

Note from the Editor

It feels like Autumn is well on the way and like many of you, I'm sure, I'm busy (or at least I should be) cutting down perennials, removing the annuals and clearing the leaves that are now constantly raining down. I don't know about you but it feels like I missed summer this year?

There is plenty going on this month as you will see from this edition of the newsletter and I hope that you get to some of the events going on. If you are in the Buckingham area on Thursday, they have a host of services and information stalls on the day as well as running a Dementia Friends session (page 8). Having just become a Dementia Friend at the BOPAG meeting in September (page 4) I cannot recommend it highly enough. Certainly a great idea for one of your meetings.

If you are looking for an idea for an outing for your group or as an individual, consider the Charterhouse (page 8). My thanks to Joy who told me all about her visit in the summer. A historic gem that has only recently opened its doors to public tours.

There are a couple of funds available to groups that you can find on page 5. Aviva closes very soon so be quick but the Heart of Bucks, Core Strength fund has just launched and is unusual in that it specifically looks to fund running costs of small groups to help them keep going.

My thanks also to Sue, who has written the article on Tai Chi on page 6. I had no idea why it was such a positive exercise to do. Classes take place in several locations in Bucks and you can find out more by contacting Adult Learning or feel free to contact me and I'll put you in touch with Sue.

Thank you to everyone who sent me things to include this month. As ever, a great variety of articles, information and activities. If you don't have access to the internet or would like further information on anything that you see here, my contact details are always on the back page so feel free to get in touch

Andy

Chiltern & South Bucks



Everyone's a winner with the new Chiltern & South Bucks Lottery

Chiltern and South Bucks District Councils are launching a local lottery to help local good causes raise funds through their communities.

Tickets for the new lottery will go on sale on 24 October, with the first draw happening on 25 November.

Aim of the Chiltern & South Bucks lottery is to enable good causes to fundraise via the website without any overheads. For every £1 spent by supporters playing the lottery 50p goes directly to the good cause. Lottery players have the chance of winning £25,000, £2,000, £250, £25 or three free tickets.

How it works:

- Good causes receive their own webpage which supporters can use to play the lottery
- Participating charities receive monthly payments of the funds raised directly to their bank account

- They also receive marketing material tailored for their organisation
- There is no cost to the participating good causes
- Players buy tickets online with money going directly to the charity of their choice
- Chance to win £25,000 by matching six numbers
- Other prizes are £2000, £250, £25 or three free tickets
- Prize jackpot is guaranteed regardless how many winners
- Payments are made directly into the winner's bank account

People will be able to buy their tickets and choose which charity they wish to support www.chilternsouthbuckslottery.co.uk from 24 October.

For help or info call 01895 717170



Safe Place Scheme Launches Across Bucks



What is a safe place scheme?

The Safe Place scheme provides reassurance to vulnerable people and their carers, or people who find themselves in challenging situations, so that they can live more independent lifestyles knowing that there is help available when they are out and about.

The scheme offers a way to alert someone of any potential risk or emergency if a vulnerable person is out alone. Consequently, having access to a 'Safe Place' will help vulnerable residents lead independent lives and feel safe.

How this scheme works

A sticker is placed in a prominent position in the window or on a door of a 'Safe Place', identifying that help is available here for vulnerable people.

Vulnerable residents in the community will be told about the scheme (and the identifying logo) by their support organisations and some will carry a card which shows their name and the name and phone number of their trusted person.

If a vulnerable person seeks help, members of staff would be expected (after some simple, free training) to make a phone call where necessary to the trusted

person on the card (if carried) or to one of the numbers on an emergency contact list provided to the premises. They would also reassure and keep the vulnerable person safe until the situation was resolved.

The safe place scheme currently operates in the following areas:

Amersham	Aston Clinton
Aylesbury Town Centre	Beaconsfield
Buckingham	Burnham
Chalfont St Peter	Chesham
Farnham Common	Gerrards Cross
Great Missenden	Haddenham
Holtspur	Iver
Little Chalfont	Prestwood
Richings Park	Stoke Poges
Waddesdon	Wendover
Wing	Winslow

To find out more, come along to an information session: 10.30am – 2pm

- 3rd October – Chesham Library
- 4th October – Wycombe Library
- 5th October – Wendover Library



High Wycombe Shopmobility



Shopmobility in High Wycombe is a small and friendly local charity which offers free daily hire of mobility scooters, manual and powered wheelchairs for those with limited mobility to use in the town centre.

We also hire manual wheelchairs overnight or longer term for a small charge.

Our team of dedicated staff and volunteers are here 7 days a week and have a range of equipment to suit a variety of heights and weights to help you visit the town and regain your independence.

Our equipment and our service is really

easy to use and can be taken into shops and most lifts.

For more information see www.shopmobilityhighwycombe.co.uk, phone 01494 472277 or pop in to see us near Cafe Nero on Desborough Road.

Aylesbury also has Shopmobility based at the Upper Hundreds car park, HP20 1QU. For more information about Aylesbury Shopmobility, please contact them on 01296 336 725



What's on

arts
Stowe

Gracewell of High Wycombe (Lane End)

Horse Therapy, Thursday 26th Oct 2-4pm

Horses can be therapeutic for humans because they have an innate ability to sense what others around them are feeling. David Bond from Grove Riding School explains the benefits of horse therapy. Booking required

Forget Me Knot Café, Friday 27th Oct 2-4pm

Come and join us for a cup of tea, coffee and have a chat. Just pop in

The events are free. Call 01494 854 798 to book the horse therapy talk or for further information.

Gracewell of High Wycombe (Lane End) is located at The Row, Lane End, HP14 3JS

Rome: A History in Seven Sackings

Thursday 5th October, 7:30pm, State Music Room, Stowe House, Tickets: £10.00
Matthew Kneale talks about the history of the city of Rome. Author of 5 novels including English Passengers (Booker Prize shortlisted & Whitbread Book of the Year).

Dr Phil's Health Revolution

Wednesday 18th October, 8pm, Uglund Auditorium, Stowe House, Tickets: £15.00,
Phil Hammond- NHS Doctor, BBC broadcaster and whistle-blowing comic. Laugh, sort your life out, stay sane, plan your death and save the NHS- all in only 99 minutes.

The Budapest Café Orchestra

Friday 27th October, 7:30pm, Uglund Auditorium, Stowe House, Tickets: £12.00,
Led by jazz violin superstar Christian Garrick

To book, call 01280 825 710 or go to www.artsatstowe.co.uk



LINDENGATE Open Day

Saturday 7th October 2017
2pm - 5pm

See the award winning mental health charity in action and explore the gardens.

Bring your apples and get them pressed

Refreshments with home made cakes

The Old Allotment Site, Wyevale Garden Centre, Aylesbury Road, Wendover, HP22 6BD

Tel 01296 622443
info@lindengate.org.uk
www.lindengate.org.uk



Age UK Open Day

The Age UK Open Day will be held on
18th October
between 2.30 – 4.00 pm
at the

Amersham Free Church, Woodside Road,
Amersham, Bucks HP6 6AJ

If you're able to come along for all or part of the afternoon it would be lovely to see you there.

You can find out about all the services that Age UK Bucks offer and the help and information that they can provide



New Dementia Friends in BOPAG



Andy Chapman, Prevention Matters, BCC, delivered an informative and insightful Dementia Friends session at the BOPAG meeting in September.

As well as learning that Dementia is not a natural part of ageing but is caused by diseases of the brain, we learnt that Dementia can affect thinking, communication and carrying out everyday tasks. But it is possible to live well with Dementia and there are simple things that we can all do to help those living with dementia that we might come across in our daily lives. We will be wearing our Dementia Friends pins with pride!

If you are interested in hosting a dementia friends session, you can email clomailbox@buckscc.gov.uk for more information. Alternatively call Prevention Matters on 0330 666 0159 and they can put you in touch with a Dementia Friends Champion

ACTIVE BUCKS GENTLE EXERCISE

A new Gentle Exercise class takes place on
Wednesday's
12:30-1:30pm
at Chesham Methodist Church, 70 Bellingdon
Road, Chesham, HP5 2HA.

The classes will cost £2 per visit and each
person will get the first visit for FREE.

We encourage people interested to get in con-
tact with me to confirm attendance via email:

matthew.harrington@gll.org or tel:

07771566038.

Alternatively people can just turn up on the
day.



♥ Your Library

Some great author events taking
place in your libraries this month, all are
free.

Wycombe Library 10th October 11am to 2pm. Enjoy coffee & cake while listening to author Annie Murray talking about her latest book *A new map of love*

Buckingham Library 12th October 2pm Jenn Ashworth will be talking about her new novel *Fell* and other works followed by a Q&A and book signing.

Amersham Library 13th October 7pm Rowan Coleman will be talking about her new novel *The Summer of Impossible Things*.

For the Buckingham and Amersham events
please register your interest in attending



Money Matters

One in four elderly people struggling financially as billions of benefits go unclaimed

Nearly three million pensioners are having money problems, with many unable to pay regular bills or keep their homes warm as more than £3.5bn worth of benefits for pensioners is going unclaimed each year, according to a study by Age UK.

The charity said that despite many older people experiencing financial hardship huge sums are going unclaimed every year in benefits as pensioners are not receiving adequate support in claiming the money for which they are eligible.

The latest Government figures show that 800,000 pensioners are living in “material deprivation”, unable even to afford the basics. Last year the number of pensioners living below the poverty line rose to 1.9 million.

Sally West, Policy manager at Age UK, told The Independent: “Some people just don’t know that there are benefits out there; they just haven’t heard of benefits like the pensions credit. This is combined with other concerns. For example, people think they might have to fill in long forms, give lots of personal

information. And people often just don’t like to ask for help. They feel there’s something not quite right about claiming benefits. In some cases, local authorities are encouraging council tax support applications to be done online, which can be particularly difficult for older pensioners.”

Pension Credit is a non-taxable benefit based on a person's income. The benefit tops up pensioners' weekly income to £159.35 for single people or £243.25 for couples. Additional amounts may be payable for people with caring responsibilities, severe disabilities or certain housing costs.

Age UK Bucks offer Welfare & Benefits advice over the phone and can carry out home visits. Call them for a welfare benefit check on 01296 431 911 and they can help and support you through your claim. Citizens Advice can also help. Local offices are Wycombe 0344 499 4108, Chesham 01494 545991, Buckingham 0344 245 1289, and Aylesbury 0344 411 1444

Funding for day to day costs of small groups



Heart of Bucks has announced the launch of Core Strength – Local Communities

The aim is to provide funding for groups' core costs – meaning expenditure that is not connected to delivering projects but focusing on investing in the group, such as basic running costs.

This fund recognises the importance of local community groups and the role they play. That is why this programme funds running costs only.

Grants of between £1-£5,000 are available. You must be a local group and have local people involved in running the group. For more information on the fund, who can apply and how to apply visit <http://heartofbucks.org/apply-for-grant-loan-funding-specific-grant-funds/comic-relief/> or contact grants@heartofbucks.org or call 01296 330134

Funding for local projects



For community projects, an ordinary thing can mean everything, but funding can be a problem. The Aviva Community Fund offers support and funding to causes that make a real difference where you live.

All you have to do is tell them what you would do with the money and just how much of a difference it could make to the community.

If you took part last year, you can submit the same project or a new one. Only the top-voted projects in each category will make it through to the Finals, so make sure you tell everyone about your project and its importance to the community. The deadline for this year is the **10th October** so be quick. More details can be found at www.community-fund.aviva.co.uk



Health News

Independent Health Complaints Advocacy Service contract announced

Buckinghamshire County Council has announced it has awarded a new 3 year contract to seAp advocacy to continue to deliver the Independent Health Complaints Advocacy (IHCA) service. IHCA is a free, independent service that can help people to make a complaint about any aspect of their NHS care or treatment – and get the answers they need to understand what went wrong.”

Most of the time people feel happy with the NHS services they receive. However, sometimes it can go wrong, and if someone is ill, undergoing treatment or grieving it can be hard for them to express their feelings and have the strength to raise it. Raising concerns in this way enables the NHS to learn so that it continually improves. seAp supports you to put in a complaint about a service through the NHS complaints process. The service is available to all Buckinghamshire residents and covers all NHS services including:

- GP surgeries
- hospital trusts
- mental health services
- dentists
- ambulance services
- pharmacies
- And all other services funded by the NHS, including those by private providers

By raising a complaint you can get answers to questions, an apology or an explanation and bring about actions to put things right. Many people who come to our service say that they don't want anyone else to go through what they have been through and want to bring about improvements in the way services are delivered.

For more information please call the seAp contact centre on 0330 440 9000 or visit www.seap.org.uk for more information and for a self help information pack.

How tai chi works

Tai chi is a slow, calming exercise that consists of a series of movements that make up a sequence and build into a pattern. It encourages people to breathe properly through Qi Gong (pronounced *chee gung*) exercises.

The calming effect of this can help to reduce stress levels and promote satisfying levels of sleep. The principles that inspire the movement patterns help people to focus on correct posture and so contribute to improving balance. Repeating specific movements in the sequence builds up strength in the muscles around the joints and so increases stability, thus helping to prevent falls.

Recent research shows that there are also benefits for the brain in performing tai chi regardless of the participant's level of cognitive function. First of all this is because the focus on breathing increases the flow of oxygen around the body and stimulates the brain. At the very least this produces a calming effect. More importantly it can stimulate the production of neurons in the hippocampus – the organism in the brain which is responsible for short-term memory.

The hippocampus is a snail-like organism in the centre of the brain which shrinks naturally as we grow older, but which can be encouraged to generate new neurons by learning and performing regular repetitive activity such as tai chi. Similar effects have been found to occur through learning a musical instrument or a language but neither of these share the added physical benefits and falls prevention of tai chi.

Bucks Adult Learning run a number of Tai Chi classes across the county and you can find out more by calling them on 0845 045 4040

Sue Stuart, Tai Chi Instructor

Sue runs a number of Tai Chi classes including one at the Downley Old School Community Centre, Wycombe. If you are interested in contacting Sue about Tai Chi classes, please get in touch with Andy (details on the back page) who can pass on Sue's contact details



Health News



Memory Information Sessions

These are two hour sessions aimed at anyone who is concerned about their memory. They do not need a diagnosis or a referral from the GP. The sessions will help people understand their memory, give them memory tips and coping strategies as well as help them access good information and signpost them to other services.

Memory Information Sessions will take place on

21st November 10:30—12:30 Marlow Community Hospital, SL7 1 DJ

28th November 10:30—12:30 Thame Community Hospital, OX9 3JT

Dementia Information Sessions

These sessions are for those who have recently received a diagnosis and need help and support to live well with dementia. They are group based so participants can share their experiences.

There is a six week programme starting on the 26th October in Aylesbury at the Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ

All these sessions are free and to book a place, please call Angela Walshe on 01296 331749 or email angela.walshe@alzheimers.org.uk

Alzheimer's Society also provides many activities, information services and support groups in Buckinghamshire. The link for the website is <https://www.alzheimers.org.uk/>. This page will allow individuals to enter their postcode and see services available in their local area.

Angela Walshe
Peer Support Group Facilitator/Information Worker, Alzheimer's Society, 1st Floor Ardenham Court, Oxford Road Aylesbury, HP19 8HT
Tel 01296 331749
alzheimers.org.uk

CONNIE'S COLANDER

The Human Story Theatre will be bringing its production of Connie's Colander to Wycombe Library at 2.30pm on **19 October**.

The play explores the effects of dementia on a retired domestic science teacher and the changing nature of her relationship with her daughter, a TV chef. The performance lasts for 50 minutes and is followed by a 20 minute Question and Answer session with the cast and a dementia specialist.

The event is being hosted by NHS Aylesbury Vale and Chilterns CCGs, with the support of NHS England South Central.

Tickets are free but advance booking is required via Eventbrite.co.uk – search Connie's Colander and Wycombe.

For more information and a trailer can be found at the Human Story Theatre website www.humanstorytheatre.com. There is also a link to the ticketing site from here.

If anyone would like to book but does not have access to the internet, please call Andy (01296 622122) and I will book for you

Helping to Avoid Falls and Trips

A third of people over the age of 65 and half of those over 80 will suffer a fall at least once a year. Falls can cause head injuries, broken bones as well as other injuries. They can also shake confidence and increase anxiety and isolation.

And yet half of all falls affecting older people are preventable.

A presentation at www.youtube.com/watch?v=IrFvkzHWU3o produced by Aylesbury Vale CCG aims to improve your understanding of what issues can cause falls and how best to prevent them.

Gentle muscle strengthening exercise can help, whether that is walking, dancing, balance exercises of simply getting up from your chair regularly.



2017

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

2017 Dates

Wednesday 22nd November 2017

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

Visit Charterhouse

One of our readers visited the Charterhouse in the summer and thought that it would make an excellent place for others to visit either individually or as a group.

Since 1611 the Charterhouse has been a home to a community of residents known as Brothers. For this reason, access to the historic site is by guided tour only.

Since early 2017 the public are able to join a professional guide led tour to see the highlights of the Charterhouse, taking in the Great Hall where the Brothers sit to eat their meals, the Great Chamber where Queen Elizabeth I held court during the first days of her reign, Wash-house Court associated with the medieval monks of the Charterhouse and Master's Court which reveals the opulence of Lord North's Tudor mansion.

Booked individually, tours last 55 minutes and cost £10 per person and take place Tuesday to Sunday at 11.30am, 1.45pm and 2.45pm. For all booking enquiries including group bookings, call 0203 818 8873 or email

tours@thecharterhouse.org

More information can be found at www.thecharterhouse.org

Dates for your diary

October 12th 10am – 12pm Clinical Commissioning Group Governing Body Meeting Aylesbury Vale District Council Offices, Aylesbury Vale District Council, The Gateway, Gatehouse Road, Aylesbury, HP19 8FF
Wed 29 November, Buckinghamshire Healthcare NHS Trust Board meeting, 9.00am Hampden Lecture Theatre, Wycombe Hospital

In the news

Insurance Premium Rises Target Older Drivers

Latest research appears to show that car insurance premiums have risen five times the rate of inflation and older drivers are seeing the highest percentage increase. Average rises are 16.5%.

Shop around!

Don't forget to bank or spend your old pound coins before the 15th October



Just under 2 weeks to spend, bank or donate round £1 coins as the new 12-sided version outnumbers the old for the first time.

From the 15th October, shops can refuse the old version of the coin. However, most banks and Post Office counters will continue to accept them from customers.

And advance warning, the old £10 notes will be withdrawn in Spring 2018.

Buckingham Older Peoples Day

Buckingham Library is holding an event for older people on

Thursday 5th October
10 am – 4pm

Free refreshments,
Dementia Friends information Session,
Affordable Warmth and
other agencies will be on hand to offer advice and information.