

Note from the Editor

I hope that you have all survived this recent Arctic blast (or was it Siberian?) in one piece. I, for one, am relieved to see the temperature gauge rising steadily if only to eek out the heating oil until my emergency delivery arrives.

I have a range of articles for you this month. About a month ago, the government announced that they had been overcharging for registering Power of Attorneys. If you have taken one out between 1st April 2013 to 31st March 2017, you can claim back the excess fee. It's honestly the easiest thing to do and took me less than 5 minutes via their website (there is a helpline to do it by phone). Page 3 has the details.

I now have more copies of the postal cards for the Age UK campaign, Painful Journeys which we included last month. I have included one with the posted newsletters but if you get this newsletter by email and would like some for your group etc, please get in touch

Back in November, a Bucks initiative won a national award! My thanks to Andy Chapman, BCC Prevention Matters for sending me the article that I've included on page 2 so we can share the news more widely

Our next meeting is on the 21st March and delighted that we will be joined by Help in Hearing for an informative talk on hearing loss. Details are on page 8 and you are very welcome to join us if you'd like to learn more and what possible help is available.

Too many other varied articles to mention and if you would like to find out more about anything that doesn't have a telephone number, get in touch with me and I'll help you .

As ever, thank you to all my contributors this month.

Andy

TV Licence Fee rising



The **cost of the licence fee will change on 1 April 2018**. The Government is responsible for setting the level of the licence fee, and in 2016 announced that it would rise in line with inflation for five years from 1 April 2017.

- A colour licence will now cost £150.50 (currently £147).
- A black and white licence will cost £50.50 (currently £49.50)
- If the customer is blind (severely sight impaired), they will still be able to apply for a 50% concession. This means a colour licence will cost £75.25 (currently £73.50).
- There will be no change to the free over 75 TV licence.
- The cost of Accommodation for Residential Care (ARC) concessionary licences won't change. These licences are available to people living in certain types of residential care.

If you are already buying a licence on an instalment scheme which started before 1 April –

such as monthly direct debit or weekly cash payments – will continue to make payments to £147 (for a colour licence) until their licence comes up for renewal.

TV Licensing will be advising licence fee payers due to renew in March to pay on time so that they will pay the current rate of £147. Those buying a new licence before 1 April will also pay the current rate.

Don't forget if anyone in your household is over 75 you are eligible for a free licence. If the oldest person in your household turns 75 this year you only need to pay for part of the year. For more information you can contact TV Licensing on 0300 790 6076 or via their website www.tvlicensing.co.uk/

Kelly Baker
TV Licensing Community Relations – London & South East
kelly.baker@fhflondon.co.uk
07525 699 352



National Success for Local Group



The My Life My Memories project team, led by Aylesbury Vale and Chiltern CCGs, is celebrating after being named Dementia Partnership of the Year 2017 at the Alzheimer Society's Dementia Friendly Awards.

The award recognises individuals, teams, groups, organisations or services who have successfully developed integrated dementia care, support services, projects or schemes to support people with dementia.

The project was led by Dr Rashmi Sawhney, Clinical Locality Lead for Wycombe, and worked closely with Buckinghamshire County Council's Prevention Matters team, Oxford Health NHS



Dr Sian Roberts, Andy Chapman and Angela Rippon CBE

Foundation Trust and voluntary sector organisations like Carers Bucks and Alzheimer's Society. It was launched in 2016 and has included the creation of awareness and information videos aimed primarily at the BME community, awareness events such as theatre productions and workshops on communication, along with the creation of information resources and engagement with a number of groups, organisations and individuals. The overall success of the project was attributed to strong partnership working.

The award was presented to Dr Sian Roberts, CCG Mental Health and Learning Disability Clinical Director, and Andy Chapman of BCC's Prevention Matters team on behalf of the project by celebrity and Alzheimer's Society Ambassador Angela Rippon CBE at a ceremony in London.

The project's latest film, "I Am Still Me", directed by Dr Mahuya Kanjilal, will be premiered at Buckinghamshire New University, N3.06 Lecture Theatre, The Gateway Building, Queen Alexandra Rd High Wycombe HP11 2JZ at **7pm on 12 March**. To book a place, contact Neil Phillips at nphillips@buckscc.gov.uk



Film screening:

I Am Still Me

12 March, 7pm to 9pm



You are invited to attend the first screening of our new film, focusing on the importance of supporting people living with dementia and their carers by helping them find new ways to communicate, and to create and enjoy their memories.

I Am Still Me 12 March, 7pm to 9pm

The film is intended to raise awareness with members of the public and health and social care professionals alike. It features a range of services and organisations dedicated to supporting people affected by dementia through creative and communal activities — and the vital lifeline these can offer to people with the condition and their carers



Chiltern
Clinical Commissioning Group

Aylesbury Vale
Clinical Commissioning Group



Did you take out a Power of Attorney between 1st April 2013 to 31st March 2017?

You can get part of your application fee back if you applied to register lasting power of attorney (LPA) and enduring power of attorney (EPA) in England or Wales from 1 April 2013 to 31 March 2017.

You can make a claim if you're:

- the 'donor' – the person who made the power of attorney
- an 'attorney' – appointed by the donor in an LPA or EPA

The refund must be paid to the donor. You only need to make one claim per donor, even if you made more than one power of attorney.

How much you get depends on when you paid the fees.

Apr-Sept 2013—Refund £54 per PoA

Oct 2013—Mar 2014—Refund £34 per PoA

Apr 2014—Mar 2015—Refund £37 per PoA

Apr 2015—Mar 2016—Refund £38 per PoA

Apr 2016—Mar 2017—Refund £45 per PoA

You'll also get 0.5% interest. You can still claim a refund even if you don't know

when you paid the fees. You'll get half the refund if you paid a reduced fee ('remission')

It takes about 10 minutes to claim online and you'll need the donor's UK bank account number and sort code.

You must claim by phone if:

- the donor doesn't have a UK bank account or
- the donor has died
- you're a court-appointed deputy

You can also claim by phone if you don't have a computer or can't use one easily. Go to www.gov.uk/power-of-attorney-refund to claim on line.

Refunds Helpline

Email: poarefunds@justice.gsi.gov.uk

Telephone: 0300 456 0300 (choose option 6)

Textphone: 0115 934 2778

Monday, Tuesday, Thursday, Friday 9am to 5pm

Wednesday 10am to 5pm



Community car schemes going from strength to strength

Community car schemes can be a vital link for some older and vulnerable people to get to their appointments. At Community Impact Bucks, we've helped set up successful examples.

Having only set up in May 2017, the Ivers Good Neighbours Car Scheme has just driven their 100th client, and Prestwood Area Community Transport are celebrating serving their local community for 20 years. We've worked out their volunteers will have made around 10000 trips with local people since 1998!

Did you know there are over 40 volunteer community car scheme across Bucks? Contact the Community Transport Hub on 0800 085 8480 to find out if there's one in your area.

However, there are many towns and villages where older people still need help getting to appointments, so if you are interested in becoming a local volunteer driver for a couple of hours a week, please contact Helen Archer on 01844 348833.



Do you need help getting to your doctor's and hospital appointments?

The Community Transport Hub provides information on community transport throughout Buckinghamshire.

Although we can't make bookings for you, we do give advice and details on the transport services available in your local area.

Call us on **0800 085 8480** or email: transport@communityimpactbucks.co.uk

Most schemes are organised and run by local volunteers.





New Hoarding Support Group

Is hoarding an issue for a friend, family member, neighbour or even yourself?

A new county-wide Hoarder Support Group will be starting in March and anyone affected by hoarding is invited to attend. The first meeting is **Thursday 15th March** from 5.30 - 7.30 pm at Bucks Fire and Rescue Service HQ on Stocklake, Aylesbury. HP20 1BD. The venue is accessed by Garside Avenue, take the first right through the Fire Service gates and park in Unit 7 car park. From Unit 7 you will be escorted to Meeting Room 1. There is disabled access and refreshments. e.

This is an open support group, which new members are welcome to join at any time during the life of the group. Anyone can join the group - friends, family members, etc. Besides serving people directly affected by a problem, this group welcomes family members, friends and carers of those experiencing these difficulties.

The group will run on a monthly basis

and is a partnership initiative between AVDC, Bucks Fire and Rescue Service and Vale of Aylesbury Housing Trust.

Future dates are as follows:

Thursday, 19th April 5.30 - 7.30 pm
 Thursday, 17th May 5.30 - 7.30 pm
 Thursday, 21st June 5.30 - 7.30 pm
 Thursday, 19th July 5.30 - 7.30 pm
 Thursday, 16th August 5.30 - 7.30 pm

Instances of a hoarding disorder are increasingly being seen and is defined as when someone acquires an excessive number of items and stores them in a chaotic manner. In severe cases can mean the amount of clutter interferes with everyday living. There is no need to sign up but if you would like more information, contact the Trust's Neighbourhood Management Team on 01296 732600 or email info@vaht.co.uk

Treasured Memories Club

for people living with dementia
and their carers

**9 Feb, 9 Mar, 13 Apr, 11 May,
8 Jun & 13 Jul 2018**

Chesham Methodist Church
 Bellington Road
2.00 – 4.00pm

It will include a singalong
and time to socialise over tea and cake.

**The group is suitable for those in the
early stages of dementia but
they must be accompanied.**

A donation of £2 per couple is suggested.

To book a place please contact
 Gill on 01494 785956 or
gillmcnab.c2c@hotmail.co.uk

The Lantern Club Holmer Green

The Lantern Club is a volunteer led weekly day care centre for elderly local residents

It runs Mondays 10:30 – 14:30 (except Bank Holidays) in the Chadwick Hall, Holmer Green Village Centre.

Varied programme of activities including musical entertainment, gentle sitting exercise, crafts, puzzles, games and more



Current cost per session is £12 including a hot, homecooked two course lunch. A minibus transport can be provided for £1.

We hold the Queens Award for Volunteering and always welcome new helpers



For more information contact Sue Hogan on 01494 713 589 or come along and see us in action



More than two million carers are over 65

Figures from Age UK reveal the shocking extent to which millions of older people are being left to prop up the country's disintegrating care system, with those aged 65 and over providing nearly 54 million hours of unpaid care each week in England in 2016.

The figures highlight the rising demands being placed on older informal carers as Government underfunding causes the social care safety net to shrink, resulting in increasing numbers of our older population in need of care, being thrown back on their own and their family's resources.

In 2015/16, over two and a quarter million (2,299,200) people aged 65 and over provided care – a 16.6% increase on five years ago when 1,829,200 did so. Over 400,000 (404,400) of these unpaid carers are from the oldest demographic in our society (aged 80 and over), and they provided 12.7 million hours of care in 2015/16 – a 12.7% increase from 2009/10.

Most older people willingly take on the task of helping to care for a loved one – usually but not always a husband or wife – and don't think of themselves as doing anything out of the ordinary. However, leaving older people to shoulder too much, or sometimes all of the responsibility and hard work of looking after someone in declining health and with significant care needs is unfair. It can also put these older family carers' own health at risk, and many of them are coping with health problems themselves.

Over half (54.8%) of people aged 65 and over who provide at least one hour of care have a long-standing illness or disability – equating to well over a million people (1,262,500), or one in ten (10.7%) of all these family carers aged 65 and over.

In addition, sadly, research by Age UK reveals that nearly a third (28.9%) of informal carers aged 65+ are experiencing feelings of loneliness. Caring for a loved one whether they be a family member or a friend can make it difficult to sustain your own social networks as it is hard to get away to see people unless someone else can take over from you. Unfortunately however, loneliness can have a negative impact on an older person's mental

and physical health, compounding the serious challenges many older carers already face.

Moreover, three in four family carers have no long-term plan for what would happen if they could no longer provide support, says disability charity Sense.

Just one in three councils said they knew how many disabled adults are being cared for by family and friends at home. And only a quarter of councils are able to make contingency plans, according to Freedom of Information requests.

Age UK is calling for urgent action to ensure the sustainability of the care system, to protect older carers from being expected to do too much as formal services decline. This must include an immediate injection of funding into social care. In addition, older family carers need far more support, including respite opportunities.

Older carers often receive no financial support, or only do so after going through a very complicated system. They tend not to refer to themselves as carers, as they are looking after family members, and therefore they may be difficult for professionals, who might offer help, to identify.

Q Would the person you help be able to cope if you weren't there? If the answer is no, then you are a carer.

There is support and help out there for you to access and it is only a phone call away

Carers Bucks – support and advice for those who look after someone who is ill, frail or has a disability unpaid. Provides a range of services for carers including a Carers Hub at Stoke Mandeville Hospital, Carers Health Clinics at GP surgeries and a Carers Discount Card. They also have a carers over 75 home visiting service.

For more information please contact Carers Bucks on 0300 777 2722 or visit their website www.carersbucks.org

Carers Direct helpline - You can call if you need help with your caring role and want to talk to someone about what options are available to you. Tel: 0300 123 1053

Carers UK - Provide free expert advice, information and support. www.carersuk.org
Tel: 0808 808 7777



Memory problems or a recent dementia diagnosis?

Are you worried about your memory? Join us at one of our free **Memory Information Sessions**. The session last for two hours and will include information on: Understanding your memory, memory tips and how to cope with everyday life when your memory isn't as good as it used to be. You will also have access to a wide range of information sources and receive a copy of our Memory handbook to take away with you. To find out when the next sessions are running please contact Angela on 01296 331749

Are you concerned about a recent diagnosis of dementia? You can join a free six week programme designed to help you live well with your diagnosis. You will receive: Help and support with understanding your diagnosis, advice on staying healthy and active, an opportunity to share practical tips and coping strategies and information on planning ahead. These sessions are for

people with dementia who are willing and able to join in with group discussions about their condition. They build confidence and give encouragement at a time it is really needed.

There are two options:
Young Onset Dementia Information and Support Sessions (For those under the age of 65) 6 consecutive Friday mornings commencing 6th April 2018 at The Healthy Living Centre, Walton Court Shopping Centre Aylesbury HP21 8TJ
 Or **Dementia Information and Support Sessions** (Anyone with a diagnosis of dementia) 6 consecutive Thursday mornings commencing 31st May 2018 At St Michaels Hall, Grenfell Road Beaconsfield HP9 2BP

If you would like more information about these sessions or to register your interest please call Angela Walshe on 01296 331749 or email memorysupport@alzheimers.org.uk



ACTIVE BUCKS WALKING FOOTBALL

Every Tuesday 6pm—7pm

At the Outdoor Astro Turf Pitch, Chalfont St Peter (Access the car park via Chalfont Leisure Centre entrance, Nicol Road, Chalfont St Peter, SL9 9LR. Access to the pitch is to the right of the leisure centre and through the open gate)

Walking Football is a fun way to meet new people while enjoying football at a slower pace. Suitable for beginners and anyone who wants to improve their fitness level. There will be a fully qualified coach. Please wear trainers (no studs)

For more information please call Matt Harrington 07771 566 038 or email matthew.harrington@gll.org



ACTIVE BUCKS GENTLE EXERCISE

The class is designed to promote better health as well as improving balance, increase mobility and flexibility.

Classes are open to all levels of fitness

Wednesdays 12:30pm– 1:30pm

At Chesham Methodist Church, 70 Bellington Road, Chesham, HP5 2HA

Cost £2 per person

For more information please call Matt Harrington 07771 566 038 or email matthew.harrington@gll.org



Health News

The NHS has launched a new prostate cancer treatment service

NHS launches a revolutionary 'one-stop' service which will slash diagnosis times for one of the most common types of cancer in Britain from weeks to days

The 'one stop' service takes diagnosis from around six weeks to just days and patients will have all tests in one day using MRI techniques with more accuracy. Doctors hope to test 5,000 men over the next two years in the £1.6million trial. It has been called biggest leap forward in prostate cancer diagnosis for decades

Patients have all their tests in one day, rather than several and doctors use the latest MRI scanners and techniques to search for the disease with far greater accuracy than before.

Official figures released last month showed that prostate cancer has now become a bigger killer than breast cancer. Prostate cancer claims 11,800 lives a year, with 47,000 being diagnosed every year. Late diagnosis is blamed for the high number of deaths. By contrast, screening for breast cancer is routine.

The new service means that four in ten patients will be given the all-clear within four hours of walking into hospital and the remainder will get their results in a few days.

Quick diagnosis can be the difference between life and death: 98 per cent of those who are diagnosed early survive for more than five years. This figure drops to 36 per cent for those who are diagnosed late.

So far 400 men have been treated as part of the Rapid programme. It was launched at Imperial College's Charing Cross hospital in west London in September, expanded to Epsom Hospital in Surrey in November and started at St George's in south London this week.

It is believed that the approach could form the basis for setting up a national screening programme in the future.



Dentistry Follow Up

In 2016, we looked at how easy it was for those living in Buckinghamshire to access NHS dental treatment and made specific recommendations that dental practices must provide accurate information on NHS Choices regarding their opening times and their NHS patient acceptance information.

We wanted to see what improvements had been made since our 2016 report. In August & October 2017, we checked NHS Choices to see how many of the 77 dental practices we originally looked at had the required information. Our results show there has been no improvement on the information available. In fact the number of dentists proving full or partial information has decreased since October 2016.

We have alerted Healthwatch England to our findings and will pass our findings onto the NHS England South Commissioners.

The full report can be found at www.healthwatchbucks.co.uk or you can find out more by contacting Healthwatch on 0845 260 6216

Living with Cancer and Beyond Treatment

NHS Aylesbury Vale and NHS Chiltern Clinical Commissioning Groups are working with Macmillan Cancer Support to invite people with experience of cancer to give their views in a new online survey.

Because you have been through it, you are best placed to say what works, what can be improved, and what specific cancer support should be available to you within the Bucks area.

Whether you are currently undergoing treatment, are now living after treatment, or if you have watched a loved one go through cancer, please share your views by completing the survey via www.letstalkhealthbucks.nhs.uk/consult.ti/cancerservices/consultationHome or you can call Healthwatch on 0845 260 6216 to feedback. All details will be kept strictly confidential



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
BOPAG, c/o The Hale Farmhouse, Hale Lane,
Wendover HP22 6QR

Bucks Older People's Action Group Meetings

2018 Dates

21st March (Hearing Loss)

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

99-year-old smashes world record for 50m freestyle in the pool



George Coronos, who turns 100 next month, shaved 35 seconds off the fastest time for his age group at the Australian Commonwealth Games trials

The veteran set a time of 56.12 seconds in the men's masters for 100 to 104-year-olds, for which he is eligible as his birthday is in April.

His performance demolished the previous record of 1m 31.19 seconds, set in 2014 by Briton John Harrison.

Mr Coronos swam as a youngster until the outbreak of the Second World War. He took it up again aged 80.

Dates for your diary

14 March Buckinghamshire Funding Fair

12:30-17:30 Gateway Conference Centre, Aylesbury. Free to attend. Exhibitors include local, regional and national funders and support organisations. For any further information please call 01844 348820 / 0300 111 1250 or email info@communityimpactbucks.org.uk

26th April Afternoon Tea at the Holiday Inn,

Weston Turville 2.30pm to 4.30pm. An event to bring people together. Carers welcome too. Spaces are limited. Call Home Instead to book your space on 01296 410 029 or 01844 202 778

www.homeinstead.co.uk/aylesburyvale

27 April Medicines Management Event, Holiday Inn, High Wycombe. NHS & CCGs are asking for the views of patients and carers to help them make improvements to the way they deal with medicines. If you are interested in being involved, please contact Amelia Lloyd at amelia.lloyd-hunt@nhs.net.

2018 Dates of Partnership Boards

Assistive Technology 14/03, 13/06, 12/09, 12/12
Carers 26/4

Dementia 20/04, 15/08, 11/10, 13/12

Older People 23/3, 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

Government speeds up pension cold calling ban

The long awaited ban on pension cold callers will be sped through parliament, the government announced mid February.

Following a campaign, the government committed to make it illegal for cold callers to ring people up about pensions or investments at the end of 2016.

Last year the ban appeared to have stalled following the early General Election, which pushed back several pieces of legislation.

An amendment was later introduced in the House of Lords which would have introduced the ban as part of the Financial Guidance and Claims Bill, known as clause 4. However the government said this clause was not detailed or quick enough to meet its objectives.

In an update published yesterday, the government said it would look to make its own legislation that will introduce a ban 'as quickly as possible' after the Work and Pensions Committee criticised the delays.