



## Bucks Older Peoples Action Group Meeting 21st January 2022 2pm Via Zoom

**Attendees: 28**

**Apologies:**

Linda Richards  
Jane Quince  
Maureen Dossett  
Hannah Blatchly  
Ann Standen  
Joyce Melia

1. Alan Barnard welcomed everyone to the meeting and introduced Graham Keal as our guest speaker.  
Graham gave an interesting and amusing talk about his past interviews with celebrities such as Terry Wogan, Morecambe and Wise and many others. He also gave us some entertaining anecdotes about Elsie Tanner from Coronation Street.  
Questions and Answers followed.
2. **Notices: Jan Sambrook from Dementia Action Marlow** joined us to tell us about their new campaign to have specialist Dementia Nurses called Admiral Nurses to be commissioned for adults and their carer's. Currently we have 4794 people in the Chilterns with Dementia which is a big population of sufferers and many of them have other issues too, which is known as co-morbidities. Admiral nurses support transitions through the care of Dementia sufferers and also co-ordinate GP's Dr's and the nurses. They support the families and provide education in Dementia. She would like people to support their campaign by writing to their MP, Clinical Commissioner or Healthwatch Bucks. They have an open letter to offer you which you can find by going to their website; <https://www.dementiaactionmarlow.org/news> or by contacting Paula at BOPAG. Jan also wanted to inform the Group that DAM now have Charitable status.
3. **Roger Runswick from The 50Plus Group** informed us of the independent home group, which is in its 21<sup>st</sup> year, and what they do. They offer home repairs and home technology support to people in their homes to help them remain independent. Their services are all listed on their website, and they cover a large area and are based in Chesham. <https://www.the50plus.co.uk/> prices are listed too, and they offer lots of free advice if you want to call in or phone them.  
**Sue Stuart Tai Chi Qigong.** Sue explained that Tai Chi is gentle exercising to promote good balance and maintain posture. She offers free Zoom sessions on Monday afternoons and if interested just send her your email address and she can send you a link to join; [sastuart@globalnet.co.uk](mailto:sastuart@globalnet.co.uk) Sue is running a Memory Partners project which supports people living with Dementia as well as their friends, families and carer's. They are offering a Tai Chi Café at St Frances Church Terriers High Wycombe, Thursday mornings 11am for an hour £5. There is plenty of parking available, bus stop

nearby and you will be offered refreshments and cake. They are a Not-for-Profit group so any profit made will go towards instructor training. Sue had been involved with research which shows that Tai Chi Qigong can help some forms of Dementia and slows the process down. Everyone is welcome. Sue's research has also recently been published internationally which she is very proud of.

**Treasurers Report** -Stuart Smith, nothing new to report.

**AOB -**

**Alan Barnard** mentioned he went to a meeting at the Marlow Hub and a project called New Dawn was discussed regarding new plans and strategies for 2025 by Bucks Healthcare Trust and the Deputy Director of Strategies. One of the things that came up was the relocation of A&E Hospital units, and AB suggested that anyone who has any thoughts or comments regarding Bucks Health Care Trust or Bucks Local plans should make their comments now. DW echoed his thoughts reference local plans for development and also wanted to encourage people to write in with their comments. AB to share contact Marlow Hub with Jan Sambrook DAM. Alan also wanted to mention Scams that are very sophisticated and currently circulating. He mentioned the BOPAG FB page as they are highlighted there and in the BOPAG Hoot.

**Roger Runswick** mentioned a current scam concerning roof repairs where people are going up onto roof to remove tiles to encourage you to have repairs. He suggested not answering cold callers that knock on your door and suggested they call the 50plus group who could come and take a look and give free advice to those who were concerned.

**Paula Watts** mentioned GYFID at Princes Risborough April 8<sup>th</sup> 10am-1pm at the Princes Centre PR. Park and Ride transportation to the venue will be offered. Looking for exhibitors who can offer free services to the elderly and for Groups to spread the word to attendees. Poster available, email Paula for further details of this event.

[Paulawatts.bopag@btinternet.com](mailto:Paulawatts.bopag@btinternet.com)

**David Whittaker** mentioned the Needs Assessment Webinar that was advertised in last month's BOPAG Hoot. One of his colleagues attended and found it very worthwhile.

He also followed up on the A4 'Not on the Computer' sheet that his wife Holly and her local PPG have been working on with Bourne End and Wooburn Green medical centres. It is an information sheet to assist the elderly who can't access services due to not being online. They have some last-minute changes and then the document will be shared to interested parties. PW to co-ordinate.

**2022 Meeting dates** - face to face meeting **March 18<sup>th</sup> 10am** Christ the Servant King.