



Wandsworth Older People's Forum

NEWSLETTER SUMMER 2022



80-year-old tops bill at Glasto '22!



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Covid news: Omicron BA4 and BA5 variants continue to worry scientists who fear a new wave. Members should stay cautious!

Digipals

In libraries round the borough

Digipals, the friendly Age UK-run digital support for older people, provides advice on shopping online; accessing information and entertainment on the Net; and connecting with people via emails/video calls/social media. Bring your own device or use a library computer. Regular group sessions at libraries around the borough. Call 020 8877 8940 or email digipals@ageukwandsworth.org.uk for dates of classes. Booking is recommended.

Don't forget to check out...

...our "Fit, Active, Engaged & Interested" page, as it is regularly updated. For example, please note the inclusion in this issue of the Iris Cafe, which opens on 16 July for people living with dementia, and their carers!

Wandsworth has first Labour council since 1978: our letter to the new leader

Dear Simon,

Can I, both personally and on behalf of the Wandsworth Older People's Forum, congratulate you and your team on achieving office in the borough.

No one will be under any illusions as to the magnitude and difficulties of the task in the coming months and years to make a difference alongside reductions in real-terms borough income. Your early decision that all future contracts must adhere to the London Living Wage has been very well received by those that I speak with – and, as you are doubtless aware, Age UK Wandsworth had adopted this for all their staff earlier this year.

I keep being asked: what will Labour now do in Wandsworth?

Experiences of poverty in later life

Since the dramatic falls in the proportion of people over pension age living in relative income poverty in the 1990s and 2000s – from 29% to a low in 2011/12 of 13% – it has often been thought of as a solved issue. But, since then, there has been a steady rise in income poverty among older people: nearly 20% now live in relative income poverty.

With more than two million older people living in relative poverty in the UK, the Experiences of Poverty in Later Life project just released by Independent Age aims to amplify

There are a couple of immediate points that may be of interest from a consumer's perspective:



New council leader Simon Hogg with London Mayor Sadia Khan

First, the amalgamation of the operational arms of Richmond and Wandsworth seems to have worked well. In discussions with council officers, the Forum has identified areas where there is disparity between the two

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their voices.

The project is based upon a series of interviews Independent Age conducted between November 2021 and January 2022 with elders from a range of ages and backgrounds.

Eleven recommendations are made, including creating an Older People's Commissioner for England & Scotland, and restoring the State Pension triple lock.

www.independentage.org/policy-and-research/experiences-poverty-later-life



...twice as likely not to have a filling meal every day.

My first taste of a proper beverage

Hello again to our lovely members and friends and I hope everyone is managing and coping and keeping on keeping on. I know many of us have been bereaved since the last newsletter came out and that some of the bereavements have been terribly harsh and I've been saddened to hear of them. I've also heard how many of you have lost confidence. It's been so difficult having that big gap when we couldn't go out and then suddenly being able to. It took us all a while to get used to not going out – we can't suddenly leap out of chairs and gallop off to Asda, and even if we can manage it, sometimes our friends and family can't. I do know how indomitable you generally are, with such senses of humour, and that these attributes and strength of character have got you through – though I realise you don't always feel they have.

I know a lot of you have strong attachments to your grandchildren and that makes me think of how important my Great Aunt Ettie was. When we were



young in County Durham, my friends Tosh and Baggins (I know – stupid names) cycled about aimlessly everywhere as kids did in those days. We would generally call in on Ettie who would stop her interminable housework and always give us lemonade and chocolate biscuits.

One day when we cycled over (we must have been about 12) for no apparent reason we got sherry and little cheese biscuits! She had evidently decided we were “grown up”. And it wasn't QC sherry, cut-price and disgusting. No! It was Harvey's Bristol Cream. The three of us slugged it down. I remember how delicious it was, all the more so for being completely forbidden at home. We had second glasses. TWO EACH. And her a Methodist teetotaler! How we weaved home on our bikes I don't know. No more lemonade and choccy biccies for us, we were Sophisticated! It was like going to the Big School after being a Mixed Infant. A rite of passage effortlessly done to make us feel good.

Su Elliott/Membership Secretary



What's happening to older workers in London?

According to the Office for National Statistics, 57,000 older Londoners aged 50-64 were unemployed at the end of 2021, an increase of 18,000 from the previous year. Less than a fifth (18%) of those aged 50-70 years who left or lost their job since the pandemic have returned to work.

Wise Age, a leading age and employment charity specialising in employment support for over-50s in London, is arguing for a London-wide strategy for older workers to be championed and led by the Mayor of London, who claimed recently he thinks he'll still be working as Mayor in 22 years – at the good age of 74!

Our strategy calls for more support and training for older workers across London. The big challenge of becoming unemployed at 50 is getting back into the job market. The sad evidence is that as you age in the workplace, you get less training.

We also need a raft of policies to tackle ageism in the workplace and the lack of age-friendly practises by many employers. Well over a third of older workers report feeling disadvantaged in applying for jobs. We need flexible working opportunities, promotion of career development, provision of support with health conditions, while focusing on a culture that allows workers of all ages to work together. So, we're calling for a new Mayoral Challenge on ageism in employment supported by a London toolkit for age friendly employers along the lines of Manchester and Wales.

Finally, we ask the Mayor to champion a campaign to show the benefits of older workers to London's economy. London needs their expertise and productivity.

Tim Whitaker/Wise Age

<https://wiseage.org.uk/campaign/why-we-need-a-strategy-for-older-workers-in-london-now/>

Speakers you may've missed at the Forum

Forum speakers Zoomed to begin with, but returned in person to the Anchor in June

Melanie Barker and Dr Bethan Harries from the Public Health team at Richmond and Wandsworth Councils led a discussion on the problems of mental wellbeing among those with ongoing health problems who had been isolated for so long through the pandemic that they had lost confidence in going out and meeting people. Exacerbating this are the problems of ageism in

society and the tendency of younger people to think all older people are past it. We have to challenge this. And although quite a few clubs and places to meet have now reopened, people are not coming in the numbers they were before. Either loss of confidence or a remaining fear of Covid or just not expecting clubs to be open again are stopping them. It was felt we've all aged more than the actual two years of Covid! But people with dementia have suffered more from the loss of contacts.

Richard Trout from Battersea Befriending Network explained that while it was initially set up in Battersea, it is now extending to cover the whole borough. They will arrange befrienders for

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Letter to Council: Contd from p1
operations for elderly people, and we shall be taking these up in due course.

Second, those to whom I have spoken would like to keep the logo of the "Brighter Borough", with the tag treated as a "gift" from the Tories that Labour should cherish.

Third, I hope you will consider the case made by the London Mayor for boroughs to sign up to the World Health Organisation's "Age Friendly City" initiative. To date, four London boroughs have done so (Hackney; Lewisham; Southwark; and Sutton), and it is in active consideration by others, including Lambeth, for example. The Wandsworth Older People's Forum held a conference pre-Covid on "Wandsworth: the Age Friendly Borough", and Wandsworth Council's signing up to this initiative would be well received by older people.

I sense that what people really

want are practical measures that make a discernible difference, like a sensible approach to affordable and social housing, an emphasis on the greening of the borough, or direct help with the acute issues that underlie the need for food banks and council cash handouts. Certainly, people in the older generation are acutely aware of the practical issues facing our grandchildren's generation.

Finally, once you have caught your breath and discussed with council officers the art of the possible, I hope you will be able find time to come to one of the Forum's open meetings and tell us about the new administration's plans for the present and future.
Yours,

Tony

*Tony Tuck, Chair
Wandsworth Older People's Forum*

This is an edited version of a longer letter. We will let you know when Mr Hogg will address the Forum

Elderly in Ukraine need help urgently

Last month, Age International (Age UK's international charity) warned that millions of older people caught up in the war in Ukraine are being overlooked in the humanitarian response, despite making up a quarter of the population.

Research carried out in Ukraine found that:

- ♦ 91% of older people report that they do not have enough food;
- ♦ 79% report that they do not have access to sufficient clean drinking water;
- ♦ 34% require urgent medication for chronic illnesses;
- ♦ 75% report that they have run out of toothpaste, soap, and toilet paper.

Keeping a wary eye out for stray missiles



Get in touch

If you have questions or wish to donate, call Age International's helpline on 0800 032 0699 or go to: www.ageinternational.org.uk/donation/ukraine-appeal/#step1

Tax Help for Older People

What sort of problems?

Our aim is to help you understand your personal tax affairs and to help you work with HMRC so that you can resolve issues and pay the right amount of tax at the right time. If your query is outside of our remit, we will try to signpost you to an organization that can help.

Who we are

Tax Help for Older People is a service from the registered charity Tax Volunteers providing free independent help and advice on personal tax issues. Our helpline team is fully trained in personal tax as it affects the older person living on a lower income. We have around 450 expert volunteers covering the whole of the UK and work closely with Age UK and Citizens Advice who let us use their premises for local appointments.

We can check that

- your tax codes are correct
- the tax you have paid is correct
- you understand the letter sent by HMRC
- you understand why you have an underpayment and what you can do next
- you are completing the correct forms



Who do we help?

We help older people living on lower incomes who cannot afford to pay for professional tax advice. Essentially, this means those approaching 60 and older on individual incomes of less than £20,000 per annum. If you are caring for an eligible older person you may also request help on their behalf. You do not need power of attorney to do this.

How can you contact us?

Our helpline is operated by a friendly and caring team who will listen to your concerns and give you the time required to resolve your query. If it is a simple one we can probably deal with it on the phone or by post and email. If it is more complex, or if you would prefer, we may be able to arrange for a face-to-face meeting with a local volunteer tax adviser.

Face to face appointments are by arrangement and generally held at your local Age UK/Concern, Citizens Advice or other community organization. However, where the need arises we may offer a home visit.

Helpline: 0845 601 3321* or 01308 488066

Email: taxvol@taxvol.org.uk

Website secure form: www.taxvol.org.uk/contact-us

Write to: Tax Help for Older People, Unit 10, Pineapple Business Park Salway Ash, Bridport Dorset DT6 5DB

Service is free, confidential & tailored to your needs.

*Calls to our 0845 number may cost 5ppm

Forum reports: Contd from p2

anyone experiencing loneliness and isolation. They aim to complement the care given by professionals (for example through Community Mental Health Teams or GPs).

Befrienders are trained and supervised. They will meet or phone the person once a week or two weeks and will commit to continuing for at least a year. Richard said they have 45 people being befriended at present by 30 volunteers. There are 30 people currently on the waiting list and new volunteers are always welcome. (See the notice on page 7)

May's meeting was addressed by **Ian Mitchell of Enable, Leisure & Culture** on the environmental work of the organisation. Enable is a not-for-profit agency and as part of its remit carries out the care of trees and green spaces in the borough on behalf of Wandsworth Borough Council, including the cemeteries and crematorium. It is under contract to the council until 2030. Wandsworth lost 100 trees from wind last winter and Enable plans to plant 750 this year and 1,000 in the next. A Bio-diversity Strategy was produced last year and Enable is working to

increase the habitats in the borough to ensure there are enough green places and corridors so insects and small mammals can travel freely. The frequency of grass cutting has been reduced by 50% to allow the soil to be disturbed less, seeds to mature and insects to survive.

Well-being is also part of their remit and, under a contract with the NHS, they employ 60 social prescribers, mostly working in GP practices, to help with patients whose problems are more social than medical. They have small grants to enable voluntary groups to increase their capacity to cope with new referrals. Ian said they have tried to increase the use of parks and open spaces during the pandemic and they would like to encourage voluntary groups to work with them in putting on events and regular activities.

Tony asked about overhanging branches over pavements, which are a concern for him as he walks with a stick and has no sight in one eye. Ian said to contact WBC (specifically the council's department of Parking

and Streets) which is responsible for seeing that people cut their hedges. (See the correct number to call in "Useful phone numbers on page 7)

June's meeting, which was back in the Anchor Centre, invited **Mark Creelman**, who is in charge of Health Service commissioning for Merton and Wandsworth councils, to explain what changes the Health & Care Act would bring about.

Commissioning patient care will no longer be done by the South West London Clinical Commissioning Group but by a new body, the Integrated Care Board for South West London. Mark said the changes should make all care providers work together in a better way. It should, for instance, mean people will not have to give all their details several times to the several organisations as they might find themselves travelling from hospital to community health, to social services to a care provider. Mark said that St George's Hospital and other NHS services would be working as before, but better.

Lilias Gillies/Hon Sec

We are launching our
new Dementia Cafe!

The Iris Cafe

St Lukes Church of England
194 Ramsden Road, Balham SW12 8RQ
The third Saturday of the month
throughout the year

The Iris Cafe opens on Saturday 16th July 2022
from 2.00pm to 4.30pm

The Iris Cafe is an opportunity 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. Meanwhile, Carers have the opportunity to meet other Carers at a Peer Support Group. Finally, we get together to enjoy the Entertainment for all.

There is free parking close by and we may be able to support with transport to and from the café.

KLS elders find their hidden creativity

An exhibition of artworks by members of the Katherline Low Settlement's Age Well Programme was open to the public until 29 May at the Royal College of Art's Dyson Gallery in Battersea.

The exhibition showcased work by older participants during the Covid pandemic, many who had not painted or drawn before.

The project was curated by Adalberto Lonardi (artist, KLS Elders worker) with Kerry Hagger (KLS Age Well worker and arts graduate).

Lonardi said: "Art helps our older members to access parts of



The artists from KLS

themselves often unavailable or hidden. The arts allow them to dream and express things that they couldn't say with words."

The project took place during this year's Age of Creativity Festival, an annual event that supports older people across England to have more accessible, age-friendly opportunities to get creative.

<https://festival.ageofcreativity.co.uk/>

Fit, Active, Involved and Interested

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 or email activelifestyles@enablelc.org. To keep up with changes, visit <https://enablelc.org/activelifestyles>



Tuesday Keep Moving with Annamarie

(50+) £3. 10.30-11.30am. Online session via Zoom.

Walking Netball with Victoria (50+)

£3.50. 10.30-11.30am Tooting Leisure Centre, SW17 0NE

Keep Fit for Life with Quentin (50+) £4.

11.30am-12.30pm Tooting Junction Baptist Church, SW17 9LD

Thursday Yoga with Will £3.

9.30-10.30am. Newlands Community Hall, Stroud Crescent, SW15 3EP.

Stretch & Movement with Will £3.

10.30-11.30am. Newlands C/Hall.

Friday Tone & Stretch with Agnieszka

(50+) £4. 11am-12pm. Roehampton Methodist Church, SW15 4EB. **£4**

Keep on Moving with Susan (50+) £4.

1-2pm. St Barnabas Church, Lavenham Road, SW18 4EB.

Saturday Chi Gung (Relax & Breathe)

with Janet **£3.** 11.15-12.15pm. Zoom

Active Chats (Age UK) Free gentle seated exercises. For housebound over-60s with limited mobility. Tel Sorrel on 020 8877 8940 or email exercise@ageukwandsworth.org.uk

Asian Women's Association offers a drop-in service Tuesday and Wednesday for older women who want to meet up socially or seek advice. Talks given. Call 020 8875 9465 for further information

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

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 and get on our mailing list for the latest news.

Hestia Activity Centre for older adults. Every weekday except Thursday, 10-4. A range of activities. 966 Garratt Lane, SW17 0ND. 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 Café** opening. See ad on p4

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. ▶ **See article on p4**

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 and trips subject to social distancing. 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. If you're interested, please call us.

▶ **See article overleaf on p6** ▶

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. The shed has two venues in Minstead Gardens and Portwood Place, Roehampton SW15 4EB. Contact Emma on 020 8877 8955.

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

Tooting Graveney Day Centre

Activities, exercise classes and lunch for older people, from 11-3, Mondays and Thursdays at 14-16 Lynwood Road, SW17 8SA. Tel 020 3602 8251 for details/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 photography groups are meeting up again. There's a monthly general meeting, normally with a speaker, live since March. Go to: u3asites.org.uk/wandsworth/home where you can click on "Events" or "Contact" to get in touch.

Walk Buddies (The Wiser Collective)

Intergenerational walks with neighbours. For info and to register for membership, go to <https://thewisercollective.com> or email info@thewisercollective.com



Walking Football (Age UK) If anyone is interested to join a mixed or single-sex team in Roehampton or Battersea, call 020 8877 8940 or email Sorrel at exercise@ageukwandsworth.org.uk for more info. Age 50+ First game FREE!

Walk Wandsworth

Free walks in the borough. To book, contact Enable, Leisure & Culture (see top box for tel, email and website)



Wandsworth Common Wed 10am (30-45mins)

Southfields, Wimbledon Park Thurs 10.30am (45mins)

Please do not attend if you have any coronavirus symptoms

Check website for latest walks!

Platinum Jubilee a celebration for old age

As cake competitions, fancy dress parties and picnics roared into life across Wandsworth's streets and parks for the 96-year-old Queen's Platinum Jubilee weekend, many of her contemporaries happily enjoyed the events put on in their nursing and care homes and day centres after Cllr Jeremy Ambache, the new Mayor of Wandsworth, lit the borough's Jubilee Beacon in Battersea Park.

One such place was Wandsworth's very own Regenerate-RISE (motto: Reaching the Isolated Elderly), set up in its initial incarnation in 2000 by the Forum's Mo Smith MBE and her son Andy. It now runs two centres in Wandsworth: the Platt Centre in SW15 and St Michael's in SW11. See right for two parties that certainly made a colourful splash!

Polls show older Britons to be overwhelmingly in favour of the monarchy compared to the young



Clockwise from top centre: decorations at the Platt Centre, SW15; Hans (client); Julia (senior support worker) and Sheila (client); Debbie (Director of Services) and Michael (client); Jenny (volunteer), Phyllis (client), and Vonnie (volunteer) at the RISE SW11 Jubilee Part; lastly, Christina (winner of the Colouring Competition (artwork in front))

Do not suffer in silence!

In England, as across most of the first world, the most immediate threat to wellbeing now comes from the erosion of the purchasing power of incomes due to inflation, running currently at 9.2 % and due to rise further in the short and medium term. Unchecked, this means those already experiencing poverty will be driven even further into hardship.

The test of good government is how it responds to such a drastic threat to the wellbeing of its citizens.

Three groups of citizens most at risk are: 1. Those families already receiving Universal Credit; 2. People with disabilities, either short or long term, that prevent or limit earning ability; and 3. Older people on fixed incomes so low that they are in receipt of Pension Credit or other means-tested benefits.

Rather than simply increase welfare benefits by regular weekly or monthly amounts, the Government chose instead to make lump-sum amounts available as one-off payments. In economics this is known as "helicopter money". It is so indiscriminate in its effects that one of the richest men in the country, the Chancellor of the Exchequer, had to confess that he will donate his own personal £400 one-off energy payout to a charity of his choice.

Failure to honour the "triple-lock pledge" to uprate pensions in April left pensioners vulnerable to the damage from inflation, and the promise to honour it in April 2023 is too little too late. Helicopter money will help, but will not be a remedy.

As William Beveridge knew well when creating the framework for the welfare state in 1942 in order to combat the Five Giants of

Want, Disease, Ignorance, Squalor and Idleness, almost all families who fall on hard times can manage, providing their income is just enough and gives them a little "headroom". His blueprint brought an end to the Poor Law of 1601 and "parish relief" in the workhouse – but it is re-emerging in 2022.

To make good the shortfall, hard-pressed pensioners not currently getting Pension Credit should apply immediately. Those who already get it should be aware that, faced with money shortage, they can seek advice from Age UK Wandsworth or Citizens Advice or ask for Crisis Assistance from the Council: applications are either online, through your local library or at the Wandsworth Customer Centre at the Town Hall. All these agencies can make a referral to a local Food Bank. In short – *Do not suffer in silence!*
Tony Tuck/Chair

Defrauding the elderly

I've not stopped fielding what seems to be an unending stream of scam calls on my landline this summer. One I've had a few times is from a man with an English accent who says he is from Estate Protection something-or-other and he's ringing about the latest changes in "The Regulations". My goodness! What regulations? Surely "you must have heard about the changes that will force you to sell your house!" he said. I have always rung off.

Details of scams claiming to be able to help you avoid selling your house to pay for care home fees appear on a few websites, but my experience shows it's really ramping up now due to these "latest changes". So after dialling 1471, I entered the number into a site where you can comment on potentially suspicious calls (<https://who-called.co.uk>): 01970 607 598 already had two pages of people

complaining about this number, some in the past few hours: "tried to sell me a plan that protected me from the government taking my house and selling it if I was taken into care", "called himself Alex ... [said he was] calling all householders about a change in Govt rules. He couldn't explain exactly what his company is", "talked a lot of cobblers", "when I questioned him, he put the phone down".

There are indeed changes coming in from October 2023, but they make it (marginally!) LESS likely you'll have to sell your house to pay for care. And legally transferring your home into any kind of protective property trust is complicated, expensive and can be challenged if a local authority believes it has been done to avoid paying care costs. No wonder the cold-callers from Estate Protection don't like to answer questions. But to an elderly person, these calls could still cause fear and confusion. And cost them a lot of money.

Vicky Hutchings

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. Please note: this is 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 Community Hub
Provides the latest information 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**
♦ Environmental services/inc noise **020 8871 6127**
♦ Adult soc care **020 8871 7707**
♦ Housing **020 8871 6161**

Summer Sudoku *Solution on back page*

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Each of the nine blocks must contain the numbers 1-9, with each number appearing only once in a row or column or block

Volunteering

Volunteers needed

We are currently recruiting volunteers to help run the Cafe.

To register your interest in attending or volunteering at the Iris Cafe please call us on 020 8877 1200 or email us at: laura@wandsworthcarers.org.uk



New volunteers are always welcome. Next 3-day training course begins 2 September (7.30pm-9.30pm)

Email volunteering@batterseabefriendingnetwork.org.uk or call Trish on 020 8947 5788.



Registered charity
No 1096322

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

supported by
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Affiliated to
the National
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Convention



WOPF Management Committee

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Sarah Goodall, Agatha Anyiwo,
Vicky Hutchings, Charles Runcie,
Mo Smith, 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.

Earlsfield Library

Free 1-to-1 computer classes ongoing over summer

General IT computer skills
Using the Internet
Email
Using your Smartphone, Laptop, E-reader etc.
Using a Printer & Scanner
Making Online Payments
Uploading to the Cloud / USB stick
+
Any other skills you would like to learn!

ASK AT THE FRONT DESK TO ADD YOUR NAME TO THE EXPRESS OF INTEREST LIST
Earlsfield Library – 276 Magdalen Road, SW18 3NY
Telephone 0208 946 2088

Future speakers (none in August)

12 July: Mayank Patel from Community Pharmacies; **Natalie de Silva** of Age UK Wandsworth on dementia care at Gwynneth Morgan Day Centre.

13 September: Solicitor **Robyn Lynch** on wills and power of attorney.

11 October: **Cllr Graeme Henderson.** WBC, Cabinet lead for Health.
Meetings at: Anchor Church Centre, 273 Garratt Lane, SW18 4DU (buses 44 or 270 to Swaffield Road stop)

Answers to Summer Sudoku (p7)

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

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).....

(Mob).....

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 \..... \.....