



Wandsworth Older People's Forum

NEWSLETTER AUTUMN 2023

CONFERENCE
Is Wandsworth
a good place to
spend your
retirement?
See p6



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Voter ID

Bring photo ID to vote

From October this year, you must show photo ID when **voting in a general election** at a polling station. In the unlikely event that Londoners don't have at least one of the following – passport, driving licence, Post Office PASS card, Blue Badge, Oyster 60+ card or Disabled or Older Person's Freedom Pass – you can now be issued with a **FREE Voter Authority Certificate**. Apply online at voter-authority-certificate.service.gov.uk where you'll need a digital photo of yourself and your NI number. If you need any help, write to **Electoral Services, Wandsworth Town Hall, High Street, SW18 2PU** or go in person or tel **020 8871 6023**.

If you aren't able to sign Age UK's online petition calling for action to tackle the barriers facing older Londoners who are offline and need council services (campaigns.ageuk.org.uk/page/135031/petition/1) write to: **FREEPOST, Age UK Campaigns** to get a printed version. No stamp needed!



What Wandsworth plans to do for us

Wandsworth's Joint Local Health and Wellbeing Strategy, *19 Steps to Health & Wellbeing**, will probably have been finalised by the time you read this, after a public consultation in which the Forum took part. The strategy sets out the Health and Wellbeing Board's five-year plan to meet the needs of residents.

Cllr Graeme Henderson, Chair of the Health and Wellbeing Board, said: "We have come up with 19 steps to health and wellbeing based on an in-depth assessment of need in the [borough]"

The 19 steps are placed into three sections: 1) Start Well is specific to children (targeting such areas as childhood obesity); 2) Live Well, which looks at topics as wide-ranging as physical activity & healthy eating, bowel cancer screening, air quality and climate change that anyone might be interested in; and 3) Age Well, which looks at three downsides to old age: falls, dementia and isolation.



The Forum agreed these three areas require more work. Falls are the largest cause of hospital admissions for people over-65 and bringing a huge loss of confidence. A diagnosis of dementia is not welcome, but it enables plans to be made for the future and for the person to attend activities to help keep their brain cells functioning. We need more such activities as well as more people receiving a proper diagnosis. Wandsworth is well behind the numbers predicted from population studies.

Isolation and loneliness among older people is where we can all help by making sure we talk to

Contd overleaf

Out showcasing who we are and what we do



Above left, committee members Su Elliott (left) and Liliias Gillies chat with Tooting MP Rosena Allin-Khan (centre) while running the Wandsworth Older People's Forum stall at the BATCA (Balham & Tooting Community Association) "Fun Day" over the summer. Above right, Su, Liliias and WOPF Chair Wendy Speck (right) at the Battersea Community Fair in September.



Shingles vaccine offered to 65-year-olds

From 1 September GPs have been offering the new shingles vaccine Shingrix to almost one million more people.

Previously, the older Zostavax vaccine was the only vaccine on offer and only given to people aged from 70 up to 79. But GPs can now give the Shingrix vaccine to anyone who turns either 65 or 70 on or after 1 September 2023. Those who reached the age of 70 before that date will join the standard vaccine programme (currently still Zorovax) for everyone in their 70s, while people aged between 66-69 will have to wait until they are 70. Once all stocks of Zostavax are exhausted, Shingrix will be offered instead.

Shingrix has been given to immuno-compromised individuals in their 70s since 2021. Now those aged 50 and above are eligible to receive it, with no upper age limit.

This is part of a major rollout of Shingrix for immunocompetent people, and from 2033, it is planned that Shingrix will be available at age 60.

Dr Mary Ramsay, Director of Immunisation at the UK Health Security Agency, said: "Shingles is an extremely painful condition and complications can be long-lasting. Older people and those with weakened immune systems are particularly vulnerable. A newly available vaccine, Shingrix, is being offered on the NHS from 1 September to those aged 70 and 65 years on or after that date, and to those with severely weakened immune systems from 50 years of age." Anyone who has had chickenpox

could develop shingles. The chickenpox virus hides in the body and a repeat appearance of this virus is called shingles. This clears up by itself although antiviral tablets may be prescribed. But if shingles wasn't bad enough, for some unlucky people (1 in 5) it leaves behind something far worse: post-herpetic neuralgia.

Post-herpetic neuralgia (PHN) is the most common complication of shingles and causes a burning nerve pain in an area of your skin previously affected by shingles and lasts long after the rash and blisters go away. The risk of PHN rises with age.

Many people with PHN recover within a year. But symptoms can last for several years or may be permanent. The pain may come and go or be continuous. Paracetamol and ibuprofen do not usually help, so you will need to contact your GP.

The best way to avoid PHN is, of course, not to get shingles. The older single-dose Zostavax vaccine reduces the risk of getting it by around 51%. Shingrix, a two-dose shingles vaccine, is more than 95% efficient at preventing it. If you had shingles in the past, Shingrix can also help prevent future occurrences.

You should be contacted by your GP when you become eligible for your vaccination. If you have not been, and believe you are eligible, you should get in touch to find out why and to book an appointment. VH



Shingles is a painful, blistering rash caused by the reactivation of the chickenpox virus

Council supports Pension Credit payout



Wandsworth Council announced in September that it had "helped 126 Wandsworth pensioner households claim a total of £414,666 in unclaimed Pension Credit".

Earlier this year, spurred on by the cost-of-living crisis, London Mayor Sadiq Khan launched a campaign involving 17 London boroughs, including Wandsworth, to ensure older residents weren't missing out.

As part of a joint awareness campaign, the council was able to help 126 local pensioner households to each receive an additional £3,291 a year in unclaimed Pension Credit.

Cllr Angela Ireland, Wandsworth's Cabinet Member for Finance, said: "This extra income they will now be receiving each year will have a really positive impact on the day-to-day lives of many Wandsworth pensioners. We are delighted this scheme has been so successful and pleased that these residents are now receiving what they are owed."

Previously, the council set up the Cost of Living Hub* in partnership with Citizens Advice to ensure residents can access the help they need and are entitled to.

* See Useful telephone numbers, p7

Health & wellbeing (contd from p1)

neighbours who live alone. Commissioners of services can do a lot to support voluntary bodies providing lunch clubs and coffee mornings, but we too can do our bit as they only work when people volunteer to help.

While a majority of respondents agreed or strongly agreed with the proposals, Shannon Katiyo, Director of Public Health, explained that an additional report would be produced "demonstrating how the consultation feedback will influence the delivery of actions [resulting] from the strategy".

Lilias Gillies

*** 19 Steps to Health & Wellbeing will be published on wandsworth.gov.uk**

The seeds of law-breaking

I'm aware that this recent hot weather could have been a challenge for many of you and I hope you all coped, but it made me think of how we're supposed to remember the "Old Days" as always bathed in sunshine, though one of the days I remember best was when it rained.

Treats at Tenby

For several years, my parents and my aunt and uncle rented a cottage in Tenby for the holidays. My two cousins and I loved it, but one day, unusually, the heavens opened so us kids were allowed to go to the one Amusement Arcade (previously firmly discouraged) with a supply of pennies – presumably so the parents could stay home and play cards and drink GIN.

My cousin Louise was a tiny little girl and when squeezing down the back of one of the machines searching for her hair ribbon she discovered a sort of depository of pennies. We were in Heaven. The pennies weren't ours, so really, we must have stolen them. Stolen!! That meant we were THIEVES.



Then the parents dragged us out so we could go to film. A cinema in a strange town was weird somehow (I'd only ever been to the Essoldo in Stanley or the Odeon in Newcastle, and not very often at that, and it was usually Haley Mills) and we saw *The Man Who Shot Liberty Valance*, a grown-up cowboy film. Now it was my father who was in heaven – he was besotted with John Wayne. I remember nothing of the film except that we were allowed to sit away from the grown-ups and that somehow we sneaked out to buy more Kia Ora (or maybe a Wall's ice cream sandwich) with the STOLEN PENNIES.

REALLY naughty!

Then we went back to the cottage and bounced on one of the beds (to the BBC Light Programme; V-A-C-A-T-I-O-N by Connie Francis) till we broke it. We must have been given an enormous talking-to but I have no recollection of any of that, just the newfound joy of being really naughty and thinking maybe later, when I was grown-up, I could have an exciting Life of Crime. But here I am, being your Administrator. Oh well...Happy days, eh?

Su Elliott
Membership Secretary
& Administrator

The first speaker at the July meeting was **Cllr Judi Gasser** Cabinet Member for the Environment on Wandsworth Council. She said in the year and two months since Labour won control, Wandsworth was starting to become a better place and problems of homelessness were beginning to be tackled. The borough was now welcoming refugees and was working towards becoming a borough of sanctuary. The council was also trying hard to improve street cleaning and waste collection. Judi's pet project, the Citizen's Assembly on air quality, which was made up of local people, had come up with 53 recommendations to clean up the air, improve people's health and tackle climate change. In a new approach to participatory democracy in action, Citizen's Assembly members presented their ideas directly to the council in June. People can read the council report "Shared Future" on the website wandsworth.org.uk.

After the talk, Liliask asked about Ulez and the dependency of some



older, less mobile people on their car. Are there discounts for people with blue disabled badges? Judi said she would find out. (Go to the council website and search for "Ulez expansion: support for disabled people".) Tony Tuck said he was 100% in favour of Ulez.

Judi was asked what were the council's priorities. She said the council had to be very careful as there was so much that needed doing. Although the previous administration had left large reserves because it hadn't spent much, many services hadn't been funded as they should have been. Fly-tipping was mentioned. Judi said 18 times a year "mega skips" were now being placed in neighbourhoods around the

borough for all local residents to use free of charge. The number had gone up from the previous 12 after this led to an 11% decrease in fly-tipping. For dates and sites of skips, go to the council website and search for "Mega Skip Days".

Next up, a speaker from SWLeap (SW London Energy Advice Partnership) who brought leaflets about free energy advice for people living on benefits, who are disabled, elderly or in fuel poverty. During visits, advisers can give tips on saving money and, while there, also instal a range of energy-saving items such as low-energy lightbulbs, radiator heat reflectors and insulation at no cost. Call 0800 086 2706.

Next to speak was **Emma-Louise Naef** from the Royal Trinity Hospice, at Clapham Common, the oldest hospice in the country. Its catchment area is the whole of Wandsworth. These days, 20% of its services are provided in the hospice, and 80%

are out in the community. While it provides end-of-life care and palliative care, it also runs Living Well services offering tai chi, coffee mornings and walks on Clapham Common. The latest service is the Compassionate Neighbours project, where a network of compassionate neighbours are matched with lonely people in the later stages of life, through age or illness. You can refer yourself or someone else for this support on 020 7787 1000.

Last to speak was **Ashley Jordan** from One Stop Organisers (OSO) which she set up to help people achieve a better life balance. Some services are free. OSO offers free advice at a drop-in clinic on retirement and getting older at St Mary and St John the Divine, Balham High Road on the fourth Wednesday of the month from 10-11am. OSO has also set up Café Connections, twice-monthly Zoom meetings for retired people to chat and share. See info on this on the page opposite.

The September meeting began with a musical half-hour from **Ukule Allsortz**, featuring Max (a member of the Forum on the ukulele), Cynthia, Will and Jorge (see back page). The only speaker of the day was **Seema Khan** from the Care4Calais charity, which was set up in 2017 and supports asylum-seekers in SW London. Care4Calais is a volunteer-run charity that works with refugees in hotels and hostels while they wait for asylum claims to be processed. It provides short-term practical help (eg, with clothes, food, toiletries, travel). Seema stressed that it is NOT illegal to seek asylum and asked us to think about the reasons "why anyone would get into one of those boats if they weren't desperate". During questions, Su mentioned the former Battersea MP Alf Dubs' work for refugees, himself a child refugee who fled the Nazis, and how he always stressed that different people coming to the UK can enhance all our lives. To volunteer, email annie@care4calais.org

Fit, Active, Involved...

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 0033/07928668215 or email activelifestyles@enablelc.org

First class FREE!

Monday Tai Chi £4, 1.30-2.30. Barn Elms Sports Centre, SW13 0DG
Chi Gung Relax & Breathe, £4, 1-2pm, Penfold Centre, SW18 4TJ

Tuesday Keep on Moving £5, 10.30-11.30. Penfold Centre, SW18 4TJ

Keep Fit for Life £4, 11.45-12.45 & 1-2pm. Tooting Baptist Ch, SW17 9LD

Keep on Moving £4, 2-3 St Barnabas Church, Clapham Com, SW4 9SW

Wednesday Walking Football Pay at session, 11-12. Wandle Recreation Centre, SW18 4DN

Pilates £4, 6-7pm, Furzedown Pavilion, SW17 9BP

Thursday Yoga £4, 9.30-10.30am. Newlands Community Hall (Putney Vale Clubroom), SW15 3EP

Walking Football £5, 9.45-10.45am. Fishponds Playing Flds, SW17 7LF

Stretch & Movement £4, 10.30-11.30. Newlands Com Hall (see above)

Friday Tone & Stretch £5, 11-12. Roehampton Meth Ch, SW15 4EB

Keep on Moving £4, 11.45-12.45 & 1-2pm. St Barnabas Ch, SW18 4EB

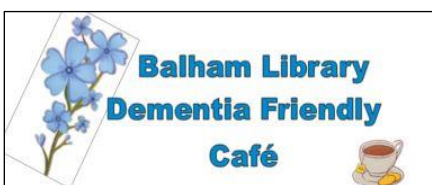
Age UK Wandsworth offers a range of activities at the Gwynneth Morgan Day Centre, including coffee mornings for older people, gentle chair yoga, LGBTQ+ coffee mornings. We're a friendly bunch and always looking to welcome new faces. For more info on times, dates and class prices, or to book your place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

Autumn Rose Over-60s Club offers lunch/social day on Tuesday. 10.45-3pm. Call Joan or Esmie on 020 8673 8038 (Tuesday) or email autumnrose@balhamsda.org.uk

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 to book a place. First two free.

Elays Senior Alliance is a safe, supportive and friendly environment, developed to combat isolation for those living alone, aged 50+. Every Monday from 11-12 we run a Move To Music exercise class, just turn up and stay for FREE tea & coffee. We then prepare a freshly cooked 2-course meal, served between 12:00-

Where those with dementia & their carers will find a warm welcome



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.

Join in activities like games, singing, music and art.

Held weekly starting **Thursday 20th July from 11am to 1pm**

Balham Library, 16 Ramsden Road
SW12 8QY. Tel 020 8673 1129
balham.library@gll.org



Iris Cafe

Iris Dementia Cafe St Luke's Church, 194 Ramsden Road, SW12 8RQ. *Third Saturday of the month, 2-4.30pm.* For those with dementia and their carers.



Sunflower Dementia Cafe

Mount Court, 16 Weimar St, SW15 1SJ. *First Saturday of the month, 2.30-3.30pm.* Carers of people with dementia can, with or without the person they support, meet in a friendly and welcoming environment to share experiences, find support and make friends over tea, coffee and refreshments.

...and Interested

1:00 (£3). 68 St Rule Street, London SW8 3ED, tel: 020 7720 6864, email: info@elaysnetwork.com

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 info on membership and class costs and get on our mailing list for the latest news.

Hestia Activity Centre for older adults. 10-4 every weekday except Thursday. A range of activities at 966 Garratt Lane, SW17 0ND at low cost. For info and to book, call 020 8767 8426. Hestia is also now running an Age Well programme of activities for the over-55s in Roehampton, including: creative writing, seated yoga, Silver Surfers, monthly walks, Fix & Mend, and more. A warm welcome. Call Jenny on 07826 779684 or email jenny.bailey@hestia.org

Katherine Low Settlement offers a meeting place, advice, support, exercise and lots of new activities as part of its Age Well programme (including the LGBTQ 50+ Club, Men 60+ Club, Photo Walks and more) for older people in Battersea. Tel 020 7223 2845/6471 for more information about what's on offer.



Join your Singing for the Brain group

We're a local singing group for people with dementia. Come and join us to sing and have fun in a relaxed environment.

Our group meets every Wednesday at 3pm

Please come to Putney Library
5-7 Disraeli Road SW15 2DR

If you want to find out more about our group please speak to:

Frances Craig

tel: 020 8780 3085



Lavender Bridge Club meets at York Gardens Library Hall for tea/coffee, cakes and bridge every Wed and Fri. Call Andrew on 020 8767 3886 or 07940 354203; or email: 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.

Regenerate-RISE open-access day centre in Putney, a merger of two RISE centres, 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 Portswood 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

Sparkle Intergenerational Community Centres in East Putney (SW15) and Battersea (SW11) are welcoming older people for fun intergenerational sessions with local nursery and primary children, plus seated exercise and a warm nutritious lunch. **SW15:** Open Tues and Thurs, 10.30-14.30; **SW11:** Open Wed, 10.30-14.30. Call 020 8877 3003 or email emma@stmikes-ststeves.org.uk

Summerstown182 is a community history project in SW London hosted by Geoff Simmons. This runs guided walks,

talks and puts up plaques. Website: summerstown182.wordpress.com Email: gbsimmons182@gmail.com

Thrive runs "gardening for health" sessions in a fun and friendly setting that makes a positive difference to people's lives. Join for 4 or 6 months. Email battersea@thrive.org.uk or tel 020 7720 2212.

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

Wandsworth U3A (University of the Third Age) is always welcoming. One of the main aims is the continuing education of older people. While some U3A groups still meet via Zoom, guided and history walks, wildlife outings, bird-watching and photo groups meet up in person. Click on "Events" or "Contact" to get in touch at: u3asites.org.uk/wandsworth/home

Wellness with Elays Wellness with Elays is a women's only health club promoting holistic wellbeing. Twice weekly workout sessions/challenges. 68 St Rule Street, London SW8 3ED, Tel: 020 7720 6864 or email info@elaysnetwork.com for more info.

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 each, from walks (free) to visits to museums and art galleries to meals out to minibus trips.

Walk Wandsworth

Free guided walks in the borough. To book, contact **Enable** (see opp)
Southfields, Wimbledon Park Thurs 10.30am (45 mins) meet opp Elborough Street Surgery
Battersea Park Weds 10am (1hr) meet Albert Bridge Entrance
King George's Park Tues 10am (1 hr) meet Argento Tower entrance



See article on p7

Stay one step ahead of the scammers

It's been a while since we've been able to do anything on scams, but that's not because the scammers have taken a holiday. Here are two that caught our eye recently.

Telephone switchover scams

Highlighted by *Which?* recently has been the Local Government Association's warning that fraudsters are exploiting the upcoming digital phone switchover (see the "Big Switch-Off" in our summer issue) to scam vulnerable people.

As you may remember, people who use healthcare phone systems are having to check with their providers that these will continue to work. Already anxious, such people are particularly at risk of being targeted by scammers, who try to trick victims into disclosing personal and financial information over the phone. Around 1.8 million use these devices across the UK.

The LGA says it knows of incidents in Cheshire where residents were contacted over

the phone by callers claiming to work for the NHS, saying their bank details were needed or the service would be disconnected.



The LGA expects scam attempts, including phishing emails and fake websites to get your personal information, to increase as the switchover nears in 2025.

Be on your guard! As Cllr Heather Kidd, Chair of the LGA's Safer and Stronger Communities Board, reminds us: "The digital switchover is free of charge [for everyone], and [supported] residents should be aware that councils and their homecare alarm providers or contractors will never ask for personal or financial information over the telephone."

Recovery scams

All scams are distressing, but recovery scams are particularly so, as scammers try to take advantage of people at a time when they're at their most vulnerable – having recently lost money to fraudsters. The usual tactics used in recovery scams include scammers (most often the same ones who scammed you in the first place) contacting you out of the blue and pressuring you to use their "service" to recover the money you've just had stolen. As part of the scam, they will request your bank details and ask for an upfront fee.

If anyone asks you to pay a fee to recover your money, or provide your bank account or card details, end all contact immediately. But if unfortunately you do get scammed, call your bank straight away using the number on the back of your card. You should also report the scam to Action Fraud. None of these steps will cost you money.

Contact Action Fraud for help and advice on 0300 123 2040



Autumn Conference

2 November, 10.30-3pm
Doors open from 10am

Is Wandsworth a good place to spend your retirement?

Keynote speaker

Fleur Anderson MP for Putney

plus **Supt David Bannister** from Wandsworth Police

John McGeachy of Age UK London, and many more

Lunch will be provided and ample time allowed for questions



Venue

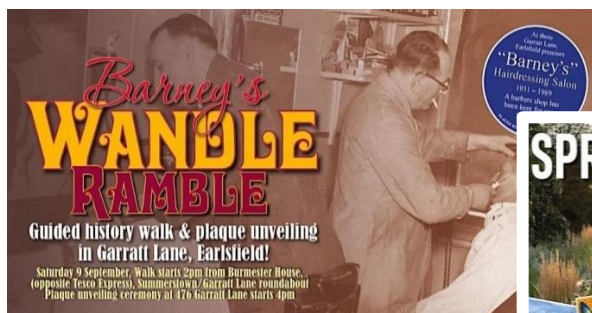
Anchor Church Centre, 273 Garratt Lane, SW18 4DU.
Buses 270 and 44, Swaffield Road bus stop

Covid: A little extra protection?

Due to BA.2.86, the new Covid-19 variant, the NHS brought the annual flu and Covid vaccination programmes forward from October to 11 September for those at risk.

Current NHS advice is "everyone should consider taking a daily vitamin D supplement of 10 micrograms [sometimes written 400 IU] during autumn and winter" when our bodies don't make enough from sunlight, and colds and flu cases surge. And those most at risk of a vitamin D deficiency are urged to take a 10 mcg supplement of this immune-system supporting vitamin all year round: ie, those "not often outdoors – for example, if they're frail or housebound"; or "have dark skin – for example, you have an African, African-Caribbean or south Asian background". There have even been "reports of vitamin D reducing the risk of Covid-19", adds the NHS website. So taking a vitamin D supplement might well be worth it as winter approaches! VH

The History Man



Geoff Simmons, a community historian in SW London. And two of his history walks



It's very likely that some of the people reading this will have been on one of Geoff Simmons' walks and talks over the past 10 years including one of his latest on 1 September entitled "Springfield Revealed" – a guided history walk around London's first park created since 2012. He runs a community history project in South West London called Summerstown182 alongside his job as a graphic designer. This involves guided walks and talks in the Wandsworth area, working with schools and putting up plaques.

Over the years, a trail of these has emerged along the Wandle Valley, shining a light on some of the lesser-known history in this area. In September, Geoff's "Barney's Wandle Ramble" featured as one of the events in Wandle Fortnight 2023, which ended 24 September, and included a plaque unveiling. Plaque subjects have ranged from the youngest soldier to serve this country in the WW1 to ground-

breaking plaques acknowledging the Romany Gypsy and Traveller heritage in Tooting. Next year he is planning to erect a plaque on the site of Tooting Bec Asylum.

During lockdown, he produced a set of self-guided walks people could do themselves and a series of online talks called "Zooming Tooting". A recent innovation is a musical history tour that involves going around key locations in the Tooting area, telling stories to the accompaniment of a relevant soundtrack. He is now adapting a version of this to bring to the borough's dementia-friendly cafes over the next few months. Look out for his famous "Spooking Tooting" Halloween Walk coming up on 31 October, which will meet at 6.30pm at Tooting Broadway!

For more info, go to: <https://summerstown182.wordpress.com/>

Autumn Sudoku *Solution on back page*

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

"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 (not an emergency service)

Alzheimer's Society
020 8687 0922

Citizens Advice Wandsworth
0300 330 1169

Elays Advice & Advocacy
020 7720 6864

Gas Emergency 0800 111 999

Mushkil Aasaan 020 8672 6581

National Dementia Support Line
0333 150 3456

National Domestic Violence Helpline 0808 200 0247

Opening Doors London support services for LGBTQ+ over-50s
0207 183 6260

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 helpline
0808 175 3339

- ♦ Switchboard **020 8871 6000**
- ♦ 24-hour emergency helpline **020 8871 7490**
- ♦ Parking & Streets/inc pavements **020 8871 8871**
- ♦ Noise **020 8871 6127**
- ♦ Adult soc care **020 8871 7707**
- ♦ Housing **020 8871 6161**

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

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Pensioners
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WOPF Management Committee

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Tony Tuck Vice-Chair
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Pius Gnanapragasam Treasurer
Su Elliott Administrator
Hon Sec Vacant

Valerie Hambelton, Vito Ward,
Nathalie Gibson-Wilson, Patma
Patmaseni, Joyce Evans, Fred
Roberts, Sarah Goodall, Graham
Loveland, Agatha Anyiwo,
Charles Runcie, Mo Smith, Vicky
Hutchings, Lys Innes, Donna
Barham, Liliias Gillies, Joe Stuart

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.



Ukulele Allsortz at the September Forum meeting

It takes Allsortz



Answers to Autumn Sudoku (p7)

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

Forthcoming speakers at the Forum

10 October

Yragael Drouet from Transport for All; plus
Ally Mihaylova-Smith from the Safeguarding Adults
Boards on Richmond & Wandsworth Councils

14 November

Charlotte du Toit, Manager of Direct Payments;
plus the Volunteering Manager of Wandsworth
Care Alliance on volunteering

12 December

Still being planned, but remember, it's our
pre-Christmas meeting...
*Forum meetings are held at: Anchor Church Centre,
273 Garratt Lane, SW18 4DU (buses 44 or 270)*

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 £5 (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 £5 cheque/PO payable to Wandsworth Older People's Forum ☐

♦ I have made a payment of £5 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 \..... \.....