



Wandsworth Older People's Forum Newsletter

Autumn 2018

Funded by Battersea Power Station Trust



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HAPPY 70th Birthday NHS!



A national celebration in central London was attended by patients, families and NHS staff in their thousands. Whitehall was closed to traffic for a huge rally addressed by a range of speakers including Jeremy Corbyn. The overwhelming message was that our NHS is amazing but is struggling against the odds. We must fight for adequate funding and resist privatisation.

NHS staff from Wandsworth attended a special service in Westminster Abbey to celebrate 70 years of our Health Service.

Mrs. May has offered an additional £20.5 billion over 3 years. Critics argue that this is insufficient especially if funding for social care is not forthcoming.



Matt Hancock has replaced Jeremy Hunt as Health and Social Care secretary. What this will mean is still uncertain.



WOPF Award Winner



Our WOPF member, Vito Ward, (left) won an outstanding Volunteer award from Open Doors—the only charity currently championing LGBTQ older people and training care professionals. Not only has Vito been an Ambassador for the charity for more than 10 years, training advocates and speaking at conferences but she also played a key role in establishing the first weekly LGBTQ coffee morning for Wandsworth older people.

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Contra-flo Controversy

Much disagreement emerged at the July Forum when David Irwin and Robert Monteno from Wandsworth Living Streets came to talk about a new scheme aimed to reduce pollution and congestion by attracting more people to cycling. Following the example of other London Boroughs, six Wandsworth one way streets are to be trialled as two way for cyclists. Despite Robert sharing the evidence of barely any risk for pedestrians, the majority of Forum members were very vocal in their opposition to the scheme and to cyclists.

What we want Robert used the opportunity to ask members what the key issues were for them in relation to streets. Suggestions included: many more places to sit down and rest; speedy repair of uneven pavements so as to avoid people stumbling or falling; more shady trees as our summers get hotter; more crossings – in the right places, and more time for people to get across without anxiety. Robert emphasised the importance of also enforcing the 20mph speed limit in Wandsworth where a quarter of people injured in collisions are pedestrians.

Robert Monteno



Welcome to HESTIA!



The Hestia Age Activity Centre (AAC), situated in Garratt Lane, is a warm and welcoming space for Wandsworth residents aged 60+ looking for a place to socialise and learn new skills.

From computer classes to yoga and their fantastic choir, the AAC offers a schedule of activities which has been designed by its members, for its members to ensure they all have the opportunity to enjoy later life. Imogen, a service user says:

"I have been attending the AAC for over 4 years now...I know the people in the domino club very well now and look forward to it every week. Coming to the AAC gets me out of the house and gives me somewhere to go where I know I'll be met by a friendly face."

Ring us on **0208 767 8426** to arrange a visit.

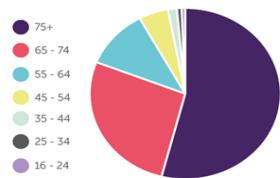
Road Campaign Victory

'Shared Road Space' is a design concept that removes features such as kerbs, road surface markings, traffic signs, and traffic lights in order that pedestrians and drivers have to negotiate priority of access by eye contact rather than external controls. This was said to improve road safety. The Government was initially supportive but, in July 2018, following a vigorous campaign by older, blind, partially sighted and disabled people, it reversed its position and instructed local authorities to halt all development of new shared space projects.



Let's Keep UP

94% of people who have never used the internet are over 55



Age UK are launching a new scheme to help older people to get connected called Digi-pals.

WATCH THIS SPACE

Homophobia in Old Age

Some Gay elders who need care are experiencing abuse and humiliation. One man being cared for by nuns had to be washed with a mop and someone receiving support in the community was forced to

hide the picture of himself with his partner before the carer came.



To address this Opening Doors has developed an LGBT+ friendly kite mark for care providers.



Wandsworth U3A

Wandsworth U3A has about 380 members. Our 40 groups range across subjects and activities such as languages, history, genealogy, ambles,



hobbies, crafts and many more. There are also guided tours to places of interest including museums and art gal-



leries. At our monthly meeting at the Penfold Centre behind Southside shopping centre we have a speaker, news and announcements followed by tea and biscuits and time to chat to other members.

We are a very friendly and dynamic U3A; members are encouraged to form groups and organise outings. We also take part in lots of Shared Learning Projects (SLP) where we link up with other London U3A's and various organisations such as the Museum of London to help with their research. *Maggie Jones*
[Www.wandsworthu3a.org](http://www.wandsworthu3a.org)

Help and Information

KITE—Keeping independent through enablement.
Helps you stay at home or supports you after hospital discharge. From home call **020 8871 7707** or if you are in hospital ask to see the hospital social worker.

Ongoing support at home

Tel: **020 8871 7707**.

Carers For information about your rights contact the Carers Centre **020 8877 1200**

Advice and Information

CAB *Adviceline* **0300 330 1169**

Tooting library by apt 0208 767 0543

Battersea library (drop in)
Monday 10-4, Tue 10-4, Wed 10-12, Fri 10-4

166 Roehampton Lane (drop in) Mon 10-4, Wed 10-12. Thur 10-4, Fri 10-4

Age UK (by appointment) **020 8877 8949**

Care4Me info hub **020 8812 6700**

Silverline 24 hour help line for elders **0800 470 80 90**

Handyman service **020 88778949**

NHS hearing aid support
07501 57443 for information about free drop in hearing aid clinics in your area

Wandsworth Community Transport shopping, appointments and outings :**020 8675 7460**.

Police

Emergency **999**

Important but not urgent **101**

Out of hours doctor **111**

Journeys—Migration Stories

How did it feel to leave your country as a child or young person and to travel thousands of miles to come to England? This was the question that year 6 children from Furzdown School asked older people who had arrived in the UK from Commonwealth countries in the fifties and sixties.



Addison Archer told her interviewer how she had come to England as a teacher, but when she saw how children behaved in British schools she did a test for the Civil Service.



A not unusual story was told by Alvin Chung whose parents had moved to England

when he was 18 months old, leaving him in the care of grandparents. When he was 8 years old, he was told he was going to England and he cried all the way on the journey. Two complete strangers (his parents) met him at the airport. Although it was August, his parents had a jumper and coat for him – garments he had never needed before. He found himself the only black child in a white school where he was bullied and beaten up.



WOPF member, Colleen Bowen, who came to England from Calcutta when she was 18 describes the

excitement of her journey by boat. She had lived a protected life in India where girls never went out without a chaperone. She said she made the most of all the dances and social events she now had the freedom to go to.

Many of the migrants told similar stories about their early life in the UK where it was easy to find jobs because England was rebuilding after the war. But they could not get work that recognised their education and skills. Only menial jobs were available to them so they often did two or three jobs to survive. There were no laws against racism in those days and interviewees remembered the



unwelcoming notices on homes to let.

At a showing of the film that was made from the interviews, the children said that they were shocked to



hear about the racism experienced by the migrants.

Tara Lehmann described how she came from Trinidad to join her sister and to train as a nurse. They responded to an advert for a room to let from a phone box opposite the

house. The landlady said it was free but by the time they crossed the road, rung the bell and were seen to be black, the room was no longer vacant.

Families and communities helped each other, for example pooling their savings in order to buy a



house where a few people could live and then continuing to save and pool till each family had their own house.

At a showing of the film, children read out moving poems they had written inspired by the stories. In-



Interviewees said that at first they wanted to return but, as they settled and had children, they realised that London was now their home.

Funding for the project was from the Heritage Foundation; It was run by Digital Works in partnership with Furzedown school, Furzedown Project and CARAS (refugee charity). www.migrationstories.org.uk

Social Care Crisis Worsens

According to a new report published by Age UK, there has been a 20% increase in the number of people unable to access social care in the last 2 years.

Of the 1.4 million older people affected (1 in 7 older people), more than 300,000 need help with three or more essential everyday tasks, like getting out of bed, going to the toilet or getting dressed. More than half of these people get no help at all from paid carers,



family members or friends. Such individuals are more likely to become weak and ill and to end up at the doctor or A&E, putting unnecessary stress on the health service as well as being awful for them.

Alzheimer's Show

This event, attended by 3,000 people, took place on 8th and 9th June 2018. It offered:

- Free advice clinics with Admiral nurses
- Professionals and family carers speaking on a wide range of topics
- Very latest usable ideas and practical tips
- Friendly chats with people who understand the issues.

Look out for the event in 2019!



Are we addicted to our phones?



More than 100 women's lives may have been cut short by a major IT error which led to 450,000 patients in England missed crucial breast cancer screenings. The computer glitch meant

Your risk of breast cancer increases as you get older...

Keep going for screening if you are over 50. Over 70? Contact your local screening centre for an appointment.



are developing cancer as they get older (see last newsletter), the government is now piloting screening after age 71. If you don't get invited, contact your GP to arrange a screening.

A new charity has been formed to provide information and to fund research on Bowel Cancer.

www.bowelcancer.org.uk



Carers

A new Report has found that as the care crisis worsens, the number of unpaid carers increases. There are currently one million more people caring for relatives than in 2005. Almost 15% of adults now care for a relative and 28% provide 20 or more hours of care a week.

Older people are more likely to be carers. 26% of women aged 55 – 59 provide care to a relative. Only 16% of men in the same age bracket do so but after the age of 65, the gender gap on care closes and an equal 19% of men and



women aged 65 – 69 provide care. Among over-70s,

men are most likely to provide care, generally for wives and partners.

The Report, by the Social Market Foundation and sponsored by Age UK makes a



number of recommendations to the Government, including the provision of access to 'care navigators' to guide bewildered carers through the complex pathways that their relative must follow in order to ensure that their needs are met.

FIT, ACTIVE, INVOLVED AND INTERESTED

Asian Women's Association 020 8875 9465

Wandsworth Over 50s Activity Group 07958440808

Share Community for adults with physical and other disabilities. 020 7924 2949

St. Bede's Centre for Deaf people 020 7021 4340

Golf for over 50s 020 8871 2468.

St. Michael's Older People's Activity Centre Battersea 0207 228 0245

Expert Patients group— understand and manage condition or illness 020 8871 5163

Keep on Moving (60+) TUESDAY 10.30 - 11.30AM and FRIDAY 9 45 and 11 15 at The Penfold Centre, 1 Neville Close, SW18 4TJ

Walk 4 life — free walks Battersea Park Thursdays 10 30, Tooting Common 9am or 12 noon Tuesdays St. George's Park 12 15pm Weds. Roehampton Lane by Shell garage 1st Sunday in the month at 10 30 am. Details 8871 6371

Tai Chi MONDAY 12.30-1.30PM . St John's Hill Community Centre, Peabody Estate, Battersea, SW11

Roehampton Men's Shed Wednesdays 12noon-3.30 Methodist Church, Minstead Gardens SW15 4EB David Peers 07950 931626 or Dave.Peers@ageukwandsworth.org.uk

Furzedown Project , Open every weekday—020 8677 4283 91-93 Moyser Rd SW16 6SJ

Hestia Age Activity Centre 966 Garatt Lane, Tooting. Tel:020 8767 8426 Open every weekday except Thursday 10am -4pm.

Katherine Low Settlement meeting place, advice, support, exercise & activities for older people 020 7223 2845/6471

Pocklington Resource Centre for People with Visual Impairments 020 8675 4246

Keep Fit (50+) FRIDAY 10.30-11.30AM St John's Hill Com Cent.

Autumn Rose invites you to their health and well being project: talks and cooking demonstrations. Joan or Esmie autumnrose@balhamsda.org.uk

Tone & Stretch (50+) FRIDAY 11AM-12PM £3 St Joseph's Catholic Church, 218 Roehampton Lane, SW15 4LE

BINGO Tuesdays and Fridays at Furzedown Project 2pm. Transport within catchment area. Tel:020 8677 4283 for inf.

LGBT coffee morning. Thursday morning Furzedown Project 020 8677 4283 91-93 Moyser Rd SW16

Regenerate-Rise open access day centre, Putney Tel 020 8780 9330

Active Lifestyles for info on a range of fun activities 0208 871 6373

U3A (*university of 3rd age*) Learning through groups such as language, history, art, theatre, walks020 8878 5783

Keep Fit for Life (50+) TUESDAY 11AM-12PM £3 Tooting Junction Baptist Church, Longley Road, SW17 9LD

MONDAYS Swim Club at Balham pool (contact Furzedown Project above)

Sunday afternoon tea parties for people aged 75+ Tel: Alison Minney 020 8150 3154

Monday Club 2-3. 30 on Mondays at St. Barnabas Church, Lavenham Rd Southfields. More inf: Margaret 020 870 5364

50+ Restart Exercise, discussions, games and music. Mondays 12 30-4.30 Furzedown Project (as above) Contact 8785 2142

Open House in Southfields Age UK run a session every Monday from 10 30-12 offering a range of activities and outings. Ackroydon Hall 26 Montfort Place SW19 6QL Tel: 020 8877 8955

Balham Leisure Centre, Elmfield Road. Exercise class for over 50s - Forever Flexible Tuesdays 11.30 - 12.30 £3.00

WOPF Conference

A Preventive Strategy for Wandsworth

SPEAKERS

Cllr Paul Ellis, Cabinet member for Adult Social Care and Health, and Chair of Wandsworth Health & Well-being Board.

NHS speakers on how they are working towards preventing older people being admitted to hospital and getting them home quickly when they do have to go.

Plenty of time for Questions and Discussion

When? Monday 29th October

What time? Registration 11.30 Start 12 noon –3 15

Where? Anchor Church Centre, Garratt Lane, SW18 4DU (buses 44 & 270 pass the door)

Refreshments? Lunch Provided

ALL WELCOME

But you must book your free place in advance by e mail to su.elliott2@virgin.net or by post to address on p.8.

Transform Ageing

A new programme called *Transform Ageing* has been developed on the basis that we must look beyond the medical to understand the psycho-social, economic and environmental aspects that impact on how we age. As Atul Gawande said in his book *Being Mortal*:

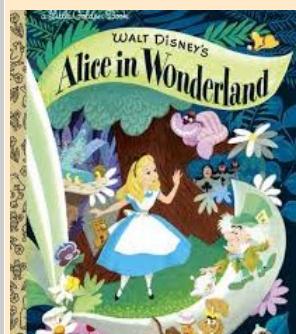
“For more than half a century now, we have treated the trials of sickness, ageing and mortality as medical concerns. It’s been an experiment in social engineering, putting our fates in the hands of people more valued for their technical prowess than for their understanding of human needs. The experiment has failed.”

Transform Ageing brings together older people, community groups, commissioners and social entrepreneurs to tackle some of the biggest challenges facing us such as retirement, bereavement, supporting carers, making life decisions and loneliness.

In addition to asking social entrepreneurs to design dynamic new approaches, joint workshops between the statutory agencies, the voluntary agencies and older people themselves held in the pilot area (South West England), have been a catalyst for developing new ways of tackling issues.

Paul Burstow, previously Minister for Social Care believes that “ *This programme has the potential to deliver new, scalable and sustainable*

solutions for our ageing communities across the UK in 3 years” Wishful thinking? I hope it’s true. **Jenny Weinstein**



Volunteer at Citizens Advice

- Are you interested in helping out in the local community?
- Do you have some spare time available?
- Would you like to use your skills and meet new people?
We are currently recruiting to the following roles:
 - Telephone Assessor at our Battersea Library office
 - Advice-Guide in Battersea Library or Roehampton office
 - Reception & Administration at Battersea or Roehampton
 - Form Fill at our Battersea Library office on a Thursday
 - IT Support at our Battersea Library office

Time and Commitment

We ask for up to 2 days per week for at least 12 months

How to Apply

If you are interested in joining us as a volunteer Please visit our website www.cawandsworth.org

Tel: 0203 559 2008 or Call into one of our advice centres or email volunteering@cawandsworth.org



Reg. charity No 1096322

Correspondence to Hon.
secretary

Tel:020 8672 5592

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www.wandpensforum.org.uk



WOPF Management Committee

Tony Tuck	Chair
Valerie Hambelton	Vice Chair
John Horrocks	Vice Chair
Liliash Gillies	Hon Sec
Pius Gnanapragasam	Treasurer
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WOPF Privacy Statement We only use your data to send you the newsletter or information about activities. We do not share your data with third parties.

Forthcoming Forum Meetings

September 11 Rosena Allin Khan MP (Tooting)

October 9 Rhiannon Cardillo Principal Social Worker: Working with Social Services

Monday October 29th Health Conference (see P7 for details)

November 13 Digi-pals (Help with mobiles, tablets, computers etc)

Leonie Cooper London Assembly Rep

Monthly meetings are held at the Anchor Church Centre 273 Garratt Lane SW 8 4DU 2pm-4pm with tea and Biscuits.

Membership Application or 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 organizations) to: Membership Secretary Wandsworth Older People's Forum C/O WCEN, DRCA Charlotte Despard Ave, London SW11 5HD.

I wish to join the Wandsworth Older People's Forum

Name...(individual or organization)

.....
Address

.....
..... postcode.....

phone...(h).....MOB.....

Email.....

I prefer receiving information/newsletter (tick preference)

by post

By e mail

I might be interested to volunteer

I am a UK Tax payer and would like my subs to be gift aided.

Signed Date

