

## Note from the Editor

If you are male and live in the Wycombe area, you seem to be in demand! It's good to see the Men in Sheds movement is going from strength to strength nationally providing a great opportunity for men to get together. Also we have Riah looking for men to share their experiences of retirement for her thesis. Details for both are below.

Anyone who wants to feel inspired, have a look at Karoline's latest adventure (page 4). I honestly think that Karoline has more energy in her little finger than I have entirely!

Care and remaining independent in later life are topics that we hear much about in the press and it is surprising that so many avoid the topic completely. Janis Anderson, MD of Caremark (Aylesbury & Wycombe) has produced a generic information leaflet helping people to start thinking about where to start, what is available and other important considerations and she has been kind enough to share that with us (page 2).

Last month we included a lot on the local authority plans, there are no additional public events to report but we will keep a watchful eye.

And finally a plug for Time Credits, the big news is that the Waterside Theatre in Aylesbury is now accepting Time Credits. Wycombe Swan has been a hugely popular spending opportunity and I'm sure that this will be too (more info on page 5)

Andy

## Masters Student looking for retired men in High Wycombe for Research



Riah Wilkinson is a student at King's College, London, undertaking an MA in Public Policy & Ageing.

She is looking for male participants who are over 65 and live in High Wycombe to interview about their experiences of retirement for her dissertation.

Participants will be interviewed individually for roughly half an hour in a local cafe or community space and asked about their experiences of retirement.

The interview will be audio recorded and participants will be anonymised with all their information kept confidential. The university have granted Riah ethical approval and she is supervised by a senior lecturer.

Riah lives in Wycombe, hence the request for participants in that area.

If you are interested in taking part or would like to find out a little more, Riah is happy to answer any questions you may have.

Her email address is riah.wilkinson@kcl.ac.uk alternatively her mobile number is 07905 962 577.

## MEN IN SHEDS WYCOMBE

Men in Sheds is a place where men of all ages can come along and take part in activities similar to what they would do at home or in their own garden shed but with the bonus of other like-minded men providing good company

A typical 'Shed' provides materials, tools and equipment to enable members to develop interests and get involved in productive activities either using their existing skills or learning new ones, whilst enjoying the benefits of being part of a social group. Like all 'Sheds' the members decide what activities they want to do.

We look forward to welcoming new members and any new ideas for different products that we can make.

We meet at Kingsmead Park Depot, Fennels Road, Wycombe Marsh, HP11 1SL (next to the Netball Club)

Thursdays - 10:00am to 4:00pm

WDC Car Park: from 20p for 2 hours

Bus Routes: London Rd, King George V

Enquires to Barry 01494 446418 or 07951 791942



## We need to talk about getting old, says charity

**Too many people avoid talking about getting old, suggests a survey by a charity for older people.**

Two out of three adults aged over 65 in the study said they had never talked to their family about the issue. But Independent Age said cuts to social care budgets meant it was more important than ever for families to talk about the future.

A recent article in the Guardian reported that vulnerable older and disabled people face further widespread cuts to services in England after council chiefs said they will struggle to cope with a £1bn shortfall in social care funding this year. Directors of adult social services said the outlook for care provision – from help with cooking and cleaning at home to full-time residential care – was bleak, with financial resources increasingly unable to keep up with the rising need for support. Additional powers given to councils last year to access extra money for social care through the council tax system raised a fraction of the funds needed to cover spiralling costs, according to a survey of social care bosses.

One in four over-65s said they were not planning to broach the subject at all, including issues such as who would care for them and where they would live if they could no longer look after themselves. Independent Age has launched a new online guide to help families broach the potentially difficult subject of ageing which can be found at [www.independentage.org](http://www.independentage.org).

## How do you find and fund home care to help you stay at home?

We all hope that we will be lively and active as we get older, but this is not always possible. An increasing number of people want to continue living in their own homes, but need support to remain independent. They may have physical or mental difficulties, be aged and frail, or suffering from long term or terminal illness. The question we face is how we can enhance the quality of life and choices that people who need support are offered.

There are useful websites which provide details of care providers, including the Care Quality Commission ([www.cqc.org.uk](http://www.cqc.org.uk)) who regulate the care industry, and also the United Kingdom Home Care Association ([www.ukhca.co.uk](http://www.ukhca.co.uk)). BUPA also provide a directory of Care Services, and County Councils have lists of approved local providers.

When looking for a care provider, consider how to ensure that you receive the best possible standards of care. Having the same carer on every visit as far as possible is important, as is having new carers properly introduced to you by a supervisor. Regular review meetings help ensure you are getting exactly what you want, and ask what quality control procedures are in place. Carers must be properly trained, vetted and supervised. Expect full and prompt communication and a proper assessment of your needs.

Care workers can help with all aspects of personal care such as bathing, showering, toileting and dressing. They can also help with medication, cooking, shopping, collecting pensions and attending appointments. The care package can also include general companionship such as assistance with reading and crosswords and anything else you choose to do. Full time live-in care could also be considered as an affordable alternative to the disruption of moving to a care home or as a temporary solution to changing circumstances.

People who need home care may be able to get funding from Social Services, the NHS or may pay privately. Do contact your council or a financial advisor to find out more.

Remember, you have the right to expect the highest possible standards of care in your own home and you have a right to choose how that support is provided and by whom.

**Written by Janis Anderson, Caremark (Aylesbury & Wycombe) Tel: 01296 641662**

*Caremark is a home care service offering personal care and companionship to adults of all ages who live in their own homes and may need some assistance to remain independent. You'll find more information about their service on page 8. Janis is very keen to ensure that people have information to make informed decision about their options and has produced several information leaflets*



# The Chiltern Stroke Club

We are a support network and social group for stroke survivors, their families and friends, based in Hazlemere near High Wycombe. Our group is run entirely by the members on a voluntary basis.

Our Group is a local branch of a national charity whose primary aim is to offer support to stroke survivors.

Our programme includes exercise routines, fair weather walking and inviting specialist speakers to share their latest news on stroke management and many other popular topics - encouraging us to make our own entertainment and take part in planned outings and social activities.

We bring together people whose lives have been affected by strokes, offering a place to discuss problems and get support without judgement, giving a warm, welcoming environment to take part in engaging and useful activities, with others who know and understand what you are going through.

We meet every Tuesday 2pm to 3pm exercise class followed by social group until 4pm at:

Brooks Lounge, Holy Trinity Church,  
Amersham Road, Hazlemere, HP15 7PZ

We begin each Tuesday session with 1 hour of exercise led by a qualified rehabilitation exercise teacher. This is followed either by a short talk from a guest speaker or a round table discussion session with tea or coffee. Each month we run a social meeting.

Most months we organise an outing to a local attraction to get ourselves walking.

To find out more please call us on 01494 728537 or email [grassadele@gmail.com](mailto:grassadele@gmail.com) or you can find out more at our webpage [www.chilternstrokeclub.co.uk](http://www.chilternstrokeclub.co.uk)

**PARKINSON'S<sup>UK</sup>**  
CHANGE ATTITUDES. FIND A CURE. JOIN US.

## Amersham and High Wycombe Branch

Recently diagnosed?  
Living with Parkinson's?  
Carer or family member?

Run by volunteers, the Amersham and High Wycombe branch, which covers South Buckinghamshire brings together people with Parkinson's, their carers and families. We aim to improve the wellbeing of everyone in our area affected by the condition.

In our meetings and activities, we support people and provide opportunities for them to meet others and feel more at ease with the condition. People share their experiences of Parkinson's and form new friendships and acquaintances.

Our range of activities for people with Parkinson's caters for different abilities and interests and helps maintain or improve physical and mental fitness.

You don't have to be a member to come to any of the weekly or monthly activities. They are open to anyone in the area affected by Parkinson's

Some people only come to one activity, walking or Conductive Education for example. Small charges for activities are 'pay as you go' so there is no up front commitment to a series of sessions

Contact Us

[www.parkinsonsAHW.org.uk](http://www.parkinsonsAHW.org.uk)

Branch secretary : Jenny Harland 01494 784 845 or [secretary@parkinsonsAHW.org.uk](mailto:secretary@parkinsonsAHW.org.uk)

Parkinson's UK Info & Support Worker Anita Browne 0844 225 3675 or

[abrowne@parkinsons.org.uk](mailto:abrowne@parkinsons.org.uk)

Parkinson's Specialist Nurse Liz Scott on 01494 425 788 or

[liz.scott@buckshealthcare.nhs.uk](mailto:liz.scott@buckshealthcare.nhs.uk)



## News from our members

### What can be achieved at the age of 80

In Spring this year, I spend 3 days on the Island of Arran. This is a most beautiful part of Scotland and my intention was to climb Goat Fell, one of the 5 highest mountains in Scotland.

After finding out as much as possible about Goat Fell I decided I could manage to go up by myself. There were lots of people going up and down so I had no worry about getting lost etc. and plenty of people to talk to and give each other encouragement.

It was relatively straight forward until the last 300m when the path disappeared and it was necessary to climb on all four along the rocks. It was difficult and tiring but I took it slowly so it was not too bad.

The view from the top was amazing. It was a clear day and one could see Ireland in the distance.

Now aged 80, I think this will probably have to be the end of my mountaineering.

*Karoline Lamb, Chalfont St Giles 60+ Fitness & Social Club*



***Karoline at the top of Goat Fell***

At 874m, Goat Fell is the highest point on the Isle of Arran.

### More Wonderful Outings

Last month we shared recent outings that our groups had arranged and here are a few more to give you ideas

Marlow Bottom will be heading off to the Houses of Parliament in October. These visits can be arranged via your MP or direct by calling 020 7219 4114. But their big news is that they have secured a visit next year to Downtown Abbey aka Highclere Castle. This is apparently more difficult to do than book tickets for Glastonbury!

Burnham have found that if you fancy organising a Thames river trip, starting from Runnymede is better for accessibility and parking than Windsor and Maidenhead. French Brothers offer one such trip and can be contacted on 01753 827345

Stokenchurch will be off to see Sister Act soon (they are at Milton Keynes 26/9 to 1/10 bookings 01908 547 609) and will be making a trip back to Beale Park (bookings 01189 767 480)

### Bourne End welcomes Simply Walk

A new Simply Walk group launched at Bourne End library on July 20<sup>th</sup>. The first session was a great success, with 17 walkers taking the opportunity to explore a rarely seen picturesque part of the village.

Inka d'Agostina, who manages the library on Wakeman Road, was pleased to host the walk "*It was lovely to see so many people enjoying a coffee and a chat in our lovely garden*".

With more than 60 regular sessions across the Buckinghamshire, Simply Walk offers a wide range of walks for beginners to the more experienced, varying in length and difficulty. A full list of opportunities can be found on the Simply Walk website.

For more information on walks or becoming a volunteer please call 01494 475367 or mail [simplywalks@buckscc.gov.uk](mailto:simplywalks@buckscc.gov.uk)

For more information about activities at Bourne End library please email [lib-boe@buckscc.gov.uk](mailto:lib-boe@buckscc.gov.uk) or call 01296 382415



## Volunteering Opportunities

### Gardening Class & Volunteer Group

#### Suitable for beginners

If you would like to get involved in gardening not only to boost your health but also learn about what is good for your garden and pick up some tips then why not come along to our volunteer group. At every session we will teach you a new gardening skill.

- All sessions supervised by a fully qualified instructor
- Sessions are free
- Classes suitable for beginners as well as keen gardeners

#### Programme

8th Aug 10-12	Supporting plants
25th Aug 1-3pm	Know your soil
5th Sept 10-12	Propagation by semi-ripe cuttings
15th Sept 1-3pm	Propagation by seed

All sessions take place at Stoke Poges Memorial Gardens, Church Lane, Stoke Poges, SL2 4NZ

For further details and to book call 01753 523 744 or email [franzi.cheeseman@southbucks.gov.uk](mailto:franzi.cheeseman@southbucks.gov.uk)

### Bus user's still wanted

Following a meeting with Andrew Clarke, Public Transport Manager at BCC, we floated the idea of the formation of user groups to help give a voice to passengers to lobby companies direct to influence routes and timetables.

We've had a couple of people volunteer to get involved. Is there anyone else out there who is interested? At this stage we are simply trying to gauge interest. If we get this off the ground so there is no commitment, this volunteering activity will be eligible for Time Credits

Please contact Andy on 01296 622122 or [info@bopag.org.uk](mailto:info@bopag.org.uk) with your contact details and also which bus company you use as this will be bus company specific.



## Buckinghamshire Time Credits

The new Time Credits brochure is now available with plenty of new opportunities for earning and spending Time Credits.

Volunteers are being encouraged to spend their Time Credits to keep them circulating and there are now even more opportunities to do so.

**Aylesbury Waterside Theatre** has joined the network where you can exchange 2 Time Credits for a ticket to a show starting in their Autumn season. These must be booked in person at the box office or by calling 0844 871 7607 (calls cost 7p per min)

Shows available include

[Chinese State Circus](#) Fri 9 Sep, 7.30pm

[Whitney Queen of the Night](#) Sun 23 Oct, 7.30pm

[Sing-a-Long-a Grease](#) Thu 10 Nov, 7.30pm

[Woman in Black](#) Tue 29 Nov, 7.30pm

The **Queens Park Art Centre** in Aylesbury also has music and comedy performances that you can watch with Time Credits as well as a vast array of art and craft workshops. Contact Carlotta at the centre for the most up to date offers (01296 424332 or [info@qpc.org](mailto:info@qpc.org))

You'll be able to swap Time Credits for a ticket to the Kop Hill Climb this year (17th & 18th Sept). The Time Credit tickets need to be booked in advance at <http://goo.gl/Swpg3l>

The latest brochures can be found at [www.justaddspice.org/our-work/where-we-work](http://www.justaddspice.org/our-work/where-we-work)

Don't forget you can also give your Time Credits to friends and family to use



## Book a Free Home Fire Risk

Buckinghamshire  
Fire & Rescue Service



### What is a Home Fire Risk Check?

A Home Fire Risk Check is a basic assessment of the fire risks in your home, carried out by Bucks Fire & Rescue staff. It takes about 20 to 30 minutes, depending on the size of the house. You to be present to answer a few questions.

You will be offered fire safety advice, based on any potential fire risks that have been identified during the check. You will also have the chance to discuss any fire safety questions you may have.

Their staff will also fit as many smoke alarms as they think necessary. They currently provide British Standard smoke alarms with a sealed battery that should last 10 years in normal use.

As an option in certain premises, they may fit heat detectors. Their staff will ask you to sign an indemnity form for any alarms that they fit. By signing this you accept the responsibility for maintaining the alarms provided.

They can also point you in the direction of other local services that are there to help you.

### How much does this all cost?

The Home Fire Risk Check, and any alarms provided and fit during that check, are entirely FREE.

### Alarms for people who are deaf or hard of hearing

If you are deaf or hard of hearing you may well not be able to hear the smoke alarms that are fitted during Home Fire Risk Checks. If that is the case they can still help provide you with an appropriate smoke alarm system. They will, with your consent, pass your details to the RNID who will arrange a hearing assessment for you. Subject to the results of that assessment, they will loan you a special smoke alarm system which is suitable for your needs.

If you live in Buckinghamshire or Milton Keynes, you can book a Home Fire Risk Check by emailing [cs@bucksfire.gov.uk](mailto:cs@bucksfire.gov.uk) or by ringing 01296 744477. If you are making a booking on behalf of an elderly relative or neighbour, it is important that you give their contact details so that they can confirm the booking. It is also important that you have told them you are going to make the booking on their behalf.

## Be Scam Aware!



Working in partnership  
to make our community safer



Fraudsters are impersonating telephone service providers and contacting their clients offering a phone upgrade on a low monthly payment contract. The fraudsters will glean all your personal and financial details which will then be used to contact the genuine phone provider and order a new mobile phone handset. The fraudsters will either intercept the delivery before it reaches the victim's address or order the handset to a different address.

### Protect yourself

Never provide your personal information to a third party from an unsolicited communication. Obtain the genuine number of the organisation being represented and verify the legitimacy of the communication.

If the offer is too good to be true it probably is. If you have provided personal information and you are concerned that your identity may be compromised consider Cifas Protection Registration at [www.cifas.org.uk](http://www.cifas.org.uk).

If you have been a victim of fraud report it to Action Fraud on 0300 123 2040 or <http://www.actionfraud.police.uk/>



## Health News

### Change your life in 20 minutes

**See if you're at risk of serious illness and find out how to prevent it with a FREE NHS Health Check.**

You are eligible for the NHS Health Check if:

- You're aged between 40 – 74 years old
- You're Bucks resident or registered with a Buckinghamshire GP
- Not had a Health Check in the last 5 years
- Not already diagnosed with or currently taking medication for:
  - Stroke or TIA (mini stroke)
  - Heart Disease or Heart failure
  - Diabetes
  - Kidney Disease
  - High Blood Pressure
  - Atrial Fibrillation
  - High Cholesterol
  - Heart Attack.

You must be able to answer yes to all the questions to qualify for a free Health Check.

During the NHS Health Check you will have a blood pressure test, blood sugar test & Cholesterol assessment as well as a BMI calculation and a review of personal & family medical history. In addition, there will be lifestyle assessments, dementia awareness (for over 65s) and a calculation of 10 year Cardiovascular risk score for Stroke & Heart Disease

Health check events are taking place at  
Aylesbury High St on 8-12 August  
Buckingham Royal Latin School 4,5,15,16,30  
August. Book a slot by calling 0800 781 4737 or  
go to [www.nhshealthcheck.com/buckinghamshire](http://www.nhshealthcheck.com/buckinghamshire)

Or you can invite them to hold an event at you group. To discuss further contact Lauren Ottaway, Acting Project Coordinator (Buckinghamshire) on 01908 533 404



### Active Bucks Campaign Launches Try over 1500 activities for FREE

The Active Bucks promotional campaign has launched! Offering a free first activity session, using the campaign website [www.activebucks.co.uk](http://www.activebucks.co.uk) to link people with the ideal activity for them.

You might have lots of reasons for wanting to get active – maybe you want to get back in shape, relieve stress, socialise or have some time for yourself. Whatever your reason for being more active we're here to help you get started and promise to support you along the way.

There are over 4000 activities across Bucks to choose from. From aerobics, gym, football to badminton, tennis and yoga just to mention a few. You will be able to find something near you and on a day and time that suits you so it can become a part of your routine.

With the number of activities offering a free session voucher increasing all the time. All residents need to do is visit the website, register and search for activities available at a time and location that suits them.

Karl White, Health and Wellbeing Manager  
Tel: 01908 622897 or 07834 463176



### Are you caring for someone in hospital who has memory problems?

The National Audit of Dementia is working with hospitals, carers and hospital staff to help improve the care provided to people with memory problems or dementia in general hospitals. Hospitals are giving out questionnaires from June to August this year. All feedback is anonymous and goes straight to the National Audit of Dementia Project Team.

Please ask a staff member for a paper questionnaire or Visit: [www.CARERQ.org.uk](http://www.CARERQ.org.uk) to complete online.



**2016**

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**

### **2016 Dates**

#### **21st September Speaker (Extra Care )**

Christ the Servant King, Sycamore Road,  
High Wycombe

#### **16th November**

Venue to be confirmed

**All are welcome.** Please contact Andy Trueman on 01296 622122 for further information



Janis Anderson, Managing Director of Caremark (Aylesbury & Wycombe) recently got in touch to introduce their service and it is Janis we have to thank for the article on page 2.

They offer personal care and companionship to adults of all ages who live in their own homes and may need some assistance to remain independent.

Care assistants can visit from half an hour to several hours, and help with shopping, visiting local events and activities, personal care and support with medication and nutrition, and also full time live-in care.

Janis is keen to point out that an older person can take on the role of care assistant themselves (their oldest care worker is 76 years old!), which enables them to meet new people and do something worthwhile and interesting. They provide full training.

If you would like to know more, please contact Janis on Tel: 01296 641662  
E-Mail: [janis.anderson@caremark.co.uk](mailto:janis.anderson@caremark.co.uk) or go to [www.caremark.co.uk/locations/aylesbury-and-wycombe/](http://www.caremark.co.uk/locations/aylesbury-and-wycombe/)

## **Dates for your diary**

4th August **Aylesbury Vale Local Plan Event** St Anne's Hall, Wendover 11am-8pm

5th August **Aylesbury Vale Local Plan Event**

Friars Square Shopping Centre, Aylesbury 10am-5pm

8th August **Aylesbury Vale Local Plan Event**

Jubilee Hall, Whaddon 4pm-8pm

10th August **Aylesbury Vale Local Plan Event**

Public Hall, Elmfields Gate, 11am-8pm

1st September **Aylesbury Vale Local Plan Event**

Bucks County Show Ground, Weedon, 8.30am-4.30pm

8th September **Primary Care Commissioning**

**Committee Public Meeting** 3.30-5.30pm at the Gateway, Gatehouse Road, Aylesbury, HP19 8FF

## **Has your Community Link Officer Changed?**



Helping you stay independent

There have been quite a few changes in the Prevention Matters Community Link Officers (CLO) team and as they are such useful and helpful people to know, I thought that it was worth sharing the up to date contact list.

If you are unfamiliar with the role of a CLO, their aim is to work with groups and communities, statutory agencies and businesses to ensure that vulnerable adults and people aged 65+ with moderate to substantial care needs have sustainable opportunities to remain independent, active and socially connected.

#### **Aylesbury Vale North - Graham White**

Office: 01494 475808

Mobile: 07753 287115

Email: [grwhite@buckscc.gov.uk](mailto:grwhite@buckscc.gov.uk)

#### **Aylesbury Vale Central - Cindy McCreary**

Office: 01296 382688 Mobile: 07795 452214

Email: [cimccreary@buckscc.gov.uk](mailto:cimccreary@buckscc.gov.uk)

#### **Aylesbury Vale South - Angelle Bryan**

Office: 01494 475429 Mobile: 07768 537505

Email: [abryan@buckscc.gov.uk](mailto:abryan@buckscc.gov.uk)

#### **Amersham and Chesham - Natalie Judson**

Office: 01296 382140 Mobile: 07876 257406

Email: [njudson@buckscc.gov.uk](mailto:njudson@buckscc.gov.uk)

#### **Wooburn Green - Andy Chapman**

Office: 01296 383490 Mobile: 07753 288039

Email: [anchapman@buckscc.gov.uk](mailto:anchapman@buckscc.gov.uk)

#### **Wycombe - Parveen Dad**

Office: 01296 383460 Mobile: 07990 784304

Email: [pdad@buckscc.gov.uk](mailto:pdad@buckscc.gov.uk)

#### **Southern Bucks - Jacqueline Austin-Lavery**

Office: 01296 387863 Mobile: 07753 294 616

Email: [jalavery@buckscc.gov.uk](mailto:jalavery@buckscc.gov.uk)