



SILVER SUNDAY  
CELEBRATING OLDER PEOPLE



## Note from the Editor

UK Older People's Day is celebrated on the 1st October to coincide with the UN International Day of Older Persons. The day is used to mark a national and international celebration of the achievements and contributions that older people make to our society and to the economy.

Each year the celebrations are getting bigger and better and this year Buckinghamshire sees many clubs, groups and businesses opening their doors to mark the occasion. So this edition of our newsletter aims to publicise all the events that I know about so far. It has been a juggling act to squeeze them all in and there are contact details for all so you can find out more. If I hear about more events I will email the details and if anyone is aware of an activity that I haven't included, please do get in touch. My details as always are on the back page.

It was a shame to read Jeremy Paxman's (66) rant in the FT recently on seeing a copy of *Mature Times*, asking "Who wants to be called 'mature', like an old cheese? We all know that 'mature' means on the verge of incontinence, idiocy and peevish valetudinarianism." I can only assume that he must have been having a bad day. I know I was not alone in having to look up 'valetudinarianism' *A sickly or weak person, especially one who is constantly and morbidly concerned with his or her health.* Charming!

Please note that our meeting this month has changed venues (details are on the back) and we will be joined by Joe Boake who will be talking about Retirement Villages.

Thank you to all my contributors this month. So much useful information and if you have access to a computer please check out the article on page 5.

Andy

## Celebrating UK Older People Month during October with Chiltern District Council & South Bucks District Council



Helping older people access local services which can improve their health and wellbeing is a priority for Chiltern District Council and South Bucks District Council. We work with many voluntary organisations and professional agencies which provide services for our elderly residents and have produced useful online guides offering a 'one stop shop' to these services.

Our guides cover:

1. Chesham and surrounding villages
2. Amersham and surrounding villages
3. The Chalfonts
4. HP16 (the post code area covering Prestwood, Great Missenden & surrounding villages)

Please see details of guides 1 to 4 in the 'Downloads' box at <http://www.chiltern.gov.uk/fiftyplus>

Similar guides are being developed for the following South Bucks communities:

5. The Beeches – Burnham, Dorney, Farnham Common, Farnham Royal, Stoke Poges and Taplow.
6. Gerrards Cross and Denham (including Fulmer)
7. Iver and Wexham
8. Beaconsfield

As each of these guides are completed they will be added to other information for older people found at <http://www.southbucks.gov.uk/article/3503/Adults-and-Older-People>

**Printed copies of guides 1 – 8 :** We can provide a free printed copy of your local guide. Please email [community@chiltern.gov.uk](mailto:community@chiltern.gov.uk) giving your name and address, including the postcode or call 01494 732103.



## [What's On For UK Older People Month in Chiltern District and South Bucks District towns and villages?](#)

### **Wednesday 28 September 9am to 11am Chalfont 60+ Club Open Morning at the Chalfont Leisure Centre** Meet Club members and take part in activities and taster sessions

- 8.30-9.30am Health checks. Booking advisable
- 8.30—9.45 am Racket sports & Table tennis
- 9-10 am Club Aerobics
- 9.45-10.30 am Walking Football & Pickleball
- 10-11.30 Club swim

Gym inductions are also available but please pre-book these. Refreshments available in the Club Lounge. Bring a friend and enjoy the relaxed and social morning. At Chalfont Leisure Centre, Chalfont St Peter, SL9 9LR. Contact Elayne Hughes on 07880 975 100 or [Elayne.hughes@gll.org](mailto:Elayne.hughes@gll.org)

**Friday 30 September 2016 9am to 11am Chesham 60+ Club Open Morning at the Chesham Leisure Centre** Meet Club members and take part in activities and taster sessions which will include swimming, short tennis, badminton, table tennis, walking football, aerobics, pickleball and gym inductions. Refreshments available in the Club Lounge. Why not bring a friend and enjoy the relaxed and social morning. At Chesham Leisure Centre, White Hill, Chesham HP5 1BB  
Contact: Elayne Hughes Tel. 07880 975 100 or email: [Elayne.hughes@gll.org](mailto:Elayne.hughes@gll.org)

### **SILVER SUNDAY 2<sup>nd</sup> October Amersham Community Centre in Amersham on the Hill**

Hosted by Chiltern District Council Chairman, Councillor Mimi Harker, "Silver Sunday" this year promises to be a musical extravaganza with performances by singing stars from famous West End shows. Guests for this annual community event will also enjoy a full high tea. Supported by Dial A Ride, Amersham Action Group, Amersham & District Residents Association and local volunteers. At: Amersham Community Centre, Amersham HP6 5AH, contact: [mimi.amersham@gmail.com](mailto:mimi.amersham@gmail.com)

**SILVER SUNDAY 2<sup>nd</sup> October "Silver Sunday Songs of Praise" at The Fitzwilliams Centre,** Join the Reverend Dr Jeremy Brooks Team Rector, Beaconsfield Team Ministry in popular songs and hymns followed by afternoon tea. At The Fitzwilliams Centre, Windsor End, Beaconsfield HP9 2JW, contact: 01494 677058 or email [rector@stmarysbeaconsfield.org.uk](mailto:rector@stmarysbeaconsfield.org.uk)

### **Every third Tuesday in the month at 10am for 10.30am Village Older People Group**

**Chalfont St Peter Community Centre, Gravel Hill, Chalfont St Peter.** VOPAG provide a broad range of speakers and organise visits and trips to places of interest and to local theatres. There is also a monthly lunch at the Greyhound Inn in the village. Full details at [www.bucksvoice.net/vopag](http://www.bucksvoice.net/vopag) or contact Andy 01296 622122

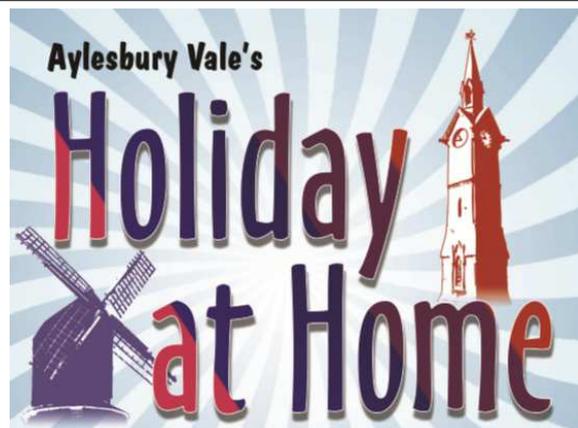
**Every second Friday in the month OASIS 2pm to 3.30pm Amersham Old Town.** OASIS provides a get together for older people including regular talks from local groups, quizzes, songs, exercise session and refreshments. We also have an annual summer pub lunch, a summer trips and a Christmas celebration together. At Stevens Lounge, Whielden Close, Amersham HP7 0HZ, Contact Jules Cook on 07590 466175 or [Jules.Cook@appletrainingacademy.co.uk](mailto:Jules.Cook@appletrainingacademy.co.uk)

### **Activities at The White Hill Centre, Chesham, HP5 1AG include**

- Over 50s Indoor Short Mat Bowls, Monday 1-3.30pm and Thursday 10am-1pm
- Keep Fit with Trish, Thursday: 2-3pm - A fun class to stay active and maintain mobility
- Pilates with Trish, Monday: 11am-12pm
- Badminton for Adults Wednesday: 10am-12pm and 1.30-3.30pm
- Line dancing Wednesday: 7.30-9pm - Beginners for the first hour, no partners needed.
- Archery Sunday: 9am-12pm - Indoor shooting October-May

Call The White Hill Centre on 01494 775190 or go to [www.whitehillcentre.org.uk](http://www.whitehillcentre.org.uk) to find out more.

*My thanks to David Gardner, Active Communities Officer, Joint Healthy Communities Team, Chiltern District Council and South Bucks District Council for this article*



To mark Older Peoples Day, we have put together a Holiday at Home programme to celebrate the achievements and contributions that older people make to our society. In fact, a large proportion of the activities provided are supported and run by older members of the community who give their time to share their interests.

The programme seeks to reflect the richness and diversity of the Vale by bringing a flavour of some interesting and lesser known activities and events that take place on a regular basis as well as some events specifically arranged to mark Older Peoples Day.

It is impossible to include all the events here and the full programme can be found at [www.aylesburyvaledc.gov.uk/sites/default/files/page\\_downloads/Holiday%20at%20Home%20programme.pdf](http://www.aylesburyvaledc.gov.uk/sites/default/files/page_downloads/Holiday%20at%20Home%20programme.pdf) or call Elayne Hassall, AVDC Community Engagement on 01296 585 364

**Healthy Living Centre , Aylesbury** Events include Gentle Exercise class, Silver Singers & Lunch Club, contact 01296 334562

**Aylesbury Library**, Computer skill classes, contact 0845 230 3232. Need to pre-book. They are also running a quiz afternoon 28th 2.30-4pm which you can just turn up to. Free

**Aylesbury Society** Guided Tour or Aylesbury Old Town by local historian Roger. Tours on 26th, 11am & 2pm, 27th at 11am and 30th at 11am. Just turn up, Tours are free

**Buckingham Lodge Care Home, Aylesbury** 26th at 6pm Talk & advice on Wills, Powers of Attorney & Care Home Fees. Free but must book to attend. Call Julie on 01296 718600

**Queens Park Art Centre. Aylesbury** Taster Craft Activities 1st Oct 10-4. £2

**Buckingham Canal Society Talk at Buckingham Library** 27th at 2.30. Free & just turn up

**Buckingham Old Gaol Museum** 26th—1st 10am—4pm Special rate for older citizens of £1

**Buckingham Nurseries & Garden Centre.** Layered Container Bulb Planting demo 28th at 11am, 2pm & 4pm. Lasts c. 30-40 minutes. Just turn up, free

**Buckingham Swan Pool.** A variety of aquafit, aqua Zumba & gentle swim classes. Call 01280 817500 for times and costs

**Claydon Estate Courtyard & Gardens** 26th, 27th, 28th & 1st 11am—4.30pm. £5 discount to Holiday at Home visitors who are not National Trust members

**Elmhurst Day Centre**, Verwood Road Aylesbury Creations Arts & Crafts sessions 27th & 29th 10am—1pm. £4.50 Includes materials & lunch. Booking required call Sharon 01296 381435

**Haddenham Community Library** Computer & Tablet Taster Sessions. 1to 1 assistance 30th 10am-1pm. Need to book 0845 230 3232

**Haddenham Museum** 27th 10-12 and Sundays 2-4.30pm. Free. Booking only required if you want a guided tour, call 01844 291004

Continued on page 4



## Holiday At Home Activities in Aylesbury Vale ctd.

**Tiggwinkles Wildlife Hospital** Self Guided Tour, mainly outside. Daily until 30th Sept 10-4pm. Free to over 65's. 01844 292 292

**RAF Halton Tour of the Trenchard Museum and Flight Heritage Centre.** 26th at 2pm. Booking essential (by 22nd Sept) as numbers limited 01296 585 298 or 585 376. Free

**Houses of Parliament** . Guided Tour 26th at 11.30 am Cost free. Booking essential (by 22nd Sept) as numbers limited 01296 585 298 or 585 376

**Men in Sheds.** Free Taster Sessions. **Aylesbury**, Rabans Lane, Mon 26th —Sat 1st 10-4. Call 01296 709 256. **Buckingham** 57 Well St, Fri 12-2pm contact buckmshed@btinternet.com  
**Winslow**, Station Rd Ind Est, Tues & Thurs 10-4, call 01296 715226

**Buckingham Railway Centre at Quanton** 27th, 28th, 29th 10.30—5pm. Static Viewing Days. Entry £5. Opportunities to get involved

**Simply Walk** 4 levels of walk with walks all over the county. Call 01494 475 367 to find one near to you.

**Chiltern Brewery Tour**, Terrick, HP17 0TQ 1st Oct 2pm. £15 includes tasting & food matching. Booking essential 01296 613647

**Windmill Hill open afternoon**, Waddesdon Manor. Most Weds 2-4pm. Research & archive centre, home of the work of the Rothschild Foundation. Free (NT membership not required)

**Walking Football.** Free taster sessions. Aqua Vale, Aylesbury 30th 4.30-5.30pm, Jon 07764 220065, Haddenham 30th 6-7pm Andy 07462 189804 or Meadowcroft, Aylesbury 26th 7-8pm Danny 01296 489281

**Lindengate**, Wyevale Garden Centre, Wendover. 30th 11-2pm Memory Pathways drop in service for those with memory loss. Includes activities & social lunch. Free.but booking reqd 01296 622443 Also Lindengate Autumn Fair 1st Oct 2-5pm

**Winslow Big Society Singing for Pleasure** St Lawrence Room, Market Square 29th 2-4pm £1.50 includes refreshments. Just turn up.

**Winslow Community Library** In Stitches Knitting sessions 27th 2-4pm Free, incl refreshments

*My thanks to Elaine Hassall, Community Engagement Officer (Older People), AVDC for this article*

Christ the Servant King & Our Lady of Grace

Invite you to join us for

**Holiday at Home**

5th to 9th September

At CSK in Sycamore Road, Booker,  
Wycombe

Afternoons of fellowship and activities and a 2 course lunch on the final day

Monday—Thursday 2pm-4.30pm Quizzes,  
games, crafts, bingo, jigsaws & refreshments

Friday 9th Lunch at 1pm, church service at 2pm

To book your place please  
contact Janice 01494 451  
069 or Catri 01494 639 686



**Buckingham Lodge Care Home** invite you to the Macmillan Coffee Morning & Scarecrow Festival on the **30th September**

11am Macmillan World's Biggest coffee morning charity event

2pm Scarecrow Festival where scarecrows designed by local business and schools will be on display before judging.

If you would like to come along, please contact Kirsty on 01296 718 600

Buckingham Lodge Care Home, Culpepper Close, Aylesbury, HP19 9DU



## Memory Problems, Dementia & Alzheimer's .....and Music!

### Elderly Man becomes an Internet Sensation

An elderly man suffering from dementia has become an internet sensation after a car sing-a-long with his son. Ted McDermott, 79, was filmed singing Italian pop song 'Quando, Quando, Quando' as his son Simon drove him around playing tracks he could still remember.

Ted was diagnosed with dementia in 2013, but had spent most of his life touring the UK as a singer. He landed the nickname "The Songaminute Man" due to how many tracks he could remember off by heart.

Their videos have now raised over £110,000 for the Alzheimer's Society in little over a month.

Simon, 40, explained how the idea came about, and how finding this way of keeping his dad happy has helped bring their family closer together.

"We went for a drive one day with the family," he told BBC 5 Live. "He was having quite a difficult day, but I had his backing tracks with him and we just put them on. And the next minute he was singing along, but like full-on going, so we just ended up spending the whole day driving around singing."

With his condition deteriorating, Ted has sometimes failed to recognise family members. But, Simon believes the karaoke has had a positive impact.

If you would like to read more about the campaign or watch Ted's videos, you can do so at [www.facebook.com/songaminute](http://www.facebook.com/songaminute) or [www.youtube.com/thesongaminuteman](http://www.youtube.com/thesongaminuteman). They are wonderful!

### Silver Singers



Chiltern Music Therapy can run sessions in Residential Homes, Community Groups and Care Homes

Their Silver Singers project runs in Chesham and Aylesbury and is open to all older adults, including those with age-related illnesses such as Alzheimer's or Dementia.

This fun, lively and energetic group provides a supportive and fully inclusive environment, with no previous musical experience necessary. The choir aims to connect people together through music and singing, and improve the lives of those socially isolated in the community.

Results from our initial pilots with this project found the group to be extremely valuable to those attending, with many reporting that they have felt improvements in difficulties, such as anxiety or lack of self-confidence, since attending.

Cost: £3.50 per session.

**Aylesbury:** Every Wednesday, 2.00pm-3.00pm at the Healthy Living Centre, Unit 1 Walton Court Shopping Centre, Hannon Road, Aylesbury, HP21 8TJ

**Chesham:** Every Monday, 3.30pm-4.30pm at the White Hill Centre, White Hill, Chesham, HP5 1AG

To find out more, please call 01442 780541

### Free Dementia Support sessions for those in early stages of the disease



Free Dementia Information Sessions are taking place in the Wheeler Room at St Michaels and All Angels Church, 70 Sycamore Road, Amersham, HP6 5DR starting on 1st September and running for 6 weeks.

The sessions are for people who have a diagnosis of dementia and who are in the early stages and will last for 2 hours each week.

The workshop will enable those that

attend to discuss and learn about many aspects of living well with dementia in order that they feel empowered to make decisions and also plan for their future and that of their family. It is also an opportunity to meet with others and gain ongoing peer support.

To find out more please contact Jane Dallaway on 01296 331749 or 07484 096966 or email to [j.dallaway@alzheimers.org.uk](mailto:j.dallaway@alzheimers.org.uk).



## Haddenham Community Vehicle.

*Providing a volunteer service to transport disabled people in a fully wheelchair accessible vehicle.*

It's free and can take people on social visits and medical appointments. The vehicle is wheelchair accessible and they have their own wheelchair on board too for those who do not have the required standard of wheelchair to travel in a vehicle.

For residents who live in Haddenham and surrounding areas out to Stone, Kingsey etc. A charge is applicable to those who live outside of this area

The service has capacity and is keen to support those who are socially isolated. To find out more or make a booking, please contact their co-ordinator on 07495 366779



## Yoga Very Gentle for Less Mobile People

New course starting in Beaconsfield at the Beaconsfield Adult Learning Centre, Wattleton Rd, HP9 1RN

Starts Friday 30th Sept

2:15—3:15pm

£61 for £11 weeks (£5.50 per session)

Course code : D5SFIIAHM

To book your place or find out about other courses please contact Adult Learning on 01296 382 403



## Autumn Events at Stowe

### Apollo5: With a Song in My Heart

British a cappella ensemble Apollo5, take you on a musical journey exploring music from the British Isles and beyond. The programme includes music by Monteverdi, Purcell, Schumann, Vaughan Williams, Grieg, Alexander Levine, Steven Sondheim, Bob Dylan, 25<sup>th</sup> Sept, 8pm,

**Martyn Jackson and The Adderbury Ensemble** British violinist Martyn Jackson joins The Adderbury Ensemble for another evening of chamber music delights including Mozart String Quartet No.19 in C and Dvorak String Quartet No.12 in F 28<sup>th</sup> Sept 3pm

**The Budapest Café Orchestra** 7<sup>th</sup> Oct 8pm The Budapest Café Orchestra plays traditional folk and gypsy-flavoured music from across the Balkans such as the theme to Schindler's List and Andy Statman's beautiful Flatbush Waltz

**Hal Cruttenden:** 24<sup>th</sup> Sept 8pm Host of Live At The Apollo and star of Radio 4, the great Hal is back ranting about the real evils of the modern world – over sharing on social media and the 5:2 diet. Hal Cruttenden is one of the top comedians working in the UK today.

**Art Exhibition by Keith Jansz, Mouth Painter** 4<sup>th</sup> Oct to 22<sup>nd</sup> Oct Plus a private talk 4th Oct 8pm In 1995 Keith Jansz's life changed forever. Paralysis from the shoulders down following a car accident has meant that Keith has had a long and arduous journey to becoming the distinguished mouth painter he is today. Keith is the 2016 winner of Art in Action's 'Best of the Best' Award.

Booking: [www.artsatstowe.co.uk](http://www.artsatstowe.co.uk) or call 01280 825710

Stowe  
arts



## Health News

### Memory Apps

More than 650,000 people in England have dementia and that figure is expected to double by 2040. With wildly differing standards of care across the country, there is growing interest in the role technology could play.

**RemindMeCare** is an app that uses reminiscence therapy to get people with dementia talking about their memories. Its software automatically creates content that matches the person's life story. In addition to photos, the system pulls images of events, favourite places, films and music from the web to create a detailed profile. This is then used to help stimulate conversation and memories enabling carers to build a better relationship with the individual. Family can also upload information to their relative's profile and be actively involved in their care. Several Care Homes are already adopting this software.

Not all dementia apps are designed for use in care settings. This month saw the launch of two new apps that people with dementia can use independently (as well as with a carer, if they choose).

**Book of You** and **Playlist for Life** use photos, words and music to enable those with dementia to reminisce with carers, family and friends, about things that were important in their lives. These apps are part of a dementia citizens project run by the innovation charity Nesta. Academics at Bangor and Glasgow Caledonian universities, who developed Book of You and Playlist for Life respectively, will conduct regular surveys with 500 users of the apps. "We want to show that technology improves the lives of those with dementia," says John Loder, head of strategy at Nesta's health lab. "Who do these apps really work for and how?"

The data may also challenge stereotypes. Early testing for Playlist for Life found that dementia patients did not always want to listen to West End hits or the Beatles. Some only wanted to listen to Adele as they liked the fact that they are listening to the same music as their children and grandchildren.

[www.bookofyou.co.uk](http://www.bookofyou.co.uk)  
[www.playlistforlife.org.uk](http://www.playlistforlife.org.uk)  
[www.remindmecare.com](http://www.remindmecare.com)

### Initial trials of a new Alzheimer's drug look promising

Trial shows signs that new Alzheimer's drug could benefit early-stage patients. Injections of the antibody aducanumab appear to slow condition in patients at earliest stages of disease, raising hopes for treatment

While the trial was designed to assess the safety of the treatment and not whether patients fared better on the drug, an "exploratory analysis" of the data revealed that the treatment appeared to slow the mental decline of patients who responded to the therapy.

Only 165 people with mild symptoms of the disorder took part in the study and whilst Alzheimer's experts welcomed the results they cautioned that it is too early to know whether the drug will be a help for patients. Other treatments have looked impressive in early studies only to fail later on in larger trials.



Chiltern

Clinical Commissioning Group



Aylesbury Vale

Clinical Commissioning Group

### Save the date for the AGMs of NHS Aylesbury Vale and NHS Chiltern CCGs

Thursday 15th September

6.30pm to 8.00pm

AVCCG Venue: The Gateway, Aylesbury

Chiltern CCG Venue: Chiltern District Council Offices

You will also be able to watch both AGMs live via their respective websites

Aylesbury Vale

[www.aylesburyvaleccg.nhs.uk/avccg\\_news/annual-general-meeting-thursday-15th-september/](http://www.aylesburyvaleccg.nhs.uk/avccg_news/annual-general-meeting-thursday-15th-september/)

Chiltern

[www.chilternccg.nhs.uk/p0.html?](http://www.chilternccg.nhs.uk/p0.html?a=0&sc=newsitem&pagename=news_detail&i)

[a=0&sc=newsitem&pagename=news\\_detail&i](http://www.chilternccg.nhs.uk/p0.html?a=0&sc=newsitem&pagename=news_detail&i)  
[d=1019](http://www.chilternccg.nhs.uk/p0.html?a=0&sc=newsitem&pagename=news_detail&i)



**2016**

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**

**2016 Dates**

**21st September Topic (Retirement Villages)**

**Change of Venue** Christ Church Flackwell Heath, Chapel Road, Flackwell Heath, High Wycombe, HP10 9AA

**16th November**

Christ the Servant King, Sycamore Road, High Wycombe

**All are welcome.** Please contact Andy Trueman on 01296 622122 for further information



**What would effective support look like for your organisation?**

Bucks County Council are considering what support to commission that will lead to a thriving voluntary and community sector in Buckinghamshire.

They have produced a consultation document that can be accessed via [democracy.buckscc.gov.uk/mgconsultationlistdisplay.aspx?bcr=1](http://democracy.buckscc.gov.uk/mgconsultationlistdisplay.aspx?bcr=1)

They tell you their 5 ambitions for how to support the voluntary and community sector and ask your views on their ambitions, expectations and outcomes.

You can access and fill in the survey via the website and the closing date is the 8th November.

It would be great to get lots of feedback to Bucks County Council so that they can see that voluntary and community groups really do matter and should be supported.

If there is anything else we can help you with – please do get in touch at 0300 111 1212 or [info@communityimpactbucks.org.uk](mailto:info@communityimpactbucks.org.uk)

**Dates for your diary**

8th September **Primary Care Commissioning Committee Public Meeting** 3.30-5.30pm at the Gateway, Gatehouse Road, Aylesbury, HP19 8FF

6th October **Flu Clinic & Information Fayre** Buckingham Community Centre 2-5pm

13th October **Flu Clinic & Information Fayre** Steeple Claydon Village Hall 1-5pm



**Gransnet**

Gransnet is the busiest social networking site for the over 50s and with almost 50 Forum topics and tips on everything from grandparenting to fashion, it's worth visiting. [www.gransnet.com](http://www.gransnet.com)



**FREE** to enjoy!

**Every Wednesday**

Starting 10th August 2016

10:00am – 12:00pm

(No need to book)

**Location**

Winslow Allotments  
(just off Buckingham Road)

**Parking**

You are welcome to park on the allotment site

**Contact**

[Kirsty.feasey@active-in.co.uk](mailto:Kirsty.feasey@active-in.co.uk)

07710095245

Facebook: Winslow Allotment