

Note from the Editor

It is awards season! No, I'm not talking about the glamorous red carpet events such as the BAFTAs and Oscars, I mean the Dignity Awards (below) and the Community Police Awards (page 2). There are so many unsung heroes out in the community who go that extra mile to make the lives of others better. So if you know one, please nominate them.

I hope that you managed to avoid the awful viruses that have been attacking people this winter. So many people I know have been struck down and our meeting in January did not escape with both speakers falling victim at the last minute. The good news is that they have recovered and we are delighted that we have been able to reschedule the Hearing talk for our meeting in March as I know that many of you were very interested in this subject.

We have a packed newsletter again this month. BOPAG are delighted to be supporting the Age UK campaign, Painful Journeys, which you can read about on page 4. It's easy to support and we'd urge you all to do so.

There seem to be a flurry of frauds and scams happening with victims in Bucks so please have a look at page 5 & 8. Pass the message onto others too.

We have a lovely piece written by one of our founder members, Chris Stanners, on her recent return visit to Athens (page 3) along with some lovely sunny pictures. I love travel but it isn't always easy for people especially if you have a disability or mobility issues so I was fascinated to hear that there is a charity that can help you find the right holiday, Tourism For All (page 6).

Thank you to all my contributors this month and also to my wonderful readers too, your lovely comments mean the world to me.

Andy

Nominations open for stars going the extra mile for dignity and respect



You have the chance to nominate a Dignity in Care Star – it could be a friend, volunteer or carer – for going the extra mile in supporting people in a way that promotes dignity, respect and wellbeing.

Devoted carers, health workers, and community volunteers will be honoured at this year's Dignity and Respect Awards 2018.

Now in their sixth year, the awards celebrate outstanding examples of how dignity and respect are demonstrated across Buckinghamshire. Nominations are open to the public as well as professionals. The awards are for individuals, teams and organisations that have made a difference by putting dignity, respect and wellbeing at the heart of the care they provide.

Lin Hazell, Cabinet Member for Health and Wellbeing at Buckinghamshire County Council, said: "There are many wonderful people out there who make a real difference to the people they care for by treating them with the respect they deserve.

"If you know of a person, team, group or organisation that has gone above and beyond in supporting people in Buckinghamshire then why not recognise them for their excellence and nominate them for the Dignity and Respect Awards 2018. It's a great way to say thank you."

The awards are part of Buckinghamshire County Council's ongoing campaign to raise awareness of every person's right to be treated with dignity and respect whenever they need care and support.

Nominations will be shortlisted and a short film posted onto the website so that the public can view the films of each shortlisted entry and cast their votes online ahead of the Dignity and Respect Awards event on WEDNESDAY 2 MAY 2018, being held at the Oculus in Aylesbury.

Nominations will **close at 5pm on Monday 12 February 2018**. To download a nomination form, book your place at the event, or find out more go to <http://www.careadvicebuckinghamshire.org/dignityawards>. Alternatively call 01296 387087.



Taxi Concessionary Scheme—Helping you get to medical appointments



Do you need help to get to medical appointments?

Little Chalfont Parish Council has obtained Local Area Forum funding from Bucks County Council for a taxi concessionary scheme, to help with the cost of getting to medical appointments.

The scheme is available to residents over age 65 to provide transport to attend medical appointments at a list of venues, shown below. In addition it is planned to offer transport to the doctor's surgery in White Lion Road, Little Chalfont and well as local dentists and opticians.

Two local taxi firms, Clover and Linfields, have agreed to take part with Linfields providing transport for wheelchair users. Members of the scheme telephone the approved taxi company

and make a booking, in the normal way, to take them to their medical appointment. At the end of the journey, the member pays the driver the agreed fare and obtains a signed receipt. The member then takes this, along with a completed claim form, to the Little Chalfont post office for a 50% rebate.

Further information may be obtained from the parish office on clerk@littlechalfont-pc.gov.uk or 01494 766655.

List of venues:

Amersham Health Centre
Amersham Hospital
Chalfont St Peter Community Hospital
Physio Centre, White Hill, Chesham
Queen Alexandra Hospital, High Wycombe
Stoke Mandeville Hospital, Aylesbury
Wexham Park Hospital, Slough



Community Police Awards

The Community Policing Awards take place each year at a ceremony in May. In its seventeenth year, the awards provide an opportunity to recognise and nominate the work of officers, staff and volunteers who have made the greatest contribution to their community over the past year.

Do you know someone who has gone above and beyond in their role? Someone who you believe should be recognised for their hard work and efforts over the last year?

There are seven categories this year:

- Community Police Officer
- Police Community Support Officer
- Special Constable
- Diversity Champion
- Cadet
- Volunteer
- Community Volunteer

Nominations close on February 26 and can be made at <https://www.thamesvalley.police.uk/about-us/corporate-events/winners-community-policing-awards>

Energy Advice

citizens
advice

Citizens Advice Chiltern provides impartial, free and confidential advice to thousands of residents each year. We are offering talks to groups in the Chiltern and South Bucks areas about staying warm for less this winter and avoiding the health risks associated with living in a cold home. The most recent research carried out by Citizens Advice shows that it is often pensioners and people on low incomes who are least likely to switch supplier. This means that the consumers who can least afford it often end up on expensive default tariffs.

We would like to come and speak to your support groups for the elderly across Chiltern and South Bucks. We can offer a whistle stop tour of how to find the best energy deal, potentially saving hundreds of pounds a year, and where to go for extra help with energy efficiency, fuel debts and improvement grants. We can tailor the advice depending on whether the group is large or small and offer follow up one to one appointments for those who need extra help.

[Kate Hallatt, Energy Advice, Citizens Advice Chiltern. Tel: 01494 774748](#)

For those elsewhere in Bucks you can contact your Citizens Advice at
Aylesbury Vale Tel 0344 4111444
CAB Wycombe 0344 245 1289



A Greek Odyssey

Twenty years ago I visited Athens. My late husband, a copywriter in an advertising agency was working on a promotion for a well known holiday company, and was asked to go 'incognito' to check out Athens. Wife included.

Half way through the week he was recalled to London, for a day. Alone in the city and knowing only 3 Greek words: please, thank you and where (which was *poo* and came in useful when finding my way back in the dark, with a map and street signs in Greek!), I set off

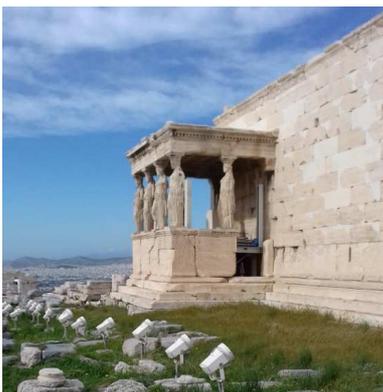
First I spent 4 wondrous hours at the famed Archaeological Museum. After a brief rest & cooling off at the hotel I set off again for the National Cemetery. I always like to see the graves of famous people and in this case wanted to see the grave of the German, Schlieman, who discovered the tomb at Mycenae and the golden wonders.

I encountered a workman who took me to Schlieman's grave and other English ones and although he couldn't speak English we managed to communicate. He took me to his tombstone workshop and showed me his own monument. It was a heart-warming encounter.

Next on my list was the Parthenon on Acropolis Hill. He directed me to a pathway winding through little alleys where elderly ladies in black sat on their doorsteps crocheting lace. They smiled and waved as I climbed.

By this time it was late afternoon and with the sun setting gold, pink and red it was a magical sight. But at sundown the guards cleared the tourists off the site but having just arrived, I was allowed to stay until everyone had gone. I will never forget the magic of that solitary sunset.

As I made my way back down the hill, I



Caryatids

looked down on the ancient amphitheatre where I could see the stage with ruined arches at its back and row upon row of stone seats curving up to where I was standing. There were rehearsing for the performance next day, the tragedy of Electra in Greek. I got tickets (we couldn't understand a word but knew the story) acted by the most famous Greek actress and in the light of the full moon. Magic. And it was our wedding anniversary....

Twenty years on I returned with a friend to celebrate New Year 2018. Returning to the Parthenon in golden sunshine was a totally different experience. You can no longer walk into the monument which is undergoing extensive restoration but you can walk around the site, seeing the magnificent ruins of other temples, one colonnaded with the famous



carvings of six maidens (Caryatids) in their graceful robes holding up the roof. One of these statues was taken by an English ambassador, Lord Elgin .

A museum on the Acropolis Hill has been constructed looking up to the monument with the top floor laid out to reproduce the columns. The original frieze figures are beautifully displayed. Empty spaces show pointedly where the figures had been removed by our ambassador.

Seeing this, I felt that the 'Elgin Marbles' in the British Museum could perhaps now be returned and we could have the plaster life-sized replicas, knowing we had preserved the originals in our safe keeping.

Chris Stanners



Age UK Painful Journeys Campaign



Thousands of you have told Age UK that you or a loved one really struggle with travelling to your hospital appointments.

For most of us just having a hospital appointment is enough to worry about, but imagine having to make a long and complicated journey alone, in pain and feeling anxious about not getting there in time.

This isn't good enough, but it doesn't have to be like this.

With your help, Age UK can ensure hospital transport really works and older people are given the care and support they need.

The system for getting older people to hospital isn't fit-for-purpose

- Transporting older people to and from hospital costs the NHS and the Government millions of pounds a year
- Yet who gets help and how good that help is seems to be a postcode lottery

- Currently, many older people are experiencing anxiety, exhaustion and distress getting to their hospital appointments
- Every older person deserves to get to their hospital appointments safely without it being a struggle

Age UK are asking people to get in touch to share their experiences and write to their MP. This can be done at their website www.ageuk.org.uk/our-impact/campaigning/painful-journeys/

You can also write to them sharing your story. If you include your name and address they can tell your MP that you are supporting the campaign. Just address the letter to FREEPOST AGE UK CAMPAIGNS and it won't even cost you a stamp.

Great British Spring Clean



Litter blights our streets, parks and beaches and costs millions of pounds to clear up every year.

The Great British Spring Clean takes place 2-4 March and is a campaign with a simple aim: to bring people across the country together to clear up the litter that blights our towns, villages and countryside.

There are already events planned in Aylesbury, Bledlow Ridge, Great Missenden, Belingdon and Kingshill. You can find out more details and register your own activity at www.keepbritaintidy.org

Our local district councils are keen to support the campaign and for example will arrange to pick up litter collected by groups for free. You can contact them at

Aylesbury Vale

streetscene@aylesburyvale.gov.uk

Chiltern www.chiltern.gov.uk/springclean

S Bucks www.southbucks.gov.uk/springclean

Wycombe www.wycombe.gov.uk/News/2018-January/Get-involved-with-the-Great-British-Spring-Clean.aspx

New Shed Opens in Black Park

Men in Sheds have been running successfully for a number of years. Men of all ages can come along to these sessions and participate in activities similar to what they would do at home or in their own garden shed but providing the good company of other like-minded men.

There are currently six sheds including the latest at Black Park. If interested in the Black Park Shed get in touch with them via email Keith Gillard at keith.blackparkshed@gmail.com.

Shed members can develop new skills or hone existing ones whilst enjoying being part of a social group. Some examples of activities include:

- Woodworking
- Photography
- Metal working
- Model Making
- Electronics
- Mechanics

Please Contact Samantha Hardy at Community Impact Bucks on: 01844 348831 /07990 756742 or email: samantha@communityimpactbucks.org.uk



Community Safety

Phantom Debt Fraud

Action Fraud has recently experienced an increase in the number of calls about fraudsters requesting payments for a “phantom” debt. The fraud involves being cold-called by someone purporting to be a debt collector, bailiff or other type of enforcement agent. The fraudster may claim to be working under instruction of a court, business or other body and suggest they are recovering funds for a non-existent debt.

The fraudsters are requesting payment, sometimes by bank transfer and if refused, they threaten to visit homes or workplaces in order to recover the supposed debt that is owed. In some cases, the victim is also threatened with arrest. This type of fraud is presently occurring throughout the UK.

Protect Yourself

Make vigorous checks if you ever get a cold call. Bailiffs for example, should always be able to provide you with a case number and warrant number, along with their name and the court they are calling from; make a note of all details provided to you.

If you receive a visit from a bailiff, they must always identify themselves as a Court Bailiff at the earliest possible opportunity. Ask to see their ID card which they must carry to prove who they are, this card shows their photograph and identity number. They will also carry the physical warrant showing the debt and endorsed with a court seal.

Double check with the court, company or public body they claim to work for to confirm whether the call is legitimate; if you use a landline make sure you hear the dialling tone prior to dialling as the caller could still be on the line and you could potentially speak to the fraudster(s) to confirm the non-existent debt.

Do not feel rushed or intimidated to make a decision based on a phone call. Take five and listen to your instincts.

You can report suspicious calls like these to Action Fraud by visiting www.actionfraud.police.uk or by calling 0300 123 2040.

Take 5 to Stop Fraud



Take Five To Stop

Fraud Week is part of the national campaign from Financial Fraud Action UK and the Government, backed by the banking industry coming together to tackle fraud.

The advice being issued this week is really simple but it can stop you becoming a victim of fraud.

1. A genuine bank or organisation will never contact you out of the blue to ask for your PIN, full password or to move money to another account. Only give out your personal or financial details to use a service that you have given your consent to, that you trust and that you are expecting to be contacted by.
2. Don't be tricked into giving a fraudster access to your personal or financial details. Never automatically click on a link in an unexpected email or text.
3. Always question uninvited approaches in case it's a scam. Instead, contact the company directly using a known email or phone number.

Talk Talk Scam Call

One of our members reports receiving one of those phonecalls to say my computer has a problem, this one supposedly from Talktalk (not the usual Microsoft one).

“The man had a very strong Asian accent and told the usual story about there is a problem with my computer etc, and asking me to go to my computer and get online to wait for instructions how to fix the problem. When I asked him who he thought he was speaking to as he had not addressed me by name, he then asked me to tell him. When I told him I was not giving him my name as he was a scammer he then shouted abuse. Not terribly polite I thought!

Guess that blew his cover too... The phone number that showed was 0191-252-6702”



Coffee companions is coming to Wyevale Garden Centre

The Café at Wyevale Garden Centre, Wendover is starting the new year off by offering its clientele a new way to socialise and make new friends.

Coffee Companions is a simple concept which uses Chat Mats to open up communication. The two-sided Mat is placed on the table and on one side, coloured green, is an invitation to 'Say Hello'. If the Mat is turned on the other side coloured red, the message reads 'Not Today'.

Encouraging the use of these Chat Mats and setting up Chat Clubs to start conversations and create companionship benefits everyone.

The Centre Café's Companions Hours will run twice a week on Tuesdays and Fridays with its opening launch on Tuesday, 6th February.

So if you're planning to drop by the Wyevale Garden Centre for a cuppa, look for the green Coffee Companions sign at the counter and Chat Mats on the tables – and prepare to enjoy a good chat!

Looking for funding for your organisation?

14 March 2018 - Buckinghamshire Funding Fair

12:30-17:30 Gateway Conference Centre
Aylesbury

The Buckinghamshire Community Funding Fair is free to attend and you can find out about the funding you need. Exhibitors include local, regional and national funders and support organisations.

This annual event is a great opportunity to speak to 20 different funders and voluntary sector support organisations, ask questions and gather information, as well as the chance to network with other local groups.

For any further information please call 01844 348820 / 0300 111 1250 or email info@communityimpactbucks.org.uk



advice and support for older age

Independent Age

Benefit calculator

Independent Age have a useful benefits calculator which will help you find out what benefits you can claim.

The calculator is free to use, and the details you provide are anonymous.

Before you start, make sure you have information about your savings, income, pensions and existing benefits (for you and your partner).

You'll find the calculator at www.independentage.org under information then benefits



TOURISM FOR ALL

Making Accessible Travel Better

Tourism for all is a small national charity that helps disabled people plan the right holiday for them. It has just launched its new website

www.tourismforall.org.uk

They are looking for feedback from travelers so that they can learn from their experiences.

Afternoon Tea at the Holiday Inn, Weston Turville

Thursday 26th April 2018

2.30pm to 4.30pm

An event to bring people together. For those that are older and would like to meet others to make friends or just have a reason to have some fun. Carers welcome too. There will be a live performance, courtesy of The Aylesbury Performing Arts Centre.

Spaces are limited. Please call 3 weeks in advance to book your space.

Call Home Instead to book your space:
Bal Harrington, Community Co-ordinator
01296 410 029 or 01844 202 778
www.homeinstead.co.uk/aylesburyvale



Health News

Medicines Management

NHS Aylesbury Vale and Chiltern Clinical Commissioning Groups (the CCGs) are asking for the views of patients and carers to help them make improvements to the way they deal with medicines.

In particular, they want to reduce the amount of medicine that is wasted across the NHS system and address some of the current safety concerns surrounding some treatments.

They want to develop solutions to these issues that will benefit our patients and local health and care services alike.

The CCGs' Medicines Management Team are holding a meeting at the Holiday Inn, High Wycombe, on 27 April 2018.

If you are interested in being involved, please get in touch with Amelia Lloyd at amelia.lloyd-hunt@nhs.net.

If you are not on the internet, please call Andy (details back page) and I will send an email on your behalf.

British Red Cross on Hospital Re-admissions

Vulnerable and elderly people are stuck in an "endless cycle of avoidable hospital re-admissions", according to a report by the British Red Cross that blames an inadequate social care system for the failings.

Patients are being sent home from hospital, without the right care in place, only to go straight back to emergency departments – multiple times with hospitals failing to notice the problem. Emergency re-admissions have risen by almost 23% in the last five years, with the number of people being re-admitted within 48 hours now accounting for one out of five of all emergency re-admissions. While a patient might appear to be medically fit enough for discharge, repeated readmissions signal that something might be amiss at home.

There is currently no agreed, consistent approach to flagging repeat admissions.

The British Red Cross supports around 300,000 people every year with support-at-home services, transport for patients to and from hospital, ambulance support and mobility aid loans. The Bucks team can be contacted on 01296 739 303

Admiral Nurses

Admiral Nurses provide specialist dementia support that families need. When things get challenging or difficult, Admiral Nurses work alongside people with dementia, and their families: giving them one-to-one support, expert guidance and practical solutions. The unique dementia expertise and experience an Admiral Nurse brings is a lifeline—it helps families to live more positively with dementia in the present, and to face the challenges of tomorrow with more confidence and less fear.

Most Admiral Nurses work in the community for the NHS, and others work in care homes, hospitals and hospices.

A pilot scheme is running across the county to assess local needs for appointing a specialist dementia nurse.

MEET WITH AN ADMIRAL NURSE

on Thursday 15th February 2018 (At the Fitzwilliams Centre in Beaconsfield old town) Help and Advice: a one to one 30 minute meeting with an Admiral Nurse for the main family carer of a family member suffering from dementia

There will also be a **Lunchtime talk** by one of the Admiral Nurses at 12.45 pm on Thursday 15th February - please call to let us know you are coming. This is a pilot scheme to assess our local needs so please don't wait.

To book an appointment or attend the talk please call 07541 225318.

Reducing Your Falls Risk

There is a very useful presentation on YouTube which aims to reduce the risk of falls, particularly among older people, by offering practical advice and information.

It is narrated by Dr Raj Thakkar, Clinical Commissioning Director for Planned Care at Aylesbury Vale and Chiltern CCGs.

It's 11 minutes long and can be found at <https://www.youtube.com/watch?v=IrFvkzHWU3o>

You might like to show it at one of your meetings.



2018

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

2018 Dates

21st March (Hearing Loss)

16th May

18th July

19th September

21st November

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

Courier fraud warning in Aylesbury Vale

Residents in Aylesbury Vale have reported receiving unsolicited telephone calls from people often claiming to be police officers. They have claimed to be investigating a fraudulent transaction on the victim's cards, or suspicious transaction on their bank account.

The offenders give fictitious officer name / shoulder number and in a recent report, the resident was encouraged to dial 999 to check out their identity. The line had been kept open by the offender, so the victim was not actually connecting to the emergency services.

In Aylesbury a victim was asked to go to the bank to withdraw cash and a courier later turned up to pick up the cash / bank cards.

Please warn neighbours, family and friends, especially if they are old or vulnerable, not to pass information on to any unsolicited callers.

If you are suspicious of an unsolicited telephone call, that you think might be fraudulent, report it to [Action Fraud](http://ActionFraud.org) on 0300 123 2040.

Dates for your diary

Memory Information Sessions

27th February 10.30 – 12.30 at Amersham Museum HP7 0DP

1st March 10.00 —12:00 Haddenham Medical Centre HP17 8JX. To find out more contact Angela Walshe on 01296 331749

2018 Dates of Partnership Boards

Assistive Technology 14/03, 13/06, 12/09, 12/12

Dementia 12/02, 11/04, 15/06, 15/08, 11/10, 13/12

Older People 27/04, 26/07, 26/10

Please email or phone Debbie if you are interested in attending. Mobile: 07507 399 180

Email: debra.robinson@suco.org.uk

NORDIC WALKING

A WORK OUT FOR THE WHOLE BODY

We have a 1 hour walk every Thursday at 1.30 pm
We have a 2 hour walk every Sunday at 9.00 am
All walks start and finish in Chalfont St Giles

If you have never done Nordic Walking and need lessons, contact Karoline, a qualified Nordic Walking and Fitness Walking instructor - lambkaroline3@gmail.com.

Nordic Walking for Men

If you're finished with sports and feel out of sorts
And you must let your wife do the talking
Don't get depressed, just take a deep breath
And take up this great Nordic Walking

Your next major goals are to find 2 good poles
Which are wooden and clearly for thrusting
One for left, one for right, you will feel a delight
And move shoulders that seem to be rusting

The action you use is walk in your shoes
Or boots if that's how you like being
A bit like the style being used all the while
By those who go cross country skiing

Once you're in the groove, your health will improve
Your sex life revive for good measure
You will eat like a horse, be determined of course
To be seen by the press as a treasure

So make a new start and lift up your heart
Remember the brave Stephen Hawking
It really is true that you can battle through
Be a winner who does Nordic Walking!

ABW