

Note from the Editor

This feels a little but like 'Stop Press' this month. Here goes...

Lipreading awareness week takes place next week and the Association of Teachers of Lipreading to Adults (ATLA) are running free taster sessions (page 6). Not only do these classes teach you how to lipread, they also improve your communication skills, introduce you to useful equipment and give you the chance to share experiences with others in similar situations. I've just found out that there is also one running on the 10th September at 10:30 in Amersham at the Adult Learning Centre, Stanley Hill. Contact them on 01296 382403 if you'd like to attend.

Every September some 40,000 volunteers across England organise 5,000 events to celebrate our fantastic history and culture. Heritage Open Days 2018 will be 6-9 & 13-16 September and it's your chance to see hidden places and try out new experiences, all of which are free to explore. There are some wonderful events taking place across Amersham and Chesham with a vintage bus to ferry you between the locations (page 6) but there are also events taking place in Aylesbury, Halton, Upper Winchendon, Jordans, Buckingham, Claydon, Winslow, Maids Moreton, Stowe, Wycombe, Pitstone, Little Missenden, Cliveden, Marlow, Penn, Bletchley, Stony Stratford, Bow Brickhill and more. Simply too many to include in the newsletter. If you'd like to see the full list, go to www.heritageopendays.org.uk or give me a call and I can search for you.

No news yet on my questions to the NHS on Pharmacy2U, I've had to go to NHS England for answers. I'm still chasing! But there is perhaps some good news on the Age UK campaign Painful Journeys which we featured earlier this year and many of you responded (page 3).

Don't mistake heart problems for indigestion (page 7). So easy and commonly done. One of our big supporters did just that, but luckily he's made a full recovery.

Lastly our meeting on the 19th is on Brain Health, all welcome to come along (details on the back page). Thank you to all my contributors and if anyone needs further information, please get in touch, my details are always on the back page.

Andy

Police to test drivers eyesight



Drivers who fail to read a number plate from 20m (65ft) away when stopped by police will have their licences revoked immediately in a new crackdown. Three forces in England are planning to test every motorist they stop in a bid to clamp down on drivers with defective eyesight. The forces taking part are Thames Valley, Hampshire and West Midlands.

Officers can request an urgent revocation of a licence through the Driver & Vehicle Licensing Agency (DVLA) if they believe the safety of other road users will be put at risk if a driver remains on the road.

Under current rules, the only mandatory examination of a driver's vision takes place during the practical test, when learners must read a number plate from 20 metres. After a person has obtained a licence, it is up to them to inform the DVLA if they have vision problems.

The power to revoke licences was introduced in 2013 under Cassie's Law, named after 16-year-old Cassie McCord, who died when

an 87-year-old man lost control of his vehicle in Colchester, Essex. It later emerged he had failed a police eyesight test days earlier, but a legal loophole meant he was allowed to continue driving.

Research by the Association of Optometrists published last year found that 35% of optometrists had seen patients in the previous month who were driving despite having been told their vision was below the legal standard. Based on this figure, it is estimated that around one million people could be driving illegally.

Campaigners have also called for a so-called Poppy's Law, making it a legal requirement for medical professionals to report patients who are unfit to drive. This followed the death of 3 year old Poppy-Arabella Clarke, who was killed in 2016 by a 73-year-old motorist who had ignored warnings from his opticians not to drive and was not wearing his glasses at the time.



A Big Win for Age UK Painful Journeys Campaign



There's been some very good news as Age UK and campaigners have scored a major victory in the call for the Government to ensure older people receive better transport to and from hospital.

At the end of July, the Department for Transport published their Inclusive Transport Strategy, including several mentions of the need for these improvements, which was the focus of Age UK's Painful Journeys campaign.

This is a positive step because it was absent from the draft strategy published in November and proof positive that the voice of older people has been heard and made a difference.

In the ministerial foreword for the policy paper, Nusrat Ghani, the Parliamentary Under Secretary of State for Transport, says that 'Delivering the ambitions set out in this Strategy will require work across Government, for instance improving journeys to hospitals.' Later, in wording that comes directly from the campaign, the paper reveals that 'The draft AAP [Accessibility Action Plan] consultation received a number of responses highlighting that access to transport to take people to hospital (e.g. local buses, National Health Service directly provided services or taxis and PHVs [Private Hire Vehicles]) was an issue of concern to disabled and older people.

'Consultation responses highlighted the desire of older people to be able to travel to hospital appointments within a reasonable time and in an affordable way.'

These responses came in a variety of ways and included a giant card sent to the

Minister, filled with messages from older people asking her to improve their journeys, the Chair of the Transport Select Committee led an open letter supported by other leading charities, and 1,000 campaigners sending personalised emails via a call to action on the Age UK website. The Government says 'We recognise the importance of disabled and older people being able to access transport to take them to hospital. It is clear however that this issue requires a co-ordinated, cross-Departmental and cross-agency approach. DfT will continue to work closely with the Department of Health and Social Care (DHSC), including through the newly established Inter-Ministerial Group on Disabled People and Society, as well as local authorities to identify solutions to address the problems which have been identified.'

Whilst Age UK's Charity Director Caroline Abrahams welcomes the news she also has words of warning 'However, there remains a threat to the future of community transport, on which many disabled and older people rely,' continues Caroline. 'This is because of draft Government guidance that contains a proposed requirement on volunteer minibus drivers to acquire driving licences costing a thousand pounds a time, spelling the end for many local community transport services, including those run by local Age UKs. The Government must look at this issue again, otherwise they will stand accused of acting in ways that undermine the good intentions in the Strategy published today.'

Changes to many Buckinghamshire bus services

There have been a number of changes and cancellations to bus services across the county announced in recent weeks.

Arriva have removed the 50, 61 and 650 services and have made changes to the 31, 32, 33, 35, 36, 150, 164 and 500 services.

Carousel have withdrawn the BB14 and BB16 services affecting the Marlow Hill, Marlow Bottom & Flackwell Heath areas.

Whilst other services have been introduced or extended, these changes have left some communities vulnerable to isolation. It's had to imagine how any government policy will ever impact commercial services.

Despite repeated attempts to discuss the changes with Arriva, I have found them to be extremely difficult to get in touch with and worst still get any meaningful answers to my questions

Andy



Household recycling centre service review consultation

Bucks County Council (BCC) has now published the consultation documents along with their proposals.

They are looking to save £1.2 million per year on the recycling service to help make up a shortfall in central government funding. This used to be £60.8 million in 2013/14 but has now dropped to zero. This massive reduction is forcing BCC to find ways to reduce costs. All services need to do their bit. The household recycling centre service has already made some changes to reduce costs whilst remaining efficient and maintaining high customer satisfaction.

Despite reducing budgets, Buckinghamshire is a growing county, with more homes being built and communities expanding. The household recycling service needs to meet the future demand in the right locations and with the right facilities. BCC believe that making the proposed changes they will not only meet the reduced budget for next year but will be ready to plan for the future population changes, instead of trying to make do with the existing sites as they are.

They are proposing to:

- Reduce the number of opening days at Aylesbury (Rabans Lane), Burnham and Chesham sites, from 7 to 5 days a week
- Introduce charges at all sites for some types of waste
- Close down one site (Bledlow), perhaps a second, Burnham
- Consider charging residents from outside Bucks for disposing of all waste types at our sites, or preventing them using our sites altogether.

The public consultation which will begin soon will be found at www.buckscc.gov.uk/services/waste-and-recycling/hrc-service-review

This does not affect the kerbside waste and recycling collections

If you have any specific questions, please call Aidan Shutter, on 01296 382444 or email Bill Chapple, Cabinet Member for Planning and Environment, BCC, at bchapple@buckscc.gov.uk

Cycling Without Age The Right To Wind In Your Hair

This is a global initiative that provides bike rides for people who would not normally cycle. Cycling Without Age began in Copenhagen in 2012 but has since spread around the world. Volunteers ride special trishaw bikes that allow two passengers to ride in the front.

The latest branch has started operating in Bournemouth after two local people raised £7,000 to buy one of the bikes.

England has a growing number of local schemes. Volunteer pilots take local elders and care homes residents out on 'trishaw' cycle rides to feel the wind in their hair. They have electrical power assist, so no need to be super-sporty to be a volunteer cycle pilot. Rides are comfortable fun and free. They enable people to experience the towns and nature close-up from the bicycle. There's opportunity to re-gain social connection and for people to tell their story in the environment where they have lived their lives.



CYCLING WITHOUT AGE FACTS

- Established in 2012 in Copenhagen
- Represented in 37 countries worldwide
- 1,100+ schemes
- 1,500+ trishaws
- 10,000+ trained cycle pilots
- Over 50,000 elderly people have been on rides
- Oldest pilot is 89 and oldest passenger 106
- Trishaws cycle 2.2 million km a year or 53 times around the world

You can find out more at www.cyclingwithoutage.org.uk and there is a contact for Buckinghamshire Anusha Mata 07817560411, Anushaamata@gmail.com



Celebrating Older People

Dilys Price: The 86-year-old skydiver turned Helmut Lang model

Meet Dilys Price, an 86-year-old grandmother who is the world's oldest solo female parachutist - and now the face of a global fashion brand.

For Dilys, the campaign is giving her a platform to prove that life need not get boring with age.

"We're alive, we're still alive. We're alive until the day we die," she said.

"This is my mission now - to tell older people like



myself to keep a passion. They have to be active."

She did her first sky dive for charity, aged 54, divorced, bringing up her son and going through what she describes as a midlife crisis. She had been scared of heights but as she floated through the air, she said a fire inside her was sparked - and she was hooked.

She set the Guinness World Record for the oldest solo parachute jump (female) - a record she is proud to still hold - and once did a 28,000ft jump, for which she needed to use oxygen.

She insists life is for enjoying and she says she will give anything a go: "We only get one shot at life".

Which is why when she received a phone call out of the blue from the team at Helmut Lang asking her to take part in their new clothing campaign, she jumped at the chance.

Bodybuilding grandma, 75,

At 75, Janice Lorraine may be Australia's oldest bodybuilder but she's a keen competitor and one who says she has no plans to slow down.

Janice, a grandmother took up bodybuilding at the age of 55 and already has 23 titles to her name. And while winning awards keeps her focused, she said her main goal is smashing perceptions of ageing. 'My aim is to show what's possible and to motivate and encourage women of any age, to live the life they want to live and not be bound by traditional stereotypes and roles and the expectations of others,'



Janice said she first turned to bodybuilding 20 years ago as a way to stave off frailty that comes with retirement.

Ageing metalheads escape care home for moshing

Think you're too old for moshing? Then spare a thought for the two elderly gentlemen who escaped from a German care home and were found at a heavy metal music festival.

Staff at the Dithmarscher retirement home discovered they were two residents short during their Friday night head-count.

The ageing metalheads were found at 03:00 local time (01:00 BST) on the festival grounds, a police statement said.

The pair were apparently reluctant to leave the four-day festival, but were persuaded to return to the care home in a taxi, with a police escort.

Like me and wondering what moshing is? It's to dance to rock music in a violent manner involving jumping up and down and deliberately colliding with other dancers. Lovely!

Andy



Money Matters

POST
OFFICE

Little-known ways to bank at the post office

It has become a familiar story - bank branches are disappearing from our high streets, and some customers fear being cut off from in-person banking. But many don't realise that the Post Office can provide essential banking services for almost everyone with a UK bank account.

Research from consumer group Which? says branches are now closing at a rate of almost 60 a month, while a report published in June by banking and financial services analysts DJB Research suggests as many as 2,400 are at risk of closure.

However, you can do most of your day to day banking at the post office for free, and it says 93% of the UK population live within a mile of their nearest branch (99.7% are within three miles). There are more than 11,500 Post Office branches in the UK - most are kiosks within other retailers.

What can you do at the post office?

If you can get to a post office, you can just pop in and:

- Withdraw cash from your usual bank account using your card
- Pay cash into your usual bank account using a card or paying-in slip
- Check your bank balance using your card
- Deposit a cheque using a paying-in slip (though Nationwide customers can't do this)

These banking services are available for free

to customers of 28 banks, including all the high street big names such as HSBC, Barclays and NatWest. The Post Office says it's able to serve 99% of UK banking customers.

Is there anything you can't do at the post office?

When paying in a cheque, note that the money will typically take a day longer to arrive in your account than it would if deposited at a bank branch.

Customers of some banks, including Bank of Scotland and Halifax, also won't be able to deposit money at the post office using a debit card and will need to bring a personalised paying-in slip from their bank instead.

You also won't be able to access other services offered by your bank. These include:

- Opening new products
- Setting up standing orders
- Reporting a lost or stolen card
- Getting personalised advice

Finding out a local bank branch is closing is hugely frustrating for many people, but if that's you, don't fear the worst. Not having a local bank shouldn't mean a choice between a lengthy trek to the next branch or being cut off from in-person banking - for the vast majority, nipping to your nearest post office counter will serve most of your everyday banking needs.

Beware of the fake British Gas refund emails

ActionFraud
National Fraud & Cyber Crime Reporting Centre
0300 123 2040

British Gas customers are being warned not to fall for fake emails that claim they are owed a refund.

The phishing message claims accounts will stop working within 24 hours if you don't click on a "get your refund" link.

Customers who click are directed to a website that asks them to fill in their personal details, under the impression that they will be able to get some money back.

In reality, the website is actually owned and run by scammers who hope to trick people into handing over their bank details.

If you are at all worried that you may have fallen for this or any other scam, you can contact Action Fraud on 0330 123 2040



heritage open days

Whats On

Heritage Events at Chesham & Amersham

Two vintage buses will run to a published timetable connecting **Amersham Old Town, Amersham Station, Chesham Bois, and Chesham Broadway**. The buses will enable visitors to travel for free between Amersham, Chesham Bois and Chesham's Heritage Open Days' events, all of which are taking place on **Sunday 11th September**.

There are a large number of events taking place including talks, displays, heritage market stalls, food and drink, clothing and lots more. Soundforce Big Band will be performing in the Old Amersham Memorial Gardens as well as historical re-enactments taking place in Church Mead.

Transport for London is also holding its 'Steam on the Met' event and trains, pulled by Met No.1, will be stopping at Amersham Station, where there will be a pop-up tea room with a vintage theme.



Taking place at Chesham Town Hall Saturday 15th September 11.30 - 4.30 on behalf of the Cardiomyopathy UK, the heart muscle charity.

In association with Chiltern Society and Walkers are Welcome.

HS2 Key Design Public Events

HS2 Ltd are holding public events to share key design specifics. They will take place on

6th September 1pm-6pm St Anne's Hall, Aylesbury Rd, Wendover, HP22 6JG

12th September 11:30am—8pm Balinger War Memorial Hall, Ballinger Road, Great Missenden, HP16 9LQ

29th September 12pm-6pm St Anne's Hall, Aylesbury Rd, Wendover, HP22 6JG

Lipreading Free Taster Session

People who have hearing loss are often reluctant to seek help, there is a stigma about it which is difficult to understand.

If you need glasses as you get older you don't hesitate to get an eye test but people ignore their hearing loss. They often become isolated as its too difficult to cope in noisy situations and become depressed.

Tutor Judy Perry said, "The classes are good fun as well as informative and I well understand the challenges as I have hearing loss myself."

You can go along to a free Lipreading taster session at 2 locations

Tuesday 11th September at 3pm at Gerrards Cross Memorial Centre, East Common, Gerrards Cross.

Friday 14th September at 11am at Wendover Library Community Room, High Street, Wendover

For further information contact tutor Judy Perry on 07837 993923 or email judy.lipreading@gmail.com

The Centre for Buckinghamshire Studies presents

Great War Buckinghamshire Showcase

Saturday 13th October
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

- Local History Exhibitions
- WW1 Family History Tips
- Art Displays
- Free Entry

For more details email archives@buckscc.gov.uk



Health News



Heart Attack or Heart Burn?

Far from the classic image of someone clutching their chest and falling to the ground — something the British Heart Foundation terms ‘a Hollywood heart attack’ — much more common are seemingly innocuous symptoms ranging from nausea and vomiting to sweating, breathlessness, jaw pain and a dull ache resembling heartburn or indigestion.

It can be difficult to disentangle the symptoms of a heart attack from those of acid reflux or heartburn.

A heart attack is usually the result of coronary heart disease, which occurs when the arteries supplying the heart muscle with blood become narrowed by a build-up of fatty materials. The pain or discomfort felt from such narrowing is angina, while a full blockage can cause a myocardial infarction — the medical term for a heart attack. Prompt treatment is vital as a delay in treatment for a heart attack can result in a cardiac arrest, where the heart stops pumping blood around the body. Without immediate treatment it can be fatal within minutes.

A typical heart attack pain presents like an ache or pressure in the chest, like a tightness or constricting sensation, which can radiate to the arm or the jaw. This, coupled with breathlessness, sweating, nausea or generally feeling unwell, should ring alarm

bells and you should call 999 immediately. Some people experience it as a gastric pain just below the diaphragm, but it’s persistent pain and/or these associated features that should make people think they should be seeking urgent medical help.

People with diabetes — both Type 1 and Type 2 — should bear in mind that they tend not to experience a heart attack as a pain at all, but more typically as nausea. This may be due to diabetic neuropathy, or nerve disease, which can damage nerves that convey pain from the heart.

Research has suggested that women are more likely to suffer a so-called ‘silent’ heart attack, displaying non-specific and subtle symptoms such as indigestion or prolonged and excessive fatigue rather than the classic pain in the chest, back, jaw or arm. Research suggesting women’s pain tolerance might explain why so many don’t realise they are having a heart attack.

If you suspect a heart attack is to chew —not swallow — an uncoated aspirin tablet to help dissolve the clot which causes the blockage (provided you aren’t allergic or have been told not to take aspirin by a doctor). Chewing an aspirin has been found to work faster against clots than swallowing or dissolving a tablet in water.

Changes to Ordering of Repeat Prescriptions



It is estimated that over-ordering, stockpiling and not using medication, costs the local NHS around £2.5 million per year. To reduce these costs, Bucks NHS now require patients to place orders for repeat prescriptions themselves. The pharmacy will not be able to do this for the patient.

This does not change how your medicine or equipment is delivered or received. The Electronic Prescription Service (EPS) still allows you to nominate a pharmacy or supplier to fill your prescription for collection or delivery.

What is not changing? You’ll not be affected if you already order your repeat prescriptions from your GP practice. Prescriptions will still be sent to your chosen pharmacy and

pharmacies will continue to deliver medication and other items to your door, if you currently use this service.

Who isn’t affected by the changes?

Patients who are housebound, cannot order online and do not have a carer who can order for them, and their GP practice does not accept requests by phone.

Patients using a Monitored Dosage System (also known as a dosette box).

Patients who have dementia who do not have a carer who can order for them.

If you have any questions, comments, compliments or concerns, please contact: Patient Advice and Liaison Service (PALS) Telephone: 0800 328 5640 Email: scwcsu.palscomplaints@nhs.net



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

Bucks Older People's Action Group Meetings

2018 Dates

19th September (Brain Health)

21st November

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



Tuesday 25th September
11.00am – 2.00pm at
Hughenden Gardens Retirement Village
High Wycombe.

To mark their official opening

It will be an excellent opportunity for you to tour the village and its facilities. Staff, residents and volunteers will answer any questions you might have.

11.00am Arrival refreshments Official opening

11.45am Tours of the village

12.45pm Lunch

Hughenden Gardens Village, Hughenden Boulevard, High Wycombe, HP13 5GA (The village is adjacent to Morrisons Supermarket, High Wycombe, HP13 5XX.)

If you'd like to attend, please contact Rose Downing, Communications and Events Co-Ordinator on 02476 509 017

Dates for your diary

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

Tuesday 18th September Conservation in Action 11 – 11:45

Wednesday 24th October Record Keeping in Buckinghamshire 11 – 11:45

Thursday 22nd 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

2018 Dates of Partnership Boards

Assistive Technology 12/09, 12/12

Dementia 11/10, 13/12

Older People 26/10

Physical & Sensory Disability 27/9, 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

Bucks Health Trust Board Meetings

Wed 26th Sept 9am Olympic Room, The Gateway, Aylesbury

Wed 28 November 9am Hampden Lecture Theatre, Wycombe Hospital

Buckinghamshire CCG Board Meetings

13 September 10.30-12.30. AVDC offices, The Gateway, Gatehouse Road, Aylesbury, HP19 8FF.

Do you have a Key Safe?

Key Safes are very useful so that if anything were to happen to the home occupant. Those coming to help would have instant unhindered access to the building or home in question. This isn't the only reason you would want a key safe. If you accidentally lock yourself out of the house, or need to let people in when you're not around, having a key outside is helpful.

However, if you do have a key safe, it is really important that you don't put the security chain across or leave your keys in the lock on the inside of the door. Doing wither will mean that whoever is trying to let themselves in, won't be able to.