

Note from the Editor

I read with interest that the NHS non emergency number will now be handled by a new operator in our area (page 7). Strangely I have had reason to call 111 in August and on the 2nd September so before and after the changeover. Both occasions my reason for calling was dealt with although I must admit, calling when not well, this weekend, I found the number of questions irksome and somewhat dismayed when told the out of hours doctor would call me within 6 hours. Fortunately, 10 minutes later the doctor called and advised a trip down to A&E asap where once again, my husband and I could see first hand how lucky we are to have an NHS full of wonderful caring staff. In and out in an hour (no drunks late on a Sunday night!) with my balance restored and my inner ears are slowly getting back to normal.

I have all sorts of different things for you this month. I had no idea that one of the first things to go with dementia was the ability to navigate and this has led to a game being developed which is collecting data with a view to using this to diagnose dementia much earlier in future. It is a neat little game and easy to download on to your phone or tablet. I quite like the idea that you can play a game and help with scientific research!

Don't forget that you don't have long left to sort through and piggy banks and coin jars and remove all the old £1 coins. From mid October, they will no longer be accepted at shops, banks and machines etc.

Finally, don't forget that we are hosting a Dementia Friends session at our next meeting and our thanks to Andy Chapman, Prevention Matters, BCC, who as a Dementia Champion, will be delivering the session for us. You are all welcome to attend and become a Dementia Friend.

Andy



Become a Dementia Friend



The nationwide Dementia Friends project was launched to tackle the stigma and lack of understanding that means many people living with the condition experience loneliness and social exclusion. It is the Alzheimer's Society's largest ever initiative to challenge and change the perception of dementia and had an initial target to create 1 million Dementia Friends across England and Wales.

Not only was that target achieved but the number of Dementia Friends has now passed the 2 million mark!

Dementia Friends Information sessions last for 45 – 60 minutes, exploring the small ways that we can all make a difference. These sessions can be delivered to community groups, clubs and in workplaces.

The Community Link Officers team in Prevention Matters has two trained Dementia Champions, Graham White and Andy Chapman, who can deliver sessions for Prevention Matters partners. Andy will be

hosting a session at the **BOPAG meeting on 20th September** (details below) and anyone who has an hour to spare and would like to become a Dementia Friend is very welcome to attend.

BOPAG meeting will be held on the 20th September at 10am at Christ the Servant King, Sycamore Road, High Wycombe, HP12 4TJ

If you are interested in hosting a dementia friends session, you can email clomailbox@buckscc.gov.uk for more information.

Let's support residents, communities and businesses to become more dementia friendly and help to reach the new national target of 4 million Dementia Friends by 2020!

If you would like to find out more about the initiative, or how to become a Dementia Friend, at the Dementia Friend website www.dementiafriends.org.uk



The Hughenden Street Association is a parish-wide scheme which strives to create a friendly and supportive community where people belong, have friends and look out for one-another.

Hughenden Street Association was launched in February 2017 and currently has 60 members covering their streets. Long-term, the aim is to sign up every street and create a sustainable Street Association where residents feel they are part of a safer and stronger community and know their neighbours are safe and well.

The project is monitored regularly and due to the success in Hughenden Parish, a further three Street Associations are planned in other areas of Buckinghamshire.

New Street Associations are currently

being established in **Quarrendon, Chesham and Burnham** with the first, Quarrendon Street Association, being launched on **26th September** from 6.30-8.30pm at Meadowcroft Community Centre, 147 Meadowcroft, HP19 9HH.

Come along and get to know your neighbours! For more information contact QuarrendonStreetAssociation@hotmail.com

The Launch will also be followed a week later by an Information Workshop raising awareness on scams and doorstep crimes at Meadowcroft Community Centre on 3rd October from 2-4pm. No need to book so feel free to just turn up

If you would like to find out more about Street Associations, please contact Helen Cavill, Project Officer for Street Associations on 07392 683500



Scannappeal is a registered charity, independent to the NHS, which raises funds to purchase state of the art medical and diagnostic equipment, is celebrating it's 30th anniversary.

Back in 1987, Wycombe hospital was in the queue for a CT scanner which would have meant a five year wait for NHS funding. At that time, Chris Foote, a consultant at the local hospital, had the idea of launching an appeal to raise the money through the community. Scannappeal was formed and has never looked back!

Since then, a dedicated cancer unit, specialist equipment for prostate, breast, bladder, pancreatic, bowel, skin and kidney cancers have all been purchased. The HeartScan Appeal means local hospitals all have state of the art cardiology scanners, including the first 3D heart scanner in the country.

Scannappeal has raised over £12.5m and Scannappeal equipment is currently used every 10 minutes by one in four of the local population.

None of this would be possible without the support of the local community who continue to dedicate their time, passion and commitment to Scannappeal.

Scannappeal Charity



Tuesday 3rd October

2pm – 4:30pm

Hazlemere Community Centre,
HP15 7UB

Tickets £10, include tea & cake, one book (approx. 5 games) with lots of prizes to be won.

Tickets can be purchased from scannappeal.co.uk/events or 01494 734 161

Karen Shardlow, Director, Scannappeal.
For further information about Scannappeal visit www.scannappeal.org.uk or find us on Facebook or Twitter.



'Nutritious Eating' Workshop

NHS
Buckinghamshire Healthcare
NHS Trust



Bucks NHS Trust is offering a FREE informal training session for volunteers running or helping out with lunch clubs or 'tea and chat' sessions.

The Community Nutrition Team will provide help and guidance on making sure your meals and snacks are not only tasty but nutritious too. With advice on small appetites, recommended nutrients for older adults and why it's a big YES to dessert!

To register your interest please contact us with your name, session name/location and potential attendee numbers.

There is also a new newsletter created for people working or supporting older people in Buckinghamshire. You can find a link to it via the BOPAG website or you can go on the Bucks Bites mailing list by contacting us

Kristi Ludlow (Community Nutrition Assistant)

Email: kristi.ludlow@buckshealthcare.nhs.uk or Tel: 01296 566180

WELCOME TO A NEW COFFEE MORNING!

Fancy a chat over a cup of coffee/tea?

Want a bit of company?



Need a couple of hours out of the house?

Interested in finding out what's on in your community?

Come and join us on the last Tuesday of each month (next meeting 26th September 10am - 11:30 am at Tesco Tring Road, Aylesbury, HP20 1PQ

We meet at the Customer Service desk.

For more information, contact Fatima King, Tesco's Charity/Community Co-ordinator at fatimaking60@gmail.com

Wycombe Festival of Wellbeing

Saturday 9th September

10am to 3pm

High Wycombe Town Hall, Queen Victoria Road, Wycombe, HP11 1BB

Free to attend

Includes stalls, displays, advice & information and refreshments

Workshops available

10:30 Health & Wellness

11:30 Laughter workshop

1:00pm Time to Change

1:30pm Cyber Bullying

2:30pm Exercise for the mind body & soul

For further information, please contact Julia on 01494 527128 or David on 07880 199277



REGISTERED CHARITY: 1005350



working with WYCOMBE COMMUNITY



Helping you stay independent





Volunteering

Befriending for Alzheimer's Society



Volunteer Befrienders for Alzheimer's Society are asking residents of Buckinghamshire to sign up and volunteer to support people with dementia to continue to feel a part of their community.

Brenda has been volunteer with the Buckinghamshire Befriending Service for more than three years. She said she finds the role rewarding and wants to encourage others to sign up. She said: "I find being with people makes me happier and you get to learn about so many things because we all have stories to tell. The greatest gift though is knowing that you have given something back to society and making the person feel inclusive in society. I don't see the dementia. My visits are based purely on having company and good conversation for both parties. I understand that the recent memory is not as focused as it once was, but we don't dwell on it and the long-term memory is very much still there and once we start we can talk for hours. We conduct ourselves in a very normal way. We have excellent conversations and do activities including playing scrabble, crosswords, knitting and growing runner beans and tomatoes."

A total of 85 per cent of people with dementia say that they struggle with isolation, loneliness and depression. Befrienders provide companionship and are matched with people depending on their personality and common interests so those with the condition are able to continue to do things they love from shopping, visiting the gardening centre or a national trust centre to simply just having a chat over a cup of tea.

Another befriender, Carmen, is also a Volunteer Befriender. She said: "I find my befriending visits interesting and rewarding. Dementia can take away someone's confidence to socialise, communicate and venture outside. I like communicating, enjoy sharing my experiences and I feel good when I have managed to make someone else smile or laugh. I always come away with a smile on my face and I look forward to my visit the following week. I feel that I have

perhaps made a tiny difference to someone. My befriender seems to be happy to see me each week and always asks whether I will come back next week."

To become a Befriending volunteer, no experience is needed and full training is given along with regular support meetings. Sam Marshall, Alzheimer's Society Befriending Manager for Buckinghamshire, said: "Life doesn't stop when a person is diagnosed with dementia. People often still want to do the things they enjoyed doing before. This service offers the perfect opportunity for volunteers to help people with dementia to continue to feel a part of their community and to do the things they enjoy. There are 8,972 people living with dementia in Buckinghamshire and with the right support people can live well in their communities. Our volunteers really do make a difference!"

To find out more about volunteering for the befriending service contact Sam on 01296 331722 or email bucksbefriending@alzheimers.org.uk

South Central Ambulance Service 
NHS Foundation Trust

2017 Governor Elections

Residents of Buckinghamshire have the chance to influence the way local health services are run by becoming a Governor for South Central Ambulance Service NHS Foundation Trust.

If you have an interest in the ambulance service, and want a role that can make a difference, then becoming a SCAS Governor may be for you. You do not need to experience in health services, just an interest in your local ambulance service.

There should be three public governors covering Buckinghamshire, but only one is filled. Anyone interested can contact getinvolved@scas.nhs.uk. Alternatively, ring 01869 365126

Nominations close 23rd October



Ever thought about learning to lip read?

A local teacher of lip reading is running a number of free one-hour 'taster' sessions prior to the new term in various locations throughout Bucks.

When people lose their hearing they often withdraw from social situations because it becomes too difficult to cope; their confidence goes and they can become depressed and isolated. You may also have seen a recent report showing that hearing loss is a significant risk factor for dementia

"Lipreading and Managing Hearing Loss" classes give people an opportunity to meet others 'in the same boat' and also provide useful information on equipment and strategies which can help them to manage. The classes are small and friendly and we have fun while learning

Here are the details of the free sessions:

Mon 11th Sept 10.30am: **Amersham** (contact me for details)

Tue 12 Sept 2pm: **Gerrards**

Cross (Memorial Centre, East Common)

Wed 13 Sept 11am: **Beaconsfield Old Town** at Universal Care, Windsor End.

Fri 15 Sept 10.30am: **Princes Risborough** (Community Centre, Stratton Rd)

Fri 15 Sept 1.30pm: **Wendover** (Library Community Room, High St)

The taster sessions are a great opportunity to find out what happens in a lipreading class;

Do contact me if you have any questions. Otherwise feel free to come along

Kind regards

Judy Perry

Lipreading Community Tutor
07837 993923

member of atla (Association of Teachers of Lipreading to Adults)

www.atlalipreading.org.uk



The UK's First iPod Pharmacy



WHAT IS THE IPOD PHARMACY?

The iPod Pharmacy was launched in Canada by a charitable foundation, Music Heals and Chiltern are thrilled to be bringing it to the UK. The scheme invites people to donate their old iPods. These are cleaned and uploaded with personalised music for music therapists to loan out to their clients.

There are a number of iPod Pharmacy Depot's across the UK, where you can drop off your iPod. Alternatively, please post it to Chiltern Music Therapy, Office A, Irfon House, High Street, Chesham, Bucks, HP5 1DE. Visit www.chilternmusictherapy.co.uk/ipodpharmacy for more information.

HOW WILL MY IPOD HELP OTHERS?

Our therapists work with a number of patients in hospitals, hospices and homes. Your old iPod could be used to help take their mind off their treatment, pain or environment, allowing them to lose themselves in their favourite music. Someone with cancer, for example, would be able to listen to personalised music whilst having chemotherapy.

If you would like to find out more or perhaps how your group could help collect old iPods, please contact Chiltern Music Therapy on 01442 780541 or email Elizabeth@chilternmusictherapy.co.uk



Health News

Thame community hub **open day**

**Wednesday 13th September
2pm to 4:30pm**

We are piloting new ways of providing care to people outside of hospital, making it easier to get the right support at the right time.

Come along to the open day at the Thame community hub at Thame Community Hospital to find out more about community treatment and assessment services.

Free health advice

Free refreshments

Your opportunity to find out more about the services from our local partners, including

CarersBucks 



For more information call 01494 734959 or email communications@buckshealthcare.nhs.uk www.buckshealthcare.nhs.uk/communityhubs

Health officials advise older people to walk faster

Middle-aged people are being urged to walk faster to help stay healthy, amid concern high levels of inactivity may be harming their health.

Officials at Public Health England said the amount of activity people did started to tail off from the age of 40.

They are urging those between the ages of 40 and 60 to start doing regular brisk walks. Just 10 minutes a day could have a major impact, reducing the risk of early death by 15%, they say.

Virtual reality game takes on dementia

Scientists have developed a virtual reality computer game as part of the world's biggest dementia research experiment. It is designed to test one of the first things to go with dementia - the ability to navigate.

The original smartphone app had 3 million players, but the move to virtual reality should allow scientists to investigate in greater detail.

Alzheimer's Research UK says the goal is a new way of diagnosing the disease. In the virtual world of Sea Hero Quest VR you captain a boat. The challenge is to use your sense of direction to chart a course through complex waterways, desert islands and icy oceans. While you play, anonymous data will be collected and, later, assessed by neuroscientists.

The findings of the first game were presented at an international neuroscience meeting in 2016. It showed someone's sense of direction declines consistently after their teenage years.

The project, which is funded by Deutsche Telekom, has a long way to go, but the ultimate aim is a test that can pick up dementia in its earliest stages.

850k people are already living with the disease in the UK. That figure is forecast to reach 2 million by 2051. Most will have had the disease for more than a decade before their symptoms appear.

Dr David Reynolds, of Alzheimer's Research UK, said: "What we really want to be doing is identifying people with dementia 10 or 15 years earlier than we do at the moment.

"A game like Sea Hero Quest and understanding how we navigate will help us get to that much earlier diagnosis."

There are currently no drugs that can prevent or slow dementia. But it is widely accepted that any future treatment will work only if doctors can get it to patients long before symptoms appear and the brain is irreversibly damaged.

The original smartphone Sea Hero Quest can be downloaded onto your iPad/tablet or phone via the Alzheimer's Research website or any app store.



In the news

The Royal Mail 'missed delivery' card that's actually fake

Warnings have been raised around a new scam which makes use of convincing - but fake - 'missed delivery' cards.

The cards look very much like the 'something for you' cards you typically receive from Royal Mail when you have missed a delivery.

They use the same colour scheme, headings and four-box layout. Indeed, the only clear difference is that the scammers' cards do not have the Royal Mail logo on them.

Recipients are invited to call a number beginning 0208 in order to arrange a delivery. They are then put through to an automated message where they are asked to leave their details and a 'consignment number'. Victims have claimed that calling the number - which isn't registered to Royal Mail - has cost them £45.

Patients across the Thames Valley will be opening a new front door to urgent care services from September 2017.

South Central Ambulance Service NHS Foundation Trust (SCAS) has been awarded the contract for the new Thames Valley 111 telephone service by the 10 Clinical Commissioning Groups (CCGs) across the Thames Valley.

SCAS leads an alliance set up to deliver the service, which also includes Berkshire Healthcare NHS Foundation Trust, Oxford Health NHS Foundation Trust and Buckinghamshire Healthcare NHS Foundation Trust.

Thames Valley 111 will now offer patients a seamless 24/7 urgent clinical assessment and treatment service – bringing together NHS 111, GP out of hours and other clinical advice, such as dental, medicines and mental health.

A team of clinicians will be available on the phone when needed, and will be linked into a new NHS Clinical Hub – a group of healthcare professionals who can help get patients the right care, at the right time, in the right location.



So if you do receive a missed delivery card, make sure that you look for the Royal Mail logo and be especially wary if you are not expecting a delivery.

If you think that you may have fallen foul of this or any other fraud. You should call Action Fraud to report it and also seek advice.



Want less junk mail?

The Household Enquiry Form, which you should be getting in the post between now and November, should also tell you if you're registered on the optional public 'open register' which is used by companies for marketing.

The Household Enquiry Form is the form that lists the eligible voters in the household.

If you opt out of it, you should end up with less junk mail because companies, that use it to sell on your details, will no longer be able to do so.

To do that, you'll need to contact your local council and ask it to take you off – there's no tick box on this form to opt out. for full details of how to sign up



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 20th September 2017

Dementia Friend Session

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



It's always time for Tea

At the Churchill Hall Lunch Club, Churchill Hall, Aston Clinton
Every Tuesday
12 to 3pm

So come along and enjoy a chat and some company in a warm and welcoming environment.

For more information contact Freda and Tony Hare on 01296 631 384



Dates for your diary

September 7th 3-5pm Primary Care Commissioning Committee Meeting Bevan Room at AVCCG, Aylesbury Vale District Council, The Gateway, Gatehouse Road, Aylesbury, HP19 8FF

September 14th 10am – 12pm Clinical Commissioning Group Governing Body Meeting, Council Chamber at Chiltern District Council, King George V House, King George V Road, Amersham, HP6 5AW

Wed 27 September, Buckinghamshire Healthcare NHS Trust Board meeting, 9.00am Hampden Lecture Theatre, Wycombe Hospital

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

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



We have about 6 weeks to spend, bank or donate round £1 coins as the new 12-sided version outnumbers the old for the first time.

The Treasury says there are now more of the new £1 coins, which first entered circulation in March, than the old round pound.

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.

Partnership Board meetings update

We are still recruiting new Representatives for the partnership boards, so if you are interested in attending, we would really like to hear from you. Expenses and help with transport are both available

Please contact Debra, or Angie to find out more

Debbie direct on 07507 399180 or email debra.robinson@suco.org.uk or

Angie Camden tel: 07507 399180 email: [in-fo@suco.org.uk](mailto:info@suco.org.uk)