

Wandsworth Older People's Forum Newsletter



Winter 2016/17



In this Issue

WRAP up	2
Mens Sheds	2
Older people day	3
Hearing help	3
Carers	4
Soap Box, reports, Dementia, Volunteer	5
Things to do and where to get advice	6
Live Well Conference report	7
Forthcoming events	8
Membership form	8
WOPF contacts	8



Local Plan Published

A Sustainability and Transformation Plan (STP) developed by SW London NHS aims to plug the growing hole in local NHS budgets while continuing to provide high quality care.

In the Community the plan proposes:

- More prevention and self management,
- working in partnership with patients, social care and the voluntary sector.
- Improved integration of physical and mental health care
- Improved care of frail older people providing specialist services in hospital and in the community.



Will Social Care



be Rescued?

Even the government's inspection body—the CQC—is warning that social care will not survive without more funding and senior NHS leaders have pointed out the link between A&E waiting times, the shortage of beds and the lack of care for isolated older people.

Changes to Secondary Care

A recent statement from the Chair, Dr. Nicola Jones, and Chief Executive of the NHS in Wandsworth says, "Contrary to misleading media coverage, we... confirm that there are no proposals to close any hospital in south west London. We are suggesting our hospitals will need to work differently, with more clinical networking and possibly one less hospital providing acute services such as A&E, obstetrics and specialist pediatrics. But nor have we ruled out retaining these services in all five hospitals. Our plans are still in development and will be subject to much wider discussion - and formal public consultation should we develop firm proposals to change acute hospital services." The STP is available on the Wandsworth Council website.



WRAP UP in Winter



WRAP is the name of a new organisation - Wandsworth & Richmond Assessment Point. The Forum meeting in November heard that it has been set up to give advice and support to over 65s to help them maintain healthy homes.

Warm and Safe

Most houses have single glazed windows and draughty rooms and are expensive to heat. An assessment of your house from WRAP might give you a reflector to put between a radiator and an outside wall. A carbon monoxide monitor is good to have if you use gas. A free energy monitor will tell you what uses a lot of energy in your home and WRAP may be able to advise you about how to make savings and still keep warm.

Advice and Information

can be given on other services in Wandsworth such as recycling, when the library is open, computer classes and where to get help on debt, financial assistance and benefits you might be able to claim. They can also provide information on any possible grants for bigger renovations like a new boiler.

Call **0800 118 2327** for an appointment with an advisor from **Thinking Works**. You will explain your issues on the telephone in the first place and, if required, you may receive a home visit.

Lilias Gillies

Men's Sheds

Meaning, Friendship and Belonging

The Older People's Forum, along with Age UK, are backing the establishment of a Men's Shed in Roehampton. The idea behind the Sheds, and there are now over 300 of them throughout the country, is to provide a place where older men (and women) can make stuff and make friends.

We are at the early stages of the project, but are making progress. The Methodist church on

the Alton estate has agreed to let us use their premises, and we plan to transform



an old garage in the church grounds into a Shed workshop (see photo).

Age UK and Wandsworth have awarded us a grant to cover start-up costs, and our small group of volunteer Shedders plan to start work on the site in the New Year.

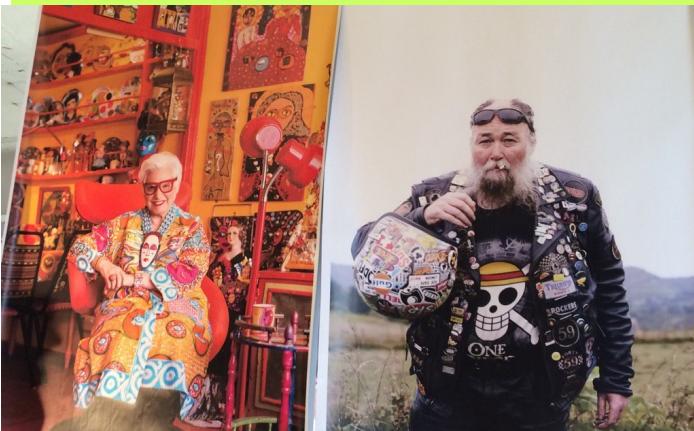
If you know anyone in Roehampton who would like to give us a hand, please get in touch. You don't have to be an expert. Please contact me
Dave Peers Coordinator 07950 931626
davidw.peers@gmail.com



International Day for Elders



London's Mayor Sadiq Khan celebrates Older People's Day with a Dance Off at a Care Home



London Festival

A number of new groups have emerged to reflect the changing nature of ageing. For example—Age does not matter, the Age of no Retirement, Aging better, Aging well, Aging positively and Aging joyfully. They all came together at an event to celebrate national Older People's day at a Festival at the South Bank this Summer. The images above are intended to question the stereotypes of how older people should look. Themes explored included older people in the workplace, and the need for age inclusive products such as inter-generational housing and age neutral fashion.



FULL OF LIFE

Arts and Culture for older people

In January this year the Arts Council commissioned an independent research report into arts and culture with over 700 people aged 65 and above. Almost 70% of respondents said that they felt arts and culture were important in improving their overall quality of life. The National Institute of Clinical Excellence (NICE) now recommends group-based activities focusing on creativity to improve the mental wellbeing and independence of people over the age of 65.

HEAR TO HELP

We run a free service in partnership with NHS to help you make the most of your hearing aids and manage your



A national charity since 1911

hearing loss effectively. We can give advice, provide new batteries and tubing, suggest other hearing services or refer you for medical help.

Our services are offered in the community:

Furzedown Project last Wed in month 2p, -3.30
Age UK 549 Old York Rd 3rd Thur of month 10am-12
Battersea Park Library Last Fri of month 2.30-4.30
St John's Therapy Cent 2nd Wed of month 10-12 30
St. Michael's Day Cent Last Thur of month 10 30-12 30

Platt Christian Centre T 020 8780 9330 for times
Brocklebank Health Centre 1st Thur of month 2 30-4 30

More info contact Beverley 07501 257443

FOCUS ON CARERS

Caring In Later Life

According to a report by Age UK, there are 1.2 million people in England aged 65 and over (some are 85+)



who are providing unpaid care to an older relative or friend who may have dementia (50%), disabilities, or serious illness. Older carers contribute billions to the economy providing a weekly average of 20–50 hours of unpaid care. Caring into older age can have a big impact on their own health and well-being. Although most carers are female, 59% of carers aged 85+ are male, usually caring for a spouse.

Lack of Support from Services

Carers are working overlong hours because

there are 900,000 older people who have unmet needs for social care. Nearly a third of older people who have difficulty with some essential activities of daily life such as washing, eating or going to the toilet, do not receive any formal help.



Although the Care Act 2014 gave all carers the right to a Carers' Assessment, the number of older carers (aged 75 and over) offered a service following assessment other than just information and advice has fallen

by 9%. Carers' assessments by local authorities should look at how being a carer affects them, how much they can realistically do while

maintaining a life of their own, and offering help that they need. But in reality only if the caring situation becomes precarious with no other family member to step in, is practical support provided. If criteria are met, carers may receive support from care workers in the home, a direct payment to purchase the help

they need or respite care for their loved one.

GPs should be alert to older carers, offering one 30 minute consultation per year and knowing where to refer them for support.



Carers Partnership Wandsworth
Working Together

Caring in Wandsworth

On Sept 28th Wandsworth Carers Centre spoke to Healthwatch about working together between social services, NHS, and third sector to enable carers to:

- Maintain independence, physical and emotional wellbeing
- Be supported in their caring role and to have a life of their own outside caring
- Be offered adequate support and advice
- Make their own decision about how much care they can give and when they need to stop.

A survey undertaken by Healthwatch found that some local carers still do not have information about what is available and that the services valued by carers are respite or other breaks from caring, financial support (although they find Direct Payments administratively burdensome) and opportunities to socialise and enjoy leisure activities.

Advice and Support

Carers' UK Advice line

T 0808 808 7777

Age UK Advice 0800 169 6565

THE SOAPBOX

Complaints

As a carer of my 92 year old mother who was evicted from her care home, I had the experience of making a complaint which became acrimonious and is taking a long time to resolve.

From my experience, I would advise that staff should be trained in dealing with and responding to complaints and there should be someone with mediation skills to prevent misunderstandings and escalation. Family carers are part of the solution so it is essential to build good relationships with them and not to regard them as a nuisance.

I advise carers to keep records, speak up calmly for your loved ones and get support from family and friends.

Keith Stewart

From our own correspondent

Su Elliott represents the Forum at a number of important meetings as well as being our invaluable administrator. She writes:



Crime

- Have a cuppa with a copper is being reinstated
- Police will patrol in some banks and supermarkets where crimes occur
- Don't be conned into having work done in your home. If you need someone, get a recommendation.

Thinking Partners

Aphasia group—Connect has lost funding but Autumn Rose will continue to offer Healthy Eating sessions.

Accentuate the Positive

You may have heard of Mindfulness but not be quite sure what it is. The idea is to change your thinking from pessimistic to optimistic. TRY IT!



Volunteer for CAB

You could be a telephone assessor, a face to face assessor or undertake receptionist and admin tasks. This is an exciting opportunity to be part of a new dynamic team that will work across our two drop in centres. For further info:

rob.wootton@wandsworthcabx.org.uk

Preventing Dementia

Dementia is often age related or may be in our genes. However, research has shown there are things we can do to reduce our risk:



Don't smoke



Control blood pressure



Control cholesterol



Eat healthily



Exercise and watch weight



Only drink within national guidelines



Relax, de-stress socialise



Admiral Nurses are specially trained to provide specialist support to people with dementia and their families.

Helpline **0800 888 6678**

- * 800,000 in UK have dementia
- * 285,000 are in care homes
- * 8,000 are in hospital
- * 85,000 manage on their own
- * 85,000 have only unpaid carers

As the population ages, the prevalence of dementia will increase so more research to develop effective drugs and better standards of care are urgently needed.

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+) 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

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. Joan or Esmie autumnrose@balhamsda.org.uk

For Information:

Adult Care & Information Service
0208 871 7707

Care4me navigators
020 8812 6700

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, 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 Joseph's Catholic Church, 218 Roehampton Lane, SW15 4LE

Age UK Service

- 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.
- 'Techie tea parties' to help older people with technology.
- End Of Life Info phone for appointment.

Living Well: Active in Mind and Body in Older Age: Conference Report

Changing the Norms

I am sure you can remember when it was normal to go down the pub, have an evening of drinking and then get in the car to go home. We used to think that safety belts in cars were a bit of a nuisance and took it for granted that people could smoke wherever they liked. Norms have changed and lives have been saved.

Anna Raleigh
(Consultant in Public Health for Richmond and Wandsworth) suggested to the Wandsworth Older People's Network Conference on 3rd November that there are more norms that need to change to improve health in older age.

By the age of 65 many people in Wandsworth have at least one long-term condition; many live alone; many are on a low income and many have caring responsibilities.

Prevention of illness and disability is one of the key aims of national and local bodies. This is to be achieved through joined up policies between NHS, Social care and the voluntary sector.

The main unhealthy behaviors of smoking, poor diet, lack of physical activity and alcohol misuse, as well as poor emotional and mental well-being are responsible for at least a third of ill health and are amenable to cost



effective preventative interventions.

Healthy behaviours are driven by choice, but also by the places and conditions we live in and the pressures of our day-to-day lives.

Creating a place where the healthy choice is the easy choice – to walk, cycle, eat well – will contribute to achieving a green and sustainable borough. Community approaches will have an impact on our motivation by enabling us to review what others are doing and compare ourselves, and offer a sense of social belonging, for example, walking groups, book clubs and volunteering.



We want to enable people to live and age well through: being connected, being active, being curious and aware, keeping learning and participating in social and community life. This is known as the Five Ways to Well-being – a simple set of actions to improve health and well-being in everyday life.

The local NHS and the Council will be undertaking joint commissioning of preventive work by the voluntary sector led by Richard Wiles.

Keeping Fit

Sarah Brooks (Sports & Physical Activity, Enable Leisure & Culture) told the Conference that Enable is funded by the Council to offer a programme for Active Lifestyles. These activities aim to improve life expectancy, reduce blood pressure, lower the risk of coronary heart disease and diabetes. They also help with stress and fatigue by promoting better sleep and increasing motivation. Joining a walking group is a good way to make new friends and can increase a sense of belonging to a community. Walks are of different lengths and they usually end up somewhere to have a cup of tea. Doctors can refer people with health conditions to the local Leisure Centres for exercise.

Key points made by participants:

Some popular activities were a cheap cooked lunch eaten socially, exercise classes, walking, quizzes, craft groups, singing and learning to use the computer. But concerns were expressed about



the need for accessible transport, information leaflets, and encouragement for those who have lost confidence or motivation.

Lilias Gillies



Reg. charity No 1096322

Correspondence to Hon.
secretary

Tel:020 8672 5592

Newsletter editor:

Jenny Weinstein
weinstein.jenny@gmail.com

Membership secretary

Su Elliott su.elliott2@virgin.net

Outreach worker

David Peers
davidw.peers@gmail.com

We're on the Web

www.wandspensforum.org.uk



WOPF Management Committee

Tony Tuck	Chair
Valerie Hambelton	Vice Chair
John Horrocks	Vice Chair
Lilias Gillies	Hon Sec
Pius Gnanapragasam	Hon Treasurer
Judith Crompton, Tom Cox, Nathalie Gibson-Wilson, Philomena Menton, Patma Patmaseni, Doreen Brading, Jasmin Elvie, Ricky Lucock, Winston Gordon, Jenny Weinstein.	

Forthcoming Forum Meetings

**January 10th Sandra Storey, Director of
quality and planning in Rich-
mond and Wandsworth**

**February 14th Sheila Williams Air Quality
My Life—life story films**

March 14th Delia Fitzsimmonds HealthWatch

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 correspondence/newsletter (tick preference)

by post

By e mail

I might be interested to volunteer

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

Signed Date

