

### Note from the Editor

Spring is just around the corner and wouldn't you know, the north of the country has today woken up to a blanket of snow. It's predicted to move south so stay safe and keep warm. Despite this, my winter safety feature has moved on a season to Spring Time. You'll find it on page 5.

This month, I came the closest yet to extending the newsletter to 10 pages. So a few non time dependent articles have been carried over to April. I have a big thank you to everyone who sent me items to include.

Please do take heed of the information below about bus passes and let others know. For some, the bus pass and public transport is vital.

Without doubt we are going to see more and more changes (cutbacks) both in local authority services and the NHS so it is increasingly important that people make sure that their voice is heard. Two such opportunities are Your Community, Your Care (page 4) and a very rare opportunity to apply to sit on the Thames Valley Clinical Senate as a Lay Member, Page 6. If you are interested in the latter, please don't delay as the closing date is soon.

You are all welcome to our meeting in March which will be held at Longburrow Hall, Park Lane, Stokenchurch HP14 3TQ. We will be joined by Lucy Goldsman who will update us on estate planning and wills. Lucy was last with us 2 years ago and gave us the most entertaining and fascinating talk on this subject which was not without a few 'gulps'. Having personally recently surfaced from sorting out my Dad's estate, which resulted in a fat cheque to George Osborne, I cannot recommend this highly enough as there are simple (and legal!) ways to protect your hard earned money. We will also be joined by Kelly Baker, TV Licensing, and there is some information on page 4.

That's it, apart from any budding photographers & writers might like to try their hand at a couple of competitions on page 2

*Andy*

## Renewing your Buckinghamshire Bus Pass

Did you know that Concessionary Fares passes need renewing **every 5 years**. Due to a quirk when Bucks County Council took over the issuing of passes, **36,500 bus passes are due for renewal on the 31st March. This does not happen automatically and you will not receive a reminder.**

Please check when yours expires and apply as early as you can for renewal as they are likely to be busy.

You can renew in the following ways

Online      Go to [www.buckscc.gov.uk/travelinfo](http://www.buckscc.gov.uk/travelinfo)

Telephone    Call 01296 873 011 and follow the automated instructions

To renew a disabled persons bus pass or if any of your details have changed since your bus pass was issued, please call 0845 521 2521 or 01494 586 539 in normal working hours where there will be a team of people to help you

Whichever way you renew, please have your pass ID number handy as you will need it. The pass ID is the long number across the front of your bus pass

If you are applying for the first time, you need to visit [www.buckscc.gov.uk/travelinfo](http://www.buckscc.gov.uk/travelinfo) or call 0845 521 2521 to see if you are eligible and to request an application form

## The 50+ Show

This show is free to attend and takes place in London on the 15th & 16th July at Olympia. To get your free ticket, you need to register on line at [www.50plusshow.com](http://www.50plusshow.com). If you don't have a computer and would like to go, please call Andy (details on the back page) and she will register for you.

The show is about making the most out of life arranged in 4 zones, Hobbies, Travel, Health & Finance. They are also running a photo and writing competition with M&S vouchers as prizes. Winners will have their work published in the 50+ Show Magazine.

**Photography Competition.** There are 3 themes (Only Natural, Season Colours and Expressions) and a maximum of 3 entries per person. Photos (minimum size 350kb) should be submitted by 30th May 2016 to [competitions@50plusshow.com](mailto:competitions@50plusshow.com) with Photography Competition in the subject line

**Writing Competition** This years theme is Father and you can send stories about

- Your dad
- Your experience as a father
- A special dad—could be a brother, son, friend who has had an impact on your life

Stories should be original, inspirational piece, 600-1200 words submitted by 30th May 2016 to [competitions@50plusshow.com](mailto:competitions@50plusshow.com) (subject line Magazine true story) One entry per person

Good luck!

### Movers & Shakers comes to Quarrendon

The Quarrendon Community Café in Aylesbury has started a Movers and Shakers Club to help people stay active in mind and body.

The club meets on Tuesdays from 10am to 1pm at St Peters Church, Quarrendon and caters for adults over the age of 55.

Movers & Shakers is a chance to try your hand at some fun craft ideas and some gentle exercise with the added bonus of a light healthy meal and some great company.

For more info contact Wes Atkinson on 07547 947999 [wjmr.atkinson@btinternet.com](mailto:wjmr.atkinson@btinternet.com) or Community Link Officer, Cindy McCreary on 01296 382688 [cimccreary@buckscc.gov.uk](mailto:cimccreary@buckscc.gov.uk).

### Public Meeting

  
Aylesbury Vale  
Clinical Commissioning Group

People from Buckingham, Winslow and the surrounding area are being invited to a meeting held by NHS Aylesbury Vale CCG.

It will take place on Tuesday 8 March from 6.45pm until 8.30pm at The Main Hall, Winslow Centre, Park Road, Winslow, MK18 3DL.

## The Life and Times of the Martyrs of Amersham

William Tylesworth, James Morden, John Scrivenor, Robert Rave, Thomas Holmes, Thomas Barnard and Joan Norman (all of Amersham) were burnt at the stake in the 16<sup>th</sup> century... and their crime? Reading the bible in English.

Life and Times of The Martyrs of Amersham and the Community in which they lived is a spectacular piece of theatre, telling the tale of the ordinary folk living in 16th century Amersham.

This extraordinary tale takes place in St Mary's Church (as a promenade performance) and as soon as you arrive, you will be immersed in the weekly Amersham Market of 1511 with 100 men, women and children having a rollicking good time... and so will you

We then meet the families of the town, and the grisly tale unfolds, with a few laughs and considerable insight into Tudor life along the way.

Dates: MARCH 10th, 11th, 12th, 17th, 18th and 19th  
At 8pm

St Mary's Church, Church Street, Old Amersham HP7 0DB.

Tickets (£14) are available via their website

[Www.themartyrsfamersham.co.uk/](http://www.themartyrsfamersham.co.uk/)

## Elderly targeted by Fake Police Officers



There has been a recent series of incidents whereby fraudsters either phone or attend the home address of elderly members of the public, claiming to be police officers.

The fake officer/s will claim that they are investigating a fraud which they believe the elderly person to be a victim of. The fake officer/s will then request the bank cards and personal identification numbers (PIN) of the victim and claim these are needed for investigation purposes. If the first contact was made by a phone call, the fake officer/s will tell the victim that someone will be over to collect the evidence. In one case the victim was instructed to attend their local bank and withdraw all of the money from their account. The suspect was left alone in the victim's house whilst the victim carried out the instructions. **Protect Yourself**

- Before letting anyone into your home who claims to be from any law enforcement agency, ask to see their

identity card and check it by calling 101.

- Ask if they can attend at a pre-arranged time when a family member or friend can also be present.
- If you receive a phone call from a police officer, ask for their name and force and tell them you will call them back. Wait a few minutes and then use 101 to call them back through their force's switchboard and verify their identity.
- The Police will never ask for your PIN or passwords. Do not give this information to anyone.
- The Police will never request that you withdraw/transfer any money to them.

If you believe that you have been a victim of fraud you can report it online at [www.actionfraud.police.uk/report\\_fraud](http://www.actionfraud.police.uk/report_fraud) or by telephone 0300 123 2040.

## Safe Place Scheme

Have you seen this symbol in a shop or business that you visit?

In 2012 The Safe Place Scheme was launched in Buckinghamshire areas with the aim to build a network of suitable venues, such as local shops and restaurants, where someone can go for help and assistance, providing reassurance to vulnerable people and their carers, or people who find themselves in challenging situations, so that they can live more independent lifestyles with help available when they are out and about.

### What is the Safe Place scheme?

The scheme helps vulnerable people deal with any incident that takes place about in the community – e.g harassment or feeling unwell etc. Above all, the scheme aims to help vulnerable people lead independent lives and feel safe whilst out & about in Bucks.

### What will businesses be expected to do?

A number of agencies working in the local area will identify vulnerable people who could benefit from the scheme; someone with a physical or learning disability, an illness or severe medical condition or the elderly, although anyone can seek help if they are feeling vulnerable at that point in time.

### Who will use the scheme?

A number of agencies working in the local area will identify vulnerable people who could benefit from the scheme; someone with a physical or learning disability, an illness or severe medical condition or the elderly, although anyone can seek help if they are feeling vulnerable at that point in time.



## A guide to TV Licensing concessions



Bucks Older Peoples Action Group (BOPAG) is working with TV Licensing to remind anyone aged 75 or over living in Bucks to claim their free TV Licence.

You need a TV Licence if you're watching or recording television programmes as they're being shown live, which includes the use of devices such as a TV, computer, mobile phone, games console, digital box and DVD/VHS recorder.

A TV Licence costs £145.50 for colour and £49 for a black and white licence.

Applying for the free licence is easy and, once you have done so, TV Licensing will renew it automatically annually for three years.

People applying for their free licence for the first time, or those aged 74 wishing to apply for a short term licence to take them up to their

75<sup>th</sup> birthday, can apply by :

- Visiting [www.tvlicensing.co.uk/over75](http://www.tvlicensing.co.uk/over75) filling in a short form
- Calling 0300 790 6073
- Writing to TV Licensing, Bristol, BS98 1TL, giving your name, address, date of birth and National Insurance number.

If you are 74 and need to renew your licence, you can apply for a Short Term Licence that will cover you until your 75<sup>th</sup> birthday, or you can claim a refund on an existing licence for the months since you reached the age of 75.

For more information about TV Licensing please visit [www.tvlicensing.co.uk](http://www.tvlicensing.co.uk) or call 0300 790 6115.

Buckinghamshire Healthcare   
NHS Trust



**Your health is important to us and we want to make it easier for you to get the care you need closer to home.**

We are exploring with local communities how we can develop healthcare hubs that will better meet and support people's needs.

We want you to be involved, to hear your thoughts and ideas and to help shape our plans for the future.

### Get involved

To find out more come along to one of the following sessions:

**7 April** Thame evening  
**14 April** Marlow evening  
**19 April** Wycombe evening  
**26 April** Chalfont afternoon  
**27 April** Aylesbury evening  
**12 May** Buckingham morning

More details and venue information provided on booking.

Please contact Dee Irvin on (01494) 734149 or [dee.irvin@buckshealthcare.nhs.uk](mailto:dee.irvin@buckshealthcare.nhs.uk) to book your place.



## AYLESBURY TOWN COUNCIL TOWN MAYOR'S AWARDS 2015/16

Mayor Cllr Allison Harrison is delighted to present awards to Aylesbury Town Residents who have performed an unusual act of bravery, an achievement, a commitment or an act beyond the call of duty for fellow citizens of the Town in general. Anyone can nominate an Aylesbury Town Resident.

The Award will cover 2 categories:

1 Individual achievement, commitment or act of bravery

Award 1 - Child/Youth up to 16 years of age  
 Award 2 - Adult

2 Service to the Community

Award 3 – Group, School or Organisation

Award 4 – Individual, Youth/Adult

Entry forms can be obtained from the Town Mayor's Office at the following address

Town Mayor's Assistant, Aylesbury Town Council, 5 Church Street, Aylesbury, HP20 2QP by calling (01296) 425678 or email [s.carpenter@aylesburytowncouncil.gov.uk](mailto:s.carpenter@aylesburytowncouncil.gov.uk)

## Spring Time

### CHILTERN RANGERS

Help us enhance your local woodlands, nature reserves, chalk streams and green spaces.

Chiltern Rangers are running conservation sessions in the Chesham and Amersham area every Monday until September.

New volunteers are very welcome. We provide free transport in our minibus and supply all the essentials such as tea and biscuits at half time as well as tools and gloves. The main aim is to have fun and to get out and about in the local Chilterns countryside - whatever we achieve for nature is a bonus.

Sessions start at 10am when we depart from the car park at the front of Chesham Town Council, returning at 1pm. Stout foot-

wear and suitable weather-proof clothing essential.

There are other events run by Chiltern Rangers in your area, including in partnership with the Woodland Trust at nearby Penn Wood.

Any queries email [info@chilternrangers.co.uk](mailto:info@chilternrangers.co.uk) or call John, Tony or Alex on 01494 474 486

Future events include  
Spring Walk 10am 30th March.

Bat Walk 8pm Fri 27th May

For more info see [www.chilternrangers.co.uk](http://www.chilternrangers.co.uk) or call the number above

## Spring Garden Crime

It may not feel like it at the moment but spring is only round the corner and you may be starting to plan to tidy your garden in preparation for the warmer months. Unfortunately, statistics show that there is often a spike in shed burglaries in the spring as many people dust off their mowers.

Here are a few simple tips to keep your shed tools safe:

- Clearly security marks all tools with your house number/name and postcode
- Lock tools and equipment away. A ladder left out can be used to break into your house
- Lock your shed. A good lock should have a short shackle so it is not easy to cut off
- Make sure your windows, hinges and clasp fittings are strong, as this can often be an entry point
- Cover windows so no one can look in to see what you got in your shed
- Fit a shed alarm
- Fit external motion activated security lighting
- Lock bicycles to a fixed structure
- Do not leave house doors and windows open whilst in the garden as an opportunist thief might take advantage whilst you are busy down the garden.

You could consider defensive planting to prevent anyone coming into your garden; nature's own way to reduce crime. Criminals do not like climbing through prickly plants and hedges! They know that a small item of ripped clothing or blood can help the police identify them

**The following plants are some of the best plants to protect your garden:**

- Berberis Stenophylla or Berberis Julianae (Barberry)
- Ilex Aquifolium "Ferox Argentea" (Hedgehog Holly)
- Mahonia Media "Winter Sun"
- Pyracantha Orange Glow (Firethorn)
- Chaenomeles X Superba Crimson
- Gold (Japonica)

Your local garden centre will be able to advise you further.

For further crime prevention advice contact your local district community safety team or call 101.

## Recruitment for Patient/Lay members for the Senate Council

Thames Valley Clinical Senate

### Thames Valley Clinical Senate – Patient/Lay Members

A number of creative, caring people with a passion for health to join the Thames Valley Clinical Senate are being sought.

#### What is the Clinical Senate?

In order to meet the challenges of a growing population and challenging budgets, the way in which healthcare is delivered will need to change. This transformation work will be led by the Clinical Commissioning Groups, Health & Wellbeing Boards and NHS England but it will be complex and possibly contentious. The Clinical Senate is a resource to support these bodies in their work through the provision of independent and expert clinical advice and leadership.

Through its work, the Senate aims to ensure that across the Thames Valley:

- services will be sustainable
- services will be accessible and of a high quality enhancing the patient experience
- that service change has a clear evidence base
- any proposed service change clearly articulates the benefits to patients

#### What would be involved?

The Senate will have up to four patient members and there is need to ensure that at least two are able to attend each meeting so there is some flexibility in the time requirements. Meetings take place bi-monthly, on the outskirts of Oxford, from 2-5pm. In addition to this half day meeting, you would need a further half day for preparation and reading of the papers. The commitment would therefore be one day per Senate Council meeting, with a potential of six 6 meetings per annum. Payment is in line with the NHS England policy and is £150 per day. Local travel to the meetings (travel and support worker/carer expenses will be reimbursed in addition to your time) and there will be a one off training session of approximately 2 hours prior to commencing the role.

#### What might you gain from membership?

A real opportunity to represent the patient voice and influence at a strategic level in the NHS, influence the future design of health services within the NHS and influence how the NHS engages with and works in partnership with patients in delivering service change.

#### What skills and attributes does the role require?

- An interest in the NHS, how it works, and a willingness to develop your understanding
- Experience of using your voice, on behalf of patients and public, to influence change and be able to demonstrate this
- Experience of engagement and participation within Health, Social Care or the third sector. You will need to have led the engagement/participation work or worked in partnership with senior colleagues
- Able to contribute to the conversation relating to the Senate topics and offer fresh views and a reality check rather than to formally represent a group of patients or public.
- The ability to constructively engage with, and where appropriate challenge, the views and assumptions of senior level professionals
- Have the ability to operate effectively in a group environment and have the confidence to express your views and to challenge in ways that are both creative and supportive
- Have the ability to understand and evaluate a range of information and evidence
- Have an awareness of and commitment to equality and diversity
- Understand the need for confidentiality
- Good time management skills and IT and networking skills (including electronic methods)

**To apply**, complete the form sent with the electronic version of this newsletter, which should outline your interest and explain how you meet the role description, and send to: Wendy McClure, Senate Manager, NHS England (Thames Valley), Jubilee House, John Smith Drive, Oxford Business Park South, Oxford, OX4 2LH or via email to: [wendy.mcclure@nhs.net](mailto:wendy.mcclure@nhs.net) by 11th March 2016. For further information, please contact Wendy McClure via email or call 07810 636279

## Health News

### Changes to Gluten Free Prescriptions

The amount of gluten-free food people can get on prescription has been reduced to eight units of gluten-free food a month. People who receive gluten-free food on prescription have been formally diagnosed with coeliac disease or dermatitis herpetiformis.

The change follows a review of gluten-free prescriptions prompted by the wider availability of gluten-free food and NHS budget pressures. The full results of the survey, and a summary report including people's comments, can be found on [www.letstalkhealthbucks.nhs.uk/consult.ti/Gluten\\_free/consultationHome](http://www.letstalkhealthbucks.nhs.uk/consult.ti/Gluten_free/consultationHome)

The NHS believe that eight units of bread, pasta or flour, combined with the number of naturally gluten-free starchy foods which are widely available like rice, potatoes, millet and cornflour, should give people enough choice and access to the food they need to maintain a healthy balanced diet.

There is an information sheet about gluten free prescribing which your GP can provide. If you think that you or someone you care for might need more than eight units of gluten free food prescribed per month, talk to your GP or dietitian about this.

## HEALTH help NOW.

The online health advice portal <http://bucks.healthhelpnow-nhs.net/> has had nearly 9,000 visits since its launch in April last year. Health Help Now is a free service for people in Bucks which can be accessed from phones, laptops or tablets to get NHS advice about the best place to go for health concerns.

The information has been developed with the input of clinicians and includes advice about how people can treat themselves at home for minor illnesses and injuries. After clicking on an age group, symptoms and location, there are options for treatment with the most suitable listed first. It shows the nearest services and is time sensitive so details whether services are open or closed and provides a map of their location. Health Help Now also includes details of which pharmacies are open over the bank holiday weekends.

The latest development planned is to provide a link to all the Bucks GP websites.

### Musculo-Skeletal Service providers form alliance to create the best care



There has been a review of the Musculo-Skeletal (MSK) services in Bucks to develop a more integrated and co-ordinated service to improve the experience and of care for people with MSK conditions.

From the consultation work it was found that :

- There is a need for a more coherent and joined up service with better communication between medical professionals and patients.
- Patients should be better informed and supplied with the knowledge and skills needed to be able to self-manage their conditions.

Following this feedback, workshops were held to create a new model of care that

will help to achieve these aims.

As a result of this process Bucks Healthcare NHS Trust, Care UK Limited, Heatherwood and Wexham Park Hospitals NHS Foundation Trust, BMI Healthcare and Ramsay Healthcare Limited have agreed to work collaboratively as an alliance.

They believe this is the best way to provide a more streamlined and coordinated service. Engagement will continue with stakeholders whilst work continues to design the new service. They will be publishing updates on the [www.letstalkhealthbucks.nhs.uk](http://www.letstalkhealthbucks.nhs.uk) website, so if you want to get involved, please register your interest.

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](mailto:info@bopag.org.uk)  
BOPAG, c/o The Hale Farmhouse, Hale Lane,  
Wendover HP22 6QR

## Bucks Older People's Action Group Meetings

### 2016 Dates

#### 16th March (Finance & TV Licensing)

18th May (Public Transport)

20th July

21st September

16th November

This year we are moving around! In March we are at Longburrow Hall, Park Lane, Stokenchurch HP14 3TQ

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



### Afternoon Tea Invitation

17th March 2016,

2pm to 4pm

Afternoon Tea for isolated seniors

At The Holiday Inn, Aylesbury

To book a place contact Bal Harrington on 07956 361 631

Or email [Bal.Harrington@Homeinstead.co.uk](mailto:Bal.Harrington@Homeinstead.co.uk)

Refreshments will be provided with activities and a live performance.

Limited spaces are available.

## Dates for your diary

**Sat 19th March Free Disability Event** 2pm  
Princes Risborough Library. Booking essential as spaces are limited [info@buds.org.uk](mailto:info@buds.org.uk) or call 01494 568864

**8th March Time for a cuppa** Come along to an open coffee morning event to raise money for Dementia UK. Dementia friends session 2-4pm at Buckingham Lodge Care Home, Culpepper Close, Aylesbury, HP19 9DU Call Julie Chanel for more info on 01296 718600

**29th March Singing for the Brain** at the Salvation Army, Meadow Way, Aylesbury, HP20 1XS has been **cancelled**

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

## In the news .....

**Social care 'at breaking point' despite council tax rises** Care services for elderly and disabled people are "at breaking point" and planned council tax rises are not enough to cover the growing costs, local authorities are warning.

Nine out of 10 councils (including Bucks) say they expect to increase bills by 2% from April to boost social care funding. *You can read more at [www.bbc.co.uk/news/uk-35636401](http://www.bbc.co.uk/news/uk-35636401)*

### Elderly in care homes forced to accept price hikes at short notice

Research shows many care homes give residents just a week's notice of increased costs  
*Read more at [www.telegraph.co.uk/finance/personalfinance/insurance/longtermcare/12142716/Elderly-in-care-homes-forced-to-accept-price-hikes-at-short-notice.html](http://www.telegraph.co.uk/finance/personalfinance/insurance/longtermcare/12142716/Elderly-in-care-homes-forced-to-accept-price-hikes-at-short-notice.html)*

## GET STARTED ONLINE

— FOR FREE —

Book into three 1 hour weekly sessions

### Aylesbury Library

Every Thursday 2.30 - 3.30pm & 4 - 5pm

Our friendly staff and volunteers will help you feel confident when using computers and the internet

Aylesbury Library, Walton Road, Aylesbury, HP20 1UU

01296 383 252

Email [lib-ref@buckscc.gov.uk](mailto:lib-ref@buckscc.gov.uk)