

Wandsworth Older People's Forum Newsletter

Winter 2015



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Engaged and Active Majority but some Elders are Lonely and Need More Support

We surveyed readers of this newsletter to find out what you like to read about, who you are and what you think is important to older people.

We found that most people are satisfied with the content and style of the newsletter. The most popular articles are about local issues, next comes information on activities and health issues, 65% are interested in transport and social

care and just over half enjoy personal stories. We will use this feedback in decisions about content and try to include items suggested by readers. This time we have added a quiz, a joke and an air quality article.

Our readers reflect Wandsworth's diverse population with just under 20% from Black and Asian groups. Readers are about half and half under and over 80 years old. 69% told us they live alone but over 80% feel they get out and about and socialise as much as they would want. Those who have difficulties cited health, mobility, caring responsibilities, loss of confidence, and

lack of friends. No clubs for LGBT elders were also mentioned. A surprising 75% of our readers have internet access and 40% undertake some kind of volunteering. An impressive 75% do exercise and of those who do not half said they would like to. Very few of our members, only 11% receive services but a quarter of those who don't feel they need some help. We advise people to ring Age UK on 0208 877 8940 for advice.



Members at Oct meeting

We asked what readers thought the most important issue was for older people. Of those who responded, loneliness and isolation was seen as most important followed by worries about social care, dementia, health and NHS. The need for WOPF's proposed 'Tacking Loneliness' project is reflected in responses that 41% of respondents are sometimes lonely and 8% are often lonely.

A big thank you to everyone who completed the survey. We love to have your feedback, good or bad, and to print your articles or views. Ring 8672 5592 or email jennyweistein@gmail.com and

Survey Highlights.

69% live alone



75% internet access



75% exercise



Loneliness a critical issue



Staying out of Hospital

Integrated Out of Hospital Health & Care Services are being set up in Wandsworth .

On 27th October WOPF attended a presentation from Rebecca Welburn (NHS), Rob Persey (Wandsworth Council) and Hannah Gill (Public Health, pictured right) on the latest thinking on preventing admission and/or shortening hospital stays with safe discharges. Following consultation with patients, a system has been set up involving excellent communication between hospital, GPs, pharmacies and social workers.



To prevent admissions, GPs will prepare care plans that include services to be provided by district nurses, pharmacists, social workers and any other care professionals for patients with complex needs to ensure they have the support they need to stay at home even if they are unwell. There will be nine social workers working with GPs to make arrangements for providing social care easier and one professional, whoever is deemed most appropriate, will act as a care co-ordinator for each patient.

GP practices, pharmacies and other primary care resources will be organised in 4 sectors, - Battersea, Putney/Roehampton, Wandsworth Valley and Balham, Tooting and Furzedown. Within these sectors, professionals will cross refer to each other and share expertise in order to become Multi-specialty Community Providers, (for example, developing expertise in working with stroke, cancer, asthma and other complex illnesses and reducing need for hospital care.) It is anticipated that in the future there will be community navigators for each sector to receive referrals and slot patients into services they need.

Patients will be assessed within the special-

ly equipped resource at Randall Close Day Centre as to their ability to undertake tasks for daily living so that training and/or necessary aids can then be provided to keep them at home.

The meeting discussed the proposals and it was suggested that better use could be made of Children's Centres and that opticians would be able to treat eye injuries if they were allowed to prescribe. This programme is expected to be a five year development.

Lilias Gillies

Dancing makes you Smarter

Did you know that dancing is the best exercise to prevent dementia.



Dance helps

- Reduce stress and depression
- Increase strength & flexibility - bones and muscles
- Improve heart and lungs
- Improves cognitive ability and memory through learning and remembering steps
- Improves your mood through fun and social contact

Evidence is from a 21 year American Research study.

“You don’t stop dancing because you get old—You get old because you stop dancing!”

CHALLENGING LONELINESS

Admitting to loneliness is tough but necessary

According to Philippa Perry (Guardian 23rd Oct) some isolated people may often scorn the idea of social interaction. A very lonely lady that I knew, used to tell me how she loved her own company and disliked groups. Philippa explains that this attitude is not unusual. She points out that when we have lost the people that we were really close to for so many years—partners, siblings or old friends—we had such special

relationships with those people - they understood us and we understood them—that we can



feel hostile to new people that we don't know who come to seem more like a threat than someone we could like. My lonely lady used to say that there was 'no one with whom I have anything in common.' According to Philippa some people

may either think they are superior or inferior to others as a way of justifying being alone. Her article advises to first, recognise when you are lonely – don't deny it, or judge yourself negatively for feeling it. Second, understand what it does to you: it can make you ill. Third, watch out for those feelings of superiority or inferiority which may just be excuses to cling to the distrust that loneliness can produce. Force yourself to overcome these feelings. Remember loneliness is dangerous, get help with it. It's never too late.

Adopt a Granny or Grandad

Regenerate Rise in Putney has initiated a scheme where young people without grandparents are linked to Regenerate members without grand chil-



dren. June has been adopted by Cherie



Men in Sheds



A men in sheds group has been set up in Battersea. A large shed has been built where men are working together to build a boat. Older men are much less likely than women to join groups, clubs, exercise classes etc and can become very socially isolated following retirement or after the death of a spouse. The 'men in sheds' idea started in Australia and is a successful way of bringing men together to do something practical. Launching the project, Councillor Jim Madden said, 'We know that isolation can be a major cause of ill-health, both mental and physical, so we hope potential new members get in touch and become part of the project from the very beginning.'

The project is organised from Dimson Lodge, Battersea, where an unused room has been converted into a workshop. For further information Geoffrey Cox on (020) 7223 5335 or email Elaine Curley, community development lead, on ecurley@wandsworth.gov.uk.



and George by Chris.

The scheme is working well and wonderful new friendships are being forged. This is proving a great way to tackle isolation.

Women of Wandsworth (WOW) links local families with a care home for an adopt a granny scheme, as well as organising inter-generation events.

Citizens' Advice Bureau

Established in 1939 at the outset of war the Citizens' Advice Bureau was set up to help people with the unexpected problems resulting from the disruptions of wartime. It has survived since then helping people with a wide range of issues.



Phil Jew, from Wandsworth CAB, showed the Forum October meeting a film of the history of CAB and explained how it works today.

The most common problems presented by users are housing and benefits. Benefit cuts, universal credits, sanctions and debt are the biggest problems but pensions, preparing for retirement and what older people can do to maximise the pension come up more often now. It is important to be aware of what you can withdraw from your pension pot and you need advice about risks and limits.

The separate CABs in Wandsworth merged in 1994. Each year it offers welfare advice to some 8000 people, the majority of working age. The bureaux have some funding from Wandsworth Council but depend heavily on voluntary funding and on volunteers, 80 in the last year

At present they operate from offices in York Rd and Roehampton but soon the York Rd office will move into the front room of Battersea Library. We are not publishing opening hours as these will be changing but there is a telephone advice line you can use. 020 7042 0333 Lilius Gillies



On Turning 100

"If I'd known I was gonna live this long, I'd have taken better care of myself."

Eubie Blake, Jazz musician

WOPF Quiz

1. A David Lean film was about a passage to what country?
2. In which country might a lady wear a mantilla?
3. 'Directing her was like directing Lassie. You need 14 takes to get one of them right'? To which actress was the director referring?
4. According to Lord Birkenhead, who devoted the best years of his life to preparing impromptu speeches?
5. What did Napoleon say an army marches on?
6. A little what does the proverb say is a dangerous thing?
7. Where in Ireland, does the song say, is a long way.
8. Alphabetically, which is the second sign of the zodiac?
9. Which religion has Amritsar as its holy city?
10. After 1928, women over what age were given the vote?

(answers on back page)

Tea and Chat for People with Dementia and their Families/Friends

The Sunflower Café is held on the 1st Saturday of every month from 1.30pm to 4.30pm at the Platt Centre, 22 Felsham Road, Putney, London SW15 1DA (cost £2).



The Bluebell Café is held on the 4th Saturday of every month from 2pm to 4pm at the Katherine Low Settlement, 108 Battersea High Street, London SW11 3HP (Charge £2).



If you are interested in attending or volunteering, please contact the Café Co-ordinator on 020 8877 0033 or email wandsworth@alzheimers.org.uk.

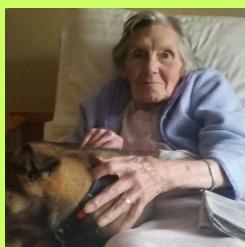
NATIONAL CARE CRISIS LOOMS

Providers of care homes are concerned that they will be unable to continue to keep homes open because of high costs, such as the living wage, without an increase in fees from local authorities, who themselves are struggling with cuts.

Equally worrying is the warning from the home care sector which provides carers to work with people in their own homes. They too are concerned that they will not be able to continue financially because of the shortfall between the cost of care and the contribution by local authorities. In the Autumn spending review Councils were permitted to raise 2% Council tax to pay for social care. Wandsworth Council assures WOPF that care is safe locally.

Care Cap delayed

The Cap was supposed to come into force April 2016 meaning that those with assets more than £118,000 could be sure that the maximum amount they would have to pay towards care would be £72,000, (not including £12,000 a year for accommodation). With the delay, those with assets of £23,250 will continue to pay in full for their care.



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New Wandsworth Support Service

Wandsworth Wellbeing is a free service that supports Wandsworth residents aged 55 and over to live independently at home. It started in August and has already received many referrals. The team works with the NHS, social services, carers and relatives, and other agencies to provide a personalised service to each individual, offering weekly one-to-one visits for up to three months.



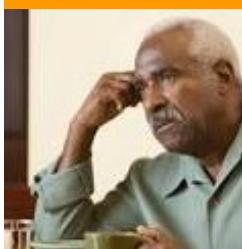
Examples of support offered include:

- accessing community and cultural groups
- accessing volunteering opportunities
- making sure you get all the financial support that you're entitled to
- supporting you to find reliable services you may need
- managing your bills and debts
- making sure your home environment is safe
- accessing aids and adaptations, as well as transport services to keep you independent at home and in the community.

For more information ring: 020 86780446

Older People without Children

It is estimated that there are 1.2 million people in the UK over 65 without adult children. Many others have children but they may not be around.



Who can I turn to?

Although most people say they do not want their children to have to care for them, the reality is that as people become less independent, physically or mentally, children often provide support with:

- managing finances and acting as power of attorney.
- negotiating about discharge from hospital and care needed at home
- sorting out practical problems in the home

People without children need access to support with these things as well as

- More intergenerational programmes so they don't become cut off from younger generations
- Access to advice on how to plan for later life.

A new organisation has been established to support older people without children called AWOC.

They are campaigning for resources and helping people set up their own local groups for support. For more info see www.awoc.org

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
020 7228 024

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

Keep on Moving (60+) FRIDAY 2-3PM £3 Southfields Library, Wimbledon Park Road, SW19 6NL

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

Lunch club with social activities) Thursdays at the Penfold Centre (nr Southside Shopping centre), Call Rachel 07538713409

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

Furzedown Project for older people—020 8677 4283 Check us out on YOUTUBE

Ramblers 0207 9242949

Hestia Age Activity Centre 020 8767 8426

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

Line Dancing for Over 50s Weds and Thurs, 10-12 St John's Hill Centre, Peabody Estate, St John's Hill, SW11.

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

Keep on Moving (50+) TUESDAY 10.30 - 11.30AM and FRIDAY 9 45 and 11 15 at The Penfold Centre, 1 Neville Close, SW18 4TJ (opposite King George's Park)

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

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

Line Dancing Newlands Hall Putney Vale Tuesdays 11am -12.30 1st week free then £5 per week

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, walks 020 8878 5783

Socialising in Roehampton. For more info contact Mac 07715131813

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)

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

Age UK Services

- Advice /information (Mon-Thur) phone for appointment: 020 8877 8949
- Befriending
- Handyperson (£15 per hour) but grab rails and light bulb change is free
- Help getting out and about.

Tips to keep warm this Winter

Keeping warm over the winter can help to prevent colds, flu, or more serious health conditions such as such as heart attacks, strokes, pneumonia and depression.



The chances of these problems are higher if you're over 65, on a low income or have a long term health problem or disability.

Make sure to

- Heat your home to at least 18 degrees
- Eat well and have hot drinks
- Wrap up warm
- Do regular exercise—Move about in the home
- Have your flu jab

For energy saving advice call 0300 123 1234

Age UK can help with support to keep warm 0208 877 8949

Sheltered Housing

WOPF members often raise concerns about people in sheltered housing having inadequate support. The Council told WOPF that all new residents will be helped to make an independence plan and that every resident would have a weekly contact with a sheltered housing officer. However social activities cannot be provided unless they are organised by residents or externally.

Action on Air Quality

In London, each year 10,000 deaths are attributed to pollution. The effect of air pollution averages out to a loss of life expectancy as much as eight years in London. We suffer from reduced lung capacity, our arteries can thicken and we could get more strokes heart problems, cancer, breathing problems and dementia.

The London Sustainability Exchange has been studying air quality in Wandsworth to assess the quality of

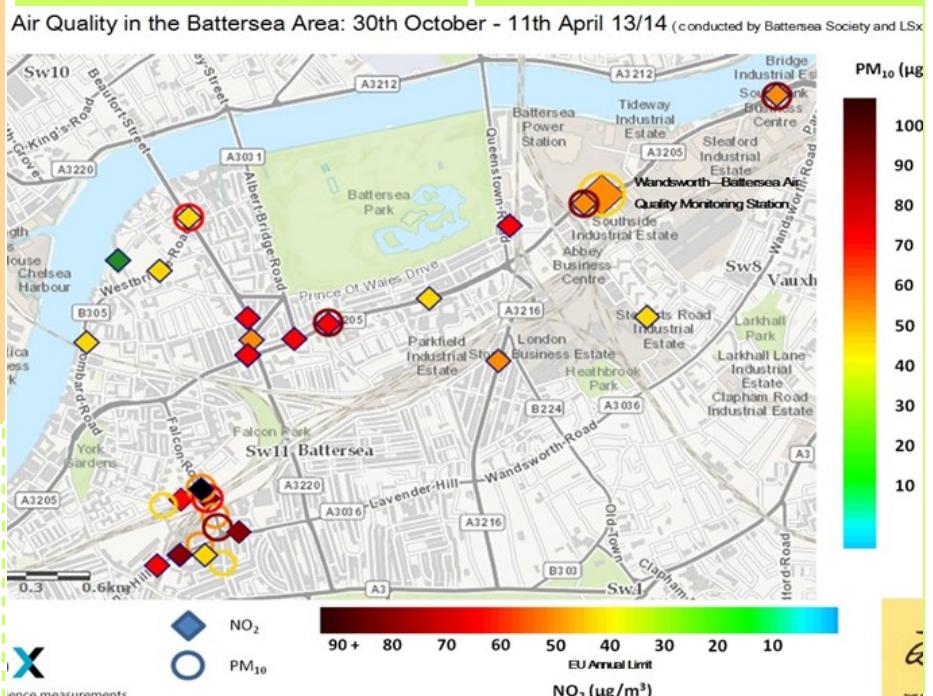


the air in places where we walk around, shop and wait at bus stops.

London has a number of pollutants. The European Commission is looking to fine London for having too much of one of these pollutants, known as NO₂ which can cause and aggravate breathing difficulties.

Our organization gave some ideas to Wandsworth Council's *Air Quality Action Plan* last month such as: having better pollution advice from our doctors, publicising Clapham Junction and Tooting High Street as 'Hot Spots' for poor air quality and reminding businesses to close the door to keep pollution out.

Samantha Heath, CEO London Sustainability Exchange



ADVOCACY SUPPORT

If you find that you need support to express your views about your needs for services you are entitled to an advocate from Voiceability Tel:020 8871 7707 for info

STOP PRESS

The Council has agreed to fund WOPF to provide outreach support to people living in 3 Extra Care Schemes. This will be provided by our very own Mac Downes.



Reg. charity No 1096322

Correspondence to Hon.
secretary

Tel: 020 8672 5592

lilias.gillies@btinternet.com

Newsletter editor:

Jenny Weinstein
jennyweinstein@tiscali.co.uk

Membership secretary

Su Elliott
su.elliott2@virgin.net

Outreach worker

Mac Downes
macdownes@tiscali.co.uk

We're on the Web

www.wandspensforum.org.uk



Affiliated to National Pen-
sioners' Convention

9.Over 21

8.Sieckh

7.Aries

6.Knowledge

5.Lits stomaach

4.Winston Churchill

3.Marilyn Monroe

2.Spain

1.India

Quiz Answers

Forthcoming Forum Meetings

All meetings are held at the Anchor Cen-
tre, Garratt Lane between 2pm and 4pm
unless stated.

12th January Age UK Trusted Traders List

9th February Wandsworth Wellbeing
service (to be confirmed)

8th March Air Quality (to be confirmed)

Watch out for notices of WOPF AGM and our
next Network Conference which will be about
Positive Ageing. We apologise that for technical
reasons beyond our control we are not able to
publish final dates and details in time to go to
press.

If you would like to join or re-join the Wandsworth
Older People's Forum, please complete the subscrip-
tion 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 correspondence/newsletter (tick preference)

by post

By e mail

I might be interested to volunteer

Make cheques payable to Wandsworth Older People's Forum