

## Denham & Gerrards Cross Local Area Forum Briefing Note: Prevention Matters

**Date:** 4<sup>th</sup> October 2017

**From:** Jacqueline Austin-Lavery, Community Links Officer, Southern Bucks Locality

### Current Projects:

- **Denham** – As the area is made up of several distinct areas it is not easy to find venues for activities for lonely and isolated adults to meet and socialise. There are already some social groups and lunch clubs in the area but I am looking forward to working with the parish council to re-establish some of the groups that fell by the wayside when the Red Cross hall closed down.  
With this in mind I am pleased to be discussing with the council members future plans of the development and improvement of the scout hall, ensuring that the accessibility is good for all residents and the facilities suitable for a variety of activities.  
I have been also been working closely with the parish council over the last year to establish a Good Neighbour scheme which will be focussing on Befriending in the Denham Green area, an area identified as an area including many isolated and vulnerable older residents. Several volunteers have put their names forward and after a many hiccups the group is looking to create the required committee to enable them to start the scheme within the next month or so.
- **Gerrards Cross** - Gerrards Cross is well served by its town council providing both exercise groups, including Movers & Shakers which restarted this September after its previous co-ordinator left, and social groups.  
Gerrards Cross library have an information session organised for this month which will also promote Prevention Matters and hopefully spread the word of what services are available to all residents of the town and area.
- **Fulmer** – whilst this is a small village they try to keep fit with their pilates sessions and the Riding School for the Disabled works hard to promote activities taking youngsters out of their day to day routines.

### Key Contacts:

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- Lucy Mathews, Community Practice Worker for the Denham & Gerrards Cross LAF area - Carers Bucks  
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Denham	Lunch Club - Denham	3rd Friday 11:00-13:00
Denham	Social group for women- coffee & chat	
Denham	Simply Walks - Denham	1st Sunday 10:45-12:15
Denham	Luncheon Club - Denham 1	1st & 3rd Tuesdays
Denham	Yoga - Denham 2	Monday 14:30-15:30
Denham	Yoga - Denham 1	Friday 11:00-15:00
Denham	Bucks Vision - Denham	
Denham	Tea, Cakes & Chat - Denham	2nd Monday 14:00-16:00
Fulmer	Pilates - Fulmer	Monday 16:00-17:00
Fulmer	S.Bucks Riding for the disabled	Daily
Gerrards Cross	Friendship Lunches - Gerrards Cross 1	1st Monday & 3rd Thursday 12:45-14:30
Gerrards Cross	Chess Club - Gerrards Cross	Wednesday 19:30
Gerrards Cross	Chalfonts Friendship Club	2nd Wednesday
Gerrards Cross	Bridge Play (Senior )	
Gerrards Cross	Singalong - Gerrards Cross	Thursday 19:00-20:30
Gerrards Cross	Movers & Shakers - Gerrards Cross	Wednesday 10:30-13:00
Gerrards Cross	Carers@StJames	3rd Friday 14:00-15:30
Gerrards Cross	Simply Walks - Gerrards Cross	Tuesday 10:30
Gerrards Cross	Friday Fun Club for >18	1st Friday 14:00-16:00
Gerrards Cross		
Gerrards Cross	Bucks Vision - Gerards Cross	
Gerrards Cross	Tea & Cakes - Gerrards Cross	2nd Monday 14:00-16:00