

Note from the Editor

I'm keeping my bit short and sweet this month as I wanted to fit as much in the newsletter as possible. In May, we will be joined at our meeting (details on the back) by Andrew Bluck, Bucks County Council, Head of Client & Public Transport. All are welcome. This is your chance to raise your concerns and suggest improvements to existing bus services, whether it's accessibility, routes, frequency etc. With extreme budget pressure on Council services, it has never been more important to show how important public transport is to your community.

We are delighted that we have joined Time Credits and can reward attendees at our meetings with Time Credits so if you have been thinking about coming along to give a voice to your community, you now have an extra incentive. More details about Time Credits can be found on page 5

And finally a huge congratulations to Mary on picking up the Dignity in Care, Community Award.

Andy

Dignity in Care Awards



It was a privilege to attend the 2016 Dignity and Respect Awards in The Oculus, Aylesbury, in April. The event was very well attended and the hall had a real buzz about it. Speakers included Sue Burn, the Interim Head of Inspection for the CQC South Central region, who talked about the little things that make a difference. The County Council then handed out a special award to The Heights, the first care home in Bucks to achieve an outstanding rating from the CQC. Richard Corbett, the outgoing Chief Executive of Healthwatch Bucks then took to the stage to explain the role of Healthwatch and what they are doing in the county.



The morning then moved on the main purpose of the event which was to recognise those special people who go out of their way to help and support others. The shortlist was a strong one for each of the categories and we watched short films about all nine nominations. You can see the films at www.buckscc.gov.uk/social-care/care-for-adults/dignity-awards-vote-and-view-nominations/

Those attending the event had electronic voting buttons and these votes were added to the 5,000 which had been received prior to the event. I am delighted that Mary Mitchell, BOPAG and Marlow member, won the Community Category, although sadly Mary was too ill to attend the event. Terry Price accepted on Mary's behalf and gave a really touching speech. Thank you to all those who voted and here is a full list of the winners and runners up

Health Winner: The Weston Project

Runners Up: John Hampden Surgery and The Adult Community Health Team

Social Care Winner: Graham Judge

Runners Up: Nicola Beadle and Eddie Whetton

Community Winner: Mary Mitchell

Runners Up: Turnfurlong School and Aylesbury Shopmobility.

And finally a huge thank you to Bucks County Council for hosting this great event.

Taken from an article by Richard Corbett, Healthwatch





Police & Crime Commissioner Election—5th May

For the next four years, the Police and Crime Commissioner will hold the chief constable of Thames Valley Police to account for how their force performs. Here are the four candidates .



Laetisia Carter – Labour Party

Laetisia is a District Councillor from Oxfordshire and currently works for the NHS, but has previously been a community liaison officer with Thames Valley Police.

Laetisia pledges to :

- Focus on complex crime, such as domestic abuse, rape, child abuse and Child Sexual Exploitation, which is rising.
- Address the huge growth in cyber crime. Often unreported, with the frail and elderly the victims of choice for criminals.
- Proper funding for Thames Valley. Robustly challenge the cuts to the front line that threaten and undermine safety.
- To increase accountability and reduce bureaucracy. Develop digital reporting and maintain public access points.
- To listen to the public and ensure a stronger voice in guiding the priorities set.



John Howson - Liberal Democrats

John has 22 years' experience as a Magistrate in Oxfordshire, as well running his own business. He is also an expert on licensing law and the effects of the night time economy. 'As Police & Crime Commissioner I would:

- Emphasise improved detection rates – for years Thames Valley did not solve enough crimes;
- Ensure support for victims of crime is funded and not cut;
- Protect frontline policing including bobbies on the beat;
- Work with other agencies to ensure cases are progressed to court as quickly as possible;
- Consult the public, community groups and elected representatives including town and parish councils about local policing priorities;
- Listen to young people who cannot vote, but need a say about both crime and policing issues;
- Ensure value for money – but protect services to the public.'



Anthony Stansfeld—Conservative

Anthony was elected as Police and Crime Commissioner in November 2012 and is proud of the successes Thames Valley Police has achieved. Anthony was in the army, joining at 17 and a career in industry, much of it as Managing Director of a well known aircraft manufacturer. He has studied terrorism at University.

'Your priorities are my priorities

- 1 – To reduce crime and drive up detection rates.
- 2 – To maintain the balance between urban and rural policing.
- 3 – To ensure that the Police budget is targeted effectively.
- 4 – To protect vulnerable people.
- 5 – To ensure the Police act firmly and fairly, using good judgement to deal with the public politely, gaining their respect and acting with integrity.'



Lea Trainer—UKIP

'I live in Slough, with my wife and 3 children. I served 6 years in The Royal Navy as a Leading Seaman Mine Warfare Specialist. On completion of my service, I ran a successful family business with my wife.

Our Thames Valley Police give an outstanding service to the community, however, I am acutely aware of the pressures being put on the police force by austerity cuts. It is vital that any PCC holds not only the Chief Constable to account but the Government as well and this is something

I will do to get the best for the people of Thames Valley. Tackling business crime and increasing the efforts on rural crime reduction will be a key priority.

If elected, I will stand up as the straight-talking voice of the people in Thames Valley and I will make sure we reduce the fear of crime by bringing back the old 'bobby on the beat' to ensure continuity, increased visibility & faith in the Police force. I am passionate about restoring trust between the community and the police force and I will build a team that listens, supports and serve the community.

The keys to a successful Local Police and Crime plan are accountability, accessibility and transparency. I have served our country; I now wish to serve our community.'



**Alzheimer's
Society**

Leading the
fight against
dementia

Dementia Awareness Week in Bucks
15th to 21st May 2015

Over 6,800 people over the age of 65 in Buckinghamshire have been diagnosed with dementia, and this is expected to rise to over 8,000 in the next four to five years

One-stop shop for Bucks residents worried about their memory

Buckinghamshire residents who are concerned about their memory or who have been diagnosed with dementia will be able to benefit from the county's new Memory Support Service. Bucks County Council and the Clinical Commissioning Groups (Aylesbury Vale and Chiltern), have awarded the Alzheimer's Society with a contract for the new service that started on April 1st. This replaces the previous Memory Advice Service, provided by Age UK Bucks, which ran for the last three years. The new service builds on the excellent work of Age UK Bucks and will enhance the different types of support available.

The new service means that people can expect to get an initial diagnosis within two weeks. Their GP will refer the individual to the local Alzheimer's team who will use a questionnaire tool, called the GPCOG (General Practitioner assessment of Cognition), to make an initial assessment. The assessment may not lead to a formal diagnosis of dementia but they can be signposted to other services which will support them more appropriately.

For those who score low with the GPCOG, they will be referred to the Memory Clinic for a closer assessment and will be supported through the process by the Alzheimer's team. When someone is diagnosed with dementia the support will focus on planning for the future and enable the person to live well at home, as well as signposting to support services for the person caring for them. The new service will continue to offer one-to-one support for individuals and carers, from their initial concerns about memory loss, through diagnosis, to planning for the future.

Dementia Awareness Week Special Events

To mark this year's Dementia Awareness Week, Alzheimer's Society is encouraging people who are worried about dementia to confront their worries by addressing dementia directly and coming to Alzheimer's Society for information and support.

12th May 10 – 4pm Special preview event to mark Dementia Awareness Week

Staff will be on hand to speak to you privately to provide support and guidance, whether you have a diagnosis of dementia, are caring for someone with dementia or if you have memory concerns. Refreshments will be available. This will be followed by a **Dementia Friends** session at 1.30pm. Held at Universal Care, Chester House, 9 Windsor End, Beaconsfield, HP9 2JJ.

17th May Confronting Dementia Day 10 – 2pm

A drop in event in association with Chiltern & South Bucks District Councils, Bucks County Council and Chiltern CCG at St Michaels and All Angels Church, 70 Sycamore Road, Amersham, HP6 5DR. Drop in for stalls, food, activities, information or just a chat. For further details please call 01494 586800 or email swoods@chiltern.gov.uk

17th May Dementia Awareness Information 10 – 2pm

Join in activities or chat to representatives of local services at Buckingham Library, Verney Close, Buckingham, MK18 1JP. 10.30am Reminiscence activities; 11.30am Singing for the Brain®; 12.30pm Dementia Friends session; 1.30pm Trading Standards Vulnerable Adults talk.

19th May Coffee Morning at Beaconsfield Library 10 – 12noon

Call in for a chat and support over a tea or coffee with a member of staff. Beaconsfield Library Reynolds Road, Beaconsfield, HP9 2NJ.

24th May 11am Dementia Talk

A Dementia Friend explains how dementia affects an individual and also how families and carers can help. This will be followed by a light lunch at around 12.30 followed by Chiltern Music Therapy providing entertainment at 2pm. Chiltern Grange Care Home, Ibstone Road, Stokenchurch, HP14 3GG. More information at porthaven.co.uk/hensoncg1 or call 01494 480296



Chiltern Grange Care Home invites you to an exclusive free event

MY LIFE ON THE LAND & IN THE MEDIA

Thursday 19th May, from 10:30am

The perfect chance to spend a fascinating day with Adam Henson, as he shares tales of Countryfile and life on the land.

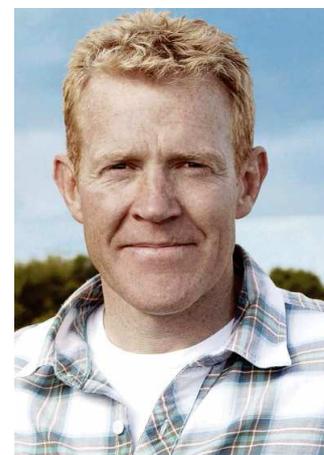
10.30am – Talk by Adam Henson

12.00pm – Q&A session

12.30pm – Complimentary light lunch

Reserve your place today by visiting porthaven.co.uk/hensoncg1 or call 01494 480296

Event venue – Chiltern Grange Care Home, Ibstone Road, Stokenchurch, HP14 3GG



ACTIVE BUCKS

Pilates

Thursdays (starting 5th May) 4.15-5.15pm at Sprinters Leisure Centre, Honor End Lane, Prestwood, HP16 9QY, £2 per session

Yoga/Pilates

Fridays (starting 6th May) 11am-12pm at Buryfield Recreation Ground, Link Road, Gt Missenden, HP16 9AE, £2 per session

For more information on the above classes, please call Matt Harrington on 07771 566 038 or email matthew.harrington@gll.org.uk

Walking Football – Suitable for beginners

Thursdays (starting 5th May) 10.30am-11.30am at Stoke Poges MUGA, Bells Hill, SL2 4LN, £2 per session, first session free!

Wednesdays, starting 4th May 10am-11am at Burnham Football Club, Wymers Wood Rd, Burnham, Slough SL1 8JG, £2 per session, first session free!

Yoga – Suitable for beginners

Mondays (starting 9th May) 2.30-3.30pm, at New Denham Community Centre, Oxford Rd, UB9 4DW, £2 per session, first session free! Mats provided

Fridays (starting 6th May) 11.30-12.30pm, St Marks Church Hall, Green Tiles Lane, Denham UB9 5HT, £2 per session, first session free! Mats provided

Pilates – Suitable for beginners

Mondays, starting 9th May, 4.00-5.00pm at Fulmer Village Hall, Fulmer Road, Fulmer, Slough SL3 6HP

£2 per session, first session free! Mats provided

To book or for further details about the South Bucks events contact – Leon on 01895 837 334 or leon.popplewell@gll.org





Volunteering Opportunities

BOPAG Joins Time Credits

Bucks Older Peoples Action Group has joined the Time Credits scheme. This means that from now on, if you come along to our meetings giving a voice for the older people in your community, or volunteer to represent BOPAG at a meeting or conference in the future, we can thank you with Time Credits.

For those who are not familiar with the scheme, it is a way of rewarding volunteers for their time by issuing them with Time

Credits. The recipient can then use them at a variety of leisure centres, adult learning, sightseeing venues and theatres etc both locally and nationally. You can also give them to family members or friends to use. If you would like to read more about Time Credits and see where you can spend them, please go to <http://www.justaddspice.org/wp-content/uploads/2015/09/Bucks-brochure-Issue-2-2015.pdf>

What are time credits?



Everyone has something to Give. Time Credits are a time-based currency developed by Spice, a social enterprise, and are in use in communities across England and Wales. People are thanked with Time Credits for contributing time to help others in their community or service. Opportunities to 'earn' Time Credits build on the interests, skills and availability of local people and support new people to become involved, often those who previously did not recognise that they had something of value to offer to others.

People 'spend' Time Credits to access events, training and leisure services provided by public, community and private organisations, or they can use them to thank others in turn. Spice spend brochures include a wide range of local community organisations from theatres to film nights or coffee mornings, as well as higher profile opportunities in London



Places to spend Time Credits include:

Wycombe Swan, Movers Shakers Groups, Badminton groups, all pools and leisure centres across the county, Wycombe Wanders Football Club, Adult Learning Courses, Amersham Museum.

Further afield you can go to Lords Cricket Ground, Thames Clippers, Tower of London, Keats House, St Pauls Cathedral, Tower Bridge, British Museum, or the Museum of London to name but a few.



Health News

Please don't throw your health away!

Residents in Bucks aged between 60 and 74 have been reminded not to throw their health away out of embarrassment and to make sure they use their bowel cancer screening kits. April was Bowel Cancer Awareness month and clinical commissioning groups in Bucks have been calling for people to use the kits, which are posted to eligible patients every two years, so they can get potentially life-saving treatment as soon as possible.

Bowel Cancer is one of the most common types of cancer in the UK, with around 40,000 people diagnosed every year. Yet nationally only around 55% of the screening test kits are returned in the post, with many ending up in the bin, unused. Yet if bowel

cancer is caught early, its treatment has a high success rate.

Embarrassment is thought to be a chief reason for peoples' reluctance to use the kits - but the message is that if you throw your screening kit away, you could be throwing away the chance to lead a happy, healthy life.

If you need a new kit, or have not received one in the post, call the Bowel Cancer Screening Hub on 0800 707 6060.

For more information about bowel cancer visit NHS Choices www.nhs.uk or Cancer Research UK at www.cancerresearchuk.org



Is a cure for Alzheimer's within grasp?

The first drug that can stop Alzheimer's in its tracks 'could be available within five years' after medical breakthrough with medication normally used to treat diabetes

Tests at Aarhus University in Denmark shows the drug Liraglutide stops progression of the disease. Liraglutide is usually used to treat diabetes and in the initial 26 week test to 38 patients, the results indicated even improved brain function in some patients. No study has ever before shows such dramatic results, and it could mean those who detect the disease at an early stage could live a lifetime of normal brain function.

It is now being tested on 206 people in 20 hospitals around the UK, who will be given the drug via insulin pen, then have their memory and thinking assessed by doctors. First results are expected in 2018 and if successful, it could lead to the use being licensed within 5 years.

Healthwatch Board Meeting 11th May, Little Chalfont

The next in public meeting will take place on May 11th at Little Chalfont Village Hall at 2pm.

They will be looking at GP Services with a presentation from Andrew Blackstock, a CQC Inspector, on how Bucks GPs are performing in inspections.

Flu jabs 'more effective in morning'

Morning flu jabs provoke a stronger immune response than those given in the afternoon, a study shows.

The trial at 24 doctors' practices found people vaccinated before lunch produced the most defensive antibodies. The University of Birmingham team suggested immunising people in tune with the body's natural rhythm could be a cheap way to save lives.

The trial looked at 276 healthy people, aged over 65, getting the flu jab before the 2011, 2012 and 2013 flu seasons. They were vaccinated either in a morning session (09:00 to 11:00) or an afternoon appointment (13:00 to 17:00).

One month later, patients vaccinated in the morning had produced significantly more antibodies against two of the three flu strains in the jab. Similar antibody levels were produced for the third strain, the results in the journal Vaccine showed.

It is not clear exactly why this is, however, other vaccines stimulate the immune system in different ways so it is too simple to conclude that all immunisation should take place before lunch. But the concept of timing medicine to the body clock - the field of chronotherapy - is powerful and is also showing promise in treating cancer and rheumatoid arthritis.



Health News

Chiltern Clinical Commissioning Group Governing Body Meeting

9th June

Members of the public are being invited to ask questions about their health services at NHS Chiltern Clinical Commissioning Group's upcoming Governing Body meeting, being held in public in Amersham on Thursday, 9th June.

The meeting will take place from 3.30pm - 6pm at the Council Chambers, Chiltern District Council, King George V House, King George V Road, Amersham, HP6 5AW. Local people will have the opportunity at the start of the meeting to ask Chiltern CCG Governing Body members questions about agenda items (which will be available nearer the time on www.chilternccg.nhs.uk) and their health priorities. You can also submit questions in advance by email to russell.carpenter@nhs.net (CCG Head of Governance).

During the meeting there will be a discussion on the performance of local health services and an update on key issues facing Buckinghamshire.

New Healthy Caring Guide

NHS England and others have produced a practical guide to healthy caring, which also draws on the experience of carers' networks.

This is a companion to the healthy ageing guide and provides information about support available to help carers maintain their own health and wellbeing. The guide can be downloaded at www.england.nhs.uk/wp-content/uploads/2016/04/nhs-practcl-guid-caring.pdf

Buckinghamshire Healthcare 
NHS Trust

NHS Your Care Your Community Event Buckingham 12th May

Buckinghamshire Healthcare NHS Trust has been asking local people to help shape community hubs via a series of public meetings and the last of these is on 12 May in Buckingham. If you are interested in attending, please contact Dee Irvin on 01494 734149 or email dee.irvin@buckshealthcare.nhs.uk to book your place.

Cover up to keep safe this summer

With both Skincare Awareness and Sun Awareness weeks taking place in May, dermatologists are taking the opportunity to highlight the dangers of spending too much time in the sun and it doesn't have to be 'a scorcher' before people should start taking protective action

"The danger is when there is cloud cover or a breeze that is making everything appear cooler. Clouds reduce the amount of ultraviolet A and B radiation that reaches the earth's surface and our skin, but don't stop the damaging rays. Clouds block more visible light than ultraviolet radiation," explained Wal Hussain, a consultant dermatological surgeon.

Government figures show that skin cancer is the most common form of cancer in

the UK and rates continue to rise with at least 100,000 new cases diagnosed each year resulting in approximately 2,500 deaths.

Top tips for looking after your skin in the sun

- Wear protective clothing – the tighter the knit or weave, the smaller the holes and the less UV can get through.
- Use SPF 30+ /broad spectrum UVA sunscreen and re-apply every two hours.
- Never use sunscreen to increase the amount of time you can spend in the sun.
- Wear a wide brimmed hat that covers your ears and the back of your neck



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

18th May (Public Transport)

At Tylers Green Village Hall, which is located in Church Road, Tylers Green, HP10 8LN

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

A Gin Miracle?

The food and drinks innovation company, Bompas & Parr, were commissioned by Warner Leisure Hotels to create **Anti-AGin**, a 40% proof gin distilled with pure collagen and other ingredients with purported anti-ageing powers.

These "age-defying" botanicals include nettles, which contains mineral content that aids cell rejuvenation; Gotu Kola, which inhibits scar formation and combats cellulite; chamomile, a healing and relaxing agent; witch hazel oil, which kills bacteria in the skin's pores; burdock, which is high in anti-oxidents and helps repair cracked skin; and green tea, which clears impurities from the body



Dates for your diary

12th May NHS Your Care Your Community Event Buckingham (morning)

For details of time and venue for these NHS events please contact Dee Irwin on (01494) 734149 or dee.irvin@buckshealthcare.nhs.uk

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

Silver sprinter aged 80 sets new hurdles world record after suffering heart attack

An 80-year-old who overcame heart attacks and had stents fitted after heart surgery, ran 100m in just five seconds slower than Usain Bolt and has set his first-ever WORLD record.

Silver sprinter Tony Bowman proudly set the new benchmark of 10.86 seconds for the 60 metres hurdles when he competed at the British Indoor Championships in London.

After smashing the previous record of 11.10 seconds in the 80 and over age group, he also went on to win the 60 and 200 metres sprints at the same event.



Fourways Theatre Company presents for Wycombe Arts Festival 2016



An open air production of



Fourways are delighted to be performing open-air Shakespeare in the beautiful grounds of Pipers Corner School. Covered raked audience seating is provided but it is suggested that audience bring suitable protection from possible inclement weather

Pipers Corner School, Great Kingshill, HP15 6LP

May 19th, 20th, 21st & 25th, 26th, 27th, 28th

Tickets £14, concessions £12 available from www.fourways.org.uk or 01494 522 722