

Wandsworth Older People's Forum Newsletter and Annual Review



SPRING 2018



In this Issue

Age: new research	2
Multigenerational centres	2
Wordsearch	2
Beating loneliness	3
Who to call for help	3
WOPF Annual Review	4
WRAP	5
Right to Choose?	5
Aids and adaptations	5
Out and About	6
Cinema and tv	7
Cancer choices	7
Forthcoming events	8
Membership form	8
WOPF committee	8



Valuing Volunteers

A scheme which values volunteers by providing them with a discount card for use with participating local shops is coming to Wandsworth. For more information about how it works Tel: Aurelija on 07986 939348

Information Event

The Tooting and Earlsfield Police team organised a successful event for older or disabled people at St. Boniface Church in Tooting on 31st. January. The event included a short play starring our own Su



Elliott as the victim of a scam whereby the trickster came to the door pretending to be from a utility company. He was let in, even though there was no prior appointment and an accomplice stole the victim's purse. The many stalls included Age UK, Adult Abuse, Get Active, Diabetes Care and, of course, our Forum.

Event organiser PC Sam Samiullah (pictured above speaking with Kathleen, Theresa and Jeanette) said that the event was a great success with more than 60 attendees. A similar event will be held in the Spring.



Inter-generational Conflict?

Dot Gibson of the National Pensioners' Convention says: "Pensioners are not to blame for university debts, the housing crisis, short-term and zero-hour contracts, benefit cuts, the bedroom tax and abolition of housing benefit for those



aged under 25; nor for the young having to work longer, pay more and get less pension under the new Act. What kind of society wants to take homes and security from pensioners in order for young families to have a reasonable standard of living?"

United for all Ages argues that media generated battles between the generations are harmful to all of us and much could be gained from mutual understanding.

Age: Facts and Figures

Recent updates from ILC-UK

Longer healthier Lives? - Sadly, No



Although the medical profession is able to keep us alive for longer, the number of years that we spend in poor health has lengthened. The gap between life expectancy and healthy life expectancy has risen to 8 years for men

and 9.5 years for women.

Inequalities in life expectancy

Life expectancy after age 65 is now a post code lottery. The relevant factors effecting this inequality are health, disability, education, skills and employment—all of which are impacted by deprivation and poverty. The difference in number of healthy years can be as much as 6 between poorer and richer boroughs.

Home Ownership

People over the age of 55 constitute 54% of home owners while 35-54 year olds are now only 40% of home owners.

Happy Holidays

65-69 year olds constitute the largest group that purchases package holidays with this trend continuing into the early seventies.

Using the internet?

By 2017, 75.5% of people aged 65-74 were using the internet.



Living at home alone?

The most common form of household for people aged 60-64 is a couple without children.

By age 65-74 the proportion of households consisting of single women reaches 23.6%. However, the increase in life expectancy indicates that in the future, there will be fewer singles and more couples living into their eighties.



Germany Leads the Way

In Germany 450 multigenerational meeting houses' have opened which are designed to be places where people of all backgrounds and ages can meet and mix – hosting day care services for older people, services for children and young people as well as citizens' advice centres; and featuring bistros and cafes fashioned as 'public living rooms'. These Centres foster a sense of community and instil the value of co-operation and mutuality in local residents.



WORD SEARCH

E	L	E	P	H	A	N	T	U
D	I	R	L	Q	N	S	Y	C
F	T	O	I	D	T	B	M	H
O	R	I	O	F	E	J	X	I
X	R	O	N	R	A	W	O	M
T	A	B	G	Q	T	R	A	P
L	O	C	T	Z	E	B	R	A
V	P	A	I	O	R	U	E	M
D	B	T	D	S	N	A	K	E
R	B	A	S	O	E	R	W	H
A	D	G	R	T	G	L	E	R

Can you find names of 12 animals—horizontal, vertical or diagonal?

A FRIEND IS ONE OF THE NICEST
THINGS YOU CAN HAVE



& ONE OF THE BEST THINGS YOU CAN BE

Beating Loneliness

Loneliness ravages our immune system, leaves us more vulnerable to cancer, affects our heart health, lowers our pain threshold, raises our blood pressure, and puts us at greater risk of dementia. It can cause the risk of death to increase by 30%. How do we tackle it?



The very first thing is naming the feeling. Saying the words "I'm lonely" out loud, and preferably to a trusted person, strips that destructive emotion of some of its power. Loneliness is at its most potent when we are unaware of it or in denial. When we find the courage to admit that we are lonely, we claim a little control back for ourselves. Shame clings to loneliness like a limpet so it's best to knock it on the head as quickly as possible. It is not shameful to be lonely – it is human. Millions of people in the UK of all ages feel lonely at some time in their lives. It is natural and can be alleviated.

Although this is easier said than done but if you can push yourself to reconnect with people you may be surprised at what can change. When you are lonely, you are at your most scared of social rejection just when you need social contact.. Studies suggest that loneliness makes us grouchier, more defensive, less open to socialising and more likely to push away the very people who could help us. At the Furzedown Project I have seen people arrive, reluctant and dejected, forcing themselves to take part in activities, perhaps because they were encouraged by a friend or family member. Gradually their standoffishness drops away, enabling us to encounter an interesting talented person who not only thrives as a member but become a volunteer. Drawn from an article in *Guardian on line*

Help and Information

KITE—Keeping independent through enablement.

Helps you stay at home or supports you after hospital discharge. From home call 020 8871 7707 or if you are in hospital ask to see the hospital social worker.

Ongoing support at home

Tel: 020 8871 7707.

Carers For information about your rights 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 24 hour help line for elders 0800 470 80 90

Handyman service 020 88778949

NHS hearing aid support

07501 57443 for information about free dropin hearing aid clinics in your area

Wandsworth Community

Transport shopping, appointments and outings :020 8675 7460.

Police

Emergency 999

Important but not urgent **101**

Out of hours doctor 111

WOPF Annual Review by Liliias Gillies

Representing and consulting with older people

Continuing austerity has caused the Council and Health bodies to struggle to meet their statutory requirements so some patient and public involvement has been curtailed.

St George's Hospital was under special measures but our members report continued good clinical service although the transport is considered poor by many who are not mobile. Meetings of the Patients' Group have not been held through the 18 month period of special measures. One of the new directors of St. George's told the Forum about the Trust's programme of improvements and agreed to look into the resumption of the Patient Group.

Wandsworth CCG has continued to run the Thinking Partners and the PPI Reference Groups, both of which are attended by the Forum. The Commissioning Intentions for both local and national NHS are to increase preventive and health promotion services within the community so that patients can be treated at home where possible and, when a hospital stay is needed, it will not be unnecessarily prolonged through lack of care in the community. Although members support these aims, they have not yet seen significant improvements in the availability of primary care or support at home. Achieving these aims requires close working with Wandsworth Council which is also strapped for cash.

The Community Resilience Project, funded by the CCG and developed by a steering committee that included Forum representatives, produced its halfway re-

port. Five projects were funded such as healthy eating, exercise, reduction of social isolation etc. Despite the success of the activities and positive evaluation, there will be no further funding for the project in its current form after March 2018.

Merger of Wandsworth and Richmond Councils

The Forum was informed about the proposed merger and has had speakers at our meetings from several of the officers who cover both boroughs. However only one meeting between a Council officer and the Forum occurred.

Working in the wider Voluntary Sector

Representatives of the Forum attend regular meetings of Heath Watch and the Voluntary Sector Forum.

WOPF Funding

Like many other voluntary organisations in Wandsworth, the Forum's Council grant has been reduced over recent years. The grant pays the Forum to support a network of groups working with older people. The reduction has meant only organising one instead of two conferences.

Future Funding

The Council is proposing that, from 2019, it will not fund individual organizations but will fund one 'lead provider' which will take responsibility for funding the other organizations in the borough that provide preventive services for vulnerable adults. Although the Forum does not directly provide preventive services we do provide information through our meetings and newsletter aimed at keeping people advised about promot-

ing their health and well being. The proposal is currently out for consultation and while the Forum has doubts about a viable lead provider emerging, if a consortium is developed, we would be willing to join because we feel our role is essential as a Voice for older people.

Monthly Meetings

The Forum's monthly meetings with speakers on various local issues continue to be popular and in response to members' demand, we held a workshop on using the internet.

Newsletter A survey of readers indicates satisfaction with the newsletter content. The City Bridge grant runs out in March 2018 and we are awaiting the outcome of funding applications.

Older People & Human Rights was the subject of our conference held in October. The Forum plans to distribute a Human Rights leaflet widely to older people in Wandsworth.

Forum governance

Our constitution was reviewed, minor changes were accepted by the Charity Commission, and policies were reviewed and updated. We are working with a consultant to consider the Forum's future in the light of the changing approach to funding, the increased use of technology and the current age profile of the committee and membership. The committee meets monthly and discusses subjects relevant to older people in the Borough.

March 2018



WRAP—help with heating your home



The purpose of WRAP, which is funded by the Council, is to support people to

stay warm and safe in Winter. To this end, they provide a number of free services:

Insulation and draft proofing. WRAP can provide insulation to go on

an outside wall behind a radiator to make sure the heat stays in the home.

They can also help with letterboxes and other sources of cold drafts.

Cost Reduction We all know we should look at switching service providers but we don't know where to start. WRAP will do a home visit



and help people compare costs and decide what is best for them. The lower the

rate, the more heat you can afford. Another way of saving money, especially if you live alone, is to install a water meter. WRAP can help with this. They will also supply 2 low energy bulbs and a carbon monoxide alarm to keep you safe if you use gas. To contact WRAP Freephone:0800 118 2327

Appliances can be installed free by Age UK handy person:020 8877 8949.



Noel Conway (67) has won a legal battle to challenge the High Court for his right to a dignified and peaceful death. He said “knowing I had the option of a safe and peaceful assisted death would allow me to face my final months without the pain and anxiety that currently plagues me and my loved ones.”

Better Safe than Sorry!

The majority of older people live in mainstream housing, which often has small room sizes, steep internal or external stairs, and baths rather than showers. As we age these become increasingly difficult to manage because long-term conditions and disabilities impact on our day-to-day activities. Very little attractive, affordable housing has been built in the right locations to enable people to move to properties that are more accessible.

Adapting the home can in-



crease its usability and enable us to maintain our independence for as long



as possible. This reduces the risk of falls and other accidents, relieves pressures on

accident and emergency services, speeds hospital discharge and reduces the need for residential care. It also improves emotional well being if we are no longer constantly afraid of falling or limited in our ability to remain independent. Reassured, our loved ones are less likely to nag us to move from a beloved home. Research, undertaken by the organisation *Ageing Better*, found that careful consultation with the resident and their carers about their lifestyle and needs is crucial to achieve positive outcomes. There is evidence to show that people tend to put off adaptations until there is a crisis and, by then it may be too late. Wandsworth has a scheme whereby you can seek an assessment from an occupational therapist or other health professional who can give you a prescription for minor aids to use with an approved provider. Depending on your means, you may or may not need to pay for this yourself. If it needs fixing, an Age UK handy person will do this for you.



Tel: 8871
7707 for
more inf.

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
TUESDAY 10.30 - 11.30AM and FRIDAY 9.45 and 11.15 at The Penfold Centre, 1 Neville Close, SW18 4TJ

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

Roehampton Men's Shed Wednesdays 12noon-3.30 Methodist Church, Minstead Gardens SW15 4EB

Furzedown Project, Open every weekday—020 8677 4283 91-93 Moyser Rd SW16 6SJ

Hestia Age Activity Centre Tooting 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.

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 info

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

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)

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

Monday Club 2-3.30 on Mondays at St. Barnabus Church, Lavenham Rd Southfields. More info: Margaret 020 870 5364

50+ Restart Exercise, discussions, games and music. Mondays 12.30-4.30 Furzedown Project (as above) Contact 8785 2142



The Generation Gap

Cinema Prices by a cross reader

"TEN POUNDS?!" I said really loudly, startling several grey-haired people in the cinema queue behind me. One chap dropped his popcorn when he heard the price of a Senior ticket. But I hadn't finished....

"Cineworld Fulham Road seat prices have crept up and up, and now you're charging Seniors ten pounds. Shocking!"

£10 to see a film is just too much, and if you want a hot drink in the cinema cafe, and a small biscotti that can break your teeth (or dentures), you won't get much change out of £15. We older people are getting ripped off, and it's time Cineworld and other cinema owners like them were told that they're over-charging us.

Who's going to join me?
Cass Allen

Girlfriends

Did you see this drama on ITV featuring 3 older women dealing with familiar female issues like juggling children, grandchildren, ageing mother and work; age discrimination at work; and a straying husband?

The plot was not brilliant but it was worth watching these still brilliant actresses, Phyllis Logan Zoe Wanamaker and Miranda Richardson. (see photo in next column)



Whatever
you say
Doctor...

**Is this
what we
mean by
informed
consent?**

A best selling book by Atul Gawande, entitled *Being Mortal*, argues that doctors should not treat every illness in the same way, regardless of the patient, but should take into account the patient's individual needs and preferences. Dr Ranjana Srivastava puts forward similar views in relation to cancer.

Cancer in Old Age

She begins by pointing out that half of all cancers are now diagnosed in people over 70 with more than half of cancer deaths occurring in those of 75+.

While many older people are living healthy, independent lives, among others, the very high rate of chronic illness means that cancer can be the final straw. Significant numbers of patients aged 75+ have three or more chronic conditions (such as arthritis, heart disease, diabetes or dementia) that require active management and have an impact on their

health outcomes and mortality. Toxic cancer treatment can make already difficult lives miserable.

Side effects of Drugs

Less healthy older people may use up to five or more medicines each day. The probability of adverse drug reactions rises from 13% for two drugs to a staggering 82% for seven drugs. For each additional drug, the risk of falls increases by 7%. In this context, the addition of aggressive cancer therapy can prove an insurmountable challenge.

No chance to explore options

Most cancer patients are so overwhelmed by their diagnosis

and the avalanche of investigations that they stumble from one procedure to another

without having the energy to question why and certainly never being able to ask 'what happens if we do nothing?'

People chose quality of Life

If options are properly explained, older patients usually state choose quality of life and independence over longevity. Unfortunately, in many cases their own preferences can be overruled by the need felt by close family to keep their loved one alive or the obligation felt by the doctor to offer treatment whatever the circumstances. Older people may tend to defer to doctors

and feel it is rude to express their own views.



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"



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WOPF Management Committee

Tony Tuck Chair

Valerie Hambelton Vice Chair

John Horrocks Vice Chair

Lilias Gillies Hon Sec

Pius Gnanapragasam Treasurer

Judith Crompton, Tom Cox, Nathalie Gibson-Wilson, Patma Patmaseni, Doreen Brading, Jasmin Elvie, Ricky Lucock, Winston Gordon, Jenny Weinstein, Vernon Brookes, Margaret Brookes, Fred Roberts

Forthcoming Forum Meetings

April 10 WOPF AGM with Deputy Mayor of Wandsworth & Shannon Katiyo from Public Health

May 8 Karen Grey Bowel Cancer screening St. George's

June 12 Melissa Teatum PDSA (sick animals charity)

Meetings (with refreshments) take place at Anchor Church Centre, 273 Garratt Lane SW18 4DU. Buses 44 and 270.

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 subs to be gift aided. ☐

Signed Date

Make checks payable to Wandsworth Older People's Forum

Wordsearch answers

elephant, fox, toad, chimpanzee, anteater, lion, zebra
snake cat, frog tiger dog



