



# Wandsworth Older People's Forum

## NEWSLETTER SPRING 2022

Age UK London: message to voters in council elections, p2



### In this issue

- 1 Cost of living crisis
- Helping elderly in Ukraine
- 2 Su Elliott column
- London elections
- Reports from the Forum
- 3 Scammers and their spelling
- 4 Green homes
- 5 Fit, Active, Involved & Interested
- 6 WOPF Annual Report
- 7 Sudoku/Useful tel nos
- 8 Join WOPF/Future speakers



### Don't forget to vote!

Wandsworth Borough Council elections will be held on **Thursday 5 May 2022**. Polling stations open from **7am to 10pm**.

Across the borough, **new electoral wards** are being introduced, which may mean you are now voting in a different ward.

If you would prefer not to vote at the polling station on polling day, you may wish to consider voting by post. An application form and further information can be found at [wandsworth.gov.uk/postalvote](http://wandsworth.gov.uk/postalvote). The deadline to receive your application to vote by post (or alternatively by proxy) is **19 April**.

Since 1 April, lateral flow tests have had to be paid for, except by certain exempt groups such as patient-facing NHS staff, staff in hospices and adult social care services such as care homes. Most pharmacies charge around £2 for a single test. If you have Covid-like symptoms but haven't tested, it is recommended you stay home and avoid contact with other people. See the full list of exempt groups at: [www.gov.uk](http://www.gov.uk)

## Coping in times of financial hardship

Last year the number of pensioners living in poverty rose by 200,000 – this year the higher cost of living and energy prices will further worsen the huge wealth inequalities we already see among older people. The state pension is planned to rise by 3.1% this year while inflation is predicted to rise by 7.25% – a real-terms cut of more than £7 a week.

So what can we do, short-term? First, everyone who is entitled to it should be claiming Pension Credit. According to official figures, £1.6bn in Pension Credit is unclaimed, with nearly 1m pensioner households missing out on an average £1,600.

Next, make sure you're going to the right supermarket to do your basic shop. WOPF members have already been alerted to the regular *Which?* "shopping basket" research that shows the big difference between Aldi or Lidl, say, and Waitrose.

Similarly, recent articles in the press on "vampire energy" have given some useful money-saving tips. The term refers to all those devices you don't use but leave on at night, pilot lights on, sucking power from the mains. It might not be a lot per device, but over time they all add up. A study by British Gas found "as much as 23% of our electrical usage can be put down to so-called vampire energy".



Did you know that a phone charger uses power even when not charging a phone? A printer on standby does too. The TV uses power if not switched off at the mains. Your Sky box can use 30W/h (or about £73 a year). The microwave, coffee-maker and computer are also among the top culprits. Take a leaf out of your old granny's book and turn things off at the mains at night.

### Age International works in Ukraine

Age International has been working in Ukraine since Russia invaded Crimea in 2014, helping to rebuild lives through HelpAge International. It is still playing its part today as more than 4m people, including many older people, have fled the country as a result of the Russia-Ukraine war.

While visiting by HelpAge has often had to be halted as it is too dangerous for regular staff and volunteers, they have remained constantly in touch with their older people, talking on the phone and trying to support and reassure them.

Each escalation in the war has had an effect both physical and mental. As the crisis unfolds, HelpAge International



"I am a widow, I live alone. My daughter visits me sometimes, to help around the house. I can hardly walk." Lydia, 86

continues to assess the most urgent needs of older people. An emergency relief programme is rapidly being expanded to quickly get aid to those who need it most in Ukraine, and to those who have been able to flee to neighbouring countries..

**If you have any questions or would prefer to donate by telephone, please call the helpline on 0800 032 0699**

# Memories of Mabel and Ettie

We talk a lot about inter-generational stuff these days and it makes me think of when I was a kid in the 50s in County Durham and I had two older women who seemed to be almost vital to my existence.

Mabel Burdon was my maternal grandmother and her sister-in-law was my Great Aunt Ettie, who had the splendid name of Esther Hepplewhite Chegwidden. They were both working-class north-eastern women who would have been puzzled by the modern term “homemaker” and were happy to be referred to as housewives.

They kept their houses spotless; they always had elevenses (at 11 o'clock) and tea at 4. Dinner was at lunchtime – no later than 12.30. If I stayed at either of their houses, there was always supper of sorts – usually cocoa with biscuits or a maybe a little sandwich. Presumably so I'd have the strength to climb the stairs. They were queens of what they called “put-offs” – a little something so you didn't fade away before the meat and three veg. I don't know how we fitted



all the food into the day. I'm surprised we weren't fat as butter; I suppose after rationing they just loved being able to feed people without restrictions.

My parents took them on holiday to Italy one year, along with me and my friend Diana. There was a man who had a small kiosk on the beach who sold food and hired out deckchairs. Every day, they asked my mother to hire two deckchairs for them. The my mother decided it was time they tackled the Deckchair Man themselves. Painstakingly they repeated the Italian for “Two deckchairs, please” till they thought they had it. They were away for ages.

Diana and I were about to be sent to find them when we saw them coming. No deckchairs to be seen, but when they got to us we saw they had two sausage rolls. They said they didn't know how they'd got the sausage rolls, but once in possession, didn't have the nerve to refuse. My father ate both and had indigestion the rest of the day.

*Su Elliott, Membership Sec*

## Speakers you may've missed at the Forum

**Due to Omicron, our speakers this year have been asked to speak at our Forum meetings via Zoom. This will be continued until we think it safe to have in-person meetings again**

**Gary Murphy**, Senior Consultant with Tf ([tfl.gov.uk](http://tfl.gov.uk)), who is leading the consultation on step-free stations for London Underground, spoke at our January meeting. The Mayor has committed to continuing the step-free access work, giving it preference even though the budget is very

constrained. Gary asked people to tell him about their journeys and what they think should be done.

It was pointed out that while step-free meant lifts were available, there were often quite long walks between lines. This is fine for people in wheelchairs, but not for those who cannot walk far or have heavy bags. In addition, signage does not indicate how far you may have to walk and sometimes (especially in King's Cross) seems to send you on a longer walk when a shorter one is available. More seats in the passageways were requested, which Gary said were a good idea; he would also recommend clearer signage information, adding that the length of some walks had been mentioned in responses to the

*Contd on p4*



## A message from Age UK London

“London is an ageing city. People over 50 are the fastest-growing demographic and older people make a significant contribution to London as volunteers, carers, employees and active citizens.

“These upcoming local elections provide an opportunity for London's boroughs to reflect on both the contribution of their older residents and how they can better meet their needs, as the city recovers from the Covid-19 pandemic. As well as creating new and severe issues that drastically affected the quality of life of many older Londoners, the pandemic also exacerbated problems that the city's older population have faced for years. In particular this includes the growing impact of social isolation and digital exclusion.

“I cannot write about the pandemic without mentioning the vital work the staff and volunteers of London's 23 local Age UKs provided to support their older communities when they needed them most, and continue to provide. Making London an age-friendly city requires services such as these, as well as the sorts of changes by the local authorities that we are calling for in this election. Everyone has a part to play in making London a better place to grow old and together we can make London a truly age-friendly city.”

*Abigail Wood, CEO, Age UK London*

# Why do scammers make so many spelling mistakes?

I was surprised to be told recently that the spelling and grammatical mistakes so prevalent in email and phishing scams are deliberate. I had always assumed these simply came from parts of the world where English isn't a first language or levels of education are low. Not necessarily so, says "cyber-security advisor" Joseph Steinberg.

Apparently the mistakes may well have been deliberately inserted to alert you (the clever people!) that they are fake and stop you from wasting the scammer's time.

Mr Steinberg writes: "The goal of a scammer is to make money ... As such, the scammer wants only people who will ultimately fall prey to the scam to respond ... In order to weed out responses from people who could waste the scammer's time [and] not send money, [they] insert sufficient clues into their messages so as to discourage responses from anyone who isn't sufficiently gullible so as to ... generate revenue for the scammer."

Even taking that on board, I was somewhat floored by an email from Mr Diao Mingsheng who asked me to send him £180, but whose grammar seemed designed to leave no doubt as to his attempted fraud in even the most challenged of minds. If indeed mention of a DHL parcel with £5.8m inside about to be seized by Benin's "Government Treasury" while awaiting delivery hadn't done the trick. Surely there can be *too many* mistakes?

*"I am Mr Diao Mingsheng Ambassador of the China to Benin Republic, We was on ECOWAS on our last meeting and I was searching for some packages that left unclaimed and found out that you have not received your package, and I asked DR BRYON DOUGLAS the Director at DHL Benin Republic what happened that you have not receive your package and he said you refused*

*to pay the £180 keeping fee. I'm contacting you now because DR BRYON DOUGLAS said that they will divert your Package to the Government Treasury just because that you can not pay for their keeping fee of your package which is £180 only.*

*"But I told them to wait until I hear from you today so that I will know the reason why you rejected your £5.8M Pounds which will change your life just because of £180..."*

*Please my dear I want to help you to receive this fund because it was a big shock to me that you have not received your package since years now and I'm very sorry for that and you will receive your package before the end of this meeting which will*

*take us 4days and I will be here to monitor it until you receive your package. I will be waiting to hear from you soon to know your mind..."*

Hmmm. I also received an email the other day from "TV Licesing" (note the spelling) saying my last direct debit "paymet" had failed, and warning of interruption to my service. Now even clever people may have dodgy eyesight and miss the occasional typo, especially if the logo and artwork look authentic. So I thought I'd warn members this scam is doing the rounds and to check their records before paying to "renew" their almost certainly fully paid-up TV licences.

Vicky Hutchings



## LIVE WITH US

Meet new friends. Make new memories. All in a place you can truly feel at home.

Get in touch to arrange a tea or coffee and a look around [Tonic@Bankhouse](mailto:Tonic@Bankhouse), located in the heart of Vauxhall.

- A fully accessible street to front door
- Options: onsite care and support
- Beautiful community spaces, including our rooftop garden

Prices of our older persons' shared ownership homes start from £133,750 for 25% of a one-bedroom apartment, up to £592,500 for 75% of a two-bedroom apartment

Live with us in the UK's first LGBT+ affirming retirement community



For more information or to arrange a viewing:

[www.tonicatbankhouse.org](http://www.tonicatbankhouse.org)  
Or call 0207 971 1091

**TONIC**

THIS IS HOW WE LIVE OUR LIVES OUT

*Contd from p2*

consultation. Another question was where we could get updated guides on help for choosing the right route with least problems. Gary said there were updated guides available on the TfL website. Several people mentioned journeys with a lot of steps, especially on some interchanges, even between the new Battersea station and the rest of the Northern line.

The failure of some people to wear masks was mentioned. It had been suggested on a previous meeting about buses that more inspectors might result in more compliance – and it might also help to have more inspectors on the Tube. Several people mentioned stations they thought would benefit from being step-free although most thought it might be more of a priority to get all the main rail stations step-free first. The consultation ran till 10 February.

**Mary-Ann Foxwell**, Chief Executive of Citizens Advice Wandsworth ([cawandsworth.org](http://cawandsworth.org)) spoke at our February meeting. The bureau is particularly busy at the moment, with about 300 referrals a month. There wasn't

much difference in the type of advice asked for by different age groups, although more younger people were helped during the pandemic. The age of clients is now shifting back to pre-pandemic levels. She commented on the continuing “bottomless pit of demand”. Happily, 90% of people who managed to get through on the phone during the pandemic have said they would recommend Citizens Advice.

**Simon Wady** from SW London Clinical Commissioning Group ([swlondonccg.nhs.uk](http://swlondonccg.nhs.uk)) came to our March meeting to speak about the ongoing concerns some people still have regarding being vaccinated. They are well known and he outlined them again: it will give you flu; there'll be allergic reactions; it affects fertility; if you've had Covid then there's no point having the jab; it contains ingredients that some people cannot have; you can't have the flu and Covid jabs together.

He said as far as take-up in Wandsworth was concerned, Roehampton, Latchmere, Tooting and Queenstown had fallen behind. They have instigated a programme of Health Champions

in Roehampton to address the problem, and they'll also look at general health inequalities – particularly among Eastern European people. There were Street Champions in Wandsworth over Christmas up to the New Year to encourage take-up.

He said it was important to keep washing our hands and to take lateral flow tests when necessary and, despite guidance to the contrary, keep wearing a mask on public transport.

**James Atkins**, Project Director of the Furzedown Project ([www.furzedownproject.org](http://www.furzedownproject.org)), who has taken over from Mick Morrell, said Furzedown was doing very well. They are now looking to increase membership and are back to having strategy planning meetings.

There's the usual array of weekly activities, which are well attended. They include singing groups; 50+ Bengali; yoga; men's group; photography; bridge; LGBTQ+ and digital inclusion. Wellbeing activities include IT peer support; end-of-life/bereavement; swimming and drama.

*Su Elliott & Lilius Gillies*

## Green Homes promotion continues in Wandsworth

Wandsworth Borough Council is continuing with its promotion of the **Green Homes Grant Local Authority Delivery Scheme**, which offers home improvements to increase energy efficiency and reduce energy bills.

The Green Homes Grant provides up to £10,000 of grant funding to improve the energy efficiency of homes across Wandsworth. It is targeted at households with a low income and who live in properties with poor energy efficiency.

This could help households save up to £600 a year and make homes warmer and more comfortable.

To be eligible for the grant, the



household must have an annual income of £30,000 or less (or £20,000 or less after housing costs) and must live in a property with an Energy Performance Certificate (EPC) rating of D, E, F or G (the four lowest ratings). They must own the home or rent from an owner who is on board with the scheme.

The process is easy and eligible

applicants will be supported by delivery partners **Ground-works & Warmworks**. The improvements offered will include wall or loft insulation, air or ground-source heat pumps, double glazing and solar panels.

Both homeowners and landlords are eligible to apply for the scheme. In the case of a rental property, the household income requirement relates to the household living in the property, and not the landlord.

Anyone who believes they are eligible, please contact the council directly rather than wait to be contacted.

Visit [www.wandsworth.gov.uk/ghg](http://www.wandsworth.gov.uk/ghg) to register your interest or ring the helpline on 0800 233 5655 (Monday to Friday, 9am to 5pm)

# Fit, Active, Involved and Interested

## Active Lifestyles

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



### Tuesday Keep Moving with Annamarie

**(50+)** £3. 10.30-11.30am. Online session via Zoom.

### Walking Netball with Victoria (50+)

**£3.50.** 10.30-11.30am Tooting Leisure Centre, SW17 0NE

### Keep Fit for Life with Quentin (50+) £4.

11.30am-12.30pm Tooting Junction Baptist Church, SW17 9LD

### Thursday Yoga with Will £3.

9.30-10.30am. Newlands Community Hall, Stroud Crescent, SW15 3EP.

### Stretch & Movement with Will £3.

10.30-11.30am. Newlands C/Hall.

### Friday Tone & Stretch with Agnieszka

**(50+)** £4. 11am-12pm. Roehampton Methodist Church, SW15 4EB. £4

### Keep on Moving with Susan (50+) £4.

1-2pm. St Barnabas Church, Lavenham Road, SW18 4EB.

### Saturday Chi Gung (Relax & Breathe)

with Janet £3. 11.15-12.15pm. Zoom

**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](mailto: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](mailto:autumnrose@balhamsda.org.uk)

**Furzedown Project** is open every weekday for a limited range of activities as at present we are still maintaining social distancing. 91-93 Moyser Road, SW16 6SJ. Call 020 8677 4283 and get on our mailing list for the latest news/updates.

**Hestia Age Activity Centre** for older adults. 966 Garratt Lane, SW17 0ND. Every weekday except Thursday, 10-4. A range of activities while at present still maintaining social distancing. For more info and to book, call 020 8767 8426.

**Katherine Low Settlement** offers a meeting place, advice, support, exercise and lots of new activities (see below) for older people in Battersea. Tel 020 7223 2845/6471.

**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](mailto:andrewstimson@yahoo.com)

**LGBTQ 50+ Club**, part of the Age Well programme at KLS. Meets fortnightly on a Wednesday. A place to talk safely and openly. See **Katherine Low Settlement**.

**Men 60+ Club**, part of the Age Well programme at KLS. Fortnightly on a Thursday. A welcoming place for men to converse and create. See **Katherine Low Settlement**.

**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.

**Photo Walks**, part of the Age Well programme at KLS. For the over-60s. Fortnightly on a Wednesday. See **Katherine Low Settlement**.

**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. Currently limiting numbers, but if you are interested, please call.

**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. The shed has two venues in Minstead Gardens and Portswood Place, Roehampton SW15 4EB. Contact Emma on 020 8877 8955.

**60+ Café** 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](mailto: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. While many U3A groups continue to meet via Zoom, guided and history walks, bird-watching and wildlife outings have begun to meet up again. Go to <https://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](mailto:info@thewisercollective.com)



**Walking Football (Age UK)** If anyone is interested to join a mixed or single-sex team in Roehampton or Battersea, call 020 8877 8940 or email Sorrel at [exercise@ageukwandsworth.org.uk](mailto:exercise@ageukwandsworth.org.uk) for more info. First game is FREE!

### Walk Wandsworth

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

**Wandsworth Common Wed** 10am (30-45mins)

**Southfields, Wimbledon Park Thurs**

10.30am (45mins)

Please do not attend if you have any coronavirus symptoms:

[www.nhs.uk/conditions/coronavirus-covid-19/symptoms/main-symptoms/#symptoms](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/main-symptoms/#symptoms)



# WOPF Annual Report 2021

By Lilius Gillies



The year 2021 began under more or less complete lockdown due to the numbers of cases of Covid-19. Vaccinations were beginning, so light appeared on the horizon but there were restrictions covering most activities.

Wandsworth Older People's Forum held one meeting a month on Zoom, which combined the management committee meeting with the members' meeting with attendant speakers. All members were invited, with between 20 and 26 actually attending. Speakers came from Wandsworth Community Transport, Wandsworth Borough Council "Front Door", St George's Hospital, the National Trust's 575 Wandsworth Road, Crew Energy Advice, Public Health on Optimal Ageing and the Western Riverside Waste Authority. An AGM was held in July, also on Zoom. David Tidley of WBC Transportation & Planning spoke about the department's work and particularly on pedestrians. The department was planning a strategy of Walking and Cycling and the Forum undertook to make suggestions and then commented on the draft paper later in the year.

## New committee members

The committee was refreshed with seven new members and we remembered with thanks the contribution of past members, Winston Gordon and Judith Crompton, who had both died since the last AGM, and Jenny Weinstein who had moved out of London. Valerie Hambleton stepped down as vice-chair and Wendy Speck was elected in her place.

Monthly Zoom meetings continued through August and September with speakers on the Wandle and its upcoming festival, from Walk Buddies (who arrange accompanied walks on Wandsworth and Tooting Commons), Wandsworth Mediation and a speaker from the police about scams.

## Back to the Anchor

In October, it was decided to start having meetings again at the Anchor Church Centre. The committee meeting on the first Tuesday of the month was a first for us all to meet in person, and on the second Tuesday an audience of 30 heard the borough's Director of Public Health talk about his recent report on the health of people in

Wandsworth. Afterwards the council's Becky Howarth talked about the draft paper on the Walking and Cycling strategy. It was a lively meeting as members spoke about the difficulties they found walking around Wandsworth. It was felt that the cycling lobby's voice was being heard more than pedestrians' even though everyone has to be a pedestrian sometimes, even if they are driving a car or riding a bicycle.

## Return to Zoom

In November, the meetings again reverted to Zoom. It was Climate Action Week and we had a speaker on the Council's policies to reduce production of carbon dioxide, and Marsha de Cordova, MP for Battersea, also spoke. During November, the management committee underwent two sessions of training in Charity Governance. Our first task which had to be undertaken after this was to review the WOPF's organisational policies and procedures. These were found to need some updating to ensure we were complying with the latest laws and regulations. This is now under way. December meetings remained online and the speaker was the chief executive of Oasis, who talked about their business of helping people with HIV and the preventive work which is sustained by their shops.

**During the year, our Membership Secretary phoned members in rotation to keep in touch**

During the year, Su Elliott phoned members in rotation to keep in touch. Most were keen to return to meetings in person at the Anchor Centre, but understood why it was not possible due to Covid. About half the members receive information and newsletters by email, the rest by post. The Forum has also been part of a group led by the Katherine Low Settlement to coordinate and support work to help people get online. Lack of motivation, lack of confidence and not enough money are all issues that go towards making people unable to use online communication.

The Forum committee members have attended many meetings on Zoom during the year and a few in person. Collaboration across the voluntary sector and meetings with authorities over health and care have continued. Our local Clinical Commission Group (CCG) now covers six boroughs in south-west London and work proceeds into making it an Integrated Care System. We are assured there will still be meetings where we can talk with officers who will be concerned with Wandsworth, but we shall see.

*Lilius Gillies, Hon Sec*

## We want to know what you think about Direct Payments

A Direct Payment is an amount of money given to people eligible for social care to arrange and pay for their own care and support services rather than get the council to arrange the services for them. It is designed to give people more choice and control over their own care.



Managing your own care and support through a Direct Payment can be complicated and there are several legal and financial processes people might need help and support with. In Wandsworth, we commission an organisation to support Direct Payment recipients. That contract will be coming to an end in July 2023.

We want to hear from you if there's anything you want to tell us before we award the new contract. We are especially interested if you can say:

- What works well with Direct Payments Support now?
- What could be improved with Direct Payment Support?
- Are we looking to procure the right thing in terms of Direct Payment Support?

If you have anything to say about Direct Payment Support, please email [questionnaire21@richmondandwandsworth.gov.uk](mailto:questionnaire21@richmondandwandsworth.gov.uk) by 30 April 2022.

## Spring Sudoku Solution on back page

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

Each of the nine blocks must contain the numbers 1-9, with each number appearing only once in a row or column or block

## Robert Molteno, 1943-2022

**Robert Molteno**, who died on 31 January aged 79, was co-founder of **Wandsworth Living Streets** (WLS) with Susie Morrow. Born in South Africa, he came to Britain after teaching at Zambia University, becoming managing editor of Zed Books in 1977, where he stayed for 27 years. WLS was set up in November 2010 in Wandsworth's The Alma pub in advance of the Mayor of London's announcement that 2011 would be London's Year of Walking.



At its inaugural meeting, Robert announced: "We feel it's timely to establish a local Living Streets group, to work towards safe and attractive ... streets in our borough ... which means wider pavements, better crossings, comfortable places to sit ... a convivial public realm, quieter more peaceful roads and cleaner air." All aims heartily approved of by Wandsworth's older residents!

### 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 Hub is still here**  
If you need to know more about council services or the latest government advice, call **020 8871 6555** Mon-Fri, 9am-5pm

### Wandsworth Council

- ◆ Switchboard **020 8871 6000**
- ◆ 24-hour emergency helpline **020 8871 7490**
- ◆ Council tax **020 8871 8081**
- ◆ Environmental services/noise **020 8871 6127**
- ◆ Adult soc care **020 8871 7707**
- ◆ Housing **020 8871 6161**



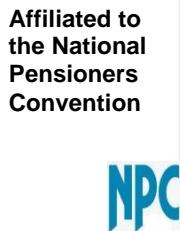
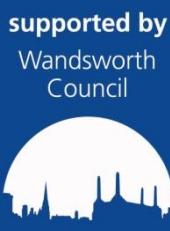
Registered charity  
No 1096322

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



#### WOPF Management Committee

**Tony Tuck** Chair  
**Wendy Speck** Vice-Chair  
**John Horrocks** Vice-Chair  
**Lilias Gillies** Hon Secretary  
**Pius Gnanapragasam** Treasurer  
**Su Elliott** Administrator

Valerie Hambelton, Syeda Islam, Nathalie Gibson-Wilson, Patma Patmaseni, Jasmin Elvie, Ricky Lucock, Vito Ward, Joyce Evans, Vernon Brookes, Fred Roberts, Margaret Brookes, Sarah Goodall, Sylvie Ramlogan, Agatha Anyiwo, Vicky Hutchings, Charles Runcie, Mo Smith, Jackie Clack, Lys Innes

**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.



## Free 1-to-1 computer classes

General IT computer skills

Using the Internet

Email

Using your Smartphone, Laptop, E-reader etc.

Using a Printer & Scanner

Making Online Payments

Uploading to the Cloud / USB stick

+

Any other skills you would like to learn!



Forthcoming speakers (Zoom UFN)								
12 April Melissa Barker, Richmond & Wandsworth Mental Health Team, and Richard Trout, Battersea Befrienders								
12 May (AGM) The Mayor Richard Field and Ian Mitchell, Enable Leisure & Culture								
14 June Robyn Lynch on Power of Attorney & Wills, and Mark Creeleman, SW London NHS, on Integrated Care Systems								
Answers to Spring Sudoku (p7)								
7	3	2	5	6	1	8	4	9
8	1	5	4	2	9	3	7	6
6	9	4	7	8	3	5	2	1
1	8	3	6	5	2	7	9	4
4	2	9	8	1	7	6	3	5
5	7	6	9	3	4	2	1	8
9	4	8	3	7	5	1	6	2
3	6	1	2	9	8	4	5	7
2	5	7	1	4	6	9	8	3

## 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 ..... \ ..... \ .....