



# Wandsworth Older People's Forum

## NEWSLETTER SPRING 2025



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### The 7/7 commitment

Since our last issue, Wandsworth Council has moved its telephone response times into the fast lane. No more waiting to get through, the council's "7 rings, 7 days guarantee" means calls to the 020 8871 6000 switchboard number will be answered within 7 rings. Then if a resident reports graffiti, for example, a broken street sign, or a dangerous pothole, it will be fixed within 7 days. In addition, every household is now being offered two FREE bulky waste collections a year – saving each household £47. Go to the council website and type in "Book a household bulky item collection" in the search box. Mega Skip Days are also expanding and to find out where and when the next one is, type in "Mega Skip Days" in the website's search box.

## Wandsworth Council: 'We're working for older people'

Older people in Wandsworth are at the heart of the community, and the council is taking significant steps to ensure they receive the support and recognition they deserve.

In a recent report, Wandsworth was found to be a London leader in adult social care, particularly excelling in ensuring positive experiences for people that use our services. This achievement reflects the council's dedication to providing high-quality care and support, ensuring older residents feel heard and valued, and have a say in how they receive care. Overall, the report shows improvements in the services they deliver, with a focus on increasing independence and satisfaction among users and carers.

Mobility and safety are also key priorities. The council has doubled its investment in roads and pavements, spending £10m this year to make streets safer and more accessible to older people who often perceive uneven pavements as a significant hazard. This investment not only improves physical safety but also encourages older people to

stay active and independent, reducing the risk of isolation.

One of the most pressing challenges for many older residents is coping with the rising cost of living, and the council has responded by establishing a £15m Cost of Living Fund, the most generous in London. Pensioners in receipt of Council Tax Reduction but not Pension Credit qualify for the council's Winter Support



From this . . . . . to this. The council has doubled investment in roads and pavements

Payment. These amount to £300 for those aged 80 and above and £200 for those under 80.

*Contd overleaf*



## Overcoming vaccine hesitancy

Patricia Glammateo (*back to camera*) is a paediatric nurse on the SW London Vaccination Team and came to chat over lunch about people's fears of getting vaccinated. The event was arranged by WOPF at the Anchor Centre.

# Wandsworth's year of being London Borough of Culture

The first event in the Wandsworth "Culture" calendar is on 26 April and involves "the biggest dance spectacle the borough has ever seen". But there are also lots of others that might appeal to some of us oldies who like our entertainment to be a bit more sedate. From from 13 June - 13 July, the **Winstanley Past, Present and Future Festival** will be showcasing the history and community of Battersea's Winstanley and York Road estates.

Running concurrently, the **Wandsworth Heritage Festival** is celebrating the borough's history through talks, walks, exhibitions and performances. The theme for the heritage festival is "Wandsworth and the Arts". Included will be: **Cemetery walks:** Encounters with the dead; **Flora and fauna:** Discovering folklore in the borough's natural world; **Heritage Talks:** Learning about the borough's history; and **Archive tours:** Exploring the borough's archives.

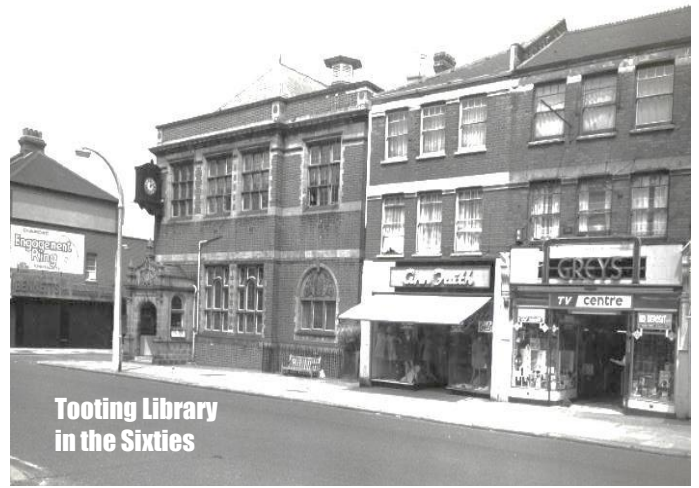


Photo: Wandsworth Libraries & Heritage Service

Then from 4 October - 12 October, **Wandsworth Artists' Open House** will see more than 100 painters, photographers, illustrators, ceramicists, sculptors, jewellery designers and an assortment of other creative people across the borough will open their homes and studios to showcase their work.

To find out about other events that might appeal, go to: [www.welcometowandsworth.com](http://www.welcometowandsworth.com)

## New branding for Wandsworth

With all the publicity surrounding the 12-month Borough of Culture events, the council decided it was an ideal moment to launch new branding for Wandsworth: a stylised W subtly echoing the shape of the borough and set against a variety of colours. The council said "it was identified as a key moment to review and refresh the council's brand in a way that...reinforce[s] the positivity and modernity of the London Borough of Culture identity." Reactions on social media have been described as "mixed", but two caught my eye: "It's great, simple, big W. Love it!" and "It looks f\*\*\*\*\*g banging, frankly". I couldn't agree more.

Vicky Hutchings



### At the launch ...

WOPF Chair Syeda Islam and Hon Sec Dawn Killeen chat to Fleur Anderson MP for Putney at 2025's London Borough of Culture launch event on 25 February at Battersea Arts Centre in Wandsworth.

Contd from p1

The council has provided Warm Home Packs to improve home insulation, helping residents stay comfortable and reduce energy costs during the colder months. Additionally, warm Community Spaces have been opened in libraries, churches, and community centres, ensuring older people have welcoming places to gather, stay warm, and connect with others.

The warm Community Spaces offer more than just heat; they provide opportunities for social interaction, helping to combat loneliness and build a sense of belonging. Whether



**Warm Community Spaces in the libraries ensured older people had welcoming places to stay warm and have a nice cup of tea!**

Photo: Mickey Lee

it's a chat over a cup of tea at the library or participating in com-

munity events, these spaces create an inclusive environment where older residents can forge meaningful connections.

Wandsworth Council is responding to the needs of older people as part of our Listening Council promise — modern, open, and working for you. By addressing financial pressures, enhancing infrastructure and fostering social inclusion, the borough is making great strides towards ensuring older residents not only feel supported but thrive in their community.

Simon Hogg, Leader of the Council

# The tyranny of STUFF

My friend Anne and I went to Clapham Picture House the other day, which I do quite often. It's very civilised. A quick trip on the 37 bus and you can bring your refreshing red wine into the auditorium in a GLASS and not some dreadful plastic cup, as they've worked out you're not a toddler who can't be trusted. However, us women, oh dear me, you're just hung about with STUFF, aren't you? You've got your Larger Bag with two pairs of specs (one for watching the screen, one for reading the Coming Next pamphlet); your tissues (plenty); cough sweets (nothing worse than being that person who gets a tickly cough during proceedings – I often feel like a cat with a fur-ball); and anything else you've stuffed in there.

Then you've got your Little Bag. This holds your Freedom Pass (when it isn't still on the kitchen table); your keys; your Picture House card; your purse and your mobile. Remember to have a good scrabble about to find the mobile and turn it off before the programme starts. It's in your Little Bag.



You know it's in there. It's always in there. But the Little Bag has changed into the TARDIS and you can't find it and maybe it is in the Larger... oh no, here it is. Phew! So now you can settle yourself.

Then because it's still a bit nippy out, you've got your coat, hat, scarf and gloves. And the glass of red wine. So Anne helps by holding the glass while you squash the coat down so you can sit on/in it, and put your scarf down one of its sleeves and the gloves in one of the pockets and the hat... where's the hat? Anne, did I have my HAT when I came out?...Yes. Yes, of course I'm sitting on it. And I'll take the glass, thank you. Then you do the same for Anne. I call it the Tyranny of Stuff. Dear Male Readers, when I go with my friend Robert there's nothing like the fuss.

And now, as some of you know, I've retired from the Forum and I'll miss lots of it but mainly I'll miss you – particularly those of you who I got to know over the years. You've been very important to me. And look at it this way – more time for trips to the Picture House!

*Su Elliott  
Former Membership Secretary*



The speaker at the January Forum meeting was **Dr Hannah Pearson**, Lead Primary and Community Care Delivery Manager in Merton & Wandsworth. She began by reminding us of the changes that came into effect under the 2022 Health and Care Act, ie, the 42 Integrated Care Systems (ICSs) set up across England, partnerships of organisations in the same geographical area that plan and deliver health and care services for people who live and work there. A key component of each ICS is the Integrated Care Board (ICB), the body responsible for planning and funding NHS services in the area. The SW London ICB works with partners across six boroughs: Croydon, Kingston, Merton, Richmond, Sutton and Wandsworth.

She spoke about the “significant challenges for SW London” integrating health and social care, which will be “a priority for a number of years”. At the same time, the ICB must manage the cost-savings programme set out by NHS England. She then looked at the 10-point Winter Plan for SW London to get patients through the winter. First on the plan was the Pharmacy First scheme allowing community pharmacists to prescribe for a limited range of illnesses without a doctor's prescription. In addition, making places for people to get vaccinated more available and increasing community services for people who don't present in A&E.

Dr Pearson then moved on to Ageing Well priorities in Wandsworth outlined in NHS South West London's Joint Forward Plan 2023-2028. These involved integrating services, supporting hospital discharge, falls prevention, improving dementia support, unpaid carers support and supporting “best standards”

in care homes. In the “19 steps to health and wellbeing” listed in Wandsworth's Joint Health and Wellbeing Strategy, three relate to “ageing well”: Falls, Social isolation and Dementia. Dr Pearson lastly outlined Wandsworth's strategy to deal with “frailty” in the older population, which involves a new “holistic” person-centred approach, keeping friends and family at the centre of operations to help people live as independently as possible. A team from the SW London Vaccination Service then offered flu and Covid jabs as part of its “roving” provision.

The first speaker at the February meeting was Cllr **Aydin Dikerdem**, Cabinet Member for Housing on Wandsworth Council. He started by reminding us that he had been born and brought up in Wandsworth, having gone to Elliott School in Putney Heath. His main aim today was to update us on what progress the borough was making in its plans to build 1,000 more council houses (“the biggest tool in our arsenal”) using

the little bits of land the council has left. (Go to [www.wandsworth.gov.uk](http://www.wandsworth.gov.uk) then tap in “Where we are building homes” in the search box). He pointed out that currently around £100m a month is being handed over by the council to private landlords for people placed in temporary accommodation, money that used to come back to the council. In addition, the council has made it mandatory for new housing developments in the borough to include a minimum of 50% affordable homes on-site. He also spoke on plans to introduce landlord licensing to clamp down on rogue landlords and the repairs backlog created by Covid.

The second speaker was **Tony Roberts**, the council’s head of Supported Housing Services. Tony explained that sheltered housing was available for older residents aged 55 years or over. These properties are available for rent from Wandsworth Council and are designed to help maintain independence in friendly, supportive and secure communities in sheltered housing schemes. The council has 26 such schemes in the borough. Committee member Valerie Hambelton (via Zoom) spoke about her experience of living in sheltered housing and how it provided a community around you, activities, staff available when needed and the ability to entertain your own family and friends in your own space. Tony, in answering questions, said there were vacancies and anyone interested should send in an application (go to [www.wandsworth.gov.uk](http://www.wandsworth.gov.uk)/ then tap in “Apply for sheltered housing” in the search box).

**Paul Banks** (Adult Social Services and Public Health, Richmond & Wandsworth Councils), **Jeremy DeSouza** (Adult Social Care and Public Health, Richmond & Wandsworth Councils) and Age UK Wandsworth’s **Natalie de Silva** were also in the audience and answered questions during coffee.

The first speaker at the March

meeting was CREW Energy director **Toby Costin** who joined the organisation in 2016. CREW, originally a Wandsworth-based community energy cooperative, now partners with Habitats & Heritage across the London boroughs of Richmond, Kingston, Merton and Wandsworth to form the South West London Energy Advice Partnership (SWLEAP). CREW runs pop-up events and will come into your house to offer free advice on energy-efficiency measures you can take to help with bills – from bleeding radiators to draughtproofing to turning down the thermostat. It will look for discounts and grants you can apply for. There is also a phone advice line on 0800 086 2706. CREW has distributed 6,000 Warm Home Packs over the past two years. They also offer a paid-for service if you want to decarbonise your home. Asked what he would recommend as his top tips to save money, he said LED lights if you don’t have them, draught-proofing round windows/doors and putting bags up the chimney if not using the fire and a brush over your letter box.

The second speaker was **Kate Legge** from the London Fire Brigade who told us how to stay safe in our homes. First, always make sure your escape route is kept clear in case of fire, particularly in the case of stairwells. Second, there should be smoke alarms, whether mains- or battery-operated, with one per floor as a minimum. Kitchens and bathrooms should be fitted with heat alarms. If you smoke, Kate said to NOT smoke in bed or anywhere near an air-filled mattress, and always smoke outside.

The LFB offers free home fire safety visits where older people and those with disabilities or young children are prioritised. Call freephone 0800 028 4428. Or go to [www.london-fire.gov.uk](http://www.london-fire.gov.uk) and type in “Home fire safety checker” in the search box. **Clare Morrisroe**, an energy advisor on the CREW Energy Help Desk, was available at the back of the hall to advise on energy queries. *Vicky Hutchings*

# Fit, Active,

**Active Lifestyles** To book low-cost sessions for the over-50s, contact Enable Leisure & Culture (which manages leisure & sports for Wandsworth Council) on 020 3959 0033/07928 668 215 or email [activelifestyles@enablelc.org](mailto:activelifestyles@enablelc.org) to find out about activities, times and prices. Everything from tai chi to keep fit for life to yoga, walking football and keep on moving.

**Age UK Wandsworth** offers a range of activities at the Gwynneth Morgan Day Centre, including coffee mornings for older people, gentle chair yoga, and LGBTQ+ coffee mornings. We’re a friendly bunch and always looking to welcome new faces. For more info on times, dates and class prices, or to book your place in advance, call the Reception on 020 8877 8947 or email [info@ageukwandsworth.org.uk](mailto:info@ageukwandsworth.org.uk) Address 52 East Hill, SW18 2HJ.

**Autumn Rose Over-60s Club** offers lunch/social day on Tuesdays 10.45-3pm. Call Joan or Esmie on 020 8673 9724 (Tuesday) or email [autumnrose@balhamsda.org.uk](mailto:autumnrose@balhamsda.org.uk)



**Balham Library  
Dementia Friendly  
Café**

A friendly meeting place for people  
with memory problems and their  
Friends and Family

Chat and share experiences and  
information in a safe, friendly and  
supportive environment.

**Thurs 11-1pm, 16 Ramsden Rd,  
SW12 8QY. Tel: 020 8673 1129**

**Battersea Society** We organise/ host a wide range of events – talks (both live and online), walks and visits to historic buildings, plus public meetings on topics of local interest, social gatherings & film nights: [www.batterseasociety.org.uk/contact-us](http://www.batterseasociety.org.uk/contact-us)

**Café Connections.** Come and join a bunch of interested and interesting retired folk on Zoom on the second and fourth Thursdays of the month, 10-11am. Contact One Stop Organisers on tel 0333 014 7075 or email [info@onestoporganisers.co.uk](mailto:info@onestoporganisers.co.uk) to book a place. First two sessions free.

# Involved and Interested



Join your Singing  
for the Brain group

At Putney Library SW15 2DR



Our group meets on Wednesdays at 3pm.  
Contact Frances Craig on 020 8780 3085



## All Saints Church, Tooting SW17 8DQ

Fun, friendly singing group for cardiac & respiratory patients, meets fortnightly on Tuesdays from 2-3.15pm. Dates 11 & 25 April, 9 & 23 May, 6 & 20 June, 4 July. Contact details can be found on Facebook

**Furzedown Project** is open every weekday for a range of activities from yoga to bingo to photography to bridge to singing and includes coffee mornings for the LGBTQ 50+ community. For people aged over 50. 91-93 Moyser Road, SW16 6SJ. Call 020 8677 4283 for more information.

**Hestia Activity Centre** for older adults from 10-4 every weekday except Thursday. A range of social activities at 966 Garratt Lane, SW17 0ND inc salsa lessons, art classes, tai chi and IT at low cost. For information and to book, call 020 8767 8426. Hestia is also now running an Age Well programme of activities for the over-55s in Roehampton, inc seated yoga, monthly walks and more. All welcome. For info, email Rita Wing Hung on [kawing.hung@hestia.org](mailto:kawing.hung@hestia.org)

**Iris Dementia Cafe** St Luke's Church, 194 Ramsden Road, SW12 8RQ. Third Saturday of the month, from 2-4.30pm. For carers and the person they care for to socialise with others affected by dementia and take part in activities over refreshments.

**Katherine Low Settlement** offers a meeting place, support, exercise and lots of activities as part of its Age Well and Core programme (including Table Tennis Club, Lunch Clubs, Craft Sessions and more) for people 60+ in Battersea. Tel 020 7223 2845 for more info about what's on offer or email [elders@klsettlement.org.uk](mailto:elders@klsettlement.org.uk)

**Lavender Bridge Club** meets at York Gardens Library Hall for tea/coffee, cakes and bridge every Wed and Fri. Call Andrew on 07940 354203 or email: [andrewstimson@yahoo.com](mailto:andrewstimson@yahoo.com)

**Monday Club** 2-3.30 on Mondays at St Barnabas Church, SW18 5EP. Opportunity for over-50s to share refreshments and entertainment. Nominal charge. Call Margaret on 020 8870 5364.

**Open House in Southfields** A weekly social group for older people. Refreshments, activities, trips. Every Monday, 10.30-12pm in Ackroydon Hall, Montfort Place, SW19 6QL. For more info, call 020 8877 3003.

**Places Leisure** runs activities for older adults across the borough that include line-dancing, falls prevention classes, Forever Active wellness classes, and more. Go to the Balham Leisure Centre website and click on "Our activities for older adults" which lists the activities at every centre.

**Regenerate-RISE** open-access day centre in Putney provides lunches, activities including exercise classes, health and wellbeing topics, bingo and entertainment, plus an outreach programme. Tel 020 8780 9330 for more information.

**Roehampton Community Shed** is run by Age UK. Weekly group where men (or women) can meet and work on practical projects and enjoy tea and a chat. Wednesdays 11-3. The Shed has two venues in Minstead Gardens and Portwood Place, SW15 4EB. Tel: 020 8877 8940.

**60+ Cafe** A warm and friendly cafe for the over-60s held in Minstead Methodist Church, SW15 4EB. Activities and food. Thurs, 11-4. Tel 020 8487 8285 or email [admin@roehamptonmethodist.org.uk](mailto:admin@roehamptonmethodist.org.uk)

**Sparkle** To register, contact [emma@stmikes-ststeves.org.uk](mailto:emma@stmikes-ststeves.org.uk) or call 0208 8877 3003 or visit [sparkletogether.org](http://sparkletogether.org) to find out more about our intergenerational community centres.

**Sparkle Earlsfield:** Weds 10.30-14.00, St John the Divine Church, Garratt Lane, SW18 4EH.

**Sparkle East Putney:** Tues & Thurs 10.30-14.00, St Stephen's Church Hall, Manfred Road, SW15 2RS.

**Sparkle Battersea:** Weds 10.30-14.00 St Michael's Wandsworth Common, Cobham Close, SW11 6SP

**Sunflower Dementia Cafe** Mount Court, 16 Weimar St, SW15 1SJ. First Saturday of the month, 2.30-3.30pm. Carers with/without the person they support can meet to find support and make friends over refreshments.

**Tooting Graveney Day Centre** Activities, exercise classes and lunch for older people, from 11-3pm, Mon & Thurs at 14-16 Lynwood Rd, SW17 8SA. Tel 020 3602 8251 for prices.

**Walk Wandsworth.** For free walks around the borough's green spaces, contact [activelifestyles@enablelc.org](mailto:activelifestyles@enablelc.org) for more information.

**Wandsworth U3A** (University of the Third Age) was founded in 2002 and currently has over 400 members. We are a welcoming group and hold a monthly meeting, normally with a guest speaker, on the third Monday of the month in Burrigge Gardens Community Centre, SW11 1AY. Meetings are 2-4pm, cost £1. We currently have over 50 interest groups. To find out more, go to [wandsworth.u3asite.uk/?s=groups](http://wandsworth.u3asite.uk/?s=groups)

**Wandsworth Asian Women's Association** offers a lunch club Tuesday and Wednesday for older women who want to meet up socially or seek advice. Talks given. Exercise & English classes. Call 020 8875 9465 for further info on classes.

**WOFA (Wandsworth Over Fifties Activities)** Tel 07058 440808 for a membership pack. For £10 a year, you get four programmes of up to 30 outings per pack, from walks (free) to visits to museums and art galleries to meals out to minibus trips.

# Having someone about the house

Based in Putney, Share and Care Homeshare is a Community Interest Company that carefully matches people looking for an affordable place to live, with older people who need extra support to remain living independently in their own home. Costing just £165 per month, the “Sharer” offers 10-15 hours of support each week in a mix of practical help and company, plus the reassurance of having someone living in the home.

Homeshare can be a lifeline across generations, and helps people with a wide range of support needs including dementia, anxiety, loneliness, reduced mobility, poor eyesight and Parkinson’s.

People are carefully paired, with common interests taken into account. Sharers don’t need specific experience; but they do



A Share and Care householder with her Sharer



Caroline started Share and Care Homeshare in 2006 when, researching the market for help for her elderly parents, she was unable to find anything suitable

need the right manner, empathy, reliability and patience. Safeguarding is paramount, with all Sharers fully vetted and ongoing support from Share and Care Homeshare provided for the duration of each arrangement.

A Sharer gives light help such as shopping, preparing a few evening meals, taking out the bins, prompts and reminders, and ad hoc outings and errands. Sharers do not give any personal care but Homeshare sits well alongside other support services.

Founding director Caroline Cooke says: “Having a Sharer can offer a greater capacity for independent living, reducing the risk of falls, improving wellbeing by decreasing social isolation and loneliness, and increasing engagement in life. Important, too, is peace of mind for families who live too far away to provide day to day support. Sharing truly is caring, and can help people not just to survive but to thrive.”

Call 020 3865 3398 or email [info@shareandcare.co.uk](mailto:info@shareandcare.co.uk)



## Companionship & Dementia care in your own *home*

Personalised, quality, reliable care provided by our experienced Care Professionals who help clients to continue living independently in their own homes.

Contact us on 020 8022 5238  
Email [enquiries@hiscwandsworth.co.uk](mailto:enquiries@hiscwandsworth.co.uk)  
[homeinstead.co.uk/wandsworth-lambeth](http://homeinstead.co.uk/wandsworth-lambeth)

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- ♥ Dementia Care
- ♥ Companionship
- Personal Care
- ◆ Home Help
- ◆ Live-in Care
- Overnight Care
- ◆ Respite Care

# Chronic pain

## First, what is pain?

We feel pain because our bodies have a system of nerve endings (*nociceptors*) that detect and transmit signals that there is tissue damage to the brain. It then interprets these signals as pain – a sign to take action to make it stop and/or seek medical help. *Nociceptive pain* lasts for a finite time and responds to NSAIDs.

## What is chronic pain?

Chronic pain is pain that persists beyond the usual recovery period following surgery, trauma or other conditions, lasting for over six months. It can impact all areas of life and lead to depression, stress and anxiety. Conversely, conditions like these can in turn can have a powerful effect on our perception of pain, as can poor sleep, smoking, alcohol consumption and environmental factors such as pollution. NSAIDs are rarely effective, so antidepressants may be prescribed among other drugs as well as medical marijuana.

## Types of chronic pain

*Neuropathic pain:* Pain caused by damage to nerves, leading to persistent pain even after the initial cause has healed.

*Psychogenic pain:* Pain caused, increased or prolonged by mental, emotional or behavioural factors.

## Spring Sudoku *Solution on back page*

5			6		7			
	4		3		9	8		
3	7							1
4							3	
6	3		1	2	5		9	4
	1							8
8							7	6
		7	2		6		1	
			5		3			9



## What treatment is available?

If things don't improve under your GP, try to get referred to St George's Hospital Pain Clinic, which offers a range of medical treatments. But for many, chronic pain management requires a varied approach beyond medication alone and this can include physical exercise, psychotherapy or making lifestyle changes.

## What other options are there?

NHS Wandsworth Talking Therapies will teach people how to cope with and manage their chronic pain better, challenging negative thoughts and how to think more positively. You must have an address in Wandsworth. You can either ask your GP to refer you or self-refer via their website <https://swlstg.nhs.uk/self-referral> Call 0203 513 6264 for more info.

## What can you do to help yourself?

Embrace lifestyle changes and stop smoking. Try meditation or yoga, deep-breathing and get a good night's sleep. Spend time with family or friends, and above all do some exercise! Last month, the *Guardian* reported on a pain-management programme in Wales which found that singing eased the participants' symptoms.

“Results suggest that the brains of people who regularly do puzzles function similarly to people 10 years younger.”  
– *Better Ageing*

Each of the nine blocks must contain the numbers 1-9, with each number appearing only once *in a row or column* or block

## Useful telephone numbers



**Action Fraud** 0300 123 2040

**Age UK Wandsworth (AUW)**  
020 8877 8940

**AUW Handyperson Service** for older people 020 8877 8949

**Alzheimer's Society**  
020 8687 0922

**Citizens Advice Wandsworth**  
0300 330 1169

**Elays Advice & Advocacy**  
020 7720 6864

**Gas Emergency** 0800 111 999

**Home Delivery Library Service**  
020 8877 1742 – select opt 2

**Mushkil Aasaan** Advice/support  
020 8672 6581 (Asian families)

**National Dementia Support Line**  
0333 150 3456

**National Domestic Violence Helpline** 0808 200 0247

**Over-50s Alcohol Helpline**  
0808 801 0750

**Relatives & Residents Association Helpline**  
020 7359 8136 (care homes)

**Rethink Advocacy**  
0300 790 0559

**Silverline** 0800 470 8090

**Victim Support Wandsworth**  
020 7801 1777

**Wandsworth Carers' Centre**  
020 8877 1200/020 8675 0811

**Wandsworth Community Transport** 020 8675 7460

**Wandsworth Council**  
♦ Cost of Living Hub (free) **0808 175 3339**  
♦ Switchboard **020 8871 6000** (answered within 7 rings)  
♦ 24-hour emergency helpline **020 8871 7490**  
♦ Parking & Streets/inc pavements **020 8871 8871**  
♦ Noise **020 8871 6127**  
♦ Adult Social Care **020 8871 7707**  
♦ Housing **020 8871 6161**

**Wandsworth Wellbeing Hub (NHS)**  
020 3880 0308



**Registered charity  
No 1096322**

**Correspondence**

Wandsworth Older People's Forum, FREEPOST, c/o WCEN, DRCA Business Centre, Charlotte Despard Avenue, SW11 5HD

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Charles Runcie  
*charles@charlesruncie.co.uk*

**Volunteer Treasurer needed**

Wandsworth Older People's Forum is seeking a dedicated volunteer Treasurer to join our management committee. If you have financial expertise, an understanding of charity governance and a passion for supporting older people in our community, we would love to hear from you! Help us maintain financial stability to ensure we can continue to advocate for the rights and wellbeing of older residents in Wandsworth. **Contact Chair Syeda Islam at *syebat@hotmail.com***

**Answers Spring Sudoku (p7)**

5	8	9	6	1	7	3	4	2
2	4	1	3	5	9	8	6	7
3	7	6	8	4	2	9	5	1
4	9	2	7	6	8	1	3	5
6	3	8	1	2	5	7	9	4
7	1	5	9	3	4	6	2	8
8	2	3	4	9	1	5	7	6
9	5	7	2	8	6	4	1	3
1	6	4	5	7	3	2	8	9

**Forthcoming speakers at the Forum**

**Tuesday 8 April  
Wellbeing & Ageing**

The speakers are **Emma Chisholm** from Sparkle on opening a third centre plus **Erica Parrett**, who runs workshops at the NT property at 575 Wandsworth Road, who will give a craft demonstration

**Tuesday 13 May  
Mental Health**

The speakers are **Giulia Del Gatto** from Wandsworth Talking Therapies and **Darren Blades**, Senior Community Mental Health Worker, WCEN

**Tuesday 10 June  
Scams & Security**

The speakers will be **Jon Fertay** from the Coop Bank plus **Vivien Yalcin** from Age UK Wandsworth which coordinates the Wandsworth Crimes Against Older People Forum (CAOP)

**Refreshments**



Meetings are held on the second Tuesday of the month at the Anchor Centre, 73 Garratt Lane, SW18 4DU (buses 44 or 270, Swaffield Road stop)

**We're on the Web**  
<https://www.wopf.org.uk/>

**Supported by**



**Affiliated to  
the National  
Pensioners  
Convention**



**Management Committee**

**Syeda Islam** Chair  
**Tony Tuck** Vice-Chair  
**Dawn Killeen** Hon Sec  
**Charles Runcie** Membership Secretary

Valerie Hambelton, Joe Stuart, Nathalie Gibson-Wilson, Sarah Goodall, Vicky Hutchings, Vito Ward, Lys Innes, Bharti Kotecha

**Community Outreach  
Worker**

Alistair Grant

**WOPF Privacy Statement**

We only use your data to send you the newsletter or information about activities. We do not share your data with third parties. We hold your data securely.

**Membership Application/Renewal Form**

If you would like to join or re-join the Wandsworth Older People's Forum, please complete the subscription form below and return with your payment of £10 (annual subscription for individuals or organisations) to: **Membership Secretary, Wandsworth Older People's Forum, FREEPOST, c/o WCEN, DRCA Business Centre, Charlotte Despard Avenue, London SW11 5HD.**

**I wish to join/rejoin the Wandsworth Older People's Forum:**

Name (individual or organisation) .....

Address .....

..... Postcode.....

Phone (Home)..... (Mobile).....

Email.....

(This is important as, in future, because of funding we may need to communicate with you by email, not post.)

- ♦ I enclose a £10 cheque/PO payable to Wandsworth Older People's Forum
- ♦ I have made a payment of £10 into the Wandsworth Older People's Forum account at **Lloyds Bank, Sort Code: 30-99-08, Account no: 22084368**   
Please put your name as the reference or we won't know who sent it!

**I might be interested in being a volunteer**

**I am a UK tax payer and would like my subs to be gift-aided**

Signed ..... Date .....