

# Wandsworth Older People's Forum



## Newsletter

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Battersea Power station trust funds the newsletter

"Social care is defined as supporting wellbeing but is currently more like life support"

"Confusion, disbelief and anger when people encounter the current system."

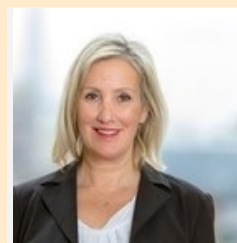
## Social Care: Crisis Worsens

Age UK's annual Conference in September opened with a heart breaking short film illustrating the unmet need of people with complex needs and the anguish of family carers.

**Caroline Dineage, Minister for Social Care** acknowledged all the problems and told the Conference that a Green Paper outlining plans for a reform of the UK's health and social care system is due to be published soon. The aim is to create a sustainable system that people will have confidence in. There will then be a consultation.

**Caroline Abrahams of Age UK** said that a plan was needed urgently; the NHS is on its knees because there is insufficient care for very vulnerable people at home. She characterised the divide between health and social care as "wrong, out of date and unfair."

So what is the solution for funding social care? The public view, according to **Simon Bottery** of the Kings Fund is that funding should come from taxation and/or National Insurance so that risk would be pooled and people with dementia and their families would not be penalised with huge bills while people with cancer receive free high quality care.



**"A sticking plaster that only just avoids collapse"** is how experts describe the additional £240 million promised for adult social Care by the Chancellor in the November budget. Councils claim that they need 2.5 billion to meet the needs adequately.



## AlleluJah!



Alan Bennet's new play *Allelujah*, staged in his 84th year, and set in the geriatric ward of a hospital, had me laughing (albeit ruefully), all the way through. The stars of the show were the patients, all played brilliantly *by seasoned actors* whose longevity does not hamper their ability to de-

light the audience. In his gentle humorous voice, Alan Bennett's characters illuminate the strength of character and feistiness of older people, the horrors of ageism, loneliness and institutionalisation and the danger of the NHS losing its original aims and ideals.



Julia Foster and Patricia England

Jenny Weinstein



**Hello! Hello! Hello!**

I am PC Sam Samiullah and I am inviting you to a special information and fun event on Jan 29 10am-2pm at St. Andrews Church Garratt Lane

### ALERT!!!

Our funding for this newsletter will run out in the Spring. If we cannot raise £5,000, we will have to send out an e mail newsletter. Please make sure we have your e mail address if you wish to receive the e newsletter. (see back page for address to send your email details.) If you or someone you know could help us with digital skills, please get in touch.



**I never imagined that I would be going to the gym at 80+. And I really enjoy it!!**

WOPF member Ricky Lucock was sent to the cardio thoracic gym at Atkinson Morley when her breathing became problematic and her mobility was impaired. She does a range of exercises, including using weights and the walking machine to strengthen her muscles and her lungs. "Before, I had to crawl up-stairs, now I go up normally," said Ricky who is pleased to have been prescribed a further specialist course at Balham gym. "It is hard to motivate yourself to do the exercises at



home," she told me, "You really need someone to support you and make sure you are doing it right. I would recommend it to everyone. I feel so much better."



More than 4,000 people took part in the London Memory Walk in aid of the Alzheimer's Society. Not only were there family groups walking for mums, dads and nans



but carers walking for the people they look after. Although the cost to the economy of Alzheimer's is huge, funding for dementia research is still much lower than that for stroke, cancer and heart disease.





# Social Services and WOPF



The October Forum meeting welcomed **Rhiannon Cardillo**, **Principal Social Worker** for Wandsworth and Richmond (pictured 2nd right above). Rhiannon's job is to make social work more person and community centred and less bureaucratic. This meeting was an opportunity for us to meet her and for her to hear about our older people's voluntary sector with a view to working together.

**Rachel Corrie**, (far right) CEO of Age UK Wandsworth said that Age UK supports people when they come out of hospital, gives information and advice and provides a handyman for simple tasks.

**Nathalie Gibson Wilson** (third from left) described her Tooting Centre which offers exercise classes, a hot meal and dominoes.

**Mick Morrell**, Furzedown Project, emphasised the importance of reducing social isolation and providing opportunities for people to meet and be active. Volunteers from the community act as home visitors, mini bus drivers and activities organisers.



**Joan Robinson**, (far left) whose Balham based project is entirely volunteer run, mentioned the value of sharing a hot meal while socialising.

**Dawn Killeen** from Katherine Lowe Settlement specified the importance of specialist transport, without which frail people cannot access provision.



## Questions and Answers

**Q** Where can you get advice about end of life care?

**A** Age UK can help.

**Q** How does a person in hospital know how to access support for when they return home?

**A** Ask to see a hospital social worker who will refer you to the service.

**Q** Where can people who have money to pay for services get advice?

**A** Even if you have means, you are entitled to advice and guidance from a social worker.

## 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** in hospital ask for 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** Advice line **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 **020 8812 6700**  
Silverline 24 hour help line for elders **0800 470 80 90**

**Handyman service** **020 88778949**

**NHS hearing aid support** for information about free drop in hearing aid clinics in your area. **07392 319 700**

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

### Police

Emergency **999**

Important but not urgent **101**

**Out of hours doctor** **1114**

**Wandsworth Mediation service** Free help with conflict **020 7223 7444**

# “A Connected Society”

## Government Strategy for Tackling Loneliness

### The Campaign to end Loneliness held its 4th Annual

**Conference** this year in October. The keynote speaker, Professor **Julianne Holt-**



**Lunstead** is the researcher who provided evidence of the association between loneliness, poor physical health and premature death. She found that good social relationships are a protective factor against poor health in the same way as taking exercise and eating a healthy diet.



### What do we need to be safe?

We all know about five fruit/veg a day but what is the number and type of relationships we need to safeguard our well being?

The Professor advises:

**between 3 and 5 intimate relationships plus a wider circle of friends and acquaintances.** People who really know and care for us are essential.

**Loneliness is “like hunger or thirst” - we have a biological incentive to connect with others.**



**Tracy Crouch\***, Minister for Loneliness announced **the Government strategy for tackling loneliness** which was published on October 15th and states that building relationships and connections are critical.

**76% of GPs report that 1-5 patients per day come to see them mainly because they are lonely.** The strategy aims to increase social

prescribing by GPs so that people will be supported to connect with others rather than being given medicine. **Research shows that every £1 spent to prevent loneliness saves £3 in health care costs.** GPs are too busy to direct people so schemes will be rolled out whereby **‘community connectors’ link individuals to suitable voluntary agencies.** It is also proposed to invite older people who live alone to sign agreement for their **post deliverer to pop in for a chat,** and, if appropriate, refer them for signposting to local resources to meet their needs. Preventive interventions will be developed for those **stages in life that make us more at risk of becoming lonely such as retirement, no longer being able to use**

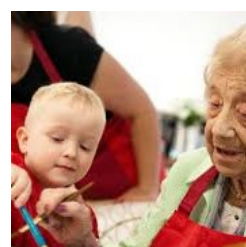


**transport, becoming a carer, developing a disability or being bereaved.**

### Which Projects Work?

A highlight of the conference was the show casing of some inter-generational projects that brought delight to all concerned. Just as moving into a care home can often bring feelings of loneliness, so can finding yourself at home as a first time mum.

This project established regular visits of young mums



and their babies to a local care home.

While it is easy to find people in care homes, it is harder to identify lonely people living at home. Project workers who established a social club for isolated older people and lonely millennials said that they went to GP surgeries, outpatient clinics and similar places and introduced themselves to people and made relationships with them. Sometimes, it took several weeks but they were



then able to persuade them to join the club where new friendships were made.



\*Tracey Crouch resigned as Minister.



## Tom Cox 1930-2018



Tom Cox, who died peacefully at his home in Southfields on 2<sup>nd</sup> August 2018, served as a Labour MP from 1970 to 2005, in Wandsworth Central and, from 1974, in Tooting. He came from a poor background and was educated at night school while working as an electrician. His political career began in local Council politics and on the Inner London Education Authority in the sixties.

As an MP, Tom was a whip in the Wilson and Callaghan governments but was fiercely independent under Tony Blair, twice turning down a Peerage to remain an MP. Tom was an ardent campaigner on social and health issues and laid the foundation stone for the Atkinson Morley wing at St. George's.

He voted against the Iraq war and other military action abroad and supported the reunification of Cyprus.

Tom was an excellent constituency MP, frequently seen in the high road campaigning and having face to face contact with his constituents to hear their views.

Four years ago, Tom joined the WOPF Committee where he continued to advocate for improvements at St. George's Hospital and represent us at the Mobility Forum despite failing health almost until his death.

Tom's wife, Edna, who loyally supported him with his political activities, died in 1980. He subsequently lived alone and will be sorely missed by his two nephews, his good friend Winston Gordon and by all of us at WOPF.

Lilias Gillies & Winston Gordon



## Singing for the Heart and Mind



Community choirs, where you don't need to read music or audition but just go along and sing, have grown in number over the years. The recently formed Wandsworth Community Choir (WCC), which has more than 50 members offers a chance to "make new friends, build self-esteem and enjoy singing everything from Stevie Wonder to Handel".

Studies have shown that singing is not only fun but it ameliorates long term health conditions such as cardiothoracic or respiratory illness, Parkinson's disease, stroke, cancer, depression and, finally, dementia -- where singing old familiar songs stimulates the brain. The health benefits are so profound that hospitals are encouraging patients to sing and St. George's has a choir.

*"I noticed when I started singing that the depth of my breathing had improved by the time the hour was up. Now it improves within the first quarter of an hour."* COPD patient

Whether you enjoyed singing in the past or would like to try something new, why not find a choir near you?  
*Vicky Hutchings*



### Local Choirs

**Battersea Power Station Community Choir** Thursdays, Rose Community Centre, Ascalon Street, SW8 4DL 6.30-8.00pm. Free.

[choir@bpsdc.co.uk](mailto:choir@bpsdc.co.uk).

**The Furzedown Project**, (see p 6) singing sessions on Weds 2.00-4.00pm. £1 per session or £2 with transport.

### Roehampton Over 50s

**Choir** in sheltered housing clubroom, Minstead Gardens, Alton Estate, SW15 4EB, Mondays 1.30-2.30pm. £1 a session. Elaine or Simone 07956 248057

### Singing for the Brain

Alzheimer's Society, Fridays, 2.00-4.00pm at Balham Baptist Church 020 8877 0033

### Wandsworth Community

**Choir** Wednesdays 7.30-9.30 Burntwood Academy Burntwood Lane, Tel: 020 8871 8622

# 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, walks 020 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 0208 870 5364

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

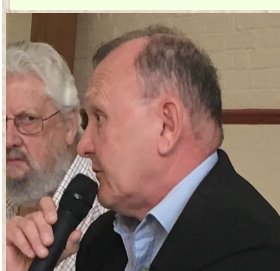
**Open House in Southfields** Age UK run a session every Monday from 10 30-12 offering a range of activities and outings. Ackroydon Hall 26 Montfort Place SW19 6QL Tel: 020 8877 8955

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



# A Preventive Strategy for Wandsworth

According to the NHS mandate 2018/19, “the NHS must re-shape its services to meet the needs of an older and increasingly frail population ... This means the creation of new, integrated care systems as a way of delivering more joined up, co-ordinated health and social care across communities.” WOPF network conference on October 29<sup>th</sup> aimed to gain a better understanding about how health and social services were implementing this policy in Wandsworth. The full report is available on our website or by request but here are some highlights.



**Councillor Paul Ellis**, Chair of the Health and Well Being Board and Cabinet

member for Health and Social Care gave a frank presentation with facts and figures. Almost 60% of the Council budget is spent on adult social care and the demand for services is rising every year with the ageing population. Of the 336,000 residents in Wandsworth, 3,3000 receive social care. The average weekly cost of residential care is £1,000. Currently 1,100 people live with dementia and this could double in the next decade. While appreciating the value of voluntary projects, Cllr Ellis was explaining why, with the current pressures, it is hard to fund preventive services.

WOPF member, **Sarah Rackham** from KLS said that volunteers need recruiting, training and support which all cost money.



**Michael Hever** (right) and **Judica Dookran** (centre) of SW London & St. George's Mental Health Trust's Cognition and Mental Health Ageing Team at Springfield hospital talked about how they try and avoid hospital admission. The team offers a diagnostic and assessment service for people with memory issues,

those with challenging behaviour and people with mental health issues such as anxiety, depression or psychosis. Community mental health teams or the GP treat the patient in the community, but the specialist team offers support to staff in care homes and a psychiatrist will do a home visit in a crisis.



Conference participants

**Dr. Joanna Preston** Consultant Geriatrician who works in the community and **Richard Lloyd Booth** Deputy Chief Nurse St. George's Hospital talked about ways in which they maintain people in the community and ensure speedy discharge if admission is inevitable. Keeping fit is critical because exer-



cise slows down the loss of muscle strength in older people as well as maintaining heart and lungs health and reducing risk of stroke. A range of programmes are now prescribed for older people according to need. Because hospital appointments are hard for older people, you can have your clinic appointment, physio and OT at the same time in the same place at St. John's Therapy Centre. A multi professional assessment team is now based at A & E 7 days a week to divert older people from admission and set up a suitable care package at home.

Further co-ordination has been established on the wards and discharge planning starts on admission to ensure minimum delay following recovery. If a patient is still in hospital after 7 days, a meeting is convened to determine the reason and move any blockage. Clinical frailty assessments are being undertaken to take account of the whole person, not just the problem that brought them to hospital.

**Eglionna Treanor**, CEO of the Carers' Centre, challenged all the

speakers for not including the role of carers in their presentations as carers are so essential to prevention and recovery.





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*We're on the Web*

[www.wandpensforum.org.uk](http://www.wandpensforum.org.uk)



#### WOPF Management Committee

Tony Tuck	Chair
Valerie Hambelton	Vice Chair
John Horrocks	Vice Chair
Lilias Gillies	Hon Sec
Pius Gnanapragasam	Treasurer
Judith Crompton, Nathalie Gibson-Wilson, Patma Patmaseni, Doreen Brading, Jasmin Elvie, Ricky Lucock, Winston Gordon, Jen- ny Weinstein, Vernon Brookes, Margaret Brookes, Fred Roberts, Lys Innes	

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## Forthcoming Forum Meetings

**January 8th** Film—Journeys (starring some WOPF members who will answer questions)

**February 12** Dr. Sian Job Patient and Public Involvement champion

**March 12** Sue Bradley from Rethink Mental Illness—advocate at Springfield Hospital.

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.....(this is important because, in future, because of funding, we may need to communicate with you by e mail, not post.)

I might be interested to volunteer ☐

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

Signed ..... Date .....

Make cheques payable to Wandsworth Older People's Forum



