

Note from the Editor

I'm going to jump right in here! Yesterday I was at the Bucks NHS Trust Board meeting armed with my questions about the closure of the Chartridge Ward at Amersham hospital. It was a very full agenda and rather than risk missing out on meaningful dialogue, David Williams, Director of strategy and business development, offered to answer all my questions outside the meeting so I will let you know how that goes. However, I can report that in Neil Macdonald's Chief Executive statement, he states that 'the next phase of the plan is to work with our partner organisations and stakeholders across the county to design the most appropriate model of our community inpatient service.' Talking to Neil during a break, Neil said that his intention is that the ward reopens and the discussions with groups etc will start in September and they will keep me informed. Watch this space!

On page 5 you will notice that BOPAG is looking for a new Administrator. Yes, that is an Andy Mark II. I'm not disappearing before you start getting excited that you are finally shot of me, however, I would like to cut back on my BOPAG work as I look to get involved with other things. I plan to remain more in the BOPAG background helping out as and when needed and keeping the website going so I am definitely not leaving you and there is no date set as it very much depends on finding the right person to look after all you lovely people. So please spread the word.

Our county has a rich RAF history and there are opportunities to visit RAF High Wycombe and Halton House, details on pages 2 & 3. If you are around on the 13th August, there will be a really useful talk on looking after old photographs (and we all have those lurking in boxes and envelopes which I suspect is not the best way to look after them) For the golfers amongst you, there have been very well received trials of Dementia Friendly golf sessions (page 2) resulting in regular sessions that can be booked and even a coaching session.

Finally we have Karoline on her latest adventure biking round Austria and Lilian modelling the latest in her new line of birthday T-shirts. Life affirming stuff!

Andy



SILVER SUNDAY
CELEBRATING OLDER PEOPLE
SUNDAY 6th OCTOBER 2019

Grants Available for Silver Sunday Events

In support of the Silver Sunday initiative Chiltern & South Bucks District Council are pleased to offer a small grants scheme to enable community groups and parish councils to apply for a small grant to organise an event to support Silver Sunday. Silver Sunday is a special day in the calendar which brings everyone together to celebrate older people.

This Grant Scheme aims to encourage residents to come together and will give new opportunities for our elderly residents to connect with the communities and generations around them. Guides for organising a Silver Sunday event as well as downloadable posters, invitations and logos can be found at: <https://silversunday.org.uk/>

Applicants can apply for funding of up to £150 per project and to qualify, groups must be in the Chiltern or South Bucks area and wish to hold an event between Monday 30th September – Sunday 6th October.

For more information on how to apply for a grant please visit: www.chiltern.gov.uk/SilverSunday or www.southbucks.gov.uk/SilverSunday Closing date is the **18th September**



Halton House, RAF Halton, Officers' Mess

Heritage Open Day

Sunday 22nd September 10am—4pm

Free Admission



A rare opportunity to view the ground floor rooms of Halton House, the Victorian Grade 2* House, previously the home of Alfred de Rothschild until 1918. The Trenchard Museum (the story of RAF Halton), the James McCudden Flight Centre and the reconstructed WWI Trenches will also be open.

In 1918 Halton House and the estate was acquired by the Royal Air Force and for the past 100 years has served as the Officer's Mess for RAF Halton, Wendover, Buckinghamshire. The House is often used as a location for films and television, e.g. 'The King's Speech', 'The Queen', and 'The World is not Enough'.

Plentiful parking is only available at Halton House. Access to the Trenchard Museum, the James McCudden Flight Heritage Centre and the Reconstructed Trenches is only by free shuttle bus from Halton House.

Please note that disabled access is very limited and Halton House has no disabled toilets. Guided tours of Halton House are available only by appointment. Please contact Trixie Brabner on 07974 283 511 or email trixiebrabner@live.com to find out more



ADULT LEARNING
BUCKINGHAMSHIRE



Education & Skills
Funding Agency

Adult Learning Lip Reading & Sign Language Taster sessions

If you have every fancied having a go at lip reading or sign language, Adult Learning are giving you the chance to try classes for free in September

9th September Intro to lip reading Mon 10:30 – 12:30 Amersham ALC

9th September Intro to sign language Mon – 19:00 – 21:00 at Quarrenden ALC, Aylesbury

11th September Intro to lip reading Wed 10:00 – 12:00 at Quarrenden ALC, Aylesbury

13th September Intro to sign language Fri 14:00 – 16:00 at High Wycombe Library

20th September Intro to sign language Fri 17:30 – 19:30 at Highcrest ALC, High Wycombe

To book a place call Adult Learning on 01296 382403



Dementia
Friends
An Alzheimer's Society initiative

Dementia Friendly Golf Sessions

South Bucks District Council believe that people with dementia should be supported to live well in their community and to continue to keep active, as this promotes positive wellbeing and reduces the risk of loneliness and social isolation.

Following the successful trial of a dementia-friendly golf session at The South Buckinghamshire Golf Course, they have now launched a discounted golf scheme for people living with dementia and their Carers, 9 hole rounds are available to book now for £5 including use of clubs. For further information or to book a round, please call 01753 643332 or email golfenquiries@chilternandsouthbucks.gov.uk

September Dementia-Friendly Coaching session

The team are offering a one off coaching session on Monday 2nd September between 14hrs – 15.30 hrs, golf buggies are available which enables easy access on the course for people with dementia and their carers to play a few holes.

To book call Sam or Simon on 01753 643332 or golfenquiries@chilternandsouthbucks.gov.uk



Hughenden and the RAF

Hughenden Parish was created in 1894 when an Act of Parliament reformed local government in England and Wales outside the County of London. Made up of the wards of Widmer End, Naphill & Walters Ash, Hughenden Valley and Great Kingshill, the parish and its settlements has a long and interesting history. In celebration of 125 years of Hughenden Parish, special events have been arranged including these special tours of RAF High Wycombe

September 23rd 1.30—3pm
the tunnels

Harris Room and general history of the station, aircraft and

September 27th 1.30—3pm
the tunnels

Harris Room and general history of the station, aircraft and



All tours will meet at No1 site (site nearest Lacey Green) in the Car Park.

For bookings and further details please call Simon on
07956 183262
or email simon.kearey@hughendenpc.org.uk



BUCKS FAMILY HISTORY SOCIETY

Southern Group (registered charity 290335)

Old Photographs Their Care & Conservation A Talk by Tom Doig

With pollution and modern materials, our photographs are at an increasing risk. In this talk we consider how they should be stored and methods of 'safe' display. We will also take a brief look at the vulnerability of audio/video recordings and suggest strategies for their preservation

Tuesday August 13th

The Community Centre, Wakeman Road,
Bourne End SL8 5SX

Doors open 7.30 for a start at 7.45pm
Every one welcome, members £2.00
non-members £4.00. Ample free parking
(after 7pm)

Events at Gracewell



Gracewell of High Wycombe have the following events in August and are all open to the community:

Thursday 8th August 6.30pm Join us for a drink and an evening with singer Dave Dunbar

Friday 16th August 2:30pm Keith Russell plays the accordion.

Thursday 22nd August Join us for a drink and double act singers Sparky & Sprite

Saturday 31st August 1pm-4pm Annual Sumer Fete. Live entertainment from Jean Claude, BBQ, raffle, tombola, book sales, bric a brac, plants and much more

And don't forget the **Café 'Forever Friday'**, every Friday 2-4pm – Bring, Buy or just socialise, there will be items to buy such as puzzles and books, you can bring any items you would like to donate, all proceeds will go to Alzheimer's Society, Complimentary tea/coffee and cake. All are welcome.

Gracewell of High Wycombe, The Row, Lane End, High Wycombe, HP14 3JS



The joys of electric bikes for older people

People give up cycling at various ages and for various reasons. Whereas at one time it might have been fun to jump on a bike, with age it is more convenient to use the car.

Sadly in Britain there is no culture of cycling as is the case in many other countries. People dislike the physical effort that is required and also they do not feel safe cycling on busy roads with pot holes.

I was fortunate to be able to cycle in Austria using an electric bike (e bike) for the 1st time. It was such a wonderful experience and joy. I am really old and not many people of my age would think of riding a bike. I normally ride an ordinary bike, mostly along a cycle path, to the next village.



When I first got on an e bike, I was a bit scared because as soon as I pedalled it picked up speed. However, after about 10 minutes I rather enjoyed the sensation of going along at a speed with very little effort. One has to peddle but it is not strenuous. I discovered that I also could go up hills without much effort.

Soon, I was really hooked on this e bike. There are 3 positions. Position 1 is for only a little bit of assistance and 3 for a lot of assistance. One also has to use the gears correctly and that took me a few miles to get right.

The permitted top speed of an e bike in this country is 15 miles. When one goes faster than 15 mph there is no assistance just normal biking. E bikes are really good when it is windy as one still can get up to a good speed without noticing it and they are much more stable than ordinary bikes so you don't wobble about. The only disadvantage is that they are heavy mainly because of the motor and the

battery. The battery needs charging after approximately 40-50miles, depending on the make. Some newer ones can do 100 miles before they need charging. The weight also depends on what the bike is made of. Carbon bikes are very light but expensive whereas aluminium bikes are heavier but much cheaper. It is possible to



get a reasonable bike from Halford from £850 upwards. I think e bikes are worth every penny because they put joy back into cycling.

On our 1st day we did 42 km and I was not even tired. We did between 40 and 50 km for 4 days. I especially liked cycling through the Bohemian Forest, where the roads were excellent, little traffic and plenty of shade from the hot sun. I also liked cycling along the Danube. There is a cycle path all the way from Germany into Hungary and will eventually go as far as the Black Sea. Cycle routes on the continent are funded by the EU and there are plenty of e bike holidays available including the use of the e bike.

Karoline Lamb (*in the blue shirt*)





Renewal of the Better Care Fund

Ministers have confirmed the renewal of the Better Care fund for 2019 to 2020, bringing the available pooled funding to £6.4bn.

The fund provides financial support for councils and NHS organisations to jointly plan and deliver local services. It enables people to leave hospital sooner, to get the care they need at home.

Social care-related delays to patients being sent from hospital have been nearly halved since February 2017, following multi-billion pound government investment in integrating health and social care – the equivalent of freeing up almost 1,200 NHS beds. The fund has so far been effective in:

- helping to keep people living independently at home
- providing joined-up reablement services
- reducing delayed discharges across the system
- achieving closer working between the NHS and social care services

Government Launches a Prevention Green Paper

The Government has launched a Prevention Green Paper - Advancing our health: prevention in the 2020s – consultation document

It covers a multitude of areas including various health issues such as Musculoskeletal disorders, diabetes, cardio vascular etc as well as staying active, home and communities.

I know that some of you have interests in some of these specific areas so if you would like to feedback your thoughts and ideas, you can do so at <https://www.gov.uk/government/consultations/advancing-our-health-prevention-in-the-2020s/advancing-our-health-prevention-in-the-2020s-consultation-document>

The deadline for response for this consultation is: 11.59pm on 14th October 2019.

A Belated Birthday Shout Out to Lilian



And that is a very cool t-shirt for a very cool young lady!

BOPAG are looking for an Administrator



BOPAG are on the look out for a new Administrator to look after the day to day running of the group, ensure the meetings run smoothly, look at future funding amongst other things.

The role is based at home (apart from the meetings) and is approx. 6-8 hours per week although it is very flexible and could easily work around school holidays etc.

Ideally, the person will have good computer skills (e-mail, Word, Excel, Powerpoint & Publisher (or other publishing package) and an interest in issues affecting older people. It will also be necessary to travel to meeting venues so will need access to a car.

If you know of anyone who might be interested, the full job description and details of the hourly rate can be found on the BOPAG website or by contacting Andy (details on the back)



Money Matters

P3 Buckinghamshire Housing Support Service

As of the 1st July, criteria to access this service have been updated to allow even more people to use it. The online referral form is now in operation. This county-wide housing support service is for people who need support to manage and maintain their accommodation if it is at risk. It is a flexible approach to give the right support, at the right time, and in the right place, in order to prevent homelessness, and help you work towards independence.

You will be assigned a support worker who will meet with you regularly in your home or in the community who can offer a bespoke package of support for a maximum of 6 months, centred around you and your life, to tackle the reasons you are struggling to maintain your property, including:

- Managing or setting up your tenancy
- Housing advice
- Accessing benefits or financial support
- Support to improve social networks
- Health & wellbeing (including being safe)
- Signposting to other local support services

There are drop-in sessions at local community venues across Buckinghamshire. You can come along to one of the sessions where experienced support workers who will be able to offer you some on the spot advice and guidance.

To access this service you must live in Bucks and be at risk of homelessness or are struggling to independently manage your home (such as unable to pay rent) or if you're starting a new tenancy and need support to get started

If you, or someone you know could benefit from this support, complete the online application on our website www.p3charity/bucks or call them free on 0808 164 1810 . There are offices in both Aylesbury and High Wycombe. You can also email bucks@p3charity.org More information can be found at www.p3charity.org

Aylesbury Vale Voluntary & Community Sector Grant Fund

Not for profit / community groups providing services which deliver against at least one of these key priorities:

- Services for older people (particular services that support those with dementia)
- Services for people with disabilities (physical, sensory and learning)
- Services that support the emotional and mental health and well being of young people

There is a focus upon early intervention and prevention. The closing date for applications is the 27th September. More information and application forms can be found at www.aylesburyvaledc.gov.uk/grants-voluntary-and-community-sector or by contacting the Grants Officer, Jan Roffe at jroffe@aylesburyvaledc.gov.uk

**Universal
Credit Scam**

Action Fraud
National Fraud & Cyber Crime Reporting Centre
0300 123 2040

Action Fraud has received reports about a scam in which fraudsters target people with offers of “low cost” loans or “free” government grants. What the victims aren't told is that the money they'll receive is actually an advance payment for Universal Credit. The criminals use the personal information they've obtain under false pretences to make an application in the victim's name. After the fraudsters have taken their “fee” from the advance payment, the victim is then left to pay back the total amount once their repayments begin.

Remember

Never share any information with someone you don't know and trust. Department for Work & Pensions (DWP) staff will never approach you in the street or over social media and ask for you personal information
If you suspect your identity may have been stolen, contact Action Fraud on 0300 123 2040



Health News

Dementia Costs Crisis

More than 770,000 elderly people have been refused state support since the Government pledged to reform the broken care system. The shocking figure has emerged amid growing pressure on the new prime minister to tackle the social care crisis that burdens families with crippling dementia costs. Official figures revealed that 895 people a day have been turned down for local authority care since ministers promised reform in March 2017. It means that these families have had to find the money to care for elderly relatives, during which time politicians have delayed their plan six times.

Anyone who has more than £23,250 in savings – including the value of their home – is rejected for state-funded care. In the two years and four months since the green paper was promised, nearly 9,000 families have had their savings run down below this threshold, meaning they have become eligible for support having been originally turned down. In the same period, 66,684 people have died while waiting for care. Those with dementia – who make up about two-thirds of those in care – have borne the brunt of the delay.

The figures, collected from councils by NHS Digital and analysed by Age UK, lay bare the scale of the crisis facing hundreds of thousands of families. Families have spent £15 billion over the past two years supporting relatives who have the illness. Research shows that 'self-funding' for care home places rose from £3.97 billion in 2007 to £7.74 billion last year – an increase of 95 per cent.

Memory Information Session

A session will be held at the Poplar Grove Practice, Meadow Way, Aylesbury, HP20 1XB on Tuesday 17th September 1.30 – 3.30pm. This is a free session to help people who are concerned about their memory. We will share memory tips and coping strategies and give access to a wide range of information and services which may be of use

To find out more or book a place please contact Angela Walshe 01296 331749
Angela.walshe@alzheimers.org.uk

Hearing aids could help to fight dementia

Wearing a hearing aid in later life could slow the ageing of the brain and defend against dementia, research suggests. A study found that people who wore aids for age-related hearing problems maintained better cognitive functions than those with similar hearing who did not use them. Those who wore them had brains that performed as if they were, on average, eight years younger.

Previous studies had linked hearing loss to a raised risk of dementia, possibly because deafness can lead to social isolation. Nearly seven million people in Britain could benefit from hearing aids but only about two million use them, according to the charity Hearing Dogs for Deaf People. About 850,000 people in the UK are thought to be living with dementia, about 300,000 of whom have yet to receive a diagnosis.

People with a high genetic risk of dementia can improve their chances of avoiding conditions such as Alzheimer's with a healthy lifestyle including regular exercise, eating sensibly, drinking only moderately and refraining from smoking. This study now suggests that hearing aids could also be a valuable weapon in staving off the illness.

The new research, conducted by the University of Exeter and King's College London, looked at 25,000 people who were aged 50 or above. The subjects were split into two groups, one made up of people who wore hearing aids and the other in which they did not. Both undertook annual cognitive tests over two years. The subjects who wore hearing aids performed better in tasks that assessed working memory and aspects of attention. They also appeared to have faster reaction times.

Time to get a hearing test? Hearing tests are free on the NHS and many pharmacies and opticians such as Boots, Specsavers and independent stores offer free tests too



2019

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

2019 Dates

Sept 18th Simon Kearey Head of Locality Delivery - NHS Buckinghamshire CCG

November 20th Safety in the Home, Alison Still, Bucks Fire Service

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

Public Health Meetings

These are meetings that members of the public can attend and ask questions

Bucks Health Trust Board Meetings

Wed 25 Sept & Wed 27 Nov 9am Hampden Lecture Theatre, Wycombe Hospital

Wed 27 Nov 9am Hampden Lecture Theatre, Wycombe Hospital

Buckinghamshire CCG Board Meetings

12 Sept 2019 Meetings take place 10.30-12.30. Jubilee Room, Aylesbury Vale District Council, the Gateway, Gatehouse Rd, Aylesbury, HP19 8FF

Future Dates **14 Nov 2019, 12 March 2020**

Newsletter info

If you know anyone who would like to receive our newsletters, please get in touch. We can email or post them to recipients.

Also, we are looking at sponsors and/or advertisers to help us cover our newsletter costs so please contact us if you can help

Dates for your diary

Tuesday 27 August 1:30-3pm **Big Conversation Café** at Marlow Community Hospital. Drop in **Tuesday 10th September**, 10.30am—12 The Street Association and Trading Standards **free Scams & Fraud Workshop** for residents. Aylesbury Library, Walton Street, Aylesbury. If you'd like to attend call 01296 382345

21 & 22 September Open House London is the world's largest architecture festival, giving free public access to 800+ buildings, walks, talks and tours over one weekend in September each year. Find out more at open-city.org.uk

Monday 23 September Big Conversation Café at Thame Community Hospital 1:30-3pm Drop in

Tuesday 24 September Big Conversation Café at Marlow Community Hospital 1:30-3pm Drop in

Wednesday 9th October, 2-3pm, **Dementia Friends Session** Room 2, Burnham Park Hall, Windsor Road, Burnham. The workshops are open to all residents. If you're interested please call 01296 382345

Thursday 10th October, 2—3:30pm **Free Scams & Fraud Workshop** for residents to help identify the types of scams & harm that can happen behind closed doors. Naphill Village Hall, Main Rd, Naphill, High Wycombe. If you'd like to attend call 01296 382345

Monday 28 October Big Conversation Café at Thame Community Hospital 1:30-3pm Drop in

Tuesday 29 October 1:30-3pm **Big Conversation Café** at Marlow Community Hospital Drop in

Thursday 7th November 10.30—11:30 **Dementia Friends Session** The Harrow, Warrendene Road, Hughenden Valley. The workshops are open to all residents. If you're interested, please call 01296 382345 or email communities@buckscc.gov.uk

Monday 11th November, 10:30-12 **Free Scams & Fraud Workshop** for residents to help identify the types of scams & harm that can happen behind closed doors. Harding Room, Chesham Library, Elgiva Ln, Chesham. If you'd like to attend call 01296 382345

Monday 25 November Big Conversation Café at Thame Community Hospital 1:30-3pm Drop in

Tuesday 26 November Big Conversation Café at Marlow Community Hospital 1:30-3pm Drop in

Monday 30 December Big Conversation Café at Thame Community Hospital 1:30-3pm Drop in

Tuesday 31 December Big Conversation Café at Marlow Community Hospital 1:30-3pm Drop in