



Wandsworth Older People's Forum

NEWSLETTER SPRING 2023

See WOPF Annual Report p6



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Street party, anyone?

If you are planning a coronation party in your street, there are various things to bear in mind. Go to "street parties" on the Wandsworth Council (WBC) website (wandsworth.gov.uk) to see the full list of do's & don'ts:

- Taking noise into account, a street party finish time of 8pm is reasonable;
- You are responsible for the clearance of any litter and residue after the party.

If you'd prefer a more general event altogether, Enable & WBC are organising "street party"-style parties in local parks on 7 & 8 May from 12-3pm, with entertainment, free tea & coffee and some children's activities:

- Tooting Common ● Wandsworth Common ● Furzedown Rec Ground ● Shillington Gdns SW11 ● Coronation Gdns SW18
- email: events@enablelc.org**

RISE+ funded for hospital discharge

Wanting to extend its care beyond its members, a new project run by the charity Regenerate-RISE, called RISE+, is supporting St George's Hospital and Queen Mary's Hospital with a "Home from Hospital" discharge plan. Staff at RISE+ are now visiting the senior health wards to get to know patients in order to provide activity kits and to support what they will need on discharge.

"We hope that the support we are giving will help the discharge process," said Mo Smith, founder and chair of trustees at Regenerate-RISE.

RISE+ is now receiving referrals from staff for patients being discharged and has delivered food parcels with a dressing gown on discharge, as well as helping two patients waiting to go home by removing their own bed and making room for a hospital bed.

The project offers daily visits for



Team at RISE+ helping patients go home

the first week after discharge, and then weekly visits, and will signpost where appropriate.

RISE+ can now announce funding has been received from the ICB for another year. Celebrating the "good news", Mo said: "We are very grateful for this extension of funding: it will make a huge difference to the patients' lives."

Vicky Hutchings

See WOPF newsletter, New Year issue, on Age UK Wandsworth's help for patients leaving hospital

Defibs map of Putney

Since just 1 person in 10 survives out of the more than 350,000 who suffer an out-of-hospital cardiac arrest, Sue Rolfe of the Putney-mead Patient Participation Group (PPG) and Putney Society has started promoting awareness of public-access defibrillators in her area. Sue has released a map of all the defibs in Putney – a map now found on various local websites such as Wandsworth Care Alliance (wandsworthcarealliance.org.uk).

The British Heart Foundation website itself features the UK-wide National Defibrillator Network,

called The Circuit, where you can type in your postcode to find the nearest one. But having a basic knowledge of where they are in your local area could make all the difference between life and death.

Immediate CPR and defibrillation can double a person's chance of survival, and GPs increasingly advise using a defibrillator before an ambulance arrives.



"It would be good to have more such maps throughout the entire borough," said Sue.

I never understood how people fell for parking meter scams. Until now!



You've probably heard about the various parking-meter scams doing the rounds, all of which seem to be aimed mainly at older drivers. Fraudsters, whether posing as officials, confused car-owners or helpful bystanders, somehow manage to palm the victim's bank card (after noting the pin), which they claim has been "swallowed" by the machine. I've never understood how people fall for it. Until now.

A few weeks before Christmas, a misguided attempt to be a good Samaritan showed I could be as easily manipulated as anyone else. Walking along Northcote Road, I noticed a smartly dressed young man clearly in need of assistance. As he walked along he was staring worriedly at his phone and occasionally glanced at the parked cars. "Can I help?" I asked.

I gathered he was French. When I told him I spoke a little French he became very voluble in an incoherent mixture of French and English, gesticulating in best Gallic fashion. I gathered he was having trouble with his car – and that his wife was in the car.

While this exchange was going on we'd reached one of the side roads heading up the hill. He pointed eagerly towards a parking meter a few yards along. This should have been my cue to make an excuse and leave, but I felt myself being steered towards the machine. As it happens, these things are a mystery to me as we dispensed with our car years ago.

Through all this he kept talking, pointing at it, shrugging expressively. Suddenly he pulled out a folded £20 note and tried to put it in one of the slots. Instead of being suspicious, I carried on trying to help. I spotted the image of a credit card on the meter and pointed it out. He started acting baffled again. Here I made a *big* mistake by taking out my wallet and showing him my cards. Light suddenly dawned and he took out his credit card and turned to the meter, blocking my view. Yet more headshaking. "No good – *français*."

He suddenly produced two pound coins and gave them to me. "Keep change," he said, pointing to the wallet I was still holding. He was asking me to use my card to buy a ticket. In the trade they call this the "convincer". By giving me some of his own money, he must be genuine. I sensed something wasn't quite right, but I wanted to get it over with so I agreed. Inserting the card, I tried turning my back on him so my pin was hidden.



Trouble was he was moving around all the time, and talking. Anyway, when I turned back, my card had gone. Before I could take that in, he reached round me and jabbed the "Cancel" button. I also tried pressing the button but my card didn't reappear. I supposed it was jammed inside. If he'd let me think straight, I would have realised this was unlikely, but he was doing what a conjuror does – keeping my attention diverted by his bilingual chatter, constantly moving around and waving his arms. I now know he'd palmed the card.

You must remember all this was happening in the space of a very few minutes. Somehow our roles had been reversed and he was helping me. Probably in perfect English now (though I don't really remember) he suggested that putting a second card in would cause the first one to eject. Everyone who hears this story stares in disbelief at this point. But I inserted my second card into the machine and went through the same pantomime with the same result – this card also "disappeared".

Feigning exasperation, he shouted something about finding a "ticket man" to help and dashed off urgently round the corner. It took about a minute for the fog to clear. I stared at the meter wondering about phoning the help number. And then light dawned. He'd palmed the cards as I was busy on the keypad and, despite my efforts, he'd almost certainly seen the pin numbers.

The spell was broken. I immediately phoned my wife, who dealt quickly with getting the cards cancelled. In the short time before this was done, £500 had been taken from the NatWest cash machine on St John's Road, and £1,800 spent on electronic equipment in a nearby store. We reported the crime to the police and to the card

companies. I first had the £500 refunded by my bank and some time later the other debt was cancelled as well.

I can report that the police have been very helpful. As soon he received my crime report, I was contacted by an officer from Wimbledon police station who came to see me. He told me he'd heard of several cases similar to this. He's already checked for CCTV cameras near the parking meter, but without success. Clearly, this is a mini-crime wave they'd like to bring to an end. But apparently the banks and credit card companies almost always refund the money, and rarely bring a prosecution themselves.

I think I've learned my lesson. I should mention that in Wandsworth's press release about the parking meter scam they point out that cards cannot be "swallowed" as they are never taken right inside the machine. And the safest way to pay for parking is to do it online or by phone.

Mike Roden

Trying to keep dementia at bay

Published in *Alzheimer's & Dementia* last month, a US study showed how physical exercise, late in life, appears to protect the brain, with "a 30%-80% reduced risk of dementia in people who exercise". Similarly, a UK study of nearly 80,000 people last year found the risk of dementia halved for those who reached the goal of 10,000 steps (5 miles) a day. Fewer steps still produced an advantage.

Get a good night's sleep

Happily for some, there are more sedentary ways to protect the brain. And the least energetic is, yes, getting a good night's sleep. By "good" is meant the deep sleep when the neurological equivalent of a dishwasher deep-clean cycle switches on and filters out accumulated debris from the day. Which means avoiding coffee, alcohol,



Hon Sec to WOPF

At the AGM on 9 May we will be electing the Forum management committee for 2023/24 and considering the appointment of a new Hon Secretary. This is a voluntary position involving everything from arranging the agenda for meetings to dealing with correspondence. Would anyone interested contact Lilias Gillies, our current Hon Sec, to find out more of what the job entails.

lilias.gillies@btinternet.com

exercise and electronic devices late at night. Not only does this mean powers of concentration and mood improve next day, but evidence is mounting that if we don't get enough quality sleep over the long term, the risk of dementia increases.

Wear a hearing aid if you need one

According to the RNID, more than 40% of people over 50 have some form of hearing loss, rising to more than 70% over the age of 70. Ignoring the problem can cause people to start to withdraw from social activities and become more isolated. Researchers have found that socially isolated people have a lower brain volume in regions associated with learning and thinking, a driver of dementia. But there is good news emerging: the declines seen in people with hearing impairments are less dramatic in those with hearing aids, suggesting that correcting the problem can help towards keeping dementia at bay.

Councillor Aydin Dikerdem, Cabinet Member for Housing, spoke to the **January** meeting of the Forum. He said he had grown up in Wandsworth, where he had attended Elliott School, becoming a Labour councillor, aged 24, in 2016. He had seen firsthand how the borough had been transformed over the past 10 years. He said the previous council had allowed an increasing amount of market housing to be built on the Battersea Power Station/Nine Elms/Vauxhall development site, which was a "bad [development] model" that had prioritised developers over local people. By 2017, developers had succeeded in negotiating the amount of affordable housing (shared ownership, intermediate rent and social housing) down from 15% to just 9%, justifying this as land values rose and funds were needed for the Northern line extension from Kennington to Battersea Power Station. Ten minutes' walk from the power station is the Nine Elms site, abutting the railway tracks, where the council had planned to build



1,000 homes on the last remaining pockets of council land: 442 would have been social. The new council is now flipping all 1,000 to social housing so public land will work for the public good.

One member raised the problems she was having after buying a flat using the right to buy, with neighbours not maintaining their share of the property. Cllr Dikerdem promised to talk to her afterwards. He said the council was well aware of the support needed by people who had bought under the right to buy, especially as many were getting older and weren't that well off. Another member raised the problem that right to buy had resulted in huge reductions in the housing stock available for

people who could only afford social rents. He said that the numbers of such people who, although not sleeping rough, are on someone's sofa or in a hostel are a scandal.

The council had recently set a target for its operations to be zero-carbon by 2030 and the whole borough zero-carbon by 2043. Cllr Dikerdem said it would be a huge financial cost as well as solving the technical difficulties of retrofitting large blocks.

In **February**, we welcomed **Lisa Wilson**, Public Health Lead at Richmond & Wandsworth Councils, and **Veronika Wilson** from Putney Arts Centre.

Lisa Wilson said most people when they think of public health think about Covid, immunisation, screening, and services such as health checks. But it involves far more. The overall aim is to improve the health of residents and this can involve a range of areas from monitoring air

pollution to encouraging physical activities. A lot of their work involves communication: for example, about maintaining healthy lifestyles and keeping older people independent. The biggest priority is falls prevention and that can involve anything from encouraging people to maintain a healthy weight to supporting those with dementia and their carers.

Seven partner organisations are funded by the council: Hestia, Regenerate-RISE, Furzedown Project, Mushkill Aasaan, Age UK Wandsworth (AUW), Katherine Low Settlement and Wandsworth Asian Women's Association. These provide active living classes, and some of them do chair-based exercise sessions. Active Friends, which helps older people feel more confident through physical activity, is run by AUW. Links to these can be found on the council's "falls prevention" pages on the council website (wandsworth.gov.uk)

Healthy eating is also key. But it is important to note the over-70s lose weight easily and may find it hard to put it back on and are at risk of being undernourished. It is important to eat and Lisa said just to eat what you enjoy. "If you feel like eating cake, eat cake!"

Questions ranged from topics such as the latest census, which shows the older age groups in Wandsworth are growing faster than younger ones, to difficulties of access for people with mobility problems. Lisa pointed out that many organisations have their own transport, which service users should ask about.

Tony Tuck asked about getting postoperative equipment after coming out of hospital. He said he had been in the Chelsea & Westminster hospital, which didn't seem to be liaising with Wandsworth to supply them. Su Elliott, who had also come out of the Chelsea & Westminster, said Age UK Wandsworth had come to her flat to make some changes.

The second speaker, Veronika Wilson, is general manager of the Putney Arts Centre, a community arts venue run by active members that include local Putney residents, people from the borough of Wandsworth and from across London. On offer are acting classes, holiday projects, as well as shows to go to or get involved in. They do 12-14 productions a year and also travel around to places such as Edinburgh. Tickets are £16 or £12 concessions.

In March, Vivien Yalcin from Age UK Wandsworth came to talk about scams. Keeping bank cards safe has become more important now the maximum sum that can be spent using contactless is £100, although some banks allow you to set your contactless limit back to £30. She recommended putting the phone number found on the back of the card into your mobile phone so you can report the theft quickly if it is stolen.

She reminded us that legitimate organisations do not ask for personal details ever. And never let anyone who contacts you out of the blue panic you. Always ring off and call back on a number you know you can trust.

There were many questions and helpful points from the floor. Lots of people get caught, even if they know all about scams. Would-be traders on the doorstep are often successful in gaining your confidence. Just shut the door on them. Age UK has cards to put on the door. Trustmark is the safest directory to use or ask your neighbours or friends for a recommendation. Be wary at ATMs. Put your money/ card away safely in a bag across your body or a pocket on your front. Vivien brought bell alarms to tie on your purse. The noise may frighten a pickpocket and alert you (*see article on page 7*).

Wandsworth Over Fifties Activities or WOFA also told the meeting about themselves and their activities (*see article on p7*).

Lilias Gillies

Fit, Active...

Active Lifestyles for 2023

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>

Monday Tai Chi £4, 1.30-2.30. Barn Elms Sports Centre, SW13 0DG

Tuesday Keep on Moving £5, 10.30-11.30. Penfold Centre, SW18 4TJ

Keep Fit for Life £4, 11.45-12.45 and 1-2. Tooting Baptist Ch, SW17 9LD

Keep on Moving £4, 2-3 St Barnabas Church, Clapham Com, SW4 9SW

Wednesday Walking Football Pay at session, 11-12. Wandle Recreation Centre, SW18 4DN

Chi Gung Relax & Breathe £4, 1-2pm. Penfold Centre (see above)

Thursday Yoga £3, 9.30-10.30. Newlands Community Hall (Putney Vale Clubroom), SW15 3EP

Walking Football £5, 9.45-10.45. Fishponds Playing Flds, SW17 7LF

Stretch & Movement £3, 10.30-11.30. Newlands Com Hall (see above)

Friday Tone & Stretch £4, 11-12. Roehampton Meth Ch, SW15 4EB

Keep on Moving £4, 11.45-12.45 & 1-2pm. St Barnabas Ch, SW18 4EB

50+ LGBTQ coffee morning

on Thursdays, 10-12.30, at the **Furzedown Project** (see opp), SW16 6SJ. This is a facilitated group with speakers and outings suitable to the group's particular interests. First visit FREE, then £2 entry every visit; coffee, tea and biscuits at 50p a cup. Annual membership £20.

LGBTQ 50+ Club, part of the **Elders_Age Well Programme** at **KLS** (see opp). The Club aims to create a safe open space for the older LGBTQ community in Battersea. Meets fortnightly on Weds from 14:30 to 15:30.

Involved and Interested



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

Chair Dance run by Age UK. A fun, new chair-based group dance session. Classes take place in the dance studio at the Gwynneth Morgan Day Centre, 52 East Hill, SW18 2HJ every Friday from 2.30pm. Sessions cost £3 and can be booked by calling Eva on 020 8877 8947.

Coffee Mornings run by Age UK at the Gwynneth Morgan Day Centre, 52 East Hill, SW18 2HJ, from 10.30 - 12pm on Wednesdays. Come along and meet some new friends – we're a friendly bunch and always looking to welcome new faces. For info or to book, call 020 8877 8947.

Elays Senior Alliance is a safe, supportive and friendly environment, developed to combat isolation for those living alone, aged 50+. It is a chance to eat together and socialise. Every Monday from 11-12 we run a Move to Music (50+) exercise class, just turn up, no need to book. Join the group and stay for FREE tea & coffee. We then prepare a freshly cooked 2-course meal, served between 12:00-1:00 (£3). 68 St Rule Street, London SW8 3ED, tel: 020 7720 6864, email: info@elaysnetwork.com

Furzedown Project is open every weekday for a range of activities from yoga to bingo to photography to bridge to singing and includes coffee mornings for the LGBTQ 50+ community. For people aged over 50. 91-93 Moyser Road, SW16 6SJ. Call 020 8677 4283 for more info on membership and class costs 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 at low cost. 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 more. A warm welcome. 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

Live Karma Yoga, a Roehampton Community Health Champions Project..Every Tuesday, 10-11am, Grosse Way Club Room, Dover Park Drive, SW15 5DQ.

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, trips. Every Monday, 10.30-12pm in Ackroydon Hall, Montfort Place, SW19 6QL. For more info, call 020 8877 3003.

Regenerate-RISE open-access day centre in Putney (020 8780 9330), a merger of two RISE centres, provides lunches, activities including exercise classes, health and wellbeing topics, bingo and entertainment, plus an outreach programme.

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. Wednesdays 11-3. The Shed has two venues in Minstead Gardens and Portswood Place, SW15 4EB. Tel: 0 8877 8940.

60+ Cafe A warm and friendly cafe for the over-60s held in Minstead Methodist Church, SW15 4EB. Activities and food. Every Thurs,

11-4. Tel 020 8487 8285 or email admin@roehamptonmethodist.org.uk

Sparkle is where you can help take part in activities with children such as reading and singing. There is also a light lunch (for adults) and a child-free lounge. Thursday, from 10.30-2.30 in St Stephen's Church Hall, SW15 2RS.

Tooting Graveney Day Centre

Activities, exercise classes and lunch for older people, from 11-3pm, Mon & Thurs at 14-16 Lynwood Road, SW17 8SA. Tel 020 3602 8251 for 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 photo groups are meeting up in person. Click on "Events" or "Contact" to get in touch at: u3asites.org.uk/wandsworth/home

Wellness with Elays Wellness with Elays is a women's only health club promoting holistic wellbeing. Meet every Tuesday and Friday, 11-12 for workout sessions, discussions and challenges. 68 St Rule Street, London SW8 3ED, tel: 020 7720 6864 email: info@elaysnetwork.com

Wandsworth Asian Women's Association offers a lunch club Tuesday and Wednesday for older women who want to meet up socially or seek advice. Talks given. Exercise & English classes. Call 020 8875 9465 for further info on classes.

WOFA (Wandsworth Over Fifties Activities) Tel 07058 440808 for membership pack. Four programmes a year devised by members. £10 pa.

See article on p7

Walk Wandsworth

Free walks in the borough. To book, contact **Enable** (see opp)

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 Weds 10am (1hr) meet Albert Bridge Entrance

WOPF Annual Report 2022

by
Lilias Gillies



Covid concerns at the beginning of the year led to Forum meetings being online for the first few months of 2022 with speakers from TfL, Citizens Advice, talking about vaccination updates and mental health services, and Battersea Befrienders. The AGM was held in May on Zoom with the Mayor, Cllr Richard Field, and the Director of Enable as speakers. Meetings resumed in the Anchor Centre from June, with speakers from the new Health ICB, Cllr Graeme Henderson, Natalie de Silva of Age UK Wandsworth and Leonie Cooper AM. In December we had the Wandsworth Community Transport choir as well as Healthwatch.

In November, we held a conference to which representatives of all the large and small groups working with older people around the borough were invited. The new leader of the council, Cllr Simon Hogg, spoke about the challenges and intentions of the new Labour administration and we had speakers on the help available with different aspects of the rapidly increasing cost of living. It was encouraging after the period of the pandemic that we had 58 people attending from a variety of groups, large and small. We know that a number of groups had stopped meeting and that some of the larger ones had not restarted lunches as the numbers attending did not justify hiring the cook.

Contact list

As we haven't revisited the Forum's email list of contacts for groups since the last conference three years ago, it is likely to be very out of date. With the help of a volunteer we started a process of contacting and visiting everyone on the list with a view to building an up-to-date contact list. This will take several months of 2023 to conclude, but already it appears that many groups have not restarted, especially among those catering for BAME.

At the AGM, the committee was strengthened with a number of new members, including Syeda Islam as a new vice-chair in place of John Horrocks, who remained on the committee. We remembered with thanks the help from Vernon Brooks, a member of the committee, who died in November. During autumn, we had to do without Su Elliott, who broke her pelvis, not a good thing to break as such injuries have a long recovery, Tony Tuck, who had a planned knee replacement, and Ricky Lucock, who was ill.

Tony decided to stand down as chair and Wendy

Speck took his place. Tony who had been chair since 1999 remains as a vice-chair. Ricky had been an appointed Patient & Public representative with the CCG, a role which ended with the demise of Wandsworth CCG, and was a member of the Patient Liaison Committee at St George's Hospital, which does not seem to be meeting now. We hope to see them all back for the beginning of 2023.

The Forum is represented at Wandsworth Thinking Partners, where representatives of patients and voluntary organisations meet with the PPI (Patient & Public Involvement) manager for Wandsworth & Merton of the new SW London Integrated Care Board, and the various other meetings with officers of Wandsworth Borough Council (WBC). Members of the Forum also attend meetings of the Voluntary Sector Forum and are involved in discussions of how that might evolve in the future. Contact is maintained with the Greater London Forum of Older People, of which Tony Tuck is Secretary, and the committee have benefitted from its excellent programme of meetings. The Forum continues to have good links with the WBC Department of Transport in discussions about roads and pedestrian facilities. We are concerned that the Wandsworth Mobility Forum has not been restarted after Covid.

Newletters

Four issues of the newsletter appeared, the first two with a circulation of 1,000 during the pandemic, with the circulation for the third raised to 4,000 and the fourth to 4,500 as the ban on piles of copies in libraries and other buildings was relaxed. The increase for the fourth quarter was through some of the larger libraries requesting larger numbers. The return of a paper newsletter seems to be welcome although it is still sent electronically to a large number of people and all issues are available on the website.

At the AGM, the committee was strengthened with a number of new members

The Forum was represented at the new Sustainability Partnership set up to make everyone aware of the need to reduce our production of carbon dioxide and to publicise the council's determination for its own activities to become carbon-neutral by 2030 as well as for the whole borough to be carbon-neutral by 2042. We need to start now doing a little bit each year. It is not just how we heat or cool our homes but how we travel and how we consume goods and services and how we discard our waste.

Hon Sec

Word of mouth

Although the Wandsworth Over Fifties Activities (or WOFA) organisation is not to be found on the internet, a call to a monitored mobile phone (07058 440808) will ensure that you get posted a membership pack. Written requests can also be made to: WOFA Administration, Training & Resource Centre, Alma Road, SW18 1AQ.

For £10 a year, you will get four programmes of up to 30 outings each, which will vary in price. The events are organised by members and will differ widely. These can vary from free walks, to museum and art gallery visits, meals out, minibus trips, concerts, socials and even holidays.

WOFA details can also be found from now on on our Fit, Active page



WOFA members enjoying their outings

Spring Sudoku Solution on back page

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

“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

Where can you get a thief-alarm for your purse or wallet?

The anti-theft bell alarms for your purse or wallet which Age UK Wandsworth brought along to show members at the Forum meeting in March are made by Minder and come in 10 colours.

They can be bought on Amazon at £2.99 for a pack of two.



Above, one of the silver alarms handed out to the audience in the Anchor Centre and now on a Forum member's wallet. Left, a black version on the Amazon website

Useful telephone numbers



Action Fraud 0300 123 2040

Age UK Wandsworth
020 8877 8940

Age UK Handyperson service for older people 020 8877 8949. (not an emergency service)

Alzheimer's Society
020 8687 0922

Citizens Advice Wandsworth
0300 330 1169

Elays Advice & Advocacy
020 7720 6864

Gas Emergency 0800 111 999

Mushkil Aasaan 020 8672 6581

National Dementia Support Line
0333 150 3456

National Domestic Violence Helpline 08082000247

Over-50s Alcohol Helpline
0808 801 0750

Queen Mary's Hospital (Roehampton) 020 8487 6000

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

Rethink Advocacy
0300 7900 559

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 Council

- Switchboard **020 8871 6000**
- 24-hour emergency helpline **020 8871 7490**
- Cost of living helpline **0808 175 3339**
- Parking & Streets/inc pavements **020 8871 8871**
- Noise **020 8871 6127**
- Adult soc care **020 8871 7707**
- Housing **020 8871 6161**

Wandsworth Wellbeing Hub
020 3880 0308



Registered charity
No 1096322

Correspondence

Lilias Gillies, Hon Secretary
Tel: 020 8672 5592
lilias.gillies@btinternet.com

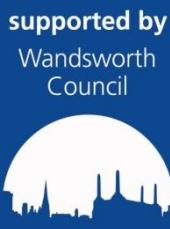
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We're on the Web
<https://www.wopf.org.uk/>



WOPF Management Committee

Wendy Speck Chair
Tony Tuck Vice-Chair
Syeda Islam Vice-Chair
Lilias Gillies Hon Secretary
Pius Gnanapragasam Treasurer
Su Elliott Administrator

Valerie Hambelton, Vito Ward,
John Horrocks, Nathalie
Gibson-Wilson, Patma Patmaseni,
Jasmin Elvie, Ricky Lucock,
Joyce Evans, Fred Roberts,
Margaret Brookes, Sarah
Goodall, Agatha Anyiwo,
Charles Runcie, Mo Smith,
Vicky Hutchings, Lys Innes

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Forthcoming Forum speakers

11 April

Jeremy De Souza, Director of Adult Social Care & Public Health, Richmond & Wandsworth Councils

9 May (AGM)

Cllr Jeremy Ambache, Mayor of Wandsworth, and **John Hallmark**, Governor of St George's Hospital

13 June

Eglionna Treanor, Chief Executive of Wandsworth Carers' Centre

11 July

Emma-Louise Naef, Community Engagement Manager at Trinity Hospice

Forum meetings are held at: Anchor Church Centre, 273 Garratt Lane, SW18 4DU (buses 44 or 270 to Swaffield Road stop)

**Answers to Spring
Sudoku (n7)**

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



£5 reduction to any WOPF member on a first visit to Libo & Giovanna. Tel: 020 8672 9814, 115 Upper Tooting Road, London SW17 7TJ

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)..... (Mobile).....

Email.....

(This is important as, 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 \ \