

## Note from the Editor

For those eagle eyed readers amongst you, this is the 100th issue! That means I have been producing these newsletters for 8 years and 4 months and believe me, that is actually quite a scary thought. Where has the time gone? I feel the pressure to make some profound meaningful statement. I jest!

It is interesting to look back on the many changes that have taken place in that time. The group I joined back then was called the Bucks 50 Plus Forum and the newsletter itself was a twice yearly publication with a circulation of less than 1000. When I took on the newsletter, the biggest challenge was the lack of notice for events & consultations which meant that most things had been and gone by the time the newsletter was published. So I tried producing something monthly, starting in the summer of 2008 and was just 4 sides! Since then, the group has changed its name to the Bucks Older Peoples Action Group (BOPAG), acquired a new logo and the newsletter has grown not only in size but also reaches almost 4000 people across the county.

Whilst I may be the name that you are most familiar with, we are fortunate that BOPAG has a great team that we call the Steering Group who effectively look after the running of the group. Without them, BOPAG wouldn't exist and they all do so much to make sure that the voice of older people is heard at a county level and wider. There is always more that the Steering Group could do but limited by the number of volunteers that we have so if you have a particular interest, bugbear or would simply like to offer your time to represent older people at a meeting we would love to hear from you (my details are always on the back page). Talking of which, you are always welcome at our meetings which take place every other month, normally in the Wycombe area.

I have learnt so much in the last 8 years and I am not talking about living with teenage daughters now. Not a month goes by when I don't discover something new that relates to older people and my aim is to share those things that I find out with you all. Over the years, the network of BOPAG has expanded so that more organisations are aware of our existence and make my job easier by letting us know when they have news to share and increasingly asking for BOPAG's members to get involved, sharing your knowledge and experience. I'd like to take the opportunity to thank some people who over the years have been hugely supportive and helpful to BOPAG: David Gardner (Chiltern & South Bucks DC), Elaine Hassall (Aylesbury Vale DC) and her predecessor Lynne Maddocks and Debi Game (and the SUCO team). A special thank you goes to the Prevention Matters Team at Bucks County Council, who support many groups across the county and without whom this newsletter simply wouldn't have been possible.

My biggest thank you, I will reserve for you, the readers. Over the years, I have got to know many of you, albeit often by email or telephone. You are a wonderful lot! If I had one wish it would be that more of you would share your knowledge, experience and skills. Do not underestimate how important you are to your communities and if there is anything that I can do to help, whether it's finding a volunteering role, a local social group or even becoming a representative, it would be a pleasure to do so. Just get in touch.

So I move onto what's inside this edition. The Police and NHS both want to hear your views on their future plans. Have you made a will? If not, or your will is a few years old, Rennie Grove Hospice are running a Make Your Will Month in February supported by local solicitors. It's worth revisiting wills that are a few years old as legislation changes. There's also articles on the new £1 coin, volunteering, RNIB, smart meters and a couple of new scams.

And finally, it was suggested sometime ago that I should include my photo, especially as I'm known as Andy and easily mistaken for a man. Well I hate photos so this is only for the 100th edition!



Andy





## Tackling Crime; Protecting People 2017-20

The agencies who work together in Buckinghamshire to tackle crime and protect vulnerable people (e.g. councils, police, probation, voluntary services etc) are looking for your views on what we believe should have extra focus for the next three years (April 2017-March 2020).

Some of the work we already do includes:

- Providing support to victims of domestic violence and abuse
  - Working with young people to educate them in how to stay safe and keep away from serious harm
  - Reducing the number of young people who become involved in criminal activity
- Supporting those who feel isolated or targeted because of who they are or where they live

Please consider taking part in a short survey at [www.research.net/r/saferbucks](http://www.research.net/r/saferbucks) It is 'multiple choice' with an optional space at the end for you to provide any comments or thoughts, in your own words. It should take no more than 5 minutes.

Last year we were really pleased that over 1300 people responded from all over the county and represented those under 17 years old right up to those over 70 years old. We would like to hear from even more people this year so please take a moment to give us your views.

Thank you.

The Community Safety Partnership.



Working in partnership  
to make our community safer



**your community  
your care**

developing Buckinghamshire together

## Health & Care Plans for Bucks

As mentioned in the December newsletter, proposals are being developed to make changes to health and care in Buckinghamshire, Oxfordshire and Berkshire West. This is known as the Buckinghamshire, Oxfordshire and Berkshire West five-year Sustainability and Transformation Plan, or STP.

In Buckinghamshire, this builds on local plans that have been shared already with the public, most recently through the 'Your Community, Your Care' engagement activities. The aim is to prevent ill health and offer people better, more joined-up care closer to home. For example:

- trying new ways of working with people to help them stay healthy and to manage their own health conditions better
- working with communities, public sector partners and the voluntary sector to develop 'community hubs' in each area with the right mix of services to meet local people's needs
- offering a wider range of tests and treatment locally (such as x-rays or physiotherapy), and exploring the benefits of online consultations, so people only need to travel to hospital when absolutely necessary
- joint teams of GPs, nurses and other specialists supporting frail older people, care home residents or people with complex health needs, so that fewer people end up needing emergency care in hospital, or staying in hospital for lengthy periods.

You can read and download a summary of the plans at <https://www.chilternccg.nhs.uk/public/your-services/your-health-services/health-and-care-plans-for-buckinghamshire/>

There appears to be no provision for those not online so I would recommend contacting the Clinical Commissioning Group on 01494 586 700 to ask for a copy so that you are not excluded from the process



## Is Making a Will on your New Year's resolution list?



It may sound dramatic but making a Will is the best way to safeguard your family in the future. Even if you're married, living with a partner or have children, you can't assume they will automatically inherit if you die without a Will. Making a Will is the only way to ensure that your money and assets will be shared according to your wishes.

This February, a selection of solicitors from across the Chilterns are donating their time and Will-writing expertise in return for a donation to Rennie Grove Hospice Care. Rennie Grove is a local charity providing specialist nursing care in Herts and Bucks, to patients and families diagnosed with cancer and other life-limiting illnesses.

**Make Your Will Month** is the perfect incentive to bring making or updating your Will to the top of your 'to-do' list as not only will you be setting your affairs in order but you'll be helping others too.

All Rennie Grove asks is that you consider making a donation of £99 for a single Will or £195 for a pair of matching Wills – less than most standard solicitor fees. If your needs are more complex your solicitor will be happy to discuss additional fees with you at your appointment.

Simply choose a solicitor from the list below and contact them to arrange an appointment during February quoting 'Rennie Grove Hospice Care'.

Participating Solicitors:

[Cartmell & Co - Chalfont St Giles](#)

01494 870075

[D C Kaye & Co - Amersham](#)

01494 729024

[D C Kaye & Co - Wendover](#)

01494 729024

[D C Kaye & Co - Prestwood](#)

01494 729024

[IBB Solicitors - Chesham](#)

0345 638 1381

[Hine Solicitors - Gerrards Cross](#)

01753 482400

[Hine Solicitors - Beaconsfield](#)

01494 685588

[Hine Solicitors - Princes Risborough](#)

01844 274556

[Witts Moloney - Hemel Hempstead](#)

01442 219394

For a full list of participating solicitors go to [www.renniegrove.org/makeyourwill](http://www.renniegrove.org/makeyourwill) or call Rennie Grove on 01442 890222 for further details.



# Simply Walk



**Your way to better health, one step at a time**

Would you like to join a gentle walk with other people in your local area?

New Simply Walk location starts in **Little Chalfont** on Monday 9th January 2017

Meet outside Little Chalfont Library, Cokes Lane, Amersham HP7 9QA

Please arrive at 10:15 am, ready to depart at 10:30

Is this for you?

- A gentle walk around Little Chalfont for 30-45 minutes
- No booking required and free to attend
- Coffee afterwards in one of the local cafes
- Sorry—no dogs are permitted on this walk

If you'd like to find out more about training to be a Walk leader / backmarker or for more information on Simply Walk please contact: Fiona Broadbent on 01494 475367 or email [simplywalks@buckscc.gov.uk](mailto:simplywalks@buckscc.gov.uk) or visit [www.buckscc.gov.uk/simplywalk](http://www.buckscc.gov.uk/simplywalk)

## Free activity voucher for anyone in Bucks

Thinking of getting a little more active in 2017? 1,000 people have already tried a free Active Bucks session.

You might have lots of reasons for getting active – maybe you want to get back in shape, relieve stress, socialise or have some time for yourself.

There are over 1500 activities listed across Bucks you can choose from. Whatever your reason, you will be able to find an activity near you and on a day and time that suits you so it can become a part of your routine. Activities include aerobics, gym, swimming, dance, martial arts, badminton, tennis, and yoga just to mention a few.

The first session is free, so you can try before you buy. The Active Bucks sessions are aimed at a variety of skill levels from beginners to those that are more experienced and advanced

Get your voucher and browse activities taking place in your area [activebucks.co.uk/](http://activebucks.co.uk/)



## Free upgrade from your traditional gas or electricity meter to a Smart Meter

Community Impact Bucks are working with ACRE Network (Action with Communities in Rural England) and Smart Energy GB to raise awareness of the smart meter roll out to ensure that everyone can take part in the smart meter rollout and access the benefits, regardless of personal circumstance.

Smart meters take readings and share these wirelessly, through a secure network, with your energy supplier. You don't need Wi-Fi in your home for it to work and it won't use your Wi-Fi if you have it.

A smart meter enables you to see exactly how much energy you're using, as you use it, and what it is costing. Once you have a smart meter, you'll only get accurate bills from your energy supplier, just as you do with your phone bill. No more estimated bills, no knocks at the door to read your meter and there's no extra cost to you the householder.

To find out more about smart meters please contact: Samantha Hardy on 01844 348 831 – [saman-](mailto:samantha@communityimpactbucks.org.uk)

[tha@communityimpactbucks.org.uk](mailto:tha@communityimpactbucks.org.uk)

Or visit: the Community Impact Bucks website <http://www.communityimpactbucks.org.uk/pages/smart-energy-gb.html>



## Volunteering

### People likely to benefit most from volunteering are the least likely to get involved

In a new report, Ageing Better found that people aged over 50 with fewer social connections, lower levels of income and education, and poorer health may have the most to gain from helping others. However, the people who are most likely to volunteer are those who are already relatively wealthy, in good physical and mental health, and with high levels of wellbeing and social connections. People who could benefit most from developing new friends and increasing their sense of purpose and satisfaction in later life are losing out, because they are less likely to get involved.

The Government have recently announced £4m funding to boost volunteering in people aged over 50 to tackle this.

It is not all negative, older people are responsible for about 40% of all volunteering,

charitable giving and civic participation in the UK. But conversely this age group are also more likely than others not to make any contributions at all, with a large proportion completely disengaged.

The findings come from a literature review conducted by Ageing Better into the benefits of contributing to your community in later life. Voluntary activities, formal civic roles and neighbourly acts can all contribute significantly to personal wellbeing and create stronger social connections.

*If you would like to read the full article it can be found at [www.ageing-better.org.uk/news](http://www.ageing-better.org.uk/news)*

### Volunteering Opportunity At Stowe House

Are you looking for a new challenge? Do you enjoy meeting people and sharing your passion for history?

We are looking for new volunteers to join our team as Visitor Experience Assistants, Meet and Greeters, Tour Guides and Buggy Drivers. If you love meeting new people and sharing your passion for historic places this could be the role for you. You will be on hand to assist our visitors throughout their visit and help to support the Visitor Experience team in the day-to-day running of Stowe House. Brilliant customer service is at the heart of what we do.

No prior experience is required to join our team as you will be given a full induction and training to help you settle into your chosen role. Our front-of-house roles suit someone who has an outgoing personality and who enjoys talking and interacting with the public.

What can you expect from



volunteering at Stowe House?

- A welcoming and enjoyable volunteering experience.
- A full induction and training with on-going support.
- Regular Volunteer socials including coffee mornings, trips and seasonal events.

If you are interested in volunteering, or would like to find out more about the role, please email [volunteer@stowe.co.uk](mailto:volunteer@stowe.co.uk) or call 01280 818002.



Image © Stowe House Preservation Trust



# 28th March 2017



The old 'round pound' - introduced more than 30 years ago - will cease to be legal tender this year when the new £1 is introduced.

The new coin has a number of features that make it much more difficult to counterfeit.

- It's 12-sided – based on the old threepenny bit, making it instantly recognisable, even by touch.
- Bimetallic – it is made of two metals. The outer ring is gold coloured (nickel-brass) and the inner ring is silver coloured (nickel-plated alloy).
- Latent image – it has an image like a hologram that changes from a '£' symbol to the number '1' when the coin is seen from different angles.
- Micro-lettering – it has very small lettering on the lower inside rim on both sides of the coin.
- Milled edges – it has grooves on alternate sides.
- Hidden high security feature is built into the coin to protect it from counterfeiting in the future

The new 12-sided £1 coin's dimensions are different from the current round £1 coin.

- Thickness: 2.8mm – it is thinner than the round £1 coin.
- Weight: 8.75g – it is lighter than the

round £1 coin.

- Diameter: 23.43mm – it is slightly larger than the round £1 coin, the maximum diameter (point to point) is 23.43mm.

The new, more secure pound coin will be introduced into circulation on March 28, eventually rendering some of the loose change in our pockets utterly useless.

Between March and October there will be a period of 'co-circulation' when businesses will have to accept both the new, 12-sided coin and the old round one. But from October 16 onwards, old £1 coins won't be accepted at all. This means businesses have to alter any machines to accept the new coins and allow for a period of six months where they accept both.

What will it mean for our trip to the supermarket? And what about paying for parking? No one seems to be able to answer this. During this period of transition, try to keep a range of coins to hand as machines and trolleys are gradually changed over.

It is thought that around £1.3 billion worth of coins are stored in savings jars across the country, and the current £1 coin accounts for nearly a third of these.

*People are being urged to return the £1 coins before they lose their legal tender status. They can either spend them before October 15 or bank them.*





## Health News

### RNIB Free Talking Books Service



Royal National Institute of Blind People (RNIB) is there to support everyone affected by sight loss. Whether you're losing your sight or you're blind or partially sighted, their practical and emotional support can help you face the future with confidence.

#### Emotional and practical support

They offer emotional and practical support through the Helpline and Sight Loss Counselling team. They also offer advice about money, eye health and how to access local services.

#### Campaigning for you

They also campaign to ensure proven treatments for sight-threatening conditions are available on the NHS. They also campaign to raise awareness of sight issues including how to prevent sight problems.

#### Making services more accessible

They work to make services more accessible such as transport and getting around, shopping and banks and banking to enable more people with sight loss to live independently. They also work to influence partners across the world to make using products and technology easier.

#### Talking Books

Talking Books is a free service, giving readers access to over 25,000 titles in a wide variety of genres. You can borrow a digital version of the book, or have it sent to you on a DAISY CD or USB, so that you can enjoy the book in your own time and in your preferred format. To find out more about the RNIB Library or to sign up for Talking Books call the RNIB Helpline on 0303 123 9999 or [www.rnib.org.uk/library](http://www.rnib.org.uk/library)



Department of Health

### Dementia: care, support and awareness

A new listening programme from the Department of Health aims to find out more about the experiences of people with dementia and their carers across England and wants to hear from people affected by the condition.

There is an online survey for those who have been diagnosed with the condition in the last 2 years (since Nov 2014), and people who provide unpaid care for them. The survey can be found at [consultations.dh.gov.uk](http://consultations.dh.gov.uk) and is open until 31st January. It asks about people's experiences of dementia diagnosis, support and awareness.

Local dementia groups can also discuss the questions in groups or one-to-one, and feed the results back to the department.

The survey aims to assess how effective recent developments have been in tackling dementia, and where improvements to the delivery of services and support may be needed at local level.

Responses can be made by post and you can contact Raj Kaur on 0113 2546484 [dementiasurvey@dh.gsi.gov.uk](mailto:dementiasurvey@dh.gsi.gov.uk) to get a copy.



### Live Well with Diabetes



People with Type 2 diabetes can get improved support to help them manage and control their own condition through a new programme called *Live Well with Diabetes*. It starts with a personal dietitian giving advice via phone or video and offers learning support materials sent by email and group sessions with other people living with diabetes. If weight loss is needed then people can choose between attending Weight Watchers and having one-to-one coaching via the Oviva smartphone app.

These services are free from the NHS as long as people are registered with a Bucks GP and have Type 2 diabetes. There is something to suit everyone's style of learning and you can ask your GP, or even refer yourself via the Live Well Stay Well website. ([www.livewellstaywellbucks.co.uk](http://www.livewellstaywellbucks.co.uk)) Take the *Five Minute Health Habits test* and make sure you tick the "diabetes education" option and someone will contact you with all the information and to make arrangements.



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 18<sup>th</sup> January 2017

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

Wednesday 17<sup>th</sup> May 2017

Wednesday 19<sup>th</sup> July 2017

Wednesday 20<sup>th</sup> 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

### Don't forget ...

#### Galaxy Hot Chocolate Fund closes in 7 weeks

The Galaxy Hot Chocolate Fund is looking to support small, local community projects and groups through the GALAXY Hot Chocolate Fund.

Up until **February 26<sup>th</sup>**, they will award a total of seventy, £300 donations to help community groups and people across UK and Ireland.

Five donations will be awarded each week, four by their panel of judges and one through the People's Choice award to the organisation with the most weekly votes

Applying is easily done online via their website

Www.galaxyhotchocolate.com



### Support from Blind Veterans UK



Blind Veterans UK provides free support to Armed Forces or National Service veterans and have significant sight loss.

Research shows the need for specialist support for this group, who take great pride in their independence and are less likely to ask for help.

An estimated 59,000 blind veterans are eligible for support, but most are not receiving it.

Sight loss can be due to age or illness and services provided include:

- Emotional support, providing activities
- Skills development - trying new hobbies
- Confidence building
- Independent Living support - adapted housing and equipment.

To contact the charity, their contact details are: Tel: 0800 389 7979, Postal address: Blind Veterans UK, 12-14 Harcourt Street, London W1H 4HD, email: information@blindveterans.org.uk and website [www.noonealone.org.uk](http://www.noonealone.org.uk)



### Scam Watch!

#### Speeding Fine?

There is currently a Email Scam being circulated in neighbouring Hertfordshire. The email states you have been given a Speeding Fine from the Greater Manchester Police area. This is yet another Scam. Please delete it.

#### Amazon purchases

Action Fraud has received several reports of convincing looking emails claiming to be from Amazon. The sender "service@amazon.co.uk" claim recipients have made an order online and mimic an automatic customer email notification. The email claims recipients have ordered an expensive items such as a vintage chandelier, Bose stereos, iPhone's and luxury watches.

The emails state that if recipients haven't authorised the transaction they can click on the help centre link to receive a full refund. The link leads to an authentic-looking website, which asks victims to confirm their name, address, and bank card information.

Amazon will never ask for personal information to be supplied by e-mail.

To report a fraud or cyber crime, call **Action Fraud on 0300 123 2040.**