



Wandsworth Older People's Forum

NEWSLETTER NEW YEAR 2024



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Community spaces



Last winter's warm spaces scheme continues, with the council working with local organisations to maintain access to a network of places open to residents looking for a warm, friendly space, in some cases to get a drink or even a meal. Some may charge a minimal fee, others are free. The directory of participating organisations can be found on www.wandsworth.gov.uk, see "Community Spaces". Or call the council's FREE Cost of Living Hub on 0808 175 3339 weekdays from 9am to 5pm.

Still top of the free list are the public libraries, all wheelchair accessible, where you will find study/quiet spaces, free Wi-Fi, charging facilities, staff help & information, various activities, and toilets. These are: Balham Library, Battersea Park Library, Battersea Library, Earlsfield Library, Northcote Library, Putney Library, Roehampton Library, Southfields Library, Tooting Library, Wandsworth Town Library & York Gardens Library. And they all stock the Forum newsletter!

Fix the NHS? First fix social care

With the coming of winter, newspapers have been full of the dire situation in which the NHS finds itself. Professor Philip Banfield, chair of the BMA, was quoted as saying:

"We are still short of beds, have huge rota gaps and patients are not getting the care they need or deserve." And Dr Adrian Boyle, president of the Royal College of Emergency Medicine, is predicting "we will see the same scenes of ambulances waiting outside emergency departments, and if you are inside an emergency department, people receiving care in corridors."



But has this led to an increase in clinical output? There was in fact virtually no change. In the first nine months of 2023, staff dealt with 4.3% fewer emergency

admissions and 1.3% fewer non-emergency admissions than over the same period in 2019. At the same time they carried out 1.8% more outpatient appointments and 0.8% more treatments on the waiting list. This means "the number of patients treated per staff member – one crude measure of productivity – has fallen substantially".

The report asks: "If the NHS has many more staff than pre-pandemic, and more funding, why is it only managing to treat the same number of patients?"

One answer, it says, could be the "well-documented difficulties in discharging patients out of hospital and into social care". Leading to that well-publicised "shortage of beds" with "98.4%" of them occupied.

As Fleur Anderson MP said at our conference in November, it is crucial to sort out the social care side of a joined-up health and social care sector. If we don't, then we may be throwing ever more money at the NHS in vain.

Vicky Hutchings

Part of the PM's NHS "delivery plan" last January involved a promise to improve bed occupancy rates, ie, the hospital discharge rate. Yet the latest figures show 98.4% of beds are occupied – higher than any previous month since the pandemic began.

A report from the Institute for Fiscal Studies in November that looked at productivity in the NHS noted how "hospitals had 15.8% more consultants, 24.6% more junior doctors, 19.5% more nurses and health visitors, and 18.5% more clinical support staff in January to July 2023 than in January to July 2019."

Memories We may not get about so much. We may not do as much as we used to, but what we all have are our memories. These are things that we, and only we, can provide. The Forum as its contribution to Wandsworth's bid to be Borough of Culture 2025 is collecting from members their memories of childhood, memories of when we first came to Wandsworth and thoughts of Wandsworth now as a place to spend our retirement. I will be pleased to hear from anyone who would like to be involved (tel: 020 8672 5592) and I will be approaching people if not enough come forward. We need to leave a record of our times. *Lilias Gillies*



Conference report: Is Wandsworth a good place to spend your retirement?

Following registration which began at 10am, at 10.30 everyone was welcomed by the Forum Chair, Wendy Speck. The day was divided into panels. Panel 1 focused on “London as a whole”.

First to speak was **Tony Tuck** of the Greater London Forum for Older People and Vice-Chair of the Wandsworth Older People’s Forum. He spoke about how he had come to Wandsworth in 1960 and as part of his job at the National Assistance Board had spent five days a week talking to people in the borough about how he, the “means test man”, could help them. The three main things they wanted were: 1) Secure housing; 2) Enough income to be able to afford things over and above the basics; and 3) A functioning society around them with, for example, good public transport. A good health service was also important. He said the triple lock was a good thing for pensioners.

Next to speak was **John McGeachy**, Campaigns Manager at Age UK London, who told us about what was happening in other London boroughs as the capital works towards being an age-friendly city. Age UK London works with the boroughs to encourage joining the UK Network of Age-friendly Communities. London and seven boroughs have so far signed up: Lambeth, Hackney, Barnet, Sutton, Newham, Lewisham and Southwark. On 22 November, the Mayor of London and the Centre for Ageing Better are jointly hosting the 2023 UK Age-Friendly Communities conference at City Hall celebrating London’s age-friendly journey to date.

The third speaker was **Tony Burch**, a retired GP from Brent with an interest in older people’s medicine. He was formerly a trustee of Age UK Brent and now in retirement is a trustee at Age UK London. He said the way boroughs start on the route to being age-friendly is through fostering discussion among different communities, ie, councillors, Older People’s Forums, etc, and by getting involved in campaigns about ways to make life better for older people – eg, dealing with Lime bikes left on pavements which impede pedestrians, and also trying to get traffic lights times extended for 3 seconds so the elderly have time to cross.

The first speaker on panel 2, which looked at Wandsworth, was **Sandra Shaw**, Director of the Furzedown Project, who told the audience all about its new initiative, Furzedown Farmers. The Furzedown Project was successful in getting funding from the National Lottery Community Fund. Their funding is being used to improve physical and mental wellbeing through vegetable gardening combined with befriending.



Next **Susannah Hall** spoke about the Battersea Arts Centre (BAC) Community Garden. Susannah, from Permablitz London (which coordinates several community-led gardens round the city), participated in the original garden design that helped BAC win funding from the GLA, National Heritage Lottery Fund and Wandsworth Council. Run by BAC in partnership with the Permablitz team, they are keen for us to all be involved! This is done with a regular series of “Permablitz” days, when everyone is invited to come along and help with the gardening. Go to www.permablitzlondon.com/contact-us/

Practical Matters, the title of the third panel, began with **Giles Read** from Thinking Works, a not-for-profit company set up in 2012 to help tackle fuel poverty and create a more energy-efficient future. Staff undertake home visits and give phone advice for the boroughs of Kingston, Richmond, Wandsworth, Merton and Sutton. They can also advise on available heating and insulation grants, instal free energy and water-saving measures. They will supply £49 pre-payment energy vouchers to those in need. Thinking Works has the contract with Wandsworth Council, and Giles said his was the best energy-advice group to contact if householders are trying to deal with applying for a grant. Tel: 0800 118 2327 or email: enquiries@thinkingworks.co.uk

The next speaker was Age UK Wandsworth’s **Bryan Savage-Leao**, currently Hospital Discharge Coordinator but soon to move on to the new position of Be-A-Friend Coordinator. He listed the services offered by AUW that may be of interest to those coming out of hospital, eg, having prescriptions picked up or checking the heating is switched on. The services AUW offer include: a Handyperson (for small jobs, such as fitting a grabrail), Online Food Shopping, Befriending, Hospital Discharge Support, and Information & Advice. Bryan ended by saying AUW is always looking for volunteers. Tel 020 8877 8940 or email info@ageukwandsworth.org.uk

After lunch, the fourth panel, Community Wellbeing,

Contd on p4

I was the original Method actor

Dear All,
I hope you all had a good Christmas. I know how difficult it can be for some of us. As we get older, things change; but I hope you all did more than survive, that you enjoyed it, and are feeling hopeful about 2024.

I've been remembering the School Play. One year at my primary school, Pickering Nook in County Durham, we did extracts from *A Christmas Carol*. This was going to be PROPER, done in the Hall not the back of the classroom and I was going to play Martha Cratchit! A proper part with a script.

I was the original Method actor without having a clue such a thing existed. If I could have eaten thin gruel and worn a hand-me-down pinafore in the days leading up to the show I would have. The main scene was all us Cratchits waiting for Dad to come home and have the Christmas dinner. I was to help Tiny Tim to the table. Tiny Tim was played by Walter Hall who was what we called a "strapping lad" and no one in their right mind would cast him as Tiny Tim. (This was an important lesson for me, as later in life as a professional actor I've seen plenty of this sort of casting.)



I was what can best be described as "spindly" and as I fussed about, attempting to help Tiny Tim to his chair, prop crutch and all; fawning about and generally being useless, Tiny Tim lost all patience, dropped his meek demeanour and his limp and bundled me out of the way, saying "Haddaway, I'll dee it meself."

Looking back, it was actually quite fortunate that it was Walter Hall. It could have been Raymond Bennett. If Raymond Bennett had been in a Billy Bunter book, he would certainly have been the Bounder of the Remove.

At Pickering Nook, he was renowned for having eaten the nuts off the Nature Table which had been painstakingly collected on a Nature Walk – an early form of torture perpetrated upon innocent children in the 50s and 60s. We had to brave the slicing winds of County Durham that came straight from Siberia – directly into our liberty bodices and little vests – and collect all sorts of rubbish that passed for spores and moss and some such to put on the Nature Table. I still can barely tell a daffodil from a tulip. But I could maybe – probably – give Walter a run for his money!

I wish you all you wish yourselves, as me granny used to say. Happy New Year!

Su Elliott/Administrator

The October Forum meeting started with the Chair, Wendy Speck, calling for a minute's silence for the civilians living through the war between Israel and Hamas. The first speaker was **Ally Mihaylova-Smith**, the Safeguarding Adults Board coordinator at Richmond & Wandsworth Councils, who brought along a leaflet summarising the work of the SAB. Included was an email address to contact if people feel they or someone else is being abused: acessteam@wandsworth.gov.uk or go to the council website and type in "Make a referral to adult social care" and click on "Staying safe".

The SAB is a multi-agency partnership coordinated by Richmond & Wandsworth Councils and has as its main objective making sure people with care and support needs are protected. It reports annually to the Richmond & Wandsworth Health & Wellbeing Board, Healthwatch, the Metropolitan Police, the NHS and the two councils. Ally reported there were



3,104 referrals in 2022-23 and 800 merited further enquiry. Of these, 24% were aged 65-84 and 22% over 85, with 17% struggling to take care of themselves. Go to sabrighmondandwandsworth.org.uk for more information.

Next to speak was **Yragael Drouet** of Transport for All, the only national disability group in the UK to campaign on the right to travel freely and independently and to challenge transport providers on the need to remove barriers to achieve this. He himself is in a wheelchair, but says he never thinks the chair is the problem when he sometimes finds himself unable to travel, but a problem with the society that prevents him. The percentage of

disabled people rises in each older age group.

Transport for All sees itself as part of a movement for change and members of the audience "can help shape what we do" by joining and registering their views. Tel 0207 737 2339 or email contactus@transportforall.org.uk Membership is free.

The first speaker at the November Forum meeting was **Charlotte du Toit**, manager of the Wandsworth Direct Payment Support Team at Ruils, a user-led charity contracted by the council to provide support to older and disabled people with their direct payments from the council. This is money given by the council to people with eligible needs so they can organise their own care and support instead of the council doing it for them. This will often involve employing a personal (care) assistant (PA) or making use of a care agency and people may need practical help or information to enable them to ►►



began with **Sarah Rackham**, who retired from KLS in 2019 and talked about community involvement and how organisations like Hestia, KLS, Autumn Rose, RISE, the Over-60s Café and Wandsworth Community Transport had grown from people in the borough getting together to meet local needs.

The second speaker was **Dr Lisa Wilson**, the Public Health lead for the past 3 and a half years on Richmond and Wandsworth Councils. She is not a GP but has more than 15 years' experience working with older people in a variety of settings on nutrition and health issues. One of the main ways to remain in good health is to stay active.

The last speaker of the afternoon was **Fleur Anderson**, MP for Putney, who wanted to answer the question in the title. Yes, she said, Wandsworth was a fantastic place to live and she "looked forward to being a retiree in the borough". There were excellent leisure facilities in Wandsworth, she said, and great cultural institutions such as Putney School of Art & Design. Post-Covid, there are more people in the UK saying they are lonely, and the country needs more community organisations such as Battersea's KLS. More work needs to be done on "joining up" the NHS and social care and as part of that we need a National Care Service to rival the NHS. Lastly, she reminded the audience not to forget "MPs can help" at their advice surgeries.

In conclusion, Liliias reminded everyone to fill in the form indicating what they thought the next network conference should be about. General feedback was that this had been a successful conference. *VH*

► manage this and will be directed to a Direct Payment Support Service such as Ruils. Ruils is based in Richmond, but has now started working with people in Wandsworth. Charlotte spoke of how employing your own personal care assistant can work better than going to an agency, as building up a long-term relationship could be an advantage for people, say, with dementia. (See article on page 7)

The next speaker was **Charlotte White**, manager of the independent Earlsfield Foodbank run from St Andrew's Church on Garratt Lane. It opens on Thursdays, from 9.30-12 at the Waynflete Street entrance. She said whereas the foodbank used to feed 30 households, this has now gone up to 130. The foodbank also offers advice and support to people in crisis as well as providing energy vouchers so they can cook food at home and SIM cards so they can use their mobiles to sort out things such as payments. The Café at St Andrew's closes to the public on Thursday mornings

so "foodbankers" can socialise. Tel: 07480 504729 or see earlsfieldfoodbank.org.uk/

The third speaker came from Wandsworth Care Alliance (WCA), which is a Tooting-based charity on Bickersteth Road that supports and co-ordinates the voluntary sector in the borough. **Jummy Olaleye**, the WCA's Volunteering Project Officer, came to talk about the Volunteering Wandsworth service, an initiative set up by the WCA to support volunteering organisations in Wandsworth as well as people who want to volunteer in their local community. Tel: 07396 712 267 or email: volunteering@wandcareall.org.uk

The speaker at the December meeting was **Leonie Cooper**, Member of the London Assembly for Merton & Wandsworth since May 2016. She talked about the pan-London role of the Mayor and Greater London Authority, from overseeing TfL and the Fire Service to the Metropolitan Police.

Vicky Hutchings

Fit, Active,

Active Lifestyles To book low-cost sessions for the over-50s, contact Enable Leisure & Culture (which manages leisure & sports for Wandsworth Council) on 020 3959 0033/07928668215 or email activelifestyles@enablelc.org to find out about activities, times and prices. Everything from tai chi to keep fit for life to yoga, walking football and keep on moving.

Age UK Wandsworth offers a range of activities at the Gwynneth Morgan Day Centre, including coffee mornings for older people, gentle chair yoga, and LGBTQ+ coffee mornings. We're a friendly bunch and always looking to welcome new faces. For more info on times, dates and class prices, or to book your place in advance, call the Reception on 020 8877 8947 or email info@ageukwandsworth.org.uk Address 52 East Hill, SW18 2HJ.

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



**Balham Library
Dementia Friendly
Café**

A friendly meeting place for people
with memory problems and their
Friends and Family

Chat and share experiences and
information in a safe, friendly and
supportive environment.

**Thurs 11-1pm, 16 Ramsden Rd,
SW12 8QY. Tel: 020 8673 1129**

Battersea Society We organise/ host a wide range of events – talks (both live and online), walks and visits to historic buildings, plus public meetings on topics of local interest, social gatherings & film nights: www.batterseasociety.org.uk/contact-us

Café Connections. Come and join a bunch of interested and interesting retired folk on Zoom on the second and fourth Thursdays of the month, 10-11am. Contact One Stop Organisers on tel 0333 014 7075 or email info@onestoporganisers.co.uk to book a place. First two sessions free.

Involved and Interested



Elays Senior Alliance is a safe, supportive and friendly environment, developed to combat isolation for those living alone, aged 50+. Every Monday from 11-12 we run a Move To Music exercise class, just turn up and stay for FREE tea & coffee. We then prepare a freshly cooked 2-course meal, served between 12:00-1:00 (£3). 68 St Rule Street, London SW8 3ED, tel: 020 7720 6864, email: info@elaysnetwork.com

Furzedown Project is open every weekday for a range of activities from yoga to bingo to photography to bridge to singing and includes coffee mornings for the LGBTQ 50+ community. For people aged over 50. 91-93 Moyser Road, SW16 6SJ. Call 020 8677 4283 for more info 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 at 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 more. A warm welcome. For info, email Rita Wing Hung on kawing.hung@hestia.org

Iris Dementia Cafe St Luke's Church, 194 Ramsden Road, SW12 8RQ. *Third Saturday of the month, from 2-4.30pm.* For carers and the person they care for to socialise with others affected by dementia in a friendly, safe and supportive space, and take part in activities over refreshments.

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 Wed and Fri. Call Andrew on 020 8767 3886 or 07940 354203; or email: andrewstimson@yahoo.com

Monday Club 2-3.30 on Mondays at 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 centre in Putney, a merger of two RISE centres, provides lunches, activities including exercise classes, health and wellbeing topics, bingo and entertainment, plus an outreach programme. Tel 020 8780 9330 for more information.

Roehampton Community Shed is 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. Tel: 020 8877 8940.



Our group meets every Wednesday at 3pm
Please come to Putney Library
5/7 Disraeli Road SW15 2DR
Please speak to Frances Craig
020 8780 3085

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

Sparkle Inter-generational Community Centres in East Putney (SW15) and Battersea (SW11) are welcoming older people for fun inter-

generational sessions with local nursery and primary children, plus seated exercise and a warm nutritious lunch. **SW15** is open Tuesday and Thursday, 10.30-14.30. **SW11** is open Wednesday, 10.30-14.30. Call 020 8877 3003 or email emma@stmikes-ststeves.org.uk

Sunflower Dementia Cafe Mount Court, 16 Weimar St, SW15 1SJ. First Saturday of the month, 2.30-3.30pm. Carers with or without the person they support can meet in a welcoming environment to find support and make friends over tea, coffee and refreshments.

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

Walk Wandsworth. For free walks around the borough's green spaces, contact activelifestyles@enablelc.org for more information.

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, wildlife outings, bird-watching and photo groups meet in person. Click on "Events" or "Contact" at: u3asites.org.uk/wandsworth/home

Wandsworth 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.

Wellness with Elays Wellness with Elays is a women's only health club promoting holistic wellbeing. Twice weekly workout sessions/challenges. 68 St Rule Street, London SW8 3ED, Tel: 020 7720 6864 or email info@elaysnetwork.com for more info.

WOFA (Wandsworth Over Fifties Activities) Tel 07058 440808 for a membership pack. For £10 a year, you get four programmes of up to 30 outings each, from walks (free) to visits to museums and art galleries to meals out to minibus trips.

Get involved with Adult Social Care services in Wandsworth

Would you like to have your voice and experience heard and share your thoughts on how Wandsworth Council can improve its Adult Social Care services for residents of the borough?

There are a range of engagement and co-production opportunities that you can be involved in, from giving one-off feedback and user testing to longer-term projects with opportunities to be part of a working group or panel.

Co-production is an approach where people who use services, family members, carers, organisations and commissioners work together as one team, from the beginning of the project to the end; sharing influence, skills and experience to co-plan, co-design and monitor services and projects. Co-production recognises that people who use services and their families and carers have invaluable knowledge and



Goodboy Picture Company

experience that can be used to make services better both for themselves and other people who need help. The council will provide training and mentoring where required to support you to participate fully.

For deeper insight into how Adult Social Care services work, you might also like to join the Co-production and Partnership Group, which meets four times a year. It was set up specifically to work in partnership with the council to help shape the way Adult Social Care services are developed and implemented in Wandsworth.

These opportunities also provide the chance to meet like-minded people, gain new skills, and be part of a positive change in your community.

Fiona Wright

To find out more about how you can be get involved, you can go to www.wandsworth.gov.uk/get-involved-with-adult-social-care-services/ or you can email on socialcareengagement@wandsworth.gov.uk or ring 020 8871 7157 for more info.

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To us, it's personal

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"outstanding"
provider of
quality care in
your own home

Rated "outstanding" by CQC

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Services include:

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- Dementia Care
- Respite Care
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E: enquiries@homeinstead.co.uk
W: www.homeinstead.co.uk/wandsworth

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Digital Inclusion Programme
Helping you get online safely and securely.

FREE at the Gwynneth Morgan Day Centre, 52 East Hill, SW18 2HJ.
Email digital@ageukwandsworth.org.uk Tel 020 8877 8947

Library sessions resume in January, alongside the weekly **Day Centre sessions**. Go to:
www.ageuk.org.uk/wandsworth/activities-and-events/digital-inclusion-programme/

Living an independent life to the full

Ruils is a user-led charity supporting disabled children and adults and people with long-term health and mental health conditions to live independently, be part of their community and to live life to the full.



We deliver a range of holistic services that remove the barriers to living an independent life, including Direct Payment support in Richmond and Wandsworth.

A Direct Payment is money provided by the local authority to enable you to purchase the support you, or your loved one, needs. It offers more choice, control and flexibility when compared to council-commissioned services and Ruils are here to support you to use this.

Having a Direct Payment gives you the opportunity to purchase your own support. This could mean paying for activities in your community or employing your own support staff. We can offer information and guidance around Direct Payments, support you to recruit and employ your own staff legally and ensure they are paid correctly, and be on hand to support you with questions or issues.

If you are starting to think about getting help for your daily life, but are not eligible for financial help from the local authority, our Advice for Independent Living service can take the worry, headache and uncertainty out of setting up support for you or your loved one. Our packages can be tailored for you as required.

Based on our local knowledge and experience, our advisors will guide you through the available options, help you compare costs and choose and set up the right support. We can help you to draw up a support plan based on your needs, agree a comfortable budget to pay for your support, choose the right people or services to provide the support and be on hand for any queries you may have.

Our teams are here to help! Please call us on 020 3084 2119 or email dpsupportww@ruils.co.uk

Charlotte du Toit

New Year Sudoku *Solution on back page*

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

“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*



Battersea Society calendar

Copies are still available for £10 (inc p&p) from the Battersea Society at www.batterseasociety.org.uk/battersea-society-shop The calendar features 13 images from the Battersea Society Photography Award competition. Left, “Heron & Bridge”, taken by Forum member David Cox.

Useful telephone numbers



Action Fraud 0300 123 2040

Age UK Wandsworth (AUW)
020 8877 8940

AUW Handyperson Service for older people 020 8877 8949 (not an emergency service)

Alzheimer's Society
020 8687 0922

Citizens Advice Wandsworth
0300 330 1169

Elays Advice & Advocacy
020 7720 6864

Gas Emergency 0800 111 999

Mushkil Aasaan 020 8672 6581

National Dementia Support Line
0333 150 3456

National Domestic Violence Helpline 0808 200 0247

Opening Doors London support services for LGBTQ+ over-50s
0207 183 6260

Over-50s Alcohol Helpline
0808 801 0750

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

Rethink Advocacy
0300 790 0559

Silverline 0800 470 8090

Victim Support Wandsworth
020 7801 1777

Wandsworth Carers' Centre
020 8877 1200/020 8675 0811

Wandsworth Community Transport 020 8675 7460

Wandsworth Council

♦ Cost of Living Hub (free) **0808 175 3339**

♦ 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**

Wandsworth Wellbeing Hub (NHS)
020 3880 0308



Registered charity
No 1096322

Correspondence
Wandsworth Older People's Forum, FREEPOST, c/o WCEN, DRCA Business Centre, Charlotte Despard Avenue, SW11 5HD

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We're on the Web
<https://www.wopf.org.uk/>

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WOPF Privacy Statement

We only use your data to send you the newsletter or information about activities. We do not share your data with third parties. We hold your data securely.

Festive end to the Forum's year



Christmas poems and readings by members were followed by mince pies, chocolates, Christmas stollen and cookies while a member's CD player was put to good use playing Christmas carols.

Answers New Year Sudoku (p7)

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

Forthcoming speakers at the Forum

9 January

Wandsworth Councillor **Rex Osborn** on the history of Tooting

13 February

Wendy Doyle will talk about the "patient experience" at St George's Hospital

12 March

Sarah Banham, Head of Communities & Sustainability at Battersea Power Station

Forum meetings held at: Anchor Church Centre, 273 Garratt Lane, SW18 4DU (buses 44 or 270)

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 as, 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\.....\.....