

Note from the Editor

Happy New Year everyone. I hope that you all had a restful and peaceful Christmas. We welcomed our first Host UK (October 19) student to share Christmas with us and what an absolute delight to get to know Ugne, a Lithuanian first year student currently studying in London. We learnt a lot about her own country and traditions and Lithuania is now definitely on our places to visit.

January is traditionally that month where you resolve to get fit, join new groups etc etc. and it's tempting to fill these pages with opportunities for you to do just that. Those opportunities are definitely there and if anyone would like help finding something for them, either visit our website or give me a call (details back page). But the news that malnutrition in older people has trebled in the last decade has prompted me to dedicate much of this newsletter to nutrition and hydration, the size of the problem, spotting the signs and the small differences that we can all make that really will make a big difference. You'll find the information on pages 5 through to 8 and there is much more on the Malnutrition Task Force website.

If your groups could do with a bit of a health check, there's a useful free workshop (below) which provides information and support to attract and look after wonderful volunteers without whom most groups would disappear and there is a funding advice session for the National Lottery grants (page 2).

Marlow is joining the other dementia friendly communities in Bucks (page 3) and if this is something that you are interested in or are looking for an opportunity to volunteer, please do get in touch with them. I've also added a reminder of the other dementia friendly communities in the county.

I hope as ever, that you find the newsletter useful and don't forget that I am always delighted to hear from you and feel free to suggest topics for future newsletters, if you would like to raise awareness of your group or publicise events going on in your communities

Have fun, be good & stay safe.

Andy



CHILTERN
District Council

Five Steps To Being Volunteer Ready



Community Impact Bucks
supporting charities, communities, volunteering

A Masterclass for anyone recruiting and managing volunteers

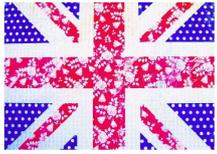
Thursday 16th January 12:00—15:00 or 17:30—20:00 in Amersham
Refreshments and light buffet provided

The aim of the free workshop is to introduce 5 key steps necessary to take in order to prepare for taking on volunteers for the first time or refresh an existing approach.

- Do you need to recruit volunteers, but don't know where to begin?
- Have you started to recruit volunteers, but without proper planning?
- Do you feel that it's time to revisit the way that your group tackles volunteer recruitment?
- If any of this sounds familiar, then this masterclass is for you!

To book the afternoon or evening session, please email
lynne.hunter@chilternandsouthbucks.gov.uk





National Lottery Funding

Do you have a heritage project which creates lasting change for people and communities? Have a look at this great funding opportunity....

The National Lottery Heritage Fund 1:1 sessions/ 30th January 10am-3pm (20 min slots)

National Lottery Grants for Heritage provide funding for all types of heritage projects which celebrate anything from the past that you value and want to pass on to future generations.

Projects can include **community heritage, cultural traditions, commemorations/ celebrations** as well as the more obvious areas such as **historic buildings** and **museums**.

To help you develop a successful application, we are offering local groups the chance to meet funding officers from the National Lottery Heritage Fund to discuss grants up to £250K.

At these free one-to-one sessions you will get immediate feedback on your ideas and useful tips for a successful application.

To book your free 20 minute, 1:1 advice session, go to <https://communityimpactbucks.org.uk/events/>



BUCKS FAMILY HISTORY SOCIETY

Southern Group (registered charity 290335)

Tracing Living Relatives Moving Your Research Forward

A Talk by Antony Marr

How to move your research forward to find elusive missing relatives – methods of research and ethical considerations.

Tuesday January 14th

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)

New research shows minimal footwear improves stability in older people

University of Liverpool research, published last month reveals certain types of conventional footwear are not as beneficial to balance and stability for older people as specially designed minimal footwear.

This study confirms a growing body of data that minimal shoes offer certain benefits over conventional heeled, padded, and 'supportive' shoes. The insight could lead to changes in the way that clinicians and shoe designers think about how our choice of footwear affects us, findings that, if implemented, could lead to increased stability in older people.

Age UK revealed up to one in three over 65s suffer a fall each year, costing the NHS 2.3bn per year, according to the National Institute for Health Care and Excellence (NICE).



Making Marlow Dementia Friendly (MMDF)

www.mmdf.co.uk

A project for the community by the community

Making Marlow Dementia Friendly (MMDF) is following the Alzheimer's Society "Dementia Friendly Communities" programme, which gives official recognition to community projects that work hard to ensure people living with dementia and their loved ones feel understood, valued and able to contribute and have the support they need. You will find useful information on the project, local events and regarding dementia at Marlow Library on Institute Road.

We are working towards our goals to:

- Bring the Marlow community together to make a difference to those living with dementia
- Hold awareness raising activities to improve dementia education in the town
- Encourage and empower Marlow-based organisations and businesses to get involved and take action to improve awareness of dementia
- Ensure a strong voice for Marlow people living with dementia, as well as their carers and loved ones
- There are also Dementia Friends sessions being run usually at the Cliveden Manor Care home. These sessions last about an hour and give a wealth of information about dementia

Volunteers needed

At Marlow Library on the third Thursday of every month in the morning, there is a "Reminiscence Coffee Morning" which is a great opportunity to meet new people, enjoy some camaraderie and learn more about Bucks Libraries' impressive reminiscence collection.

The MMDF Committee helps to promote the above event and is also now looking to organise a complimentary event – a memory café. This will be more specific to those living with dementia and their carers. We are seeking volunteers to help run the memory café events, where the objective is to make them an enjoyable and social event that guests anticipate and look forward to.

If you feel that you could spare a few hours a month to help with this project, or any other initiatives we develop in MMDF in the future, please contact us using the link on the www.mmdf.co.uk website. This is an incredibly worthwhile project, and we would appreciate any time you can give. For more useful information, details on dementia support at Marlow Library on Institute Road and a calendar of other local events are kept up-to-date on the website and also on our [Facebook](#) page.

Dementia Friendly Communities

People living with dementia and memory impairments want to remain independent for as long as possible but they and their carers often talk about the everyday challenges they face trying to 'live well' with their condition. Dementia Friendly Communities set out to support those people with everyday necessities such as remembering pin numbers in shops, banks and post offices, using public transport, better signage and maintaining social contact.

You'll find Dementia-Friendly Communities in Stokenchurch, Great Missenden, Buckingham, Burnham, Denham, Iver, High Wycombe and Aylesbury as well as Marlow.

To find out more about how you can get involved in your community becoming dementia friendly contact: 01296 387821 or email dfcommunities@buckscc.gov.uk



Events at Gracewell



Gracewell of High Wycombe have the following events in January and are all open to the community and are free:

Wednesday 15th January 2:00-4:00pm Wills, POA and Care fee planning

Have a question unanswered? We will be joined by Karen from Blaser Mills who will be providing a free clinic on Wills and POA and Mike from Eldercare Solutions to discuss options on how to pay for care

Thursday 16th January 2:00-4:00pm Board Game Afternoon

Calling all players young and old, join us for an afternoon of board games, for a couple of hours of fun.

Thursday 23rd January 5.30-7:00 pm – Gait's Bar

We would like to invite you to join us in opening our bar which has been named after one of our founder members, with Chinese new year on the horizon there will be a Chinese theme, entertainment with buffet. Booking is essential

Sunday 26th January 4:00-6:00pm – High Tea

We will be joined by local bird enthusiast Jerry Gray and in honour of the RSPB Big Garden Watch, expect high tea and a bird themed afternoon with quizzes and prizes, booking is essential

Friday 31st January 1.30pm Sponsored Winter Walk

January is Winter walks month we want to get as many of our residents out in to the village, friends, family and the local community are all welcoming to join us on a short walk around the village meet at the home to depart at 1.30pm then return to enjoy hot chocolate and cake. All donations welcome to go to our chosen charity Alzheimers Society.

Forever Friday Café 2-4 pm - A chance to bring, buy or just socialise. Every Friday we open our Bistro to the whole community. We invite you to come and join us for complimentary tea/ coffee and cake. Local sellers will be invited to sell their items each week as well as our own collection of books, puzzles and bric a brac available for you to buy. Donations are welcome. Please contact if you have items you would like to sell

Gracewell of High Wycombe, The Row, Lane End, High Wycombe, HP14 3JS. Contact Hayley on 01494 412252 to find out more about these and future events

Stark age gap between Conservative and Labour voters



A stark age gap has been revealed between Tory and Labour voters, with nearly five times as many older people backing Boris Johnson's party, a YouGov poll has shown.

The new data showed that the older the voter, the more they were inclined to cast their ballots in favour of the Tories.

Only 21% of people between the ages of 18 to 24 voted for the winning party, compared to 67% of those aged over 70.

Oppositely, 56% of those aged

younger than 24 voted for Labour, compared to 14% of those in the older age bracket.

The percentage of those who supported smaller parties, including the Liberal Democrats, the Greens and the Brexit Party, was more or less consistent across the age groups. How Britain voted at the 2019 general election... by age 18-24 year olds: Lab - 56% Con - 21% Lib Dem - 11% 70+ year olds: Con - 67% Lab - 14% Lib Dem - 11%



Number of older people diagnosed with malnutrition trebles in a decade

The number of older people diagnosed with malnutrition has more than trebled to almost 500,000 in the past decade, according to research. More than 1 million people aged 60 and over – one in 10 – are either malnourished or at risk of malnutrition, the NHS Digital figures showed. But because the vast majority of these people (93%) live at home, their malnourishment often goes unnoticed.

The independent Malnutrition Task Force have said that Christmas is an ideal opportunity to spot the signs that people might be struggling to eat enough to keep themselves well.

“It is shocking that 1.3 million older people suffer from or are at risk of malnutrition in our country and the root of the problem doesn’t just lie with poverty,” said Dianne Jeffrey, the chair of the Malnutrition Task Force.

“There are other contributing factors which add to the risk. Public health messages that don’t always relate to this age group; a lack of ability to shop, eat and drink at home without help. As well as loneliness and isolation, grief and bereavement, poor physical and mental health or a lack of awareness of the risks by health and social care staff,” she added.

Data from the English Longitudinal Study of Ageing (Elsa) showed various factors are contributing to the rise in diagnoses of malnutrition among older people. These include over 230,000 people aged 75 and over having difficulty with the physicality of eating, such as cutting up food, and above 1.9 million having difficulty eating food because of a dental condition.

Not being able to afford to eat may be another cause of malnutrition, particularly for those older people living in poverty. Elsa’s data shows that over 360,000 people aged 50-64 and over 29,000 of 65-74 year-olds admit having to cut or skip meals because they didn’t have enough money.

“Increasing numbers of people diagnosed with malnutrition is a cause for concern because poor nutrition can be both a

cause and consequence of ill health,” said Caroline Abrahams, charity director of Age UK, a member of the task force.

“Signs will often go unnoticed until they have made a negative impact on health and wellbeing. Malnourishment can cause long-term health problems for otherwise healthy and independent older people. It can also mean more visits to the GP, increased chances of being admitted to hospital and longer recovery times from illness,” she added.

Treating someone who is malnourished is two or three more times expensive for the healthcare system than someone who is not malnourished and identifying and addressing the problem could result in significant savings. Estimates put the cost of malnutrition on health and social care is expected to be at around £13bn by 2020 and that figure is estimated to rise further with the rapidly ageing population.

For a guide on eating well later in life visit the task force’s website.



Malnutrition Task Force
Eating and drinking well in later life

In most cases, malnutrition and dehydration are largely preventable.

Losing weight is not an inevitable part of ageing. Unintentional weight loss in later life is a serious issue.

It’s always a good idea to keep a record of your weight and regularly check your weight. You don’t need scales, this can be as simple as noticing if you use a tighter hole on your belt.

If you are concerned, do speak to your GP, Practice Nurse or a health professional.

There is a wealth of information on their website and printed booklets can be order either via the website

www.malnutritiontaskforce.org.uk/ or by calling [020 3033 1522](tel:02030331522)



What are the barriers to keeping well nourished?

Nutritional needs can vary as our bodies and health needs change. Increasing numbers of us will be diagnosed with long-term conditions such as diabetes, hypertension, angina, chronic obstructive pulmonary disease (COPD) and chronic pain conditions such as arthritis. This can all have an impact on us eating enough.

We are so used to following public health messages that are focused on weight loss, eating low fat products, eating more fruit and vegetables, less sugar, treats and puddings. This style of eating is not always recommended for people who have a small appetite, find they are losing weight, or who are finding it difficult or tiring to eat. There is no point struggling through a bowl of salad if that is all you can manage to eat all day.

Why do we lose interest in food and appetite?

Life changes as we age are complex and very individual, and can often contribute to loss of interest in food and appetite.

Loss and bereavement spans right across life. It doesn't just relate to death. It is often accumulative loss, perhaps of work identify through retirement, of good health, of being young or the loss of ability, activities and hobbies, a walking partner, best friend or the dog.

Loss through bereavement will be a major stress, and can reduce our resilience and ability to cope and remain independent. In practical terms, life may have changed dramatically. We may have less money, have to eat, sleep and live alone for the first time, or be faced with household or financial tasks that we haven't done before.

Becoming a carer for a loved one can be a real shock, changing our relationships, lifestyles, routine and expectations. Caring in some respect will touch the lives of most of the population. Every year, over 2 million adults become carers and almost as many people find that their caring responsibilities come to an end. Undertaking and losing a caring role can sometimes make eating a low priority and carers are very much at risk of becoming malnourished themselves.

Sometimes when we live or feel alone, particularly if you don't see family or friends

very often, or we are feeling bereft, it can be more difficult to eat well or bother to plan, shop and prepare a meal, which then is often eaten alone.

Worries about finances remain a major contributor to poor health and wellbeing among older people. All this lumped together can cause us to feel vulnerable, lonely and feel low in mood or depressed. Depression is very real and can sometimes be overlooked by healthcare professionals, even though it's easily diagnosed and can be treated. If you recognise any of these feelings, think about going to see the GP or talk to a health care professional.

Is this me?

Whether you are slim or bigger (even if you are seemingly overweight, you can still be malnourished), it's not good to lose weight without meaning to. It's easy for weight to drop off without noticing. Significant, unintended weight loss makes you more likely to get ill or have a fall and can slow down your recovery from illness or surgery. Whilst some signs may be obvious, others may not be as noticeable. Ask yourself the following questions:

- Have you noticed that you have lost weight?
- Have you dropped a size or do your clothes feel looser?
- Have you had to tighten your belt buckle an extra notch?
- Is your jewellery slipping off?
- Do you feel lethargic or more tired?
- Is cooking becoming more of an effort?
- Is it difficult to manage a tight budget?
- Have your dentures become loose?
- Has your appetite got smaller?
- Is chewing difficult?
- Is swallowing difficult?
- Do you cough and splutter when eating?
- Are you catching more colds or infections and find it takes longer to feel better?
- Do you feel cold and can't get warm?
- Do you feel dizzy sometimes?
- Are you feeling down?

If you recognise these signs, it is time to take action. These can all be signs of unhealthy weight loss and that we might be at risk of becoming undernourished.



What can we do?

Eating anything is always better than nothing. When we have a small appetite or have difficulty chewing or swallowing, there are a number of things we can do for ourselves that may encourage us to eat better.

Eat more protein

Protein is an essential nutrient, and we need to get it from food every day because our bodies don't store it as they do fats and carbohydrates. Having protein with every meal will help us keep well-nourished.

Eat food that you enjoy

- Try eating small meals and snacks six times a day rather than three bigger meals.
- Move to full-fat foods like milk, yoghurt and cheese.
- Have milky drinks with full-fat milk and a biscuit between meals.
- If you have difficulty chewing, try eating soft foods such as scrambled eggs or yoghurts.
- If your teeth or dentures are a problem, make an appointment with your dentist.
- If you're having trouble cooking or cutting up food, speak to your GP or local council. They may be able to arrange an occupational therapy assessment.
- If you have trouble shopping or cooking food, a local community organisation may be able to help. Supermarkets offer online shopping and home delivery services.
- Make use of home delivery services such as Wiltshire Farm Foods. They also have foods that are soft, fork mashable and textured for all eating difficulties. <https://www.wiltshirefarmfoods.com/>
- If you're finding it difficult to chop or prepare fruit and vegetables, you can buy pre-chopped packets in supermarkets.

Eating alone sometimes is not helpful to improve our appetite

- Ask a friend or relative out to a café.
- Ask a friend round for a snack.
- Ask a community organisation for information about lunch clubs or other social clubs. You can find your local Age UK and information about what services they offer on the Age UK website [\[https://www.ageuk.org.uk/services/in-your-area/\]](https://www.ageuk.org.uk/services/in-your-area/) or call the Age UK advice line on 0800 678 1602.
- When you are alone, eat with a favourite TV or radio programme, or read a book – it

might just help in the short term.

Vegetarian and plant based diets

Increasing numbers of us are now choosing to eat less meat or follow vegetarian or vegan diets. It's important to keep an eye on your weight and make sure you are eating a balanced diet to get the right nutrients to stay well. Make sure you are eating a wide variety of plant-based products – including vegetables, whole grains, nuts, seeds and fruits.

There are also lots of vegan alternatives to common dairy and meat products, like vegan cheese, soy mince, soy or oat milk that are now widely available in supermarkets.

The Vegetarian Society - <https://www.vegsoc.org/info-hub/health-and-nutrition/> - and Vegan Society - <https://www.vegansociety.com/> - have more information and advice on eating a healthy and nutritious diet. Vegetarian for Later Life is a charity that provides diet and healthy living advice for older vegetarians and vegans and caterers. Their website includes recipes and menu planners. <https://vegetarianforlife.org.uk/>

Ethnic minority foods

The Older People Services Development Project in Scotland has produced a booklet to help people from minority ethnic backgrounds with their diet as they grow older. You can find it at <https://www.communityfoodandhealth.org.uk/wp-content/uploads/2015/11/Healthy-Living-Final-English.pdf>

If you're worried about weight loss, have a small appetite, or finding it difficult to chew or swallow food, talk to your GP or Practice Nurse. Perhaps ask a friend, relative or carer to go with you.

If you notice any of the following when eating or drinking, go and see your GP or the Practice Nurse:

- Difficulty swallowing.
- Choking or coughing or spluttering.
- Bringing food back up
- A sensation that food is stuck in your throat or chest.
- A change in the sound of your voice soon after eating.



2020

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

2020 Dates

22nd January

18th March

20th May

15th July

16th September

18th 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

Wed 29 January 2020, 9am Hampden Lecture Theatre, Wycombe Hospital

Wed 25 March 2020, 9am Education Suite, Florence Nightingale Hospice Charity, Unit 2, Walton Lodge, Walton Street, Aylesbury HP21 7QY

Buckinghamshire CCG Board Meetings

12th March 2020. Meetings take place 10.30-12.30. Jubilee Room, Aylesbury Vale District Council, the Gateway, Gatehouse Rd, Aylesbury, HP19 8FF

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.

Also, we are looking at sponsors and/or advertisers to help us cover our newsletter costs so please contact us if you can help



Malnutrition Task Force
Eating and drinking well in later life

Dehydration

Water makes up over two-thirds of the healthy human body. It lubricates the joints and eyes, aids digestion, flushes out waste and toxins, and keeps the skin healthy.

Dehydration occurs when your body loses more fluid than you take in. When the normal water content of your body is reduced, it upsets the balance of minerals (salts and sugar) in your body, which affects the way it functions. The body is affected even when you lose a small amount of fluid.

Most of the time, we can prevent dehydration by drinking regularly throughout the day. As we age, we also start to naturally feel less thirsty so it's important to keep an eye on how much you're drinking throughout the day. Look out for some of the early warning signs of dehydration:

- Feeling thirsty, lightheaded, tired and confused – this can lead to being unsteady on your feet with an increased risk of tripping or falling.
- Dry mouth, lips and tongue leading to crusty and cracked mouth.
- Passing urine less often than usual. This can lead to urinary infections, incontinence and kidney problems.
- Constipation – lack of fluid intake is a common cause of constipation.

Practical steps to help yourself:

- Drink 6-8 cups of fluid every day. All hot and cold drinks count towards hydration.
- Drink little and often, taking small sips, if you find it a challenge to drink a whole glass in one sitting.
- If you are worried about getting up in the night for the loo, don't drink alcohol or caffeine close to bedtime. Ask your pharmacist if any medications you are taking could be causing you to need to use the loo more at night - perhaps changing when you take your medication could help.
- If you regularly cough and splutter when you drink, have a chat with a health care professional – there are things that can help.
- Try to eat foods with a high water content e.g. fruit and veg, stews and soups, milk based puddings, jelly, ice cream, yoghurt and custard