



# **Wandsworth Older People's Forum Newsletter**

Summer 2015

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## A Huge Thank-you

Wandsworth Older People's Forum would like to thank the City Bridge Fund which is funding us for three years to continue to produce this newsletter as an 8 page colour publication.

‘Hospitals are overstretched - a crisis looms’ warns the Kings Fund. Waiting times worse, as the NHS struggles with demand and squeezed funds.

# ‘How can we make the UK a great place to grow older ?’

Making the UK a great place to grow older was the question debated by 250 older people and speakers from the main political parties at Age UK's General Election Rally event on 24 March 2015 in London. The Prime Minister, David Cameron (Conservatives), Liz Kendall (Labour), Paul Burstow (Liberal Democrats), Natalie Bennett (Green Party), and Mark Reckless (UKIP) attended the rally to explain what they would do, if elected, to improve the UK for older people, today and tomorrow. Older people and those who care for them



Older people and those who care for them raised the issues that matter to them including the NHS, social care, the level of the state pension and future universal benefits like the bus pass. The new Government, will need to prepare the UK for our ageing society and support older people to live well. Through organizations like Age UK and the Forum we must ensure our voices continue to be heard. More info at <http://www.ageuk.org.uk>

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**The Wandsworth Wellbeing Hub** is a new free service to help you find local organisations, health and care services and information. The Hub's web-site offers several directories including: Care4Me; Adult Care Information Service; Family information Service; Self-Management Services; Lifestyle Services; Education Services; Primary Care Psychological Services. Care4me is Lifetimes Charity's free, multi-lingual online community directory of local care and self-help services and everyday information.

Visit us meantime [www.care4me.org.uk](http://www.care4me.org.uk) Call 020 8812 6700 and someone will help or go to [www.wandsworthccg.nhs.uk/localservices/Wandsworth%20HuB/Pages/default.aspx](http://www.wandsworthccg.nhs.uk/localservices/Wandsworth%20HuB/Pages/default.aspx).

The image shows the care4me website homepage. At the top, the text 'care4me Your community directory' is displayed. Below this is a search bar with the placeholder 'Search for healthcare, dentists, pharmacists and more in Wandsworth'. The main content area features a 3x4 grid of 12 service icons, each with a title: 'ADVICE & SUPPORT', 'BENEFITS & MONEY', 'HOLIDAY & CARE', 'CARERS FOR WOMEN', 'COUNSELLING', 'DEBT COUNSELLING & WELFARE', 'FIRST AID & EMERGENCY', 'MENTAL HEALTH & RECOVERY', 'LAW & CRIME', 'SELF HELD GROUPS', 'TRAVEL & HOLIDAYS', and 'WELFARE BENEFITS'. Below the grid, a box contains the text 'Meet First Speaking Group in 13 weeks' with a 'GET INVOLVED' button. At the bottom, the URL 'www.care4me.org.uk' is shown, along with the 'charity' logo and the text 'A charity-led directory for people to 'use these'.

*Lifetimes will be joining Wandsworth Older People's Forum in September to present Care4me and give you the opportunity to learn more.*

# Annual General Meeting

Sadly Cllr Thom, the Mayor, was too ill to attend the Forum's AGM in April but the business was transacted, the annual report received and the committee elected for 2015-16.



Neil Churchill, manager of Southside shopping centre, spoke about the developments going on there. Four new restaurants have now opened on the upper floor. The next development to be completed will be the opening of Debenhams in September. Neil said that he would like to see more activities other than shopping and maybe a well-being and fitness centre.

WOPF members questioned Neil about the trees which had been cut down. He said that there will be more trees but not plane trees. There will be more seating and the pavement will be replaced outside when the current work is completed.

When asked about toilet facilities, he assured members that the centre complies with the required number of accessible toilets in relation to footfall. But there will be more to come in Debenhams as well as in restaurants. From the Green perspective, the Centre has won a Mayor of London award for sustainability. Rain water is harvested for toilet flushing and there are solar panels providing 12% of the energy requirement. It was suggested there might be bee hives but this requires a lot of consideration but there is room on roofs for solitary bees.

Lilias Gillies

## WOPF Committee 2015/16

Chair	Tony Tuck;
Vice-chairs	Valerie Hambelton and Barbara Willerton;
Hon Secretary	Lilias Gillies;
Hon Treasurer	Pius Gnanapragasam

**Representing Voluntary organisations:**  
Balham Baptist Church Judith Crompton;  
Battersea Association of Retired People Doreen Brading  
Catherine Baird Court Valerie Hambelton;  
Graveney Day Centre Nathalie Gibson-Wilson.

**Ordinary members:**

Tom Cox, Winston Gordon, John Horrocks,  
Ricky Lucock, Philomena Menton,  
Kandiah (Patma) Patmaseni, Jenny Weinstein.

Newsletter Editor: Jenny Weinstein

## Issues raised at Wandsworth Age UK Hustings in Tooting 23.4.2015

Chair: Peter Lloyd

Attended by Sheila Boswell (Labour), Dan Watkins (Conservative), Phil Ling (Lib Dem) and Lois Davis (Green).

Many older people are living in cold expensive properties they can't afford but there are no appropriate affordable properties for them to move into.

Older people living in rented homes are relying on landlords to modernise and don't qualify for help.

How do you combat isolation and loneliness for many frail older people?

How do we make social housing organisations accountable?

Where is the compassion in any of this political rhetoric that we have heard during the campaign?

What is to be done about the underfunding of social care?

Will funding be available for voluntary organisations to do preventive work?

by Vito Ward



# Role Models for Older People

Omara Potuondo (85), one of the founding members of the Buona Vista Social Club can still keep an audience of 1700 people in the palm of her hand and have them all up dancing—young and old, even though she herself needed support to balance. If you are good at something you enjoy you should not let age or infirmity put you off carrying on. Other golden oldies who continue doing their thing and are brilliant role models are:



David Attenborough (88) continuing to fascinate us with wild life programmes.



Dame Judi Dench - still making movies and appearing on stage.



Desmond Tutu (83) remains an enduring voice for peace and an inspiring role model.



## Merger of Randall Close with Gwyneth Morgan Day Centre

by William J Gallagher

The consultation with stakeholders about this development is going well. Over the last three months we had individual meetings with the people that use the services to discuss their views on the merger. We also spoke to their families to ensure that everyone's views and concerns hopes and aspirations were addressed. We invited our senior personalisation officer from Leonard Cheshire to host consultation meetings with the people that use our services. We had a fantastic turn out of over 60 people who were very keen to be part of the process of moving forward and were well supported by Director, Dawn Warwick and Head of commissioning, Rob Persey. The plan is for everyone to move to Randall Close while the Gwyneth Morgan building is fully modernised and purpose built. Stakeholders have also been invited to get involved in the development of a new community hub.



At one of the meetings, one of our members who fought in the last war, Mr Leonard Findley was presented with a photo of himself laying flowers at The Cenotaph.

Naturally there will be a period of readjustment and we will all be working very closely to ensure a very smooth transition.

## Health in Brief

### Increase in Funds for Cancer

The NHS Cancer Drugs Fund (CDF) decided that the budget will grow from £200 million in 2013/14, to £280 million in 2014/15, and an estimated £340 million from April 2015 (70%)

### No dementia screening for over 65s

The UK National Screening Committee recommended against screening everyone aged 65 and over for dementia because there is still no treatment that could be given to slow or cure the disease.

### Diabetes Care

The poor state of diabetes care in England is leading to avoidable deaths, record rates of complications and huge costs to the NHS, according to Diabetes UK. The charity's annual report shows that 40 per cent of people with diabetes are not getting the recommended checks that they need to manage their condition.

### Person centred commissioning

Linking health and social care service funding to service user outcomes, will improve support for older people with frailty, by enabling issues such as pain or loneliness to be addressed instead of just timed practical tasks.

# Integrated Care Pathway for Frail Older People

## Holistic Care

Too often, medical care focuses on the treatment of a condition rather than on the person. This is especially problematic when it applies to frail older people.

## Identifying Frailty

A frail person typically presents conditions like arthritis, poor eyesight, dizziness, deafness and memory problems. They walk slowly, get exhausted easily and struggle to get out of a chair or climb stairs. However, although these individuals are usually known to professionals, frailty is not specifically diagnosed; - treatment is only offered when a crisis occurs



## All too familiar story

When a frail older person goes into hospital, perhaps following a fall, they are more likely to pick up infections, fall again and become confused. They may stop eating and drinking adequately and continent individuals can find themselves wearing pads because it takes too long to take them to the loo.

These unnecessary developments can delay discharge and lead to depression and/or confusion. They may even lead to discharge to a care home - effectively ending their independence



**A care pathway for frailty** to be adopted in Wandsworth, reorganises services around the patient and provides care at all stages of the patient journey from healthy, active ageing through to end-of-life care.

**A care plan** is developed with frail patients over 75 by a single care co-ordinator to maintain their health and manage any long term condition(s).

**Preventive services** to promote well being such as exercise classes will be available with a single point of access.

**A multi-disciplinary team** should see an older person in crisis within 4 hours to provide relevant services to prevent hospital admission.

**Mental health assessment and treatment** should be readily accessible in the community.

**Holistic compassionate care** is offered to frail patients admitted to hospital with early discharge and adequate post discharge support to ensure rapid recovery.

*Adapted from Safe  
Compassionate Care  
for frail older people:  
an integrated pathway  
(Guidance from NHS  
England)*



## FREE END OF LIFE INFORMATION SESSION

**Wills etc: Robyn Lynch, Lawyer**  
**Funerals : John Valentine, Celebrant**  
**Care etc: Jenny Weinstein,**

**June 18th 7-9 pm at Furzedown Project**  
**91-93 Moyser Road SW166SJ**

# Independent Age 2030 Vision for an Ageing UK

2030 vision is a project by Independent Age looking at what the UK needs to do to become the best country to grow older in. Lord Filkin's Report 'Ready for Ageing' indicates that, currently, the UK is woefully unprepared for our ageing society ranked 11th in the world in readiness.

Following wide consultation and surveys, the following themes were identified:

## Dignity

People want to be treated with respect and dignity. Instead, they said they faced ageism

**62% of people over 65 worry about becoming a burden**

and the stigma which made people feel that they were unwanted and that the skills they had to offer were ignored or rejected.

## Loneliness

Loneliness was raised more than any other issue. The overwhelming majority of respondents painted a bleak picture of old age as a time of loneliness marked by the loss of friendship, with too many older people alienated from society.

More and more older people live alone and their families live far away or abroad.  
As one respondent put it:

**"My concern is becoming invisible"**

**We are losing the face to face contact that is so important.**

## Health and Care

Although many respondents appreciated the care they were receiving, significant fears were expressed about possible poor care, especially in hospitals or care homes.



**A worrying 38% of people in homes fear abuse.**

Respondents suggested possible solutions such as shared housing where people could help each other out or more use of volunteers in hospitals and care homes to reduce loneliness and help with basic care such as feeding.

## Keeping in touch

Although some people enjoyed using email and the web, others felt left behind by the digital age.

Many felt that accessible transport was the only way that older people could remain engaged with their communities and access essential services. People worry about being cut off from social contact as friends and relatives die and their infirmity makes them less mobile.

## Money

Although pensioner poverty has been reduced, some people are too proud to claim benefits. Even those whose income is adequate worry about how they would manage

**1.6 million pensioners still live in poverty.**  
**(JRF)**

to pay care costs in the future.

[Www.independentage.org](http://www.independentage.org)

*Independent Age has written to the Prime Minister urging him to prioritise preparations for an ageing society with particular emphasis on the importance of adequate social care*

**THE MEN'S HEALTH FORUM**  
is focusing on Mental Health Issues. To hear more or get involved contact:  
**David Peers**  
**davidwpeers@gmail.com.**

# Fit, Active, Involved and Interested

Asian Women's Association  
020 8875 9465

Wandsworth Over 50s Activity Group 07958 440 808

Share Community for adults with physical and other disabilities.  
020 7924 2949

St. Bede's Centre for Deaf people  
020 7021 4340

Golf for over 50s 020 8871 2468

St. Michael's Older people's Activity Centre Battersea  
020 7228 0245

Expert Patients group - learn how to understand and manage condition or illness 020 8871 5163

Furzedown Project for older people 020 8677 4283  
Check us out on YOUTUBE

Ramblers 0207 9242949

Hestia Age Activity Centre  
020 8767 8426

Katherine Low Settlement meeting place, advice, support & activities for older people  
020 7223 2845/6471

Pocklington Resource Centre for People with Visual Impairments  
020 8675 4246

Line Dancing for Over 50s Weds and Thurs, 10-12 St John's Hill Centre, Peabody Estate, St John's Hill, SW11.

Regenerat-Rise open access day centre, Putney 020 8780 9330

Line Dancing Newlands Hall Putney Vale Tuesdays 11am -12.30 1st week free then £5 per week St. Michael's Older People's Activity Centre Battersea 0207 228 0245

Active Lifestyles for info on a range of fun activities 0208 871 6373

U3A (university of 3rd age) Learning through groups such as language, history, art, theatre, walks 020 8878 5783

Socialising in Roehampton. For more info contact Mac 07715 131 813

## Carers 85+

A new analysis by Carers UK and Age UK\* shows the number of carers aged 85 and over in England has risen by a staggering 128% in 10 years to over 87,000. Figures also show that 55% of these over 85s are caring for 50 or more hours each week. The majority of older carers are looking after a partner as couples struggle to stay at home together with minimum outside support. Not surprisingly almost a half of older carers providing 20 hours or more a week of care, say they feel anxious or depressed. And yet few of these carers receive any support.

Carers UK and Age UK are calling for immediate action to support the growing number of people caring in later life.

\*Caring Into Later Life Age UK

## Carers Week 2015 8-14 June



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

This year we're focusing on building Carer Friendly Communities. Carers Week is brought to life by the individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

For info [www.carersweek.org](http://www.carersweek.org)

# Women for Peace

## Women's Day Celebration in Sri Lanka

by Pathma Kandiah

The event took place on 5th & 6th March in the embattled Northern Province. It was organised jointly by the Norwegian Embassy, EU and Rights Now. Participants from different regions of Sri Lanka, converged at the Centre of Performing Arts, Jaffna. I was privileged to participate in the event as a member from UN-UK



Women. It was very pleasing to see women from the South and North, representing the Sri Lankan ethnicities gelling together well. This scene certainly did not depict the Sri Lanka where a war resulting in the loss of many lives took place. It also encouraged the thought that Sri Lankan women can actively engage in Peace building.

I believe that they can pave the way for the return of precious Peace in Sri Lanka. The comment made by a woman from the South – ie “Men will not listen, let them fight, but we must unite and we must look after our kids.” Thus, the way forward is to encourage women to participate to defend the human rights of women and promote social, economic and political justice and in peace building process

## HOMESHARE

Homeshare is a high quality scheme, now available in Wandsworth. It matches younger people, looking for affordable accommodation, with people (either singles or couples) who have a spare room and need extra support around the house.



Homesharers can help with things like cooking, cleaning, laundry and shopping, taking care of pets, as well as providing friendship and companionship. This type of live-in support doesn't replace a full care service, but can be used in addition or as respite. It also provides the security of having someone in the house every night.

The minimum length of time for the arrangement is 6 months, providing the client with 10 hours support each week (the type of support will vary with each matching).

The Homeshare Team personally interview all applicants and visit the client's home to ensure that they find the right match. They undertake detailed checks of Homesharers, DBS checks (criminal records) and two references, and matching for all applicants to make sure the matching works well for both parties. They also provide ongoing support to ensure that the match is successful. There is a monthly fee of £130 for the service (there is no exchange of money between the house-holder and the Homesharer).

The Homeshare scheme is run by Novus which is a registered charity. Contact Laura Johnson 020 8868 5224



## Barbara Willerton



who died on 12 April, retired from the civil service in 1991 and became involved in the Wandsworth voluntary sector. She worked with the Putney Society, PROP (Putney and Roehampton Organisation of Pensioners), Health Watch and its predecessors and Wandsworth Older People's Forum where she was Vice-Chair for ten years. Barbara faithfully advocated on behalf of members, especially on issues relating to health and social care and would not let things go without a response from the relevant authorities. She continued to participate until only months before her death which has deprived our community of a champion who will be much missed.

Lilias Gillies





## Voice for Older People in Wandsworth

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[Weinstein.jenny@gmail.com](mailto:Weinstein.jenny@gmail.com)

**We're on the Web**  
[www.wandspensforum.org.uk](http://www.wandspensforum.org.uk)



Funded by Wandsworth Council



Affiliated to National Pensioners' Convention

## WANTED

Patients with experience of respiratory disease to act as Critical Friend to the CCG Respiratory Clinical Reference Group. Contact Dasy.  
[camiwet@wandsworthccg.nhs.uk](mailto:camiwet@wandsworthccg.nhs.uk)

## Forthcoming Forum Meetings

All meetings are held at the Anchor Centre, Garratt Lane and start at 2pm and end at 4pm unless otherwise stated.

### June 9th

Malcolm Newton, Musical Director (RSC, National Theatre) on the piano. "What Do You See" film on Dementia

### July 9th 1.15 - 4pm

Network Conference on Loneliness  
Speaker Campaign to End Loneliness. Anna Goodman

### July 14th

Charles Whitehead, Transition Towns  
"Heatwaves and vulnerable people"

### September 8th

'Care4Me' speaker from Life- times

### October 13th

Carers Centre (tbc)

If you would like to join or renew your subscription to the Wandsworth Older People's Forum, please complete the subscription form below and return with your payment of £5 (annual subscription for individuals or organizations) to:

Membership Secretary Wandsworth Older People's Forum  
C/O WCEN, DRCA Charlotte Despard Ave, London SW11 5HD.

Name (individual or organization)

Address

.....postcode.....

phone (h).....

(mob).....

Email.....

I prefer correspondence/newsletter (tick preference).

by post

By e mail

I might be interested to volunteer

Make cheques payable to Wandsworth Older People's Forum