



Wandsworth Older People's Forum

NEWSLETTER SPRING 2024

Annual report
p2



In this issue

- 1 Freedom Pass: 3-month Friday trial, plus the latest scams
- 2 Annual Report
- 3 Su Elliott on Imaginary Families, plus Forum reports
- 4 Fit, Active, Involved, etc
- 6 Wandsworth's climate summit
- 7 Sudoku/Useful tel nos
- 8 Join WOPF/Future speakers

London election

A reminder of the changes to this year's London elections.

While previously the **Mayoral election** used a supplementary vote system (where you indicate a first- and second-preference candidate), this year changes to **first-past-the-post**. Simply mark an 'X' next to one candidate only.

When it comes to voting for the London Assembly, the voting system is unchanged. Mark a single 'X' next to your **preferred constituency candidate** and a single 'X' next to your **preferred London-wide candidate**.

And older voters need not worry about having to show **photo ID** if you have no passport or driver's licence. You can use your **Freedom Pass** or **60+ Oyster Card**.

Don't forget! Wandsworth Council is introducing food waste collections from **10 June** on your usual collection day. For more info, go to wandsworth.gov.uk/foodwaste

Public transport: Let's make Mayor's 3-month pilot permanent for elderly

As you will have noticed, the Mayor of London, Sadiq Khan, has launched a three-month trial for Freedom Passes or 60+ Oyster Cards to be used BEFORE 9am on Fridays. This runs from 8 March until 31 May as part of the "Let's Do Friday" initiative. John McGeachy, Campaigns Manager at Age UK London, has urged all older users to "spread the word ... in your boroughs [as], if this increases passenger numbers, the Mayor will be under much more pressure to make this permanent".

Back in January 2023, the temporary suspension of free early-morning travel between 4.30am and 9am on weekdays for holders of the Older Person's Freedom Pass and 60+ Oyster Card during the pandemic became permanent.

Heralding the three-month pilot as

The latest scams

It's been a while since we alerted you to the latest scams. **Which?** is currently warning of emails impersonating global brand names doing the rounds. First, they will try to make you panic – about your money or security – a major clue it's probably a scam. Examples are PayPal (sending a "receipt" for a high-value item you've supposedly ordered) or McAfee (warning your "internet protection is ending"). All will include a phone number that connects to a scammer or a link to a malicious website. Delete the email! If you want to check up on things, contact the organisation concerned on its official number or website.



"welcome news", McGeachy said: "We would like (whoever is the next) Mayor to make the trial a permanent change and to do the same on Mondays to Thursdays."

Age UK campaigned long and hard to return the Freedom Pass to its former travel times. So, "although this is a positive step in the right direction," said McGeachy "we would like to see more done."

Vicky Hutchings

Memorial concert



On 23 March, Forum members attended a glorious performance of Handel's *Messiah* by the South West Choral Society at St Anne's Church in memory of **Judith Crompton**, who sang with the choir for 35 years. "*Messiah*," said conductor Martin Everett, "was one of her favourite works." Judith, who died in 2020, volunteered with an Alzheimer's Society "Singing for the Brain" group – and a collection was taken for AS in her name. Judith was also a valued member of the Forum committee.

WOPF Annual Report for 2023

The first year post-Covid was not completely clear of Covid worries. Although most of us are well vaccinated, some are not and, for some, their immune response is compromised. So there are still people being chary about meetings. The Forum has held 11 members meetings in the Anchor Centre, with smaller attendances but an excellent range of speakers. The year started with Cllr Aydin Dikerdem, Cabinet Member for Housing, who explained some of the problems the council has in providing housing for those who need it. As a first step, the newly elected council increased the proportion of social housing in one Battersea site which was still early enough in the planning process for changes. Later in the year, the council proposed changes to the Borough Plan which would increase the proportion of social, which was a welcome change!

The Forum heard Cllr Graeme Henderson, Cabinet Member for Health and Social Care, explain how the sequential cuts to council funding over the past 12 years have left them struggling to pay for services, the essential ones eating up available funds and leaving little for discretionary services such as libraries, parks and other things we all enjoy. Cllr Judi Gasser, Cabinet Member for Environment, told us about the council's pledge to ensure the council would be carbon neutral by 2030. We must all try to do likewise and ensure our buildings are well-insulated and heating systems are as efficient as possible. I explained in the newsletter last year, how long my journey to make my house carbon neutral had taken. The council has set up the Wandsworth Sustainability Partnership where residents and businesses in the borough can learn and discuss together what we can do to make a future without fossil fuels. I was set a challenge to tell as many people as possible about my air source heat pump, so little by little I am doing it. The council is responsible for a lot of housing and one block takes a lot of money to properly insulate, but if we are all to live in draught-free, comfortable homes in a fossil fuel-free world, it must be done.

Meetings also included speakers from Public Health telling Forum members to keep active and eat well for a healthy older age, and a talk by John Hallmark on being a governor of St George's Hospital, as well as speakers from the Wandsworth Carers' Centre, Royal Trinity Hospice, and Age UK Wandsworth (on keeping safe from hackers and confidence tricksters); and we had a joyous afternoon with Ukelele Allsortz, a group from Balham.

Four issues of the newsletter were published and distributed. Members get their copies posted or by email and by various means we deliver to sheltered housing, community centres, churches and other religious centres.



Lili Gillies and Su Elliott running the Forum stall at Balham & Tooting Community Association's "Fun Day" last summer, which saw MP Rosena Allin-Khan (centre) in attendance

A conference was held in November to which we sent invitations to all the small and large groups run by or for older people across the borough. The theme was "Is Wandsworth a good place to spend your retirement?" although we also had speakers on what was happening in other boroughs. Fleur Anderson MP ended by giving Wandsworth a ringing endorsement.

The Forum committee met 11 times in the year. Members of the committee attend many meetings covering a wide range of services and activities in the borough as well as go out to borough events and report back to the committee. We discussed Wandsworth's draft Walking & Cycling Strategy as it developed and was launched. We attended several of the evidence-gathering sessions of the Cost of Living Commission and a special focus group of Forum members was held for the Commission's work.

The cost of living and hugely increased energy costs have been a worry for everyone. The council's encouragement, along with funds, resulted in a number of churches, libraries and other spaces opening as warm spaces on different days of the week. Some provided lunch but all provided hot drinks. As well as making somewhere warm to spend a few hours and save on heating, these are a great help in getting people out and about to meet others. It is good that these are continuing in 2024. Food banks have been seeing increased numbers. The maintenance of the double lock on pensions in April made a welcome increase for pensioners.

Another issue coming up regularly is the difficulty in contacting GPs by phone. Most surgeries have ways of booking appointments online, which restricts many older people. Telephone calls can result in waits and often people are cut off. If the service can provide information about the caller's place in the queue, it is helpful. Most committee members are on the Patient Participation Group of their practice and can raise issues. Some of these groups are very active in following up problems like these but some are not.

Lili Gillies

I had imaginary families not friends

Friends and I were recently talking about imaginary ones. Friends, I mean. I think, being an only child, I had imaginary scenarios rather than people, where I was a member of a large family that was a cross between something out of Enid Blyton with a bit of Antonia Forest thrown in. It wasn't just having imaginary siblings, I had whole new personalities myself, with different names, depending on my mood.

One summer day my parents and I did a quick trip to Whitley Bay. We usually avoided the North East coast – goose bumps; trying to get into your bather under cover of an inadequate towel; a sharp Siberian wind, etc – but this day was glorious. Hot sun, sparkling blue sea (usually gun-metal grey), all very lovely.

I was told to go in a straight line – a STRAIGHT LINE, SUSAN!! - to the sea to rinse my hands before the picnic and then come STRAIGHT BACK. Well, I did, I swear I did, but somehow, the whole beach had shifted a bit and when I walked STRAIGHT



BACK my parents were nowhere to be seen. Despite my mother's failed efforts to drown me with my towelling swimsuit (remember those?) I knew they hadn't abandoned me, so I made my way to the Lost Children Hut.

I was rather pleased at my resourcefulness – Bright child! She'll go far!! – and reported in so they would put my name over the Tannoy. However, at the time I was in one of my scenarios, so I gave my name as Sheila Fish. I then sat back to observe all the other snivelling bunnies who wanted their mam, with some superiority. And waited. And waited...

I don't know what happened. I suppose eventually I either 'fessed up that that wasn't my name, or my parents just came to find me. I was quite happy, having imaginary conversations with Peter, one of my imaginary brothers (he was my favourite) but I suppose it wasn't much fun for my parents. I'd like to be able to revert to that nowadays when waiting in A&E or the GP's reception, but those innocent days are gone. *Ou sont les neiges d'antan?* as someone said.

I hope you don't have to, but if you do, Happy Waiting and I hope all is well. *Su Elliott*

Wandsworth's Cllr Rex Osborn, a member of the Tooting History Group (THG), was the speaker at the January Forum meeting and gave us a "taster" on the history of Tooting. Meetings with speakers take place every month at the United Reformed Church (2 Rookstone Road, Tooting, SW17 9NQ) and start at 7.30pm. The group also runs quiz nights and there is an annual history tour of Tooting.

Rex started back in Anglo-Saxon times to reveal where the name "Tooting" came from. There are two theories, but the main one is that it derives from the Old English "tot(e)" which means lookout post (to form "people of the lookout post"). This makes sense when you realise Tooting Bec is on a high piece of land, from where you descend along the old Roman road (Tooting High Street) to the crossroads where you find Tooting Broadway Tube station. Rex talked about the "two Tootings" after 1066. Upper Tooting was Church-owned, by Bec Abbey in Normandy, Lower Tooting was owned by the Norman De Gravenel family, hence Tooting Graveney.



Rex then moved on to Victorian times and told the unhappy story of Surrey Hall, once a school for boys, which was acquired in 1825 by Bartholomew Peter Drouet, who set up an "Establishment for Pauper Children of the Metropolitan Parishes" on Tooting High Street. Pupils were crammed in, meals were meagre and snatched standing up; there were no toilets – pupils used the backyard, with open sewers along the boundaries. At the end of 1848, there was one case of cholera, but two to three weeks later, more than 350 children were ill and 180 died. The inquest found that the deaths were attributable to "inefficient diet, deficient warmth of clothing and impure air", and Charles Dickens denounced Drouet in *The Examiner* as a "baby farmer".

The first speaker at the February meeting was **Wendy Doyle**, who has been Associate Director of the Patient Partnership and Experience Group (PPEG) at St George's Hospital for two years. She spoke of how she works with a diverse community of people, both patients and hospital staff, in a variety of ways, including sitting on hospital committees and following up patient feedback in directing what's happening at the trust. How to make changes? Ask the patients; every conversation starts there, she said. She is currently "run ragged", what with Partnership events, surveys, producing flyers, meeting with community Forums like ours, but said it had all been "fabulous"!

One activity that is happening at the moment is the Carers' Project, which involves identifying all unpaid carers, eg, family, who might live elsewhere, and who, under the 2022 Health & Care Act, must be involved, particularly in discharge conditions. The PPEG, which is made up of volunteers, meets every other month to hear

firsthand reports of patients' experience. If you are interested in becoming a Patient Partner, email PatientPartners@stgeorges.nhs.uk. For more info, contact Wendy at wendy.doyle@stgeorges.nhs.uk

The next speaker was **Emma Anthony**, archivist at the Wandsworth Heritage Service, headquartered in Battersea Library. She had brought along ten historical slides of industrialisation, grand buildings, workplaces and people to illustrate what she thought epitomised the life of the borough: 1) the River Wandle; 2) Price's Patent Candles Ltd in York Road; 3) Wandsworth Town Hall; 4) The former Battersea Town Hall (now Battersea Arts Centre); 5) The Ram Brewery; 6) Morgan's Factory near Battersea Bridge; 7) Aylings, the Putney oar makers; 8) Battersea Power Station; 9) Royal Victoria Patriotic Building; and 10) the diaries of Florence Turtle spanning the years 1917-1981, which come to life as she details the lives of her many pets.

The last speaker was **Nick Grimshaw**, the new Community Engagement Officer from Age UK Wandsworth, who brought along a questionnaire to be filled in and stayed on afterward in case members had any queries.

The first speaker at the March meeting was **Sarah Banham**, Head of Communities & Sustainability at Battersea Power Station, who told us how she'd been involved with BPS for 17 years. First, we heard about its history: it isn't one power station but two, with the first generating electricity from 1933, the second from 1944. For a number of years the building only had three chimneys as the fourth wasn't completed until 1955. But after supplying electricity to London for 50 years, it closed in 1983 and there followed many attempts to develop the 42-acre site. All failed until it was acquired in 2012 by Malaysia's largest asset manager and the Employees Provident Fund, a state pension fund, in a joint venture. They inherited a great deal of cultural history in BPS in that Pink Floyd have played there and the apocryphal scene from *The King's Speech* was shot in the Art Deco control room.

The Circus West Village was completed in 2017 and now has more than 1,800 residents, as well as a mix of bars, restaurants and leisure facilities. The refurbished Power Station opened in October 2022 and is now home to Apple's London Campus, hundreds of new shops, a state-of-the-art Dolby cinema, a 24,000sq ft food hall, a glass chimney lift and hundreds of new homes. A total of 386 affordable homes are being built at New Mansion Square in partnership with the Peabody housing association, and Phase 3C, which is still being built, will include senior living apartments in Prospect Place 3 and a Community Hub. A second entrance to BPS Tube station will be completed in 2025.

In terms of the social impact that BPS is having on the area, the BPS Community Forum meets quarterly where residents can raise any concerns. And there is a community choir which is known to be Sadiq Khan's "favourite choir". There are also annual events such as the Battersea Games and the Light Festival. By the finish, 20,000 jobs will have been created and 6,500s have been to date. In terms of the local environment, 300 trees have been planted so far and over 20 nest boxes installed.

The second speaker was **Cllr Graeme Markwell**, Senior Public Health Lead at Richmond and Wandsworth Councils, who described his job as "improving the mental health of the people" in the borough. He first talked about the 2022 Wandsworth Mental Health Needs Assessment, which found around 50,000 adults in Wandsworth had a mental disorder, including anxiety and depression, with 1 in 4 of the over-65s affected. Notwithstanding, the over-65s are "underrepresented" among those getting help and "we need to get the over-65s to go and get therapy". As it was found that "only 30% of older people feel comfortable talking to a GP" about such matters, this will need more thought. Graeme added that the draft Public Mental Health Strategy was going before the council's Health Committee in June and he would come back to tell the Forum what had been decided.

Fit, Active,

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, mob 07928 668215 or email activelifestyles@enablelc.org to find out about activities, times and prices. Everything from tai chi to keep fit for life to yoga, walking football and keeping on moving.

Age UK Wandsworth offers a range of activities at the Gwynneth Morgan Day Centre, including coffee mornings for older people, gentle chair yoga, and LGBTQ+ coffee mornings. We're a friendly bunch and always looking to welcome new faces. For more info on times, dates and class prices, or to book your place in advance, call the Reception on 020 8877 8947 or email info@ageukwandsworth.org.uk Address 52 East Hill, SW18 2HJ.

Autumn Rose Over-60s Club offers lunch/social days on Tuesdays 10.45-3pm. Call Joan or Esmie on 020 8673 8038 (Tues) or email autumnrose@balhamsda.org.uk

Balham Library's dementia friendly café is a friendly meeting place for people with memory problems and their carers. Join in activities like games, singing, music and art. Thurs 11-1pm, 16 Ramsden Rd, SW12 8QY. Tel: 020 8673 1129.

Battersea Society We organise/ host a wide range of events – talks (both live and online), walks and visits to historic buildings, plus public meetings on topics of local interest, social gatherings & film nights: www.batterseasociety.org.uk/contact-us

Café Connections. Come and join a bunch of interested and interesting retired folk on Zoom on the second and fourth Thursdays of the month, 10-11am. Contact One Stop Organisers on tel 0333 014 7075 or email info@onestoporganisers.co.uk to book a place. First two sessions free.

Elays Senior Alliance is a safe, supportive and friendly environment, developed to combat isolation for those living alone, aged 50+. Every Monday from 11-12 we run a Move to Music exercise class. just turn up

Involved and Interested



Join your Singing for the Brain group

At Putney Library SW15 2DR



Our group meets on Wednesdays at 3pm. Contact Frances Craig on 020 8780 3085

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 for the over-50s from yoga to bingo to photography to bridge to singing and includes LGBTQ+ coffee mornings. 91-93 Moyser Road, SW16 6SJ. Call 020 8677 4283 for info on membership and class costs.

Hestia Activity Centre for older adults. 10-4 every weekday except Thursday. A range of activities at 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. For info, email Rita Wing Hung on kawing.hung@hestia.org

Iris Dementia Cafe St Luke's Church, 194 Ramsden Road, SW12 8RQ. *Third Saturday of the month*, from 2-4.30pm. For carers and the person they care for to socialise with others affected by dementia in a friendly, safe and supportive space, and take part in activities over refreshments.

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.



All Saints Church, Tooting SW17 8DQ

Fun, friendly singing group for cardiac & respiratory patients, meets fortnightly on Tuesdays from 2-3.15pm. **Dates** 11 & 25 April, 9 & 23 May, 6 & 20 June, 4 July. *Contact details can be found on Facebook*

Lavender Bridge Club meets at York Gardens Library Hall for tea/coffee, cakes and bridge every Wed and Fri. Call Andrew on 020 8767 3886 or 07940 354203; or email: andrewstimson@yahoo.com

Monday Club 2-3.30 on Mondays at 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, a merger of two RISE centres, provides lunches, activities including exercise classes, health and wellbeing topics, bingo and entertainment, plus an outreach programme. Tel 020 8780 9330 for more information.

Roehampton Community Shed is 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. Tel: 020 8877 8940 for more info.

Silver Living is a group run for retired active ladies. Meeting every Monday at the Green Man for coffee from 11-1, plus Friday pub/restaurant lunches in Putney or Wimbledon Village. We also run monthly trips to London exhibitions and Richmond Park. Come and meet us on any Monday at the Green Man, Putney Heath. Or contact Melinda at mvratner1@gmail.com

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

Sparkle Community Centres in East Putney and Battersea are welcoming older people for fun intergenerational sessions with local nursery and primary children, plus seated exercise and a warm nutritious lunch. **SW15** is open Tuesday and Thursday, 10.30-14.30. **SW11** is open Weds, 10.30-14.30. Call 020 8877 3003 or email emma@stmikes-ststeves.org.uk

Sunflower Dementia Cafe Mount Court, 16 Weimar St, SW15 1SJ. First Saturday of the month, 2.30-3.30pm. Carers with or without the person they support can meet to find support and make friends over tea, coffee and refreshments.

Tooting Graveney Day Centre Activities, exercise classes and lunch for older people, from 11-3pm, Mon & Thurs at 14-16 Lynwood Rd, SW17 8SA. Tel 020 3602 8251 for prices.

Walk Wandsworth. For free walks around the borough's green spaces, contact activelifestyles@enablelc.org for more information.

Wandsworth U3A (University of the Third Age) is an exciting educational movement for people no longer in full-time work. Friendly and welcoming, we currently have over 50 interest groups. We hold a monthly meeting on the third Monday, normally with a guest speaker, in Earlsfield Baptist Church, Magdalen Road. For details, go to www.wandsworthu3a.org.uk and click on Events.

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 a membership pack. For £10pa, you get four programmes of up to 30 outings each, from walks (free) to visits to galleries to meals out to minibus trips.

Community is part of net zero journey

The council's work to include all members of the community in its response to climate change continued in March, as more than 100 people – from residents to delegates from local businesses to places of learning to community organisations such as WOPF – joined a Climate Summit at Battersea Arts Centre. The aim was to share knowledge and experience to help map out how we all can reach the Wandsworth Sustainability Strategy of being a net zero borough by 2043.

Cllr Simon Hogg, Leader of the Council, first explained how Wandsworth's net zero target date of 2043, in advance of the UK government's own target of 2050, was realistic given current estimates of borough emissions and what can be done.

There was a talk from Poppy's Funerals, which the Forum heard from a few years ago, about the most environmentally friendly ways of arranging funerals. There then followed four themed



panels, the first of which dealt with the “2043 target” and was chaired by Cllr Judi Gasser, Wandsworth's Cabinet Secretary for the Environment.

This panel featured Clare O'Connor, Wandsworth's Assistant Director of Climate Change, Roehampton University's Dr Neil Williams, Professor of Ethics & Environmental Philosophy, Sharon Baurley from the Royal College of Art (Materials Science Research Centre), Sarah McInnes, Head of Sustainability at the SW London Integrated Care Board, and London Councils' Zak Bond, a Policy Officer for Climate Change. Each talked about their own work and answered Judi's questions.



A free and friendly informal group for over 65's and their carers to enjoy tea, cakes and social activities.

Date:
Every Wednesday 2pm-4pm

Location:
Community Lounge
Balham Baptist Church
21 Ramsden Road, Balham, SW12 8QX

Guests will need to arrange their own transportation.

To reserve your place please call:
07949874838

or email

kemi.browne@homeinstead.co.uk



The three panels that came next were on “business & the public sector”; “community climate action”; and “green skills” – with a similar range of people: from St George's Hospital, Crew Energy, Wandle Housing Association, Young's Brewery and Carbon Architecture, a design consultancy advising on energy-efficiency and low carbon solutions.

It was a well organised day and speakers were both clear and brief so a lot was covered, including during questions from the audience. Several speakers and some in the audience had mentioned how poor the general public's understanding was of the need to live sustainably and talked about what we might do to change that.

Lilias Gillies

Wandsworth Council

Find out more about our ambitions to become a Carbon Neutral Council by 2030, a Net Zero Borough by 2043 and how you can get involved. Go to: www.wandsworth.gov.uk/climatechange/



Spring Sudoku Solution on back page

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

"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*



Community Outreach Worker at the Wandsworth Older People's Forum



This is an opportunity to work productively with older people in Wandsworth on a part-time basis. The work is flexible and creative. The details are below and a full job description and person specification can be had by emailing speckwendy@gmail.com.

Job Title: Community outreach worker

Salary – part-time: £ 15,470 per year (£17 hourly)

Location: Within the local communities of Battersea, Putney and Tooting

Responsible to: Chair of Wandsworth Older People's Forum

Responsible for: Engaging with older people's groups in Wandsworth to find out their needs and wants and to compile a working database

Contract: This is a 1-year contract subject to a 3-month probationary period

Hours: Part-time (17.5 hours weekly), Monday to Friday

Training: Necessary background training will be enabled.

DBS check: the successful applicant will need to have a current DBS check

To apply: Email your application form and CV to the Forum Chair, Wendy

Speck, at speckwendy@gmail.com

Closing date for applications: 5 May 2024

What we do: The Forum seeks to be a voice for older people in Wandsworth and has representatives on consultation committees set up by the local council, NHS commissioners and other local bodies. In order to be effective and listen to the voices of all groups of older people, especially those of minority groups, the Forum needs to be constantly meeting and communicating with groups and reflecting changing issues of concern. The outreach worker will thus be a critical face in the community and, while the grant that funds the post* is for only 12 months, it is hoped to get further funding to extend the length of time of the role.

If you wish to discuss any aspect of the post, you can email either the Chair, Wendy Speck, on speckwendy@gmail.com (see above), or Tony Tuck, the Vice-Chair, at tonytuck.eu

* the grant is part of the Civil Roots programme of the Greater London Authority

Useful telephone numbers



Action Fraud 0300 123 2040

Age UK Wandsworth (AUW)
020 8877 8940

AUW 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 0808 200 0247

Opening Doors London support services for LGBTQ+ over-50s
0207 183 6260

Over-50s Alcohol Helpline
0808 801 0750

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

Rethink Advocacy
0300 790 0559

Silverline 0800 470 8090

Victim Support Wandsworth
020 7801 1777

Wandsworth Carers' Centre
020 8877 1200/020 8675 0811

Wandsworth Community Transport 020 8675 7460

Wandsworth Council

♦Cost of Living Hub
(free) **0808 175 3339**

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

Wandsworth Wellbeing Hub (NHS)
020 3880 0308



Registered charity
No 1096322

Correspondence

Wandsworth Older People's Forum, FREEPOST, c/o WCEN, DRCA Business Centre, Charlotte Despard Avenue, SW11 5HD

Newsletter editor

Vicky Hutchings
hutchings.vicky@gmail.com

Membership secretary

Su Elliott
su.elliott2@virgin.net

We're on the Web

<https://www.wopf.org.uk/>

supported by
Wandsworth
Council



Affiliated to
the National
Pensioners
Convention



WOPF Management Committee

Wendy Speck Chair
Tony Tuck Vice-Chair
Syeda Islam Vice-Chair
Su Elliott Administrator
Pius Gnanapragasam Treasurer
Hon Sec Vacant

Valerie Hambelton, Vito Ward, Nathalie Gibson-Wilson, Patma Patmaseni, Joyce Evans, Fred Roberts, Sarah Goodall, Graham Loveland, Agatha Anyiwo, Charles Runcie, Mo Smith, Vicky Hutchings, Lys Innes, Donna Barham, Liliias Gillies, Joe Stuart

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.

Why buy when you can borrow?



From carpet cleaners to drills to projectors – Wandsworth Library of Things is a place where you can borrow useful household items you don't need to use often. You can find us inside **Southside Shopping Centre**, Wandsworth High Street, London SW18 4TF. **Open:** Mon-Sat 9am-8pm; Sun 11am-5pm

First go online to join and reserve your items, before collecting and returning, at: <https://www.libraryofthings.co.uk/catalogue/browse?locations=WW>

Answers Spring Sudoku (p7)

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

Forthcoming speakers at the Forum

9 April

Supt **David Bannister** from the Metropolitan Police and **Vanessa Moore** from A 2nd Voice, which supports autistic people in Wandsworth

14 May (AGM)

Mayor of Wandsworth **Cllr Juliana Annan** and Battersea MP **Marsha De Cordova**

11 June

Clare Montagu from Poppy's Funerals

Meetings held at 2pm at Anchor Church Centre, 273 Garratt Lane, SW18 4DU (buses 44 or 270)

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 \.....\.....