

# Wandsworth Older People's Forum



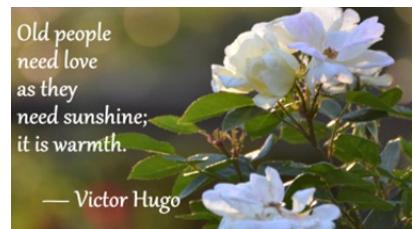
## Newsletter



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### Summer 2019



## Saving the Planet for future Generations

**Felicity Whittaker (90)** participated with many other older people in the recent climate protests that took place in London. She said that she wanted to do something, however tiny, to try and ensure a future for her lovely grandchildren.



Older people joined Extinction Rebellion protesters from all generations and often insisted on risking arrest because their careers were over and they would have less to lose than working people.

**David Attenborough (92)** spoke out in support of the protests by school children acknowledging that our generation has enjoyed the

apparent comforts offered by fossil fuels while ignoring for decades the evidence of their harm to the planet. His hard hitting documentary *Climate Change –the Facts* describes the threats caused by global warming such as extreme weather conditions, rising sea levels and extinction of species. But there is hope if we change to green energy



sources, reduce beef and lamb in our diet, stop using plastic and re-plant trees and plants. See P 4 for what you can do to help.

### Our Final Paper Newsletter

Dear Readers,  
We are sorry we could not raise the £1,250 that it costs to print and distribute each newsletter. Fundraising ideas/gifts welcome.

We are moving to a more regular email edition which you can receive when you sign up at

<http://eepurl.com/gqu039>

Support will be available at the Forums with signing up.

## Wandsworth Elders

The update of the Wandsworth Health and Care Plan Feb 2019 summarises key issues for the local population, some of which are relevant to over 65s:

**Numbers** Between 2015 and 2035 there is a predicted 44% increase in the number of people aged over 65 in Wandsworth.

**Housing** The average for residents in social housing in inner London is 24% while in Wandsworth only 19% live in social housing. The London average for private renting is 29% while 32% of Wandsworth residents privately rent.

**Life expectancy** of both males and females in Wandsworth is significantly lower than the London average.

Life expectancy in the most deprived areas of the borough is 9.3 years lower for men and 4.5 years lower for women. The average person can expect 15 years of deteriorating health prior to end of life.

**Income** Although a significant proportion of older people in Wandsworth are not short of money, one in five are on a low income. Many are renting and may have to pay bedroom tax for a spare room for visiting relatives; or they may not have the capacity to downsize, especially as there are limited suitable small units.



**Isolation** 10,000 people over 65 (33%) live alone. They are by no means all isolated, but as they age and lose their mobility, they are likely to become isolated without support from voluntary or statutory services. One in 4 victims of fraud are reported to be over 65.

**Common health issues** include diabetes, obesity, alcohol use, dementia (1,367 patients), falls (800 a year) and visual impairment (3,420).

**The Health and Care Plan** proposes further integration between health and social care in order to focus on the person not the process, offer better quality of life for people with dementia and their families and reduce the impact of isolation on mental and physical well being.

## AVOID SHINGLES

### What is Shingles?

Shingles can be very painful and uncomfortable. Some people have pain lasting for years after the initial rash has healed. Shingles is also fatal for around 1 in 1,000 over-70s who develop it.

### What is the vaccine

The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year.



### What does it do?

The shingles vaccine is expected to reduce your risk of getting shingles. If you do go on to have the disease, your symptoms may be milder and the illness shorter.

### Who is eligible?

You can have the shingles vaccine if you are between 70 and 73 or from 78 up to your eightieth birthday.



**Congratulations!!**  
to Eileen Noble (84)  
who was the oldest  
female to complete  
this year's London  
Marathon.

### In the dark about funerals?

Poppy's is on a mission to empower people to have the funeral that is right for them. Funerals don't have to be expensive and funeral directors don't know best, families do. Poppy's can equip you with the information you need by offering free, objective advice. Few people realise there is no legal obligation to use a funeral director; you can make some or all of the arrangements yourself, or you can even be buried in your garden. Poppy's will be at the July Forum to answer all your questions.

# Are our Pensions Safe?

The state pension triple lock system was introduced by the coalition government in 2010 as a way to ensure that state pension rates would keep up with inflation and wage growth. It dictates that state pension rates must increase by either the rate of inflation for September of the previous year, the increase in average earnings, or 2.5% – whichever is highest.

A report by the House of Lords entitled *Tackling intergenerational unfairness* suggests that these state pension increases are unsustainable, and are restricting public spending on services, so that younger generations are shouldering the costs.

The implication that pensioner poverty is a thing of the past and we are all living in comfort is refuted by the Joseph Rowntree Trust which found that although the incidence of pensioner poverty had halved over 20 years, by 2016-17, 16% of pensioners were still living in relative poverty, rising to 31% among those in social housing and 36% among private renters. The benefits freeze and bedroom tax introduced in 2016 meant that as rent goes up faster than housing benefit, pensioners who rent have a huge gap to fill which tips them into poverty and, in some cases, can force them to choose between food and heating.

The House of Lords report proposes breaking the triple lock and reviewing other benefits such as travel passes, heating allowance and tv licenses for over 75s but the Department for Work and Pensions reassured the *Guardian* Newspaper earlier this year saying



**"By renewing our commitment to the Triple Lock for the duration of this Parliament and protecting the poorest through Pension Credit, we have kept pensioner poverty close to historically low levels - lifting the incomes of millions of older people."**



## Help !!!

### Advice and Information

#### Citizens' Advice (CAB)

Advice line 0300 330 1169

Tooting library by apt 0208 767 0543

166 Roehampton Lane (drop in) Mon 10-4, Wed 10-12.Thur 10-4, Fri 10-4

#### Age UK (by appointment)

020 8877 8949

#### Care4Me info

020 8812 6700

Silverline 24 hour help line for elders 0800 470 80 90

### Useful Services

Handyman service (Age UK)  
020 88778949

#### NHS hearing aid support

Tel: 07392 319 700 for information on free drop in hearing aid clinics in your area.

#### Wandsworth Community Transport

appointments and outings :020 8675 7460.

Wandsworth Mediation service Free help with conflict  
020 7223 7444

#### KITE—Keeping independent through enablement.

Helps you stay at home or supports you after hospital discharge. From home call 020 8871 7707 in hospital ask for hospital social worker.

Carers For information and support contact the Carers Centre 020 8877 1200.

### Emergencies

#### Police

Emergency 999

Important but not urgent 101

Out of hours healthcare 111

# A 'Universal Care Entitlement' from taxes?

As another Care Homes operator, Four Seasons Healthcare, collapses into administration, sparking anxiety among its 17,000 residents and their relatives, more pressure is being placed on the Government to produce a long awaited Green Paper on Social Care Funding.



## Dear Prime Minister

... "The impact on the public has been profound, with record numbers of people now left to struggle each day without the care and support they need. Social care is on the brink of collapse and the sector has been waiting two years for a green paper." ...

or possibly asking the over-50s to pay a 1% national insurance surcharge, "in exchange for a guarantee that their personal finances will not be exhausted by the costs of social care, and that they will be looked after whatever their condition".

Everyone would then be entitled to a flat rate allowance, say £2,000 a month for personal care and £2,500 for nursing care which would be paid directly to the care home by the government.



## WOPF AGM April 2019

Tony Tuck and Lilius Gillies pictured left with the Mayor Piers McCausland who opened the AGM. Cllr Tony Belton stood in as the guest speaker for Battersea MP Martha de Cordova who

had to attend parliament. Following conclusion of the business, participants asked questions about accessible transport and expressed concerns about affordable housing and essential amenities for residents on the new Nine Elms development. Cllr. Belton said the Planning Committee had this in hand. Vicky Hutchings was welcomed onto the WOPF management committee.



## Climate change – What can we do?



- Change to a green energy provider
- Drive and fly less
- Eat fewer meat and dairy products
- Avoid one use plastics. Buy unpackaged fruit and veg. Take a reusable cup for teas and coffees out.
- Gardeners should compost their fruit and veg peelings and install a water butt.



Wandsworth Council is committed to work on improving air quality and are organising a Clean Air Day in June.

**Elays Senior club** was set up to combat isolation. We welcome all genders and ethnicities. It is a chance for our community to come together and enjoy a nutritious meal, take part in activities or go on day trips to seaside or other places of interest. We also offer free advocacy. We are open on Monday - Wednesday – Friday 11:00 am - 2:00 pm at 68 St. Rule St. Battersea SW8 3ED  
Contact:  
[amanda.campbell@elaysnetwork.com](mailto:amanda.campbell@elaysnetwork.com)

# Manage your Health

## There is never a good time...

by Su Elliott

I attended an interesting meeting which discussed the best stage at which people with dementia should move into a care home. The key issue was to include the person with dementia in all discussions as much as possible and to try and ensure that the decision is made in the interests of the individual and not on financial grounds.

Care home managers prefer an earlier admission so that the person can familiarise themselves with the place and the people before they become too ill. For individuals and carers, though, staying at home as long as possible often feels more appropriate.

A gradual introduction to pave the way was suggested with the person making regular visits to the home or using it for respite when their carer is away.

If it is decided that now is not the right time but you have your eye on a particularly good home, it may be wise to put the person's name down because there can be a long waiting list.

The decision making and the actual admission can be stressful for family carers who worry that they are not doing enough or they are doing the wrong thing. It can also cause conflict between family members when one may feel the loved one should remain at home while another believes care to be the best option. More help and support is needed for families at this difficult time.



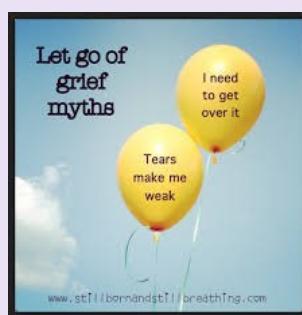
## Grief is the Hardest Thing

As part of Mental Health Awareness week, Prince William spoke publicly about the unbearable pain he experienced when his mother died.

Grief is hard work. Whether you've lost a partner, sibling, or someone close, a loved one's death can lead to a feeling of tremendous hopelessness.

Everyone grieves differently. For some, talking to a deceased loved one either at their grave or wherever you happen to be is comforting and it is a completely valid and healthy way to cope. It is also common to see, hear, and/or sense the presence of a deceased loved one, so if that's something you've experienced, it's normal and can be helpful.

Many people assume that grief is a process that comes to an end but it comes in waves and can hit people when they least expect it. Even



when we think we've moved on, a smell or a visit to a special place can retrigger an acute sense of loss.

Some people don't like to bother friends and family and after the first few months feel obliged to say they are fine even though they are not. If you want to speak with someone who can listen and support you outside your family/friendship circle contact Wandsworth Bereavement Service 020 7223 3178.

I'm worried about \_\_\_\_\_

Age UK's Advice line regularly receives calls from people who are worried about an older friend, relative, or even their own partner, but aren't sure how to raise their concerns – or whether they should say anything at all.

"It can be so difficult to say to someone 'I'm worried about you,'" says Lesley Carter, Age UK's Clinical Lead. "You don't want to charge in and imply someone can't take care of themselves, or offend them by making it seem like you're checking up on them."

Lesley suggests taking a step back and assessing your worries as objectively as possible.

"Things do naturally change as we get older," she advises. "Someone might not have as much interest in activities they used to enjoy, or they might not have exactly the same personality as when they were younger. But if you're noticing changes in someone's behaviour that are concerning you – like someone refusing to leave the house – or you're worried

they're in a situation that might not be good for them, it's a great idea to talk to them about it, but in a way that helps you to see things from their perspective.



# **FIT, ACTIVE, INVOLVED AND INTERESTED**

**Active Lifestyles** for info on a range of fun activities 0208 871 6373

**Asian Women's Association** 020 8875 9465

**Autumn Rose** club with cooked lunch Tuesdays.  
Joan or Esmie  
autumnrose@  
balhamsda.org.uk

**Balham Leisure Centre**, Elmfield Road. Exercise class for over 50s - Forever Flexible Tuesdays 11.30 - 12.30 £3.00

**BINGO** Tuesdays and Fridays at Furzedown Project 2pm. Transport within catchment area. Tel:020 8677 4283 for inf.

**Elays Senior Club** Monday - Wednesday – Friday 11:00 am - 2:00 pm at 68 St. Rule St. Battersea SW8 3ED

**Expert Patients** group— understand and manage condition 020 8871 5163

**Furzedown Project** , Open every weekday for a range of activities—020 8677 4283 91-93 Moyser Rd SW16 6SJ

**Hestia Age Activity Centre** 966 Garatt Lane, Tooting. Tel:020 8767 8426 Open every weekday except Thursday 10am -4pm

**Katherine Low Settlement** meeting place, advice, support, exercise & activities for older people 020 7223 2845/6471

**Keep Fit (50+) FRIDAY**  
10.30-11.30AM St John's Hill Com Cent.  
**TUESDAY** 11AM-12PM £3

**.Keep on Moving (60+)**  
Tue 10.30-11.30 & Fri 9.45 & 11.15 at the Penfold Centre, 1 Neville Close, SW18 4TJ.

**Keep Fit (50+) Friday**  
10.30-11.30 St. John's Community Centre

**Keep Fit for Life (50+)**  
Tuesday 11am – 12noon  
Tooting Junction Baptist Church, Longley Rd, SW179LD

**LGBT Elders** coffee morning Thursday 10.30  
Furzedown Project 020 8677 4283 91-93 Moyser Rd SW16 6SJ

**Men's Shed Roehampton**-  
Wednesdays 12noon –3.30  
Methodist Church, Minstead Gardens, SW15 4EB  
David Peers 07950 9313626  
david.peers@ageukwandsworth.org.uk

**Monday Club** 2-3. 30 on Mondays at St. Barnabas Church, Lavenham Rd Southfields. More inf: Margaret 0208 870 5364

**Open House in Southfields**

Age UK run session every Monday from 10 30-12 offering a range of activities and outings. Ackroydon Hall 26 Montfort Place SW19 6QL Tel: 020 8877 8955

**Perambulators** fortnightly walks 6-9miles Contact Furzedon Project ( above)

**Regenerate-Rise** open access day centre, Putney Tel 020 8780 9330

**50+ Restart** Exercise, discussions, games and music. Mondays 12 30-4.30 Furzedown Project (as above)

**Swim Club Monday mornings** at Balham pool (contact Furzedown Project as above)

**Swimming** women only. 5pm-7pm Tooting Leisures Centre.

**Sunday afternoon tea parties** for people aged 75+ Tel: Alison Minney 020 8150 3154

**Tai Chi** Monday 12.30-1.30 St. John's Hill Community Centre Peabody Estate, Battersea SW11.

**Tone & Stretch (50+)** FRIDAY 11AM-12PM £3 St Joseph's Catholic Church, 218 Roehampton Lane, SW15 4LE

**Walk4Life** Free walks Battersea Park Thursdays 10.30, Tooting Common 9am or 12 noon on Tuesdays, St. George's Park 12 15 on Wednesdays, Roehampton Lane by Shell garage 1st Sun in the month details 8871 6371.

Wandsworth Vision (previously Pocklington) 020 8675 4248

**U3A (university of 3rd age)** Learning through groups such as language, history, art, theatre, walks 020 8878 5783



This exciting new intergenerational project matches young families with their older neighbours who can give them advice and practical support: “*I realised that most of my friends with a busy family life are living quite a distance from their older relatives and are really missing the sort of support you get from having older relatives around—not just baby sitting but things like gardening, cooking or DIY advice*” says Sarah who set up the project with her friend Claire Redway who is far away from her own family in Ireland. Claire explained “*We kept hearing that many older people are living without the support and companionship of their own families nearby, perhaps not getting out much and suffering from isolation. With loneliness being such a hot topic and a real social challenge for all age groups, The Wiser Collective feels like a timely part of the solution.*” So if you are an older person who would like to help a young family, get in touch with us on Tel :07879 435207 or email info@TheWiserCollective.com tel:07879 435207.



**Regenerate Rise** offers Day Services at the Platt Christian Centre in Feltham Road, Putney as well as at St Michael's in Cobham Close, Battersea and our programme of activities are geared to be fun, educational and informative. Here is Violet with her special birthday cake and below is Mary outside the Savoy.

Our members enjoy a great lunch with fresh meat and vegetables, fruit juice and a dessert for £6 from a varied menu including anything from Roast Beef and Yorkshire pudding to Chicken Curry. We will arrange transport where possible and if you need extra support, we are here to provide it. You would be welcome to join our chair based dance exercises on Monday afternoons in Battersea or on Fridays in Putney.. Telephone Robert on 020 8780 9330 (Putney) or Lisa on 020 7228 0245 (Battersea) for further information.



**Our New Centre** is under development in the heart of Wandsworth to provide older people with accommodation on discharge from hospital and integrate them into our Day Services. The Centre will provide a new range of support and activities for people with dementia as well as opportunities for all ages to volunteer and a great programme working towards independence in later life. *Mo Smith Director Regenerate Rise*

### Avoiding falls and dos and don'ts for if you have one

**Emma Hammett** is a great enthusiast for living safely and for teaching first aid when accidents happen. She came to teach the Forum members in May accompanied by her family of large dolls.

#### Avoiding Falls

Wear sensible shoes in good condition to ensure balance  
Watch out for uneven pavements and manholes

#### If you fall

Do not try and get up straight away even if people try to help you  
Check if you are bleeding or just have a minor graze. You will need First Aid.

Is something broken? If it hurts a lot or when you put weight on it have it checked by a health professional.

Be careful when you get up. You don't want to be dizzy or fall again. If possible go onto your hands and knees and get up slowly, lifting your head last. Try and find somewhere to sit until you feel stronger.

If you cannot kneel you will just have to wait for help but keep warm and wriggle a bit to change position to avoid pressure sores forming. Get help.

Always carry a phone or an alarm button.  
*Lilias Gillies*





**Reg. charity No 1096322**

Correspondence to Hon.  
secretary

Tel:020 8672 5592

liliash.gillies@btinternet.com

**Newsletter editor:**

Jenny Weinstein

weinstein.jenny@gmail.com

**Membership secretary**

Su Elliott

su.elliott2@virgin.net

*We're on the Web*

[www.wandpensforum.org.uk](http://www.wandpensforum.org.uk)



**WOPF Management Committee**

Tony Tuck	Chair
Valerie Hambelton	Vice Chair
John Horrocks	Vice Chair
Liliash Gillies	Hon Sec
Pius Gnanapragasam	Treasurer
Judith Crompton, Nathalie Gibson-Wilson, Patma Patmaseni, Jasmin Elvie, Ricky Lucock, Winston Gordon, Jenny Weinstein, Vernon Brookes, Margaret Brookes, Fred Roberts, Lys Innes Vicky Hutchings	

**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.

## Forthcoming Forum Meetings

**July 9th** Tania Christie—Thames Water

Hannah Ditch - Poppy's Funerals

**AUGUST NO MEETING**

Monthly meetings are held at the Anchor Church Centre 273 Garratt Lane SW 8 4DU 2pm-4pm with tea and biscuits.

**N.B. For Information on future meetings, please sign up for our e newsletter at**

**<http://eepurl.com/gqu039>**

**Clarification** The Research on *Improper Care Assessments* discussed in the Spring issue was not undertaken in Wandsworth but in a number of other boroughs.

## Membership Application or 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 organizations) to: Membership Secretary Wandsworth Older People's Forum C/O WCEN, DRCA Charlotte Despard Ave, London SW11 5HD.

I wish to join the Wandsworth Older People's Forum  
Name...(individual or organization)

.....

Address

.....

..... postcode.....

phone...(h)..... MOB.....

Email.....(this is important because, in future, because of funding, we may need to communicate with you by e mail, not post.)

I might be interested to volunteer

I am a UK Tax payer and would like my subs to be gift aided.

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

