



Community Board Aylesbury

Aylesbury Community Board- 20th July 2023

Partner Projects and Updates

Energy Doctor

Meeting attendees may already be aware of the scheme as we have recently sent a mailing to owner occupiers with Energy Performance Certificate D-G who live in the Opportunity Bucks postcode areas and local foodbanks have kindly helped us to distribute leaflets to their customers.

I'm pleased to say the scheme has been expanded to include qualifying owner occupiers as well as private tenants. We provide home visits for qualifying residents who would like to reduce their energy bills and increase the energy efficiency of their home. We can advise on ways that households can reduce energy consumption and costs and put in place suitable low-cost easy retrofit resource efficiency (LCERRE) measures.

LCERRE measures include:

- draught proofing for windows, doors, letterboxes and chimneys
- hot water cylinder insulation jackets
- reflective radiator panels
- secondary glazing film
- portable solar generators
- electricity consumption monitors
- thermometer cards
- LED lights

To qualify, Buckinghamshire residents need to be owner occupiers or private tenants who have a household income of less than £30,000 or they receive means tested benefits such as Universal Credit or Council Tax Support or a member of the household is disabled and the Energy Performance Certificate for their home is rated D-G. We will prioritise visits for qualifying residents who live in the Opportunity Bucks areas.

To request a visit, customers can contact Better Housing Better Health:

- online [Better Housing Better Health](#)
- telephone: [0800 107 0044](tel:08001070044)
- email: bhbh@nef.org.uk

Dance and Health Taster Workshops

Venue: Buckinghamshire Community Wellbeing Hub, Aylesbury

Dance for Health: Dementia

With KM Dance & Fitness

Thursday 27th July - 11am - 12.30pm

A one off dance workshop for those with Dementia and their carers. It will be a seated dance class, that uses a variety of musical genres and dance styles in movement sequences that help to improve upon co-ordination, balance, rhythm, cardiovascular, memory, strength and musicality. The movement session will be approx one hour and will be followed by tea and biscuits to socialise with one another.

Dance for Health: Older Adults & Long term health conditions

With KM Dance & Fitness

Thursday 27th July - 2pm - 3.30pm

A one off dance workshop that is for older adults who may have limited mobility, health conditions or simply would like to dance! Most of the class will be seated dance exercises to accommodate for those needs but with opportunities to move to standing also. Making it a suitable dance class for all! The classes uses a variety of musical genres and dance styles in movement sequences that help to improve upon co-ordination, balance, rhythm, cardiovascular, memory, strength and musicality. The movement session will be approx one hour and will be followed by tea and biscuits to socialise with one another.

Thu 27th to Sun 30th
JULY 2023

DANCE AND HEALTH CLASSES

A partnership with Buckinghamshire Culture Open Weekend and Buckinghamshire Community Wellbeing Hub and KM Dance & Fitness.

Dance & Health: Dementia & Carers

Date: Thursday 27th July 2023
Time: 11am - 12.30pm
Venue: Buckinghamshire Community Wellbeing Hub,
Buckinghamshire New University, 59 Walton Street,
Aylesbury HP21 7QG

Led by Dance Artist, Katie Mason, this is a one off free dance workshop for those with Dementia and their carers. It will be a seated dance class, that uses a variety of musical genres and dance styles in movement sequences that help to improve upon co-ordination, balance, rhythm, cardiovascular, memory, strength and musicality. The movement session will be approx one hour and will be followed by tea and biscuits to socialise with one another.

To enquire and/or book please contact Katie Mason via
email: katiemason91@btinternet.com
www.kmdance.co.uk

Get involved on social media...
#BucksOpenWeekend

[buckinghamshireculture.org](https://www.buckinghamshireculture.org)

BUCKINGHAMSHIRE
COMMUNITY WELLBEING HUB

OPEN
WEEKEND