

## Note from the Editor

So we've survived the festive season and look forward to the year ahead—and I say look forward in the directional sense rather than any implied enthusiasm which would be rather tricky in light of the doom and gloom that we are bombarded with on a daily basis. My advice, keep busy and take your mind off it! And that makes quite a nice achievable resolution for the months ahead.

So here is my challenge to you. Do one new thing this year and it can be anything. Some ideas to get you thinking

- Volunteer (page 2) No matter what, where, how often and how long, there are people out there who would love to hear from you
- Get involved in something community related (pages 2, 5 & 8). You will be surprised what you learn and the people that you meet
- Go somewhere new. Bucks has so many gems hidden away and I for one will head down to the Amersham Museum (page 3) when it reopens.
- Try a new group. How about a walking group? You can tick the exercise box and meet new people. Think how virtuous you'll feel?. Get in touch (back page for details) if you need help finding a local group (walking or otherwise).
- When did you last switch energy supplier? Page 4 is an easy way to potentially save loads.

I promise to do my bit too and will let you know how I get on. In the mean time, I'm also going to try to stop shouting at the radio when I hear annoying politicians although I fear I may well fail at this resolution!

Andy

## Would Your Group Like to Run Cooking Activities?



As part of a bid to reduce food waste, Bucks County Council have commissioned 'Let's Cook' to provide training and support for community groups to run classes which teach skills, knowledge and confidence to cook from scratch.

Workshops will be held in Wycombe, but any groups in Buckinghamshire can apply. They're looking for school, community and volunteer groups to take part.

Training, support and up to £300 in funding to run future classes will be provided.

Training includes:

- Food hygiene and practical ways of ensuring safe practice
- Demonstration techniques and solutions for running successful cooking sessions
- Understanding Allergies, special dietary needs and religious requirements
- The Eatwell Guide and how to promote a

healthier lifestyle

- Plenty of practical cooking and food preparation advice

A follow up day, later in 2018, will also be provided to give everyone a chance to celebrate success and share achievements.

### Things you'll need

- 1- An Audience – All we ask is that you are part of an established group
- 2- A bank account in the name of the community group – We will be offering a small amount of funding to get your activity going
- 3- Availability for the training

**You don't need a kitchen or a teaching/chef qualification.**

To register your interest, please email: [james.shepherd@letscookproject.org.uk](mailto:james.shepherd@letscookproject.org.uk)  
Or call him on 07973 871580



## Bringing care closer to home.

In April 2017, Bucks NHS introduced community hubs in Thame and Marlow. They would like to share their progress to date and hear your views on their plans for rolling out care closer to home in other parts of the county

If you would like to find out more and help to shape the future of care closer to home in Buckinghamshire then register to attend one of the forthcoming events:

To find out more details, venues and to reserve a place please contact Dee Irvin at [dee.irvin@buckshealthcare.nhs.uk](mailto:dee.irvin@buckshealthcare.nhs.uk) or tel (01494) 734149 to book your place. Visit [www.buckshealthcare.nhs.uk/communityhubs](http://www.buckshealthcare.nhs.uk/communityhubs)

Location	Date	Time
<b>Buckingham</b>	Wed 24th Jan	10am—12:30pm
<b>Chalfont</b>	Tues 30th Jan	10am—12:30pm
<b>Marlow</b>	Thurs 1st Feb	2pm—4:30pm
<b>Wycombe</b>	Tues 6th Feb	6pm—8:30pm
<b>Thame</b>	Mon 12th Feb	6pm—8:30pm
<b>Stoke</b>	Thurs 22nd Feb	6pm—8:30pm

### Volunteering Hours On The Fall

Despite the number of volunteers staying the same, the number of hours has dropped says the 'State of the Sector Report 2017' from Community Impact Bucks.

Bucks is home to around 2,500 registered charities and 1,800 community groups. It estimates that around 175,000 adults in Bucks volunteer at least once a year with about two thirds volunteering at least once a month. Yet the number of hours is falling and it is thought that caring responsibilities and economic need are putting pressure on the hours available for volunteering. The full report can be seen at [www.communityimpactbucks.org.uk](http://www.communityimpactbucks.org.uk)

If you would like to volunteer, find out what is available at [www.volunteeringbucks.org.uk](http://www.volunteeringbucks.org.uk) or call 0300 111 1250

### Fitness Instructor for groups

A fitness instructor specialising in exercise for the elderly is available to bring classes to your groups. Elinor Taylor has the chair based exercise qualification and also a MSc in Exercise & Nutrition Science which included a module on Ageing, and the Premier Diploma in Personal Training and Sports Massage Therapy including a module on the vulnerable population. She lives in Wooburn, but can travel around Buckinghamshire.

Elinor can adapt sessions to individual groups including chair based as well as more mobile activities such as walking groups

To find out more, contact Elinor Taylor on 07973 855790 or [elinor.taylor@icloud.com](mailto:elinor.taylor@icloud.com)



## Amersham Museum is now “Age Friendly”

### Join one of our Age Friendly activities in the museum or in the community.

Amersham Museum is now offering a range of innovative programs aimed at older members of the local community. Emily Toettcher, the Museum’s curator, explained “as well as being an interesting destination for local residents and visitors, we want Amersham Museum to play a greater role in the wellbeing of the community, in addition to its important educational function”.

The Museum runs the following programmes:

**Make your own Memory Box** Join our special project to create your own memory box. Work with museum staff and an artist to bring together special objects, photos and documents to make a box or a book that you can share with friends and family. This is a project open to people of all ages! Booking is required but the sessions are offered for FREE with the support of the Santander Foundation, Tesco Bags for Help and Chiltern District Council. The project runs for six weeks on a Monday afternoon, 1pm-3pm. You can book for either Monday 19th February - 26th March OR Monday 11th June – 16th July. To book call 01494 723700 or email [emily@amershammuseum.org](mailto:emily@amershammuseum.org)

**Reminiscence Groups** Amersham Museum runs a monthly Reminiscence Group where we share our stories and memories from the past. These sessions are both stimulating and fun and give us the opportunity to meet new people. The sessions cost £2 per person and last for around an hour and always include tea, coffee and biscuits. The sessions are on Monday mornings, 10.30am - 11.30am. The dates for 2018 are: 8th January, 5th February, 5th March, 9th April, 14th May, 11th June, 9th July, 10th September, 8th October, 5th November, 3rd December If you would like to come along to one of our sessions, please phone 01494 723700 or email: [jane@amershammuseum.org](mailto:jane@amershammuseum.org)

**The Museum also offers facilitated sessions** with community groups, care homes and independent living schemes with their own

Memory Boxes, themes include: the 1960s, A Night Out in the 1950s, Working Lives, Shopping, Metroland, Toys. These contain a variety of objects and documents that help to promote discussion, sharing memories and laughter in a friendly environment. We have found that the memory boxes are interactive and fun and help trigger memories, generating much discussion and giving a lot of pleasure. A small charge is made for this service. For more information please either phone the museum on: 01494 723700 or email: [jane@amershammuseum.org](mailto:jane@amershammuseum.org).



Although the museum is located in the Old Town, we actually serve the wider community, from Amersham to Chesham, the Chalfonts, Beaconsfield and more. So feel free to get in touch and better still, come and see us.

Contact Details for the Museum are as follows:

49 High Street, Amersham, HP7 0DP  
01494 723700  
[www.amershammuseum.org](http://www.amershammuseum.org)

**Please note** that the Museum is closed at present and will reopen on 10 February, but if you require any information about the above then please make contact as detailed above as although closed we are still working!



## Bucks Collective Switch

### Take part in our collective Energy Switch



**TOGETHER**  
WE CAN SAVE YOU  
MONEY ON YOUR  
ENERGY BILLS



The Big Switch is a great 'no strings attached' opportunity for you to switch energy providers to a competitive deal with average savings of around £ 295 a year

Collective switching is where a group of consumers join together to negotiate a better deal with their gas and electricity suppliers. An auction then takes place where energy companies will offer competitive prices for the group.

We are working in partnership with Buckinghamshire County Council, and iChoosr - the Government's approved organisation for collective switching - to bring you the opportunity to join the scheme for the auction taking place on 13 February 2018. The supplier that offers the cheapest tariffs will offer registrants a new contract. You can compare the offer with your current supplier, see how much you'll save, and decide whether to switch. There is no obligation to do so.

Five things you might not know about collective switching:

- It's free to join and you don't have to accept the winning offer
- It's easy - you get a personal offer for how much you will save
- On average, households saved over £280 in the last auction round
- Council collective schemes saved households over £10m last year
- Our tariffs beat or equalled the best in the market in 2017

How to Register Submit details at [www.buckscc.gov.uk/switchedon](http://www.buckscc.gov.uk/switchedon)

If you do not have internet access, a friend or family member can do this on your behalf; You can call 01296 395000; or Visit Buckinghamshire County Council offices

### BeWell Workshops for Carers offered by the Citizens Advice Bureau.

- Learn how to increase your happiness & wellbeing
- Be better able to continue caring for your loved ones
- Discover how to have more money in your pocket

citizens  
advice

This free course will take you step by step through the process of improving your wellbeing and financial situation....

- Checking you are receiving all the benefits you are entitled to
- Advise you on how to lower your utility bills & any grants you may qualify for
- Inform you of any local discounts you may be eligible for

Join other Carers for support and to find out how to improve your happiness and wellbeing with just a few simple changes to your day-to-day routine. 'BeWell' Workshops will take place in two locations and the staff at the C.A.B. are happy to meet any Carers interested beforehand to discuss the short course which is taking place in;

#### High Wycombe Library based in the Eden Centre

Tuesdays 10:30-12:30 on the 9th January, 16th January, 23rd January

**Risborough Community Centre**, Wades Park, Stratton Road, Princes Risborough, HP27 9AX

Tuesdays 1:30 – 3:30 on 9th January, 16th January, 23rd January

The Citizens Advice Bureau are also offering one – to – one sessions starting immediately to any Carers who would like to take part, but due to caring commitments are unable to attend the above locations. Sessions can be adjusted to suit the Carer's obligations.

For more information

Contact; Alex Bryan-Dale Wellbeing Adviser

Telephone; 01494 448281

Or Contact [info@suco.org.uk](mailto:info@suco.org.uk)



## Community Safety

### Neighbourhood Watch

South Bucks and Chiltern District Councils are actively promoting new and revitalised Neighbourhood Watch Schemes, especially in areas which have experienced incidents of recent burglary. Neighbourhood Watch is one of the biggest and most successful crime prevention initiatives. Everyone knows that the police are there to fight crime, but they need your help to do an effective job. Neighbourhood Watch is all about an active partnership with the police and other agencies.

Neighbourhood Watch schemes can:

- Cut crime and the opportunities for crime
- Help and reassure those who live in the area, especially those who are vulnerable.
- Encourage neighbourliness and closer communities.

Neighbourhood Watch is not just about reducing burglary figures - it's about creating communities who care. The activity of Watch members can foster a new community spirit and a belief in the community's ability to tackle problems. At the same time, you feel secure, knowing your neighbours watching out for you and your property.

These are the key steps to targeting and reducing crime and the fear of crime in an area. In consultation with your local police:

- Get a picture of local crime
- Conduct a 'fear of crime' survey
- Target crimes you can have a real impact on
- Identify the opportunities for crime
- Form an action plan to tackle the problem
- Block or reduce opportunities for the criminal.

If you are interested about getting involved in Neighbourhood Watch and live in the South Bucks District Council or Chiltern District Council areas then contact:

Community Safety on 01494 586535 or email [communitysafety@chiltern.gov.uk](mailto:communitysafety@chiltern.gov.uk)

### Defensive Planting



The ever-increasing popularity and sophistication of gardening has not gone unnoticed by the criminal. Garden crime is a reality. According to police statistics, the most likely items to be stolen are mowers, strimmers, chain saws, hedge trimmers, garden furniture and plants.

Nature herself provides one of the best solutions to many garden crimes. With careful thought and planning you can reduce the risk of becoming a victim of garden crime, whilst at the same time creating an attractive garden. For instance you can create an impenetrable hedge, which looks far more attractive than security fencing but is just as effective.

Planting prickly shrubs around vulnerable windows can also serve as a deterrent to the burglar. By careful planning you can produce a beautiful garden and reduce the risk of being the next victim of garden crime. Criminals do not like climbing through prickly plants and hedges. They know that a small item of ripped clothing or blood can help the police identify them.

For a full list of defensive plants please visit: <http://www.chiltern.gov.uk/homesecurity> or <http://www.southbucks.gov.uk/homesecurity> You can also contact Chiltern District Council and South Bucks District Council's Joint Community Safety team on 01494 586535 and for further crime reduction advice you can visit: <https://www.thamesvalley.police.uk/advice/> [www.chiltern.gov.uk/crimereduction](http://www.chiltern.gov.uk/crimereduction) or [www.southbucks.gov.uk/crimereduction](http://www.southbucks.gov.uk/crimereduction)

### New 'BT' Phishing Email



Watch out for a phishing email pretending to be from BT titled

**Important Information About your BT Email Service™ 2017**

It is the most official and believable one that I have seen and only identifiable as phishing by hovering the mouse over the links which shows non BT sites. I've reported it to BT but be aware

Andy



## Health News

### Diabetes drug holds promise for fighting disease after 'significantly reversing' memory loss

A drug developed for type 2 diabetes significantly reverses memory loss and could have potential as a new treatment for Alzheimer's disease and other neurodegenerative diseases, scientists say.

The study, by UK and Chinese universities, is the first to look at a new combined diabetes drug and found improvements in several characteristic symptoms of Alzheimer's.

Type 2 diabetes is a known risk factor for Alzheimer's disease and impaired production of insulin – the hormone that people with diabetes don't produce sufficiently to control their blood sugar – is linked to brain degeneration.

The identification of this link had a twofold benefit, according to charities. It opened up new research and drug development opportunities, such as this study. But it also means that by making lifestyle changes, like eating healthily and exercising, patients can avoid developing type-2 diabetes and lower their risk of Alzheimer's disease as well.

There are currently half a million people living with Alzheimer's disease in the UK and more than five million people with diabetes, both conditions pose a major cost to the NHS,

After two months of daily injections the mice were shown to significantly improve their performance in a maze designed to test memory. Treated mice also had lower levels of proteins which clump together and form plaques in the brains of people with Alzheimer's disease, inhibiting nerve cells' ability to communicate and causing them to die.

The study also found these mice lost nerve cells to the disease at a slower rate and had lower levels of nerve inflammation. It concludes that the triple treatment "holds clear promise of being developed into a new treatment for chronic neurodegenerative disorders such as Alzheimer's disease".

*Taken from various scientific articles published in the last week*

### Current Flu Jab reportedly ineffective for the over 75s

NHS England has written to all GPs warning that the current flu vaccine has 'showed no significant effectiveness in the over 75s over recent seasons'.and have ordered GPs to switch to vaccine used in Europe for 20 years although it won't be available here until next winter

Until then the elderly will have to make do with the current vaccine – and experts last night stressed that they should carry on receiving it as it is the best defence available. Some 70 per cent of pensioners, who are eligible for the jab on the NHS, have already had the current vaccine so far this winter.

The new jab, called Fluad, triggers a 61% bigger immune response to the H3N2 strain (also known as Aussie flu) which is especially dangerous to the elderly. It is also more effective against the other common strain, H1N1, with a 40 per cent bigger immune response.

Fluad has been available in Europe since August 1997, but only received a UK licence in August after British regulators retested its safety.

### Have you ever missed an appointment?



Around one in five hospital outpatient appointments were unattended in England last year, new data has revealed. The figure is up on a decade ago when the number was closer to one in six.

Of the 21% of appointments that were unattended in 2016/17, roughly a third were due to patients not turning up. Cancellations by hospitals and patients each accounted for another third.

The figures, from NHS Digital, also show that the total number of outpatient appointments has nearly doubled since 2006-07, rising from 63.2 million appointments to 118.6 million in 2016- 17.

*As seen in the excellent newsletter by*



## Health News

**healthwatch**  
Bucks

### Healthwatch Bucks Enter & View: Chiltern House Medical Centre

Healthwatch Bucks responded to patient concern around Chiltern House Medical Centre in High Wycombe by performing an 'Enter and View' visit on the practice. These visits are part of the local Healthwatch programme and involve visiting health and social care services to find out how they are being run and make recommendations where there are areas for improvement.

A team of two staff and three volunteers visited both Temple End and Dragon Cottage surgeries, they spoke to 22 patients. Their findings were then compiled into a report which the practice was able to respond to.

The full report can be found at [www.healthwatchbucks.co.uk](http://www.healthwatchbucks.co.uk) under reports and results. They report that the practice has been working hard to improve its performance and Healthwatch Bucks look forward to following up with them in a few months.

### Winter Crisis

Jeremy Hunt has been forced to apologise for the 50,000 cancelled operations due to the deepening crisis in the NHS but figures show that this crisis was inevitable.

In December, 59,000 ambulances had delays of over 30 minutes waiting to admit patients to hospital. Almost a third had delays over an hour.

Once admitted, many hospitals find that they are being turned into long-stay institutions, amid a crisis in social care, with more than 17,000 people now stuck on wards for at least three weeks, official figures show.

The NHS figures show that across the country, bed occupancy levels are already approaching 95 per cent, with 18 hospital trusts reaching 100 per cent capacity last week.

*Lets hope we all stay healthy this winter!*

### New help sessions from Alzheimer's Society



#### Memory Information Sessions

These are two hour sessions are aimed at anyone who is concerned about their memory. They do not need a diagnosis or a referral from the GP. The sessions will help people understand their memory, give them memory tips and coping strategies as well as help them access good information and signpost then to other services.

Memory Information Sessions will take place on

27<sup>th</sup> February 10.30 – 12.30 at Amersham Museum HP7 0DP

1<sup>st</sup> March 10.00 —12:00 Haddenham Medical Centre HP17 8JX

#### Dementia Information Sessions

These sessions are for those who have recently received a diagnosis and need help and support to live well with dementia. They are group based so participants can share their experiences.

There is a six week programme starting on the 19<sup>th</sup> January at High Wycombe Library The Eden Centre HP11 2DH All these sessions are free and to book a place, please call Angela Walshe on 01296 331749 or email [memorysupport@alzheimers.org.uk](mailto:memorysupport@alzheimers.org.uk)

Alzheimer's Society also provides many activities, information services and support groups in Buckinghamshire. The link for the website is <https://www.alzheimers.org.uk/>. This page will allow individuals to enter their postcode and see services available in their local area.

#### Making your Home Dementia Friendly

If you have dementia, living at home gives you more independence and also means you can continue to enjoy your own familiar environment.

The Society has recently revised their booklet Making your Home Dementia Friendly. For your free copy please get in touch.

Angela Walshe  
Alzheimer's Society, 1st Floor, Ardenham Court, Oxford Road, Aylesbury, HP19 8HT  
Tel 01296 331749



**2018**

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

**Bucks Older People's Action Group Meetings**

**2018 Dates**

**17<sup>th</sup> January (Hearing Loss & Funding for Physical Activities for Older People)**

21<sup>st</sup> March

16<sup>th</sup> May

18<sup>th</sup> July

19<sup>th</sup> September

21<sup>st</sup> 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

**Funding for Physical Activities**

Following the article in last month's edition, if you are involved with a group that is interested in exploring funding for physical activities, Active Bucks/Leap are able to help. Activities might include seated yoga, short mat bowls, walking football, nordic walking, Thai-Chi, owner and dog dance classes and much more.

They are looking to work with and through existing groups, 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](mailto:kirsty.mccoubrey@active-in.co.uk)

We are delighted that Kirsty will be joining us at our meeting in January too (details above)

**Dates for your diary**

**24th January Closing Date for South Bucks Community Grants** Grants of up to £1500 are being offered to community groups in South Bucks To apply you need to go to the Heart of Bucks website and complete Expression of Interest form [www.heartofbucks.org](http://www.heartofbucks.org) under the heading "Apply for a grant". You will be then sent an on-line grant application form to complete. Any questions please contact [grants@bucks.org.uk](mailto:grants@bucks.org.uk) or 01296 330134

**8th February An Audience with Johnny Herbert** Fundraiser for Scanappeal. Johnny Herbert, will be interviewed by Louise Goodman (TV commentator) and the audience will be able to ask Johnny about his career. Thursday 8 February 7.00pm at Sytner High Wycombe, London Road. Tickets £25 in advance, gift packs available. Call 01494 734161.

**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](mailto:debra.robinson@suco.org.uk)

**Chiltern District Council Community Awards**

**Nominations now open**



Nominations are now open for Chiltern District Council's Community Awards 2018 - the chance to recognise the volunteers and community champions who do so much to enrich life in the district.

There are several award categories covering young, older, individuals, groups and businesses wellbeing.

It's easy to nominate via the website <http://www.chiltern.gov.uk/communityawards> or by popping into the Council Offices at King George V House

**Nominations need to be in by 2nd February**

**Advance Notice**

**Bucks County Council Dignity Awards** will take place on the 2nd May 2018 and nominations open on the 15th January.

Further details are not yet available are likely to be on [www.careadvicebuckinghamshire.org/dignityawards](http://www.careadvicebuckinghamshire.org/dignityawards). We will provide further information in our next newsletter.