

Wandsworth Older People's Forum

NEWSLETTER NEW YEAR 2023

See update on blocked ears, p3



In this issue

- 1 Age-UK's hospital discharge role
- 2 WOPF conference
- 3 Liliias Gillies on being Green Earwax update
- 4 Reports from the Forum Christmas concert
- 5 Fit, Active, Involved & Interested
- 6 Obituary: Vernon Brookes
- 7 Sudoku/Useful tel nos
- 8 Join WOPF/Future speakers



Cost of Living Hub

Contact our Cost of Living Hub for information and advice on the cost of living crisis, including where to get help about:

- Financial benefits
- Family and child care costs
- Finding your nearest warm Space

You can call the Hub for FREE 0808 175 3339 between 9am and 5pm, Monday to Friday



We hope you had a Happy New Year and are taking extra care amid all the "feels like Covid but isn't" coughs, sore throats, snuffles and headaches around at the moment, and that's in addition to the rise in Covid hospitalisations, highest in the over-65s.

How Age-UK helps patients return home after leaving hospital

Sadly, we are now used to seeing headlines about seriously ill patients stuck in ambulances outside hospitals where there are no beds available. According to *The Guardian*, on average 13,600 beds across England are occupied every day with patients who doctors say are medically fit to go home, if some help is provided, or to a care home. Such prolonged hospital stays and bed rest also harm the patient in the bed, leading to loss of muscle strength and abilities. Could it be time to call Age UK?

Age UK Wandsworth says: "If you know someone who is due to be discharged or has recently been discharged from hospital, our staff can visit people at home, offering emotional and practical support and guidance to aid their recovery, such as picking up prescriptions, doing a small food shop, helping around the house, encouraging gentle exercise and helping the person to access the community, be active and independent – and prevent readmission to hospital.

Age UK Wandsworth also offers a handy person service that "provides practical help for people over-60



Getting help after hospital discharge

living in Wandsworth, undertaking minor adaptations and small DIY jobs to assist them to be more independent at home. This service also helps in falls prevention – doing essential works and installing equipment required to enable people to be discharged safely from hospital".

To access this service, please call 020 8877 8940 or email BAH@Ageukwandsworth.org.uk

Singers from Wandsworth Community Transport delight us at Christmas, p4



WOPF conference: Trying to improve older people's lives in London amidst the **cost of living crisis**

The first speaker of the morning was **John McGeachy**, Campaigns Officer at Age UK London, on progress so far on creating an Age-Friendly London. John spoke about the enormous contribution of older people to London and the five boroughs who had signed up to the Network of Age-Friendly Communities: Hackney, Southwark, Newham, Lewisham and Sutton. There are also four potentially about to sign up: Barnet, Lambeth, Westminster and Kensington & Chelsea. Organisations encouraging the boroughs to sign up are the Centre for Ageing Better, London Councils (the local government association for Greater London), the Mayor of London, the Greater London Forum for Older People, Age UK London and the many local Age UKs across the capital. John outlined what the various organisations are doing, including the Mayor and the GLA's Age-Friendly London Action Plan, to be launched early 2023. John also cited a number of statistics: 29% of Londoners are aged over 50; half of London's over-65s are disabled, and over 25% of the over-50s live in poverty.

A member of the audience asked about what Wandsworth was doing about signing up to the Network. John said he would leave it to the next speaker to deal with the question.

The second speaker was **Cllr Simon Hogg**, Leader of Wandsworth Borough Council (WBC) who said the council was mindful of older people in Wandsworth because "we ARE older people", mentioning the names of councillors in their late 60s and 70s. He named Tony Belton, now in his 80s. The financial situation is terrible at the moment and the council has already had to set aside £5m from reserves to help residents with the cost-of-living crisis, including £200,000 in grants to support volunteers and other community organisations. A new Cost of Living helpline has been set up (**tel: 0808 175 3339**) and will be publicised in the latest issue of *Brightside*. Wandsworth Council has also unanimously voted to become a Borough of Sanctuary.

*A number of comments from the audience mentioned how difficult ("a nightmare") it was to get through on the telephone to a real person at the council and asked if something could be done. Another complained about the Lime e-bikes still being dumped on pavements. Cllr Hogg said he would look into both matters. Another question was about how often blue badges are stolen from cars and if Wandsworth had considered providing white badges (specific to one vehicle) as these had now been adopted in Lambeth. Cllr Hogg said he would investigate. Questions about the non-appearance of *Brightside* were raised. A question*



Council leader Simon Hogg: "We are setting aside £5m from reserves to help residents with the cost-of-living crisis"

was asked about the new booking system at Wandsworth's Waste and Recycling Centre.

After a coffee break, the first of the speakers on the cost of living crisis was **Natalie de Silva**, CEO at Age UK Wandsworth, who listed all the services her organisation offered older residents. Besides providing information and advice, particularly on money and benefits, Age UK will help with getting prescriptions and food shopping. They also offer a befriending and a handyperson service. In particular, Age UK advises on how to protect yourself against scams – from bag dipping to scams at parking meters & banks.

The second and third speakers were **Mary-Ann Foxwell** and **Nick Barrowman**, both from Citizens Advice Wandsworth, who spoke about how the data they had presented to the conference reflected only their current capacity (staff, etc) to deal with prob-

Contd on p6



Local pharmacies to deal with blocked ears **FREE** on the NHS

People in Merton and Wandsworth suffering from blocked ears or gradual hearing loss can now get NHS help at local pharmacies. Through a pilot scheme, 20 community pharmacies are offering assessments, hearing screening and earwax removal to suitable patients using the Tympa System, free on the NHS.

The aim of the pilot is to detect any issues quickly and reduce waiting times, while taking pressure off GP practices and hospitals. The Tympa System enables trained pharmacy staff to see inside the ear on a screen the size of a smartphone and, if necessary, remove excess earwax using micro-suction. Screening hearing tests can also be carried out using the device.

If problems are detected, patients are referred on, via their GP, to hospital audiology and ENT departments. **People who wish to use the service must ask their GP practice for a referral.** However, they don't need to be seen by a practice nurse or GP before attending.



**Blocked ears?
Gradual hearing loss?**

NHS
South West
London

Live in Merton or Wandsworth?
Get free NHS help at a local pharmacy

Your pharmacy can assess your ears, check your hearing & remove earwax if needed using TympaHealth micro-suction

Contact your GP to ask for a referral

Go to www.southwestlondon.icb.nhs.uk/ and type in "NHS Hearing Health Pilot" in the search box

Going up in the world

Figures from last year's Census are out and show that older people in Wandsworth are growing in number faster than the rest of the local population.

In 2011, people aged over-65 made up 8.8% of the total population, at 26,911 individuals. Ten years on, in 2021, while the total population had grown by 6.7%, the over-65s had grown much faster – by 16.4%

– to a total of 31,335.

Information that will be useful in helping make the case for better local services for older people!

On average, women live longer than men across most of the world. In Wandsworth, women outnumber men more as we move up the age bands. For those in their 60s, women outnumber men by 11 to 10, while for the over-85s there are two women for every man.

Peter West

Taking the long view

For a long time, I thought about making my terraced house in Wandsworth more eco-friendly. To begin with, when my tiled roof needed redoing, I investigated installing solar panels. But the roof does not face in the best way for panels, and although solar tiles might have worked, this was well beyond my means at that time.



I thus contented myself with a compost bin, on special offer from Wandsworth Council, and all my green waste from the kitchen and my small garden still goes into it. Saving water from the roof for the garden was a bit of a problem, but I think I have now sorted it out. In stages, doors and windows have been draught-proofed, and double-glazing was slowly put in in three stages over the years.

Then in 2021, when my 40-year-old boiler seemed to be coming to its natural end, I took advantage of the government-funded council scheme for helping older residents make their houses more energy-efficient, the Green Homes Grant Local Authority Delivery Scheme. The recommended solution, after a survey, was to replace my boiler with an air source heat pump, and with the help of a council grant, it was installed that August. After a few hiccups, it performed well through last winter, the summer just gone and the colder weather now.

When there have been hiccups (such as the three days when it would not come back on after I had turned the thermostat right down), it proved difficult to find specialists in London qualified to deal with such pumps. The nearest three I contacted outside London refused to travel that far. Daikin, the manufacturers, are now coming to service it.

The lack of qualified installers seems to stem from training courses not keeping pace with the changes in moving towards low-carbon energy technologies. Yet the council plans to be carbon-neutral by 2030 and for the whole borough to follow suit by 2043. This will require us all to consider how we maintain our houses and gardens and our whole way of life.

Living in London, with tube and bus easily available, I myself have managed without a car for five years. This would not be an option, for example, for the many older people who have difficulty walking and for whom a car is necessary for getting out.

Lillas Gillies

Boroughs recognised among leaders on climate change

Three London boroughs – **Enfield, Richmond upon Thames and Wandsworth** – have been recognised among the world's cities or regions providing leadership on climate change in the latest "A list" of 122 cities compiled by CDC, the global non-profit action group on climate and health.

Speakers you may have missed at the Forum ...

At the October Forum meeting, **Cllr Graeme Henderson**, the cabinet member for Health and Social Care in the new Labour-controlled Wandsworth Council, talked to members about the determinants of health and how although Wandsworth is a fairly healthy borough, there are many who suffer ill-health and more in some parts of the borough. Living a healthy life is more difficult for people for whom everything is a struggle, either through poverty, poor housing or poor environment. The council is working to make life better for all Wandsworth people, but will be focusing particularly on areas where poor health is prevalent. There will be problems making sure there is adequate funding to do everything the council wants to do, especially with past and future governmental cuts, and difficult decisions might have to be made.

The November Forum meeting saw **Leonie Cooper**, the London Assembly Labour Group's lead spokesperson on the economy, talk about her work on the Assembly, where she represents Merton and Wandsworth, having been re-elected in 2021. The increased cost of living is foremost on every agenda as so many people are affected. The Greater London Authority (GLA) and Wandsworth Borough Council are offering help in many ways.

Additionally, the GLA has pledged to work towards becoming an age-friendly city and is making an Action Plan although much was halted by Covid. Ensuring a digitally-included older population is crucial. A show of hands at the meeting revealed that all but one person used internet-connected devices. This is a big change from previous counts at meetings, although it was sparsely attended, probably due to the heavy rain

earlier. Maintaining older people in the workplace is also important when there is a shortage of workers in every field. This requires good policies from employers in paying a London Living Wage and also in countering discrimination of all kinds. The GLA's power is limited, but it works by setting out good practice and advocating for this as widely as possible.

There followed a good session with questions and discussion on the availability of public toilets, dropped kerbs, buses and bus shelters and accessibility. The higher cost of heating has raised the possibility of increasing the number of places where people can find a comfortable, warm place and a cup of tea or a warm meal. Many organisations are talking about whether they might be able to provide these, and there are grants available from the council to cover the extra costs.

The December meeting welcomed **Sarah Cook** (the manager) and

Delia Fitzsimmons from Healthwatch Wandsworth who spoke of how Healthwatch was established under the Health and Social Care Act 2012. Basically, it listens to people, gathering and reporting feedback and working with the Care Quality Commission. It seeks greater understanding of how health services can be improved. This year it has focused on hospital discharge, dementia, perinatal mental health, sight loss and building relationships with community groups. Audience members then filled in answers to the **Healthwatch survey, details of which can be found on the back page.** There is no cut-off date for answers, so please take part.

The meeting ended in a Christmas singalong with the Wandsworth Community Transport choir, led by Manuel Button on guitar (*see below*).

Lilias Gillies

Non-traditional Christmas concert ends with Silent Night



Choir members get ready



Under the guitar-playing leadership of Wandsworth Community Transport's Manuel Button, the choir gave the Forum the following set list: I Only Want to Be with You, California Dreaming, Ground Control to Major Tom, La Bamba, Corazon Espinada, John Lennon's Happy Xmas (War Is Over), ending with Silent Night. The Forum sang along!

Fit, Active, Involved and Interested

Active Lifestyles for 2023

First session FREE!

To book low-cost sessions for the over-50s, contact Enable Leisure & Culture (manages leisure & sports for Wandsworth Council) on 020 3959 0033 or email activelifestyles@enablelc.org To keep up with changes, visit <https://enablelc.org/activelifestyles>



Monday Tai Chi £4, 1.30-2.30. Barn Elms Sports Centre, SW13 0DG

Tuesday Keep on Moving £5, 10.30-11.30. Penfold Centre, SW18 4TJ

Keep Fit for Life £4, 11.45-12.45. Tooting Baptist Church, SW17 9LD

Wednesday Walking football £3, 1-2pm. Wandle Recreation Centre, SW18 4DN

Chi Gung Relax & Breathe £4, 1-2pm. Penfold Centre (see above)

Thursday Yoga £3, 9.30-10.30. Newlands Community Hall (Putney Vale Clubroom), SW15 3EP

Stretch & Movement £3, 10.30-11.30. Newlands C/Hall (see above)

Walking Football £5, 9.45-10.45. Fishponds Play/Fields, SW17 7LF

Friday Tone & Stretch £4, 11-12. Roehampton Meth Ch, SW15 4EB

Keep on Moving £4, 11.45-12.45 & 1-2pm. St Barnabas Ch, SW18 4EB

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.

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

Chair Dance run by Age UK. A fun, new chair-based group dance session. Classes take place in the dance studio at the Gwynneth Morgan Day Centre, 52 East Hill, SW18 2HJ every Friday from 2.30pm. Sessions cost £3 and can be booked by calling Eva on 020 8877 8947.

Coffee Mornings run by Age UK at the Gwynneth Morgan Day Centre, 52 East Hill, SW18 2HJ, from 10.30 - 12pm on Wednesdays. Come along

and meet some new friends – we're a friendly bunch and always looking to welcome new faces. For info or to book, call 020 8877 8947.

Furzedown Project is open every weekday for a range of activities from yoga to bingo to photography to bridge to singing. For people aged over 50. 91-93 Moyser Road, SW16 6SJ. Call 020 8677 4283 for more information on membership and class costs and get on our mailing list for the latest news.

Hestia Activity Centre for older adults. 10-4 every weekday except Thursday. A range of activities. 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 others. A warm welcome for all. Call Jenny on 07826 779684 or email jenny.bailey@hestia.org

Iris Cafe 3rd Sat of every month, St Luke's, 194 Ramsden Road, SW12 8RQ. For those with dementia and their carers. 2-4.30pm.

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.

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

Monday Club 2-3.30 on Mondays 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 centres in both Putney (020 8780 9330) and Battersea (020 7228 0245) providing lunches, activities including exercise classes, health and wellbeing topics, bingo and entertainment, plus an outreach programme.

Roehampton Community Shed 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. The Shed has two venues in Minstead Gardens and Portswood Place, SW15 4EB. Call Anthony on 020 8877 8940.

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

Sparkle is where you can help take part in activities with children such as reading and singing. There is also a light lunch (for adults) and a child-free lounge. Every Thursday, from 10.30-2.30 in St Stephen's Church Hall, SW15 2RS.

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

Wandsworth U3A (University of the Third Age) is always welcoming. One of the main aims is the continuing education of older people. While some U3A groups still meet via Zoom, guided and history walks, bird-watching and wildlife outings and photo groups are meeting up in person. Click on "Events" or "Contact" to get in touch at: u3asites.org.uk/wandsworth/home

Walk Wandsworth

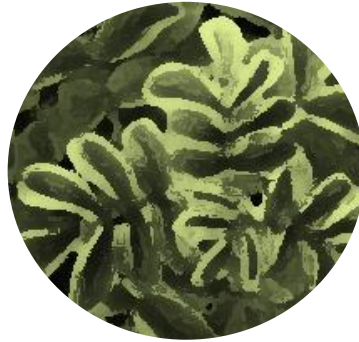
Free walks in the borough. To book, contact Enable Leisure & Culture (see top box)

Wandsworth Common Wed 10am (30-45 mins) meet Skylark Cafe
Southfields, Wimbledon Park Thurs 10.30am (45 mins) meet opp Elborough Street Surgery

Vernon Brookes: 'greatly missed'

Vernon Brookes, an active and well-loved member of the Wandsworth Older People's Forum committee, died in October. After Vernon and Margaret Brookes started coming to the monthly Forum meetings where they enjoyed listening to the speakers, they were elected to the committee in 2016. They were regular attenders at both the Forum and committee monthly meetings. Vernon once said they had originally started coming to the Forum because that was where to find out what was going on.

Vernon revealed key-adapting skills when we found our key copies for the Anchor Centre would not work, but some patient filing on his part made them open up. They both came early to help set up the hall, putting out chairs and tables and clearing away afterwards. When the Forum



newsletter was published, Vernon and Margaret also stuffed the envelopes and posted them. Vernon showed another skill when he brought a tin of mince pies made by himself for every December committee meeting.

The committee try to have members at all the consultation meeting held by authorities, and Vernon and Margaret volunteered to go to the Accessible Transport Forum. This meeting was held, six-monthly, in the Town Hall, often in

the Council Chamber, and had at the meetings representatives from Transport for London, Network Rail, which manages 11 London stations, including Clapham Junction, and South Western and Southern Railways. These were worthwhile and the comments of attendees were listened to and changes were often made resulting in improvements. Vernon always brought an interesting report to Forum committee meetings.

It is not the usual way of things for a child to die before their parents and Vernon and Margaret's son died about a year ago and was a great shock to both. Sadly, Vernon developed problems with his lungs which led to his death. The committee members are of one mind: he was a lovely man, friendly, easy to talk to and always ready to help. We miss him greatly.

Lilias Gillies

Contd from p2

lems and not the need that was out there. In the first half of this year, they had helped 65% of those who contacted them. The team can provide initial emergency support, followed by benefits checks and debt assessment. They help with financial problems and budgeting as well as charitable support applications and energy-saving advice. They refer clients to other bodies that provide help.



Mary-Ann Foxwell from **Citizens Advice**

The fourth speaker was **Susan Chappell** from the South West London Energy Advice Partnership (SW Leap). SW Leap, a partnership between Crew Energy and Habitats & Heritage, offers energy advice to residents in Merton, Richmond and Wandsworth. They offer free home visits and telephone advice (tel: **0800 086 2706**). They will check your boiler, check you know how to control your thermostat, they will lag your pipes and bleed your radiators. Moving furniture away from radiators and putting down a draft excluder can save money. Making sure your shower lasts no longer than 4mins can save up to £95 a year. Likewise, not putting wet clothes on radiators can save £70 a year, besides prevent mould.

As the speakers ran over their time, the chair advised audience members who had questions to "nab people while we're at lunch".

After lunch, the afternoon speakers **Lynn Wild**,

Associate Director of Health & Care at Richmond and Wandsworth Councils, and **Sandy Keen**, Head of Integrated Care, SW London Integrated Care Board (ICB), spoke about the Integrated Care System now in operation in England. There are six boroughs in the new SW London Integrated Care System (Croydon, Merton, Kingston, Richmond, Sutton and Wandsworth). These were set up to improve delivery to patients by being more co-ordinated, with integrated care offered nearer home. Along with Start Well and Live Well, the Age Well programme involves everything from improving hospital discharge to enhanced support for care and nursing homes as well as unpaid carers, improved falls prevention, enhanced digital innovation & technology, supporting independence and finally expansion of social prescribing.

One audience member said her lunch clubs had stopped providing lunch even though other activities were continuing. The only explanation seemed to be less enthusiasm for close mingling since the pandemic. One suggestion was all organisations providing social activities exchange programmes with each other. On health matters, people were advised to leave their medical details and any written wishes on the fridge for ambulance workers to check easily.

Vicky Hutchings

Several speakers used overhead laptop presentations of graphs and figures. If you want copies, please email hutchings.vicky@gmail.com

What is Digipals?

Digipals is a service run by Age UK which offers friendly digital support to older people in Wandsworth to enable them to benefit from digital connectivity whether shopping online, accessing information on the internet or connecting with people via emails/video calls/social media.

Book a drop-in support session

Digipals sessions are run weekly in the computer suite at the Gwynneth Morgan Day Centre, 52 East Hill, SW18 2HJ on Thursday mornings from 10.30am-12pm.

Other sessions take place at various times in Putney, Tooting, Battersea Park, Balham, Southfields, Wandsworth Town and Battersea libraries.

For further details and to book, call **020 8877 8940** or email digipals@ageukwandsworth.org.uk



Share your experiences about how the cost of living crisis has affected you and your health and well-being.

Healthwatch Wandsworth would like to better understand what impact the rising cost of living is having on your overall well-being and ability to access healthcare services.

Complete this short survey

You can participate by completing our online survey on <https://www.smartsurvey.co.uk/s/HWWCOLiving> which will take about 10 minutes to finish. If you would prefer to complete this survey by phone, call **020 8516 7767** between 10pm-4am Monday to Friday or email enquiries@healthwatchwandsworth.co.uk

Useful telephone numbers



Action Fraud 0300 123 2040

Age UK Wandsworth
020 8877 8940 (switchboard)

Age UK Handyperson service for older people 020 8877 8949. (not an emergency service)

Alzheimer's Society
020 8687 0922

Citizens Advice Wandsworth
0300 330 1169

National Domestic Violence Helpline 0808 200 0247

Gas Emergency 0800 111 999

National Dementia Support Line
0333 150 3456

Over-50s Alcohol Helpline
0808 801 0750

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

Silverline 0800 470 8090

St George's Hospital
020 8672 1255

Victim Support Wandsworth
020 7801 1777

Wandsworth Carers' Centre
020 8877 1200/020 8675 0811

Wandsworth Community Transport 020 8675 7460

Wandsworth Cost of Living Helpline 0808 175 3339

Wandsworth Community Hub
Helpline signposting the latest info and government advice, as well as other services the council can provide: 0208 871 6555 Mon-Fri, 9am to 5pm

Wandsworth Council

- ◆ 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**

New Year Sudoku *Solution on back page*

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

“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 column or block

Health check for Forum groups

It is a long time since the Forum has been able to touch base with its membership groups – to find out how you are doing supporting older people in Wandsworth:

- Are you still going strong?
- What issues are older people bringing to you?
- Is your service financially sustainable?

Peter West, a volunteer, is

conducting a review of the Forum's 75 membership groups and is contacting you all by email or phone. He then writes up a short report after a discussion with you or a visit.

It will take time and some of you have already been contacted and have responded – thank you.

If you have not heard from Peter yet, be patient – he will get to you and will then welcome your assistance.



Registered charity
No 1096322

Correspondence
Lilias Gillies, Hon Secretary
Tel: 020 8672 5592
lilias.gillies@btinternet.com

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/>



WOPF Management Committee

Wendy Speck Chair
Tony Tuck Vice-Chair
Syeda Islam Vice-Chair
Lilias Gillies Hon Secretary
Pius Gnanapragasam Treasurer
Su Elliott Administrator

Valerie Hambelton, Vito Ward,
John Horrocks, Nathalie
Gibson-Wilson, Patma Patmaseni,
Jasmin Elvie, Ricky Lucock,
Joyce Evans, Fred Roberts,
Margaret Brookes, Sarah
Goodall, Agatha Anyiwo,
Charles Runcie, Mo Smith,
Vicky Hutchings, Lys Innes

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.

Joining the committee

If you enjoy coming to hear the speakers at our monthly Forum meetings (on the second Tuesday of every month), why not think about joining our committee, which also meets monthly, and having a say on who those speakers will be. We are always on the lookout for volunteers, whose duties can range from helping to get the Anchor Centre ready for Forum meetings to stuffing newsletters in envelopes and taking them to the post. Most members also volunteer to attend at least one of our regular consultation meetings with authorities and report back to the committee. Come along and see how we work and perhaps join us.

Lilias Gillies

Upcoming speakers at the Forum

10 January Lisa Wilson, Public Health Lead at Richmond & Wandsworth Councils; **Cllr Aydin Dikerdem**, Cabinet Member for Housing, Wandsworth BC
14 February Veronika Wilson, Putney Arts Centre; **Robyn Lynch**, solicitor
14 March Vivien Yalcin of Age UK on scams and distraction theft
11 April **AGM**, with **Mayor Jeremy Ambache** and **Jeremy DeSouza**, Director of Adult Social Services, Richmond & Wandsworth Councils
Meetings at: Anchor Church Centre, 273 Garratt Lane, SW18 4DU (buses 44 or 270 to Swaffield Road stop)

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

Answers to New Year Sudoku (p7)

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 because, 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\.....\.....