



Bucks Older Peoples Action Group
Meeting 19th November 2021
Christ the Servant King, Sycamore Road, High Wycombe

Attendees:

Alan Barnard – BOPAG Chairman Marlow bottom Valley Plus
David Whittaker – BOPAG Vice Chairman
Paula Watts – BOPAG Administrator
Stuart Smith (CSPA) BOPAG Treasurer
John Betts - (Stokenchurch) STOPAG
Bernie Hunter – Dementia Action Marlow (DAM)
Jeannette Mason - DAM
Jan Sambrook – DAM
Martin Sambrook – DAM
Natalie Judson – Community Engagement and Development Team Bucks Council
Marian Mulady – Local resident
Graham Cooper – Phoenix Stroke Club
Shila Odedra-Silvera – MMDF and Oxford Aunts
Jane Quince – NHS prescriber Southmead Surgery Farnham Common
Ros Shorrocks – Age UK
Linda Richards – BEFAB Burnham/Marlow Groups
Hannah Blatchly – Live Well Stay Well NHS
Janet Kenny – OASIS Group Old Amersham

Apologies:

Chris Stanners (Dignity Champion)
Phil Folly (COPAG)
Barbara Richardson (COPAG)
Karoline Lamb – Chalfont St Giles Group
Wendy Healy – Woodland Manor Care Home
Ann Standen – The Advocacy People
Annie Roy-Barker – Marlow Rotary Club
Joyce Melia – Local resident
Frank Carrie- Local resident
Esther Dickinson – The Red Cross
Helen Tyres – Local resident
Jane Osborn – Chair Lane End

1. Alan Barnard welcomed everyone to the meeting and introduced Shila Odedra-Silvera from Making Marlow Dementia Friendly, as our speaker.
2. Shila gave a fascinating talk about Dementia and how it is possible to live well if you, or someone you know, is suffering from the disease. Shila gave us an insight of how to see the signs of Dementia, safeguarding for the future, and how to live positively with it so that you see the person before you see the disease and wanted to put our minds at ease that it is not just memory loss that leads to Dementia and how we can bring the stigma down that is attached to the sufferers.
3. Question and Answers followed.

4. **Notices: Ros Shorrocks** from Age UK informed the attendees that 5 a side walking football project is now being held inside for the winter months. She also told us about her new project Lets Move together, an online exercise class, free of charge, which is being run by Fitswarm. They are looking for volunteers to help and the classes are for over 60's. Stuart Smith asked if Ros knew if there were any other walking sports classes on offer like tag rugby. Ros agreed it would be a good idea but not aware of anything else at the moment.

Natalie Judson asked about volunteer pool and mentioned Community Impact Bucks and Bucks University students as a potential support service.

Janet Kenny from OASIS group in Old Amersham discussed her volunteers and members and raised a concern that they are losing a lot of support due to the pandemic and finding it really hard to find new volunteers. She asked for ideas on how to attract new people in and how to gain funding. Natalie Judson offered support with funding applications and Linda Richards mentioned how time consuming it is and everyone agreed.

Alan Barnard wanted to note that BOPAG has some funds that were signed over from Marlow Group when it closed, and that amount is available for a start-up if required. Contact PW for more details.

Linda Richards from Burnham BEFAB explained that they had a meeting arranged and were delighted and surprised, that over 50 people were in attendance. Her previous committee had resigned and once an ultimatum was delivered about the possibility of the club closing down after 51 years of meeting, 8 volunteers came forward. Next meeting is on the 1st of December where a final decision will be made.

John Betts mentioned his concerns over disbandment of his Stokenchurch Group STOPAG but found that once an ultimatum had been given, new people came forward to volunteer. He no longer requires help or funds and will keep us updated on progress.

David Whittaker mentioned that his group Re-engage are finding it tough to secure volunteers too as lots of people want to spend time with their families and are unsure if it is safe to offer their support in case, they unknowingly spread COVID19, and that it is a very challenging time for all volunteers. David went on to say that many former SOS volunteers from the Covid lockdown period have been working with the Bourne End and Wooburn Medical Centre and their PPG to produce and distribute a simple A4 guide to the many alternative ways of contacting the BEWMC to reduce complaints on long waits to obtain appointments by phone.

He also wanted to note that Natalie has always been very supportive to BOPAG and has always been an enthusiastic member of Buckinghamshire Council.

5. **Follow up from matters arising from last meeting;** AB mentioned the AGM and the approved amendment to the constitution. SS said that the alteration needed to be incorporated into an updated document, which he undertook to prepare, followed by the chairman's signature.

6. **Treasurers Report**

Stuart Smith gave an outline of current funds and noted that they are in a process of gradual decline caused by the reduction of the Council Community Prevention grant, He mentioned that it is not sustainable in the longer term, but we have had income by way of new advertisers to the sum of £1250 and the Bucks council funding of £1127 had been applied for and awarded for the Golden Years Information Day. The total cost of GYFID was £1599. We are due the second instalment of the Community Prevention Grant too. We currently have £13,100. which will probably decline a bit by the end of the year.

7. Any Other Business

Jenny from DAM mentioned they have an open evening on Tuesday 23rd November in Liston Hall, Marlow to celebrate their 1st year. All welcome, evening event.

<https://www.dementiaactionmarlow.org/news>

Graham Cooper mention the STROKE consortium in Marlow called the Phoenix Club. They meet on Mondays 2-4pm as a social group. Keen to get more people involved. PW to add to the BOPAG Hoot and NJ to add to the BOD. (Bucks online Directory)

Ros Shorrocks from Age UK mentioned her community session open door meetings that happen 1st Tuesday of every month in the Eden Centre, High Wycombe. PW to add to the Hoot.

Linda Richards suggested a speaker at our next session to help us understand how we go about funding applications and how to speed the process up. All present in agreement. PW and NJ to organise. Natalie also mentioned that she would feed back to the relevant departments within the council about the discussions held today.

Linda asked for notes from our speaker.

2022 Meeting dates - face to face meeting Friday 21st January 10am