

Note from the Editor

Happy New year to you all.

The new year is traditionally the time to maybe get involved with something new and this month there are plenty of opportunities to do so, whether it is fitness, a determination to socialise more or perhaps get involved in a community group.

One of the more unusual possibilities is the chance to get involved with the Independent Advisory Group, Chiltern & South Bucks Area, working with Thames Valley Police. Details are on page 3.

Nominations close soon for the Dignity in Care awards, hosted by Bucks County Council. I would urge you all to think about people in your community or groups you attend that do so much for others and yet are largely unknown by the wider community. It would be lovely to nominate them and give them the opportunity to be more widely recognised for the great work they do. You have until the 5th Feb and if anyone needs help in making a nomination, please contact me (details on the back).

I am delighted that at our next gathering, we will be joined by Matt Neal from the Affordable Warmth Network. Matt will share some exciting news on funding that can bring real benefits to members of your community. This meeting will be held in Amersham and details of the venue are on the back page. If anyone would like to come along and need directions, please let me know.

For those of you on the internet, I absolutely recommend radioechoes.com (page 6). I'm finishing this newsletter whilst listening to the Michael Bentine Show.

Andy

Consultation - Buckinghamshire County Council Crime and Disorder Priorities 2016/17



Community Safety partners across Buckinghamshire are seeking feedback on their proposed priorities for reducing crime and disorder next year (April 2016-March 2017). The Safer Bucks Plan identifies what priorities are and how Buckinghamshire County Council will work with their partners to address them. Buckinghamshire also includes reference to local and district priorities as many will complement each other.

The survey will close on **17th January**. Information received from the survey will be analysed and summarised before making final decisions on the priorities at the end of January. The survey can be found here: <https://www.research.net/r/saferbucksplan1617>

Buckinghamshire County Council would particularly like to send out some surveys for older residents to complete and return, as part of this wider consultation on the Safer Bucks Plan - especially people who would not necessarily access the internet, or access media channels they advertise through.

If you are a member of a group, we would encourage you to forward this note to your fellow members so that they are aware of the opportunity to participate in this consultation.

If you are an individual we would urge you to let the council know what matters to you by completing the questionnaire.

If it is difficult to access the internet, and you need printed hard copies, please contact:

Martha Edwards, Community Safety Co-ordinator, Safer Communities Team
Buckinghamshire County Council, Tel: 01296 382387
Email: maedwards@buckscc.gov.uk

NO NEED TO BE UNFIT OR LONELY!

Join the Chalfont St Giles Fitness & Social Club

The Chalfont St Giles 60+ Fitness and Social Club has just celebrated its 9th Christmas Party. We meet every Friday from 2-4pm in the Scout Hall and anyone over 60 years is welcome to just come along.

We offer 1 hour of exercise followed by a cup of tea and socialising, when we play board games, table tennis darts or do Tai Chi or just talk.

Anyone can suggest new activities, including outings, which are very popular.

We are very broad minded and encourage participation by all members. Our main aim is to have fun and at the same time get fit physically and mentally.

Some of our members are also members of the Nordic Walking Groups. Nordic Walking is very beneficial after injury, operations or for people who have difficulties in walking.

Several of us are Simply Walk leaders and we meet on the village Green every Wednesday. Nordic Walking and Simply Walks are for people who like the outdoor life and the feel of fresh air.

If you would like to come along for a session to see if you would like it, or would like to find out more, please call Karoline on 01494 872 589



SINGALONG SOCIAL



Helping you stay independent

Long Crendon & Local Villages

A small choir and several musicians lead a singalong down memory lane followed by a delicious freshly cooked 2 course lunch

Where: Long Crendon Community Club, High St, Long Crendon HP18 9AF

When: Monthly, last Tuesday

Time: 10:30—12:00 followed by lunch (optional)

Cost: suggested donation £3 per person (carers free) Lunch is £5 per person (please book lunch with Andrea)

For further information please contact Andrea Camden on 01844 208 508 or email andrea-camden46@gmail.com.



Men in Sheds



Men in Sheds is a place where men of all ages can come along and take part in activities similar to what they would do at home or in their own garden shed but with the bonus of other like-minded men providing good company.

Members can develop interests and get involved in productive activities like woodworking and electronics either using their existing skills or learning new ones, whilst enjoying the benefits of being part of a social group. Like all 'Sheds' the members will decide what activities they want to do.

Men in Sheds **Buckingham** The Cote, next to the Woolpack, 57 Well Street, Buckingham, MK18 1EP – Fridays 12pm-2pm

Men in Sheds **High Wycombe** St Peters, 245 Micklefield Road (next to the library), High Wycombe, HP13 7HU – Thursdays 1pm-3pm

Men in Sheds **Amersham** Amersham Free Church, Woodside Rd, Amersham, HP6 6AJ – Mondays 1pm-3pm

Just pop in and meet your local group

Independent Advisory Group (IAG) Chiltern & South Bucks Area



In the past it was recommended that each local police area had an Independent Advisor Group (IAG) made up of local people within the area to advise police. Chiltern and South Bucks has had an IAG for a number of years but more recently, membership has fallen off and meetings have been poorly attended.

Now the Yvette Hitch, Superintendent, Local Police Area Commander, Chiltern & South Bucks LPA is seeking to restart the IAG and make it much more dynamic and active group which represents as many aspects of the community as possible.

The aims of the IAG are to:

- 1) Assist the LPA Commander to better understand the effects of Thames Valley Police policies and practices on local communities and in doing so, inform the development and procedures that do not discriminate or have an unjustifiable impact on any particular section of the community
- 2) Provide advice to the LPA commander to inform delivery of professional and responsive service to diverse, vulnerable, socially excluded and hard to reach groups in the community
- 3) Increase trust and confidence in policing amongst the diverse community of each LPA through extension of communication, and co-operation between the LPA management, officers and staff and the community it serves.

The objectives are:

- 1) To provide advice, both strategic and tactical, to inform considerations of operational commanders, particularly in reference to critical incidents
- 2) To make observations and critically appraise the local provision of police services, and its impact on trust and confidence in local policing within the diverse local community.
- 3) To enhance relations between the Thames Valley Police LPA and the diverse communities it serves, as well as between the diverse

communities within the LPA

Other information

What qualifications are needed?

No formal qualifications. An ability to read English is desirable but may not be essential. Key knowledge and skills for the role are presented on the following pages of this appendix to the LPA IAG Terms of Reference. If an IAG member requires documents in a specific format (e.g. on audio-tape or in a specific language) we will endeavour to meet the need

Meetings

It is anticipated that IAGs will meet not less than 4 times a year and additionally when required, to provide advice on a specific issue. This could be at short notice, following a critical incident – to advise on the impact of the incident on the community.

Training

To ensure independence of advice, structured training is not provided. However, it may be helpful for members to have an understanding of the police organisation, which will be discussed and arranged with individual members as required

If you are interested in finding out more, please contact

Zoe Furnell-Brennan
Administrative Support Officer to
Superintendent Yvette Hitch at Thames Valley
Police
Taplow Police Base
124 Bath Road
Taplow
SL6 0NX
Tel: 01753-271145 or
Email: [zoe.furnell-
brennan@thamesvalley.pnn.police.uk](mailto:zoe.furnell-brennan@thamesvalley.pnn.police.uk)



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

Dignity in Care Awards Nominations close soon



Dignity in Care is simply treating people who need care with the respect you would want for yourself enabling people to maintain the maximum possible independence, choice and control over their own lives

Whether it's you or someone you look after who receives care and support services at home, in hospital or in a residential/nursing home, you have a right to be treated with dignity and respect.

Dignity & Respect Awards

These awards recognise individuals and organisations involved in the delivery of care

and support health and social care services, whether that's in a hospital, care home, an individual's home or in the community.

To nominate someone for an award you can go to the website and do it on-line or contact **Elaine Kelly**, Quality in Care Team, BCC on 01296 387567

The date for the Dignity in Care Awards will be held on the 15th April at the Oculus, The Gateway Aylesbury 10.00-13.00.

You can enter nominations from now up until Friday 5th February.

www.careadvicebuckinghamshire.org/dignity



Free Disability Benefits Information Events

The biggest-ever change to disability benefits is well underway. Many disabled people are losing some or all of their benefits and others are suffering from long delays and poor assessments.

To help people understand the changes and what they might mean, BuDS is holding **FREE** disability benefit information events in libraries across Bucks.

These events are designed for disabled people, carers and professionals

Thurs 14th Jan 11am Winslow Library,
Mon 22nd Feb 11am Beaconsfield Library,
Sat 19th Mar 2pm Princes Risborough Library,

Booking essential as spaces are limited
01494 568864 | info@buds.org.uk

If you'd like to *volunteer* to help please e-mail info@buds.org.uk or call 01494 568 864 or go to www.buds.org.uk to find out more

Buckingham Lodge Events



Buckingham Lodge will be hosting an **Afternoon Tea** event on **Wednesday 20th January** from **1:45pm to 3:30pm**. The theme will be old time music hall and entertainment will be provided by singer Maria Scobey. Refreshments will be available at the event and everyone is welcome!

Please RSVP by contacting us on 0808 231 3430.

They are also hosting a **Dementia Friends information session** on **25 January** at **10.30am – 11.30am**. If you would like to come along please register your interest at the Dementia Friends website <https://www.dementiafriends.org.uk/WEBSessionDetails?id=a05200000NpFs6AAF>

There are now over 1.4 million dementia friends in the UK. If you have done this session already you will know how valuable it is, so please would you pass this invitation to your friends, family and colleagues.

Winter Safety



Affordable Warmth
Network

Bucks Affordable Warmth Network

The Bucks Affordable Warmth Network is a longstanding service working to reduce the number of people in fuel poverty; and so improve health & wellbeing.

It is coordinated by National Energy Foundation but involves many other organisations across Bucks, with a cross-referral mechanism in place to maximise the benefit to residents of each organisation's field of expertise. It is kindly funded by Bucks County Council and the four Districts.

The Affordable Warmth Network operates across Bucks. There are no eligibility criteria for residents to access this service, although it is targeted towards vulnerable residents. It encourages residents to look out for their neighbours, and those more vulnerable than themselves, particularly when the temperature drops, and risk of adverse health effects are increased.

Helpline Service

The network provides a central Affordable Warmth Helpline, **0800 107 0044**, able to give impartial expert advice on all issues around fuel poverty and affordable warmth. This includes:

- Energy saving tips
- Heating systems; including financial assistance for upgrades/replacements
- Insulation; loft, cavity wall and solid wall
- Fuel debt advice
- Switching energy suppliers

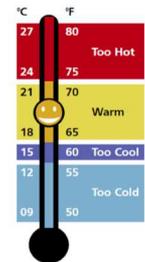
The helpline is promoted towards all residents likely to be struggling with rising energy bills, or those vulnerable to the cold. If residents prefer, there is also a dedicated email address, awn@nef.org.uk

Financial assistance for home efficiency improvements (such as loft or wall insulation, replacement high-efficiency boiler or heating control upgrades etc) may come from grants from the Energy Company Obligation (ECO), Council assistance and incentive schemes,

energy supplier trust funds, benevolent trusts, flexible home improvement loans, depending on eligibility and available funding.

Importance of staying warm?

It is recommended to be at 21°C in the living room and 18°C in other occupied rooms



Health Living in a cold home can diminish resistance to respiratory infections- pneumonia, bronchitis, asthma, COPD. It also increases blood pressure and viscosity causing circulation issues, heart attack and stroke. In extreme cases it can cause hypothermia.

Uncomfortable living conditions Cold homes often have mould/fungal growth on walls & ceilings, areas of damp and condensation issues

Social and psychological implications

Living in a cold home causes increased isolation/reduced willingness to socialise- this can cause social/family difficulties in the home as well as increased emotional distress, depression, anxiety and lack of energy.

How to stay warm

Insulation Make the most of the heat within the home and make sure you're not heating the great outdoors.

Heating system Old systems are often less efficient and reliable than new modern systems, therefore more expensive to run.

Energy saving tips Reducing the amount of energy you use and ensuring you are not wasting energy can save a considerable amount of energy and money every year.

Energy suppliers Make sure you are not paying for more than you should for your energy; the average household can save £300 a year by switching energy supplier.

Right temperature

Although it's important to stay warm some households are too warm. Turn down your room thermostat by one degree, save around £75.

Golden Oldie Radio Programmes - listen for free!

Laterlife.com is a wonderful website full of useful and interesting articles. Last month they wrote about a wonderful site which is definitely worth taking a look at. And if you don't have a computer, you may have a someone n the family who can help you track down a long lost favourite.

"For many of our generation, radio played a big part in our lives. While TV was around, radio was still very strong and many families would spend time simply sitting and listening.

It is easy to look back on the radio programmes of our youth with nostalgia and fondness. Here at Laterlife we have had a great time tracking down some of the favourites from the 50s, 60s and early 70s, and we have to say some of them are charmingly naïve, innocent and decidedly lacking in sophisticated humour. But that is probably their charm. They paint a picture of a more innocent time when we didn't need serious violence or social issues in our entertainment; we just wanted light hearted fun.

There is a great online site Laterlife has now found where many of the old favourites can be listened to in good quality audio free of charge.

It is an amazing site that goes back a long way. If your favourite programme doesn't come up immediately, then put in key words into the search box top right. We had an older friend who wanted to find Dick Barton which was on the BBC between 1946 to 1951, so we entered the name and hey presto! – there are all the episodes. Our friend now has a fabulous winter planned, listening to an episode a week which will really bring back his childhood. <http://www.radioechoes.com/dick-barton-special-agent?searchTerms=dick%20barton>



It can take a bit of searching but if you keep going you will be amazed what this website has.



Then we searched for the Navy Lark and at first we didn't think they had it ...it is an American site after all and that particular brand of humour surely wouldn't have translated well over the Atlantic...but no, scrolling down and there it was..

Each programme series is introduced with a synopsis of the programme, who wrote it, who starred and the key aspects of the series.

Radio Echoes has been put together by a father and son unbelievably it seems as a hobby. They both have jobs, families and lives in America, but seem to have set this site up simply to help others enjoy old time radio programmes. They have even sorted the website out so that all the programmes can be downloaded...totally free of charge.

They say their site is supported by adverts, but I have to say they are hardly intrusive. They are also in some way connected with Amazon, and if you link through RadioEchoes to Amazon and buy something, then RadioEchoes receive a small percentage.

To visit the site, the address is: www.radioechoes.com. And you can also contact them on support@radioechoes.com"

Thank you www.laterlife.com

Health News



'Caring for Me and You' is an online therapy package designed specifically to support people caring for someone with dementia. It has been developed by the Alzheimer's Society and psychologists working at Oxford Health NHS Foundation Trust.

Caring for someone with dementia can be stressful and carers can sometimes feel anxious or depressed. We are currently conducting a trial comparing different types of online support, to see whether they are helpful in reducing carers feelings

of distress.

If you are interested in taking part in the trial please click the button below to register and find out more information. www.caringformeandyou.org.uk/

If you would like more information about the study before you decide whether or not to take part, you can contact a member of the study team at the Alzheimer's Society by ringing the CBT study help and information line 01865 902833

Dignity in Care Reports



Healthwatch Bucks have now visited 13 care homes using their Enter & View powers.

The list of care homes assessed are :

- Avondale, Gatehouse Road Aylesbury
- Birchwood Care Home, Fullers Close, Chesham
- Cherry Garth, Holmer Green
- Cherry Tree, Saunderton
- Chesham Leys, Chesham
- Chiltern Grange, Stokenchurch
- Chiltern View, Whitchurch
- Gracewell of Maids Moreton
- Holmers House, High Wycombe
- Lakeside, Aylesbury
- Mandeville Grange, Aylesbury
- Penley Grange, Stokenchurch
- St Leonards Care Home, Wendover Road, Aylesbury

Although we have yet to witness any behaviour that challenges or any seriously undignified care, we have seen, and been told of, a range of care in the short time we have been in any of these homes. There are some great examples of dignity in care but also areas for improvement.

We hope you find the reports informative and we would ask that you encourage anyone you know to feedback their experiences of these care homes, as we have included the functionality to enable members of the public, staff, residents, visitors etc., to add their own comments on our website. As we receive these, they will be published alongside our findings. This will enable a rounded picture of each care home to be available to the public.

If you would like to find out more about the project or feedback about a particular care home by phone, please contact the Project Manager at Healthwatch Bucks, Alison Holloway, Healthwatch Bucks, 01844 348847

You will find the full reports online at www.healthwatchbucks.co.uk/dignity-care-reports-0

2016

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

2016 Dates

20th January 10am—12.30pm
(Speaker—Affordable Warmth)

16th March (Finance)

18th May

20th July

21st September

16th November

This year we are moving around! The venue of the January meeting is Amersham Free Church, Woodside Road, Amersham on the Hill, HP6 6AJ

All are welcome. Please contact Andy Trueman on 01296 622122 for further information

**STAY WELL
THIS WINTER**

Getting help

111 Unsure which NHS service you need, call 111. An adviser will ask questions to assess symptoms and give you the advice you need

Pharmacists can offer advice on a wide range of long-term conditions and illnesses such as coughs, colds and stomach upsets

See your GP

A walk-in centre, minor injuries unit or urgent care centre for a minor illness (infections, vomiting and stomach aches) that can't wait until your GP surgery is open. You don't need an appointment and they are open outside office hours

A&E provides vital care for life-threatening emergencies, such as loss of consciousness, suspected heart attacks, breathing difficulties

Dates for your diary

18th January 2pm—5pm **Workshop For Carers Of People With Dementia** at the Safe Haven Dementia Centre in High Wycombe £20.00 per person. To book a place on the workshop, please call Safe Haven on 01494 854 399

5th February Nominations close for the **Dignity in Care Awards** To nominate someone for an award you can go to the website www.careadvicebuckinghamshire.org/dignity and do it on-line or contact **Elaine Kelly**, Quality in Care Team, BCC on 01296 387567

22nd February Nominations close for the **GALAXY Hot Chocolate Fund** (£300 for volunteer groups). Go to galaxyhotchocolate.com to find out more

15th April Dignity in Care Awards will be held at the Oculus, The Gateway Aylesbury at 10.00-13.00.

Forgetting is key to learning

Forgotten your shopping list as soon as you've heard the sports results? Don't worry, it's all completely normal – and necessary – according to new research which shows that such forgetting is a key part of learning.

The study has found that our inability to hold onto new memories is essential to the brain's learning process. Phew!

Read more at www.maturetimes.co.uk/forgetting-key-learning/

NHS

PREVENTION
MATTERS

Silver Singers

There is a new Community Music Therapy Group in Chesham!

After the success of the Silver Singers groups in High Wycombe and Aylesbury, this service is extended to Chesham! The Silver Singers is a fun, lively and energetic music therapy singing group open to all older adults – no musical experience is necessary! The group aims to connect people together through music and singing, and improve the lives of those in the Chesham area who may be isolated. It is open to all older adults, including those with age related illness such as Alzheimers, Parkinsons, or dementia.

It will be starting on **Monday 18th January at 3.30pm**, and will run weekly at the White Hill Centre, Chesham.

To refer yourself or someone you know, please get in touch by phone 07805 465 650 or by e-mail rebecca@chilternmusictherapy.co.uk to book places, or get further information.