



Summer 2018

Funded by City Bridge

Wandsworth Older People's Forum Newsletter



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Social Care



Mr. Hunt's long awaited **Green Paper** is due in July.

The Government says that it will ensure that care and support are sustainable in the long term. Proposals are likely to include a cap on lifetime social care charges and integration with health and other services. In the mean time the system remains perilous. (see p.2)

Never Too Old



87 year old John Starbrook completed his 33rd marathon for Age UK.

David Hockney (78), whose exhibitions draw in record crowds, says

that his best work may still be ahead.



"Painting is an old man's art - an accumulation of things."



The Queen (92) playing her role at the Commonwealth Conference in April.

Sports Sessions provided by *Oomf Wellness* in care homes, day centres, housing associations and other community care provision to keep people fit.



Promises for the Green Paper

Jeremy Hunt has acknowledged the current problems in social care as follows:

“Many families find it incredibly hard to access the care they want with or without means-tested support from the state.

Many people employed in the system find themselves working too hard as they struggle with fragmented services coming under unprecedented pressure.

The CQC (*body that inspects quality of services*) has expressed serious concerns about the risks of care providers going under.

These pressures lead to A&Es becoming overcrowded because hospitals find themselves unable to discharge patients who cannot access social care support packages.

Behind these difficulties sit many ordinary people in a great deal of distress. Families coming to terms with a relative with dementia.

Older people living on their own who won't admit they are lonely. Care home residents with clinical depression, as we know happens in 4 in 10 cases.

So let's be brutally honest. In a country that prides itself on kindness, neighbourliness and respect this does not sit easily, and we need to do better.”

Seven principles for a new system:

1. **Quality Care**
2. **Whole person integrated care,**
3. **Control for individuals and families,**
4. **Workforce to be respected and nurtured with good career progression,**
5. **Support for Carers and families,**
6. **A sustainable Funding Model**
7. **Risk is Pooled and the cost of e.g. dementia care is shared.**



United against
dementia



Treat me like a Human Being

We asked hundreds of people with dementia and their carers what actions they would like the general public to take to help improve their everyday lives: This is what they said

1. Talk to me Don't be worried about talking to me. I'm still me.
2. Listen to me Take time to listen and involve me in the conversation. I can still teach you a thing or two.
3. Include me Keep on inviting me out. Friends still mean the world to me.

4. Ask if I need help If I seem confused, ask if I need help. These little things help me stay independent.

5. Be patient Be patient with me and I'll show you how I can still do things. It just might take me longer than it used to.

6. Ask me about my dementia Don't be afraid to ask me questions. When you take the time to understand my dementia, I know there's someone on my side.

7. Help my carer too Support my partner and others who care for me. My dementia affects them too.

Dementia Help

In Wandsworth, the Society provides a range of services, including support workers who will sit down with you to listen to you and help arrange practical support, such as Lasting Power of Attorney or to access other support services such as respite, weekend cafés, peer support groups and Singing for the Brain. We will be there for you, just a phone call away when you need us.

For further information and to access these services, please call us on 020 8687 0922 or email: wandsworth@alzheimers.org.uk

National helpline 0300 222 1122 www.alzheimers.org.uk

Andrea Owen

Demand an Age Friendly London

In its manifesto for the London local elections, Age UK argued that all older people should be able to enjoy a fulfilling and valued life. With an increasing number in the oldest age groups, and pensioner poverty on the increase Age UK called on candidates to commit to:

- making services responsive and working with the NHS on integrated care;
- incorporating older people positively in all work areas
- creating neighbourhoods which are walkable, with good access to facilities, public transport, green spaces and public toilets
- tackling loneliness,
- being a hub for vital information for older people
- providing genuinely affordable, accessible housing.

WOPF fully supports this manifesto and will continue to campaign on the issues.

Vicky Hutchings



"You're going on a long journey. Have you got an OAP's bus pass?"

Bus Passes Safe !!!

The Government has amended legislation to protect the bus pass so that older and disabled people will be secure that it will be there for years to come. HURRAH.

Forum AGM

Participants at the Forum AGM were welcomed by the Deputy Mayor Cllr Ian Lewer. Following the formal business, we heard that Battersea Power Station Foundation would fund the Newsletter for a year. Next, our speaker, Shannon Katiyo, described the work of Wandsworth

Public Health which is responsible for advising the Council and NHS on improving the health of the local population. It produces a document (JSNA) which describes local health and care needs as well as the local assets that help to promote well-being. The JSNA is published on the council website. Current concerns are the high levels of diabetes and those at risk are offered advice on diet and exercise that can avoid progression of the disease. Shannon also talked about Regeneration at Nine Elms where residents will have access to GP practices and pharmacies. Other priorities are air quality, falls prevention, and helping people to keep warm with grants for new boilers and insulation.

Lilias Gillies April 2018



Help and Information

KITE—Keeping independent through enablement. Helps

you stay at home or supports you after hospital discharge. From home call **020 8871 7707** or if you are in hospital ask to see the hospital social worker.

Ongoing support at home
Tel: **020 8871 7707.**

Carers For information about your rights contact the Carers Centre **020 8877 1200**

Advice and Information

CAB *Adviceline* **0300 330 1169**

Tooting library by apt 0208 767 0543

Battersea library (drop in)
Monday 10-4, Tue 10-4, Wed 10-12, Fri 10-4

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 hub **020 8812 6700**

Silverline 24 hour help line for elders **0800 470 80 90**

Handyman service **020 88778949**

NHS hearing aid support **07501 57443** for information about free dropin hearing aid clinics in your area

Wandsworth Community Transport shopping, appointments and outings :020 **8675 7460.**

Police

Emergency 999

Important but not urgent **101**

Diabetes Self-test



If you are worried about diabetes you can now do an initial test at home to see if you are at risk. Visit this website

<https://riskscore.diabetes.org.uk/start>

Make sure you have a tape measure and scales to hand. Or see your GP.



You may have read about the increase in cases of domestic violence among older people. Age UK and the Met. Police are planning a campaign to reduce this problem. If you would be interested in helping them by joining a focus group contact gdeuchars@ageuklondon.org.uk or 020 7820 6777 for info.



Driving My Car

The AA has undertaken research showing that older drivers have fewer accidents so age is not necessarily a reason to stop driving. Older people who are not mobile are reluctant to ask for a lift and therefore stay at home. Being able to drive reduces isolation. Over the age of 70, drivers must renew their licence every three years but this does not mean taking a test. As long as you are confident that you are safe, keep using the car and remember to offer others a lift.



“Survival rates from cancer are twice as high as they were 40 years ago,” said Karen Gray,

addressing the May Forum about the importance of prevention and early intervention. The lung,

bowel, breast and prostate are the most common types of cancer but risks can be significantly reduced by adopting a healthier lifestyle. Karen urged us to eat less meat and plenty of fruit and vegetables, not to smoke and to have at least two alcohol free days each week; we must ex-



CANCER SCREENING
CAN *Save* YOUR LIFE



ercise regularly and avoid sun exposure. Air pollution, lengthy exposure to dust such as from asbestos or mining can cause cancer. In a small percentage of cancers, such as breast, family history can be relevant. Screening is available for breast, cervical and bowel cancer. Most of you will be familiar with the bowel screening kit sent by post to men and women between 60 and 74 and, by request, to those 75 and over. Most tests are clear but if not, the person will be called for an endoscopic examination. Polyps will be removed and any cancer discovered can be treated. A simpler test is currently being tried out requiring only one

sample and there is a higher uptake from the pilot. Karen said that people were squeamish about taking samples but emphasised that four out of ten cancers can be prevented so it is worth it.



Lilias Gillies

How will they manage when I'm gone? (From Gransnet)

I wonder how many other people find that as you get older, it becomes more real that you will die. I know we don't want to think about it, but we know it will happen. I have thought about how my children will manage the aftermath of my death - and I've always made sure I have a will. But there are so many other things they will need and I won't be there to say "Oh - just look in the kitchen drawer!" or "Its in a file labelled 'finance'". I've found Age UK's *Life Book* is a really good way to put together all the information the children (or executors) will need - either when you die, or if you cannot easily manage your own affairs at some point.



www.ageuk.org.uk/information-advice/care/home-safety/lifebook
I used the *Life Book* as a guide and put all the information into a document on the computer. It gives you the key headings. I put it off for ages, but then found it wasn't really hard and it feels a relief to have it done.

Start the Conversation

It may seem like there's never a good time to start a conversation about death, but it can be easier than you think.



People do not want to upset their family and friends but, in

fact, they may be concerned about you and relieved to have the chance to find out your wishes and feelings so they are better prepared for when the time comes.

Nightmare for Windrush elders



Nick Broderick came to the UK as a baby in 1962 and said he was recently threatened with deportation, and also lost his job as a coach

driver after the Home Office seized his driver's license. As he had not been to Jamaica since he was a baby, and has health problems, the thought of being separated from his family drove him almost to suicide.



Sarah Connor (57) said "I grew up with the National Front around my area - I thought those attitudes had been stamped

out. I think that the government has stoked it up again, without realising what they are doing," she

reignited the fires of racism because the Home Office policy of 'send them back' gave it legitimacy. However, it did not work because we



are British."

Paulette Wilson (61) spent a week in a detention centre and nar-

rowly escaped being sent back to Jamaica, a country she had not seen since 1968 when she left as a child. She was devastated when her immigration status was questioned - she attended primary and secondary school in the UK, paid taxes, held a driving licence, was married for 17 years to someone British, and has four British children. She has built up £17,000 worth of debt through not being allowed to work.

Hundreds of citizens, whose parents had been invited here by our Government to rescue public services, were unable to produce the required 4 documents for every year they had been in the country resulting in their lives being cruelly disrupted by a Home Office intent on meeting their target for removing people. It is vital that they are adequately and speedily compensated.



FIT, ACTIVE, INVOLVED AND INTERESTED

Asian Women's Association 020 8875 9465

Wandsworth Over 50s Activity Group 07958440808

Share Community for adults with physical and other disabilities. 020 7924 2949

St. Bede's Centre for Deaf people 020 7021 4340

Golf for over 50s 020 8871 2468.

St. Michael's Older People's Activity Centre Battersea 0207 228 0245

Expert Patients group—understand and manage condition or illness 020 8871 5163

Keep on Moving (60+) FRIDAY 2-3PM £3 Southfields Library, Wimbledon Park Road, SW19 6NL
TUESDAY 10.30 - 11.30AM and FRIDAY 9.45 and 11.15 at The Penfold Centre, 1 Neville Close, SW18 4TJ

Walk 4 life — free walks Battersea Park Thursdays 10.30, Tooting Common 9am or 12 noon Tuesdays St. George's Park 12.15pm Weds. Roehampton Lane by Shell garage 1st Sunday in the month at 10.30 am. Details 8871 6371

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

Roehampton Men's Shed Wednesdays 12noon-3.30 Methodist Church, Minstead Gardens SW15 4EB

Furzedown Project, Open every weekday—020 8677 4283 91-93 Moyser Rd SW16 6SJ

Hestia Age Activity Centre Tooting 020 8767 8426

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

Pocklington Resource Centre for People with Visual Impairments 020 8675 4246

Keep Fit (50+) FRIDAY 10.30-11.30AM St John's Hill Com Cent.

Autumn Rose invites you to their health and well being project: talks and cooking demonstrations.
Joan or Esmie
autumnrose@balhamsda.org.uk

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

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

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

ACIS (Adult services information service) is being switched off. Info will be at:
www.careplace.org.uk

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

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

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

Keep Fit for Life (50+) TUESDAY 11AM-12PM £3 Tooting Junction Baptist Church, Longley Road, SW17 9LD

MONDAYS Swim Club at Balham pool (contact Furzedown Project above)

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

Monday Club 2-3.30 on Mondays at St. Barnabus Church, Lavenham Rd Southfields. More inf: Margaret 020 870 5364

50+ Restart Exercise, discussions, games and music. Mondays 12.30-4.30 Furzedown Project (as above) Contact 8785 2142



Welcome to **Home Café at St. Andrews Church Garratt Lane**

where you can enjoy lunch for £5 Mon-Fri, Brunch on Saturday and tea/coffee and cake any time inside or in the lovely garden.

Doing it Ourselves

Roehampton Men's Shed

(Update from David Peers)

After months of waiting while legal issues were sorted out, we have actually started building our own Shed. The job of turning a derelict garage on the grounds of Roehampton Methodist Church into a functioning workshop got underway in the second week of May with tearing down the rotten roof and replacing it with a new one. Now we have to build new doors, windows, and bench units, construct a decked outside area and install security fencing. We expect it will take many weeks and Shed members will be doing most of the work themselves.

But that is the whole point of the project. We offer older men (and women) the opportunity of exercising and learning new skills, and of making friends while making stuff. When we are fully up and running we hope to get more people in the local area bringing us items to fix and repair. In addition we will continue working with the Oasis charity shop to upcycle donated furniture. We also provide space and facilities for people who want to work on quieter activities like re-caning chairs, upholstery or repairing musical instruments.

Do drop in any Wednesday from 12.00 to 3.30pm at the Methodist Church, Minstead Gardens, Roehampton, London SW15 4EB. For inf call Dave 07950 931626.



Roehampton Men's Shed member Philip Benton hard at work

All About You—WOPF Newsletter Readers

Every year, we conduct a survey of newsletter readers and this year 64% of people replied. Much appreciated. This helps us to improve the newsletter and enabled us to fund it for another year, thanks to Battersea Power Station Foundation.

We learnt that 50% of our readers are over 80 years old and 25% are over 85. More than ninety percent of respondents read the newsletter every quarter and the most popular articles are about local issues and health, closely followed by transport, social care and activities. Suggestions put forwarded about new content for the newsletter included: readers' letters,



(Newsletter readers cont.)

obituaries, more detail about activities, religion, day trips, better photos, more BME stories, LGBT stories, holiday info, story competition, light hearted pieces, places to eat and where to find computer help.

There were no negative comments but : "excellent", "I'm happy", "balance feels right", "covers my requirements".

Interestingly, 75% of readers can now access the internet. While 71% live alone, 65% said they get out as much as they want although poor health, lack of transport or social isolation affected 10% of members. A healthy 86% said they do regular exercise, the most popular being walking, Keep Fit and swimming.

The biggest concern was loneliness and isolation; and the second was the cuts in health and social care services. People voiced fears about not having enough money, poor quality care homes, no GP home visits, problems finding a cheap cooked meal, unsuitable accommodation, not enough police to make you feel secure, and that everything is on the web or by telephone instructing you to press endless numbers.

The survey offers a mixed picture reflecting larger scale research about the lives of older people. On the one hand, there is a majority of active older people, engaged with their families and communities and enjoying a range of pursuits. But there is a minority, who are isolated, in poor health, unable to get out and without the help and support that they need.

WOPF will continue to raise these issues. *Jenny Weinstein*



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WOPF Management Committee

Tony Tuck	Chair
Valerie Hambelton	Vice Chair
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Judith Crompton, Tom Cox, Nathalie Gibson-Wilson, Patma Patmaseni, Doreen Brading, Jasmin Elvie, Ricky Lucock, Winston Gordon, Jenny Weinstein, Vernon Brookes, Margaret Brookes, Fred Roberts, Lyz Innes

Forthcoming Forum Meetings

June 12 Melissa Teatum PDSA sick animal charity) &

Sian Job (patient involvement)
July 10 Dr. Ari Mihailidis Chiropractor &
City of London Rep on Cycling

August NO MEETING

September Rosena Allin Khan MP (Tooting)

All meetings are held at the Anchor Church Centre 273 Garratt Lane SW 18 4DU with tea and biscuits.

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.....

I prefer receiving information/newsletter (tick preference)

by post ☐

By e mail ☐

I might be interested to volunteer ☐

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

Signed

Date

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