

Wandsworth Older People's Forum Newsletter



Summer 2017



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WOPF AGM

9th May 2017

Deputy Mayor Councillor

Wendy Speck welcomed participants to the meeting. She told us how much she had enjoyed her term of office especially watching Wandsworth girls win a cricket tournament. The Chair, Tony Tuck spoke about the vital role played by the Forum and the challenges we face with year on year reductions to our funding. The Annual Report on our activities was printed in the last newsletter and the 3 new



Richard Wiles from Wandsworth Council told the audience that Wandsworth is committed to supporting services that help to prevent people from needing acute care by promoting their health and wellbeing. He said that he saw the

Forum in this role and gave other examples such as open access day centres and making



Management members

joined last year's committee who were re-elected. Members were encouraged to put themselves or others they knew forward to participate in the committee. The Forum has applied for a grant to fund some expert support to plan our future in the context of austerity and the need for more active members.

improvements to the local environment. There will be a new round of commissioning for preventive services in due course. AGM participants felt that crucial to well being are accessible transport, bus drivers who support them and safer pavements.

WRITING COMPETITION

Read our winning entry on P5 And be inspired to send your article, comment or creative piece for our newsletter.

Philomena Menton

The Chair and participants at the AGM paid tribute to Philomena who had been a loyal Trustee of the Forum for many years before her death earlier this year.

Changes in Tooting Market Inter-generational sharing

By Jeremy Weinstein

In March, children at Furzedown Primary school visited older people at Furzedown Pro-



ject to show a film about changes in Tooting market over the years.

By any standards the film was impressive as individual stall holders and customers shared their memories of the covered market, one of the few that has survived into the current period, and brought out the energy of this multicultural community. The full interviews done by the children are now in the archives of the Wandsworth Museum and also available at www.tootingstallsstories.org.uk so go there if you want to find out about the time a parrot flew free in Tooting, an eel took a trip on the tube or the story of the two left shoes. The children were fully involved in the production, doing the filming, managing the lighting and sound and showing real interviewing skills to help encourage



people to tell their stories which were informative, moving and funny. After the film, the young film makers stayed to answer questions and hear the audience reminiscing about their memories of the market and its place in the heart of Tooting.

New Supported Housing in Wandsworth

What is Supported Housing?

Many older people reach a stage where they need more care but they want to retain their independence and their own home. Supported housing enables people to hold on to a tenancy while receiving both housing support and care services to meet their needs to stay as independent as possible and to maintain links with family and community.

Supported Housing in Wandsworth

Wandsworth Council has commissioned a number of new developments in the borough including the Veridian scheme pictured below which is expected to be built

by early next year.



Last December the council received planning permission for a development

of nine new supported housing council homes on the Putney Vale Estate, Roehampton, with an onsite support officer, along with 11 new council flats.

In September 2016, a further proposal was approved to build seven one-bedroom flats of supported housing in Colson Way, Tooting. Subject to planning permission, the redevelopment will get under way later this year.

Extra Care Housing is similar but it provides additional support for older people including care at night. 45 accessible extra care homes



have been built in Tooting where older people retain their own front door but receive meals and all the care they need.

(information from Wandsworth Council website)

Transport for All

Useful Contacts



Over twenty years have passed since the rights of disabled people to access goods and services were passed into law – yet many of us still cannot use our local train station. Only 1/5 of stations in the UK are step free and the majority

of stations do not have lifts, tactile paving, audio visual information, induction loops or the other fixtures that enable disabled people to use them.

In April *Disability News Service* revealed that “the UK has one of the least accessible rail systems in Europe”, contrary to a recent Rail Delivery Group claim and their “‘shameful’ attempt to disguise Britain’s inaccessible network”.

Access for All projects have provided vital accessibility upgrades to stations across the UK. It has helped to open up vast swathes of our rail-

ways to many people who have never been able to use them before.

However, last year’s Government’s decision to defer £50m worth of Access for All funding for another five years is a

major blow to rail access. Disabled and older people can’t be expected to defer their lives for another five years while accessibility funding is raided to plug holes elsewhere in the Network Rail budget.



KITE—Keeping independent through enablement. This free, time limited service is available if your health deteriorates and you need support to rebuild strength and independence at home or following discharge from hospital. For more info from home call 020 8871 7707 or ask your GP to refer you. If you are in hospital ask to see the hospital social worker.

Ongoing support at home If you or someone you care for is unable to perform basic daily living tasks such as washing, dressing, toileting and feeding themselves, they are entitled to be assessed by social services for means tested support such as home care or day care or for a personal budget which can be used to purchase the required support. Tel: 020 8871 7707.

Carers If you provide unpaid care for an adult who lives in Wandsworth, you are entitled to an assessment of your own needs and to be offered information and possibly other forms of practical support such as respite care. For more information contact the Carers Centre 020 8877 1200

Advice and Information

CAB AdviceLine 0300 330 1169

Tooting library by apt 0208 767 0543

Battersea library (drop in) Monday 10-4, Tue 10-4, Wed 10-12, Fri 10-4

166 Roehampton Lane (drop in) Mon 10-4, Wed 10-12, Thur 10-4, Fri 10-4

Age UK (by appointment) 020 8877 8949

Care4Me info hub 020 8812 6700

Silverline free 24 hour help line for elders 0800 470 80 90

Handyman service 020 8877 8949

NHS hearing aid support 07501 57443

Furzedown Project last Wed in month 2p, -3.30

Age UK 549 Old York Rd 3rd Thur of month 10am-12

Battersea Park Library Last Fri of month 2.30-4.30

St John’s Therapy Cent 2nd Wed of month 10-12 30

St. Michael’s Day Cent Last Thur of month 10 30-12 30

Platt Christian Centre T 020 8780 9330 for times

Brocklebank Centre 1st Thur of month 2 30-4 30.

Wandsworth Community Transport

shopping, appointments :020 8675 7460.

Social Care ???

Whatever the outcome of the General Election, there is cross party acknowledgement that something must be done to avert the growing crisis in Social Care.

Bob Hudson (pictured) suggests that 'we now have arguably the most inefficient, cost-ineffective and personally damaging social care system in Europe. Fewer and fewer people are getting support; those who do tend to get less support. It is having major destructive effects on the NHS and makes any short-term difficulty affecting an older person a crisis for them, their loved ones and local services.'

The Conservatives committed themselves to a Green Paper and various experts have offered possible solutions.

Paul Burstow, (left) refers to two recent reports, one from a Government Select Committee and one from the Institute for Fiscal Studies, which both conclude that inadequate funding was having a serious impact on the quality

and level of care. The IFS found that there is variation across the country with some Councils, which currently fund social care, making much bigger cuts than others. Options being put forward to address the crisis range from families looking after their own older relatives (suggested by MP Tim Loughton above); paying for a free joint health and social care system through taxation and National Insurance (favoured by Peter Beresford); using technology to promote independence; or investing in

Robots caring for residents in an Italian care home (above) informal carers (suggested by Paul Burstow).



YES WE CAN!!!



Can us Oldies catch up on digital technology? Yes, of course!

However, many older people do not believe they can. It is scary and we lose confidence. But we don't like to admit it. Do you? To save embarrassment you probably say you aren't interested or you don't need it.

If I can, you can. At 80, jargon deaf and technophobic, I started attending classes. They didn't expect an 80-year-old to turn up! The trainers had the patience of saints and we did brilliantly. They taught me how to use Twitter and Facebook and a wonderful new world opened up.

For older people there are two main barriers. First, learning the completely new language of IT. Unlike the young, our brains are so full that taking in new material is hard. We need patience and time and we can do it.

Secondly, many of us have short term memory loss. Yes, we understood what we were being taught. We can even re-explain it. But next day it has gone. Have faith. Don't give up. With repetition and regular use, you *can* learn new stuff and it will offer interest, communication and enjoyment.

Joyce Williams

Walking Group in Battersea Park
On Wednesdays at 11 am meeting at the Sun Gate on the corner of Albert Bridge Rd and Prince of Wales Drive. All welcome to go back to Katherine Low Settlement for lunch. Transport can be arranged. Call Dawn on 020 7223 2845.



New LGBT Elders Group

By Vito Ward

This year is the 50th anniversary of the Sexual Offences Act 1967 which began the decriminalisation of homosexuality. This is an anniversary worth celebrating, recognising many positive improvements that have been made since then.

However, older Lesbians and Gay men will remember that before the Act they experienced persecution, prejudice, alienation and many brutal treatments from the police, the law, psychiatry and the public. Many had to lie about their orientation to survive.

Despite the new freedoms, older LGBT people may still experience discrimination from some caring professionals or from other service users. Many are not having their cultural needs understood or celebrated in many

of the services. The assumption that as older people we have the same needs as the heterosexual community fails to recognise our particular experiences and interests. Although I am a fit and reasonably healthy 73 year old, like many of my peers I hear stories about prejudice. I am fearful that if I need help from social and health care services to support my independence as I age, my particular needs may not be met.

L&G older people are less likely to have had children and are more likely to be estranged from families. If they are not enabled to keep in touch with their community they may become more isolated and fearful of expressing who they are to carers or other residents/older peers. Solutions are not easy but here are some actions that



may help. Staff need to be trained not to make assumptions

and should be supported to challenge prejudices. Inviting younger LG staff and volunteers to become involved may help as would asking people about the reading material, music, tv and outings that are needed to meet their cultural needs. When assessing people for care, staff should be in a position to reassure them that services are LGBT sensitive. The Furzedown project in Moyser road is showing an initiative by starting a group

for 50+ Wandsworth LGBT residents. It meets on Thursdays between 10am and 12. Please come along and tell anyone who might be interested. Light refreshments are provided. If I can help in anyway or you want to chat about it, call Vito Ward, on: 07940493264 or vito2journey@yahoo.co.uk

I am.

I rang SW Assisted dept. and thanked them for a wonderful - and free- service and they in turn were delighted that I was delighted. The chap I spoke to said they only get complaints.

And we all lived happily ever after.

From Cass Allen (one of your members).



Writing Competition

Winner Cass Allen

Being in my late 70s, but still feeling like a 7 year-old inside, I am loath to admit that I now need things like "help."

At the last moment, I rang SW Trains Assisted Travel, for help on four train journeys starting an hour later. Instead of being told it was too late and I was a daft old bird not to have given more notice, I was told there would be someone waiting for me at Clapham Junction, then at Poole, and on the way back. Taking this with a pinch of salt big enough to stop traffic, I was delighted to find it all happened! I was treated like a delicate piece of antique furniture, which, of course,

FIT, ACTIVE, INVOLVED AND INTERESTED

Asian Women's Association
020 8875 9465

Wandsworth Over 50s Activity Group 07958440808

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

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

Golf for over 50s 020 8871 2468.

St. Michael's Older People's Activity Centre Battersea
0207 228 0245

Expert Patients group— understand and manage condition or illness 020 8871 5163

Keep on Moving (60+) FRIDAY 2-3PM £3 Southfields Library, Wimbledon Park Road, SW19 6NL

Walk 4 life — free walks Battersea Park Thursdays 10 30, Tooting Common 9am or 12 noon Tuesdays St. George's Park 12 15pm Weds. Roehampton Lane by Shell garage 1st Sunday in the month at 10 30 am. Details 8871 6371

Tai Chi MONDAY 12.30- 1.30PM . St John's Hill Community Centre, Peabody Estate, Battersea, SW11

Lunch club with social activities) Thursdays at the Penfold Centre (nr Southside Shopping centre), Call Rachel 07538713409

Sunday afternoon tea parties for people aged 75+ Tel: Alison Minney 020 8150 3154

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, exercise & activities for older people 020 7223 2845/6471

Pocklington Resource Centre for People with Visual Impairments 020 8675 4246

Keep Fit (50+) FRIDAY 10.30-11.30AM St John's Hill Com Cent

Keep on Moving (50+) TUESDAY 10.30 - 11.30AM and FRIDAY 9 45 and 11 15 at The Penfold Centre, 1 Neville Close, SW18 4TJ (opposite King George's Park)

Autumn Rose invites you to their health and well being project: talks and cooking demonstrations.

Joan or Esmie
autumnrose@
balhamsda.org.uk

Tone & Stretch (50+) FRIDAY 11AM-12PM £3 St Joseph's Catholic Church, 218 Roehampton Lane, SW15 4LE

BINGO Tuesdays and Fridays at Furzedown Project 2pm. Transport within catchment area. Tel:020 8677 4283 for inf

Regenerate-Rise open access day centre, Putney Tel 020 8780 9330

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

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

Keep Fit for Life (50+) TUESDAY 11AM-12PM £3 Tooting Junction Baptist Church, Longley Road, SW17 9LD

MONDAYS Swim Club at Balham pool (contact Furzedown Project above)

Self Help Training

Wandsworth Self Management Service provides courses for people living with long term health conditions and/or their carers. You are helped to manage your own symptoms and condition, sharing ideas with other people in the same boat.

Past participants say they have been helped to deal with depression, sleeplessness, pain and expressing their needs to health professionals.

The courses run over 6 sessions and take place in NHS premises. Each session lasts 2½ hours and there is no charge.

**To book call 0208 812 6750
Amelia Ison Wandsworth CCG**

Loneliness, Life Style and WellBeing

In a recent supplement about loneliness, *the Guardian* newspaper featured the story of a widower, Roy Warman who became increasingly isolated after



his wife died. He had no children and many of his friends had died. In his

words 'the longer I go without speaking to anyone the harder it gets.' He says that loneliness is 'one of the hardest things' and describes it as 'living in a void'. Bravely, Roy took the plunge and got in touch with his local Age UK who were able to link him up with both a telephone befriender and a voluntary visitor. Being able to talk to people again helped Roy regain his self esteem and he has now joined a choir and developed IT skills—another route back into the world.

Although it may not be possible to ever 'get over' the loss of a partner, it is possible, like Roy, to regain some confidence and the ability to enjoy the company of others. If you or anyone you know are in this situation, please do not let pride or despair prevent you from seeking support. Look at our list of contacts, P7, and activities, P.6 and contact an organisation local to you, or Age UK who can sign post you or provide a befriender.



Every Wednesday 12-15.30
Roehampton Methodist Church
Minstead Gardens
SW15 4EB
For more information
Dave.Peers@ageukwandsworth.org.uk T: 07950 931626

If you fancy making or repairing stuff come and try it. You can



work on a group project or on your own. You don't have to be an expert you can pick up the skills you need in a friendly environment. See you there!

To Drive or not to Drive?



This was a dilemma posed to 86 year old Collette who was challenged by a younger relative about safety. Collette chose to take a voluntary assessment through the Advanced School of Motoring which she passed with flying colours. Colette's mo-

Dr. Tony Rao, Consultant Old Age Psychiatrist warns that we should not ignore substance misuse in the over-65s. Compared to previous generations, today's older people have higher rates of drinking above recommended guidelines, higher rates of alcohol-related deaths and higher rates of alcohol-related admissions to hospital.



Lifetime use of cannabis and cocaine in 65- to 74-year-olds has also increased the numbers admitted to hospital for drug-related mental health problems. Similarly, inappropriate use of prescription drugs such as opiates and sleeping pills is becoming more common among older people. Although this may be due to the 'baby boomer' generation who do not want to change their life styles, it can also be about finding ways to cope with loneliness, depression, pain or bereavement. Seeking help from your GP is an essential first step to recovery.

bility is impaired so this gives her the ability to retain her independence with confidence. In fact, older people, despite some bad press, do not have significantly more accidents than other drivers. See the Older Drivers Forum at www.olderdrivers.org.

Mick Morrell



Reg. charity No 1096322

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**WOPF Management
Committee**

Tony Tuck	Chair
Valerie Hambelton	Vice Chair
John Horrocks	Vice Chair
Liliash Gillies	Hon Sec
Pius Gnanapragasam	Treasurer
Judith Crompton, Tom Cox, Nathalie Gibson-Wilson, Patma Patmaseni, Doreen Brading, Jas- min Elvie, Ricky Lucock, Win- ston Gordon, Jenny Weinstein, Vernon Brookes, Margaret Brookes, Fred Roberts	

Forthcoming Forum Meetings

June 13th Harriet Owen from Action on
Hearing Loss

July 11th A Connected Older Age—
learning to look things up on the
internet

All meetings take place at the Anchor
Church Centre in Garratt Lane 2pm-4pm

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

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

I wish to join the Wandsworth Older People's Forum

Name...(individual or organization)

.....
Address

.....
.....postcode.....

phone...(h).....

(mob).....

Email.....

I prefer correspondence/newsletter (tick preference)

by post

By e mail

I might be interested to volunteer

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

Signed Date

