

### Note from the Editor

It feels like I should be featuring a winter warmth article this month! However, summer is almost upon us and the outdoors features in several ways.

Did you know that if footpaths are not officially recorded by 2026, public access is likely to be lost? Trying to make sure that they are all recorded in Bucks is no mean feat but there are lots of ways to help and as they say, many hands make light work! See page 6 for more info. If walking is your thing and you fancy a bit of a challenge, Age UK need someone to join Mix 96 morning presenter, Darren, on a 100 mile fundraising walk to Brighton (page 3).

Things that I have learnt in doing this newsletter? The government have a lost pension service (below) which has now gone online and there is a national group, Ageing Without Children (page 2) which seeks to represent the 1 in 5 over 50's that don't have children.

Healthwatch, who have been carrying out the useful Enter & View visits at Care Homes are now looking to recruit extra volunteers for their next phase of visits (page 5). Well worth getting involved.

And finally, good luck making your mind up on June 23rd. Whatever any politician or professional says, there are no certainties either way. But until then, our airwaves will be full of opinions!

Andy



## New website locates your lost pension

Have you paid into a pension sometime in the dim and distant past and forgotten about it... or are unsure how to see if you are due to receive any money? Then here's some good news: a new Department of Work & Pensions website has been launched by the Pension Tracing Service to help people locate lost pension savings.

They estimate that some £400m in unclaimed pension savings are in the system, and the new website will better help people to locate their hard-earned savings.

Not everyone knows about the Pension Tracing Service, which is free. It has a database of more than 320,000 pension scheme administrators – which should cover most bases.

According to **Minister for Pensions, Baroness Ros Altmann**: "People have had on average 11 jobs during their working life which can mean they have as many work place pensions to keep track of.

"The new DWP online Pension Tracing Service helps reunite people with their lost pensions, giving details of providers to help people track them down. I'd encourage anyone who thinks they may be missing out on any savings to use the free online service at [www.gov.uk/find-pension-contact-details](http://www.gov.uk/find-pension-contact-details)."

Even better news is that the website is simply an addition to the already established helpline and postal reply service. So if you would like to contact them via more traditional means., details are below

**Pension Tracing Service** (Monday to Friday, 8am to 6pm)  
Telephone: 0345 6002 537  
Textphone: 0345 3000 169

The Pension Service 9, Mail Handling Site A , Wolverhampton , WV98 1LU



## Ageing Without Children for a positive later life without children



**1 in 5 people over 50 don't have children and by 2030, there will be 2 million people over 65 without children.**

Ageing without Children aims to help people ageing without children live a later life free of the free fear of ageing alone and being without support.

### **They want to**

- Set up local groups where people ageing without children can meet together to get support
- Ensure that people ageing without children admitted to hospital or residential care have someone to speak up for them if they need it or are unable to do so themselves
- Work with other organisations, the NHS and local government to ensure that people ageing without children are not forgotten or ignored when services for older people are being discussed and planned

Their new report, *Our Voices*, asks why they are still invisible in discussions on ageing

and details the experiences and thoughts of a hitherto invisible group of older people. It tells individual stories and highlights the key themes and issues that affect them.

The report identifies 6 key themes affecting people ageing without children

- Invisibility
- Being judged
- "who will tell my story?"
- Being a carer is a trigger point
- Practical support
- Disconnect from other generations

And recommends a number of solutions to tackle the issue including

- A national strategy
- Investment in advocacy and intergenerational projects
- Better access to advice to help plan for later life
- More education and social awareness

Ageing without Children is a relatively new national group, and currently with only online presence. If you would like to find out more their website is [www.awoc.org](http://www.awoc.org)

## **Gentle Exercise Class for Older Adults**

New Course Starting  
at Cholesbury Village Hall  
**TUESDAY 21ST JUNE 10am to 11am**  
Cost £28.50 for 6 weeks

The key to feeling better and living better is staying active. Don't worry if you've not done much for a while, these strength exercises are gentle, can even be done seated if necessary, and are easy to follow.

Exercises for seniors can prevent cardiovascular disease, delay the onset of diabetes, diminish the symptoms of depression and improve mental health, and relieve the pain from arthritis. Diminish the risk of falling or if a fall occurs, speeds up the ability to recover from a fall.

Cholesbury Village Hall, Cholesbury Common  
For more information please email  
[Elayne.hughes@gll.org](mailto:Elayne.hughes@gll.org) or call 07880 975 100



**BETTER**  
the feel good place



### **New Walking Football sessions in Aylesbury**

Aqua Vale on a Friday from 4.30 pm

Meadowcroft on a Monday at 7 pm

At both venues the first session is a taster and free of charge. After that at Aqua Vale sessions cost £3.50 and at Meadowcroft its £3

No need to pre-book, just turn up.

If you would like more information about Meadowcroft please contact Danny O'Sullivan on (0)1296 489281 or email [danny@stirlingpartners.com](mailto:danny@stirlingpartners.com).

For Aqua Vale sessions contact Jodie Morris at [jodiemorris@everyoneactive.com](mailto:jodiemorris@everyoneactive.com)



## Memory Pathways

at LINDENGATE



Memory Pathways is a new Lindengate service that will provide individual and group support for people with memory loss, confusion or dementia and their carers. It is set within a gardening environment and offers participants a range of outdoor and indoor activities that are geared towards mental and physical stimulation.

The sessions are on the last Friday of each month and the next one is the 24th June 11am-2pm. It will initially operate as a free to join monthly drop-in service and include a shared lunch. Activities will be organised that combine Lindengate's 3 key elements of gardening, cooking and art & craft and will stimulate access to past

memories to encourage positive impacts on emotional and physical well-being.

To enable us to gauge demand for each session, please call Lindengate for more details and register your interest to attend.

Lindengate is a charity which provides Social and Therapeutic Horticultural services and operates a 5 acre site on the edge of Wendover.

For more information about Lindengate visit [www.lindengate.org.uk](http://www.lindengate.org.uk) or contact us at [info@lindengate.org.uk](mailto:info@lindengate.org.uk) or phone 01296 622443



### Fancy a walking challenge?

Mix 96 presenter Darren has agreed to walk 100 miles from the MIX96 studio in Aylesbury to Brighton to raise money for Age UK Bucks!

This is obviously a HUGE challenge and will raise awareness of the work of Age UK Bucks and raise funds to support the countywide befriending plus service supporting socially isolated and lonely older people in Buckinghamshire.

They are looking for someone who is up for the challenge of walking the 100 miles with him. Ideally looking for someone who is over 60, a supporter of our cause and of course, physically up to the challenge.

If you would like to find out more, please contact Kitty Norwell, Fundraising & Communications Manager for Age UK Bucks on 01296 431911 (main line) or 01296 388054 (direct line)

### New Craft Club in Butlers Cross

A new club for people who like to paint, sew, crochet, knit or do sugarcraft has been set up by art enthusiasts.

The four hour sessions run on Mondays at 1 pm in Butlers Cross Village Hall and cost £8 per session or £2.50 per hour for those who cannot stay the whole session.

All ages are welcome and this is a great opportunity to meet likeminded people and find time for a hobby.

If the group is successful, there are plans to invite guest speakers.

For more details please contact either Dee on 01296 622593 or Vicky on 01296 624108, [Vicky@thehobbyclub.co.uk](mailto:Vicky@thehobbyclub.co.uk).



## Carers Week 2016



Carers Week is the annual campaign to raise awareness of caring, highlighting the challenges that carers face and to recognise the contribution they make to families and communities. This year Carers Week is all about 'Building Carer Friendly Communities'.

Here in Bucks, Carers Bucks has organised events throughout the week including the **launch of its first Carers Discount Card for Carers living locally.**

Come and join us at one the events during Carers Week and come and sign up for the new Carers Discount Card!

**Tuesday 7th June** 11-1pm **Chalfont St Peter Community Centre**, Gravel Hill, Gerrards Cross SL9 9Q . Tea & Cake for carers with songs performed by the Carers Bucks Choir

**Tuesday 7th June** 10.30am – 4pm Wycombe Library (1st Floor) at Eden Shopping Centre, 5 Eden Place, **High Wycombe** HP11 2DH Launch of Carers Discount Card

**Wednesday 8th June** BAME Sewing Group at Carers Bucks office in Aylesbury 10 – 12.30pm

**Thursday 9th June** Financial Advice for Carers in Beaconsfield at Universal Care, 9 Windsor End, Beaconsfield, HP9 2JJ . Financial Advice session for Carers hosted at Universal Care, Beaconsfield. Call Carers Bucks on 0300 777 2722 for more information

**Friday 10th June** Open Day and Bake-Off Competition at Carers Bucks Office, Ardenham Court, Oxford Road, Aylesbury, HP19 8HT 10am – 1pm Pampering treatments and Bake Off Competition for carers. Refreshments and lunch provided. Please call Carers Bucks on 0300 777 2722 for details and book.

**Friday 10th June** Carers' Pamper Afternoon St Francis Hospice in Berkhamstead 2pm – 4.30pm. All carers are welcome to attend for pampering treatments, information, music and complementary pampering treatments. Contact 01442 869550 or email [springcentre@stfrancis.org.uk](mailto:springcentre@stfrancis.org.uk)

You'll also see Carers Bucks out and about at a variety of fundraising activities during Carers Week including:

Sainsbury's in High Wycombe (6th - 10th) – Bucket collection and Sainsbury's staff will be selling tea, coffee and biscuits to customers with funds raised going to Carers Bucks.

Flower land Bourne End (6th – 12th) – Carers Bucks information and display

Notcutts Garden Centre (6th – 12th) – Carers Bucks information table

Tesco Princess Risborough (10th) - bucket collection

Asda High Wycombe (11th) – Bucket collection

Chesham Fete (11th) – Information and Carers Bucks collection

Gerrard's Cross Memorial Hall Queens Birthday garden party (12th June) – Carers Bucks information stall, raffle and tombola



## Volunteering Opportunities

### Healthwatch Bucks—Enter & View Volunteers

Healthwatch Bucks hope you have continued to read our Enter & view reports on adult care homes we continue to visit across the county [www.healthwatchbucks.co.uk/dignity-care-reports-0](http://www.healthwatchbucks.co.uk/dignity-care-reports-0) . We hope also that you are able to add your comments online against any report you have any views on having visited it yourself.

In the first year of the project, we went to 15 homes and we visited 20 over the following 8 months. We have also written an annual report based on our experiences of these last 20 [www.healthwatchbucks.co.uk/sites/default/files/dignity\\_in\\_care\\_annual\\_review\\_2015-16.pdf](http://www.healthwatchbucks.co.uk/sites/default/files/dignity_in_care_annual_review_2015-16.pdf) . This includes a summary of all these reports together with the impact our visits have made, our overall recommendations and ways we are looking to improve the project going forward. This year we are trying to visit at least 24 homes but to do this we need the help of a group of Enter & View volunteers which we continue to expand.

For this role, you will need to attend a series of half day training sessions (induction, Enter & View and Dignity in Care) as well as a basic adult safeguarding course and undergo a DBS check. Following that, you will initially accompany an experienced lead (staff member or volunteer) on at least a couple of visits with the expectation that you will lead visits after that.

The administration and communication around each visit is managed by the project manager and all visits are done in teams of two or four, depending on the size of the home concerned. The visits are arranged around your availability and last about 3 hours each time. We then ask that you are available by e-mail for at least a week after that to input into the draft report which is always written by the lead. You would be asked to help out no more than once a month. We welcome volunteers of any age or background.

So, if you would be interested in visiting a care home where those with residential needs, dementia, nursing requirements, learning or physical disabilities live, as a lay person, please contact [Alison@Healthwatchbucks.co.uk](mailto:Alison@Healthwatchbucks.co.uk) for a role description or to find out more.

If this role doesn't appeal to you, but you might be interested in finding out about other ways you might get involved in the work of Healthwatch Bucks, (talking to the public at an event next to a stand or reviewing a local GP surgery for example) please contact [volunteering@healthwatchbucks.co.uk](mailto:volunteering@healthwatchbucks.co.uk)

We are able to reward you with time credits as well.

Alison Holloway



### Volunteers Week



This year, Volunteers Week has been extended to run from 1-12 June.

Community Impact Bucks (CIB) will be holding a Volunteer Fair on **9th June** from 10am – 2pm at St. Michael & All Angels Church, **Amersham**. This is an opportunity to meet volunteers and charities working in the local community, learn about services that are available, and maybe even find out about a volunteering opportunity that would suit you!

A specific Befriending Fair will be held on **7th June** from 10am - 12pm in Market Square, **Buckingham**, as there is a real need for befrienders in Buckinghamshire, and a service that is desperately required by many people experiencing isolation.



## Footpaths and Bridleways — Restoring the Record

On 1<sup>st</sup> 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 highway always a highway' will be history.

What does that actually mean to those of us who walk, cycle or horse ride along our local public footpaths and bridleways? Simply...if it isn't registered, an owner could put a gate or fence across it and prohibit all entry to the public – quite legally – and think how that could hinder our access to the countryside.

Here are just a few questions worth considering, just in your parish:

- Are there old lanes not currently used, but could potentially be useful in the future?
- Do you remember a route you walked as a child that is not currently accessible?
- Why does that footpath or bridleway suddenly end at the parish or county boundary or why
- does that bridleway suddenly end and become a footpath?
- Are all public footpaths and bridleways accurately mapped by the Ordnance Survey?
- Do routes you use join the metalled highway or is there a strip of gravel not marked as a footpath or bridleway on the map?
- Is that track or hollow way you use through your local wood actually a definitive path?

After 2026 historic map and documentary evidence will be inadmissible to claim 'lost' or existing routes not on the definitive map (though it will be possible to claim paths on the basis of 20 years, unopposed, use).

The basic message is starkly simple – the risk is that we take our access to the countryside for granted; we use routes for recreation and as a means of linking

places together; but if we don't check what we already have, or what has been used in the past, we could lose it. If we don't re-research what we use now and have done in the past, we may never get another chance to register it in future.

Do you have any old maps, letters, books or photos which show that paths once existed? They could be very important. Verbal memories also often provide worthwhile clues!

Fortunately, the Buckinghamshire Local Access Forum, Open Spaces Society, the Ramblers and British Horse Society, among others, and our parish council are taking an initiative to do what they can for the benefit of local parishes and our neighbours to secure unrecorded paths for future generations to enjoy. Will you help us, please?

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 countryside initiative.

If you are interested and are prepared to help, 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





## Health News

Buckinghamshire Healthcare   
NHS Trust

### Does cancer affect you, a friend or relative?

Don't miss out on your chance to speak to our experts.

**A Health & Wellbeing Information Day**  
**Wednesday 22nd June 9am—4.45pm**  
**The Gateway (AVDC), Gatehouse Road,**  
**Aylesbury, HP19 8FF**

Visit information stands and join talks given by cancer health experts, including:

- GP referrals and screening
- Diagnosis and overview of treatment
- Exercise and diet
- Financial issues & Carers support

Refreshments/lunch will be provided  
Free Parking

If you would like to attend please book a place by registering on this page or by contacting the cancer education information and support team on 01296 316537 or 01296 316954.

In partnership with:

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**CANCER SUPPORT**

### Eat more Fibre!

Most people know that a diet high in fibre helps to keep us 'regular' but now researchers in Australia have uncovered a surprising benefit of this often-undervalued dietary component.

In a study of 1600 over 50's it was found that that eating the right amount of fibre from breads, cereals, and fruits can help us avoid disease and disability into old age and those who had the highest intake of fibre had an almost 80 percent greater likelihood of living a long and healthy life over a 10-year follow-up. That is, they were less likely to suffer from hypertension, diabetes, dementia, depression, and functional disability.

### Blood in Pee

**BE CLEAR ON CANCER**

Public Health England is rerunning its campaign, Be Clear on Cancer—Blood in Pee.

If you notice blood in your pee, even if it's just the once, tell your doctor. Chances are it's nothing serious, but you're not wasting anyone's time by getting it checked out.

#### What could it be?

Some symptoms may be caused by an infection or bladder or kidney stones, all of which may need treatment. But don't try and diagnose yourself. Go and see your doctor now to find out for sure.

Also, if you've been to the doctor but your symptoms haven't gone away, he or she will want to know. It's important to see your doctor again if your symptoms persist.

#### Could it be cancer?

Blood in your pee can also be a sign of bladder cancer or kidney cancer, which is why it's so important to see your doctor straight away. Early detection makes it easier to treat. Seeing your doctor could save your life.

Other symptoms include:

Bladder cancer:

- cystitis (a urinary tract infection) that is difficult to treat or comes back quickly after treatment
- pain while peeing

Kidney cancer:

- a pain in the side, below the ribs, that doesn't go away
- weight loss

Around 17,450 people in England are diagnosed with bladder or kidney cancer each year. Both cancers affect men and women, although they are more common in men. Most people diagnosed with bladder and kidney cancers are over 50, although people of all ages can be affected



**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**

at Hilltop Community Centre, Crest Road,  
High Wycombe

**21st September**

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



## **Buckingham Carer Support Group Venue Change**

Please note that with effect from Wednesday 15<sup>th</sup> June the Buckingham Carer Support Group will be moving to a new venue. The new address is:-

Buckingham Town Council Chamber  
Buckingham Community Centre  
Cornwalls Meadow  
Buckingham, MK18 1RP.

The group will continue to run on the 3<sup>rd</sup> Wednesday of each month from 10.30 – 12 noon.

For further information or have any questions, please do not hesitate to contact us on tel. 01494 670909

## **Dates for your diary**

**9th June** Chiltern Clinical Commissioning Group Governing Body Meeting 3.30pm - 6pm at the Council Chambers, Chiltern District Council, King George V House, King George V Road, Amer-sham, HP6 5AW.

**15th & 16th July 50+ Show at Olympia**, London. This show is free to attend. To get your free ticket, you need to register on line at 50plusshow.com. If you don't have a computer and would like to go, please call Andy (details to the left) and she will register for you.

## **In the news .....**

**3,000 local chemists could close this year** after £170m subsidy cut prompts fears for elderly and rural dwellers. The Government wants to thin out numbers of pharmacies, many of which are in rural areas, that are directly funded by the Department of Health where there are too many in one area.

However officials admitted they do not know which will close, raising fears that some areas might be left without a nearby pharmacy, forcing ill and vulnerable people to travel miles for vital pills and medicines.

*Editor: We will keep a watch on how this progresses*

**SUNDAY 12<sup>th</sup> JUNE 2016**  
From 1.30pm

**LIVE ENTERTAINMENT WITH LORNA JAMES!**

**EVERYONE WELCOME!**

**CHILTERN GRANGE INVITE YOU TO A RED WHITE AND BLUE THEMED STREET PARTY TO CELEBRATE THE QUEEN TURNING 90!**

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