caring for a person living with dementia, whether a member of the public or healthcare professional.

Friday, 15 Dec, Amersham Free Church, Woodside Rd, HP6 6AJ 11am to 1pm or 2pm to 4pm

BOOKING ESSENTIAL by calling 0296 387821 or email nphillips@buckscc.gov.uk or search 'vamos' at www.eventbrite.co.uk

Can you help us get older adults moving more in Bucks?

moving more. If you coordinate or are part of an existing group that you think might want to build physical activity into your group or help signpost members to community activities please get in touch with us.

We are working our way around all the strategic groups/meetings/organisations in the county offering the opportunity to help us invest this funding in the best way to get older adults more active. We are exploring seed funding a range of activities in the new year including seated yoga, short mat bowls, walking football, nordic walking, Thai-Chi, owner and dog dance classes and much more.

We want to work with and through



existing organisations, to be innovative and creative with what we fund so if you can help us engage with older adults, set up new activities and or understand the barriers and motivations for older adults please contact Kirsty McCoubrey on 07801 594519 or via email on kirsty.mccoubrey@active-in.co.uk



BT Telephone Scam

Having had very few unsolicited calls the past few months, November saw a step change and one very nearly caught me out. I am not alone and there are reports UK wide of others falling victim.

People claiming to be from BT Open Reach are asking for remote access to computers to 'make checks' on things like connection speed, routers and security software. These people are convincing and quite insistent.

In my case, the caller reported that my broadband speed was poor (true!) and recent work in the area (also true as Openreach have been working in our lane) meant that I should be able to get a better speed. All I needed to do was make a

couple of quick changes. As I sat at my PC, I fortunately came to my senses before any harm was done.

In other cases, to offer reassurance about the legitimacy of the request, people are being provided with a telephone number to call. Once the number given is dialled it is answered by a supposed BT operator.

Please be aware – this is not a trusted way to verify a caller's identity. Always use the company contact number found on a utility bill or correspondence from that company. Never trust a number given to you over the phone to confirm identity.

Please don't engage with these people, just terminate the call.

South Bucks community grants are now open for applications.

Grants of up to £1500 are being offered to community groups in South Bucks District, with a total of £13,000 to distribute to worthy local causes.

Grants are open to voluntary and community charitable groups based in South Bucks District, or which work to the benefit of district residents. The fund is provided by South Bucks District Council, and is being delivered in collaboration with Heart of Bucks.

Applications for funding can be for new and existing projects; core costs or capital expenditure - such as equipment, building modifications etc.

To apply you need to go to the Heart of Bucks website and complete Complete the Expression of Interest form available on the website www.heartofbucks.org under the heading "Apply for a grant". You will be then sent an on-line grant application form to complete.

CLOSING DATE for applications - midday on 24th January 2018.

Please contact a member of the Heart of Bucks Grants Team if you have any questions or wish to discuss your application.
email: - grants@bucks.org.uk
Tel: 01296 330134

Community Transport for the Chiltern and South Bucks area

Amersham Round Table has a new 17 Seater minibus (wheelchair accessible). Available to hire at a competitive rate,



for non-profit organisations or individuals for the purpose of social and community activities.

Bookings can be made at <http://www.roundtableminibus.com>

Kiddleydivey Friends

Come and join our friendly music and singing group every Thursday afternoon and Beaconsfield

Enjoy songs from days gone by, watch clips from old films and maybe even enjoy a dance

Kiddleydivey Friends meets in the Guide HQ in Beaconsfield in Malthouse Square every Thursday afternoon from 2:00pm – 3:30pm. Tea, coffee and cake are provided.

Sessions have a suggested donation of £5 per person, with carers free of charge! For more information contact Sally Murphy at email info@kiddleydivey.co.uk or call 07740 679054



Winter Safety



Age UK Advice

As we get older, our bodies respond differently to the cold and this can leave us more vulnerable in winter. Keeping warm can help reduce the risk of serious health problems, such as chest infections, heart attacks and strokes. Here are Age UK's top tips to help stay healthy, safe & comfortable.

- Ensure your heating system is safe & efficient by getting it serviced annually by a qualified engineer .
- Never block air vents and ensure adequate ventilation if you use wood or coal or gas.
- If water pipes freeze they can burst. Know where your main stopcock is. .
- Have your electric blanket serviced at least every three years.
- Make sure your smoke alarm is working. Your fire service to do a free check.
- Install an audible carbon monoxide alarm in each room that has a gas appliance.
- Dress in layers and make sure you have warm shoes or boots with non-slip soles.
- Keep a mixture of salt and sand handy to put on steps or paths in icy weather.
- Keep simple cold, flu and sore throat remedies in the house and have a flu jab
- Order repeat prescriptions in plenty of time, particularly if bad weather is forecast.
- Ask your local pharmacy if they offer a prescription pick-up and delivery service.
- Keep basic food items in the cupboard or freezer in case it's too cold to go shopping.
- Ask your family, neighbours or friends if they could call or visit you more often.
- Keep a torch handy in case you lose power and keep your devices fully charged. If there is a power cut, you can call 105 for free to get help and advice.
- Keep a list of emergency numbers, such as your utility companies, by your phone.

Help During A Power Cut

UK Power Networks keep the lights on in your area regardless of your chosen energy supplier (the company that you pay your electricity bills to). They own and maintain the electricity lines and cables in London, the East and South East of England. Power cuts can be worrying and offer extra support during a power cut. Their services are free to customers who need support.

Power cuts don't happen very often but if the electricity network is damaged or develops a fault it's their job to get your power back on.

They operate a Priority Services Register to ensure you will receive extra support if you experience a power cut.

Who can register to receive extra support?

- Rely on medical equipment
- Have refrigerated medicines
- Serious or chronic illness
- Disability
- Someone you care for is living with dementia
- Pensionable age
- Need extra help for a short time eg after a hospital stay

What help should I expect to get during a power cut?

- A priority number that you can call 24 hours a day if you have a power cut
- Regular text messages or phone updates during a power cut
- Extra support from their partners, such as the British Red Cross, to visit your home during an emergency (they check with you first)

To register go to www.ukpowernetworks.co.uk/internet/en/power-cuts
Or you can email PSR@ukpowernetworks.co.uk
Or call: 0800 169 9970



Health News



Healthcare & Hearing Loss in Bucks

Healthwatch have looked at the experiences of people with hearing loss when they are accessing GP surgeries or hearing aid maintenance. They wanted to learn more about what works and what issues make it more difficult for people with hearing loss to access these services.

Healthwatch Bucks and Action on Hearing Loss in Buckinghamshire asked people with hearing loss about their experiences of accessing GP or hearing aid maintenance services earlier this year.

They have discovered that many participants find it difficult to make an appointment to see their GP with particular difficulties around communication methods and needs.

They also found that many people with hearing loss rely on lip reading as a way of engaging with practice staff. However, feedback indicated a general lack of deaf awareness, which could make this difficult, especially with reception staff.

The report also provides recommendations around accessibility for people with hearing loss, deaf awareness training for staff, especially those working in the front line and awareness around patients' communication needs.

They will be sending these recommendations to the Clinical Commissioning Group and Bucks Healthcare Trust and ask for a response as to how they are being taken forward. Action on Hearing Loss and Healthwatch Bucks are happy to support the development of any action plans aimed at implementing these recommendations.

The full report can be found at www.healthwatchbucks.co.uk/2017/11/calling-from-the-doorway/

You can also contact Healthwatch Bucks at 0845 260 6216

Wycombe District Council Local Plan

Wycombe Hospital Campaigner, Ozma Hafiz, is still working hard for the local community and demonstrating why it is so important that we take notice of Local Plans. Here are some important planned and possible changes in Wycombe District

Bourne End

The Chiltern Clinical Commissioning Group has submitted practice plans to NHS England to develop a new build surgery to house both Hawthornden and Pound House practices, including their branch surgeries in a modern, state of the art building with sufficient capacity to absorb expected population growth. This will mean closure of the existing Hawthornden and Pound House Surgeries.

A new health centre could be facilitated on the housing allocations at Slate Meadow or land at Hollands Farm subject to agreement with land-owners. Existing employment sites in Bourne End may also be a suitable location. *'Proposals will be subject to planning considerations as well as a comprehensive transport assessment and ensure that adequate parking is also provided. Sustainable travel modes should also be well catered for.'*

Princes Risborough

Major development plans have been proposed and whilst the two existing GP surgeries in the town have indicated that their current premises can accommodate any extra GPs required by the development, it is anticipated that there will be a need for increased parking capacity as the number of patients served rises. Relocation into new premises is being considered, as close as possible to the railway line and Longwick Road, to retain accessibility for the existing population.

High Wycombe

Possible changes afoot with this
 5.1.139 *The NHS are considering the long-term vision for the future of Wycombe General Hospital, and dependent on that vision, this allocation may come forward as a part of a larger redevelopment scheme. Development proposals should be sensitively designed to accommodate future proposals for the hospital site.*



Health News

Dementia is now Britain's biggest killer

Dementia is now Britain's biggest killer, overtaking heart disease for first time new figures have shown.

Some 70,366 people died from Alzheimer's disease and dementia last year compared to around 66,076 deaths from heart disease. In 2015 heart disease was the biggest killer with 69,785 death, while 69,182 people died from dementia. The switch is being driven by the ageing British population, combined with improvements in heart health, as more people are prescribed statins and beta blockers to cope with high cholesterol and high blood pressure.

Charities have called on the government to double its annual £132 million dementia research funding over the next five years. Projections suggest that 1.2 million will be living with dementia by 2040.

Around 850,000 people in Britain are living with dementia, the majority of whom have Alzheimer's disease. But despite dozens of trials no treatment has yet been found to halt or reverse the decline.

However recent research by Stanford University suggested that infusions of young blood may help people with dementia to function. People with Alzheimer's disease who received blood plasma from people aged between 18 and 30 were found to be able to dress and feed themselves more easily.



Buckinghamshire Healthcare
NHS Trust

Community Hub Pilot Talks

Editor—Please see below the correct email for Dee if you would like to invite her to come and talk to your groups.

Bucks Healthcare are offering to come to your groups to talk about the progress of the Community Hub Pilots

To invite them along, please contact Dee Irvin on 01494 734 149 or email dee.irvin@buckshealthcare.nhs.uk

Treatment for dementia, arthritis and blindness could be further rationed, health chiefs signal

Treatment for dementia, arthritis and blindness could be subject to deeper rationing, with "tough decisions and trade-offs" ahead, health chiefs have signalled. NHS England said "affordability assessments" should be made of future recommendations by rationing bodies, to decide what the health service can afford to treat. Its board yesterday forecast that waiting times for planned operations will rise, as they attempt to protect funding for cancer services, GPs and mental health.

Health officials said that waiting times standards, which set out limits of 18 weeks, will not be met next year, according to their forecasts. In coming years, the body which recommends NHS treatments, is due to produce guidance on management of dementia, rheumatoid arthritis and macular degeneration, one of the causes of blindness.

Why is the NHS under so much pressure?

- An ageing population. There are one million more people over the age of 65 than five years ago, resulting in more demand for medical care
- Cuts to budgets for social care. While the NHS budget has been protected, social services for home helps and other care have fallen by 11% in five years. This has caused record levels of "bedblocking" in hospitals as people cannot be discharged due to lack of support at home
- Staff shortages. Hospital doctor and nurse numbers have risen over the last decade but they have not kept pace with the rise in demand. 2016 saw record numbers of GP practices close, displacing patients on to A&E departments.
- Lifestyle factors. Drinking too much alcohol, smoking, a poor diet and not doing enough exercise are all major reasons for becoming unwell and needing to rely on health services.



2017

Contact Details for the Bucks Older People's Action Group
Andy can be contacted on
Tel : 01296 622122
E-mail : info@bopag.org.uk
BOPAG, c/o The Hale Farmhouse, Hale Lane,
Wendover HP22 6QR

Bucks Older People's Action Group Meetings

2018 Dates

17th January (Hearing Loss & Funding for Physical Activities for Older People)

21st March

16th May

18th July

19th September

21st November

All are welcome. Meetings run 10-12.30 and are currently held at Christ the Servant King, Sycamore Road, High Wycombe, HP12 4TJ

Please contact Andy Trueman on 01296 622122 for further information



Christmas Market

Wednesday 13th December

12pm - 2pm

At

Windsor Court

Kingsmead Business Park

Frederick Place

High Wycombe

HP11 1JU

Fabulous local businesses that will be here ranging from handmade wooden gifts to bath products, so come and have a browse and purchase in time for Christmas.

Dates for your diary

Wednesday 13th December Assistive Technology Partnership Board. 11-13:00 BCC Judges Lodgings, Aylesbury. Contact Debra Robinson to attend 07507 399 180

Friday 15th December, Dementia Partnership Board. 10:00-12:30, BCC County Hall, Aylesbury. Contact Debra Robinson to attend 07507 399 180

Sunday 31st December Mobile Libraries Consultation ends. The consultation can be found at www.buckscc.gov.uk/services/libraries/mobile-library-service-consultation Paper copies of the consultation are also available at any library and at mobile library service stops.

2018 Dates of Partnership Boards

Assistive Technology 14/03, 13/06, 12/09, 12/12
Dementia 12/02, 11/04, 15/06, 15/08, 11/10, 13/12
Older People 22/01, 27/04, 26/07, 26/10

Please email or phone Debbie if you are interested in attending.

Mobile: 07507 399 180

Email: debra.robinson@suco.org.uk

GREAT MISSENDEN CHORAL SOCIETY



Saturday, 16 December 2017
at 7.30 p.m.

St. Peter and St. Paul Church,
Great Missenden, HP16 0BA

Works by: Monteverdi, Andrea Gabrieli,
Marenzio, Alessandro Scarlatti, Albinoni,
Verdi and Vivaldi

Tickets £15(students and children £7.50)

Tickets obtainable from:

www.gmcsonline.co.uk or

Wye Country, 36B High Street, Great
Missenden Tel: 01494 864 225

e-mail: missenden@wye.co.uk