

### Note from the Editor

Never a dull moment and several articles & bits of news will appear next month as I ran out of space again! One article is a follow up from our speaker in September on Brain Health. You missed a treat and those attended were all a bit wiser of the importance that diet has on our brain function. Nicola will be running further courses next year so we'll keep you posted as well as including a few tips in the newsletter on simple changes that are healthier for us.

I was probably not alone in welcoming the new measures that have been introduced to protect households from nuisance calls. People will now have the choice to opt-in to be contacted by companies and those who break the rules can be fined up to £500,000. However, this will do nothing to stop unsolicited calls from overseas and UK companies can also use a loophole as 'market research' cold calls are excluded. I'm not sure if this will make the difference I was hoping for.

Less welcome was the news in the local press that Bucks NHS Trust has launched a 'financial recovery plan', after finding itself £7.5 million in deficit. They are not alone, of the 2,340 NHS trusts and foundation trusts providing ambulance, hospital, community and mental health services in England, 44% ran a deficit in 2017/18 and 50% are expected to do so this year. This can't be good news for an already overstretched service.

So, what have I included? Lots! As the nights draw in, it's tempting to shut ourselves away and that isn't good for us. There is so much that you can go out and try and who know what that will lead to? I have 2 inspiring ladies on page 4 that just go to show that age is just a number.

Libraries Week is next week and there will be lots going on, as there always is in our wonderful libraries. I recommend that you pop in and take a look.

Please have a read of the latest scams & frauds. Always worrying when they are close to home and my thanks to our readers who have shared their own experiences. Always be on your guard and never feel bad about saying no or challenging. Better to be safe.

Thank you to everyone who sent in information once again

*Andy*

### 2018/19 Flu Jab

Vaccination against flu is one of the most effective known interventions that will reduce the harm from flu and pressures on health & social care services during the winter. For the 2018/19 season, changes have been made to the vaccines on offer to improve their effectiveness, particularly in older people.

Flu is far more dangerous in old age and the effectiveness of flu jabs notoriously declines as people get older. Last winter the flu jab was effective in just one in 10 over-65s.

This year there is a new vaccine for patients 65+ called Fluad, which has been specially boosted so that it is more effective in stimulating the immune system of older people to fight flu. Those under 65 who are in a risk group will be given another new vaccine active against all 4 flu strains. These vaccines do not contain the live virus so will not cause flu but you may get a slight soreness in the arm for a few days.

The following groups are eligible for the

flu vaccine

- Those over 65 including those turning 65 by 31st March 2019
- People living in long-stay residential care homes or other long stay care facilities
- Carers and household contacts of people with weak immune systems

Due to the vaccines being supplied in batches this year, many health centres are not offering open ended walk in clinics and are asking you to book appointments. You'll need to check with your own doctors surgery for their specific requirements.

And remember, having the flu vaccine doesn't protect you against common cold symptoms or other influenza strains not included in the vaccine and have no effect against the rhinoviruses and other types of virus that cause common cold symptoms. So don't forget good respiratory and hand hygiene practices. Catch it, Bin it, Kill it!



## Active Bucks Wycombe District Projects



Are you looking to meet new people and get a bit fitter at the same time? If you live in the Wycombe District, there are a whole new range of programmes aimed at encouraging older adults to take part in sport and physical activity through Leap and Active Bucks. All of the programmes below are between £2 to £4 per week and what's more, if you visit [www.activebucks.co.uk](http://www.activebucks.co.uk), you can download a voucher to get your first session for FREE.

Please see the timetable below for information on programmes and opportunities near you. For more information, please contact Christopher Bryden, Older Adults Physical Activity Manager on 07801 594519 or e-mail [cbryden@leapwithus.org.uk](mailto:cbryden@leapwithus.org.uk).

Day & Time	Activity	Location	Cost
Monday/1.15pm to 2.15pm	Ballroom Dancing	Court Garden Leisure Complex, Marlow	£4 per session
Monday/1.30pm to 2.30pm	Nordic Walking	Court Garden Leisure Complex, Marlow	£4 per session
Monday/2.00pm to 3.00pm	Otago	Hughenden Gardens Village, Wycombe	£4 per session
Tuesday/10am to 11am	Senior Circuits	Hazlemere Youth Centre, Hazlemere	£4 per session
Tuesday/11am to 12pm	<i>Forever Fit</i>	Risborough Springs Leisure Centre	£2 per session
Tuesday/1.30pm to 2.30pm	Yoga Pilates	Chesham Leisure Centre	£3.50 per session
Tuesday/2.00pm to 3.00pm	Nordic Walking	Hughenden Gardens Village, Wycombe	£4 per session
Wednesday/11am to 12pm	Senior Circuits	Cadmore End Village Hall, Cadmore End	£4 per session
Wednesday/1.30pm to 2.30pm	Gentle Keep Fit	Bourne End Community Centre, Bourne End	£3 per session
Thursday/10am to 11am	Fitness Pilates	Micklefield Library, Wycombe	£4 per session
Thursday/1.15pm to 2.15pm	Nordic Walking	Risborough Springs Leisure Centre	£4 per session
Friday/10am to 11am	Ballet Fit	Wycombe Leisure Centre, Wycombe	£4 per session
Saturday/11am to 12pm	Yoga	Marlow C of E Infant School, Marlow	£4 per session



## Activities in South Bucks & Chiltern Districts

**BETTER**  
the feel good place

There are plenty of activities happening in the South Bucks and Chiltern areas. This list is not exhaustive

Day & Time	Activity	Location	Cost
Wednesdays 10am-11am	Walking Football	Burnham Park, Windsor Lane, Burnham, SL1 7HR (meet in Burnham Park Hall Car Park)	£2
Mondays 2:30 – 3:30	Yoga	New Denham Community Centre Oxford Road, New Denham, UB9 4DW	£3
Fridays 11:30 – 12:30	Yoga	New Denham Community Centre Oxford Road, New Denham, UB9 4DW	£3
Wednesdays 11-12	Walking Netball	Beacon Sports Centre, Holtspur, HP9 1RJ	From £2.50
Wednesdays 12:30 – 2pm	Table Tennis	Beacon Sports Centre, Holtspur, HP9 1RJ	From £2.50
Thursdays 5:30 – 6:30	Pickleball	Beacon Sports Centre, Holtspur, HP9 1RJ	From £2.50
Tuesdays 5-6	Walking Netball	Evreham Sports Centre, SL0 0HS	£2
Tuesdays (from 9th Oct) 1:30-2:30	Yoga Pilates	Chesham Leisure Centre, White Hill, Chesham, HP5 1BB	£3.50

To find out more about the activities in South Bucks, please get in touch with Leon Popplewell Community Sports Manager, GLL South Bucks on 01895 837 334 or mob 07840118609

To find out more about the activities in Chiltern District, please get in touch with Elayne Hughes Community Sports Manager, 07880 975 100 or email [Elayne.hughes@gll.org](mailto:Elayne.hughes@gll.org). Elayne will have information about other activities not listed here.

### Lindengate Open day – 6<sup>th</sup> October 2- 5pm

Lindengate provides social and therapeutic horticulture for those with mental health issues.

The open day is an opportunity for the general public, professionals and prospective clients to visit this 5 acre site and see practical

demonstrations. Drop in sessions available on certain Saturdays and Wednesdays.

For more information please visit [www.lindengate.org.uk](http://www.lindengate.org.uk) For dates of drop in sessions please visit [www.lindengate.org.uk/drop-in.html](http://www.lindengate.org.uk/drop-in.html)



## Celebrating Older People

### 93-year-old paraglider breaks Taitung, Taiwan record

In August, 93-year-old Chin Wu Jui-lin became the oldest person to have ever paraglided in Taitung, Taiwan.

Chin, attached to her instructor, disembarked from about 1,000 meters (3,280 feet), gliding over cornfields and mountainous



panoramas.

When Chin first expressed interest in taking such a big leap, the instructor hesitated but Chin's family members vouched for her fitness and confirmed that she was extremely capable of handling such a feat. Chin's youthful, adventurous spirit shone through and she enjoyed snapping pictures and recording video of her descent. The duo circled the Taitung skies for 20 minutes before descending to a smooth landing in a field.

Once back on the ground Chin [said](#), "I wasn't scared at all. This was actually my second time paragliding, and if I'm still able to when I'm 100, I'll do it again!"

### Former Olympic gymnast, 84, determined to still be doing headstands when she hits 100

Marjorie narrowly missed out on an Olympic medal but has now taken top prize in the Inspirational Generation competition, an initiative of retirement housebuilders McCarthy & Stone.

"You need to keep moving," says Marjorie. "It's so important when you get older to maintain that independence and mobility - as they say, 'use it or you lose it'." Marjorie Carter was a member of the British gymnastics squad at the Olympics in Helsinki and Rome, just missing out on medals at both.

"Being selected to represent my country was truly exhilarating, it was such an honour and those memories of the opening



*Marjorie at the Helsinki Olympics*

ceremony will last a lifetime."

In September, Marjorie was chosen as the Inspirational Generation's national winner for her sporting career spanning more than 70 years.

Marjorie taught gymnastics at Leeds Athletic Institute. While Marjorie chose to retire at 74 she remained involved in gymnastics until 2015, working on a voluntary basis at Leeds Esprit Gymnastics Club, mentoring both gymnasts and coaches.

She has also been involved in many talks in schools and on the radio, telling tales of her Olympic experiences.





**SILVER SUNDAY**  
CELEBRATING OLDER PEOPLE

## Whats On

Silver Sunday is an annual day of fun and free activities for older people across the UK. Led by The Sir Simon Milton Foundation, it celebrates the value and knowledge they contribute to our communities while combating loneliness and isolation. Everyone can get involved, whether it's organising an event, spreading the word, or attending an activity. The next Silver Sunday is on **7 October 2018**

Events in Bucks include

- A 1940s Tea Dance 2:45pm—5:30pm at Drake Hall, Amersham Community Centre. Free to attend. Contact Mrs Vera Head on 01494 727 254
- Living in Chesham event. Bring along your photos & memories of living in Chesham & enjoy afternoon tea at the White Hill Centre 2-4pm. Free. Contact Barbara Poole on 0787 260 0565
- Friendship Cream Tea 2:30-4pm at Buckingham Lodge Culpepper Close, Aylesbury, HP199DU . Free

To find out more about these and other events, visit [silversunday.org.uk](http://silversunday.org.uk).

## Library Week

Libraries Week takes place between the 8 - 13 October to celebrate the nation's much-loved libraries. There are some special events taking place

### **An afternoon with author Kate Hamer**

Author of 'The Girl in the Red Coat' and 'The Doll Funeral' 10th October at Princes Risborough library, 2pm to 3:30pm £5

**An evening with author Alex Reeve** discusses his debut novel 'The House on Half Moon Street', the first in a Victorian crime series. On 9th October 7-9pm at Bourne End Community library £8 to include drinks reception 01296 382415 to book

### **#Try1Thing for Get Online Week**

Whether you're brand-new to the internet, or you just want a bit of help doing more online. **Get Online Week 2018 runs 15—21st October.** Whether it's learning how to access eMagazines, taking your first steps online, or learning how to get from A to B using online travel information.

Contact your local library to find out more



Thames Valley  
**OLDER DRIVERS FORUM**

## Need advice on driving safely, for longer?

Older Drivers Forum will be holding a free event in  
**Wendover**

**Thursday 4<sup>th</sup> October**

Wyevale Garden Centre, Aylesbury Road  
Wendover, HP22 6BD

Drop in with family & friends any time between 9:30 & 6pm  
No appointment is needed and it's free

**CHILTERN GRANGE**

STOKENCHURCH  
A PORTHAVEN CARE HOME

## The Virtual Dementia Tour®

**Wed 31st October 2018,**  
9.30am or 12.15pm

Aimed at professionals working with people living with dementia, the Virtual Dementia Tour® (VDT®) is the original and ground-breaking, evidence-based and scientifically proven method of building a greater understanding of dementia through the use of patented sensory tools and instruction. The Tour enables caregivers to experience for themselves the physical and mental challenges those with dementia face.

Booking essential. Call Barbara Howlett on 01494 480200 to reserve your place At Chiltern Grange Care Home, Ibstone Road, Stokenchurch HP14 3GG



## Scams & Frauds

### Telephone Scam

A number of residents in the Beaconsfield and Wycombe areas have today received a telephone call from a person claiming to be either PC or DC CLARK from the Metropolitan Police informing the person being called that their Visa account has been charged by hundreds of pounds. Person claiming to be PC/DC CLARK gives his shoulder number as BT719 and quotes crime number CH48755.

This is a fraud where personal banking details are being sought.

If you receive a similar call, hang up immediately and contact Action Fraud on 03001232040 or

[www.actionfraud.police.uk](http://www.actionfraud.police.uk)

One of our readers was called by this fraudster and shares her experience *I am always wary when a caller addresses me with an incorrect title for a start. At no point did I confirm who I was. This gruff-voiced guy said he was from the Westminster Police and that a fraud had occurred on my Visa account 19 minutes ago. When I asked for his number he said it was EK478. When I asked the name of his boss he just became insistent that a fraud had occurred on my Visa credit card. When I replied 'Since I don't have a Visa credit card that's a bit difficult, isn't it?' he pretended to check that I was Mrs S\*\*\* who lived at \*\*\*\* and apologised when I said that was incorrect. His phone number was unattainable from 1471.*

### Fake TV Licensing emails

There have been an increase in reports of fake emails offering refunds on your TV license. The links provided in the emails lead to phishing websites designed to steal personal and financial details.

Always question unsolicited requests for your personal or financial information in case it's a scam. Never automatically click on a link in an unexpected email or text.



#### TV License- Still Pending

After the last annual calculation we have determined that you are eligible to receive a tv license refund. Due to invalid account details records, we were unable to credit your account.

Please submit the tv licence request and allow us 2-4 weeks for the amount to be credit to your account.

Click "**Refund Me Now**" and follow the steps in order to have us process your request.

[Refund Me Now ⇨](#)

Best regards,

TV License

This phishing email was reported to Action Fraud

### Reports of frauds on the elderly are 'tip of iceberg'

Fraudsters scammed nearly 49,000 older people across the UK in the past year, equivalent to almost six reports every hour, a BBC investigation has found.

The total number of reports has nearly doubled in the past three years, 5 live Investigates has learned. But one expert said the true number of elderly victims was likely to be in the millions. Police said more victims were coming forward but admitted they were the "tip of the iceberg".

The 5 live Investigates team asked Action Fraud, the UK police's cyber-crime

reporting centre, for a breakdown of the five most common types of frauds affecting older people reported to them over the past three years. It revealed:

- in 2016-17 there were 40,487 frauds affecting people aged over 60 reported and 48,981 last year - equivalent to nearly six crimes every hour
- this was up from 25,659 reports in 2015-16
- last year 1,140 victims were aged over 90 and 13 were over 100



## The latest on the Marlow & Thame Community Hub Pilots



Healthwatch have asked Bucks Healthcare Trust and asked about the plans for in-patient beds at Thame & Marlow. A summary of the Trusts response is as follows:

*The current pilots running at Thame and Marlow are continuing for another two years so that other complementary elements of community healthcare services have time to be developed and rolled out across the county and be properly evaluated.*

*We are carrying out ongoing engagement with patients and the public and involving patients who have used the services to find out their views and opinions as the services develop.*

*At the end of the pilot, once we have been able to fully evaluate the pilot, there will be a public consultation regarding the model of care delivered at Thame and Marlow Community Hospitals, which will include the use of inpatient beds.*

The full response can be found at [healthwatchbucks.co.uk](http://healthwatchbucks.co.uk)

In September, Alan from Marlow Bottom, went along to one such engagement session and learnt the following: A very good work at the Hubs seems to be

overshadowed by the lack of referrals and use by local GPs who appear to be unaware of what is available.

They are very keen on CATS (Community Assessment & Treatment Service) which is meant to enable assessment of non urgent conditions to enable the freeing up of hospital services. The CAT services operates on Mon, Wed, & Fri each week. There is also a trial going on to enable Ambulance crews to refer patients that do not require full A&E services.

There are a large number of outpatient clinics now available at Marlow which currently include rheumatology, Ortho, Urology, General Surgery, Chemotherapy, X-Ray, Continence, Psychology, Parkinson's, Falls, Care for Elderly, Tissue Viability, Smoking

If you are a resident near to Thame or Marlow and are being referred for treatment, ask your GP if it is possible to be treated at one of the Hubs. It sounds like they might not be aware of all the services there and the option for a more local referral.

Don't forget you are also able to attend any Trust of CCG meeting and ask questions. Details are on page 8

## Grants for World War One Commemorations

Commemorating World War One centenary: Chiltern and South Bucks District Councils small grants scheme

Many legacies were born out of the First World War, from the creation of the Royal British Legion, founded in 1921 by veterans of the conflict and their families, to the development of everyday products such as the wrist watch, trench coat and paper tissues.

The centenary year gives an opportunity for communities to mark this legacy by exploring, conserving and sharing their own local heritage of the First World War, from memorials, buildings and sites, to photographs, letters and literature.

In support of the landmark year, Chiltern and South Bucks District Councils are providing a special small grants scheme which local town and parish councils and community groups can apply for to help them mark the

centenary. Local people can apply for funding of up to £300 per project.

To apply for a grant, please send the following details of your project to [community@chiltern.gov.uk](mailto:community@chiltern.gov.uk) by no later than Thursday 11th October 2018. Details should include the following: Project outline including start and finish dates: Total cost of project: Amount of funding required: Other funding sources: as well as contact details

Decisions as to which applications will receive funding will be made during the week commencing 15th October 2018. Applications will be considered only for projects that can be delivered by 30th March 2019.

For further information please contact Natalie Judson, Active Communities Officer [njudson@chiltern.gov.uk](mailto:njudson@chiltern.gov.uk) or 01494 732759





**2018**

Contact Details for the Bucks Older People's Action Group

Andy can be contacted on  
Tel : 01296 622122

E-mail : [info@bopag.org.uk](mailto:info@bopag.org.uk)

BOPAG, c/o The Hale Farmhouse, Hale Lane,  
Wendover HP22 6QR

### **Bucks Older People's Action Group Meetings**

#### **2018 Dates**

**21<sup>st</sup> November**

#### **2019 Dates**

Jan 23rd, March 20th, May 15th, July 17th

**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



**Buckinghamshire**  
Clinical Commissioning Group

## **Finding Joy**



**19th November**

7pm

At the Waterside Theatre, Aylesbury

NHS Buckinghamshire CCG has a limited number of FREE tickets available for this performance of the acclaimed show Finding Joy, from Vamos Theatre.

It follows the touching relationship between Joy, an 83-year-old living with dementia, and her grandson Danny. The production is highly recommended for carers and anyone else affected by dementia.

To claim your free ticket, go to [www.buckinghamshireccg.nhs.uk/finding-joy](http://www.buckinghamshireccg.nhs.uk/finding-joy) or call 01296 382 752

## **Dates for your diary**

A series of talks about records held at the Centre for Buckinghamshire Studies and how to use them

**Saturday 13th October** Great War Buckinghamshire Showcase, 10am—3pm, at the Church of Christ the Cornerstone, Milton Keynes, MK9 2ES  
A day celebrating the lives of the men & women from Buckinghamshire who participated in the First World War Free to attend

**Monday 22nd October** Bucks County Council Recycling Centre Review closes

**Wednesday 24<sup>th</sup> October** Record Keeping in Buckinghamshire 11 – 11:45

**Thursday 22<sup>nd</sup> November** She Got The Vote 11 – 11:45

All events are at the Centre for Buckinghamshire Studies, County Hall, Walton Street, Aylesbury, HP20 1UU. Refreshments available. Admission is free but booking is strongly recommended for all events due to popularity and limited space. To reserve your place call 01296 382 587 or email [archives@buckscc.gov.uk](mailto:archives@buckscc.gov.uk)

### **2018 Dates of Partnership Boards**

Assistive Technology 12/12

Dementia 11/10, 13/12

Older People 26/10

Physical & Sensory Disability 29/11

Carers—further dates to be advised

Please email or phone Debbie if you are interested in attending. Mobile: 07507 399 180 Email:

[debra.robinson@suco.org.uk](mailto:debra.robinson@suco.org.uk)

### **Bucks Health Trust Board Meetings**

**Wed 28 November** 9am Hampden Lecture Theatre, Wycombe Hospital

### **Buckinghamshire CCG Board Meetings**

The next Governing Body Meeting will be held on Thursday **11 October** 10.30-12.30. This meeting will be in public at Jubilee Room, Aylesbury Vale District Council, the Gateway, Gatehouse Rd, Aylesbury, HP19 8FF

The final 2018 Governing Body meeting will take place on **Thursday 13 December** at the Misbourne Practice, Church Lane, Chalfont St Peter, SL9 9RR

The Buckinghamshire Primary Care Commissioning Committee next meeting will take place on the **6th December** 3pm – 5pm, Bevan Room, 2nd Floor The Gateway, Gatehouse Road, Aylesbury, Bucks HP19 8FF