

Wandsworth Older People's Forum Newsletter



Autumn 2016

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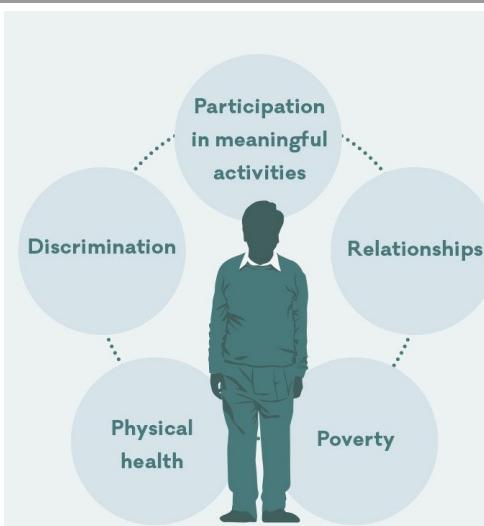
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Social Care Crisis

Social Care budgets are seriously under-funded—partly because of the introduction of a living wage and partly because of the increase in demand as the population ages. The deficit inevitably means that there will be further cuts in services. NHS managers are acutely aware of the impact on GPs and hospitals of a shortfall in social care and are urging that the position be rectified.

5 Keys to Wellbeing



Later life

The 5 key factors that affect the mental health and wellbeing of older people are: discrimination, participation in meaningful activities, relationships, physical health and poverty.

(Age Concern and the Mental Health Foundation, 2006)



Mental Health Foundation

Why Older People Voted BREXIT

Research by the *Independent* indicated that people's sense of identity influenced the way they voted in the referendum. The majority of people who identified as British opted for remaining, while the people who identified as English were strong supporters of Brexit. Importantly, no less than 44% of



over 65s think of themselves as English but only 21% of the under 26s think this way. Perceptions of being English increase with age, and this is one of the reasons why older people supported Brexit. In the survey 21% of people below the age of 26 voted for Brexit compared with 69% of people over 65.

The Pensioners' Parliament in Blackpool by John Horrocks

The Pensioners' Parliament held each year at the Winter Gardens, Blackpool in June, is organised by the National Pensioners Convention - to which WOPF belongs. This year, John Horrocks, one of



WOPF's Vice-Chairs, was there. John writes:

Pensioner Voice

I found it an inspirational event. There were several hundred pensioners - many very serious and articulate contributions to the discussions and an impressive display of understanding and concern about the many issues facing older people.

The Tuesday official opening session, held in the Opera House Theatre, had an



array of impressive speakers from national organisations which cater for pensioners.

NHS and Social Care -key issues

On Wednesday, there were a range of options and I chose 'How healthy is the NHS?' in the morning. We considered the care that older people receive from the NHS and what improvements need to be made, and addressed how privatisa-

tion has affected health services and how campaigners can defend the NHS.

In the afternoon, I attended 'The state of the social care sector and where the money goes'. This looked at the problems facing social care, outlined the financial arrangements of some of the major private care providers and considered what steps need to be taken to improve standards of and access to social care services for all. It was clear from the discussion that the



funding of social care is failing to keep up with the growing demands which this sector is facing. The government faces a major challenge on this issue and has not yet come up with any real solutions.

Austerity and older people

Thursday morning was devoted to 'The challenges we face' - with four well-informed speakers discussing the impact of austerity on the country and how this has affected older people.

All in all, an event worth attending which ended with an enthusiastic rendering of:



Keep right on to the end of the road
Keep right on to the end
Tho' the way be long, let your heart be
strong
Keep right on to the end
Tho' you're tired and weary, still jour-
ney on
Till you come to your happy abode
Where all you love, you've been
dreaming of
Will be there, at the end of the road

Mobility Forum

WOPF is fortunate that Tooting's retired MP, **Tom Cox** is now a WOPF Trustee who represents us at the Mobility Forum. He reports:

There is not enough assistance at **Clapham Junction** for older or disabled passengers.



Although it is illegal for **London taxis** to refuse to take **wheelchairs**, some electric wheelchairs are too large to fit into a standard cab.

On **buses**, older people continually find **school children** rowdy and unwilling

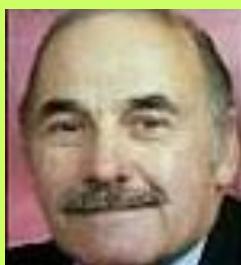
to give up seats. It is suggested that offenders should lose their free bus travel. **Bus Drivers** are variable about pulling up near to the kerb and giving older people enough time to sit down before driving off but 26,000 London bus drivers are being trained to improve their service.

Valerie Hambelton, a valued vice chair of WOPF attends **Wandsworth Access Association** which has recently relaunched. She heard about the **Spinal Injuries Foundation** which offers support to sufferers and their families. Wandsworth Access group is funding raising and improving their profile. To learn more: Tel 0208 673 5070

Fed up with four walls? Get a London Taxi Card

This scheme offers subsidised travel in licensed taxis and private hire vehicles to people with severe mobility or sight impairments.

Application to join the scheme is through your local Council. Bookings are made through Computer Cab and you must register with them once you have a taxi card.



Join Community Transport

Manuel Button who runs Wandsworth Community Transport would like all Forum members to help spread the news about how it can help people get out and about and meet other people.



There are 3000 members at present but not everyone who needs it knows about it.

The Council funded service provides fully accessible buses to take people on shopping trips, on outings or simply to a place they want to go such as visiting a friend. It has to be booked in advance and all members are notified of outings but you have to be quick to get a place.

The Relatives and Residents Association



There are almost half a million older people in care in the UK some of whom are extremely vulnerable. We provide advice, support and information to older people and their relatives

- By helping them make informed choices about their care
- By informing residents and relatives about their rights, entitlements and standards they can expect
- By running training courses, conferences and producing publications to promote good practice and influence policy
- Helpline—020 7359 8148 info@relres.org

WOPF OUTREACH

Time to Remember

The WOPF Outreach Project, previously delivered by Mac Downes, who retired last year, has received new funding from the Mercers Trust to undertake outreach work in Wandsworth.



The new manager,
Dave Peers writes:

We have started in three sheltered homes – Abyssinia Close, Holmleigh Court and Kirton Lodge, where residents enjoyed talking about themselves and their families, reminiscing and competing with each other in quizzes.

It has been fascinating to hear stories from people whose families have come from all differ-



ent parts of the UK, and outside it, and to compare notes about how different life was in the 1940s and 50s. Participants were also interested in a range of topics such as art, gardening, health and fire safety. The project will end in October.

Men in Sheds

In the Autumn I will be scoping an exciting new project in Roehampton called 'Men in Sheds' to reach out to isolated older men. This will be undertaken in partnership with Age UK.

Health Update

I attended the Health Watch Assembly where I and others were keen to hear how St. George's can survive its huge budget deficit, and other challenges such as rising demand, shortage of specialists, the state of the buildings and IT problems.



However, the focus was on improvements to the delivery of Outpatient services. WOPF Trustee, Ricky Lucock has been co-opted onto the Transformation Team as a patient representative and the team is keen to hear ideas from patients. Comparisons are being made with other hospitals. We have also heard about a scheme for GPs to have email contact with patients.

Lilias Gillies

Scam Alert

Tricksters steal £9,000 from Veteran



War Veteran Cyril Banks, 91, gave up £9,000 after he was phoned at home on June 20 by a man claiming to be from Scotland Yard. The scammer told Mr Banks that his bank card had been used fraudulently in London, and then persuaded him to go to a bank and withdraw all his money to assist police with tracing an offender. Mr. Banks later told BBC news that he had really believed he was helping the police. Afterwards, he realized he had been

duped when a man then came to his home and collected the cash.



Mr. Banks is a committed charity fund raiser but following the crime, friends were raising money to try and replace his life savings.

You should put the phone down immediately if someone rings when you are not expecting them or if you do not know them. This was not a one off incident and older people are especially targeted.

The Best Years TV Review

An ITV documentary called *The Secrets of Growing Old*, which featured a range of people aged between 76 and 98 was a refreshingly optimistic look at the positive aspects of ageing. For example musicians often improve



their skills and creativity as they age. We met Ernest, aged 84 who played Glastonbury this

year. Charles (90) who has the biological body of a sixty year old because he works out three times a week and Frances (78) who at last fulfilled her dream to be a fashion model. She looks terrific.

Carrying on working or doing something at which you have become an expert both keeps you young and makes your skills available to others. 82 year old Alan is one of B & Q's most valuable workers. I was pleased to learn that although we constantly lose our keys or our glasses it does not mean our knowledge and wisdom is lost. It just takes a bit more time to access because there is so much there.



From our own correspondent

Su Elliott represents the Forum at a number of important meetings and these are highlights from her report:



Crime

- Operation Bumblebee provides support to older people who have been victims of crime.
- Remember to dispose of personal data by soaking in water and vinegar or cutting with shredding scissors before disposal
- Never give bank details on the phone
- Create strong passwords

Chemist shops



Proposed government cuts may mean that small chemists could close while large chains such as

Lloyds will operate from supermarkets. This will be a problem for older people who value local services and the relationship they have developed with their pharmacist. A petition against this has been sent to parliament.

Wandsworth Housing, Adap- tation and Re- pairs Forum by Nick Gracie Landrick



WHARF was set up in 2009 and is made up of service providers who carry out housing adaptation and repair services with a view to promoting and enabling people to live healthily and independently in safe, secure, warm and accessible homes. We prioritise the most vulnerable residents - those who are aged over 75, with an illness, long term condition, physical disability or who are prone to falls and we can also use a new system to signpost or refer them to relevant services that might be useful.

WHARF regularly encounters residents who are in need of services to complete small jobs such as gardening, fitting wardrobes and help with heating repair / controls which is not within our remit so we are interested to hear about such services in the community our clients could use.

If you want to make a referral to WHARF email: caserworker@wandsworthwharf.org.uk
phone: 020 3198 8945

SMILE!!



An elderly woman decided to prepare her will and told the funeral director she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Southside Shopping Centre. Accustomed to strange requests, the Funeral Director asked, "Why Southside?" "Then I can be sure my daughters will visit me twice a week," she replied.

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

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

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. To book: Joan or Esmie autumnrose@balhamsda.org.uk

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

Line Dancing Newlands Hall Putney Vale Tuesdays 11am -12.30 1st week free then £5 per week

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 07715131813

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)

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

Age UK Services

- Advice /information (Mon-Thur) phone for appointment: 020 8877 8949
- Befriending
- Handyperson (£15 per hour) but grab rails and light bulb change is free
- Help getting out and about.
- 'Techie tea parties' to help older people with technology.

Make a Difference

Charitable organizations

rely on volunteers and older people are a fantastic source of skills and experience as well as having time to spare.

The trigger is often an illness or a bereavement, which draws people towards a particular charity or organization that they have experienced as supportive.



Volunteering can also offer a sense of purpose and new social contacts following retirement or bereavement.

Some older people are looking for regular commitments; others will help out occasionally. Many fill their time by working for two or three different charities as well as being a carer for a friend or relative and helping with grandchildren.

Continuing to feel they are making a contribution is the motivation cited by many older people while others are keen to develop and learn new skills.

There are so many interesting roles including helping schoolchildren to read, fund raising, being a Trustee, mentoring young people, befriending isolated people, giving welfare benefits advice, being an Age UK handyman and many more.



Carol (74) pictured above, helps out every week at a Drop In for Refugees in Balham. She has been involved with refugee work for almost 5 years and her interest began when she worked as a social worker and encountered refugee children unaccompanied by family. At the Drop in Carol chats to people informally, makes them feel welcome, and plays with children to give mums a break. She loves to see how the support she gives helps people make a success of their lives despite their terrible experiences.



Jeremy (69) still works part time but started volunteering three years ago. He visits isolated, frail older

people at home. The work began when he was persuaded by the Home Visiting Project manager to visit John, as there are very few male home visitors and older men have fewer social networks after retirement. Jeremy found that he and John had lots in common—photography, bird watching, politics—so there was no problem finding something to talk about. “Matching people with the right visitor is essential,” Jeremy says.



Gwen (83) has been volunteering at the Furzedown project for at least 30 Years.

Gwen originally ran classes at the project funded by the local Adult College before then becoming a Trustee. She still teaches yoga classes (see picture below) and has also raised thousands of pounds over the years through running sales of goods and plants. Being part of the Project, where she spends most days, has been a life saver for Gwen since she lost her beloved partner and her sister.



Self Help in the community

Su Elliott attended Older Londoners and Community Action hosted by London Age UK. Suggestions included older people undertaking local audits of availability of toilets, benches, pedestrian facilities etc. and older people running their own exercise classes, cooking groups and meal sharing.

The aim is for older people to develop skills and be empowered to take more responsibility for their own health and well being.



Reg. charity No 1096322

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WOPF Management Committee

Tony Tuck	Chair
Valerie Hambelton	Vice Chair
John Horrocks	Vice Chair
Lilias Gillies	Hon Sec
Pius Gnanapragasam	Hon Treasurer
Judith Crompton, Tom Cox, Nathalie Gibson-Wilson, Philomena Menton, Patma Patmaseni, Doreen Brading, Jasmin Elvie, Ricky Lucock, Winston Gordon, Jenny Weinstein.	

Forthcoming Forum Meetings

**All meetings are held at the Anchor
Centre, Garratt Lane between 2pm and
4pm unless stated.**

13 Sept	Birthday Party movies
11 Oct	Mo Smith Regenerate Rise and Simone Farr "Local Vo cals"
8 Nov	Rida Washington from Wandsworth Access.
13 Dec	Music & Festive cheer

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