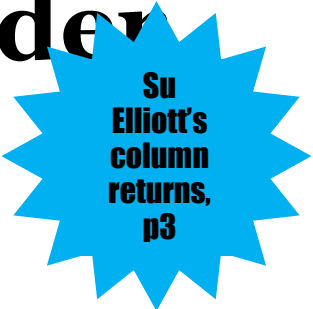


Wandsworth Older People's Forum

NEWSLETTER SUMMER 2023



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Furzedown Project: 48 years on

The Furzedown Project, which was established in 1975 by a local GP, the late Dr Norman Levinson with the aim of increasing people's sense of wellbeing and reducing social isolation, was designed as a self-help, user-led organisation.

Forty-eight years later it remains committed to carrying on with this important work. While based in Furzedown and mainly serving people who live locally, the Project is open to anyone aged 50 and over who lives in Wandsworth.

Activities include exercise programmes, including Iyengar yoga and Zumba, designed to maintain fitness and balance and prevent falls, and a range of user-led activities including book groups, a photography group and a walking group, the "Project Perambulators".

There are weekly bingo and board game sessions as well as conversation groups and art classes and a popular singalong session. A



The Project's weekly LGBT coffee mornings are always well attended

dedicated minibus, with volunteer drivers and escorts, brings less mobile members to the our premises on Moyser Road, SW16.

Recently as part of the council's contribution to London's Warm/Cool Spaces, we have set up various activities, including a well-attended Saturday Film Club showing classic films, all chosen by our users. Evening sessions (most recently we hosted an event with *Guardian* journalist, local resident John Crace) and community hires have helped

Wandle Fortnight

Saturday 9th to Sunday 24th September 2023

Wandle Fortnight, the not-to-be-missed annual celebration of the River Wandle by the community for the community in the four boroughs it runs through (Wandsworth, Merton, Sutton and Croydon), is upon us again.



Last year's events included textile displays, graveyard tours, medieval paintings & brasses, guided wildlife and heritage walks, craft trails & activities, stone carving, book conservation, bike rides, blue plaques, pond maintenance, bird box decorating and bell ringing.

Those keen to attend should keep an eye on the website's Calender as events are added.

For those wishing to register an event (deadline **1 September**) or apply for a support grant of £50-£200 (deadline **18 August**), go to www.wandlevalleyforum.org.uk and fill in the relevant form.

Compassionate Neighbours now taking referrals

The **Compassionate Neighbours** project is now up and running and ready to take referrals. We've built a growing network of compassionate neighbours ready to be matched with lonely people in their local area, visit them regularly and build genuine reciprocal friendships that enrich both their lives.

Are you experiencing loneliness, in the later stages of life (through age or illness) and live in our catchment area (this includes the whole of Wandsworth)? Then contact us:

Royal Trinity Hospice, 30 Clapham Common North Side, SW4 0RN

Refer yourself or someone else for support. You can refer by phone on: 020 7787 1000 or fill in the form on the website: www.royaltrinityhospice.london



No need to fret about the **BIG SWITCH OFF**

In early March last year, Esther Rantzen threw herself into battle over the way she saw older people's concerns being ignored as Openreach moved inexorably towards the "Big Switch Off".

The decision to retire the PSTN analogue phone network by December 2025 means all home phones (whether provided by BT or not) plugged into a phone socket will cease to work; neither will some telecare and alarm systems that still use the PSTN network. And providers with their own networks, such as Virgin Media, are following the same digital timetable. Anyone who still wants a home phone must move to a digital service over the internet using Voice Over Internet Protocol (or VoIP). BT has named its digital offering Digital Voice.

Caroline Abrahams, of Age UK, was also highly critical about the handling of the digital rollout,

Furzedown Project, *Contd from p1*

break down the perception that the Project is "just for old people and not me" and have been important in developing it as a community resource.

The Project has 2.5 paid members of staff and is partly funded by the council and the SW London Health Trust but predominantly depends on fundraising activities and grants. A modest fee is also charged for attending activities.

Most recently a People's Lottery bid for funds for the "Furzedown Farmers" project – designed to encourage growing home produce and help members maintain and use their gardens – was successful. This will build on existing befriending and home visiting work. To learn more, visit: <https://www.furzedownproject.org>

Graham Loveland
Furzedown Project



saying: "Older people need to know from their telecoms provider, Ofcom and the Government what will happen when, and what their options are."

Everything had come to a head when February's three great storms brought powerlines down and misery to many. The fact that digital phones need electricity to work went straight to the top of future VoIP customers' worries. What if they had to dial 999 and had no mobile for backup?

As BT said, when it "paused" its digital rollout on 29 March: "We have listened to our customers ... and we have more work to do to improve the resilience of the network ... and provid[e] better backup solutions for customers." After "extensive consultation" with Age UK and Independent Age, BT says it is back on track. Happily, Ofcom's "rules" now say all "providers should offer [backup] solutions free-of-charge to customers who depend on their landline to call emergency services during a power cut".

If you already have broadband in your home, the initial changeover won't be too difficult: you'll just plug your phone into the back of your router rather than the wall., although you may need a new router. The 3% of UK households that have a landline but no broadband will now have to get it.

Yet even with all this most recent publicity, a staggering 45% of respondents in a recent poll were still oblivious. I myself did a mini-poll of three (over 70) relatives last month: none knew anything. On the Age UK website (www.ageuk.org.uk) is a helpful article "Changes to landline telephones" older people might like to read.

Vicky Hutchings

Your questions answered

Must I have broadband after December 2025?

Even if you don't have or want broadband, your phone provider will now have to supply it specifically to support your digital (VoIP) phone service in the future. But you won't pay for a broadband service if you remain a "voice-only" customer and it is only supplied for that reason. If you already have broadband to connect to the internet, most consumers who wish to retain a home phone service will probably continue to take one as part of a broadband/phone bundle from their chosen internet service provider (ISP).

Will I be able to keep the same number?

BT says when their phone customers move over to Digital Voice there will be no change to their plan or bill, and their number won't change either. Other phone providers are offering the same deal.

Do I need to do anything?

Ofcom states that you should wait until you are contacted by your phone provider who will tell you when they are ready to switch you over. Providers have a duty of care to older, more vulnerable customers with BT currently not switching customers who fall under any of the following criteria:

- customers with a healthcare pendant;
- customers who are over 70;
- customers who only use landlines;
- customers with no mobile signal;
- customers who have disclosed any additional needs.

When contacted, let them know about your concerns or if extra help is needed.

Will I need to buy a new phone?

More than 99% of phone handsets are touch-tone and compatible with a digital home phone service; they just need to be plugged into a broadband router (rather than a phone socket). For phones sited away from the router, adaptors will be supplied. If a new router or handset is needed, your provider will arrange this.

What about dialling 999 in a power cut?

If you have a mobile phone, it is always recommended that it is charged and checked regularly. Customers with no mobile coverage or additional needs will be able to take advantage of free additional support. This ranges from free battery back-up units to engineer-supported installations or hybrid landline phones. Call BT on 0800 800 150 for more information on what they provide.

Will my personal alarms still work?

BT is working closely with telecare and alarm providers to make sure customers aren't moved over before the provider is ready. Speak to your telecare provider who may advise you to call BT to let them know which equipment you are using to check whether it needs to be upgraded.

Is there anything else I should be aware of?

As the switchover is affecting millions of homes, Age UK has warned this will be an opportunity for criminals to come up with new scams. Always double-check who you're dealing with and never hand over money till you're sure what it is for.

Required: A good sense of humour

How can we stop being patronised as we get older? Hospital consultants and doctors seem to have taken degrees in Talking Down to Patients. Yes I know, not all of them, of course, but when I was in hospital last year I encountered an amazing amount of it and a general assumption that I was a Poor Old Frail Thing and had to be metaphorically patted on my head.

There was one consultant who was so blithely uninterested in me, with a superior little smile playing about his lips, that I accused him of “trailing clouds of condescension...” which he just ignored! How to get through? It drove me MAD and it made me think about what we really want from the people who care for us.

We know nursing staff are all different and not everyone is naturally empathetic, cheerful or calm, and some are much better suited to the job than others. But oh the relief when I got someone who thought of me as myself, not just a body in a bed, and who I could have a good laugh with.



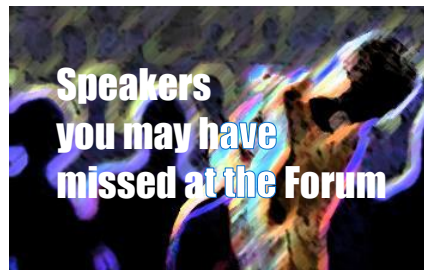
My favourite was called Mabel and she was large and lovely. At one point we had only two call-bells that worked, out of the six in the ward, so we had to shout over to each other if we needed to alert the nurses. One woman never stopped wanting the bell rung – I asked if she used to be a camp-analogist. Not exactly side-splitting I know, but I'd been in there for a while by then and you can lose a lot of your sense of proportion.

Anyway we were all irritated and cross with this and with each other, when Mabel turned up. She decided she needed to get to something over the other side of my bed and would have to clamber across as best she could. She toppled around at the bedside balancing on one leg prior to launching herself at my side with the line “Permission to come on board, Captain.”

I know it doesn't sound hilarious (you had to be there, as they say) but believe me it broke the atmosphere and made us all laugh and oh did we need that. So...Sense of Humour training please, and as I know that's not possible, that's me stumped!

Su Elliott, Membership Secretary

The first speaker at April's Forum meeting was **Jeremy De Sousa**, Director of Adult Social Care and Public Health for Richmond & Wandsworth councils. With an impressive array of power-point slides (see below; *please contact the editor to get them sent to you*), his talk was entitled: “An Overview of Social Care in Wandsworth”. He said the council's aspiration was to “deliver the best for residents” and to support people to stay as independent and well as possible, for as long as possible.



health and care system and wants to provide joined-up services. To that end, the council works with the SW London Integrated Care Board, NHS providers, the police, care providers, voluntary sector, wider council and the community to shape local health and care services and champion the rights of disabled and older people. Go to www.southwestlondonics.org.uk/publications/ where you can find the Wandsworth Health & Care Plan, 2022/24.

The second speaker was **Alice Addison**, policy & review officer for Richmond and Wandsworth councils who asked attendees how they feel about air quality in Wandsworth. She spoke about the Wandsworth Air Quality Citizens'

Assembly, and how it had been inspiring to be a part of. Fifty randomly selected citizens representing a cross-section of Wandsworth had thrown themselves into getting to grips with air quality and the way it links with health and climate change. Their recommendations will now help make the borough a better place to live in. The report is to be launched in July.

The Mayor, **Cllr Jeremy Ambache**, was welcomed at the May meeting, which was also the Forum's AGM. He expressed his delight in being invited and congratulated the Forum on its regular speaking up for others and particularly for the newsletter and its presence in the libraries. He noted the many subjects discussed and commented on. He was glad there were many people volunteering in Wandsworth and particularly involved in helping refugees. He invited all present to join him for tea on the following Sunday. Questions were asked

What we do in Adult Social Care



In 2021/22 the council supported over 3,700 people with care and support, 870 with a learning disability as well as over 750 unpaid carers. He said the council has a leading role in the local

about the increasing use of text messaging by authorities and the difficulties this caused for many older people. Cllr Ambache said the council was well aware of how digitally excluded many people were. Digipals at Age UK Wandsworth held regular sessions to help people understand their devices. Charles Runcie said he was involved in two groups in Southfields which were finding it difficult to get volunteers. Cllr Ambache felt that many had come forward to help people deal with the increased cost of living. Max Williams talked about how *Brightside* had, in the past, run a double-page spread detailing exactly how the council was performing and he thought that this should continue.

Sandra Shaw, exercise consultant at the Furzedown Project, spoke about the Project's application for Lottery money to set up a team of befrienders who would help people to grow vegetables in their gardens or in tubs. The gardeners will also have the opportunity to experience outdoor adapted tai chi sessions to help with their mobility and mindfulness. She announced that films of five London-region contenders would appear on the 6pm ITV London News in the week beginning Monday 15 May, and members were asked to vote for the "Furzedown Farmers" initiative, only possible online.

John Hallmark, a governor of St George's University Hospitals NHS Foundation Trust, then addressed the meeting. He spoke about the duties of the governors, who are elected by local people who have registered as Trust members, to select the Chair of the Board and the chief executive. Governors do not run the hospital but have an overview of the Trust's performance. He said governors and board met twice-monthly and meetings were open to the public where questions could be asked, although these needed to be sent in beforehand. He was asked what was the major challenge and said money

and the recent strikes.

At the June meeting, the first speaker was **Cllr Kemi Akinola**, deputy leader of Wandsworth Council, who talked about what the council had "been up to". This ranged from declaring Wandsworth a borough of sanctuary to publishing the draft Night Time Strategy for Wandsworth where everyone should feel safe and heard – including women and disabled or older people. Other areas the council have been tackling are the Cost of Living crisis, working with voluntary groups to bring back life to the high streets, and accessibility access. Wandsworth is in the running to be a London Borough of Culture in 2025, to be judged on a year-long programme of cultural events in the borough. WendySpeck reminded the meeting our next conference was going to be on a "strategy for older people" in Wandsworth.

Egionna Treanor, CEO of Wandsworth Carers' Centre, was the second speaker. Starting off by giving the definition of a "carer, she said there were over 17,700 carers in Wandsworth and that nationally 48% of carers are male. She also said that the Centre does outreach sessions at the Citizen's Advice office in Clapham Junction & Roehampton and had a back care service in Roehampton at Mayfield surgery. She went on to say that respite is a huge need for carers but there isn't enough available. There are also not enough day services for people with dementia and self-funders are finding things particularly difficult.

Blanka Hay and Grace Crannis then spoke about their work on the draft Night Time Strategy for Wandsworth, which aims to make the night time a better experience for everyone living, working in and visiting the borough. The final strategy will be approved this summer (go to wandsworth.gov.uk and type in "Night Time Strategy".

Lilias Gillies & Vicky Hutchings

Fit, Active...

First session
FREE!

Active Lifestyles

To book low-cost sessions for the over-50s, contact Enable Leisure & Culture (manages leisure & sports for Wandsworth Council) on 020 3959 0033 or email activelifestyles@enablelc.org To keep up with changes, visit <https://enablelc.org/activelifestyles>

Monday Tai Chi £4, 1.30-2.30. Barn Elms Sports Centre, SW13 0DG

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

Keep Fit for Life £4, 11.45-12.45 and 1-2. 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

Chi Gung Relax & Breathe £4, 1-2pm. Penfold Centre (see above)

Thursday Yoga £3, 9.30-10.30.

Newlands Community Hall (Putney Vale Clubroom), SW15 3EP

Walking Football £5, 9.45-10.45.

Fishponds Playing Flds, SW17 7LF

Stretch & Movement £3, 10.30-11.30. Newlands Com Hall (see above)

Friday Tone & Stretch £4, 11-12.

Roehampton Meth Ch, SW15 4EB

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

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

Chair Dance run by Age UK. A fun chair-based dance session. Classes take place in the studio at the Gwyneth Morgan Day Centre, 52 East Hill, SW18 2HJ every Friday from 2.30pm. Sessions cost £3 and can be booked by calling 020 8877 8947.

Café Connections Come and join a bunch of interested and interesting retired folk on Zoom on the 2nd and 4th Thursdays of the month, 10-11am. You'll get a chance to share what you've been up to and learn something new each time. Contact One Stop Organisers to book a place on tel 0333 014 7075 or email info@onestoporganisers.co.uk First two meetings free. Come try it out. Visit www.onestoporganisers.co.uk/cafe-connections

Involved and Interested



Coffee Mornings run by Age UK at the Gwynneth Morgan Day Centre, 52 East Hill, SW18 2HJ, from 10.30 - 12pm on Wednesdays. Come along and meet some new friends. For info or to book, call 020 8877 8947.

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 12:00-1:00 (£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

Iris Cafe 3rd Sat of every month, St Luke's Church, 194 Ramsden Road, SW12 8RQ. For those with dementia and their carers. 2-4.30pm.

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.

Lavender Bridge Club meets at York Gardens Library Hall for tea/coffee, cakes and bridge every Wednesday

and Friday. Call Andrew on 020 8767 3886 or 07940 354203; or email: andrewstimson@yahoo.com

Live Karma Yoga, a Roehampton Community Health Champions Project. Every Tuesday, 10-11am, Grosse Way Club Room, Dover Park Drive, SW15 5DQ. Go to <https://livekarmayoga.com/get-in-touch/>

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 (020 8780 9330), a merger of two RISE centres, provides lunches, activities including exercise classes, health and wellbeing topics, bingo and entertainment, plus an outreach programme.

Roehampton Community Shed 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. Every 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. Contact: emma@stmikes-ststeves.org.uk or call 020 8877 3003

Thrive "gardening for health" in a fun and friendly setting to make a positive difference to people's lives. Email battersea@thrive.org.uk or phone 020 7720 2212. **See article on p7**

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. Meet every Tuesday and Friday, 11-12 for workout sessions, discussions and challenges. 68 St Rule Street, London SW8 3ED, tel: 020 7720 6864 email: info@elaysnetwork.com

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 membership pack. Four programmes of up to 30 outings a year, from free walks to meals out to minibus trips. £10 pa. **See article in Spring issue**

Walk Wandsworth

Free walks in the borough. To book, contact **Enable** (see opp)
Wandsworth Common Wed 10am (30-45 mins) meet Skylark Cafe
Southfields, Wimbledon Park Thurs 10.30am (45 mins) meet opp Elborough Street Surgery
Battersea Park Weds 10am (1hr) meet Albert Bridge Entrance

I've enjoyed my time

When I retired as Secretary of Haringey Community Health Council, I had not decided what I would do in my retirement and I joined a drawing class. But before long, my friend Lionel Davies came to see me and asked me to become Secretary of Wandsworth Older People's Forum (or Wandsworth Pensioners' Forum, as it was then). It would only involve taking the minutes, he said. It involved quite a lot more, of course. Lionel was vice-chair and David Hughes had recently become treasurer. Lionel had also persuaded another of his friends, Faith Lawson, to become the chair. So at the AGM of 1994, the new team took over, with our picture in the *Wandsworth Borough News*.

Faith Lawson was a national figure, chair of the Pedestrians' Association, and leader of two national campaigns against bull bars on Chelsea tractors, as the early SUVs were called, and parking on pavements. She was tiny and several times appeared in the papers, with her "team" of four tall and hefty men, lifting cars off the pavement to make room for prams and wheel-chairs. Transport for London called their new building Faith Lawson House and she was awarded an MBE for her work for pedestrians.

Faith was almost blind and I used to read Forum paperwork for her. When the council withdrew their grant to the Forum in 1995, Faith and I appeared before the committee to protest. Council committees meet around very long tables with the appellants, as we were, at the one end. Faith could not see the chairperson, so she used a little telescope as she spoke to him. But even though it caught the attention of the committee, they did not give us the grant.

Tony Benn came to speak to the Forum once

Faith and a few of the Forum committee had good contacts and we had some speakers of national status. Tony Benn came once. Those of us with cars brought garden chairs to supplement the ones provided in the meeting hall, but it was still standing room for some.

The Forum had several years without a council grant and for a while the newsletter went down from four pages to one, but we got advertisers for some issues and grants for others. Tony Tuck became the chair in 1998 after Faith died and put new energy into our grant applications. One trust did not give us what we asked for but called us in for a discussion, where they suggested we should be more ambitious. Why not make the newsletter eight pages with a much wider circulation? There were over 30,000 over-65s in the borough. We could easily reach more than we were doing – they gave us three years' funding to do this.

With the launch of the Government's National Strategy for Neighbourhood Renewal in 2001, 88 Community Empowerment Networks were established in Britain, including Wandsworth Community Empowerment Network (WCEN), which advertised for people to run networks for older people in the borough. The Forum applied and that gave us enough money to fund a few



Lilias Gillies at the Wandsworth Civic Awards ceremony for community champions in 2018. Lilias "has been the driving force behind the Wandsworth Older People's Forum...for more than two decades", said the then Wandsworth Mayor, Cllr Piers McCausland (*left*)

hours of admin help to maintain a mailing list of all older people's groups and to run conferences for them twice a year.

This lasted for nearly three years until Wandsworth slipped out of entitlement for the empowerment grant and WCEN had to search for other funders. By this time, the Forum was so well established that the council offered us a grant again in 2006. This has continued as they have confidence we're doing a good job.

The next conference we ran was another standing room-only event. Even the chief executive of the council, who was there, had to sit on a table throughout, which fortunately was a child's table.

The Forum would like to see somewhere older people can meet in every neighbourhood. We realised we needed some community development help and recruited Mac Downes, with the proviso that he obtained grants for his own salary. Mac got a small grant to get started and then managed to get a grant for three years from Comic Relief. He ran little groups mainly in residents' community meeting rooms across various blocks in Roehampton. Mac worked with the Forum, running such groups for six years, including getting the Forum a third grant and then decided to retire. We recruited someone else for the remaining year and he started the Men's Shed in Roehampton. When the Forum grant ran out, Age UK Wandsworth took over support for the Shed which still continues as the Roehampton Community Shed.

We have had some great conferences over the years, well attended by representatives from the various groups in Wandsworth. Covid has closed quite a lot of these, and there is now work needed to ensure that there is a place where people can drop in for a cup of tea and be sure there will be someone there to talk to.

The job has probably kept my brain active

I have enjoyed my time as Hon Secretary. The Forum has flourished with the help of excellent officers and committees. Wendy Speck has taken over as the chair, with Tony and Syeda Islam as vice-chairs. The job has probably kept my brain active and dementia at bay. I am retiring now and my successor will, I am sure, find it worthwhile in helping the Forum provide information to older people and encouraging them to tell the authorities how they want their services to be provided.

Lilias Gillies, June 2023

Grow, learn, enjoy, THRIVE



Thrive is a “gardening for health” charity which runs social and therapeutic gardening groups across its four gardens in Battersea Park. This is a great way to get active outdoors, enjoy being in nature, improve health and wellbeing, learn new skills and connect with others.

Thrive has a range of programmes tailored to different people’s needs using gardening in a fun and friendly setting to make a positive difference to people’s lives.

The charity offers a free 4-month weekly programme, Life Changers, for people recovering from or living with a life-changing health condition. For example, stroke, cancer, long-term health conditions, surgery, injury, diabetes or heart conditions. If you are interested in taking part or would like to refer someone you know to this

service, please get in touch by emailing battersea@thrive.org.uk or phoning 020 7720 2212.

Also offered is a programme for people experiencing mental health needs such as anxiety, depression, isolation or living with mental ill-health. People can join for 6 months to enjoy the therapeutic benefits of gardening with others, and then have the opportunity to undertake a City & Guilds practical horticulture course for a further 6 months.

Lastly, there are various volunteering opportunities available at the Thrive Battersea centre, including

- volunteer support roles helping to assist the therapeutic gardening programmes and support gardeners enrolled on the programmes;
- plant sales kiosk volunteers;;
- office admin; and
- maintenance volunteers.

Kate Allardyce/Thrive

Summer Sudoku *Solution on back page*

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

“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
020 8877 8940

Age UK Handyperson service for older people 020 8877 8949. (not an emergency service)

Alzheimer's Society
020 8687 0922

Citizens Ad vice Wandsworth
0300 330 1169

Flays 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

Over-50s Alcohol Helpline
0808 801 0750

Queen Mary's Hos 020 8487 6000

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

Rethink Advocacy
0300 790 0559

Silverline 0800 470 8090

St George's Hos 020 8672 1255

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

supported by
Wandsworth Council



Affiliated to
the National Pensioners Convention



WOPF Management Committee

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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.

Cool Spaces

Warnings and advice from the council about how severe hot weather can negatively affect older people and those with serious or long-term illnesses can be found on its website www.wandsworth.gov.uk (click on "Heatwave"). There you will find a link to "Cool Spaces London" and a map of places of sanctuary during the heatwave provided by the boroughs until September.



Answers to Summer Sudoku (p7)

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

Forthcoming speakers at the Forum

11 July

Emma-Louise Naef, from Trinity Hospice, on loneliness plus **Cllr Judi Gasser**, cabinet member for the Environment, on air quality

No meeting in August

12 September

Seema Khan, from Care4Calais, on safe passage for refugees plus **Ukulele Allsortz**

10 October

Transport for All on equal access for older and disabled people to public transport

Forum meetings are held at: Anchor Church Centre, 273 Garratt Lane, SW18 4DU (buses 44 or 270)

One-Stop Organisers

Drop in Clinic – free advice on retirement & getting older. Drop in between 10 and 11am on the 4th Wednesday of the month at St Mary and St John the Divine, Balham High Road, SW12 9BS. No need to book. Ask for Ashley.

Retirement Resources – learn how to stay independent in retirement. To sign up for our next Zoom webinar, go to onestoporganisers.co.uk/retirement-resources

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\.....\.....