

Note from the Editor

May is going to be a busy month! Firstly, I will shamelessly plug our AGM on Wednesday, the 15th May (details on the back page) and I am delighted that we will be joined by two guests. Liz Monaghan, Matron - Specialist Palliative and End of Life care and this is so timely as our meeting falls in the middle of Dying Matters Awareness Week which seeks to shine the spotlight on the importance of talking about dying, death and bereavement. Liz will tell us about the role of her team within the Trust. We will also be joined by Nigel from the 50 Plus Service who'll explain about the service they provide and how they can help with those little jobs around the house plus much more.

The following week it is Dementia Action Week and there are so many events with opportunities to find out more about memory and living with dementia. More events may well be announced as the week gets closer and Andy Chapman can let you know the details (page 2)

I have just been just been contacted by a TV production company looking for participants in a brand new program. As ever, they work on tight deadlines so if you are remotely interested, please don't hesitate to get in touch with them and find out more (page5).

The Dignity in Care Awards Ceremony takes place on the 14th. A lovely event and if you would like to attend details are on page 3. There are some great opportunities to find out more about health matters. Big Conversation Cafes are going to take place at the two community hubs in Marlow and Thame where you can pop in and have a chat. There is also a Better Balance and Falls Prevention Service that you can call for advice and if they feel you would benefit, they can advise of how to get a referral. See page 7 for more information on both.

And if you are looking for inspiration, take a look at page 4 and read about the amazing Ken & Eileen who took part in the London Marathon on Sunday. Incredible!

Andy

Dementia Action Week 2019

20-26 May

Dementia Action Week



Dementia Action Week unites people, workplaces, schools and communities to take action and improve the lives of people living with dementia. There are many events taking place around the county

Friars Square Shopping Centre, Aylesbury, HP20 2QF, 23rd May 10:00—16:00
The Fremantle Trust Community Roadshow. Information and advice on Dementia

Haddenham Medical Centre, Haddenham, HP17 8JX 21st May 10:00—12:00
Memory Information Session. An information session for people who are worried about their memory. Includes understanding memory, tips, coping strategies and local help available.

Haddenham Library, Haddenham, HP17 8EE 22nd May 19:30—21:00
Connie's Colander: Human Story Theatre presents Connie's Colander by Gaye Poole A drama intertwining mother and daughter's journey with dementia. Plus a Q&A with information and stories of living well with dementia from specialists. To avoid disappointment please book a seat (humanstorytheatre.com) and 'pay what you can' after the show.

Hazelmere Library, 312 Amersham Road, HP15 7PY 23rd May 10:00-12:00
Memory Information Session For people who are worried about their memory.

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Dementia Action Week 2019

20-26 May

Dementia Action Week

Continued from page 1



High Wycombe Library, HP11 2DH, 23rd May 14:00—16:00

Dementia Action Week Awareness: A stand and display in High Wycombe Library manned by people affected by dementia.

High Wycombe Library, HP11 2DH, 24th May 11:00-12:00. Dementia Friends Information Session. Learn more about what it is like to live with dementia and discover ways you can help at this informative drop-in session. This event takes place on Floor 2.

The Grove Riding School, Lane End, HP14 2NR 20th May 14:00—15:30

Cream Tea with Horses: Enjoy a cream tea, meet the horses and connect with nature.

Signature Cliveden Manor Care Home, 210 Little Marlow Road, SL7 1HX 22nd May 18:00—19:00. Dementia Friends Information Session

South Buckinghamshire Golf Course Park Road, Stoke Poges, SL2 4PJ

20th May 14:00—16:00 golf taster session for people to play golf with the support of others

22nd May 14:30-16:00 Dementia Friends Session—how to help those live well with dementia

Amersham Market 21st May Voices and Choices, the local police, the fire service, Trading Standards, Chiltern community safety officers and others will have a market stall to provide information and advice to help people stay safe.

Amersham Library 21st May 10:00-13:00 Working Lives - A Reminiscence Coffee Morning. In partnership with Amersham Museum, come and have a coffee and explore their collection of interesting objects. Come and meet Anthony, their mobile museum there



Buckingham library 21st May 10:00 to 13:00 Dementia Information Day.

Chat to local groups including Buckingham Dementia Action Alliance. Become a Dementia Friend (session at 12pm).

Fremantle Court, Risborough Road, **Stoke Mandeville**, HP22 5XL The Fremantle Trust will be opening its first Dementia Café during Dementia Action Week, Friday 24th May 11:00-13:00.

These will then continue monthly throughout the year.

Gracewell Healthcare, The Row, **Lane End**, HP14 3JS, 01494 412 252 Forget me knot memory café on the last Friday of every month from 2-4pm which is open to all.

Amersham Museum 22nd May 10:00– 12:00 Dementia Friends event. Co-hosted by Ashridge Home Care and Voices & Choices. All welcome for an informal event with tea and coffee!

Croft Care Home The Penningtons, Chestnut Ln, Amersham HP6 6EJ.

20th May 10:00 - 12:00. Amersham Mobile Museum 'Anthony' will be appearing. All welcome, Plenty of parking.



For further information about most of these events contact Andy at clo@buckscc.gov.uk



Worried About On-line Scams & Cyber Crime? Need help with your devices?

Savvy E safety offers free tuition and support to anyone worried about going on-line—pairing them with young volunteers from Burnham Park Academy School teaching you how to access technology and how to stay safe on the internet. Just bring along your phone, tablet or laptop.

Both groups will learn valuable skills from a mixed-generational experience.

The sessions will take place on

- Thursday 2nd May 9:30—10:30
- Wednesday 15th May 9:30—10:30
- Friday 24th May 9:30—10:30

The sessions take place at the E-ACT Burnham Park Academy, Opendale Road, Burnham, SL1 7LZ

For more information, please call 01296 382 120 email jatkins@buckscc.gov.uk



There are also 2 Friends Against Scams presentation events
3rd May 3pm at St Ann's Court, High Wycombe
21st May 2:30pm at Little Chalfont Methodist Church



BUCKS FAMILY HISTORY SOCIETY

Southern Group (registered charity 290335)

Family History from Education Records: Schools, Universities, Reformatories

A Talk by Colin Chapman

Although many school records have been lost or destroyed, many still exist and are extremely useful for family historians. Some university archives hold records dating back several centuries. Colin will tell us what is available and how to find it.

Tuesday May 14th

The Community Centre, Wakeman Road,
Bourne End SL8 5SX

Doors open 7.30 for a start at 7.45pm
Every one welcome, members £2.00
non-members £4.00. Ample free parking
(after 7pm)



Dignity in Care Awards 2019



Sponsored by Westminster HOMECARE

The Dignity in Care Awards
will take place
At

The Gateway
Gatehouse Road
Aylesbury
HP19 8FF

on
14th MAY

Registration 1.30pm
Event 2pm to 4pm

Free to attend
To reserve your place, email; dignity@buckscc.gov.uk



Inspiring People

2019 London Marathon's Oldest Runners

Ken Jones, 85, has run every London Marathon since it began but says next year will be his last as he passes on tips for a successful run and a healthy life.

He told ITV News the best thing to do is "not rush into it" and run in groups because "they'll encourage you and you'll make a lot of friends". Mr Jones, who has a personal best of two hours 55 minutes, says the second half of a marathon is "mind over matter".

When you start a race, never give up. You get to that 24, 25 miles, keep going, you know you're going to get the medal," he said.

Another of his favourite tips is to not drink any alcohol at all, "because you can't run the next day" and don't over-eat as "you'll never run a marathon with a big belly". He walks around the country lanes near his home four times a week and swims three times a week which he said has helped him to avoid injury.



Eileen Noble was the oldest female runner at the London Marathon this year. This is marathon number 19 for Eileen who started running in her 50s

Eileen, who lives in south-east London, started running in her 50s and found an immediate passion for her new hobby and has never looked back.

"If you've got any stresses or worries it seems to make them clear away," she says. "You come back [and] feel so much happier."

At the age of 87, John Starbrook was the oldest person to run the London Marathon and took part in 2018.



At 100 years old, Fauja Singh became the oldest person to run a marathon in 2011, when he completed the Toronto Waterfront Marathon in 8:25:16!

The marathon is a celebration of the legendary Greek soldier Pheidippides. He is said to have run over 25 miles from the battle of Marathon to Athens to deliver news of a Greek victory, only to promptly collapse and die.

Marathon lengths varied for a while. Then, in the 1908 London Olympics, the course was laid out from Windsor Castle to White City stadium, about 26 miles. However, to locate the finish line in front of the royal family's viewing box, an extra 385 yards was added inside the stadium.



Chance to take part in a TV show

BOPAG has been contacted by a Producer for a new Channel 4 series exploring what will happen if pensioners were to move in with millennials. They are currently casting for over-65s in our area and thought that some of our readers might be interested or know someone who would be interested in taking part.

Their aim is to pair young people with the older generation, to form interesting connections and help each generation with specific needs through a first ever flatmate-matching event. At the event young and old can meet and if they match, can take part in a live-in trial for a week to see if they could live together permanently. With the older, more experienced adults potentially offering cheaper rent to the hard-up youths of today, in return for help – whether it be company, jobs around the house or even help with technology – they'll hopefully create surprising friendships and mutually beneficial relationships along the way.

The series is really driven by the people who take part, so we're looking to speak to



Do you currently live on your own and have a spare room?

Keen to find someone to live with you and help out around the home?

If you are 65+ and would like to hear more then please call us on 020 7013 4338

Alternatively you can email lodgerscasting@rdftlevision.com

anyone who feels they have a story to tell. At its heart this show has a social aim; such as , a young adult who can't afford housing could find a more affordable room, and in turn the landlord, who might lack company, could make a new connection. We also aim to bust preconceived notions one generation might have about the other to start with.



Groundwork South

Volunteering

We run monthly volunteer conservation tasks at Hardings Row in Iver Heath.

The group is a great way to get more active and enjoy the wildlife on site.

We have a range of tasks volunteers can get involved with so all abilities are welcome and no experience is necessary.

The group meet on the second Sunday of the month either in the mornings or afternoons (depending on the month)

To find out more, please contact Matt wither by phone on 0790 622 9257 or by email matthew.hartgrove@groundwork.org.uk

Steep rise in older people living alone

The number of people living alone in later life is on a steep rise, raising concerns many will be facing additional costs in retirement.

According to figures published by the Office for National Statistics in April, there were about 3.8m people aged over 65 living alone in 2017, a rise of almost 21% over two decades, and almost six in 10 of those over 65 living alone were aged over 75.

The data was based on surveys conducted in 2017 which aimed to compare the cost of living alone to those of a couple, without children or dependents, who cohabited.

It found two-adult households spent nearly 10% less of their disposable income than those living alone and only 51% of those who lived alone said they had money left over at the end of the month. This compared to nearly two-thirds of people who lived with their partner.



Money News

Funding Opportunity



GLL leisure trust has a funding platform called 'GSF' that helps local clubs, groups and organisations to crowd fund to help improve service.

If you think that this might be of interest to your group, Leon is offering to come and talk to your group to discuss how this crowd funding platform may be useful.

Leon Popplewell, Community Sports Manager, GLL South Bucks can be contacted at Leon.Popplewell@GLL.ORG or on 01895 837 334

A £3 million fund to improve village halls launched.

The grant funding will be managed by ACRE on behalf of Defra and aims to help fund the updating and refurbishment of village halls so that they are fit for purpose and provide activities which support their communities:

The scheme will fund up to 20% of eligible costs, with a minimum grant of £10,000 and a maximum grant of £75,000 payable. This means overall scheme costs would be between £50,000 and £375,000.

Find out more at acre.org.uk/our-work/village-hall-improvement-grant%20fund

In the news...

Over-50s could be made to pay more than £300 a year extra National Insurance to help fund a "fairer" social care system under plans by the Conservatives. Tory MP Damian Green, who was in charge of drawing up a green paper on social care set out a range of measures aimed at filling a £2.75bn funding gap

In a separate Lords report last week, free TV licences for over-75s should be scrapped, the age threshold for free bus passes raised and the triple-lock on pensions abolished to close the widening gap between young and old in Britain.

Council Tax Discount

The Severely Mentally Impaired discount can be worth £1,000s - here's how you get it. Those who have a severe mental impairment are 'disregarded' for council tax purposes. This means if they live alone they shouldn't pay any council tax, or more commonly, if they live with one other adult, often their carer, there should be a 25% discount (typically worth about £400/yr).

To qualify, someone must be medically certified as having a severe mental impairment (ie, one that severely and permanently affects their intellectual and social functioning), and be eligible for certain benefits. Eg, dementia, strokes and Parkinson's are all conditions that could result in someone having a severe mental impairment.

It will depend on each individual's case though and simply having been diagnosed doesn't automatically mean they qualify - a doctor must also certify they are severely mentally impaired.

How to claim the discount

1 You'll need to contact your local council for a claim form to register for a council tax discount

2 Then, you'll need a doctor's diagnosis. A registered medical practitioner must have diagnosed you as severely mentally impaired. In some cases you'll need to attach a written diagnosis to your claim – in others you just give your doctor's details and they'll be contacted for confirmation. GPs are not allowed to charge you for this certification.

3 Fill the form in and send it off to your council. You may be asked to attach some supporting evidence, such as the doctor's diagnosis or evidence of eligibility for relevant benefits.

Some councils will backdate the payout. This can be huge so if you are eligible for the discount ask about a refund for the historic over payment. .



Health News

Big Conversation Cafes

As a continuing part of engagement with the community, representatives of Bucks Healthcare Trust medicine for older people and Florence Nightingale Hospice will be holding monthly Big Conversation Cafes in the community hubs at Marlow and Thame.

The Big Conversation Cafes have been developed to give people the chance to meet others and to ask those little questions that perhaps you have been wondering about but didn't know who to ask. You don't need to be a patient or carer, everyone is welcome.

The idea is these cafes will be a safe place to have a cup of tea/ coffee and to meet professionals who will be able to direct you to the right place to find those answers.

There is no set agenda – you just need to be able to say “ I was wondering about...”. If after talking, they feel there is a need to have a more detailed physical assessment, you can be referred. This may well be to services already available within the Hub and usually you'll be seen within the week.

Tuesday 28 May - Marlow 1pm-3:30pm

Monday 24 June – Thame 1pm-3:30pm

Tuesday 25 June – Marlow 1pm-3:30pm

No need to book , just turn up.

Worried about getting home from hospital... Just ask!

Most trips to hospital will be planned and you will know how you are going to get home. But how do you get home if you end up in hospital unexpectedly? Not everyone can call a friend or relative for help or be able to get a bus or taxi.

Bucks Healthcare Trust wants you to get home safely. Staff may well talk to you about how you are going to get home if you have been staying in hospital. But if you haven't been staying on a ward (for example if you have just been to A&E) you may not have had the chance to talk about this.

If you have care needs, are less mobile, or there are concerns for your safety then the Patient Transport Service may be able to help. Trust staff can arrange this for you as long as you meet the eligibility criteria. The Red Cross also provide a “take home and settle” service for elderly and vulnerable patients which the Trust Staff can arrange. And even if you can't arrange transport because your phone has run out of battery or credit or you don't have any money with you, Bucks Healthcare Trust will still help.

So if you are worried that you can't get home from hospital safely... just ask!

If you need transport for a hospital appointment but aren't sure what's available, you can check out the Call the Transport Hub 0800 085 8480 or 01844 348834 Mon-Fri 9-5

Better Balance and Falls Prevention at GLL Better Leisure Centres



Falls and fall related injuries are a common and serious problem for older people. People aged 65 and older have the highest risk of falling with 30% of people older than 65 and 50% of people older than 80 falling at least once a year.

In line with the regional Falls Prevention provision in Bucks, GLL Better offers a number of programmes addressing balance and mobility issues in Chilterns and South Bucks, and with weekly opportunities at the Chalfont St. Peter and Beacon Leisure Centres. These programmes are offered as part of Healthwise, Better's Exercise on Referral service, and are particularly suitable for adults 65 or older with a history of falling, and or a recent fall within the last 12 months.

A referral from a Healthcare Professional for inclusion is a prerequisite for Exercise on Referral (GP/Practice Nurse/Physiotherapist etc.). For further information or advice on getting a referral, please contact the Better Health Team on 07816 138 421



2019

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

2019 Dates

May 15th Liz Monaghan, Matron - Specialist Palliative and End of Life care & The 50 Plus Service

July 17th Trading Standards, Frauds & Scams

Sept 18th tbc

November 20th Safety in the Home

All are welcome. Meetings run 10-12.30 and are currently held at Christ the Servant King, Sycamore Road, High Wycombe, HP12 4TJ

Please contact Andy Trueman on 01296 622122 for further information

Volunteers Still Urgently Needed

We are still looking for volunteers for the following:

- **Treasurer for BOPAG**
- **Treasurer for Chesham Group (COPAG)**

Both roles are not onerous in the least and the finances for both groups are very straightforward. It should require less than a couple of hours per month.

If you think you can help with either role, please contact Andy (details above). Thank you

Newsletter info

If you know anyone who would like to receive our newsletters, please get in touch. We can email or post them to recipients.

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

Dates for your diary

13th May Reminiscence Mondays Amersham Museum runs a monthly reminiscence group to share stories and memories from the past. Suggested donation £2 per person, sessions run 10:30—11:30 and include refreshments. Email jane@amershammuseum.org or call 01494 723700 for more information. Future dates are 3 June, 1 July, 9 Sept, 7 Oct, 4 Nov & 2 Dec

15th May Healthwatch Public Board Meeting 14:00 at Lane End Youth & Community Centre Let them know you are planning to attend by calling 01844 348839 and if you would like to ask a question, these should be submitted at least 5 days in advance by phone or email to info@healthwatchbucks.co.uk

16 May Hoarder Support Group 5.30-7.30 pm Haddenham Fire Station. Peer support group that provides a safe place to speak to others with similar issues and get information and advice. The group meets monthly and light buffet provided. No need to book, just pop in. Open to individuals, family members and carers. Next date 13th June. For more information call Elaine on 01296 585364 or email ehassall@aylesburyvaledc.gov.uk

11th—13th June Pensioners Parliament takes place at the Blackpool Winter Gardens. Tickets are priced **£10** or **£5** for a day ticket on 11th or 12th. To book visit www.npcuk.org/events or call 020-7837-6622

21st June Open Garden 2pm-7pm at One Day Farm, Blackwell Hall Lane, Ley Hill, Chesham, HP5 1UN. Proceeds to Carers Bucks. Tickets from carersbucks.org (£12) or on the door (£14). Includes cream tea and entertainment

Bucks Health Trust Board Meetings

Wed 29 May 9am Hampden Lecture Theatre, Wycombe Hospital

Wed 31 July 9am Education Suite, Florence Nightingale Hospice Charity, Unit 2, Walton Lodge, Walton St, Aylesbury, HP21 7QY

Wed 25 Sept & Wed 27 Nov 9am Hampden Lecture Theatre, Wycombe Hospital

Wed 27 Nov 9am Hampden Lecture Theatre, Wycombe Hospital

Buckinghamshire CCG Board Meetings

Thursday 13 June 2019 Meetings take place 10.30-12.30. Jubilee Room, Aylesbury Vale District Council, the Gateway, Gatehouse Rd, Aylesbury, HP19 8FF

Future Dates **12 Sept, 14 Nov 2019, 12 March 2020**