

## Note from the Editor

I'm spreading the love this month! We should all love our libraries. They have always been special places but even more so now offering communities plenty of opportunities whether it's learning how to search things on the internet or my favourite, learning how to hand spin wool! I've listed just some of the things that are happening in libraries across the county but there is much more so do pop in and find out what is happening in your local library and say hello to those wonderful volunteers that help keep this ever scarce resource open for us all.

Last month, BOPAG invited Workaid to come along and give us a talk about their charity based in Chesham. What an absolutely wonderful organisation they are. I plan to go along and see them in action and do a feature in a future issue. In the meantime, if any of you are having a clear out, think of Workaid! They will take (and collect) tools, sewing machines, haberdashery, bikes, knitting & sewing machines, garden tools. Anything that is not working they can repair and for those things beyond repair get a second life as spares. These things then are sent to projects in Africa to help people learn skills and start their own businesses. Any immediate enquiries 01494 775 220.

I think that my favourite article this month is the backpacker granny. What an absolute inspiration proving that you are never too old for adventure.

Nominations are now open for the Dignity & Respect Awards (below) but don't delay as nominations close on the 24th. Nominations are also open for the Community Policing Awards (closing date 20th Feb) on page 2. Please don't be put off nominating if there is someone out there that you feel is worthy. I am very happy to help pull the nomination together for you (fill in the form etc) just give me a call (details on the back).

Chris and I are busy adding activities and services to the BOPAG website. If you take part in, help out with or know of any activities in your neighbourhood which you would like included for others to read about, please get in touch. We do all the work for you!

That's it for me for this month, I hope you enjoy this edition.

Andy



## Dignity & Respect Awards 2017



Do you know someone who has gone that EXTRA mile to show dignity and respect to you or others?

**Dignity and respect at the heart of care**

Why not nominate them for an Award in Your Community, Health Care and Social Care.

The Awards celebrate outstanding examples of how dignity and respect are demonstrated across Buckinghamshire. We are looking for individuals, teams and organisations that have gone above and beyond to support people in a way that promotes dignity, respect and well-being. From your neighbour, relative or community volunteer to your carer, GP or nurse – now's the time to shout about your dignity and respect hero.

### Nominations now open.

Nominations will be open until 24 February 2017 and the award ceremony will take place on 19 May. Complete your nomination online or request a paper copy by contacting us on 01296 387087

Unsure who to nominate? You can read all about last year's winners below and see the guide to nominating.

To find out more go to <http://www.careadvicebuckinghamshire.org/s4s/WhereILive/Council?pageId=1962> or call 01296 387 087

The awards ceremony on the 19th May will take place at The Oculus, The Gateway, Gatehouse Road, Aylesbury, HP19 8FF at 10am and you can book your place from 13 March 2017 by emailing: [dignity@buckscc.gov.uk](mailto:dignity@buckscc.gov.uk) or calling them on the above number



## Community Policing Awards 2017



Do you know a Police Officer, PCSO, Special, Cadet or Volunteer that has gone above and beyond?

The Community Policing Awards are back for their sixteenth year. There are seven categories including Community Police Officer, PCSO, Special Constable, Diversity Champion, Cadet, Volunteer and Community volunteer.

Nominations are open for TVP employees as well as members of the public. The new category, Community Volunteer, is a chance to recognise the amazing work of volunteers who support TVP.

You can vote via [thamesvalley.police.uk/newsevents/newsevents-events/newsevents-events-cpa.htm](http://thamesvalley.police.uk/newsevents/newsevents-events/newsevents-events-cpa.htm). Nominations close on Monday 20 February



Working in partnership  
to make our community safer



## Little Chalfont Pub Lunch Club

A pub lunch club has been set up at The Pomeroy on White Lion Road and lunches will take place on the last Monday of every month. With over 30 Pub Lunch Clubs across the county, The Pomeroy is the latest to join this popular social activity.

The two course meal (main & pudding) is on offer at £8 to club members and the club is free to join. All you need to do is book in advance with the local organiser, Ingrid on 01494 581 228.

If you'd like to be involved in setting up a Pub Lunch Club in your community please contact [Llew Monger](#) or direct on 07808 096513.



## The Arts at Stowe—Spring Season



Saturday 11 February 2pm **Michael Morpurgo's King Arthur**

Story Pocket Theatre presents: King Arthur. An epic tale of magic, heroism, love and betrayal adapted from the novel Arthur: High King of Britain, by Michael Morpurgo. King Arthur is a fast-moving family adventure, full of physical theatre and outstanding storytelling.

Thursday 2 March at 8pm **The Story of Love on Death Row, The Road to Huntsville**

Stephanie Ridings tells the story of women who fall in love with men on death row. Blending research and footage from her trip to Texas,

Saturday 11 March at 7.30pm **Concert for Keith**

Peter Edwards and the Buckingham Chamber Orchestra perform in honour of a very special man, Keith Templeman, who sadly passed last May. Programme includes covers of Elton John and Simon & Garfunkel plus music written by Keith Templeman

Wednesday 22 March at 8pm **Holmes and Watson: The Farewell Tour**

Fresh from a sell-out run at the Edinburgh Fringe Festival, Holmes and Watson are coming to Stowe where they will re-enact one of the most baffling unsolved cases. Join them for an evening of intrigue, amazement, and amusement as the case unfolds before your very eyes.

Friday 12<sup>th</sup> May at 8pm **Beverley Craven**

BRIT Award winner Beverley Craven will be visiting Stowe as part of a major tour of the UK. Beverley's concerts have been selling out round the UK since her return to the stage in 2006. Beverley is looking forward to performing her new songs live alongside timeless classics 'Promise Me', 'Holding On', and many more.

To book or find out further details, please contact the box office on 01280 825710 or enquiries: 01280 818012



# Your Library



Gone are the days when our libraries were just about borrowing books. Social and technology changes as well as funding and staffing cuts have seen libraries that have survived, morph into community hubs. There is so much going on and here's a snapshot of the regular activities but the list is not exhaustive and there are many one off events too.

## Tuesdays

**Princes Risborough** Learn My Way (Computer & Tablet IT help) 10-12

**Marlow** Researching Your Family History support 10-11

**Wycombe** Researching Your Family History support 10-1

**Princes Risborough** Knit & Natter 10-11:30

**Haddenham** Knit & Natter 10-12

**Marlow** Learn My Way (Computer & Tablet IT help) 10-12

Also at **Marlow** on the 7<sup>th</sup> Feb Prevention Matters will be there from 10:15 – 5pm

**Burnham** Singing for the Memory 10:45-12:30

**Wycombe** Knit & Natter 11-1 and Learn My Way 12-4

**Hazlemere** Knit & Natter 1:30-3

**Winslow** Learn My Way 1:30-4:30 and In Stitches (Knitting, sewing & cross-stitch) 2-4

**Amersham** Learn My Way 2-3

**Chesham** Learn My Way 2:15-3:15

**Beaconsfield** 2:30-4:30

**Aylesbury** Learn My Way 2:30-4

## Wednesdays

**Princes Risborough** Learn My Way 10-12

**Chesham** Learn My Way 10:30-12:30

**Aylesbury** Coffee Morning 10:30-12

**Beaconsfield** Wednesday Club (Board games, knitting, crochet etc) 10:30-12

**Wycombe** Learn My Way 12-4

**Winslow** Learn My Way 1:30-4:30

**Chesham** Learn My Way 1:30-4

**Burnham** Scrabble Club 2-4

## Thursdays

**Haddenham** Spinning Group (Learn to handspin wool and other fibres) 10-12

**Marlow** Knit & Natter 10-12 and Thames Valley Police Drop In 10:30-11:30

**Aylesbury** Learn My Way 10-11:30

**Marlow** Learn My Way 10-12

**Beaconsfield** Simply Walk 10:15-11:30 and Learn My Way 10:30-12:30

**Wycombe** Learn My Way 12-4 and Family History 2-4

**Buckingham** Knit & Natter 2-3

## Friday

**Hazlemere** Learn My Way 10-12

**Buckingham** Learn My Way 10-12

**Hazlemere** Simply Walk 10:30-11:15 and Crochet Circle 10:30-11:30

**Aylesbury** Knit & Natter 11-12 and Learn My Way 2:30-4

Everything you see here is free and most you can just turn up to. The Learn My Way sessions (basic IT skills/brush up your online skills) and the Family History support sessions should be prebooked as they are 1:1 support. You can do this by calling Bucks Libraries on 0845 230 3232 or 01296 382415



## New Activities in and around Chesham



### Active Bucks Yoga/Pilates

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

Day: Tuesdays starting 21st February at 5:15-6:00pm

Venue: The Old School, Chesham Road, Ashley Green, Chesham, HP5 3PP

Cost: £2.00 per person (First session is free)

### Active Bucks Yoga/Pilates

As above

Day: Wednesdays starting 8th March at 12:15-1:00pm

Venue: Chartridge Village Hall, Chartridge Lane, Chartridge HP5 2TW

Cost: £2.00 per person (First session is free)

### Active Bucks Gentle Exercise

The class is designed to improve balance, increase mobility and flexibility. Classes are open to all levels of fitness in a relaxed environment

Day: Wednesdays starting 22nd February at 12:30-1:30pm

Venue: Wallington House Community Centre, Wallington Road, Chesham, HP5 2NZ

Cost: £2.00 per person (First session is free)

For further information please contact Matt Harrington on 07771566038 or email

[matthew.harrington@gll.org](mailto:matthew.harrington@gll.org)



## Classes in Marlow

Charlotte Jones from the Court Garden Leisure Complex in Marlow has got in touch. Court Garden is looking to get people more active particularly engaging with older people and in turn help people improve their fitness.

They can look to offer classes to groups, and would welcome suggestions from groups and individuals on what activities they would like to see locally. Activity also brings a more social aspect too which many of participants enjoy.

Charlotte works shifts so the best way to contact her is by email on [charlottejones@pfpleisure.org](mailto:charlottejones@pfpleisure.org) and then she is happy to arrange to meet if you are interested.

If anyone would like to get in touch with Charlotte but does not have access to email, then please call Andy on 01296 622122 who can write an email on your behalf.

Charlotte Jones, Operations Manager, Court Garden Leisure Complex

## Chesham Leisure Centre



When it comes to going for a swim, it can feel a little daunting stripping down to your swimwear and bearing all in front of a pool full of strangers. This is why Better in partnership with This Girl Can launched a special session just for females at Chesham Leisure Centre.

Since the sessions started over 125 ladies have registered to take part. The ladies range in age from 13 to 75; many were non swimmers, some had to conquer their fear of water at the start before becoming the confident swimmers they are today.

Swimming is great as it provides a full body workout whilst being low impact and can help reduce the risk of chronic illness whilst burning 200 calories or more in half an hour

The sessions are held on Wednesday mornings 9am to 10am and the first is free to all new participants after that the cost is £2.55 per session. There is always a facilitator on hand to offer help and advice.





## Backpackergranny

*I will not stay at home and gather dust*



Geraldine Forster embarked on a global adventure following her retirement seven years ago and since then, she has visited 50 countries and is still travelling the world with her backpack.

When she retired at 65, she bought a one-way ticket to Bangkok, packed a rucksack and waved goodbye to her children and grandchildren. She had no plans other than to travel and see the world and seven years later, she is still travelling.

Recently, the Telegraph and Lonely Planet posted articles about Geraldine and her adventures, resulting in many more people discovering her wonderful blog.

In her own words "We are at an age that we can do anything we want to. In my opinion there is no finer education than meeting people from all walks of life, learning about their culture, their cuisine, and their country. Life is for living! Beyond our doorstep is a great big

wonderful world waiting to thrill and enchant us with its unsurpassable splendor and beauty. Believe me, you are never too old to begin the journey.

It's just a question getting out there! Travelling is an excellent form of recreation, it stimulates the brain, opens your eyes to the many new and spellbinding wonders of this world. Without a doubt, it will totally change your perception of how you view this planet and will give you a brand-new lease of life."

Geraldine clearly throws herself into making the most of life, hugging elephants in Thailand, enjoying a happy New Year's Eve with a hostel owner and his family in China, and eaten copious local delicacies from ants' eggs in Cambodia to snake in Taiwan. All this she does on her own and survives on her pension.

**You can read more at  
[backpackergranny.com](http://backpackergranny.com)**

## The Bus Services Bill



Did you know that there is a Bus Bill currently making its way through Parliament? The Bus Services Bill is a Public Bill presented to Parliament by the Government. The Bill was introduced to the House of Commons and given its First Reading on 24 November 2016. This stage is formal and takes place without any debate.

Why is this interesting? Outside London, bus companies currently compete on the street for passengers but if the Bill is passed they will instead compete for franchises set by local authorities with a set level of service for a specific area. The hope is that this will help combat the current skew towards well used, more profitable bus routes – literally leaving many people and communities standing in the cold.

Though the Bill falls short of providing new resources, it does provide the tools for local authorities to tackle bus provision creatively and in response to local need.

The Bill has barely made the headlines despite it having the potential to make a very tangible difference to millions of people.

As we get older, mobility often changes with age related impairments and vulnerabilities, resulting in many people giving up their car and relying on other forms of transport. For people in later life who have to forego their cars, especially in rural areas, there is a greater risk of social isolation and loneliness than for previous generations whose lives were, in general, lived closer to home.

In Bucks, all commercial bus services focus on routes to nearest commercial centres and not to locations where people need to access services.

MPs will next consider the Bill at Second Reading, the date for which is yet to be announced. You can track the Bus Bill's progress here: <http://services.parliament.uk/bills/2016-17/busservices.html>



## Scam Watch!



### One million pensioners will be on 'suckers lists' by 2019

Around one million pensioners will be on "suckers lists" of people vulnerable to scams within two years, a lead researcher for trading standards has warned.

The number of victims is soaring at a rapid rate with the Government's database of 300,000 people expected to more than triple by 2019, according to Prof Keith Brown who conducts scams research on behalf of the Chartered Trading Standards Institute.

Suckers lists are made up of repeat victims who may have responded to mail scams, such as fake competitions and lotteries. The majority of victims are elderly

and live alone.

Prof Brown said that without urgent action they would soon represent one of the biggest crime waves the UK has ever seen with around £10bn being stolen every year and rising.

Following the Daily Telegraph's disclosures, the Department for Business has hinted that it will use a green paper due to be published later this year to announce a tougher, more effective regime to help people who are known to be vulnerable to scam victims

*Taken from the Telegraph 29/1/2017*

#### Your Guide to Scams

**Phishing** – The aim is to trick people into handing over their card details or access to protected systems. Emails are sent out that contain either links or attachments that either take you to a website that looks like your banks, or installs malware on your system. A report by Verizon into data breach investigations has shown that 23pc of people open phishing emails.

**Identity theft** – According to fraud protection agency Cifas, the number of victims rose by 31pc to 32,058 in the first three months of 2015. Criminals use online 'fraud forums' to buy and sell credit cards, email addresses and passports.

**Hacking** – In a Verizon study of security breaches there were 285 million data exposures, which works out to about nine records exposed every second - 26pc of these attacks were executed internally within organisations.

**Online harassment** – 73pc of adult users have seen someone harassed in some way online and 40pc have experienced it.

### Payment diversion alert

Fraudsters are emailing members of the public who are expecting to make a payment for property repairs. The fraudsters pretend to be a tradesman who has recently completed work at the property and use a similar email address to that of the genuine tradesman. They ask for funds to be transferred via bank transfer. Once payment is made the victims of the scam soon realise they have been deceived when the genuine tradesman requests payment.

#### Protect yourself

Always check the email address is exactly the same as previous emails with the genuine person. For any request of payment via email, make a call to the person who carried out the work to confirm the details.

Check the email for spelling and grammar as these are signs that the email is not genuine. Payments via bank transfer offer no financial protection; consider using alternative methods such as a credit card or PayPal which offer protection and an avenue for recompense.

If you believe that you have been a victim of fraud you can report it online [http://www.actionfraud.police.uk/report\\_fraud](http://www.actionfraud.police.uk/report_fraud) or by telephone 0300 123 2040.



## Health News

**Stroke**  
association

### Act F.A.S.T.



Public Health  
England

In partnership with the Stroke Association, Public Health England are relaunching the "Act FAST" stroke campaign. This campaign aims to raise awareness of the symptoms of stroke and to encourage people who recognise any one of these symptoms, in themselves or others, to call 999.

The FAST acronym has featured in the advertising for a number of years and is a simple test to help people identify stroke symptoms:

**Face** – has their face fallen on one side? Can they smile?

**Arms** – can they raise both arms and keep them there?

**Speech** – is their speech slurred?

**Time** to call 999 if you see any one of these signs

Other stroke symptoms people should be aware of include:

1. Sudden loss of vision or blurred vision in

one or both eyes

2. Sudden weakness or numbness on one side of the body

3. Sudden memory loss or confusion

4. Sudden dizziness, unsteadiness or a sudden fall, especially with any of the other symptoms

Stroke is a medical emergency. People are being urged to take the above symptoms seriously and call 999 without delay if they notice any one of them in themselves or others, even if they are unsure.

Running from 2 February until 31 March, you'll see and hear the campaign on TV, radio, social media and outdoor advertising. The primary audience for the campaign is people aged 50 and over, as this age group are more likely to experience a stroke.

**Even if you are not sure, act FAST, make the call, dial 999.**

### The importance of strength and balance exercise to prevent falls

CENTRE FOR  
**AGEING  
BETTER**

41% of over 70s don't realise how important good strength and balance is to reduce falls, according to new research commissioned by the Centre for Ageing Better.

Each year, 30% of people aged 65+ will have a fall, which can result in serious injury. There were 57,712 hip fractures in England in 2014/15, and falls account for over 4 million hospital bed days every year.

Maintaining and improving muscle strength and ability to balance is crucial in reducing risk but also critical in helping people live independently as they get older.

The research shows that many people in all age groups are confused about what activities help with improving their strength and balance. Heavy gardening jobs such as digging help as well as carrying heavy loads such as groceries counted. Walking was a helpful activity, but in fact moderate or slow walking does not improve muscle strength or balance despite it being good for general health

### What does the STP really mean **NHS** for Bucks NHS services?

Due to underfunding over the years, Buckinghamshire is ahead when it comes to downgrades to our hospitals. Under STPs (Sustainability and Transformation plans), our cash-strapped local hospitals look to lose more services and sites could potentially be sold off.

Following the recent closure of Ward 5B at Wycombe hospital for 'frail older' people, more of our community hospitals such as Marlow are at risk of losing beds. All this when we already hear that the NHS is desperately short of beds and social care is struggling.

Bucks are not alone, this is happening all over the country. Just over the border, downgrading of the busy Horton General in Oxford will increase the strain on the John Radcliffe. As more housing is being built in Bucks, the strain on Stoke Mandeville is only set to increase.

Local campaigner Ozma Hafiz is urging us to write to our MPs, sign the petition on 38 degrees and get involved before it is too late. More info on <https://www.facebook.com/groups/savewycombehospital/>



**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 22<sup>nd</sup> March 2017**

**(Speaker—New Leaf Project**

Wednesday 17th May 2017

Wednesday 19th July 2017

Wednesday 20th September 2017

Wednesday 22<sup>nd</sup> 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

**In the news**

**David Cameron appointed president of Alzheimer's Research UK**

There has been many a raised eyebrow to the news that David Cameron is the new president of Alzheimer's Research UK. He is calling for greater funding for dementia research saying that "dementia shouldn't be so far behind cancer in terms of funding priorities". One can't help thinking it's a shame he didn't do more in his previous role to help this worthy cause. Many people wait up to 6 months for a full assessment, causing anxiety and uncertainty for individuals and their families

*Editor — I hope that no one thinks that I am showing any political bias here. I would like to assure readers that I am equally skeptical of all politicians regardless of their political persuasion.*

**Dates for your diary**

**February 26th Galaxy Hot Chocolate Fund**

closes. To apply for a £300 grant go to [www.galaxyhotchocolate.com](http://www.galaxyhotchocolate.com)

**March 9th CCG Governing Body meeting**

10:30 am - 12:30 pm King George V House, Amer-sham. More info at [www.chilternccg.nhs.uk/events/governing-body-meeting-in-public-2/](http://www.chilternccg.nhs.uk/events/governing-body-meeting-in-public-2/)

**March 9th Health and Wellbeing board 2.30 pm**

at Large Dining Room, Judges Lodgings, Ayles-bury More info at [democracy.buckscc.gov.uk/ieListMeetings.aspx?Committeeld=710](http://democracy.buckscc.gov.uk/ieListMeetings.aspx?Committeeld=710)

**March 29th NHS Trust Board Meeting 9.00am**

Education Suite, Florence Nightingale Hospice Charity, Unit 2, Walton Lodge, Walton Street, Aylesbury More info at [www.buckshealthcare.nhs.uk/Downloads](http://www.buckshealthcare.nhs.uk/Downloads)

**Seamless Relocation**

Seamless Relocation offers a comprehensive service to support someone moving house.

They are an independent downsizing service to enable older people and others requiring support to move home.

They take care of all aspects of moving home. From finding a new property, selling the old, de-cluttering, organising utilities and services through to settling you in on moving day, they can help with all or just part of the move.

There are an increasing number of housing choices for older people in the UK. They can advise on the range of options available along with the pros and cons of the various alternatives. As the options increase, so does the confusions as to what is best for individual circumstances.

Seamless Relocation have a useful list of the types of property and accommodation available along with a short explanation of each one showing who they are designed for, the key features and the type of tenure available.

They work with Age UK and First Stop and the Stroke Association

They do charge for their services but offer a free initial consultation after which you receive a quotation based upon their understanding of your needs. This quotation is also sent to family or a nominated friend should you ask them to.

To find out more you can contact them on 0208 621 3553 or email them via the website [www.seamlessrelocation.com](http://www.seamlessrelocation.com) or write to them at Seamless Relocation Ltd, 14 Broughton Road, London, W13 8QW