

Note from the Editor

This edition is going out on the UN International Day of Older Persons which they use as an opportunity to highlight the important contributions that older people make to society and raise awareness of the opportunities and challenges of ageing in today's world. The theme for 2019 is "The Journey to Age Equality". The 2030 Agenda and the Sustainable Development Goals (SDGs) recognise that development will only be achievable if it is inclusive of all ages. It pledges that no one will be left behind and that every human being will have the opportunity to fulfil their potential in dignity and equality. Populations around the world are rapidly ageing and this demographic transition has an impact on almost all aspects of society.

In our own little way, BOPAG tries to keep you informed of information and opportunities to support you to lead healthy, active and independent lives. And there really is a lot going on this month! I'm delighted that the RAF Wycombe tours in September were such a huge success that Simon has kindly added 2 more dates in October so give him a call to book a place (page 4). At our meeting in September, I met Brian who organises coach trips for older people and the next one to Gloucester Keys still has places, please do contact him if you would like to go or find out about future trips (page 4). There are a host of events celebrating Older People, this week (page 3), the Chiltern Walking Festival has over 70 walks across the region (page 2) and if attending talks are more your thing, then Hughenden Parish have arranged a number of talks across their parish (page 4) and the Bucks Family History Society (page 2) feature enclosures this month (their website www.bucksfhs.org.uk has all sorts of fascinating articles).

My 'and finally' goes to Chiltern Compass (page 5), whose launch event I attended last week. What an inspiring group and I wish them every success in helping people. I have no doubt they will go from strength to strength and definitely encourage you to contact them to get them along to your groups.

Thank you to everyone who sent in information this month. To you all, please do get in touch, I love to hear from you and if there is any article/activity which only has web/email contact detail and you are not on the internet, get in touch and I'll do it on your behalf. Have fun, be good & stay safe.

Andy



Help needed...can you put a smile on Mariam's face?



HOST UK arranges one day and weekend visits for International students all year round with three-night visits during the Festive season. Such hospitality is greatly sought after and valued by students far from home whose only alternative may be a lonely hall of residence.

Our "festive season" does not just mean Christmas but can also mean weekends in the run up to Christmas, and New Year. Your guest will be someone curious to experience British life with all its special traditions and culture...and keen to share those of their home country. Your hospitality will be a unique gift, a treasured memory and rewarding in so many ways.

Please consider opening your home and heart to an international student and remember that if the festive season is difficult for you, we do operate all year round, so hosting can become one of your New Year Resolutions!

If you should like to know more, please go to our website www.hostuk.org or leave us a message on

<http://visits.hostuk.org/Public/ApplyToBecomeAHost>



The festival provides over 70 opportunities to enjoy beech woodlands, nature reserves, family walks and much more, all in the expert care of a knowledgeable guide.

The festival takes place **5th - 20th October** and there's something to whet all appetites - some of the walks give you the chance to get behind the scenes at gardens, art studios or farms not normally open to the public.

You get to meet artists, craftspeople, farmers, archaeologists, historians, countryside rangers, food producers and storytellers of the Chilterns. Each walk is guided by an experienced walk leader who will bring it to life for you!

You can find full details of all events, including information on walk grades, suitability for children & dogs, booking guidance etc at <https://www.visitchilterns.co.uk/walkingfest>.

You can also enquire and book by phone Monday - Friday tel 01844 355500



BUCKS FAMILY HISTORY SOCIETY

Southern Group (registered charity 290335)

Enclosure

A Talk by Richard Churchley

An illustrated talk about enclosure—especially in Bucks, Northants and the Midlands—and its effects on the landscape and the people who lived through the process.

Tuesday October 8th

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)



October Events

Frugal Fashion Saturday 12th October at Amersham Free Church, Woodside Road, Amersham HP6 6AJ 10.00am to 1.00pm, entry: £1. Grab yourself a bargain from the fabulous selection of 'as new' and new Autumn/Winter ladies clothes and accessories at affordable prices including popular brands Monsoon, East, Phase Eight, Hobbs, Boden. Refreshments available & free parking at the venue.

If you have women's items you would like to donate or sell on a 50/50 basis, please bring them to the Scannappeal office at Amersham Hospital (Entrance D) on 5th Oct (10am-2pm) or on Tue 8th, Wed 9th or Thurs 10th (9.30am to 3.00pm). All items must be on a hanger, ironed and in good condition.

Brush Party Tuesday 29th October at Bill's High Wycombe Restaurant, Eden Shopping Centre, High Wycombe HP11 2BZ, 7.00pm to 10.00pm Tickets: £30 in advance and includes all equipment, a cocktail & nibbles. Create a masterpiece with guide tuition from a professional artist to take you through every step.

More information/ booking can be found at www.scannappeal.org.uk or call 01494 734161



Free Italian Lessons In Buckingham

University of Buckingham Italian Society are offering older people in the Buckingham area, an opportunity to get together and have a go at learning some Italian.

Venessa, an undergraduate there is spearheading the initiative as they are keen to give back to the community of Buckingham for the welcoming atmosphere which has enabled them to feel less homesick and in some ways at home.

They would love to offer free Italian lessons to the elderly and can offer a venue or come to groups that already meet.

If you would like to discuss this further please contact Venessa at 1804533@buckingham.ac.uk or call her on 07593705464



Older Peoples Day & Silver Sunday Celebrating Older People



The 1st of October is Older People's Day which also coincides with the UN International Day of Older Persons. There are currently 700 million people over the age of 60 worldwide. By 2050, that will raise to two billion and people over the age of 60 will make up a fifth of the population. By 2035, almost a quarter of the UK population will be aged 65 or over.

Older People's Day exists and aims to challenge negative attitudes and outdated stereotypes and focuses on celebrating the achievements and contributions that older people make to our society and the economy.

Silver Sunday, which launched in 2012, is a special day which builds on Older Persons Day, encouraging events to celebrate older people: a day where older people feel valued and are given new opportunities to get out of the house, keep their minds and bodies active, learn new skills, make new friends and connect with the communities and generations around them. This year here are the events running in Bucks

Ley Hill Latimer and Ley Hill Tea Dance on 3 October 2:00 pm - 4:30 pm

All visitors will be welcomed with an Afternoon Tea followed by singing from The Barn-Ettes who specialise in 1940s music. For more information go to www.latimerleyhill.org

Booking contact person Anne Hyde on parish.clerk@latimerleyhill.org or 01494 786770

Event is free but booking essential and priority will be given to Parishioners who live in Latimer and Ley Hill for this event. If you live out of this area and wish to attend, please contact Anne on 01494 786770. Venue : Ley Hill Memorial Hall, The Green, Ley Hill, HP5 3QR

Aylesbury 1020's Swing Party on Sunday 6th October, Buckingham Lodge with food and live music. 12:00 pm - 3:00 pm. Free. Volunteers & Carers welcome. Please contact Craig Summers if you would like to attend 0300 123 7243

Buckingham Lodge, Culpepper Close, Aylesbury, HP19 9DU

Amersham Silver Sunday Tea Dance. 6th October 2:45 pm - 5:50 pm. Free

Silver Sunday celebrates older people in our community, and we would love to welcome you and your friends to an afternoon of bubbles, high tea and dance! Featuring The LuLaLa's and The Royal British Legion Buckinghamshire Band. A lovely tea will be served from 3.30pm.

Booking essential. Admittance by ticket only. Carers welcome. For bookings please contact Cllr Mimi Harker OBE or Neil Walker on mimi.amersham@gmail.com or neilwalker@yahoo.co.uk or 07802 857 119

Berkhamstead Bupa Kilfillan House Tea Dance on 6th October 2:00 pm - 4:00 pm. Free

Join us for a Silver Sunday tea dance followed by a selection of finger foods, prosecco and a variety of hot and cold drinks for everyone to enjoy. For more information call 0808 231 8248 or email events@bupa.com. Event venue Graemesdyke Road, Berkhamsted, HP4 3LZ

Chesham Memories of Chesham 6th October 12:00 pm. Free

Please join us for a free 1950's lunch to celebrate the past of Chesham. We will have items from Chesham Museum and Chesham Library and we would encourage you to bring along your own memories, including photos and other items relating to Chesham throughout the years, that you can share with others. If you feel able to donate a cake we would be very grateful. If people would like to attend but do not have the means to get here, please mention this when booking and we will try and arrange transportation for you. For more information go to voicesandchoices.org.uk or contact Jenny Cassidy on jenny@voicesandchoices.org.uk or 01494 784566. Venue: Venue White Hill Centre, White Hill, Chesham, HP5 1AG



Hughenden and the RAF



Autumn Talks

Due to the huge popularity of the special tours of RAF High Wycombe in September, two further dates have been added

7th October & 11th October both 1:30 – 3pm

This will include visiting the Harris Room, learn about the history of the station, see the aircraft and the tunnels. All for free.

For bookings and further details please call Simon on 07956 183262 or email simon.kearey@hughendenpc.org.uk



Bodgers by Keith Spencer Wed 9th October
Church House, Hughenden Manor, 7pm

Hughenden & WW1 by Maj Glenn Ridgely
Friday 11th October, Small Hall, Hughenden
Valley Village Hall 7pm

Area History: Lace Making by Pam Smith.
Saturday 12th October. Naphill Village Hall
3pm

Chiltern Landscapes by Doug Kennedy 18th
October. Great Kingshill Village Hall 7pm

Hughenden & WW2 by Janet Idle & Bob
Digby Wednesday 30th October Widmer End
Village Hall 7pm

Chiltern Woodlands by John Morris. Friday
1st November. Great Kingshill Village Hall,
7pm

All talks are free, refreshments are provided
and no need to book. More details from
Simon on 07956 183 262 or email
simon.kearey@hughendenpc.org.uk .

Coach Trip to Gloucester Keys

Gloucester Quays is an outlet shopping centre set in a waterside location on the outskirts of Gloucester. In addition to many shops offering upto 70% off there are restaurants, cafes and the Waterways Museum as well as an exciting variety of new bars and restaurants opening throughout the year.

The historic docks offer a unique backdrop for the designer outlet as well as offering an insight in to the history of the area with local heritage and architecture to see.

A Bucks pensioners group have arranged a coach trip on the **10th October** to Gloucester Keys for £15 with pick up points, Chesham Broadway, Hazlemere Cross and Handy Cross, Wycombe

To book a place and find out more about this and other trips they run, please contact Brian on 01494 439 250



October Craft Classes

Textile Treasures 4th October 10.00-16.00

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Calligraphy 11th October 10.00– 13.00

Crafts & Coffee 16th October 10.00– 12.00

Sewing Bees 18th October 10.00– 13.00

Art Journalling 19th October 9.30– 12.00

Calligraphy 11th October 10.00– 13.00

Stumpwork Embroidery 24th October
10.00– 13.00

For further details about these and other workshops, please visit www.workaid.org/workshops or call 01494 775220

Workaid is based at The Old Boot Factory, 71 Townsend Road, Chesham, HP5 2AA



It's good to talk

LOVE WELL • LIVE WELL
LEAVE WELL

I was delighted to attend the launch event for Chiltern Compass in September. They are a new local charity run by trained volunteers with the aim to promote dialogue about the end of life.

Life is a gift, precious, to be savoured and enjoyed

It comes with no guarantees except one: it is finite and will end at some time. This thought can make one fearful and it is often brushed under the carpet. When we do think of it we may feel lost and lacking in direction with nothing to hold onto.

Chiltern Compass is here to help provide a direction that suits you: there is no one best route for everybody. Your life map is unique to you. Knowing the path you want to take and the practical things you need to do helps to manage and cope with confronting death, either your own or that of a loved one.

Talking about dying certainly doesn't bring it any closer. The magic of doing this is that it frees you to live life in the present and to the full, enjoying the sights and experiences along the path you travel. A burden is lifted, your vision is clearer, your love more intense. So this is not only about dying but living life to the full whilst you can.

Their website is designed to allow you to use it as a 'compass' to help you navigate these issues and find direction that suits you. In it you will find answers to these questions and plan for the rest of your life. It has important links to other websites which will have information that will be relevant to you and help. Remember it is what matters to you that is important, this should be your guiding star

Even if you have no idea where to start, there are also useful questions you can ask your self to kick start the process

Chiltern Compass can also have face to face chats with you at one of their meetings, advise on practical issues such as wills, powers of attorney, advance care planning and funeral plans. They also will be running workshops for groups and clubs so if you are interested in getting them to come along to one of your meetings, please get in touch with them, they will love

to hear from you!

You will find Chiltern Compass to be non judgemental. Their approach is that there is absolutely no wrong or right way only what is uniquely right for you. They welcome everyone regardless of age, ethnicity, spiritual beliefs or none and you are most welcome to come to their workshops where they will be able to help you more directly.

You'll find their website at chilterncompass.org.uk and enquiries to enquiries@chilterncompass.org.uk. If you are not on the internet, get in touch with Andy (details back page) and she can ask them to get in touch with you.

They are planning a drop in for coffee event on the 2nd November in Amersham. No further details currently.

Other Useful Information Sources

It is important that you make plans for the items you own and this includes those in the digital world.

You may have videos uploaded to Facebook, photos stored on Instagram, purchased media on iTunes, Bitcoin in a Cryptocurrency wallet and even a blog or a website. Whatever online services you use it important that you make relevant plans for each. You should not solely entrust online platforms with this information. If you do not make any plans for your digital estate there is a high probability that items of a monetary and sentimental value may be withheld from your loved ones or claimed by the online service provider.

Two websites can help you plan for this <https://digitallegacyassociation.org> not only has useful templates but also tutorials to help you better understand the issues around digital legacy. Mywishes.co.uk also has templates to use although you have to create a log in to access.

Both [digital legacyassociation.org](https://digitallegacyassociation.org) and mywishes.co.uk are free to use



Scams and Frauds

Bogus Census Group Warning

Neighbourhood Watch has been warned that some fraudsters are operating in Thames Valley, posing as officials from the Home Office. They have documents with the letterhead Department of Home Affairs and claim to be confirming that everyone has a valid ID for the upcoming Census. They are really attempting to rob homes.

Please be advised that we are told that there is no initiative of this kind from the Government. Please distribute this message to your members. These fraudsters are moving around the area and they look presentable.

Bank fraud up but refunds are down

Britain's fraud epidemic is growing at an alarming pace – despite repeated promises by banks to act, shocking figures reveal. Yet despite endless promises, bosses are refunding customers less than before.

Bank scam victims lost £207.5 million in the first six months of this year – more than £1.1 million a day. A total of 57,549 cases of 'authorised push payment scams' were recorded by banks – an astonishing 69% rise compared with the same period in 2018, according to trade body UK Finance. But only £39.3 million was refunded, with banks blaming victims for approving the payments.

In May, rules were introduced to ensure victims are treated fairly and refunded, providing they have taken reasonable care to protect themselves but the new figures reveal that in the run-up to the new code of conduct, banks actually cut back on the amount of money they returned to victims. In the second half of last year, banks paid back £51.7m, compared to the £39.3m in the first six months of 2019 – a fall of 24%.

Investment scams accounted for the largest proportion of losses (£43.4m). Cheque fraud increased 7 fold to £29m (where fraudsters counterfeit cheques), fake bills (BT common) was up 45% to £21m, fake invoices (intercepted from builders etc) £56m.

Be vigilant !

Basic Steps Against Winter Burglaries

Winter is around the corner and along with the colder weather, we will be entering peak burglary season. A third or more of all break-ins occur between November and February, a time when burglaries occur at the incredible rate of seven every minute.

It is well worth it at this time of year to step back and take a little time to consider security and these tips are simple and affordable:

- **Restrict access.** Fit a lock to any side gates leading to the rear as this is the most popular site of forced entry. Think about planting protective plants such as holly or thorny bushes along the garden fencing. Fitting trellis to the top of fences offers extra security, not because they are secure, but because they are a nuisance. Making it difficult for burglars will often act as a deterrent.
- **Lights.** Make your home look occupied even when you are out. Timers for light switches are easy to fit and affordable. You can also buy fake TV lights which simulate a TV on.
- **Curtains.** Pulling all your curtains shut may keep out the sunlight, but after a day or two shows that the house is unoccupied. Best to keep at least some semi open.
- **First floor entry.** Burglars know that upstairs windows are often less secure; so lock away any ladders, garden furniture or even wheelie bins that can help burglars scale up to the first floor.
- **Social Media.** Sharing personal information when away can lead to inquisitive burglars discovering that you are away. Before going away, double check your online preferences, profile and security systems.
- **Driveway.** Ask if a neighbour can occasionally park their car in your drive, this can be a real help. If you go away a lot, you might want to consider changing your paths and driveways to gravel or shingle. These are low maintenance, look great, and are a big put off for burglars because of the noise they make.



Musculoskeletal Survey

Each year, 20% of people in the UK see a doctor about a musculoskeletal (MSK) problem. MSK conditions are a group of conditions that affect the bones, joints, muscles and spine. There are 3 groups of MSK conditions:

- inflammatory conditions eg rheumatoid arthritis
- conditions of MSK pain eg osteoarthritis, back pain
- osteoporosis and fragility fractures eg fracture after fall from standing height

Patients in Bucks experiencing any of these conditions are referred to NHS Musculoskeletal Integrated Care Service (MusIC) run by Care UK. The service works from the following community locations

- The Merlin Centre, Cressex
- Marlow Health Clinic
- Thame Community Hospital
- Chalfont and Gerrards Cross Hospital
- Chesham Leisure Centre
- Buckingham Community Hospital
- Brookside Clinic, Aylesbury
- Burnham Health Centre
- Iver Heath Health Centre

Have you used the Buckinghamshire Musculoskeletal Integrated Care Service (Care UK) in the last year?

If so, we want to hear about your experience! Please tell us what you thought in the survey <https://www.healthwatchbucks.co.uk/2019/09/msk-survey/> or call 01844 34 88 39

Thame Hospital Ultrasound Scanner Launch

Thame Community hospital is now able to provide a local ultrasound service as a result of a donation from Thame League of Friends.

The scanner, which can conduct routine and complex imaging, will be used for all patients who require ultrasound examinations and will now have access to the same standard of ultrasound provision available at larger hospitals, but closer to home.

Social Prescribing Information and Networking Event

Kings Church, Raans Road, Amersham
on Thursday 17th October, 5-8pm.

The event has been organised by Chiltern District Council to bring together health service providers and the voluntary community sector to increase awareness of the opportunities social prescribing offers and also to identify the next steps forward for collective working and training support. Councillor Liz Walsh, Healthy Communities portfolio holder will open the evening and welcome everyone to the event.

The format of the evening is as follows:

5-6pm, Arrival time finger buffet and networking time, stalls from agencies and services that can add support into primary care and voluntary services

6-8pm, Main Conference with guest speakers from:

- Bucks Clinical Commissioning Group giving an overview of social prescribing and what is happening in the county with a Chiltern focus
- Urgent Care overview, Hertfordshire Social Prescribing Project
- Social Prescribing Champions from Chiltern surgeries
- Round table discussion of concerns and possible issues regarding social prescribing
- Community Impact Bucks will inform us how they can support the process and the training they can offer

You can book a place at <https://socialprescribing-chilterndistrict.eventbrite.co.uk/>

Any questions please feel free to contact Lynne Hunter, Active Communities Officer (Social Prescribing), Joint Community & Leisure Team, Tel: 01895 837220

Mob: 07593816023

Email: lynne.hunter@chilternandsouthbucks.gov.uk



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

November 20th Safety in the Home, Alison Still, Bucks Fire Service

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

Public Health Meetings

These are meetings that members of the public can attend and ask questions

Wed 27 Nov 9am Hampden Lecture Theatre, Wycombe Hospital

Wed 29 January 2020, 9am Hampden Lecture Theatre, Wycombe Hospital

Wed 25 March 2020, 9am Education Suite, Florence Nightingale Hospice Charity, Unit 2, Walton Lodge, Walton Street, Aylesbury HP21 7QY

Buckinghamshire CCG Board Meetings

5th December 2019 Meetings take place 10.30-12.30. Jubilee Room, Aylesbury Vale District Council, the Gateway, Gatehouse Rd, Aylesbury, HP19 8FF

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

Wednesday 9th October, 2-3pm, **Dementia Friends Session** Room 2, Burnham Park Hall, Windsor Road, Burnham. Open to all residents. Call 01296 382345 for more information

Thursday 10th October, 2—3:30pm **Free Scams & Fraud Workshop** for residents. Naphill Village Hall, Main Rd, Naphill, High Wycombe. If you'd like to attend call 01296 382345

Monday 14 October Consultation ends 11.59pm on the Government Prevention Green Paper - Advancing our health: prevention in the 2020s – consultation document. Includes conditions Musculoskeletal disorders, diabetes, cardio vascular etc as well as staying active, home and communities. <https://www.gov.uk/government/consultations/advancing-our-health-prevention-in-the-2020s/advancing-our-health-prevention-in-the-2020s-consultation-document>

Monday 28 October Big Conversation Café at Thame Community Hospital 1:30-3pm Drop in

Tuesday 29 October 1:30-3pm **Big Conversation Café** at Marlow Community Hospital Drop in

Tuesday 29 October 2:30pm Room 2, Burnham Park Hall, Windsor Lane, Burnham **Behind Closed Doors** Street Association offering a free workshop for residents to help identify exploitation & other forms of abuse. To find out more call 01296 382345 or communities@buckscc.gov.uk

Thursday 7th November 10.30–11:30 **Dementia Friends Session** The Harrow, Warrendene Road, Hughenden Valley. Open to all residents. Call 01296 382345 to find out more

Monday 11th November, 10:30-12 **Free Scams & Fraud Workshop** for residents to help identify the types of scams & harm that can happen behind closed doors. Harding Room, Chesham Library, Elgiva Ln, Chesham. If you'd like to attend call 01296 382345

Thursday 14th November 2.30pm Large Meeting Room, Aylesbury Library, Walton Street, Aylesbury **Behind Closed Doors** Street Association offering a free workshop for residents to help identify exploitation & other forms of abuse. To find out more call 01296 382345 or communities@buckscc.gov.uk

Monday 25 November Big Conversation Café at Thame Community Hospital 1:30-3pm Drop in

Tuesday 26 November Big Conversation Café at Marlow Community Hospital 1:30-3pm Drop in

Monday 30 December Big Conversation Café at Thame Community Hospital 1:30-3pm Drop in

Tuesday 31 December Big Conversation Café at Marlow Community Hospital 1:30-3pm Drop in