

Wandsworth Older People's Forum Newsletter



Autumn 2017



In this Issue

Colourful Lives	2
Hearing better	2
Communities	3
All Aboard Greenwich	3
Useful contacts	3
100 year life	4
Youngs Brewery	4
Buried Alive	5
Healthwatch	5
Lost Bus	5
Things to do	6
Wellbeing—Mental Health	7
Forthcoming events	8
Membership form	8
WOPF contacts	8

SOCIAL CARE

Another Consultation

In the June Queen's Speech following the May election, the government announced a consultation on proposals to improve social care. There was no detail about what the proposals in the consultation would include but it appears that the Prime Minister may have backed away from controversial proposals to require users of residential or home care to pay the full costs of their care until their assets (including their housing wealth) falls to £100,000. Responding to the speech Margaret Willcox, president of the Association of Directors of Adult Social Services, said that "A long-term funding solution that will work for everyone, regardless of their means, or nature of their disability, has to be a national priority to ensure certainty and continuity of personal, dignified care to the growing number of people living longer and with increasingly complex and costly needs."



Social Care In Wandsworth

At a packed meeting of WOPF held on 10th July, Peter West from Healthwatch reported that a number of Care Homes in Wandsworth were designated as 'needing improvement' because, when inspected by the Care Quality Commission, they fell below the



basic standards expected. Enid Holden, the Council officer for quality assurance and contracting explained that her team was responsible for home care services, residential care and a number of other services in both Richmond and Wandsworth. She explained the Council's monitoring and risk management system as well as the stringent requirements set down in contracts. WOPF members expressed concern about the breadth of the remit and the depletion of Council funds which may



account for the apparent deterioration in quality of local social services. Tony Tuck identified a possibility that one or more major care providers may withdraw from the market causing an even more severe national crisis. Peter West understood that extra funding provided to Councils for social care by Government is being used to make up some of the shortfall

needed to maintain services at current levels.

A More Colourful Life?



Glenda Jackson CBE told the *Flourishing Lives Conference* held in May this year that “We don’t know the treasure that is in all of us”.

This Conference sought to be ‘aspirational and inspirational’ in its advocacy of more imaginative and enlivening services for older people. As well as representatives of older people’s groups such as ours, there were people from a wealth of organisations linked to museums, galleries, dance and theatre groups, all developing creative ways of engaging older people. Participation in the arts increases physical and cognitive activity in many ways, ranging from exercise and co-ordination in dance, to increased dexterity from playing a musical instrument or participation in arts and crafts. People find these activities to have “added-value” because they sustain physical activity as well as keeping minds stimulated. Problems of health, mobility or transport may prevent people from enjoying activities they used to do such as visiting museums or going to art galleries or the theatre so delegates considered how these experiences could be made available in ways that are accessible.



The day ended with the launch of the *Flourishing Lives Charter* and the promise of bringing together resources, research and experience to act as a catalyst for change so that our lives are not those of ‘passive nostalgia’ but full of ‘variety, choice and normalcy’. For more information see www.flourishinglives.org

Jeremy Weinstein



HEAR HEAR!

What was that?
Speak up!
Stop mumbling!



If this sounds like you, you may need a hearing aid. Don’t put up with it. Have your hearing tested. Go to your GP and get a referral. This will be to St George’s or St John’s or Queen Mary’s. None of us likes the idea but if we can’t hear we can become cut off and isolated. We are too proud to say anything and then people think we are stand offish or, worse, that we have ‘lost it’. Harriet from *Action on Hearing Loss* told the June meeting of the Forum that the most common cause of hearing loss in over 70s is age related damage to the inner ear.

On page 3 of the newsletter you will see details of sessions across the Borough where NHS hearing aids can be cleaned and new tubes fitted. Forum members asked questions about private services. Harriet said they were expensive and you have to pay for new tubes (needed every year) and batteries. If you decide to go



that way try out different services and get several quotes because they can vary quite a lot. A satisfied customer of St George’s said what a good service he got. If something goes wrong he can take the hearing aid there and it will be repaired that day.

Lilias Gillies

Bring back Communities

Useful Contacts

"Shift power back to communities by working in partnership with voluntary and community groups". This is the message coming from policy makers looking at new ways to deliver a more preventive approach to health and social care.



Supporting day services

Examples for older people are our open access day centres where older people can socialise and undertake regular exercise or eat a healthy meal. In addition, should they have a problem,



there are staff who can help them resolve it before it becomes serious thus averting anxiety or the need to approach more formal services.

When NHS and Social Services support this kind of project, they save money in the long run.

(Future of Care: Asset-based places SCIE 2017)

All Aboard for Greenwich



People said it couldn't be done. Mobility scooters, steep gangways, impossible to drop off anywhere near the pier, getting wheelchairs on and off the boat - the barriers seemed immense, but, we managed and had a fantastic day out. We took the boat from Westminster to Greenwich and enjoyed a pleasant couple of hours by the river before returning on the minibus.

Manuel Button Wandsworth Community Transport tel 020 8675 7460 for info on outings.

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 88778949

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.

Times are a'changing

The 100 year Life

The 100 year Life is a new book which argues that the three currently accepted stages – child/adult/old person will not fit the increasing numbers of people, (6,405 in 2016) who live to be 100 or more, rising to 50% of population in 2107.

Working age will probably extended to around 70 which means that it will have to be possible to change the type of work and possibly the hours of work for people according to their capability. The authors recommend far more opportunities to learn and change jobs throughout the life span.

Although rising longevity has been acknowledged with respect to health and social care, there are no strategies with respect to other aspects such as housing and employment.

Many 70 and 80 year olds are still working, volunteering, grandparenting, travelling the world, doing repairs, cycling, walking, gardening, cooking and generally living their lives.

Gerontologist, Sarah Harper sug-



gests that there should be a change in language to acknowledge this change in life length so that there is a differentiation between active people over 65 and those who are seriously frail and in need of support. In her view, only the latter group should be described as 'old'.

It is argued that the word 'old' diminishes us because the image thrown up is of 'inactivity - cardigan and slippers' - when so many are still very

active - 'trainers and fleeces.' Or even suits—like Vince Cable 73 the new leader of the Lib Dems.

A Japanese doctor, thinking on the same lines, suggested old age should begin at 75.



BUT RISE IN LIFE EXPECTANCY HAS SLOWED DOWN

Researchers have found that trends whereby women were gaining an extra year of life every five years and men an additional 12 months every three-and-a-half years have slowed significantly since 2010. Currently, life expectancy is 79.6 for men and 83 for women. In 1919 the figures were 52.5 and 56.1. One reason maybe that there is a limit to the time human beings can live, but the researcher argued that cuts to NHS and social care services are the more likely cause.

Youngs Brewery Remembered in Art

Artist, Neville Gable told the WOPF meeting in July that he has been commissioned to develop some art for the Brewery site in Battersea which is being redeveloped. The Brewery closed in 2006. He

did some research and discovered that Youngs was a shared ownership employer and organised lots of social



sports and other events for employees.

He found a photo of a big Christmas dinner held in

1948 and he decided that he wanted to recreate this as a piece of art but one that depicted the diverse community of Battersea today. He is especially keen that older people who may have memories of the Brewery in its heyday might attend the dinner which will be held in the Town Hall on September 28th.

Buried Alive

Prisons are now the largest providers of residential care for frail and elderly men, many of whom also need palliative and end-of-life care. While



there are pockets of good practice, a recent report by the Inspector of Prisons criticises the service for widespread "inhumane" treatment because prisons do not have adequate resources and prison officers are not trained in care. Many older prisoners have complex needs and over 100 have dementia. Furthermore, prisoners receive hospital treatment including operations in shackles and have to remain in cells if they are ill or infirm. The inspector recommends the introduction of purpose-built "older prisoner" jails: essentially, residential care homes surrounded by a wall, especially as this would free up space and resources for the younger prison population. Numbers of older prisoners are growing exponentially, partly because



of longer sentences and partly because of prosecutions for historic crimes but presently there is no long term strategy to deal with this problem.

"Aging is not lost youth but a new stage of opportunity and strength." Betty Friedan (1921-2006)

healthwatch Wandsworth

Fummilayo Oyenibi spoke at the June Forum meeting about the role of Health Watch (HW). There is a national HW and also local Borough based HW organizations. HW is responsible for listening to what people think of the health and care service and passing their views on to those responsible. It has a small staff, an executive of 8 people and many volunteers. A local charity, Wandsworth Care Alliance acts as HW locally. They hold an assembly once a quarter to dis-



cuss a particular aspect of the service and send out a regular e-newsletter to keep members up to date with local health issues. Some of the volunteers are specially trained to visit hospital wards and care



homes as the 'Enter and View' team who prepare reports of how they

find the services they visit. The service provider has to respond to these reports.

HW represents the community at meetings of Council and the local NHS. If you would like more information or would like to become a HW volunteer

Tel: **020 8516 7767**

WOPF member and the Lost Bus by Cass Allen

On the bus going home, I noticed the driver turned in the wrong direction. I asked him where he was going. He said the road was closed



due to an accident and he had no idea how to get to Chelsea. By now, several other passengers had realised we were going the wrong way, and wanted to get off the bus. I explained to the driver and the passengers that if we turned next left then right, we'd be back on track. We squeezed into the small side street, bumped over a bollard, swayed about, accompanied by shouted instructions from the other passengers, car horns blaring, and me saying "It's alright everyone. I know where we're going". When we saw Battersea Bridge everyone breathed a sigh of relief.

Drv Bones HE AND SHE

WAIT... I'LL GET "WHAT'S HER NAME" FOR YOU.



WAS HIS MEMORY GONE... OR WAS IT HIS IDEA OF A JOKE?

drvbones.com

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

Roehampton Mens Shed Wednesdays 12noon-3.30 Methodist Church, Minstead Gardens SW15 4EB David Peers 07950 931626 or Dave.Peers@ageukwandsworth.org.uk

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)

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

GLASBERGEN

© Randy Glasbergen
www.glasbergen.com



"Sometimes it's good to change your walking routine. Try walking around the block instead of wandering around the kitchen."

Life Style and WellBeing – Mental Health



Big White Wall®

It's a fact that one in four of us will experience anxiety, depression or other mental health problems during our lives. We also know that talking about it helps but it is hard to start. Now we no longer have to struggle alone. Whether you're dealing with a mental health issue or just feel burdened by everyday worries or concerns, Big White Wall provides a supportive, online community to give help when you're feeling down. Trained counsellors are available 24/7, and there's a choice of safe therapeutic services, including self-help courses, also accessible online. So anyone who may be struggling can get support at a time that suits them, from the comfort of their own home. Big White Wall has already helped more than 40,000 people.

Big White Wall is available free in Wandsworth; Residents can simply go to www.bigwhitewall.com and enter their Wandsworth post-code to join.

SELF HELP

Contact Jan O'Brien or Tisson Dulabdas on 0208 812 6750 for a face to face chat about activities, services or groups that could help and support you..

How Are You?

Do you feel low most of the time? Do you have problems sleeping?



Have you lost interest in food? Do you cry a lot? Are you irritable or short tempered? Is it too much trouble to get washed and dressed? Have you lost pleasure in the company of others? Does everything feel just too much so you have stopped going out?

If you (or someone you know) have some of these symptoms and it has been going on for more than three weeks, you (they) may be depressed or anxious. Sometimes this is because of something that has happened in life such as bereavement or sometimes there may not be any apparent reason. Please do not feel that you just have to get on with it. This is an illness and, after trying to understand

more about your symptoms and their causes, your GP will



be able to suggest various treatments that should make you feel better.

Different kinds of Help

Exercise has been proven to



improve mental health so you doctor may prescribe you some fitness sessions if you are happy to try them

Talking therapies enable you to talk to a trained counsellor.

Sometimes just having a chance to speak about your problems and feelings can help you get things into proportion and find strategies to improve your mental health. Alternatively Cognitive Behavioural Therapy (CBT) helps you to manage your thoughts and feelings to channel them into more positive directions.

Medication such as anti-depressants, can be prescribed if your symptoms are severe. However, it is important, once you are feeling better, to also undertake some of the non-medical treatments so that medication can be reduced or stopped under the supervision of your GP.



Reg. charity No 1096322

Correspondence to Hon.
secretary

Tel:020 8672 5592
liliash.gillies@btinternet.com

Newsletter editor:

Jenny Weinstein
weinstein.jenny@gmail.com

Membership secretary

Su Elliott
su.elliott2@virgin.net

We're on the Web

www.wandpensforum.org.uk



**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

Sept 12th Dave Peers—Men's Sheds
Treblemakers

Oct 10th Sue Cox Trading Standards

14 Nov To be arranged

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

Oct 26th **NB. 10.30 am to 2pm** Human
Rights and Older People Conference

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

