

### Note from the Editor

Happy February everyone. With the general election over and Brexit transition underway, we can only hope that this means the government will be able to focus more on its day job and the many issues that impact older people. There's an update on two of the campaigns that Age UK are currently running (TV Licensing and Private renters) on page 4 along with details if you'd like to add your voice.



Talking of which, Healthwatch Bucks would love everyone to help them build a picture of how our health and care services are doing in their Speak Up 2020 initiative. You can do this by phone and all feedback, good and not so good, is so important. Unless you tell them, they won't know how things are and often it's the little things that can make a big difference (page 7). And talking of speaking up, I was shocked that medicine reviews are not standard practice. As we get older, it's common that we are prescribed multiple medicines and if you are in that situation, ask your GP for a review.

Our wonderful globe trotting Karoline has been off the beaten track in Malawi (a little detour on her way to Australia!) and as I love hippos, I've chosen one of her photos from the trip for our front page. You can read all about her latest adventure on page 3

Please be vigilant in supermarket car parks (page 8). The case highlighted, happened in Aylesbury but it's highly likely that it is two men working together and is not an isolated case.

There are grants available for any groups that would like to hold an event to celebrate VE or VJ day. All 4 district councils are running the funding scheme. (page 2)

I've tried to provide non-internet contact information in the details for all the articles but where this hasn't been possible and you'd like assistance accessing the information, please don't hesitate to get in touch. My details, as ever, are on the back page

Stay safe & keep smiling!

Andy

### Frail older people in England missing out on vital medicines checks

Almost 75,000 severely frail, older people in England are missing out on vital medicine checks, putting them at risk of hospitalisation, falls and adverse drug reactions, according to an analysis of NHS data.

At least 10% of hospital admissions of frail older people are directly attributable to mismanagement of medicine. But the analysis of all patients aged over 65 in England found that only 59% – 108,507 – of people identified as being extremely frail received their annual medicines review last year.

The analysis shows that almost 350 GP practices did not assess a single elderly patient in 2018-19. Numbers have fallen by almost half compared with the year before: in 2018-19, only 14% of registered patients aged 65 years and over received a frailty assessment. This is almost half the already low number in 2017-18, when just 26% received an assessment.

Under NHS guidance introduced in October 2017, GPs in England should be routinely identifying frail older people, and those with "severe frailty" should be given an annual medicines review.

A spokesperson for NHS England and NHS Improvement said the lack of medicines reviews in this group of patients would be addressed in the new GP contract from April 2020.

So until then, if you haven't had a medicines review for some time, ask your GP for one



## Community Policing Awards

The Community Policing Awards take place each year and provides 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.

There are nine categories, to nominate, please click on the links below:

1. Community Police Officer
2. Police Community Support Officer (PCSO)
3. Special Constable
4. Diversity Champion
5. Cadet
6. Volunteer
7. Community Volunteer
8. Problem Solving Award
9. Response Officer

Nominations for the 2020 Community Policing Awards close on Monday 24 February and nominations can be made at [www.thamesvalley.police.uk/](http://www.thamesvalley.police.uk/). Scroll down and you'll see the link



## Small grants scheme

In support of the landmark year, all 4 District Councils are providing a special small grants scheme.

To help mark the anniversaries of VE and VJ Day, community groups can apply for funding for events such as street parties, memorial services or musical performances.

The events must take place on Friday 8 May, Saturday 9 May or Sunday 10 May 2020 for VE Day in order to be eligible for funding, or on the weekend of 14-16 August to mark VJ Day.

More details can be found at [www.chiltern.gov.uk/VEgrant](http://www.chiltern.gov.uk/VEgrant)

[www.southbucks.gov.uk/VEgrant](http://www.southbucks.gov.uk/VEgrant)

[www.aylesbury.valedc.dov.uk/VEgrant](http://www.aylesbury.valedc.dov.uk/VEgrant)

[www.wycombedc.gov.uk/VE-grant](http://www.wycombedc.gov.uk/VE-grant)

**Applications close 28th February**



BUCKS FAMILY HISTORY SOCIETY

Southern Group (registered charity 290335)

## Making the Most of Findmypast

### A Talk by Peter Christian

Findmypast is one of the major genealogical data services. We will look at the best ways to search and how to overcome search problems

### Tuesday February 11th

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)

## Safer Buckinghamshire Survey

The new Safer Buckinghamshire Community Safety Partnership (CSP) will come into effect in April 2020 (in line with the creation of the new Buckinghamshire Council). The partners include Thames Valley Police, Bucks Fire & Rescue, the health service and probation service in Buckinghamshire and the new Buckinghamshire Council.

The CSP will work together to help provide a coordinated approach to reducing crime and disorder across the county.

A short survey (link below) invites residents and those working in Bucks to give feedback on how safe they feel. This will help shape the CSP's priorities for the next year, along with other crime and safety data.

<https://shadow.buckinghamshire.gov.uk/consultations/safer-bucks-survey/>

If you would like to complete the survey you have until 11:59pm **on 23rd February 2020**.



## WHERE ARE THE ELEPHANTS?

On my way to Australia, I went via Johannesburg and then took a detour to Malawi, a small landlocked African country with a big lake. Very few tourists go to Malawi and not the easiest of places for independent travellers like me. My aim was to see as much as possible in 11 days and so I landed in Blantyre, the former capital.

First job was to get local money out of the ATM but unfortunately the ATM took my card and I had to wait 4 hours before someone came and retrieved it. After a 3 hour taxi ride I got to my lodge, just outside the Majete Wildlife Reserve, apparently the number one place to see the big 5. From my balcony I looked out on the Shire River where I could see crocodiles, birds and butterflies. It was a most beautiful location and there was a lovely dog who slept outside my chalet. I met some local fishermen, who were fishing with a home-made rods held up in the water by plastic bottles. They told me that the small fish they caught was the main food for their families.

The next day I took the jeep safari into the park with some Dutch travellers. All we saw of the big 5 was one elephant and were told that the animals were hiding although it was time when they should be by the water holes. We were also told that 90 elephants had been transferred to Liwonde National Park.

After three days it was time to move on. There is no public transport and the only way locals get around is by overcrowded minibuses which go when they are full and have many stops. This wasn't for me with my suitcase as I wanted to travel at least half the length of the country so I opted for private taxi, which was very expensive.

I stopped off in Blantyre, with its old



*Karoline's latest adventure*



colonial buildings and a magnificent Botanical Garden. I met the Curator and when I told him I worked at the Herbarium in Perth, Australia he was suitably impressed and personally showed me round. I came across trees and plants that only grew in that part of the world. From there I went on to Zomba, another colonial town with a big cathedral and friendly, helpful people. The countryside was hilly and wooded but sadly locals cut down trees to use for charcoal which is exported to richer countries.

Next stop was Liwonde National park to see the 90 elephants and the other big 4. The land around the park is flat with a high lookout tower, which I climbed, but still no sign of elephants and on the river and jeep safari I saw only three elephants. At first, I was told the animals were hiding but they also told me that they had never received the 90 elephants. What happened to them?

I had a long drive up to Lake Malawi. My hotel was right on the shore but rather spoilt by the 3 large Chinese ships in the harbour opposite. I met some American tourists and we did a lot of walking in the area. In order to get to the next village we had to do some serious rock climbing and were surprised to meet lots of school children en route who had to do this journey every day. No Health and Safety here!

I had one other stop on route to Lilongwe, the capital and the countryside was again beautiful with 2000m high mountains. Lilongwe itself is not a beautiful city, only

*Continued on page 8*



## Home Truths: security for older private renters



## TV Licence Campaign

Age UK are urging the Government to keep their promise and stop landlords being able to evict tenants without a reason and would give all renters the security they deserve as they get older. More than three quarters of a million people over 60 privately rent.

With fewer people able to own their own home, renting privately is often the only option. But the way the system works means renters are never on sure footing. That's stressful for anyone, but it's even harder as you get older and need more stability.

Rising rents leave one in three older renters in poverty after the rent is paid. For someone just scraping by on a pension, that might mean missing meals or switching off the heating just to keep a roof over their head. Many put up with damp, disrepair or other dangerous living conditions. For the two-fifths of older renters who already live in bad health, a cold home's not just an inconvenience – it can kill. But they're often too scared of what their landlord might do if they "cause a fuss". Landlords are allowed to evict older renters at short notice even when they've done nothing wrong. Those without family or friends to fall back on could find themselves homeless.

The Government said they'd stop landlords being able to evict tenants without a reason by repealing Section 21, the part of the Housing Act that makes that possible. Age UK has joined forces with other housing groups to urge the Government to keep their promise and repeal Section 21 to offer older private renters long term security.

40,000 people have already joined their campaign and you can support it too by going to the Age UK campaign page <https://www.ageuk.org.uk/our-impact/campaigning/security-for-older-private-renters/>

If you prefer to write, you can contact the Secretary of State for Housing, Communities and Local Government, The Rt Hon Robert Jenrick MP or the Minister of State for Housing Esther McVey at via the Ministry offices at Ministry for Housing, Communities and Local Government, 2 Marsham Street, London, SW1P 4DF

The Government didn't make any commitment to save the free TV Licence in their election manifesto, and Age UK are still waiting for a reply to the petition handed into 10 Downing Street last summer.

But now the clock is ticking. In just 120 days, 4 million older people will lose their free TV Licence – unless the Prime Minister acts now.

Last year the BBC announced changes to TV licensing and under new plans, only older people who receive Pension Credit will receive a free TV licence. But two fifths of people who are entitled to this benefit – about 1.2 million pensioners – aren't getting it. Some don't know they can claim, many struggle to apply and lots more feel embarrassed about needing help. They are some of the poorest in our society.

Removing older people's access to TV is a cruel blow when many are already facing huge challenges. Half of all over 75s are living with a disability, and many rely on their TV for companionship and entertainment. For those who don't have the internet, TV lets them stay up to date with what's happening in the world.

Nearly a third of over 75s are living in poverty or just above the poverty line and this will be an extra bill when they're barely scraping by as it is. Age UK research shows that more than 2 million over 75s will have to go without TV or cut back on heating and food if free TV licences were scrapped. So far over 634,000 have signed a petition calling for the Government to save the free TV Licence for over-75s.

Now that the election is out the way, perhaps Boris will have time to respond to the petition

If you'd like to remind Boris, please get in touch with him. Boris's contact details are House of Commons, London, SW1A 0AA  
Phone: [020 7219 4682](tel:02072194682)  
Email: [boris.johnson.mp@parliament.uk](mailto:boris.johnson.mp@parliament.uk)  
Twitter [@BorisJohnson](https://twitter.com/BorisJohnson)

If you would like to write to the Secretary of State for Digital, Culture, Media and Sport, Baroness Nicky Morgan about any other thoughts on the BBC you can do so at House of Lords, London, SW1A 0PW [020 7219 5353](tel:02072195353)



## Roof top tours

Evening roof top tours return for 2020 and a chance to see one of the finest views in the country

On the tour you will climb the noble cantilevered stone staircase to admire the magnificent view from the roof and look over the world-famous Gardens. These tours are unique and extremely popular so early booking is essential. Roof access is subject to weather conditions.

February 20th and 21st 5:00 pm

March 29th 6:00 pm

April 3rd, 5th, 11th, 13th and 19th 6:00pm

Bookings can be made at [www.stowe.co.uk/house/whats-on](http://www.stowe.co.uk/house/whats-on) or by calling 01280 818012



Do you have some free time to spare?

Do you have skills or experience that you could share?

Do you want to make a real difference in the lives of people with a mental health problem?

Buckinghamshire Mind are looking for volunteers to help them continue to deliver their vital services

They provide training, ongoing support and pay expenses

For further information, please call 01494 463361 or email [sunhouse@bucksmind.org.uk](mailto:sunhouse@bucksmind.org.uk)



CHILTERN  
District Council



Community Impact Bucks  
supporting charities, communities, volunteering

## Four Steps to Funding

A masterclass/workshop to help groups apply for grants.

27<sup>th</sup> February 12-3 or 5:30 – 8pm  
at Chiltern District Council, Amersham.

The aim of the workshop is to :

- Discover the key tips for submitting a strong application
- Find out what information needs to accompany your application
- How to make an ideal case for funding
- What to avoid in the funding application

Please contact Lynne to book your free place or find out more information. Lynne's contact details are

Lynne Hunter : Active Communities Officer (Social Prescribing), Joint Community & Leisure Team, Tel: 01895 837220, Mob: 07593816023

Email: [lynne.hunter@chilternandsouthbucks.gov.uk](mailto:lynne.hunter@chilternandsouthbucks.gov.uk) .



CHILTERN  
District Council



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## Basic Principles of Safeguarding

11<sup>th</sup> March 5:30 – 8pm or 12<sup>th</sup> March 12-5  
at Chiltern District Council, Amersham.

A workshop to help those in communities who is in a position to look out for the health and wellbeing of more vulnerable members of society .

The aim of the workshop is to introduce 2 main learning outcomes:

1. Understand your role & responsibilities as a volunteer regarding safeguarding
2. Know how to respond to evidence or concerns of a safeguarding issue



## Bucks Fire Service - Safety in the home



We were delighted to be joined by Alison Still from the Bucks Fire Service at our November meeting where she shared her knowledge to help us stay safer in our homes. Top 5 reasons for callouts are

1. Road traffic accidents (predominately young people and over 65's)
2. White goods (washing machines, dish-washers & tumble dryers). Do not use the timer delay function on many models so that the machine runs at night. If the machine starts to overheat/catch fire, you won't realise until it's too late.
3. Hair Straighteners stay hot for 20 minutes after use and can cause a fire if put on a table or a carpet. Advice is put them on a plate.
4. Chip pans – Don't tackle them, just call the fire service.
5. Smoking related fires.

Other common causes

- Toasters – Clear the crumb tray regularly
- Fan heaters. Check the lead regularly for damage
- Lap tops. Don't leave them on beds, sofas and carpets as air cannot get to the fans underneath and causes overheating
- Mobile Phones. They get hot when charging so put them on a hard surface
- Chargers for devices. They get very hot so switch them off after use
- Hob covers. Don't leave them on in case you accidentally turn on the hob
- Glass ornaments and mirrors on windowsills or in direct sunlight
- Extension leads or long leads. Do not use with part of the lead coiled up.

- Multisockets. Bar ones are better than cube ones which are more susceptible to overheating. .

Other top tips for staying safe in the home

- Anything with a heating element should always be plugged in to a main socket and not a multisocket
  - Install smoke detectors (one per floor) Bucks Fire Service can fit them for free
  - Close doors when you go to bed. A standard door can hold a fire for 20 minutes
  - Know your escape route and keep keys on that escape route
  - Keep a torch by the bed and a mobile phone (if you don't have one, get a cheap pay as you go phone)
  - If you find yourself in a house fire, barricade yourself in with a pillow under the door, open the window and call the emergency services. 2 breaths of toxic fumes can be fatal.
  - Don't leave rechargeable hoovers on.
  - If TV's are over 10 years old, don't leave them on standby
  - Use timers for lamps for safety
- Fire and Wellness Visits have replaced the traditional home safety check. These visits are available to people assessed as being at greatest risk from fire or who are deemed as more vulnerable You can request to be screened for a free Fire and Wellness by phone 01296 744477 or email [centraladmin@bucksfire.gov.uk](mailto:centraladmin@bucksfire.gov.uk) . Any equipment provided and fitted during our visit, is entirely FREE.

## Be a good neighbour this winter

Looking out for neighbours who are elderly or frail is something everyone can do which can make an enormous difference in the colder winter months.

1. Say 'hello' – the most basic friendly contact which is vital for our general wellbeing
2. Ask - not everyone will ask for help, but that doesn't mean they don't need it.
3. Medicines –check they have enough especially if the weather is bad and offer to collect
4. Shopping - Offer to pop out to the shops for them – and stay for a cuppa and a chat
5. Know the signs that they may need help - Are their curtains always drawn? Is milk still on the door step. They may need help. Don't wait - pop round and check if they are ok.

For urgent medical help or advice call 111 or go online to [www.111.nhs.uk](http://www.111.nhs.uk).

To speak to someone urgently about a vulnerable adult, get in touch with the Adult Social Care team: 01296 383 204 or Outside office hours: 0800 999 7677

For urgent medical help or advice call NHS111, or, if it is an emergency call 999



## Health News

### Speak up and help improve health and social care in Buckinghamshire

Healthwatch Bucks are calling on more people, to share their views, about their experiences, as part of the campaign #SpeakUp2020.

This feedback will then be used to identify the most important issues in the local area. Healthwatch has launched #SpeakUp2020, for people to share the changes they want to see to their local health and care services.

Every Healthwatch in the country will be taking part in the #Speakup2020 campaign. By taking five minutes to speak up, people in Buckinghamshire can improve care for themselves, their loved ones, and their community. It's that simple.

Healthwatch England, the national champion for health and social care, has today also revealed the top issues people across the country are talking to Healthwatch about. People have said mental health; hospital care and social care should be the top priorities in 2020.

People can share the changes they want to see by getting in touch with Healthwatch Bucks, by phoning 01844 34 88 39, emailing [info@healthwatchbucks.co.uk](mailto:info@healthwatchbucks.co.uk) or by completing the short online survey at [www.healthwatch.co.uk/speak-2020](http://www.healthwatch.co.uk/speak-2020)

### Game-changing' heart disease drug

Patients should soon have access to a new cholesterol-lowering treatment for preventing heart attacks and strokes as Government plans for it to become widely available on the NHS.

The twice-yearly injection will be rolled out in a large-scale NHS clinical trial this year to prevent fatal strokes and heart attacks.

Heart disease is the second biggest cause of death in the UK, with over three million people suffering from atherosclerotic cardiovascular disease (CVD). Trials show the drug Inclisiran can halve bad cholesterol in just two weeks.

Around 40,000 people are expected to be offered it as part of the trial before it is approved for private patients in 2021. Eventually it is expected to be approved by NICE with around 300,000 Brits put on the drug, as well as statins. This is expected to prevent 55,000 heart attacks and strokes every year.

Health bosses say NHS England will aim to agree a commercial deal, allowing the drug to be widely available from 2021.

## Social Prescribing - now taking appointments

The NHS and particularly GPs are struggling with demand and 1 in 4 visits to a GP are for non-medical reasons. With the formation of Primary Care Networks (groups of GP surgeries), they have been tasked with being more responsive to local needs and to help them achieve this, they have access to funds to employ a Social Prescriber Link Worker (SP).

GPs can refer patients to the SP where the support required is not medical. 12 SPs have been hired so far in Bucks and are starting to take referrals.

Social prescribing aims to support individuals to take better control over their health and improve their own wellbeing. It's designed for people with a range of social, emotional or practical needs that need a little help navigating their way through the community-based services and organisations available locally.

Your GP can connect you with a social prescribing link worker who you can talk to about your concerns and the factors that are affecting your health. The social prescribing link worker will then help you to create an individual plan to address these issues, assisting you to access relevant and interesting activities through the Council and local voluntary organisations.

It is expected that they will see 250 patients per year per PCN and all referrals must be made via your GP so if you think a Social Prescriber would help you or someone you know, speak to your GP about getting referred



**2020**

Contact Details for the Bucks Older People's Action Group

Andy can be contacted on 01296 622122

E-mail : [info@bopag.org.uk](mailto:info@bopag.org.uk)

BOPAG, c/o The Hale Farmhouse, Hale Lane, Wendover HP22 6QR

### **Bucks Older People's Action Group Meetings**

#### **2020 Dates**

**18<sup>th</sup> March**

20<sup>th</sup> May

15<sup>th</sup> July

16<sup>th</sup> September

18<sup>th</sup> 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

### **Public Health Meetings**

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

#### **Bucks NHS Trust Board Meetings**

**Wed 25 March** 9am Education Suite, Florence Nightingale Hospice Charity, Unit 2, Walton Lodge, Walton Street, Aylesbury HP21 7QY

#### **Buckinghamshire CCG Board Meetings**

**12th March** 10.30-12.30. Jubilee Room, Aylesbury Vale District Council, the Gateway, Gatehouse Rd, Aylesbury, HP19 8FF

### **Thames Valley Police**

are holding a Have Your Say event at Haddenham Community Library Between 10.00am and 12pm on:

Saturday 29th February & Saturday 28th March.

To help with any crime prevention advice or any issues that you may have.

### **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.

### **Thieves operating in supermarket car parks in Bucks**

A shopper had her purse, credit cards and driving licence stolen out of her handbag out of the car boot in the car park. It happened when she was distracted by a man as she returned the trolley to the trolley park - only a couple of spaces from the car

As she pushed the trolley a man said excuse me can you direct me to the accident and emergency department at Stoke Mandeville Hospital. He showed her his phone (to distract her?) and kept asking questions. Unaware she drove off but discover the robbery a few minutes later when she stopped for petrol. The thieves took money out of a number of bank accounts at the supermarket cash point and used credit cards on line to transfer monies - all within a few minutes. The police were notified.

Be vigilant if anyone tries to distract you.

### **Where are the elephants? *ctd from page 3***

around the government building there is some nice landscaping. There is however a beautiful National Park which has a zoo with animals that have all been injured and cannot be returned to the wild. I spend a lovely sunny afternoon there.

The following day I had to fly back to Johannesburg and arrived just in time to catch the evening flight to Sydney.

*Karoline Lamb, Chalfont St Giles*

### **Better Connected Beaconsfield**

Congratulations to the new community network Better Connected Community in Beaconsfield who aim to support a more socially included community for the benefit of residents of Beaconsfield and the surrounding area, supporting healthy and fulfilling lives regardless of a person's circumstances or age.

They are in their early days but already have a fledgling website to promote and link local organisations.

So if you are in their area please join them, help them make a difference and also share your thoughts on what's needed.

Follow them on Facebook

@betterconnectedbeaconsfield, email [hello@betterconnectedbeaconsfield.org.uk](mailto:hello@betterconnectedbeaconsfield.org.uk) or call 07979 194518, or visit the website

[www.betterconnectedbeaconsfield.org.uk](http://www.betterconnectedbeaconsfield.org.uk)

Thank you from Better Connected Beaconsfield Trustees Anita Cranmer, Deborah Sanders, Michael Johnson and Paul Henry