

Note from the Editor

I had a last minute re-think on the newsletter this month. It was looking far too gloomy and serious and let's face it, we have enough of that pretty much everywhere we turn. So I ditched a couple of things and replaced them with elderly South Koreans who now go clubbing in the afternoons (page 5) and the heart-warming story of a young guy taking his grandma on an adventure of a lifetime (page 3). So the newsletter feels more balanced.

But before you go straight to those stories, make sure that you check out Open House London (below). If you have access to the internet (and apparently more over 65's do now—page 5) I promise that you will lose a couple of hours at least, checking out all of the incredible properties that are open to visit. You will definitely be tempted.

There's a lot of health related information too and I've taken the opportunity to do some jargon busting on page 6. There are so many changes in healthcare provision that have happened recently or are in the pipeline, it can be hard to keep up. There is an interesting trial going on in the Norden House & Stokenchurch practices, which gives registered patients easier access to an Advanced Physiotherapy Practitioner (more jargon!) which will be beneficial to those living with musculoskeletal issues (page 7).

Thank you to our Chesham friends who were recently warned about a Blue Badge scam and wanted to make sure the message got out to others (page 4). It is so easy to get caught out as I found out last month. Fortunately I twigged (eventually!) and you can read that on page 4 too.

And finally, the dates for your diary seems to be growing to the extent that it's pretty much the whole of page 8. If you ever read about an event which doesn't take place for a few weeks, I always add the information to the Diary Dates section so you don't need to worry about digging through back copies. Thank you to everyone who sent in information this month and let me know if you visit any London Open Houses. Have fun, be good & stay safe.

Andy



Open House Weekend London

Open House London is the world's largest architecture festival, giving free public access to 800+ buildings, walks, talks and tours over one weekend in September each year.

They started 25 years ago with the first Open House London in 1992 and their aim then as it is today is to give free access to London's best buildings, inspiring the public about the benefits of great design.

Each year over a quarter of a million people take part in the Open House weekend, visiting over 800 buildings, walks, talks and tours across London. Here are some 2019 suggestions
Quirky / Historic—Masonic Temple, Liverpool Street; Freemason's Hall, Holborn; Apothecaries' Hall, Blackfriars; Billingsgate Bathhouse, City of London; Soho Art Loo
Beautiful Interiors—Drapers' Hall; Fitzrovia Chapel; Spencer House, St James's; Riba, Marylebone
Amazing Views—Aga Khan Centre, Kings Cross; White Collar Factory; Methodist Central Hall, Westminster;

Places only open during this weekend—Foreign & Commonwealth Office; HM Treasury, Westminster; Royal Institute of Chartered Surveyors; Portcullis House, Westminster; The Royal Society, St James's.

It's not just business premises that throw their doors open, there are also many homes that you can look around. The website has a handy search feature, if you are looking for a particular period, architectural type or location. All 800 properties can be viewed at openhouselondon.open-city.org.uk/highlights and Open House weekend takes place on the 21st & 22nd September



Older people on medley of medicines risk life-threatening harm

About 2 million elderly people in the UK are on at least seven different medications and at risk of potentially life-threatening harm from interactions between the drugs or side-effects from pills that are no longer right for them.

Older people are being let down by a healthcare system that is allowing medicines to do more harm than good, according to a report from Age UK. One in five prescriptions for elderly people living at home are inappropriate, it said. Care home residents take an average of at least eight medicines, with a one in 10 risk of a mistake when the drugs are prescribed or given to them.

More is not always better, said the report. Doctors tend to add new tablets each time an elderly person develops another health condition, but without stopping the old ones. The more medicines elderly people take, the greater their risk of having a fall, which can put them in hospital. Adverse drug reactions cause nearly 6% of unplanned hospital admissions, the report said. In one in 50 cases, the reaction is fatal.

Side-effects of medicines given to the elderly include nausea, dizziness, loss of appetite, low mood, weight loss, muscle weakness and delirium. As people get older, their

ability to process medicines changes and they become more susceptible to side-effects. Opioid painkillers, for instance, should only be used at a quarter to half the normal dose.

Elderly people on various medications – known as polypharmacy – should have regular reviews of their drugs to ensure they are needed. Age UK wants the government to take full account of the harmful effects of inappropriate multiple medications on older people in its planned review of NHS overprescribing. The report points out that non-drug treatments can also be tried. “Physical activity can help treat depression, lower blood pressure, reduce the amount of insulin someone with type 1 diabetes needs to manage their condition and even improve survival from breast and colon cancer.

“Also non-drug approaches like sensory therapy, massage, music and exercise may be more effective and safer than medicines for managing challenging behaviour in people with dementia,” it said.

So if you are on multiple medications, next time you are with your GP, take the opportunity to ask for a medication review to see if any of your medications can be removed or reduced.



BUCKS FAMILY HISTORY SOCIETY

Southern Group (registered charity 290335)

Amersham's Metroland

A Talk by Emily Toettcher

Amersham is the last and latest of the Metro-land housing developments. Emily will share the story of the railway coming to Amersham, the development of the new town and the archetypal Metro-land housing that emerged in the 1930s.

Tuesday September 10th

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)



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



The grandson on a mission to take his 89-year-old grandma to all 61 national parks in America

The U.S. has 61 National Parks but many Americans haven't been to a single one. Until 2015, Joy Ryan was one of those people. Her adult grandson, Brad Ryan, told her about a hiking trip he once took on the Appalachian Trail, and Joy said that in her 85 years, she had never seen a mountain—except on TV—or an ocean. When her husband was still alive, the couple would drive to a lake in Florida, but avoided the coast.

“She told me at that time that she really, really regretted that she didn't get to do more of that type of thing and have more experiences in life,” Ryan said. Joy, now 89 years old, lives in Duncan, Ohio, a “two-traffic-light town.” She spent most of her life working a minimum wage job and raising three sons, two of whom died young. She's a leukemia survivor, and in recent years has battled pneumonia.

In 2015, when Ryan was attending veterinary school, one of his classmates died by suicide. To cope with the tragedy and because life is



short, he invited Joy on a three-day camping trip to the Great Smoky Mountains, where she finally got the chance to see some mountains in real life. The adventure went well enough that in 2017 it

inspired the unlikely pair to start a Go-FundMe campaign so they could hit up all 61 parks. The duo have visited 29 parks, 38 states—Alaska and Hawaii are next—and driven 25,000 miles in the past three and a half years.

This time with his grandma has inspired Ryan, and he's liked looking at the world through her eyes. “It helped me to slow down—the way she would notice the little things like the colour of the mushrooms on the ground,” he said. “I was focused on goals, like climbing the mountain, but often it's not all about the epic views; it's about enjoying those little moments, too.”

You can follow their adventure on Instagram www.instagram.com/grandmajoyroadtrip/

Events at Gracewell



Gracewell of High Wycombe have the following events in September and are all open to the community:

Friday 20th September 2.30pm Singer Jean Claude entertains

Saturday 21st September 10am –4pm World Alzheimer's day On the day:

11 am - Award winning Chef Simon Lewis will demonstrate his signature multi-sensory dish followed by a chance to enjoy a complimentary memory enriched lunch (limited spaces so must booked in advance)

2 pm - Jackie Pool, internationally renowned Occupational Therapist & Author, will be doing a talk – From Dementia to Rementia showing us how nutrition, emotional health and cognitive therapy can help those with dementia to live well.

Thursday 26th September 6.15pm Chris the Piano Man join us for a drink and music

And don't forget the **Café 'Forever Friday'**, every Friday 2-4pm – Bring, Buy or just socialise, there will be items to buy such as puzzles and books, you can bring any items you would like to donate, all proceeds will go to Alzheimer's Society, Complimentary tea/coffee and cake. All are welcome.

Gracewell of High Wycombe, The Row, Lane End, High Wycombe, HP14 3JS



Scams and Frauds

Never hand over your Blue Badge

Chesham group, COPAG, were warned by the town council about a very recent scam which happened in their area and want to make sure that others are aware and convey this important message.

If you have a blue badge DO NOT GIVE UP YOUR BADGE TO ANYONE.

The town council had a phone call from the daughter of a lady who holds a disabled blue badge, and wanted to know when her mother could pick up her disabled badge. The town council advised her that they don't deal with the blue badge scheme. The daughter went on to say that her mother gave her blue badge to a man who said it had to be checked, and he would leave it at the Town Hall for her pick up later.

The Blue Badge scheme is run by Bucks County Council and you should never give up your Blue Badge to anyone especially someone who approaches you in the street even if they claim to be from 'the council'.

Changes have just been introduced to the eligibility of the Blue Badge scheme to include those with non-visible disabilities whose mobility is affected and there is a review happening in the county about enforcement of the use of Blue Badges. However, there is no reason that anyone should ask you to handover your badge to be checked.

Crime Survey for England & Wales

The latest survey interviewed 34,000 people about their experience of crime. It found that almost 1 in 12 or respondents aged 65+ reported being a victim of fraud last year. That's over 800,000 older people!

Age UK's top five steps to reduce the risk of being scammed:

STOP – Never make any decisions on the spot

CHECK – Always check their credentials

ASK – Always ask someone you trust for a second opinion

MINE – Do not give away personal information

SHARE – Share your experience with others to lower their risk of being scammed

Email Fraud

No matter how careful you are, it is so easy to get caught out as I found out last month.

I'm currently helping my daughter renovate a property in London and as a consequence dealing with a number of trades. One, unbeknown to him, had had his email hacked. Our work is due to start in September but I suddenly get an email mid August advising me that scaffolding was going up the following day and I needed to transfer more money (and by the way the bank details had changed).

Everything looked legitimate, the email was definitely from his account, the language used, perfect. Did I pick up on the phrase 'bank details had changed' I'm ashamed to say, no! What irked me was that he had apparently given me no notice that they had changed the schedule and I was going to have to change my plans to give them access to the house. So I called him to explain this wasn't on and the poor man hadn't a clue. Only then, did we both realise that his account had been hacked at which point he dropped everything and spend the rest of the day with a computer guy to sort the problem.

So my big tip to you all is that even if you are used to getting emails from someone who is doing work for you, be on the look out that they may have been hacked. If you are due to make a payment to them, especially if it is a first payment. Call them (on their office number or regular mobile number) and get them to confirm the bank details to you. Once you have made the payment, call to confirm that they have received it safely.

As you can imagine, with all the other trades, I have adopted a super cautious approach and they have all been very understanding.

Be vigilant!



In The News

More Older People Are Living Alone

The number of people living alone has hit a record high of above eight million and nearly half of them are over-65s. Some 3.9 million pensioners are living by themselves – up 500,000 from 2008, according to Office for National Statistics (ONS) in data published in August.

The total number of one-person households had gone up sharply from the 7.7 million in 2017.

'Silver splitters' are fuelling record numbers of older people living alone, government data shows and people aged 45 to 64, and 65 to 74 have experienced the largest increases in living alone in recent years.

Family lawyers put this down to the rising number of couples deciding to divorce in older age, a phenomenon known as the 'silver splitters'. Whilst divorce rates are generally dropping, among those aged over 55, the number of people divorcing has more than doubled.

More than half of people aged 65 and over now shop online

The ONS report also found that four in five Britons said they shopped online, up from three-quarters last year. This year also marks a generational milestone, with more than half of people aged 65+ (54%) saying they shop online. The most popular purchases were clothes, sports goods, household goods and event tickets.

But the rise in online shopping highlights the pressure that continues to mount on Britain's high streets with more than 10% of stores now vacant.

93% of households in the UK now had internet access, up from 70% a decade ago. However, not everyone is convinced. Among those without internet access, 61% said they felt they did not need it and a third cited privacy or security concerns for not going online, a dramatic increase on the 7% who raised the issue when the question was last asked.

The report also found the traditional phone call was facing a challenge, with those using apps such as FaceTime, WhatsApp and Skype to make a voice or video call more than trebling over the last decade.



TV Licence Campaign 'Switched Off'

Having handed in the petition signed by over 634,000 people, Age UK have not stopped campaigning .

With Boris as the new Prime Minister, they quickly turned their attention to him and when asked about TV licences, Prime Minister Boris Johnson quipped that the BBC "should 'cough up'". By this he means the BBC should pay for free TV licences for the over 75s, rather than his government.

Whatever you think about who should pay, this needs a proper discussion. I think Johnson should sit down with the BBC and agree a way forward.

So Age UK are encouraging people to let Boris know what they think and here are his contact details: House of Commons, London, SW1A 0AA, Tel 020 7219 4682
boris.johnson.mp@parliament.uk or
 Twitter: [@borisjohnson](https://twitter.com/borisjohnson)

Clubbing for the Elderly

It turns out that clubbing is not just for the young! Dozens of older people in South Korea are raving about the health benefits of their new day-time disco club.

The dance parties in Seoul are the first events of their kind to be funded by the government in order to combat senior loneliness, isolation, and dementia. South Korea has the fastest aging population of any developed nation in the world.

This is not the first time that night-clubs have been used to combat senior loneliness—and based on the testimonials from the elderly attendees, it's not hard to see why. One South Korean gentleman told BBC "I have a bad back and legs but when the music comes on, my body is immersed in it and all my pain disappears. I'm full of energy for two or three days after this."



Health News

What is a Primary Care Network?

Today, many more of us use NHS services and most of us, if we are lucky, are living longer. However, many people have long-term conditions and need to access local health services.

There is a current initiative by those who deliver health and social care to look for better ways to provide those services and as a consequence, GP practices in some areas have begun working together and with other health and social care services in groups called Primary Care Networks (PCNs).

PCNs build on the services provided by GPs and should bring about a more personal and effective way of providing joined-up health and social care and PCNs will cover everyone in the county.

The new county-wide partnership which brings together all the main health and social care services is called the Integrated Care System (ICS) and the Clinical Lead is Dr Graham Jackson.

These networks are a way for several GP practices to work more closely together over areas of between 30,000 and 50,000 people. By working together, GP practices can have bigger teams including nurses, pharmacists and mental health professionals. By sharing resources, doctors in each network can give their patients better access to specialist health and social care as well as longer opening hours.

Urgent Treatment Centre (UTC)

The Urgent Treatment Centre at Wycombe Hospital is open 24 hours a day, seven days a week. It is GP led and staffed by doctors and nurses. You can go there if you need urgent but not life threatening, medical attention

The range of minor injuries and minor illnesses includes broken limbs, burns, bites, head injuries, eye problems, abdominal pain, vomiting, cuts etc. X rays are available at the centre 8am to 10pm.

Waiting times vary and often you will be seen quicker than if you had gone to the main A&E at Stoke Mandeville.

Patient Support Service

For several years now, the surgeries that now form the North Bucks Primary Care Network (PCN) have been running a Patient Support Service. This is a team of trained individuals who visit patients to assist them to stay independent and wherever possible stay in their own homes. The team can also direct patients to national or local groups in their area.

Many of these groups focus on specific health issues, like support groups. Other groups can also run activities and help with loneliness, including walking groups, coffee mornings, social groups or even gardening sessions. In directing people to these groups, the team was effectively already running a social prescribing service in addition to the other signposting activities.

The people that worked on this, then called the 'Over 75 Team', began by getting in touch with people across the North Locality who were over 75, and had not been to see a GP in over 2 years. They found that many of these people were generally well, but could be socially isolated. To counter this the team developed a Telephone Support Service with a team of over 30 local trained volunteers. The service checks in on some of these people on a regular basis to make sure they are well and have a quick chat. Volunteers can report back if they think they need additional support. Overall this service has been proven to work well and the list of social and wellbeing activities grew larger every month. It now stands at 400+ organisations and groups.

The 6 people working on the Patient Support Service will now become Social Prescribers and with the new PCN contracts, Social Prescribers will be a mainstay of GP practices. They will work to do exactly what the Patient Support Service has been doing for many years; helping people find alternative sources of support, not just GPs and hospitals.

Typical PCNs will only have 2-3 Social Prescribers for each Network. But the North Bucks PCN is a great example of where these services could go, and how many people and organisations they could reach.



Health News

FIND OUT MORE ABOUT
YOUR LOCAL NHS



Buckinghamshire Healthcare Trust AGM and Open day

21st September
Open Day 11am—3pm
AGM 11:45—12:30

There will be tours where you will go behind
the scenes at the hospital.
You can also enjoy live entertainment

Free parking
For more information contact Dee at
dee.irvin@nhs.net or 01494 734 853

First Contact Practitioner - advanced physiotherapy into GP practices

As part of the NHS long term plan a new role is being introduced into general practice: The First Contact Practitioner (FCP) is an Advanced Physiotherapy Practitioner based in General Practice, who provides a first point of contact service for patients as an alternative to a GP appointment.

FCPs let patients presenting with a musculoskeletal (MSK) problem access a clinician who has the advanced skills necessary to assess, diagnose, offer self-management advice, inject, and if necessary, refer for investigations or further treatment.

The new role offers huge benefits to both GPs and patients by freeing up GP appointment slots and giving patients access to specialist MSK expertise without the hassle of being referred and ultimately this will lead to improved outcomes for the patient.

Buckinghamshire is participating in the national FCP programme though a pilot of the service currently running in Norden House and Stokenchurch practices.

Buckinghamshire Healthcare Trust needs you!

Chief Nurse, Carolyn Morrice is leaving the Trust at the end of October to start a new challenge. Many people will have met Carolyn over the years and some have worked with her on various projects. She will be sadly missed at BHT both by staff and patients. She will leave a big hole and this is where you can help.

As a Trust, we want to ensure that we recruit the right individual into the Chief Nurses role. Someone who professionally and clinically has the experience and professional accolades that are needed but also someone who is accessible to patients and has the ability to listen to our patients and learn from them.

We would like to personally invite you to be part of the recruitment process for the new Chief Nurses role. This is an executive role and we need your input into ensuring we get this right for our Trust.

We are holding one part of the Chief Nurse recruitment on:

Date: Thursday 26th September

Time : 08.30 – 12.30

Venue: Stoke Mandeville Hospital /Post Graduate Centre

During this time, we would like the potential candidates to hold a patient workshop (content of which you will be advised nearer the date). This will be an interactive session which will need your participation. This will be part of their interview process and therefore you will be asked your opinion on each candidate.

Can you be available for this date between 8.30am and 12.30pm? If you are available, can you please contact Vicky Adams vicky.adams2@nhs.net so she can send you further details.

If you are available, Vicky will also need your car registration number to ensure free parking for the duration of this session.



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

Sept 18th Simon Kearey Head of Locality Delivery - NHS Buckinghamshire CCG

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

Bucks Health Trust Board Meetings

Wed 25 Sept & Wed 27 Nov 9am
Hampden Lecture Theatre, Wycombe Hospital

Wed 27 Nov 9am Hampden Lecture Theatre, Wycombe Hospital

Buckinghamshire CCG Board Meetings

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

Future Dates **14 Nov 2019, 12 March 2020**

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

Tuesday 10th September, 10.30am—12 Free Scams & Fraud Workshop for residents. Aylesbury Library, Walton Street, Aylesbury. If you'd like to attend call 01296 382345

17th September Memory Information Session Poplar Grove Practice, Meadow Way, Aylesbury, HP20 1XB 1.30 – 3.30pm. Free session for anyone concerned about their memory. To find out more or book a place contact Angela on 01296 331749 or Angela.walsh@alzheimers.org.uk

18th September Silver Sunday Grants Closing Date For more information on visit:

www.chiltern.gov.uk/SilverSunday or www.southbucks.gov.uk/SilverSunday

Sunday 22nd September Halton House Open Day, 10am—4pm. Free Admission

Monday 23 September Big Conversation Café at Thame Community Hospital 1:30-3pm Drop in **23rd September 1.30—3pm Hughenden & the RAF Free Talk & Tour including the tunnels.** For bookings and further details please contact Simon on simon.kearey@hughendenpc.org.uk or 07956 183262

Tuesday 24 September Big Conversation Café at Marlow Community Hospital 1:30-3pm Drop in **27th September 1.30—3pm. Hughenden & the RAF Free Talk & Tour including the tunnels.** Details as per the 23rd September

27th September Aylesbury Vale Voluntary & Community Sector Grant Fund closing date. For more information go to www.aylesburyvaledc.gov.uk/grants-voluntary-and-community-sector

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 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

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