

Note from the Editor

This month the newsletter has quite a different feel but there is so much going on in our local authorities that it is worth taking the space to make sure you are aware of what is potentially afoot. As more public events are confirmed we will include them in future newsletters.

New this month is information from our readers and groups on page 4 which you may find useful for your own networks. I'd love others to contribute so we can make this a regular feature.

The latest information from Thames Valley Police on how to avoid falling victim to scams is detailed on page 6 following recent cases locally. Please pass this information on to friends and neighbours.

Volunteering is good for you, even my 16 year old daughter loves it! She has taken it one step further and is currently in Costa Rica doing conservation work. Guess what? Projects Abroad also offer opportunities for retirees using their wealth of experience and skills in communities around the world. I have been very impressed with their organisation and if you would like to find out about their 'Grown Up Specials' you can call them on 01903 708 300 or go to www.projects-abroad.co.uk

And finally, it is becoming increasingly difficult to ensure every article has a phone number as the world moves ever digital. If you are not on the internet and wish to find out more then I am happy to email people on your behalf. My number is always on the back page

Andy



Is it all change?

Are Bucks County Council moving to a Unitary Authority? And what does your District Council have planned for your area

Bucks County Council is currently preparing a business case for A Unitary Authority to streamline local government in Buckinghamshire?

Community Impact Bucks wants to make sure that views, comments and concerns from the Voluntary and Community Sector are all taken into account!

There are 2 ways you can do this:

Give your feedback online via this survey:

<https://www.research.net/r/Reviewoflocalgovernmentstructure>

And/Or come along to one of the workshops we are running to enable you to discuss and share your thoughts

Aylesbury event: **25 July 6:00pm - 8:30pm**

Wycombe event: **27 July 2:30pm - 5:00pm**

The Buckinghamshire Business First report - [Strategic Financial Case for Local Government Reorganisation in Buckinghamshire](#), can be viewed at www.communityimpactbucks.org.uk This will give background information which you may find useful and informative and is the basis for the Bucks County Council Business Case.

For questions, please contact 01844 348820 or email info@communityimpactbucks.org.uk to discuss further.

District Council Local Plan Proposals are detailed on page 2



District Council Local Plans

Your district council is in the process of developing a local plan which identifies for example, locations for new homes and jobs over the next 15—20 years. It really is worth checking what your district council is proposing as these changes can be significant. Below is a brief snapshot of where each district council are in the process, consultation timescales and public events

Draft Vale of Aylesbury Local Plan - consultation starts 7 July 2016.

From **7 July to 5 September**, residents can comment on any aspect of the draft plan such as the locations identified for new homes and jobs. The draft plan sets out areas where development could take place within the district, as we plan where up to 33,300 new homes could be built by 2033. A series of drop-in sessions have been planned. This is an opportunity for local people to find out more about the draft local plan, before it goes before the Government's Planning Inspector spring 2017.

You can make your comments using the online form at <http://www.aylesburyvaledc.gov.uk/vale-aylesbury-local-plan-draft-plan> If you are not able to use the online comments form you can contact planning by calling 01296 585858.

Location	Venue	Date	Time
Haddenham	Village Hall Social Cen-	Monday 11 July	11am to 8pm
Buckingham	Community Centre	Wednesday 13 July	11am to 8pm
Aylesbury	Friars Square Shopping	Thursday 14 July	10am to 5pm
Newton Longville	Village Hall 2 Paradise	Wednesday 27 July	10.30am to 7.30pm
Wendover	St Anne's Hall	Thursday 4 August	11am to 8pm
Aylesbury	Friars Square Shopping	Friday 5 August	10am to 5pm
Whaddon	Jubilee Hall	Monday 8 August	4pm to 8pm*
Winslow	Public Hall Elmfields Gate	Wednesday 10 August	11am to 8pm
Weedon	Bucks County Show-ground	Thursday 1 September	8.30am to 4.30pm

Emerging Chiltern and South Bucks Local Plan (2014-2036)

Chiltern District Council and South Bucks District Council are preparing a new emerging joint Local Plan for Chiltern and South Bucks Districts and the next public consultation stage - **Preferred Options**.

This will be limited to development options in the Green Belt that the Councils consider should be taken forward in the Local Plan in order to help meet development needs and the evidence base that has informed the Preferred Options. Consultation responses will help inform decisions on a draft Local Plan (expected for consultation in March/April 2017).

The details for the Preferred Options Consultation will be determined by the Councils joint Cabinets on 12th October 2016 (a Joint Committee meeting)

It is anticipated that the public consultation will be for 6 weeks from 31st October until 5pm on 12th December 2016.

Further information can be obtained by visiting <http://www.chiltern.gov.uk/planning/localplan2014-2036> or by contacting planning on 01494 586 678



District Council Local Plans *ctd*

Wycombe district local plan

Wycombe District Council are consulting on the draft local plan for the period to 2033. They want your comments on the content of the draft local plan which sets out the long term future for the district identifying where new homes, jobs and infrastructure will be created and how they will protect our countryside.

The draft sets out:

- core policies
- where we propose to provide for new homes and jobs - towns and rural areas
- policies for housing and economic growth
- policies to protect our countryside - specifically the green belt and AONB

The draft takes account of comments made during the options consultation in spring 2014. Draft local plan for consultation can be seen at www.wycombe.gov.uk and every household should have received the summary leaflet during June 2016.

The closing date for the consultation is the **8th August**. You can feedback via the website or email to newlocalplan@wycombe.gov.uk or by post to: New Local Plan team, Planning and Sustainability, Wycombe District Council Queen Victoria Road, High Wycombe, HP11 1BB

If you have any questions: Email: newlocalplan@wycombe.gov.uk
Telephone: 01494 421158

Wednesday Club Waddesdon

Waddesdon have a very successful club that welcomes older people who would love some social contact - love food - enjoy challenge of new places and people and have a few hours to spare to join in!

We run from 10-2.45 approx.
It's £16 per day

If you are interested in finding out more, call Paula Kinsella on 07732185329.



Afternoon Tea

At

The Holiday Inn, Aylesbury

Thursday 14th July 2016

2.00pm to 4.30pm

This is a funded event (no payment) with limited spaces. However, we ask that the attendees are supported to make their own way.

If assistance is required to get in and out of a cab at the Holiday Inn, please let us know and we would be happy to help.

Refreshments will be provided.

Please contact Bal Harrington on 07956 361 631 or email on admin.av@homeinstead.co.uk you would like to register an individual who could benefit from this.



News from our members

Ageing Without Children for a positive later life without children



Following the feature in last months newsletter, BOPAG member Sue attended the inaugural conference of this new national group and wanted to share what she had learnt as she feels that it would be beneficial for people in Bucks to know more about this charity, perhaps with a view to setting up local groups.

Their definition of 'Ageing without children' also includes those people who have children but, for whatever reason, could not call upon them easily in a crisis or otherwise to represent them. Maybe they live abroad, are estranged or committed elsewhere. Added to the baby boomers who don't have children that represents a lot of people. With the responsibility for social support being pushed back more and more onto the individual, local Ageing Without Children (AWOC) support groups could be a welcome safety net for many people.

She encourages local groups to find out more and BOPAG are in contact with the founder Kirsty Woodward about giving a talk to us in future. Also there will be a programme on loneliness in the 'Inside Out' series that will be broadcast in September. BBC came to film and interview at the conference.

More can be found out about the work of the group through their website www.awoc.org and the team can be contacted via email ageingwithoutchildren@gmail.com

1 in 5 people over 50 don't have children

Wonderful Outings

Marlow Bottom have recently visited Frogmore Paper Mill, Hemel Hempstead <http://frogmoremill.com> Although it is not wheelchair friendly, it was an excellent venue for a trip with hands on demo (make your own paper), small cruise down the canal and fish & chip lunch. Details can be obtained from the website or calling 01442 234600

Burnham Group B'FAB had an interesting visit to Osterley House & Gardens, Isleworth. They are a National Trust Property and can be contacted on [02082325050](tel:02082325050)

Wye Valley Volunteers organised a trip to Chenies Manor and advised that it was also good for those in wheelchairs as most of the garden was accessible. More information can be found at www.cheniesmanorhouse.co.uk/ or call 01494 762 888. Group rates are available.

An Inspirational Speaker

Naomi Riches MBE and Paralympic gold medallist, gave a talk to the Marlow Bottom group as she prepares to become the fastest woman to row 165 miles along the Thames.

She plans to complete the challenge in under 50 hours navigating 48 locks – with no sleep - kicking off from Lechlade on Saturday, September 17 and finishing at Gravesend.

The purpose is to raise awareness and money for Naomi's patron charity IN- vision – a charity dedicated to researching eye condition Infantile Nystagmus, which she was diagnosed with at just 2 months old. Naomi has no functioning cones on her retina which means no colour vision, is extremely light sensitive and the Nystagmus means it is hard to focus, particularly on moving objects.

If you want to find out more about Naomi's challenge, Naomi can be contacted via her website www.thegreatthamesrow.org/contact/



Volunteering Opportunities

Thames Valley Police

Thames Valley Police are still looking for members of the community to join a Chiltern & South Bucks Independent Advisory Group

The aims of the IAG are to:

- Assist the LPA Commander to better understand the effects of TVP policies and practices on local communities and, in so doing, inform the development of inclusive policies and procedures that do not discriminate or have adverse impact on particular sections of the community.
- 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.
- Increase trust and confidence in policing amongst the diverse communities.

It is anticipated that the IAG will meet quarterly or if a significant incident happens.

Please can you respond to Zoe Furnell-Brennan zoe.furnell-brennan@thamesvalley.pnn.police.uk or call [01753-271145](tel:01753-271145) to let us know if you are interested.

Footpaths and Bridleways Restoring the Record

On 1st January 2026 it will no longer be possible to use documentary evidence to claim 'lost ways'. Any path, track, alleyway, bridleway, cut-through, etc. not registered on the definitive map could be in danger of being lost forever. Even old and still well-used, but officially unrecorded, paths and tracks may at risk. The ancient maxim on which many past claimants have relied: 'once a highways always a highway' will be history.

We need all sorts of help, whether it's people to check maps, walk paths, sharing your memories and knowledge of paths, do research and get new links approved – this is both a countywide and countrywide initiative.

If you are interested and are prepared to help in any way, contact Ross Osborn (rossosborn41@gmail.com or call 01494 881641) or you can contact Andy (details on the back) who can either put you in contact with your local volunteer, or will send you all the information you need to know to start out on this potentially fascinating detective hunt.



Ross Osborn

Are you a bus user?

At the presentation in May by Andrew Clarke, Public Transport Manager at BCC, one idea was the formation of user groups to help give a voice to passengers to lobby companies direct to influence routes and timetables.

Andrew is willing to approach bus companies about setting this up. So if you use any of the bus services in Bucks and might like to be involved please get in touch. At this stage we are simply trying to gauge interest. If we get this off the ground, this volunteering activity will be eligible for Time Credits

Please contact Andy on 01296 622122 or info@bopag.org.uk with your contact details and also which bus company you use as this will be bus company specific.



Join us at Lords to see home team Middlesex take on London rivals Surrey in crickets Royal London One Day Cup Just turn up at the Grace Gate on St John's Wood Road with 5 Time Credits per person and exchange them for a day's cricket.

More info on getting to Lords can be found at lords.org or by calling 0207 616 8500

The Time Credits team will be sitting in the Mound Stand, close to the wheel-chair accessible area from 12pm (play starts



Be Scam Aware!



Working in partnership
to make our community safer



Thames Valley Police is calling on residents to help tackle courier fraud by taking ten minutes to talk to elderly friends and relatives.

Courier fraudsters phone and trick victims into handing large sums of cash to a courier that arrives at their home.

Officers are asking family and friends to take ten minutes to talk through these top tips:

- Never deal with cold callers on the phone or in person, no matter how polite or friendly they are. Saying 'No thank you' and shutting the door or hanging up the phone is not rude.
- Your bank, the police or anyone legitimate will never send a courier to your home to collect your money, your bank cards, and they will never ask for your pin number. Close the door, lock it, and call 101 to speak to the police.
- Keep a mobile phone next to the landline, and if you want to make a phone call immediately after hanging up the landline, always use the other phone.
- If you do hand over your bank details or cards, don't panic. Call your bank immediately using another phone, such as a mobile phone, explain what's happened and cancel your cards.

Legitimate callers will never try to rush you, scare you, or force you into anything. If you feel scared or pressured at any point, hang up or shut the door and tell someone what's happened.

This advice is being re-issued following a recent incident in the Wendover area, where fraudsters successfully collected money after posing as officers from Scotland Yard.

There are many variations of the courier scam, but it usually follows this method:

- A fraudster will cold call the victim on a landline. In Abingdon, the fraudster's have claimed to be from the victim's bank, the police, a fraud investigator, and even television personality and Money Saving Expert founder Martin Lewis OBE.
- The fraudster states their systems have spotted a fraudulent payment in the victim's account, or that they need the victim's help in investigating fraudulent activity at their bank.
- In order to reassure the victim that they are genuine, they suggest that the victim hangs up and rings the bank/police back straight away. However, they don't disconnect the call from the landline so that when the real phone number is dialled, they are actually still speaking to the fraudster.
- Finally, the fraudsters will send a courier to collect cash from the victim's home address, or to take the victim to their bank to withdraw the money. The fraudster will have then obtained the victim's name, address, full bank details, card and PIN.

If you receive this type of call, report it to the Police by calling 101, or to Action Fraud on 0300 123 2040. In an emergency dial 999.

Fake Letter Boxes

The National Fraud Intelligence Bureau (NFIB) has noticed an increase in reports of fraudsters placing fake letter boxes on residential properties in an attempt to harvest the mail. The mail is then used to open various lines of credit with financial providers in the name of the innocent resident.

Be vigilant and check for any suspicious activity, tampering of your post/letterbox or for suspicious glue markings on the wall. Check all post received from financial institutions, even if it appears unsolicited.

Do report theft of mail to your local police force and any cases of identity fraud to Action Fraud.



Health News



Researchers from the Human Performance, Exercise and Well-being centre at Bucks New University (High Wycombe) are looking for participants to test alternative hypertension (high blood pressure) treatment. The treatment will include simple isometric handgrip exercises.

The researchers are looking for males and females aged 55 and over with no history of diabetes or cardiovascular events. Eligible participants will have systolic blood pressure values ranging from 130-159. This is an ideal opportunity to learn more about your heart health – as part of participation you will receive 24-hour blood pressure and ECG measures.

For more information please contact:

Niamh Morrin: Niamh.morrin@bucks.ac.uk



Appoints new Chief Executive



Healthwatch Bucks has appointed Thalia Jervis as its new Chief Executive.

Thalia joins Healthwatch Bucks after roles in Network Rail and a large variety of public and private sector organisations as part of a large management consultancy.

Healthwatch AGM

Takes place on Wednesday 13 July 2016 12.30pm for 1pm at The Gateway, Gatehouse Road Aylesbury, HP19 8FF at 12.30pm for 1pm. A buffet lunch will be available before the meeting.

The event will include a talk by guest speaker Jane Mordue, Interim Chair of Healthwatch England.

To attend please call the team on 01844 348836 or email bill@healthwatchbucks.co.uk

Small Appetite Keeping a healthy weight in later life



The Small Appetite Campaign aims to raise awareness of unintended weight loss in later life. It's not good to be overweight or underweight, and it is easy for weight to drop off without noticing.

Undernutrition in later life is very common and affects over a million older people. It increases the risk of ill health and infections and can result in a longer recovery time from surgery and illness.

If you have noticed rapid or steady weight loss over time, it's important to see your GP. He/she will check for any underlying health issues and advise on the best course of action.

Guides

To find out more about the signs of unhealthy weight loss and what you can do, have a look at our guides. They include tips and ideas for tasty snacks for those with a small appetite: The guides are available at <http://www.malnutritiontaskforce.org.uk/campaign/> Limited numbers of hard copies are available by contacting enquiries@malnutritiontaskforce.org.uk.





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 July (Speaker Connection FS)

at Hilltop Community Centre, Crest Road,
High Wycombe

21st September Speaker (Extra Care)

Christ the Servant King, Sycamore Road,
High Wycombe

16th November

Venue to be confirmed

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

Dates for your diary

13th July Caring Day to Day. Prestwood 10am – 1pm. A look at the practical aspects and essential issues of caring, safe moving and handling, dealing with emergencies and medicine management. Run by Carers Bucks Contact them on 0300 777 2722 to reserve a place.

14th July Caring for Someone with Dementia Aylesbury 10.30am – 1pm. Understanding dementia and how this can affect people and ways of helping you to deal with situations that arise. Run by Carers Bucks. Call 0300 777 2722 to book a place.

14th July Launch of Voices & Choices 11am—12 noon at Universal Care , 9 Windsor End Beaconsfield, HP9 2JJ RSVP to voicesandchoices@gmail.com or call 01494 784 566. A new lorganisation offering information and advice to help people remain in their own home

15th & 16th July 50+ Show at Olympia, Free to attend if you register online at 50plusshow.com .

Pick up your needles and knit for a good cause!

Local business [Knitz & Bitz](#) are trying to break the Guinness world record for the longest knitted bunting! This is part of a fundraising stunt for Age UK Buckinghamshire. The bunting will be made in to blankets after the event and donated to Age UK Buckinghamshire as part of the winter warmth campaign.

You can download the pattern and find out more at <http://www.ageuk.org.uk/buckinghamshire/how-you-can-help1/fundraising/>



Support from the Royal British Legion



The Royal British Legion provides lifelong support for members of the Royal Navy, British Army and Royal Air Force, reservists, veterans and their families all year round. This also includes those who did National Service.

You are eligible for Legion support if you have received seven days' pay and be 16 years' or over and are serving or have served in one of the reserve and auxiliary services listed below.

For further details and information on support available please visit their website at <http://www.britishlegion.org.uk/get-support/> or contact : Catherine Couzens, Advice and Information Officer on 0808 802 8080 8 am-8 pm 7 days a week.or email ccouzens@britishlegion.org.uk

The Legion "POP IN" is at 19-21 High Street Aylesbury, Buckinghamshire, HP20 1SH and is open from 10am to 4pm, Monday to Friday.

They also have a Handy Van Service (previously called the Poppy Calls service). You can apply for support with a variety of small domestic maintenance jobs, security, personal alarms and other practical help. They do not offer gardening services, personal care services, or high level or guttering, roof works.