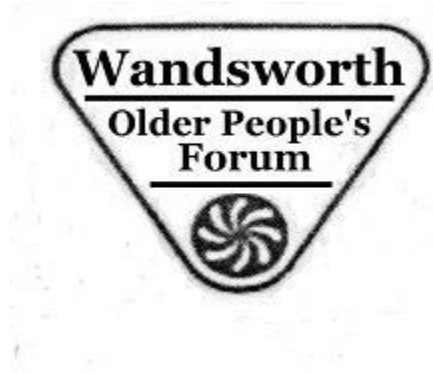


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## WOPF Newsletter October 2019



### **DIGNITY IN RETIREMENT**

At their 2019 conference Labour made a commitment to provide free personal care at home for those in need over 65 years old. John McDonnell told the Conference that at present there are a million older people not receiving the care they need and 5million unpaid carers are struggling to cope with loved ones. Many underpaid carers are only permitted very short visits which are inadequate to meet basic requirements. This would be the first step in creating a National Care Service, paid for out of taxation and taken back into public control. Critics do not disagree with the approach but question its economic viability in the long term.

The Conservatives have committed an additional £3billion for social care over three years but have not yet proposed a system of funding in the long term.



**All Forum meetings are held at Achor Church Centre, 273 Garratt Lane SW8 4DU  
with refreshments**

**8th October      Forum meeting 2-4pm**

**Address as above**

**Speakers      Wandsworth Councillor Melanie Hampton, Cabinet  
member for Health and Social Care**

**12th November      Forum Meeting 2pm-4pm**

**Speakers      Nadine Hassler from Adult Social Services  
Leonie Cooper our representative on the Greater London  
Assembly**

**28th November.      WOPF Conference      Towards an Age Friendly Wandsworth**  
Details to follow. Save the morning with lunch

**10th December      Forum Meeting 2pm-4pm**

**Hannah Lambert from RCA  
Treblemakers (wonderful singers for Xmas cheer)**



## Support, Information and Advice

In our paper newsletters we provided details of where you can obtain information, support or advice this information is still available is you press

### Support

## Fit Active and Involved

And all the information about activities, clubs, exercise classes etc in your area and throughout Wandsworth are listed on our website. Press the What's On Button below and it will take you to the website. Then just press the What's On button on the green strip and you can chose your locality to find an activity for you.

### What's on



On Sunday 6 October 2019 Wandsworth Council will host a tea party for older residents of Wandsworth. Starting at 1:00pm at the Civic Suite in Wandsworth Town Centre, residents of all ages are encouraged to join Wandsworth Council for tea, coffee, cake and dance the afternoon away to music from the 40s, 50s and 60s until 4:00pm. The event is free and no booking is required. The venue is fully accessible and there is free parking available. Come and strut your stuff with friends and family or come and meet new people.

## Social Prescribing

The contract to deliver social prescribing at Primary Care Networks in Wandsworth has been won by Enable Leisure and Culture who are currently recruiting social prescribers.



## New Age Well Service

Katherine Low Settlement has won the contract to provide a new service in Wandsworth that will reduce isolation, increase confidence in dealing with major life changes, encourage healthy lifestyles and co-produce intergenerational and family activities.

Lilias Gillies, from the Forum attended an initial meeting with local statutory and voluntary organisations to identify key issues. Staff found it hard to communicate with Adult Services about older people, partly due to continual turnover of social workers and podiatry appointments are causing problems. KLS will be appointing two development workers to deliver the contract which will be for three years in the first instance.

## GP Satisfaction

In Wandsworth 98% of us are satisfied with our GP services but only 74% are happy with the system of making appointments.



### Dementia Champion Tony O'Flaherty

Local Care Provider Tony O'Flaherty has raised more than £1,300 for the Alzheimer's Society following a sponsored swim of 10K through the River Dart. Tony said that the biggest challenge for sufferers and their family when problems first arise " is to know where to get help and advice. The Alzheimer's Society is available to speak to people by phone or face to face".

### Towards an integrated Health and Care System In Wandsworth

The WOPF Forum in September heard from Sandy Keen, Head of Integrated Care at the CCG, about how a more effective integrated provision of health and care is being developed in Wandsworth.

The goals of partner agencies are that residents in Wandsworth should Start Well , Live Well and Age Well. This will be achieved by agencies working more closely together and including community and voluntary Organizations.

## Age Challenges in Wandsworth

- Increasing numbers of older and very old people
- Life expectancy post 65 is currently shorter in Wandsworth than average
- On average we will experience 15 years of deteriorating health prior to death
- 1,387 people with dementia
- 10,000 older people living alone
- 800 annual hospital admissions due to falls
- 9,000 unpaid carers

## Aspects of the new Plan

Sandy told the forum that improvements were being made to keep older people out of hospital such as **speeding delivery of aids and adaptations, OT assessments, and the provision of physiotherapy. Specialist health teams** will be available **for care homes** and pharmacists will work more closely with GPs to ensure regular medication reviews. GPs will work in local networks with **social prescribers to link people with voluntary and community services** that can help them maintain health and reduce social isolation.

Points made by forum members included waiting times of almost a year for post operative physiotherapy, the importance for older people of having small local resources to access for social support; support for Wandsworth carers looking after someone who lives outside the borough, and the difficulties of successful joint working while the local authority resources have been so reduced.

## Disabled Living Foundation

The Disabled Living Foundation in Wandsworth is still be up and running although funding has run out for their volunteer scheme.. They do not have a showroom but do give advice and information. Free

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helpline number open 10-4pm Monday to Friday:  
0300 999 0004s.

[Trans](#)



## **CALL A FRIEND.**

Call in Time is an Age UK free telephone friendship service for people aged 60 and over. When we lose our close friends through death or moving away, we miss having someone to talk to. A friendly 30 minute chat on the phone each week can make all the difference. Age UK will match you up with someone who is also keen to make new friends and who has similar interests to you. To find out mo9re and sign up press the button below

[sign up](#)

## **Memory Research at University College London Please Help Us**

Researchers from the University College London are looking for adult volunteers to participate in a research study on age related changes in attention and memory. In the experiment you will take part in a simple computer-based task and complete some brief cognitive tests/questionnaires.



To participate, you need to

- Have no history of neurological or psychiatric illness;
- Have not received a diagnosis of significant mental or memory problems.
- Speak English as your first language

If you are interested to hear more, please contact Email:

C.Scarampi@ucl.ac.uk

Phone: 020 7679 1199.



### **Beware the thief in the street**

If you drive you will know about the new parking machines where you have to use your card and press loads of confusing buttons. Thieves are happy about these because as we finally remove the card to take our ticket, they are hovering to snatch the card. It may be safer to register with Wandsworth Parking services which enables you to register your car and card number so when you park you just make a call on your mobile.

parking@wandsworth.gov.uk or phone 020 8871 8871.

But be aware each phone call carries a 20p `convenience charge`.



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# AND BEWARE THE DIGITAL THIEVES

Trans

There is a very realistic gov.uk web page claiming to be from Wandsworth Council offering a rebate on your Council tax. [Do not give your bank or card details to anyone on line that approaches you.](#)



## Stay Safe on Line

Age UK London invite you to a session where you will learn how to stay safe. The session will cover e mails. scams. online shopping, passwords and much more. It will take place on 10 October from 2pm to 4pm at The Phoenix Garden Pavillion, 21 Stacey Street WC2H 8DG. If you wish to register you must go to <https://capgemini10oct.eventbrite.co.uk>

## Your Newsletter

Please send your contributions and ideas for the newsletter to the editor. Please enable us to increase the number of subscriptions by helping them to subscribe at <http://eepurl.com/gqu039>



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