



Wandsworth Older People's Forum

NEWSLETTER AUTUMN 2022

Upcoming!
WOPF conference
on the Cost of
Living Crisis
see p3



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GET BOOSTED NOW

From 7 September 2022, the people most vulnerable to Covid were invited to book in for their autumn booster jabs. These included people **aged 75 and over**, the severely immunosuppressed and front-line health and care workers.

From 12 September, invitations started to go out to people **aged 65 and over**, as well as carers and pregnant women.

Age UK: Call for more targeted support for older households

"New analysis shows, even after the Government's decision to freeze the energy price cap for the next two years, that an additional 1.8m older households in England will be living in fuel poverty from 2022, compared to a year earlier."

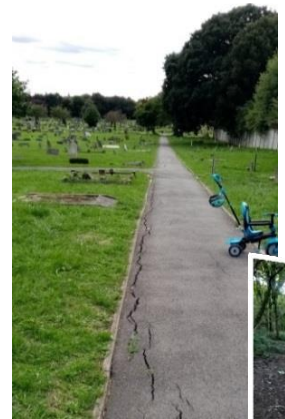
Don't forget to check out ... our "Fit, Active, Engaged & Interested" page, as it is regularly updated.

Soon we'll be able to walk along a 'Green Lane' across Wandsworth

First of all, a quick check that you do know Streatham Cemetery is actually in Tooting? Entrance a 2min bus ride along Garratt Lane from Tooting Broadway tube? Good. This is where Friends of Streatham Cemetery, set up in '08, runs its nature walks (you missed "Bats" on 30 September, but can still make "Fungi" on 29 October, starting at 2pm). You also missed running into me on Open Day last month, which featured a "Bees, Trees & Teas" walk to the onsite apiary ("Dead Good Honey" was on sale). Members take part in litter cleanups and flower planting.

For those whose geography is a little hazy (like mine!), the green spaces of the Springfield Hospital development site are on the other side of the cemetery's northern boundary. By 2023, Friends hope a

Friends of Streatham Cemetery hope to see a "Green Lane" created by linking the cemetery with Springfield Park (behind the fence to the right in the photo). Right, the Scope mini forest



gate will directly link the cemetery with the new "Springfield Park" – whose paths will lead to an exit on Burntwood Lane. Just think: a few steps along the lane and you can cut through the Scope forest to Wandsworth Common where, if you walk to its northern end, it's a 6min bus ride to Clapham Junction station!

Vicky Hutchings

www.friendsofstreathamcemetery.org.uk

Did you miss Wandsworth's Remembrance service for the Queen?



On 15 September, tributes to the Queen were led by Wandsworth mayor Jeremy Ambache at St Mary Magdalen Church in Trinity Road, Tooting, with local dignitaries and faith leaders present. Cllr Ambache said: "This [is] our chance to pay our respects to Her Majesty, to thank her for her seven decades of service ... and to bid her farewell."

The service was open to the public, although the church was only able to seat up to a maximum of 400 people on the day.

For those not able to attend or who would now like to watch the service, the weblink on which it was live-streamed is as follows: <https://youtu.be/CFem8Jhtzc8>

To move ... or not to move?

That is the question many people grapple with as they get older. Would it be safer to go and live nearer to children and grandchildren? Do I need to think about a bedroom and bathroom accessible without stairs? But I love my London house where I have lived for so long, my neighbourhood, my friends and local activities. Would I be lonely?



Looking back, it was a mixed blessing. That spring, if you recall, was warm and sunny so we were able to spend our time getting to know the beautiful countryside accessible directly from our house without breaking any rules. We went into a child-care bubble with our son and daughter-in-law who are both keyworkers,

Looking back, lockdown was a mixed blessing

Jeremy and I spent five years struggling to find answers to these questions, while our son, who lives in a lovely village in Sussex, mounted a campaign to get us nearer to him. "I am happy to look after you, if necessary," he said, "but I don't want to commute an hour and a half." We understood because we had both endured arduous return journeys when we were caring for our own mums in their last years.

Finally, in 2019, we decided to bite the bullet and start house hunting in Hassocks, which is about 10 minutes away from our son. The advantage of Hassocks is that it has a train station from which we can get to London in 50 minutes; it has all the shops you need, nice cafes and a brilliant garden centre. We found a house with a bigger garden, but, overall, it is more compact and with excellent insulation – good news for the fuel bills. Downsizing involved dozens of trips to the tip and to charity shops as well as endless posts on Freecycle but it was liberating to get rid of stuff we never use.

We moved in January 2020 and in the first few months were busy with family and friends coming down to check us out and many trips back to town to prove to ourselves we could still go to the theatre, see exhibitions and have lunch with our friends. We joined the Hassocks U3A, because there was a rambling group and we wanted to discover local walks. Then, in March, came lockdown.

so we weren't cut off from our grandchildren as we would have been in London. I joined the local Covid support group which provided shopping and medicines to vulnerable people. There was also a callout from the U3A about ideas for new groups and I suggested a coffee club for members to remotely meet and chat once a week. It was a great success, with people wanting to carry on meeting after the pandemic ended, face to face with cake.

In 2021, we were approached by a friend of my son who wanted to start a sponsorship group for a refugee family and had heard that we had experience in this field. To cut a very long story short, a group

of about 15 volunteers has just welcomed a lively family of five from Sudan to the rented house we found for them. Through this project we met some amazing people and were fully supported by the village who raised more than £20,000 through sponsored walks, socials, concerts etc. To be honest, we had expected life here to be rather dull and colourless compared to London, but it has been energising and stimulating.

So while the pandemic cut off our links with London, activities which started during that time encouraged us to settle into the community and make friends. We know so many older people who decided not to make the leap and then, sadly, when one of them dies or becomes disabled, they find themselves stuck in an unsuitable house a long way from their nearest family and sometimes prisoners on the same floor as their upstairs toilet and bathroom. We are lucky to have moved in time, when our day of frailty or bereavement comes, our son is on the doorstep and our house accessible. We still miss you all, though.

Jenny Weinstein

Newsletter editor 2014-2019

Su Elliott, who normally writes the column, has been in hospital with a broken pelvis



Natalie de Silva, CEO of Age UK Wandsworth, spoke at the July meeting to a small audience on a very hot day about the services provided by her organisation. These are mainly based at Gwynneth Morgan Day Centre for older people on East Hill, SW18 2HJ. The Day Centre, which provides lunch and activities, is for people assessed by social services as needing that service. But an advice service about benefits, pension credit, council tax

rebate, attendance allowance and other matters is available. Occasional coffee mornings are held and there is also a footcare assistant with whom you can book appointments at a cost of £30 a visit (tel 020 8877 8940).

There is also a Handyperson Service that will help with changing curtains or lightbulbs, minor repairs and adaptations. The charge is £30 per hour. For the more able, the Roehampton Community Shed helps people to do woodwork together. Then there is the Be-a-Friend service that matches volunteer visitors to people who are housebound. One person in the the audience said

Contd on p4

Grammar of the Highway Code

A survey by the AA has found a shocking 61% of British drivers are unaware of the changes to the Highway Code. No wonder Living Streets, which championed the changes, is now “working with the Department for Transport ... to ensure that ... awareness spreads”. Ominously, the comments underneath a BBC tweet on the survey by drivers who HAD read the new rules show many pedestrians haven’t read them either: “When I stop to let [pedestrians] cross at a junction I get stared at like I’m an idiot” and “Most don’t expect you to stop ... to let them cross and look at you in bemusement.”

The main change is the new Hierarchy of Road Users. Those most at risk of injury (ie, pedestrians) are at the top. Next come (in descending order) cyclists; riders; motorcyclists & car drivers; van & minibus drivers; and lastly, drivers of HGVs & buses or coaches. The aim is to ensure that those in charge of vehicles (or horses!) that can cause greater harm to those lower on the list bear more responsibility to reduce the danger posed to others.

The difference between ‘should’ and ‘must’

Which is great news. But besides those people who haven’t read the new rules, many who have are finding them hard to grasp, particularly the Code’s use of “should” and “must” in the text (which even the BBC got wrong in its report). As a legal expert explained, anything preceded by “must” is a legal requirement and carries criminal sanctions. Anything preceded by a “should” is guidance only. As one mischievous driver put it: “Love the fact all these new changes are advisory and not mandatory!” So how will it all work in practice?

The key changes for pedestrians say that: 1) at a junction, when crossing or waiting to cross the road, all other traffic *should* give way to you (see photo for an example); and 2) at a zebra crossing, all other traffic *must* give way if you’re crossing, but *should* give way if you are waiting to cross.

But will “guidance” be enough if failure to comply will not, in itself, cause a person to be prosecuted? Probably, as British drivers are generally happy to follow the rules. But also remember that the Code may be used in evidence in any court proceedings under the Traffic Acts to establish liability. For pedestrians, it will be easier, if injured in a collision, to establish liability if a driver didn’t give way when (s)he should have done. It must also give drivers

When a pedestrian is crossing or waiting to cross the road at a junction, all other traffic should give way



pause before ever again ignoring a pedestrian waiting to cross at a junction.



WOPF CONFERENCE

Wednesday 16 November 2022 at 10.30am at the Anchor Church Hall

Introduction and welcome
by Forum Chair Tony Tuck

Morning speakers

1. Cllr Simon Hogg, Leader of Wandsworth Borough Council: Priorities for the borough

Cost of Living Crisis

2. Natalie de Silva, CEO, Age UK Wandsworth: Getting support from Age UK

3. Mary-Ann Foxwell, CEO, Citizens Advice Wandsworth: What we are doing and what people can do for themselves

4. Susan Chappell, Habitat & Heritage: Advice for making your home energy-efficient

Q&A followed by Lunch

Afternoon speakers

5. John McGeachy, Age UK London: Progress on Age-Friendly London

Health & Care in Wandsworth

6. Sandy Keen, Head of Integrated Care, Wandsworth & Merton LDU

7. Mary Idowu, Director at Wandsworth Place Partnership, NHS SW London

Q&A followed by Closing Remarks
(ending around 3pm)



Anchor Centre, 273 Garratt Lane, SW18 4DU
(buses 44 or 270 to Swaffield Road stop)

Reports contd from p2

they had an Age UK visitor who is now a friend of more than 30 years.

There followed a good discussion of the services available. The footcare service is excellent as there is very little free chiropody available across the borough and it is mainly reserved for people with diabetes. If you need it, ask your GP as it is available in some health centres. Private chiropody can cost £50-80.

The urge to get people home and out of hospital is understandable with Covid still around and causing many staff absences. Members present had heard of several instances where people were sent home early with no number to contact in an emergency with even the GP finding it difficult to contact the hospital.

The Forum has sent a letter to the team at Heathwatch Wandsworth which is at present conducting a review of hospital discharge. The Forum hopes that the new Integrated Care System (ICS) bringing all services together will make hospital discharge better. The GP should be informed when a patient is discharged and it

would be helpful if patients were told about the Age UK hospital discharge service that provides help coming back home from hospital.

Removal of ear wax is a procedure that is now difficult to get. Audiologists say people must have it removed if they want to use their hearing aids and are being told to go to their GP. We heard that many GPs in Wandsworth will not do it. Some pharmacists are trained to use a new evacuation method, but it is not known where such pharmacists are. It is hoped more information will be available about where earwax can be removed by a safe process.

The availability of paper copies of *Brightside* was raised. Most people at the meeting had not seen one for some time. As I write this, one member phoned to let me know she had had a new edition delivered. We will ask about the lack of deliveries in parts of Wandsworth. *Brightside* has for many years been an excellent source of information, especially for older people who don't always have the means to look things up the internet.

At the September meeting of the Forum, we stood for a moment in remembrance of Her Majesty the late Queen. She has been on the throne for most of the lifetime of most of the population. Even so, many members of the Forum will remember previous reigns.

Our speaker, **Leonie Cooper** from the London Assembly did not come, as City Hall events had been cancelled as a mark of respect for the Queen, but she has promised to come soon. I reported on what had been said at the Crimes Against Older People forum co-ordinated by Age UK, which Su Elliott regularly attends. The total number of crimes suffered by older people in Wandsworth in the three months to July through scams, fraud or rogue traders, burglary/distraction burglary or theft from someone who had just taken cash from an ATM was 390 incidents, which included 155 thefts. These are the crimes that are reported and we know many are *not*. Reporting everything from scams to rogue traders offering services at the door to Action Fraud helps the police. We all have to be aware.

Lilias Gillies/Hon Sec

Intergenerational day centre opens in Wandsworth

After two years of pandemic-enforced isolation, a new type of community centre has opened in East Putney, free for older residents.

At "Sparkle", local residents are invited to spend the day with nursery children (from the on-site nursery) and school-age children from Brandlehow primary school. There are activities such as reading, singing, craft, gardening, exercise and guest speakers. There is also a light lunch (for adults) and a child-free lounge for those who prefer some time away from the children.

Emma Chisholm, the founder of Sparkle, said: "Intergenerational work is a 'win-win' for everyone. There are benefits for the older people, from tackling loneliness



Sparkle runs every Thursday, from 10.30-2.30 in St Stephen's Church Hall, Putney, SW15 2RS

and isolation to improving health and wellbeing, but also big benefits for the young people in terms of building confidence, empathy and communication skills. Sparkle is a place where

we want relationships to 'spark', where everyone is valuable because everyone has something to give, as well as receive.

"For the older generations, that could mean giving their time to read with a child. For our little ones, it could mean giving a smile to someone who might be feeling sad or lonely."

To register/find out more, contact emma@stmikes-ststeves.org.uk

Fit, Active, Involved and Interested

Active Lifestyles

First
session
FREE!

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>



Tuesday Keep on Moving £5. 10.30-

11.30. Penfold Centre, SW18 4TJ

Walking Netball £3.50. 10.30-11.30.

Tooting Leisure Centre, SW17 0NE

Keep Fit for Life £4. 11.45-12.45.

Tooting Junction Baptist Church,

SW17 9LD

Wednesday Walking football (contact for price) 11-12. Wandle Recreation Centre, SW18 4DN

Thursday Yoga £3. 9.30-10.30.

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

Stretch & Movement £3. 10.30-11.30.

Newlands C/Hall (see above)

Chi Gung (Relax & Breathe) £4. 11-12.

Penfold Centre (see above)

Friday Tone & Stretch £4. 11-12.

Roehampton Methodist Church, SW15 4EB

Keep on Moving £4. 1-2. St Barnabas Church, SW18 4EB

Active Chats (Age UK) Free gentle seated exercises. For housebound over-60s with limited mobility. Tel Sorrel on 020 8877 8940 or email exercise@ageukwandsworth.org.uk

Asian Women's Association offers a drop-in service Tuesday and Wednesday for older women who want to meet up socially or seek advice. Talks given. Call 020 8875 9465 for further information.

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

Furzedown Project is open every weekday for a range of activities from yoga to bingo to photography to bridge to singing. For people aged over 50. 91-93 Moyser Road, SW16 6SJ. Call 020 8677 4283 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. 966 Garratt Lane, SW17 0ND. 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 others. A warm welcome for all. Call Jenny on 07826 779684 or email jenny.bailey@hestia.org

Iris Cafe 3rd Sat of every month, St Luke's, 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; email: andrewstimson@yahoo.com

Monday Club 2-3.30 on Mondays 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 and trips subject to social distancing. Every Monday, 10.30-12pm in Ackroydon Hall, Montfort Place, SW19 6QL. For more info, call 020 8877 3003.

Regenerate-RISE open-access day centres in both Putney (020 8780 9330) and Battersea (020 7228 0245) providing lunches, activities including exercise classes, health and wellbeing topics, bingo and entertainment, plus an outreach programme. If you're interested, please call us.

Roehampton Community Shed run by Age UK. Weekly group where

men (or women!) can meet and work on practical projects and enjoy tea & a chat. The shed has two venues in Minstead Gardens and Portswood Place, Roehampton SW15 4EB. Contact Emma on 020 8877 8955.

◀ **Sparkle** See article on p4 opposite

60+ Cafe A warm and friendly cafe for the over-60s, held in Minstead Methodist Church, SW15 4EB. Activities and food. Every Thursday, 11-4. Tel 020 8487 8285 or email admin@roehamptonmethodist.org.uk

Tooting Graveney Day Centre

Activities, exercise classes and lunch for older people, from 11-3, Mondays and Thursdays at 14-16 Lynwood Road, SW17 8SA. Tel 020 3602 8251 for details/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, bird-watching and wildlife outings, and photography groups meeting up in person. There's a monthly general meeting, normally with a speaker, live since March. Go to: u3asites.org.uk/wandsworth/home where you can click on "Events" or "Contact" to get in touch.

Walk Buddies (The Wiser Collective)

Intergenerational walks with neighbours. For info and to register for membership, go to <https://thewisercollective.com> or email info@thewisercollective.com



Walking Football (Age UK) Join a mixed or single-sex team in Battersea or Roehampton. Tel 020 8877 8940 or email exercise@ageukwandsworth.org.uk for info. 50+. First game FREE!

Walk Wandsworth *CHECK NEW WALK

Free walks in the borough. To book, contact Enable, Leisure & Culture (see top box for contact details)

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 Wed 10am (1 hour),

meet at the Albert Bridge Entrance

In a wax about ears

On two occasions recently, the topic of earwax has been raised at a Forum meeting. As one member pointed out, for those who don't suffer with earwax, it is hard to understand how big an issue it can be. Those prone to problems are the elderly (whose wax is drier) particularly men who may have hairy ear canals. For sufferers, it can mean feeling lonely and cut off if their hearing is impacted.

According to the NHS.UK website, earwax "usually falls out on its own". If it doesn't, the site advises you to put 2-3 drops of medical grade olive or almond oil in your ear 3 or 4 times a day for 3-5 days. If this doesn't work, you are then advised to go to a pharmacist to get suggestions for treatment. Earbuds are never advised.

The pharmacist will probably recommend ear drops containing hydrogen peroxide to dissolve the earwax. However, you are warned not to use drops if you've got a perforated (ie, a hole in your) eardrum. And ear drops can sometimes make the symptoms of excessive earwax worse, including irritation, tinnitus or dizziness.

At this point, it may be a good idea to visit a GP, as ears get blocked for many reasons, eg, a sinus infection. But if it's simply a case of earwax and there are no obvious complications, these days it is likely you'll be sent on your way.

According to the RNID, the national hearing loss charity, people who used to go to their GP for regular earwax removal are now being "told this is no longer available on the NHS" and advised to go to private providers. The cost will vary, but for some people, even the lower range will be too expensive.

There are several reasons why this service might have stopped in GP practices, says the RNID. The first is there is now evidence that the "syringing method of

earwax removal once commonly used across the NHS is unsafe". Syringing used to be done by squirting "ungodly" amounts of water into blocked ears to dislodge the wax, which was found to risk perforating the eardrum or causing trauma to the ear canal. Even so, as there are now safer methods available – electronic irrigation (water is gently pumped into the ear canal using a low-pressure machine), and microsuction – why aren't GPs using these?

Electronic ear irrigation (right). Home kits can cost c. £200



A more likely reason, says the RNID, is that these days GPs have no financial incentive to remove earwax, as this is no longer on the list of services routinely paid for by local Clinical Commissioning Groups (now being replaced by Integrated Care Boards). As a result, GP practices are no longer routinely providing it.

The key word is "routinely". Reading past reports from local CCGs across the country, they say things like "earwax removal ... may be available for patients in primary care IF the patient has exhausted self-care options AND is suffering from hearing loss or pain." So, provided you're suffering hearing loss or pain, possibly over time while you tried various "self-care options", the NHS *may* treat you!

One organisation taking the matter very seriously indeed is the RNID, currently "working with colleagues across audiology, ENT, GPs and NHS England to ... take this forward once the ICBs are in place". A go-to document is its campaign: "Take action if NHS earwax removal services aren't available in your area."

Go to <https://rnid.org.uk> for more info including help in writing to your MP

Which? opens its doors to readers

Along with other obviously mature persons, I took a lift up to the 4th floor in the *Which?* building on Marylebone Road for its Open House. Here we met the "teams" working on everything from product testing to super-market price comparisons. A query about their readers' age range produced bemused looks. "Oh, between 60 and 70?" hazarded one staff member. "Um, 50 and 70?" pondered another. The average age is, in fact, 58-60.

Which? is a UK brand name used by the Consumers' Association to promote informed choice through testing products, highlighting inferior products or services, raising awareness of consumer rights and offering independent advice. The CA is the largest consumer organisation in the UK, with more than 600,000 associate members. Once you take out a subscription to *Which?* magazine, you are automatically a member. For those who don't want to subscribe, you can sign up for free email newsletters on a variety of topics (eg, Scam Alerts or Money).

Waiting to chat to us were the teams who could tell us everything we wanted to know about how to spot a fake online customer review or test us on which was the best of three Maltersers super-market "special offers". *Which?* might almost be the house journal of the older generation: nervous around new tech, vulnerable to scammers, and worried about our rising bills. *Vicky Hutchings*



The *Which?* scams team fields questions at the Open House. Top left, *Which?* labels have moved from "Best Buy" and "Don't Buy"

Peace of mind for elderly pet owners

The Cinnamon Trust, the national charity that “seeks to relieve the anxieties and problems faced by elderly and terminally ill people and their pets”, has got in touch with WOPF to remind us of its existence.

With patrons Virginia McKenna and Sir Paul McCartney, the trust has a national network of over 18,000 volunteers providing practical help with any aspect of day-to-day pet care – for example, walking a dog for a housebound owner. A fostering network service has also been set up for pets whose owners face a spell in hospital – with volunteers often taking beloved animals into their own homes until owner and pet can be reunited.

“For many elderly people living on their own, their pets are their reason for living.”
– *The Cinnamon Trust*



The trust also provides long-term care for pets of owners who have died and moved into residential care that doesn't accept pets, provided that arrangements have been made with the trust well in advance.

Volunteers are always welcome.

Tel 01736 757 900 or go to the website: <https://cinnamon.org.uk>

Autumn Sudoku *Solution on back page*

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

“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

Workshop

healthwatch
Wandsworth

How could digital technology help you manage day to day if you have sight loss?

Healthwatch Wandsworth, Katherine Low Settlement, Age UK Wandsworth and Wandsworth Borough Council are working together to answer this question on Tuesday 1 November at: Gwynneth Morgan Day Centre, 52 East Hill, SW18 2HJ. From 10.45-1.15.

If you live in Wandsworth and are living or recently diagnosed with sight loss, we are inviting you to the

first of two workshops to find out how technology could help.

The aim of this event is to look at existing technical solutions such as Amazon Echoes that can help with reminders; smart doorbells; smart plugs; and smart devices that can help automate your daily routines.

Abilitynet will also talk about its free online resources and a network of over 300 community-based volunteers who help individuals with any disability, of any age, to use all kinds of digital technology.

To book your free place, please phone 020 8877 8947 or email outreach@ageukwandsworth.org.uk

Useful telephone numbers



Action Fraud 0300 123 2040

Age UK Wandsworth
020 8877 8940 (switchboard)

Age UK Handyperson service for older people 020 8877 8949. Please note: this is not an emergency service

Alzheimer's Society
020 8687 0922

Citizens Advice Wandsworth
0300 330 1169

National Domestic Violence Helpline 0808 200 0247

Gas Emergency 0800 111 999

National Dementia Support Line
0333 150 3456

Over-50s Alcohol Helpline
0808 801 0750

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

Silverline 0800 470 8090

St George's Hospital
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 Community Hub
Provides the latest information and government advice, as well as other services the council can provide: 0208 871 6555 Mon- Fri, 9am to 5pm

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



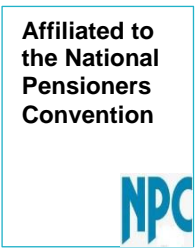
Registered charity
No 1096322

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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.

Looking after your health

Managed by Places for People Leisure Ltd on behalf of Wandsworth Council, there are a number of leisure centres throughout the borough that provide activities specifically tailored for older people.

The leisure centres managed by Places Leisure are:
Balham Leisure Centre
Latchmere Leisure Centre
Putney Leisure Centre
Roehampton Sport and Fitness Centre
Tooting Leisure Centre
Wandle Recreation Centre

Go to <https://placesleisure.org> and click on **Centres**, type in your postcode to find the nearest, then click on **Older adults** to see what activities are on offer at that centre.



Future meetings of the Forum
October Graeme Henderson, Cabinet member for Health & Social Care, Wandsworth Borough Council
8 November Speaker to be confirmed
13 December Sarah Cook, Manager of Healthwatch Wandsworth.
Plus food & Christmas festivities
 Meetings at: Anchor Church Centre, 273 Garratt Lane, SW18 4DU (buses 44 or 270 to Swaffield Road stop)

Answers to Autumn Sudoku (p7)

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

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).....

(Mob).....

Email.....
 (This is important because, 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\.....\.....