

Wandsworth Older People's Forum



Newsletter

With Annual Report

Spring 2019



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Thank you Wandsworth Council

The Forum is delighted to report that the Council has agreed to continue to fund the activities of the Forum for the next 3 years. We are one of a number of charities whose funding has been promised for a period of time which enables us to plan for the future.

Wandsworth GP appointments now available from 8am–8pm.

In response to patient concerns about being unable to get a GP appointment when they need it additional out of hours appointments are now available at 3 hubs across the borough.

Appointments between Monday to Friday 6:30pm - 8pm and 8am - 8pm at weekends can be accessed by patients who are registered with their GP and who book through contacting their local practice. These are not walk-in services.

New evening and weekend GP appointments

Appointments take place in local GP practices in Clapham Junction, Balham and Roehampton. Hubs offer pre-bookable appointments between 6.30pm and 8.00pm Monday to Friday. Saturday appointments are available at all hubs between 8am to 8pm. The Clapham Junction hub offers appointments from 8am to 8pm on a Sunday. If your GP practice is not open, for example on a Sunday, you can obtain an appointment by ringing 111.

End of free TV for over 75s?

Age UK warns that forcing over-75s to start paying for BBC services could leave tens of thousands of households facing a choice between telly, food or heating. Next year, responsibility is being passed from the Government to the BBC which claims that significant cuts in services would be required unless older people pay for TV. Older people could also face prosecution for failure to pay.



So far, 75,000 have signed Age UK's petition to protect the free licence and the issue is being raised in parliament. Other options being considered include raising the age of eligibility for the free licence, charging older people a reduced rate or introducing a

means test. Government funding for the scheme ends in June 2020 and the BBC, whose audiences are now primarily over 60, has yet to decide how to address the issue. You can sign the petition at www.ageuk.org.

Human Rights Watch

Inadequate Social Care Assessments

Mary Redman (76) was informed that her hours of care provided by the Council would be reduced from 15 to 6.5 and this had been decided before any discussion with her about how her current needs may have changed.

Her case is highlighted in a report published in January this year by Human Rights Watch entitled *Improper Social Care Assessments*. According to the Care Act 2014, eligible individuals are entitled to an assessment of their care needs which should then be met to keep them safe and to enable them to live independently.

Older people in receipt of services were interviewed in 2017/18 and said that since the reductions in local authority budgets many services had been cut regardless of needs.



Those who conduct assessments report being under significant pressure to reduce costs. The Ombudsman, who deals with

complaints reported a 140% increase in those relating to care assessments, but this has not been addressed because there is no national oversight of the delivery of social care services.

The Report urged the government to ensure compliance with the Social Care Act and with Human Rights legislation.



Safety Campaigners have made renewed calls for eye tests and medical checks for over 70s following a car crash in January involving Prince Philip (97). Noone was seriously injured.

NEVER AGAIN.

Understanding the lead up to the Nazi slaughter of millions of Slavs, Jews, Homosexuals, disabled people and others is essential if we are to stay alert to threats that could result in similar horrors. At a Holocaust Memorial event held on 29th January in Tooting,



Herman Weisser (85) told of his experience of seeing

his mother and sister led away to the gas chamber in Auschwitz. Despite the pain he still feels he wants to help prevent this happening again.



Alf Dubs (86) talked about his experience as a six year old child being sent away by his family on the kindertransport to be safe in England from the Holocaust. Lord Dubs is tireless in his campaign to rescue today's refugee children.

Technology for Independence

The 'fitbit' - a tracker worn on the arm to record the number of steps taken or stairs climbed, is now being tested for older people living alone who may be at risk of falling. It monitors heart rate, reminds you to get up and move about if you have been inactive for more than 50 minutes (people often fall when they get up after a period of inactivity) and is being developed to call for help when a fall

is detected. Amazon's Alexa, is also being trialled to do things such as book a place on the charity bus to take someone out and about or remind them to take medication.



Are We Attractive?

Hi Rosalie do people of your own generation find each other attractive?

I had the hourglass figure darling, and as you get older, as you get to 75, you get past all of that. At this age you learn to love people and life, you're more relaxed, you take time, you can enjoy yourself, and it really becomes that beauty is in the eye of the beholder. The beauty is within. Our generation sees beauty within.



A research study undertaken with older women found that a proportion of them think like Rosalie that attractiveness is more like an 'inner glow' which shines through when older women are warm, friendly and interested in people. They also thought it was very important to continue to look after yourself by exercising regularly, having a sense of purpose, eating healthily, seeking medical help when necessary and looking after hair and skin.

However, there was another group who associate old age with wrinkles, lost figures and grey hair. They firmly be-



lieved that attractiveness is only for the young. And that it can be a relief to be less preoccupied with appearance than in the past because maturity brought self acceptance.

The majority of men, on the other hand, although they enjoy the company of their female peers, are quite clear that only younger women are attractive. But while many men do partner younger women more remain devoted to long term partners and this would not be possible if they did not continue to see the inner beauty of their beloveds.

Thank you Doreen!

Doreen Brading is standing down from the WOPF committee after almost 20 years of dedication as vice chair, and, for many years, newsletter editor, having had several years experience at *Wandsworth Borough News*. She is an invaluable colleague, always willing to help and to find solutions to problems. We will miss you Doreen xxx



Help !!!

Advice and Information

Citizens' Advice (CAB)

Advice line 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

020 8812 6700

Silverline 24 hour help line for elders 0800 470 80 90

Useful Services

Handyman service (Age UK)

020 88778949

NHS hearing aid support

Tel: 07392 319 700 for information on free drop in hearing aid clinics in your area.

Wandsworth Community

Transport appointments and outings :020 8675 7460.

Wandsworth Mediation service

Free help with conflict 020 7223 7444

KITE—Keeping independent through enablement.

Helps you stay at home or supports you after hospital discharge. From home call 020 8871 7707 in hospital ask for hospital social worker.

Carers For information and support contact the Carers Centre 020 8877 1200.

Emergencies

Police

Emergency 999

Important but not urgent 101

Out of hours healthcare 111



Walk Your Way to Health by Vicky Hutchins

Wandsworth. AgeUK has now published *Walk Your Way to Health* on how regular exercise not only keeps you fit, but also increases flexibility, boosts your mood and safeguards your health. A daily walk, even if it's just a 15 minute stroll to the shops, can keep you active. Walking may help you lose weight, keep the heart strong, reduce risk of cancer, type-2 diabetes, and dementia, and above all, improve your mental well-being, especially if undertaken as a social activity with a group or with friends.

Tips from Gina Hemmings (personal trainer)

1. Start slowly. If you're not used to exercise, walk 10 minutes from home and then walk back. Increase this by a minute or two daily.
 2. If you're not slightly out of breath, it's not working.
 3. Gradually increase the intensity. Take longer strides and swing your arms.
 4. You might find it more comfortable to walk longer distances on soft ground in a local park instead of on pavements.
 5. Wear thin layers so you can take something off if you get too warm.
 - 6 Depending on weather and distance, you might want to carry a bottle of water, a snack, a sunhat or a waterproof jacket.
- www.ageuk.org.uk/information-advice/health-wellbeing/fitness/walking-tips-advice/ See p.6 for walking opportunities

Can you Help Dementia Researchers?

A group of doctors and researchers are compiling the **Chariot Register** - a list of individuals between 55 and 85 who would be willing to help with research.

What type of Research?

Studies may vary from simple questionnaires to clinical trials, investigating new preventative treatments. Those on the register will be given full details of each study and will have time to consider whether or not they would like to get involved.



What are the benefits?

Participants will be given the opportunity to participate in studies exploring the prediction and prevention of dementia. This may lead to the improvement of effective lifestyle advice or therapies to reduce the risk of developing the disease. Studies may include clinical trials for dementia prevention medicines.

To request a sign-up pack or for more information please call us

on: 0207 5948886 :
dementia.prevention

Hospital Discharge Support



It is amazing how, after even a short stay in hospital, let alone a longer one, we can lose our confidence and feel quite weak. Day to day tasks we took for granted suddenly feel like climbing a mountain.

The Hospital Discharge Support service provided by Age UK Wandsworth was developed to help resettle patients at home after discharge. Volunteers provide up to 6 weeks of 1-2 hours or more a week of light support including help with rebuilding confidence, picking up prescriptions, shopping, light help around the house, providing company and offering information about services that the person might find useful such as day time activities or a longer term befriender.

The service is free and self-referrals are accepted. It may be helpful for

those who have declined or may not require carers but need a little support to get back on their feet.

Tel: 020 8877 8956

anais.thede@ageukwandsworth.org.uk

Welcome Home



From Hospital!

Manage your Health

PAIN

Being in pain is a miserable business. It is hard to focus on anything else and we feel helpless to act.

Don't despair -

- Talk to your GP about the best pain relief medication for you.
- Pain from arthritis can sometimes be alleviated by exercise. Ask about physio or relevant exercise classes.
- Use pain clinics, or Pain Management Programmes to access techniques like talking therapies or mindfulness to reduce stress and help with relaxation.
- Pain is often worse at night and stops you sleeping. Get advice about having a good night's sleep so you feel better in the morning.
- You could also try the online Pain Toolkit – a collection of self-management tips by someone with long-term pain (www.paintoolkit.org).



That's not a Mobility Scooter, Dad!

Take Your Medicine (properly!!)

It can be hard to keep track of doses, number of pills, times they have to be taken etc, and sometimes we lose the plot. Unfortunately, making mistakes or forgetting can cause our symptoms to return or the development of different problems. If you need some help or advice, go to your pharmacist who will advise about alarms or special pill boxes that will keep you on the right road.

Some people who are taking medication for many different problems, find that one medication is interfering with the impact of another. It is important to have a **regular medication review** with your doctor or pharmacist to avoid complications

The onset of an illness, whether it is a horrid cold or a more serious illness can bring our mood right down. If we feel weak or vulnerable we worry about the future. Who will look after our partner, disabled friend or pet?

What if we have to go to hospital or a home?

Who will manage our bills and finances?

Talking to someone, a friend, family member or health profession will help alleviate your concerns.

Talk Wandsworth is a local NHS service. Tel: 0203 513 6264 www.talkwandsworth.nhs.uk



When I said you could tell me anything, I did not mean your opinion that I am losing my hair.

Medical Appointments

Some older people have so many different doctor or hospital appointments that they lose track of why they are there and what is being suggested. If it is all getting a bit overwhelming – here are some tips.

Keep one folder for all your doctor and hospital letters, or, if you prefer, keep a different one for each clinical department.

It is really helpful to get someone to go with you to an appointment. They can take some notes and then explain everything to you when you are comfortable and relaxed at home. These notes can go into the folder so you can check if you forget.

Make sure you ask the doctor to speak slowly and explain things clearly and don't be shy about asking questions if you do not understand. Usually, they have fact sheets about all the different tests, X rays, scans and procedures. It is worthwhile reading them or getting someone to read them with you.

It really helps for you to understand what is being done and why. This is your body and your life and you are entitled to a say. Feeling in control makes a difference.

The hospital gave me a pain management support worker and she was amazing. She showed me how taking little rests while I was doing something enabled me to complete it without the pain getting really bad.



FIT, ACTIVE, INVOLVED AND INTERESTED

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

Asian Women's Association 020 8875 9465

Autumn Rose club with cooked lunch Tuesdays. Joan or Esmie
autumnrose@balhamsda.org.uk

Balham Leisure Centre, Elmfield Road. Exercise class for over 50s - Forever Flexible Tuesdays 11.30 - 12.30 £3.00

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

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

Furzedown Project, Open every weekday for a range of activities—020 8677 4283 91-93 Moyser Rd SW16 6SJ

Golf for over 50s 020 8871 2468.

Hestia Age Activity Centre 966 Garatt Lane, Tooting. Tel:020 8767 8426 Open every weekday except Thursday 10am -4pm

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

Keep Fit (50+) FRIDAY 10.30-11.30AM St John's Hill Com Cent.
TUESDAY 11AM-12PM £3

.Keep on Moving (60+)
Tue 10.30-11.30 & Fri 9.45 & 11.15 at the Penfold Centre, 1 Neville Close, SW18 4TJ.

Keep Fit (50+) Friday 10.30-11.30 St. John's Community Centre

Keep Fit for Life (50+)
Tuesday 11am – 12noon
Tooting Junction Baptist Church, Longley Rd, SW179LD

LGBT Elders coffee morning Thursday 10.30
Furzedown Project 020 8677 4283 91-93 Moyser Rd SW16 6SJ

Men's Shed Roehampton—Wednesdays 12noon –3.30
Methodist Church, Minstead Gardens, SW15 4EB
David Peers 07950 9313626
dvid.peers@ageukwandsworth.org.uk

Monday Club 2-3. 30 on Mondays at St. Barnabas Church, Lavenham Rd Southfields. More inf: Margaret 0208 870 5364

Open House in Southfields

Age UK run session every Monday from 10 30-12 offering a range of activities and outings. Ackroydon Hall 26 Montfort Place SW19 6QL Tel: 020 8877 8955

Pocklington Resource Centre for People with Visual Impairments 020 8675 4246

Perambulators fortnightly walks 6-9miles Contact Furzedon Project (above)

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

50+ Restart Exercise, discussions, games and music. Mondays 12 30-4.30
Furzedown Project (as above)

Swim Club Monday mornings at Balham pool (contact Furzedown Project as above)

Swimming women only. 5pm-7pm Tooting Leisures Centre.

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

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

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

Walk4Life Free walks Battersea Park Thursdays 10.30, Tooting Common 9am or 12 noon on Tuesdays, St. George's Park 12 15 on Wednesdays, Roehampton Lane by Shell garage 1st Sun in the month details 8871 6371.

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

WOPF Annual Report by Liliias Gillies



Representing and Consulting Older People

Following concern expressed last year at the lack of a patient group at St Georges or a user group for Wandsworth Council, we are pleased to report that a new group has been established at the hospital and Social Services has reconvened their co-production group, both attended by WOPF. WOPF has continued to attend the CCG Thinking Partners Group and their Patient and Public Involvement reference group.

Feedback from members meetings and from our annual survey indicate that members are concerned about waiting times for appointments; cancelled appointments and treatment; and hospital parking and transport. However, they are very satisfied with the clinical care that is delivered. Few members receive social care but express concerns about reported declining standards in local care homes and reductions in home care hours. During the year, representatives from a range of health and social services bodies have addressed forum meetings and heard feedback from members. However, there has only been one meeting between WOPF and the Council when such meetings were previously quarterly.

The Community Resilience Project, whereby the CCG funded activities aimed at

keeping older people healthy and connected, closed in April. However, most of the activities have continued and Age UK's Roehampton Men's Shed is now up and running.

Networking

Two conferences were held for our network of older people's organisations. In February the subject was *Needs of Older People* and Justine Greening MP was the keynote speaker with contributions from the Council and the Public Health Department. The second was about *A Preventive Strategy for Wandsworth* where the main speaker was Councillor Paul Ellis, Chair of the Health and Well Being Board. The feeling of the Conference was that while the aspirations were laudable, outcomes were not yet being achieved because primary care and social care within the community were still often inaccessible and not joined up. An excellent networking event was organised by the police, with WOPF involvement whereby older people were invited for refreshments at St. Boniface Church in Tooting where relevant organisations provided useful information and the Police warned about common scams.

WOPF is a regular attendee at the Voluntary Sector Forum and HealthWatch, enabling us to keep our members updated.

Monthly Meetings

These continue to be popular and this year included diverse subjects such as health screening, Diabetes, Animal charity, a reminiscence film about migration in the 50s and 60s, local policing and Living Streets.

Newsletter

Quarterly newsletters, funded by the Battersea Power Station Trust were produced and widely distributed. The annual feedback survey was very positive. WOPF is in the process of deciding on the future form the newsletter may take when funding runs out in June this year.

Finances

The full audited accounts will be available at the AGM in April. We did struggle this year with a reduction in the grant from the Council and there is an increase in the rent for the premises we use for our meetings and conferences from 2019. We therefore ended the year with a small deficit.

Forum Strategy

The Forum had the benefit of support from two consultants from the Cranfield Trust, free of charge. Nigel Vickers helped us to develop a strategy for the future and Richard Holden is currently enabling us to implement this by moving into the digital age.



Reg. charity No 1096322

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We're on the Web

www.wandpensforum.org.uk



WOPF Management Committee

Tony Tuck	Chair
Valerie Hambelton	Vice Chair
John Horrocks	Vice Chair
Lilias Gillies	Hon Sec
Pius Gnanapragasam	Treasurer
Judith Crompton, Nathalie Gibson-Wilson, Patma Patmaseni, , Jasmin Elvie, Ricky Lu- cock, Winston Gordon, Jenny Weinstein, Vernon Brookes, Margaret Brookes, Fred Roberts, 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.

Forthcoming Forum Meetings

March 12	Sue Bradley from Rethink Mental Illness—advocate at Springfield Hospital.
April 16th	AGM with Mayor of Wandsworth and Martia de Cordoba MP Battersea
May 14th	Emma Hammet First Aid for Life
June 11th	Liz Bruce Director of Adult Services Wandsworth and Richmond

Monthly meetings are held at the Anchor Church Centre 273 Garratt Lane SW 8 4DU 2pm-4pm with tea

Membership Application or 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 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.....(this is important because, in future, because of funding, we may need to communicate with you by e mail, not post.)

I might be interested to volunteer ☐

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

Signed Date

Make cheques payable to Wandsworth Older People's Forum

