

Note from the Editor

Well I hope that you are all enjoying the British summer? I am sat here with a jumper on, wondering if there will ever be enough sun to ripen my tomatoes and quite how big the pumpkins and squash will be with all this rain!

We had a very interesting meeting in July where 4 members of the senior team at Buckinghamshire Healthcare NHS Trust came to talk about the Community Hub pilots taking place in Thame and Marlow. We learnt a lot and it was a great opportunity to ask all our questions. The pilots are now half way through and we will keep in touch with the team to see how they progress. If you would like to read about the meeting, the minutes will be up on our website in the next couple of days or can be posted to you if you get in touch. Our health services are facing many challenges and changes and I recommend going along to any of the NHS Board or Clinical Commissioning Group public meetings—they are listed on page 8 Diary Dates.

Next month, we are hosting a Dementia Friends session which will be run by Andy Chapman (Prevention Matters, BCC). You are welcome to come along and become a Dementia Friend (details below).

Amongst the articles this month, you'll find everything from the new Fundraising Preference Service, Home Library Service, a funding opportunity from Tesco and articles on care homes which are often in the news. If you didn't catch the Channel 4 programme 'Old People's Home for Four Year Olds' it's worth seeing if it is repeated. It's wonderful.

It would appear that Prince Philip is a mere youngster, retiring at 96. I heard David Perlman (page 8) being interviewed on the radio yesterday and he sounded as though he could have carried on another 10 years. A great advert for keeping your mind and body busy in later years.

Andy



Become a Dementia Friend



A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action. Anyone of any age can be a Dementia Friend.

During the hour long Dementia Friends Information Session you learn about dementia and the small ways you can help. From then on, you will be better equipped to spot the signs in your community and have the knowledge of how you can assist. Telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts.

BOPAG are delighted to be hosting a Dementia Friends Information Session on **Wednesday 20th September** (details on the back page) and anyone who has an hour to spare and would like to become a Dementia Friend is very welcome to attend

Dementia Friendly Communities

People with dementia and memory impairments want to remain independent for as long as possible but they and their carers often talk about the everyday challenges they face trying

to 'live well' with their condition. This can include difficulties in navigating around due to poor signage, remembering pin numbers in shops, banks and post offices, using public transport and maintaining social contact.

Dementia Friendly Communities aim to support local communities to work together and respond more positively towards those individuals living with dementia or memory impairments. Increasing public awareness and understanding of dementia and memory impairments and how it affects a person's ability to complete daily activities so that the community can better support individuals living with memory impairments to continue accessing services, facilities and activities safely and confidently.

Dementia-Friendly Communities have been already been launched in Stokenchurch, Buckingham, Great Missenden, Burnham and Denham and all communities in the county are encouraged to become Dementia-Friendly. To find out more about how you can get involved in your community becoming dementia friendly contact dfcommunities@buckscc.gov.uk or call 01296 387821



What is a Partnership Board?

Partnership Boards provide a forum for discussions between service users, carers and County Council Commissioners on services being provided in Buckinghamshire. They champion the needs of service users and carers, represent their views to ensure services are accessible and responsive to their needs and make recommendations on the joint development of health, social care and related services.

The Partnership Boards are :

The **Assistive Technology Partnership Board** looks at the deployment of technology to improve and assist care services.

The **Autism Partnership Board** seeks to promote and develop best practice in ensuring that services are inclusive of those with autism and responsive to their needs.

The **Carers' Partnership Board** looks at policy and issues affecting people who have a significant role in caring for an adult. It includes commissioned service providers together with carers themselves and their representatives.

The **Dementia Partnership Board** looks to provide a strategic overview of dementia services, and ensure that everyone involved works together to provide the best possible outcome for people with dementia in the most cost-effective way.

The **Mental Health Partnership Board** looks at all aspects of mental health service provision in the county, and seeks to ensure the best outcomes for the people who use the services.

The **Older People's Partnership Board** seeks to advise and make recommendations on the joint development of health, social care and related services for older people. It champions the needs of service users and carers and represents their views to ensure services are accessible and responsive to their needs.

The **Physical and Sensory Disability Partnership Board** (PSDPB) meets to review services for people with physical and sensory disabilities and lets practitioners and service users share information on policy and practice. Due to the cross-functional nature of Physical & Sensory

Disability as a condition the PSDPB have interactions with other partnership boards and engagement forums, including the Neurological Conditions Network Board as they are interested in the physical effects of neurological conditions and assistance to live independently.

The **Neurological Conditions Network Board** (NCNB) are currently looking at the Training available for Carers of those service users with Neurological conditions. They are looking into the training available to the Care giver, domiciliary care agencies and other professionals around 'training in neurological conditions' which might benefit the cared for individual.

Service User and Carer participation on the Boards is coordinated by Bucks Service User and Carer Organisation (SUOCO) on behalf of Bucks County Council. Involvement of those who use or have experience of services is key in developing ideas and shaping future services.

What is a Service User? A service user is someone over the age of 18 who through disability, age or illness, needs help to continue to live safely and independently, without risk to him or herself or other people.

What is a Carer? A carer is someone who gives regular unpaid help and support to an ill, frail or disabled person who depends upon them and could not live independently without them. It is estimated that there are around 44,000 such carers in Buckinghamshire. Many of them do not consider themselves to be carers at all, but just family, friends or neighbours doing the right thing

We would like to hear from you. If you have an experience to share, or knowledge which might be useful to any of the Partnership Boards in understanding the views and opinions of Carers and Services users with regard to the services received from local authorities - please call Debbie direct on 07507 399180 or email debra.robinson@suco.org.uk

If you would like to look in more detail at any of the Partnership Boards, existing members, and minutes, you can find them all at <http://old.buckscc.gov.uk/social-care/care-for-adults/partnership-boards/>



Handy Helpers for Aylesbury Vale



Community Impact Bucks has launched Handy Helpers, a new pilot project to help elderly, vulnerable and isolated residents in Aylesbury Vale.

Handy Helpers aims to help older and vulnerable people live independently in their own homes for as long as possible, by tackling some of the challenges they face such as lack of social support and physical deterioration which impacts on their ability to keep up with the maintenance on their properties. The project will help people with small tasks around their homes which they can't or daren't do for themselves. It will provide a trustworthy service which offers visits and help from DBS checked volunteers.

Handy Helpers will be delivered by local volunteers, under the guidance of a paid team leader. Volunteers can provide the service to clients either 1-1 or as part of a group, and the project will also be offering a supported volunteering experience to those who have a disability or are otherwise disadvantaged and

would find it difficult to volunteer independently.

Samantha Hardy, project manager, said, "This project is unique in that it combines two things; help with odd jobs around their homes and a visit from a friendly face who can give that much-needed social interaction. Handy Helpers is all about local community participation and volunteering and we'd love to hear from anyone who is able to give some of their time to the project." Tasks will be completed free of charge for eligible clients who are 60+ or disabled and in receipt of a means tested benefit and living in Aylesbury Vale.

If you're interested in volunteering for the project, have clients who may benefit from the supported volunteering opportunities or from the Handy Helpers service directly please contact Samantha Hardy on 01844 348831 or samantha@communityimpactbucks.org.uk. Handy Helpers will run until the end of 2017 with current funding.



ACTIVE BUCKS YOGA / PILATES

Yoga & Pilates fusion is a mix of strength, balance, flexibility and relaxation. This is suitable for all level including beginners.

Claim a voucher from activebucks.co.uk to try this activity for free.

Further sessions cost £2 per person

Tuesdays 5.15—6pm at The Old School, Chesham Road, Ashley Green, Chesham, HP5 3PP

For more information and to book a place, please call Matt Harrington on 07771 566 038 or email matthew.harrington@gll.org



CHILTERN
District Council

Tesco Bags of Help **TESCO**

Bags of Help is Tesco's local community grant scheme where the money raised from the 5p bag charge in Tesco stores is being used to fund thousands of community projects across the UK.

Three community projects in each local area will be voted on by customers in Tesco stores throughout the UK, with projects changing every other month. Following the vote, the project that received the most votes in its area will receive a grant of up to £4,000, second place receiving up to £2,000 and third place up to £1,000.

Tesco Bags of Help Team are keen for as many community projects to benefit from the funding as possible, so please consider applying.

Further information can be found at www.groundwork.org.uk/Sites/tescocommunityscheme/pages/Category/boh-grant-for-project-tes

best of luck with your application.
Tesco Bags of Help Team



Staying Safe

How to Stop Charity Cold Calling

If you're fed up with unsolicited calls, texts, emails and post from charities asking for donations, a new service has been launched that will let you opt out.

Registering with the Fundraising Preference Service (FPS) will allow you to block fundraising communications from any charity. But you'll need to specify every charity you want to block – you won't be able to opt out of all charity contact.

The aim of the FPS is to rebuild public trust in fundraising and to introduce more control over how people are approached by fundraisers. It's funded by charities themselves, with those that spend more on fundraising contributing more towards the service.

How to sign up?

You can register for the new service by calling FPS on 0300 3033 517 or by entering your name and contact information on the FPS website public.fundraisingpreference.org.uk

You can block a maximum of three charities in any one online request. If you want to block more, just submit another request. Alternatively, you can block as many as you like with one phone call.

Once you've provided all the relevant details and submitted your request, the FPS will send an automatic email to the charity or charities concerned, setting them a 28-day deadline to remove your details from direct marketing lists.

If you've opted out, it's been 28 days and you're then contacted by the charity you've blocked, you should tell the FPS. The FPS can report charities which fail to comply with the rules to the Information Commissioner's Office. It can ultimately prosecute them under the Data Protection Act and issue a fine of up to £25,000, though this would be a last resort.

If you donate to a charity while it's blocked from contacting you, that charity will have the right to "check in" with you to see if you're now happy to hear from it.

Do I need to sign up if registered with the Telephone Preference Service?

Yes – if you've given permission for charities to contact you in the past, it's worth

signing up to the FPS even if you're already registered with the Telephone Preference Service (TPS).

The FPS will work alongside the TPS and Mail Preference Service (MPS), and there's some overlap because the TPS and MPS already block some charities from contacting you.

But if a charity has what's called "overriding consent" – for example, if you've explicitly given it permission to contact you at some point in the past – it can still contact you even if you are registered with the TPS or MPS.

Signing up to the FPS will end that overriding consent and mean it can no longer contact you for any reason. So if you want to opt out of as many unsolicited texts, emails, calls and pieces of junk mail as possible, it's best to sign up to all three services.

Telephone Preference Service (TPS)

The free opt out service enabling you to record your preference on the official register and not receive unsolicited sales or marketing calls. www.tpsonline.org.uk **0345 070 0707**

Mail Preference Service (MPS)

The free opt out service to enable consumers to have their names and home addresses in the UK removed from lists used by the direct mail industry. <https://www.mpsonline.org.uk/> or by calling **0207 291 3310**



Working in partnership
to make our community safer



The Little Book of Big Scams

If you fancy a bit of light reading, the third edition of 'The Little Book of Big Scams' is available to download. It is produced by The Metropolitan Police Service's FALCON Fraud Prevention team and can be found at www.thamesvalley.police.uk/about-us/publications-and-documents/little-book-big-scams



Your Library

Home Library Service

This service is for residents, who are housebound and unable to visit a library due to age, illness or disability. Carers who are unpaid are also eligible.

How does it work?

The Home Library Service is a free monthly service delivered to your home at a suitable time for you by volunteers, who will wear identification badges and provide a helpful and courteous service.

You will be given a card with the name of your volunteer and the name and telephone number of your Home Library Service Coordinator.

Be a Library Buddy

The Library Buddy service is for residents, who find it difficult to get to their local library in person.

The Library Buddy card allows your nominated person to issue and return items using your library card and then deliver them to your home.

To make this even easier for you there is a 31 day loan period, no overdue charges and no reservation fees on books and audio-

books for Library Buddy card holders, on all other items standard loan periods and charges apply

Could you spare some time to help?

We are always looking for volunteers who can give a couple of hours each month, to brighten up a housebound person's life and be part of a very worthwhile service.

The more volunteers we have, the more people we can help to access the home library service. You can either be a Home Library Service Volunteer or a Home Library Service Computer Volunteer. More information can be found at www.buckscc.gov.uk/services/libraries/community/home-library-service or by contacting them (detail below)

If you are interested in or would like to nominate someone for the Home Library Service, please contact us on:

Telephone [01494 475573](tel:01494475573)

Monday to Friday 9am-5pm. Please leave an answerphone message out of hours.

Or Email homelibraryservice@buckscc.gov.uk

BT Introduces a new Tariff for those on low incomes

We all know that we should look at switching insurance, energy and telecoms suppliers regularly to ensure that we are on the most competitive tariffs. However, for a variety of reasons, many of us don't. As BT is still the largest provider of domestic telecom services in the UK, it's worth looking at some recent new tariffs and services that they have introduced

Recently BT introduced **BT Basic** which seeks to help customers on low incomes including those on Pensions Credit (Guaranteed Credit), afford a fixed line telephone service. It has a low line rental (£5.10 a month) – including a £1.50 inclusive call allowance to spend on calls

Customers who also want broadband access can get BT Basic + Broadband priced at £9.95 per month.

For customers with just a BT phone

line but who might not be suited to BT Basic, there is **Home Phone Saver**. This bundles together line rental, unlimited anytime calls to other landlines, and some features such as caller display for £21.99

BT Call Protect

Receiving nuisance calls is not only frustrating but it can also be frightening. BT Call Protect blocks your home phone from nuisance callers. It's quick and simple to switch on and it's free for BT customers.

Priority fault repair

BT prioritise vulnerable customers when faults need to be fixed, 365 days of the year. You are eligible if someone in the household is registered under the Chronically Sick & Disabled Act, or due to a chronic long-term illness or disability is unable to leave the house without the assistance of another person.

To find out more about any of these tariffs or services, just call BT.



Health News

Lifestyle Changes can Reduce Dementia Risk

One in three cases of dementia could be prevented if more people looked after their brain health throughout life, according to an international study in the Lancet. By 2040, it is estimated that 1.2 million will be living with dementia in the UK.

It is thought that nine factors contribute to the risk of dementia

- Mid-life hearing loss - responsible for 9% of the risk
- Failing to complete secondary education - 8%
- Smoking - 5%
- Failing to seek early treatment for depression - 4%
- Physical inactivity - 3%
- Social isolation - 2%
- High blood pressure - 2%
- Obesity - 1%
- Type 2 diabetes - 1%

These risk factors - described as potentially modifiable - add up to 35%. The other 65% is thought to be potentially non-modifiable such as inherited factors.

The report examines the benefits of building a "cognitive reserve", which means strengthening the brain's networks so it can continue to function in later life despite damage. Failure to complete secondary education was a major risk factor, and the authors suggest that individuals who continue to learn throughout life are likely to build additional brain reserves.

Another major risk factor is hearing loss in middle age as this can deny people a cognitively rich environment and lead to social isolation and depression, which are among other potentially modifiable risk factors for dementia.

Another key message is that what is good for the heart is good for the brain. Not smoking, doing exercise, keeping a healthy weight, treating high blood pressure and diabetes can reduce the risk of dementia, as well as cardiovascular disease, and cancer.

The researchers say they did not have enough data to include dietary factors or alcohol in their calculations but believe both could be important.

Alzheimer's Events



Monday 7th August 10.30 – 12.30pm. Alzheimer's Society Memory Information Session. Are you worried about your own memory or know someone else who is? Information covered includes understanding memory, tips and coping strategies and access to a wide range of information. Held at The Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ. Please contact the Memory Support Service at memorysupport@alzheimers.org.uk or on 01296 331749 for information and to register.

Monday 7th, 21st August & 4th September. Forget Me Knot Café Chinnor 10.30 – 12.30pm. Music for health. Aimed to help with general health and wellbeing for people with dementia, mental health issues, old age or isolation. For more information contact 01844 353733 or Michele on 01844 353154 or mobile 07779 732097.

Tuesday 5th September. Caring for someone with Dementia. A Carer's Bucks workshop to look at support available and understanding dementia and how this can affect people. It will look at situations difficult to deal with and ways of helping to deal with these. This is to be held at a venue in Long Crendon. Contact Carers Bucks on 0300 777 2722 to register.

Wednesday 6th September 10.30am. Dementia Friendly Screening – Jailhouse Rock. Regal Picture House, Henley. A fun and inclusive experience, enable people with dementia and their carers to attend the cinema in a safe and comfortable environment, and give the chance to get out and socialise with people in a similar situation. Tickets are £4 with carers free. Tickets can be booked in person at the cinema or by calling 0871 902 5738. The lights are left on low, there will be no adverts and people are free to move around, take a break if needed or sing along to any musical numbers. The film starts at 11am with tea/coffee served beforehand and during a 20 minute interval half way through the film. Spaces for wheelchairs are limited so please book in advance.



Care Home News

How boisterous four-year-olds could transform Britain's care industry

While spending a day in the company of a group of pre-school children might be a nightmare for some, a gaggle of four year olds could be the key to fighting loneliness among care-home residents.

New Channel 4 documentary, *Old People's Home for Four Year Olds*, sees pre-schoolers swap their nursery for a nursing home as they join a group of pensioners at St Monica's care home for six weeks.

And unsurprisingly the elderly residents won't be allowed to sit idly by, either by the children or the producers – they'll be sticking to the same timetable as the kids, joining them in their lessons.

The gaggle of energetic kids has the care home residents laughing, playing games and learning within a matter of minutes of arriving.

The idea that there are myriad health benefits from this sort of intergenerational approach is not a new one. In the U.S. and Japan there is a growing movement to combine nursery daycare with retirement care.

At the Intergenerational Learning Centre in Seattle, the very young and very old have been rubbing shoulders for years. There is now a two-year waiting list for children to access this daycare. They do music, dancing and art projects alongside what are effectively adoptive grandparents and great-grandparents.

Now the idea is being implemented in the UK — with the mission of proving it works. Along with the TV cameras come an army of experts: doctors, psychologists and physios who are charged with assessing the health of the elderly residents at the start of the project, and again at the end of the six-week stint. Once the two programmes are over, the scientists running the experiment will have their own set of results. Experts are on hand throughout measuring and analysing the elderly participants' physical and mental progress. Not that it's really needed - the results become pretty clear pretty quickly. *Old People's Home for Four Year Olds* aired on August 1st & 2nd on Channel 4 and will be on catch up

CQC claims one in three care homes unsafe

The latest Care Quality Commission (CQC) report has revealed that one in three care homes are unsafe - with staffing levels partly to blame.

The report shows that some care homes are going weeks without being cleaned and residents are served dangerous levels of medication. The report covers all 24,000 providers in England and found that of 10,858 residential care homes inspected, more than 2,600 were rated either inadequate or required improvement for safety. Meanwhile of the 4,042 residential nursing homes visited by the CQC, 1,496 (37%) were unsafe.

Across the entire adult social care sector, including domiciliary and community social care, 23% of services were found to require improvement for safety, and 2% were judged to be inadequate - approximately 6,000 organisations.

The National Pensioners Convention (NPC) believe that these failings arise because over 80% of social care is provided by the private sector - which has profit as its driving motive, rather than the care of residents. The NPC argue that the entire sector needs to be brought into the public sector as part of the NHS and should be funded through taxation. This is the call the NPC will be making when the government launches its consultation on the service later this year.

Care Home Beds Shortfall

Up to 3,000 elderly people will not be able to get beds in UK care homes by the end of next year, research commissioned by BBC Radio 4's *You and Yours* programme suggests.

Increasing demand from an ageing population could see the shortfall grow to more than 70,000 beds in nine years' time. The Dept of Health said local authorities in England had been given an extra £2bn to help fund social care. But in the past three years one in 20 UK care home beds has closed, and research suggests not enough are being added to fill the gap.



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

2017 Dates

Wednesday 20th September 2017

Dementia Friend Session

Wednesday 22nd November 2017

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

Groundwork Community Awards 2017



Do you know a community group that deserves special recognition for making your local area a better place to live?

There are fantastic examples of community groups who work selflessly and tirelessly to improve neighbourhoods. Thanks to their efforts our parks and open spaces are better looked after, libraries and heritage centres are being kept open, food banks and furniture projects continue to help people meet their basic needs.

The Groundwork Community Awards will honour those small groups making a big difference to the quality of life in their local area.

The awards are simple to enter at www.groundwork.org.uk and the deadline for nominations is 25 August.

Shortlisted community groups will be honoured at a national awards ceremony in central London on the evening of 2 November. Groundwork can be contacted on 0121 236 8565 or info@groundwork.org.uk If you have any questions

Dates for your diary

Sunday 17th September 2pm. Dementia Friendly Screening of Calamity Jane at Aylesbury Waterside Theatre. The well know musical includes a score of much-loved songs. Tickets are £6 per person with 1 carer free. Phone 0844 871 7627 for further details and tickets.

September 7th 3-5pm Primary Care Commissioning Committee Meeting Bevan Room at AVCCG, Aylesbury Vale District Council, The Gateway, Gatehouse Road, Aylesbury, HP19 8FF

September 14th 10am – 12pm Clinical Commissioning Group Governing Body Meeting, Council Chamber at Chiltern District Council, King George V House, King George V Road, Amersham, HP6 5AW

Wed 27 September, Buckinghamshire Healthcare NHS Trust Board meeting, 9.00am Hampden Lecture Theatre, Wycombe Hospital

October 12th 10am – 12pm Clinical Commissioning Group Governing Body Meeting Aylesbury Vale District Council Offices, Aylesbury Vale District Council, The Gateway, Gatehouse Road, Aylesbury, HP19 8FF

Wed 29 November, Buckinghamshire Healthcare NHS Trust Board meeting, 9.00am Hampden Lecture Theatre, Wycombe Hospital

98 Year old Journalist decides it's Time to Retire



David Perlman was born in 1918, a decade before the discovery of penicillin and the Big Bang Theory.

And, for the majority of his career, he covered scientific progress in the 20th century and beyond, writing thousands of articles about everything from the beginning of the space age to the computer age. In that time, he's won numerous science journalism awards — with a few even named after him

The 98-year-old science editor is retiring from The San Francisco Chronicle after nearly seven decades at the newspaper, a decision he said had been coming for a while.

"I first began thinking about it a year ago and then, what the hell — it was too much fun still working, and I could still write good stories," Perlman reflects. "So it was, I think, a couple of months ago, something like that, that I realised it's really time to stop."