

Note from the Editor

My optimism last month was well placed as we are enjoying a late summery burst although this will be short lived, I think, with Hurricane Joaquin looking like it's heading from the Bahamas towards us albeit in a down graded form!

We cannot avoid the inevitable, colder weather will be on the way, higher energy bills and dare I say it 'Christmas'. If these are things that you could do with a helping hand with, then take a look at page 5 where you can find details of the Big Switch for energy suppliers, which is co-ordinated by Bucks County Council and by registering, you literally have nothing to lose and possibly, can save significant money on your fuel bills. If the thought of Christmas fills you with dread then page 2 may have something for you. I will highlight other Christmas activities and schemes that I hear about in next months issue so if you know of any, please get in touch (my details are on the back). Age UK (page 3) are also offering help with coping in the colder weather and you can contact them to get their useful materials.

I am often surprised when I come across new and useful things that I have never heard of. This month I have Healthwatch Bucks to thank for highlighting the Yellow Card scheme. Such a simple idea and it's very easy to report unexpected side effects from medication.

Another source of useful information is Independent Age and they have recently published their latest free booklet on Your Health and the NHS. To get hold of this and past booklets, their contact information is on page 7.

As I was pulling this newsletter together, several age related stories hit the news, from hearing aids to length of home care visits and the pressures that social care is under. I'll endeavour to try & make sense of it all for November!

Andy

Have you ever suffered any unexpected side effects from medication



The public can raise awareness to the regulatory authorities about any additional side effect they may have had from taking a particular drug or medication.

These incidents can be reported to the Medicines and Healthcare products Regulatory Agency (MHRA) using their Yellow Card process. They have now begun a public health drive to encourage GPs, pharmacists and the public to report any suspicious side effects from medicines.

The Yellow Card Scheme, which was originally established in 1964, "acts as an early warning system for identifying previously unrecognised adverse drug reactions, but also provides valuable information on recognising side effects".

There are three ways to make a Yellow Card Report

- Use the on-line Yellow Card form at www.yellowcard.mhra.gov.uk
- Complete at Yellow Card form. These can be obtained by writing to FREEPOST YELLOW CARD (no other address details necessary)
- Call the Yellow Card hotline on 0808 1003352

What happens then? The MHRA will send an acknowledgement of your Yellow Card report and if you have given permission, they will send a copy to your doctor.

If you want to make a report but don't want to tell them your name, you can ask someone else to complete the form and give their contact details.

The MHRA regularly publishes data about the information given on Yellow Card reports but never any personal information



Community
Christmas

Launch of the Vale's Christmas Day Campaign



Aylesbury Vale District Council have teamed up with the charity Community Christmas to encourage individuals or community groups to consider offering a Christmas Day activity which an older person can be invited to attend or volunteer at, and to register their event or activity on the Community Christmas website.

Community Christmas believes that no older person in the UK should be alone on Christmas Day unless they choose to be. Community Christmas provides the following resources:

- support and guidance to those wanting to start something new on Christmas Day
- a free listing to any events or activities with the contact details of the organiser
- where volunteering opportunities exist
- a guide of what activities are available in their area and who to contact.

An opportunity to socialise with others can make a huge difference to someone who might otherwise be lonely on this day and Community

Christmas provides a few ideas on how to get involved:

- Host a Christmas Day lunch event
- Gather together a group to visit a local pub, restaurant, or hotel.
- Be a host family by inviting a neighbour round. An event could be anything from an afternoon cup of tea and cake to an activity.

So whether you are part of an organisation or on your own, there is something we can all do to make a difference on this day.

You can register your activity on the **Community Christmas** website (communitychristmas.org.uk) anytime.

For those without access to the internet, we will be providing a list of what events are taking place and where volunteering opportunities exist at Libraries and Tourist Information Centres around the Vale from **1st December 2015**.

Kind regards Elaine Hassall, Community Engagement Officer for Older People, AVDC



The Pitmen Painters

The play will be performed at The Lancaster Theatre, Wycombe Abbey on **29th, 30th and 31st October 2015**.

Synopsis

In 1934, a group of Ashington miners and a dental mechanic hired a professor from Newcastle University to teach an Art Appreciation evening class. Unable to understand each other, they embarked on one of the most unusual experiments in British art as the pitmen learned to become painters. Within a few years the most avant-garde artists became their friends, their work was taken for prestigious collections and they were celebrated throughout the British art world; but every day they worked, as before, down the mine.

Tickets are on sale now and are available via the Fourways website www.fourways.org.uk or from cast members or Lesley Wratten on 01494 522722.

October Events

7th October 7.30-8.30pm The Virtuoso Ensemble performing works from Schubert, Mendelssohn, Gershwin and others

14th October 7.30-9.30pm Judie Tzuke performs part of her Songs & Stories Tour

18th October 7.30-9.00pm Monthly Twilight Tour: Portraits and People: The Art of Stowe House Discover the art housed in one of the most remarkable buildings of the 18th century. The tour will introduce you to these larger-than-life characters through the paintings on display. There will be stories of extravagance, scandal, intrigue and the exotic to whet your appetite (Tickets include wine and canapés on arrival in one of our magnificent State Rooms. Pre-booking is essential.)

4th November 7.30-8.30pm Flautists Anna Stokes & Lisa Friend with pianist Mark Kinkaid perform works from Piazzolla, Faure, Hue, Ibert & Doppler

Tickets can be booked by calling 0845 680 1926 or go to www.oxboffice.com

Stowe
arts



Don't Cut Care



Age UK has launched its Don't Cut Care petition, calling on the Government to invest in social care for older people. It's designed to influence the Chancellor, whose Comprehensive Spending Review (CSR) in November, will set out how much money the government will spend on care over the next five years. Please help!

The campaign is running from now until Wednesday 18 November and is our chance to make sure there is enough funding for vital services, so that the millions of older people who need care get the help they deserve.

How can I get involved?

- Invite members of your groups to sign a [petition sheet](#) when you groups meet.

- Sign the [online petition](#) and share with friends and family on social media.

We want to gather as many signatures as possible to put pressure on the Chancellor to make social care a priority in the CSR.

Please help us share it widely and build support for this important issue.

If you have any queries, you can contact Ceri Smith, Senior Campaigns Officer on ceri.smith@ageuk.org.uk or phone 020 3033 1419.

The on-line petition can be found at www.ageuk.org.uk along with a copy of the petition that you can print off

Help us to help older people keep well in winter



New Age UK research shows that very few older people know the health risks of cold weather, including that being cold is the number one cause of preventable death amongst older people during winter. On average, one older person dies every 7 minutes from the cold weather.

Please help us spread the word about the importance of staying warm in winter by sharing our range of free winter health materials:

- Recipes for a warmer winter - a booklet full of warming and delicious recipes
- Room thermometers - to tell if a room is at the right temperature for keeping well
- Posters - to display in your local library or community centre

To order your copies, please email campaignsmaterials@ageuk.org.uk or call 020 3033 1561.

Have you suffered a stroke?



Whether you, or someone you care for, suffered a stroke recently or in the last few years we would like to hear your views about the support you received at home. So that we can make sure we provide appropriate services in the future we particularly want to know:

1. What support did you receive and who from (other than from family and friends) after you got home from hospital?
2. What you thought was the most useful support for you once you were home from hospital?
3. What were the greatest challenges you faced once home and how, if at all, did outside support help you to overcome those challenges?

You can email inform@buckscc.gov.uk or write to: Stroke Support, 5th Floor, Bucks County Council, County Offices, Walton Street, AYLESBURY HP20 1AU.

You can also phone 01296 387821. Any information we receive will be treated in the strictest confidence, but please let us know when you had the stroke and your contact information.

WISHING YOU COULD SEE YOUR GRANDCHILDREN?



While many grandparents enjoy wonderful happy moments with their grandchildren so many grandparents are denied contact with their grandchildren.

It is officially estimated by The Grandparents' Association (a national registered charity), that at least 1 million grandchildren are denied contact with their grandparents and over 68,000 children are in the care system, many of whom are denied all or reasonable contact with their grandparents. Both of these statistics are growing year after year, hence so very many grandparents in the country are experiencing heartbreaking pain and loss. The members of The Grandparents' Support Group for Aylesbury Vale help support each other during this extremely distressing time in their lives.

The Aylesbury based support group for grandparents' denied contact with their grandchildren has been running for almost 5 years. Grandparents are denied contact as a result of divorce, family rifts, bereavements, 'the care system' or for absolutely no apparent reason at all. Consequently many grandparents are suffering great loss and pain every day of their lives. We would like to see grandchildren having the right to contact their grandparents (as long as it is safe to do so) and our group offers information, support, advice and friendship in a confidential environment and helps grandparents to manage their loss as best they can.

We regularly invite guests to our group meetings such as Family Law Specialists, mediation lawyers and Family Therapists, amongst others all of whom have valuable input and help to increase awareness of our support group and this growing issue. We also have an in-house library of helpful support books, as well as help sheets on a variety of matters that relate to grandparents being denied contact with their grandchildren.

So grandparents if you are denied all or reasonable contact with your grandchildren please do get in touch and come along and meet us from 7 pm on the second Wednesday of the month at The Holiday Inn Hotel, Aston Clinton Road, Aylesbury, or for further information call 07949640156. Look forward to seeing you soon.

Thames & Chilterns in Bloom

This is one of 17 regional campaigns which make up RHS Britain in Bloom and they have just announced their 2015 results.

Huge congratulations to Chesham who received Gold in the Large Town category. Other winners in Buckinghamshire included :

In the Towns Category : Amersham were awarded Gold and Princes Risborough awarded Silver

In the Small Towns Category, Stony Stratford were awarded the Silver Gilt

In the Business Improvement District, High Wycombe were awarded Silver

In the RHS Parks Awards, Chesham Lowndes were awarded the Silver Gilt and Princes Risborough Stratton Memorial Gardens were awarded Silver

Congratulations to you all



PREVENTION
MATTERS

Helping you stay independent

Health & Wellbeing FAYRE

Tuesday, 6th October
11:00 a.m. to 2:00 p.m.

Providing information for older people, carers, and their families about:

- keeping older people fit and active
- connecting you with organisations that help to meet age related needs
- volunteering opportunities

Shopmobility wheelchairs and Blue Badge parking available

Venue:



Fairford Leys Church,
Hampden Square,
Fairford Leys HP19 7HT



Over 30 organisations will be present including Active Bucks, Action on Hearing Loss, Age UK, Bucks Fire, BuDS, Alzheimers, Bucks Vision, Carers Bucks, Citizens Advice, Grandparents Support Group, Men in Sheds, NHS Health checks, Parkinsons, Red Cross, Simply Walk

Community
Impact Bucks



PREVENTION
MATTERS

Got a free hour?
Where could it take you?

COME ALONG TO OUR

VOLUNTEERING FAIR

Friday 16th October 10am to 3pm

The Oak Room, Wycombe Swan Theatre, St Marys St, Wycombe

Friday 23rd October 10am to 4pm

Friars Square Shopping Centre (outside BB's coffee), Aylesbury

Discover how one hour could transform the life of an older or vulnerable adult. Meet over 20 charities and find the best of local volunteering opportunities.

For more info contact 0300 1111 250 or info@communityimpactbucks.org.uk

The Big Switch



Switching energy suppliers is known to make significant savings and The Big Switch is providing residents a simplified switching process and a very competitive deal.

Bucks County Council ran their first Big Switch auction earlier this year and 83% of Bucks registrants were offered a saving, with the average saving being £292.

Once you have registered, you wait to see what your offer is. If you like your offer then it is a simple process to switch. If you don't want to switch, then there is no obligation to do so. 41% of the Bucks residents who registered made the switch and saved money.

Community Energy Champions will be visiting local libraries to tell you more. To register go to mybucks.buckscc.gov.uk/october-2015/environment-love-the-planet. Or you can find out more by contacting Julie Pickard, Resource Officer *Growth and Strategy*, BCC, Direct Dial 01494 586621 email jpickard@buckscc.gov.uk (Weds & Thurs)

Next Collective Switch auction on **13th October**

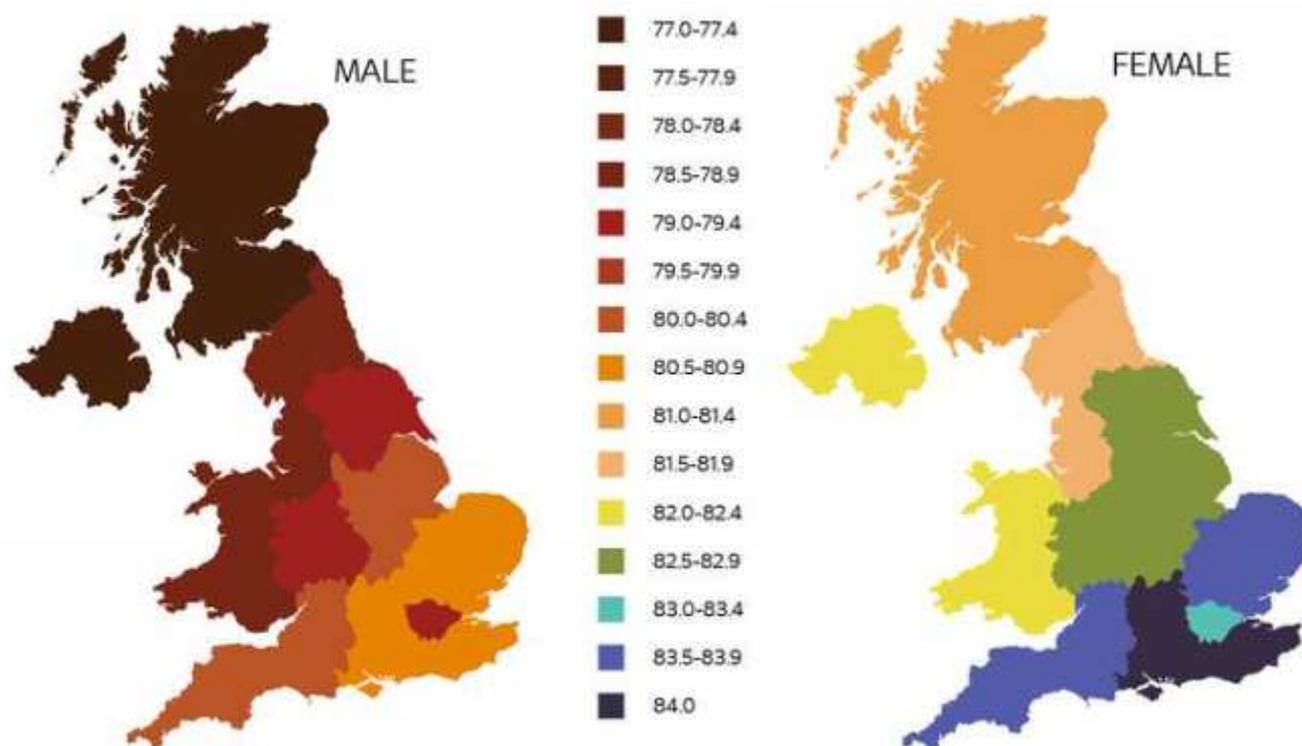
Where In England Do People Live The Longest?

While life expectancy has increased for people in southern England, a study reveals large inequalities remain across the country.

The life expectancy for people living in England has risen by 5.4 years since 1990, with the average person now expected to live until more than 80 years of age. A study carried out by Public Health England (PHE) and published in the *Lancet* found life expectancy rose from 75.9 years to 81.3 years between 1990 and 2013.

The gains were greater for men than women, with men expected to live an extra 6.4 years compared to 25 years ago. But women still generally live longer, with the figures showing an average life expectancy for women of 83.2 years compared to 79.5 years for men. The increase has been ascribed to a slowdown in the number of deaths from cardiovascular disease, stroke and chronic obstructive pulmonary disease over the last two decades.

But while life expectancy has grown for the general population, large inequalities remain for people living in deprived areas with regions such as the North East and North West are ranked among the worst-performing nations for life expectancy.



In a report released by the World Health Organisation on International Day of Older Persons (1 October), they predicted that the number of people over the age of 60 is expected to double by 2050 and will require radical societal change-

“Today, most people, even in the poorest countries, are living longer lives,” says Dr Margaret Chan, Director-General of WHO. “But this is not enough. We need to ensure these extra years are healthy, meaningful and dignified. Achieving this will not just be good for older people, it will be good for society as a whole.”

Contrary to widespread assumptions, the "World report on ageing and health 2015" finds that there is very little evidence that the added years of life are being experienced in better health than was the case for previous generations at the same age. “Unfortunately, 70 does not yet appear to be the new 60,” says Dr John Beard, Director of the Department of Ageing and Life Course at WHO. “But it could be. And it should be”.

The Report stresses that governments must ensure policies that enable older people to continue participating in society and that avoid reinforcing the inequities that often underpin poor health in older age.

Health News

South Central Ambulance Service 
NHS Foundation Trust

INVITATION TO OUR PATIENT FORUM

Patient forums are held every six months and give the opportunity for health professionals, ambulance service users, representatives of organisations and local people to come together to address issues that affect health services in their local community and take part in consultations.

It also improves communication by keeping the local people informed of any changes and gathering feedback on existing services.

Wednesday 25 November , 2:30pm to 4pm

At Post Graduate Centre, Milton Keynes Hospital , Standing Way , MK, MK6 5LD

To book a place at your nearest/preferred forum, please let Monica Moro know as soon as possible at monica.moro@scas.nhs.uk. Alternatively, please ring her on 01869 365126.



**NATIONAL EYE
HEALTH WEEK**
MONDAY 21 - SUNDAY 27 SEPTEMBER 2015
YOUR VISION MATTERS

The 6th Annual National Eye Health Week has just taken place to promote the importance of eye health and the need for regular sight tests

96% of over 60's require some form of vision correction

More than 4 million pensioners are missing out on vital sight tests every year

A sight test is a vital check on the health of the eyes and includes the detection of conditions which, if found early, can often be treated successfully, avoiding potential sight loss.

A sight test can also detect other health conditions such as high blood pressure or diabetes.

You should have a sight test at least every two years.

Health and wellbeing for carers



Health and social care teams in Bucks want to understand how they can support carers, in particular any needs they have to maintain good levels of health and wellbeing.

According to health professionals, there are five major lifestyle changes we can make to live a longer and healthier life:

- Giving up or reducing smoking & alcohol
- Eating a healthier diet
- Getting more physically active
- Connecting with others, relaxation, feeling positive (mental wellbeing)

They have already held workshops with groups of carers in Buckinghamshire to explore their experiences and this work has helped develop this survey.

It is important to understand what impact caring has on your ability to stay healthy, what you would like to achieve in terms of health and wellbeing and what you think would help you maintain a good standard of health and wellbeing.

Consultation closes 14 Oct 2015



advice and support for older age
**Independent
Age**

Independent Age have just launched a 'New Wise Guide' Your Health & The NHS. (How to get the best care as you get older).

This is the latest in a number of free handbooks which also include

- Advice for later life - support and entitlements for over-65s
- Extra help at home - essential advice for over-65s to live independently
- Healthy, happy, connected - support and advice for older people living alone
- Choosing a care home - how to get the best out of your move

To order any of the free guides call 0800 319 6789, email advice@independentage.org or visit www.independentage.org

2015

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 50 Plus Forum Meetings

2015 Dates

18th Nov

The meeting will take place at 10a.m. at **South Bucks District Council**, Capswood Oxford Road, Denham, Bucks, UB9 4LH

All are welcome. Please contact Andy Trueman on 01296 622122 if you need directions

Don't Forget

Community Transport

BOPAG are working with Community Impact Bucks to development of community transport schemes which take local people, to and from hospital etc.

Lottery money is available to help set up new schemes. If you think it would benefit your community; just answer these few questions to help get the process started in your area:

1. Is there a need for a volunteer community transport scheme in your area ?
2. What area/community is that?
3. What is the need ? To take people to hospital/GP appointments ? Other ?
4. Explain how public transport does not satisfy the need ?
5. How many people a community transport scheme might help. 10 ? 20 ? 50?
6. Are there volunteer drivers, who would help get the scheme started ?
7. Could you help to get this off the ground in your area ?

Please email your responses to Robin Thompson at quinta@ndirect.co.uk. If you are not on email, please contact Andy with your responses (contact details above) and she will forward them onto Robin

Dates for your diary

6th October Health & Wellbeing Fayre 11:00—14:00 Fairford Leys Church, Aylesbury

16th October Volunteer Fair Wycombe Swan Theatre

19th October Free Tai Chi Taster session (10.00—11.15) Chesham Adult Learning Centre, Chiltern Hills Academy, Chartridge Lane, Chesham, HP5 2RG To book your place call 01296 382403

23rd October Volunteer Fair Friars Square Shopping Centre, Aylesbury

Mobile Unit Advice & Demonstration, **Thursday 6th November**, 10am – 2pm Event: Advice and Demonstration Stand at Friars Square Shopping Centre, Aylesbury

12th November, Safe & Well Mobile Unit Advice & Demonstration, 11am- 3pm, Aylesbury Town Centre, Lower Market Square, **Aylesbury**

19th November, 9.30am – 2pm Event: Mobile Unit Advice and Demonstration at Asda Superstore, Holmers Farm Way, High Wycombe, HP12 4NU

19th November Safeguarding Refresher Course 10am -12.30pm at Weston Turville Golf Club. To book a place contact Margaret Willis, , Age UK Bucks on 01296 438417 or 01296 431911

25th November Bucks Healthcare NHS Trust Trust Board Meeting , 9.00am The Olympic Room, The Gateway, Gatehouse Road, Aylesbury

11th December 10am – 2pm **Event: Advice and Demonstration Stand:** Friars Square Shopping Centre, Aylesbury

'Golden Bolt': 105-year-old Japanese man sets record as oldest competitive sprinter

There's no stopping Hidekichi Miyazaki, who set a new Guinness world record in track and field. After running the 100-meter sprint at the Kyoto Masters Athletics Competition in Japan, in just 42.22s, the 105-year-old became the world's oldest competitive sprinter last month.

"I wanted to shave off a few more seconds, as I got 36 seconds while training,"

He didn't start running until he was 93 and says his secret to success is daily exercise, eating in moderation and chewing your food properly. The centenarian track star trains every day at a local park by sprinting the 100-meter dash and throwing shot put three times.

He earned the nickname "Golden Bolt" in 2004 when, at 96, he competed in his first 100m race.