



WANDSWORTH OLDER PEOPLE'S FORUM NEWSLETTER



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Convention



WOPF INFORMATION

Registered charity: No 1096322

Correspondence: Wandsworth

Older People's Forum,
FREEPOST, c/o WCEN, DRCA
Business Centre, Charlotte
Despard Avenue, SW11 5HD

COMMITTEE

Syeda Islam MBE **Chair**

Tony Tuck **Vice-Chair**

Dawn Killeen **Hon Secretary**

Charles Runcie **Membership
Secretary**

Valerie Hambelton

Joe Stuart

Bharti Kotecha

GET IN TOUCH

Chair:

Syeda Islam

syebat@hotmail.com

Newsletter Editor:

Renee Lord-Lindsay [renee@
croydoncommunityleaders](mailto:renee@croydoncommunityleaders)



CELEBRATING VOLUNTEER WEEK WITH MAYOR OF WANDSWORTH

SUPPORTING RESIDENTS TO AGE WELL: WORKING TOGETHER TO MEET THE CHALLENGE OF DEMENTIA

By Wandsworth Adult Social Care and Public Health

Wandsworth Adult Social Care and Public Health supports adults to live independently, stay well and safe, and maintain quality of life through personalised care, support and community connections.

Dementia is one of the most significant challenges facing our ageing population – not only nationally, but here in Wandsworth. It affects individuals, families, carers and communities, and its impact is growing as more of our residents live longer, fuller lives. Currently, around 1 in 3 people over the age of 65 will be affected by dementia in some way.

In Wandsworth alone, there were 1,920 residents aged 65 and over living with dementia as of February 2026, with wider estimates suggesting this number could be closer to 2,481. These figures highlight both the scale of the challenge and the importance of ensuring our support offer continues to evolve.

Wandsworth should be a place where people can age well, maintain their independence for as long as possible, and feel supported within a community that understands and responds to dementia. This sits firmly within our Joint Health and Wellbeing Strategy, where dementia is a key priority.

At the heart of our approach is early identification and access to the right support. We know that recognising the signs of dementia early can make a significant difference to outcomes for individuals and their families. That's why NHS Health Checks play such an important role. Between April and December 2025, 5,847 health checks were delivered, raising awareness of dementia symptoms among residents aged 65 to 74 and signposting to further support where needed.

Delivering meaningful support relies on strong, connected partnerships across health, social care, and the voluntary and community sector. In Wandsworth, we are fortunate to work alongside a range of dedicated local organisations providing specialist support.

This includes services such as the Specialist Dementia Service at Gwynneth Morgan Day Centre, dementia cafés delivered by Wandsworth Carers' Centre, and the Alzheimer's Society, which provides trusted information, advice, and local services. Our libraries are also playing a role, offering dementia memory boxes and hosting cafés to create welcoming, inclusive spaces.

Alongside this, wider preventative services are helping to support residents' independence and wellbeing. For example, the Integrated Falls and Bone Health service at St George's allows residents to self-refer if they have experienced a fall or are concerned about falling – an important intervention for maintaining confidence and safety at home.

We also continue to focus on supporting unpaid carers, recognising the vital role they play and the need to ensure they have access to advice, support and, crucially, opportunities for a break.

Looking ahead, Wandsworth Council is committed to building on what we know works and embracing innovation.

We are exploring how care technologies can support more people to live independently at home, alongside developing new models of care that are more responsive and personalised.

Equally important is how we work together and draw on the invaluable insight lived experience provides.

Co-production including designing services with residents, carers and forums such as the Wandsworth Older People's Forum is essential.

We always welcome your feedback, ideas and experiences as we continue this journey. Together, we can ensure that Wandsworth remains a place where people are supported to live well, feel valued, and stay connected throughout later life.

For more information or support, residents can contact Adult Social Care at
www.wandsworth.gov.uk/health-and-social-care/adult-social-care



**Managers and staff of the
Wandsworth Council Adult Social
Care team – Published:
Wednesday, September 3, 2025**

Forthcoming Meetings

**What Everyone Should Know About
Lymphoedema – St Peter's Church
Battersea, 23 Plough Road, Battersea,
SW11 2DE**

On Tuesday 07 July, 2026 at 2:30 pm

From the chair



Dear Members and Friends,

I hope you are enjoying the summer and keeping well. There have been some significant developments locally following the recent elections. I was pleased to attend the Mayor Making ceremony and meet both Councillor Aled Richards-Jones, Leader of the Council, and our new Mayor, Councillor Emmeline Owens. I am delighted that both have kindly promised to attend a future Forum meeting once they have settled into their new roles, and we look forward to welcoming them.

June has been a busy month. We were delighted to be invited by Link UP London to celebrate Volunteers' Week and recognise the tremendous contribution volunteers make to our communities. It was also Carers Week and Refugee Week, providing an opportunity to acknowledge those who support others, often without recognition.



I am especially pleased that the Wandsworth Mobility Forum has been resurrected. It provides an excellent opportunity for local organisations and residents to come together to discuss accessibility, transport and mobility issues affecting many people across our borough.

Thank you to everyone who attended our Summer Members' Get Together. It was a lovely afternoon and a wonderful opportunity to spend time together. I hope you enjoyed it as much as we did.

We are looking forward to **our next Forum meeting on Lymphoedema**. Please note that this will take place on **Tuesday 7 July** (not 14 July) at **St Peter's Church, Battersea**. The session will help us learn more about the condition and how best to support ourselves or loved ones living with it.

Thank you to all members who have completed our membership survey. Your views and suggestions are extremely valuable. If you have not yet completed the survey, we would be most grateful if you could do so.

At a time when many older people continue to face challenges around health services, the cost of living and loneliness, your Forum remains committed to championing your interests and ensuring your voice is heard.

A reminder that we do not meet in August. Our next meeting after July will be on **Tuesday 8th September 2026**.

We will also have a stall at the Battersea Festival on **Saturday 5 September**.

If you are attending, please do come and say hello. As always, I am delighted to hear from you, so please do get in touch with any ideas, concerns or suggestions.

SYEDA ISLAM MBE

St Barnabas Church 'Monday Club'

By Margaret Brett MBE

Back in January 2005 a group of 8 people, all of whom were members of St Barnabas Church in Southfields, got together to form a weekly afternoon social club.

This had church sponsorship and support from the local Southfields Grid Residents' Association. The group soon gathered a very loyal membership, and continues to do so. This has now settled to a regular weekly attendance of about 20 members, and the group is run by volunteers.

We are fortunate to have access to a room in the church halls every Monday afternoon, with both toilet and catering facilities plus a little storage space. There is a nominal weekly charge, which goes towards room rent and consumables. Our numbers are limited by the size of the room, and any vacancies are filled very quickly.

The main focus is to provide an opportunity for older local people to get together and socialise. We amuse ourselves with light-hearted non-competitive quizzes, which are done cooperatively, and the occasional game of 'Bingo'.

We also enjoy home-made cakes, and have benefited recently from the welcome efforts of young volunteers doing their Duke of Edinburgh Award.

We choose not to have trips or visiting speakers, and our main activity is chatting and maintaining fellowship and friendship with each other.



Annual General Meeting Welcomes New Committee and Looks Ahead

The Wandsworth Older People's Forum held its Annual General Meeting in April, bringing members together to reflect on the past year and elect the committee that will help guide the Forum over the coming months.

We are delighted to congratulate the following members on their appointments:

- **Chair:** Syeda Islam
- **Vice Chair:** Tony Tuck
- **Honorary Secretary:** Dawn Killeen
- **Membership Secretary:** Charles Runcie
- **Committee Members:** Valerie Hambleton, Bharti Kotecha and Joe Stuart

The Forum's trustees remain:

- Syeda Islam
- Tony Tuck
- Charles Runcie
- Valerie Hambleton
- Natalie Gibson Wilson

Accounting People Limited were also reappointed as the Forum's accountants and auditors. During the meeting, members heard that WOPF membership continues to grow, with increasing engagement through newsletters, events and activities. Thank you to everyone who continues to support the Forum. We look forward to another exciting year of working together to ensure older people's voices continue to be heard across Wandsworth.

Discover London's Hidden Gem – The Garden Museum

Following the AGM, members were introduced to the fascinating work of the Garden Museum in Lambeth.

Housed inside the beautiful medieval church of St Mary's, next to Lambeth Palace, the museum celebrates the history, design and culture of gardening. Originally saved from demolition by volunteers in 1970, it has since become the world's first museum dedicated entirely to the history of gardens and gardening.

Members heard about some of the museum's unique collections, including:

- Historic gardening tools and equipment.
- Early pony shoes used to protect lawns.
- Victorian garden inventions, including a cucumber straightener.
- A growing archive celebrating Black British gardeners.
- Beautiful botanical art and changing exhibitions.

The museum is much more than a place to visit. It offers:

- Community gardening opportunities.
- Gardening workshops.
- Family activities.
- Programmes for schools.
- Sessions for people living with dementia.
- Volunteer opportunities in the museum gardens.

A group visit was suggested during the meeting, giving members the opportunity to explore this unique London attraction together.



Lavender Bridge Club meets at York Gardens Library Hall for tea/coffee, cakes and bridge every Wed and Fri. Call Andrew on 07940 354203 or email: andrewstimson@yahoo.com

Tooting Graveney Day Centre Activities, exercise classes and lunch for older people, from 11-3pm, Mon & Thurs at 14-16 Lynwood Rd, SW17 8SA. Tel 020 3602 8251 for prices.

Sunflower Dementia Cafe Mount Court, 16 Weimar St, SW15 1SJ. First Saturday of the month, 2.30-3.30pm. Carers with/without the person they support can meet to find support and make friends over tea.

60+ Cafe A warm and friendly cafe for the over-60s held in Roehampton Methodist Church, Minstead Gdns, SW15 4EB. Activities & food. Thurs, 11-4. Tel 020 8487 8285 or email: admin@roehamptonmethodist.org.uk

Involved and Interested

Heart & Lungs Singing Group is a free, welcoming community choir based in All Saint's Church, Brudenell Road, SW17 8DQ and open to anyone living with a lung or heart condition. Through music, breathwork and connection, we sing together, support each other, and have a lot of fun along the way! Fortnightly Thursday, 2-3.15pm, email kimhandlsg@gmail.com

Hestia Activity Centre for older adults from 10-4 every weekday exc Thursday. A range of social activities at 966 Garratt Lane, SW17 0ND inc tai chi, chair dance, choir, art, bingo and IT at low cost. For info and to book, call 020 8767 8426. Hestia also now runs an Age Well programme of activities for the over-55s in Roehampton, inc seated yoga, art and craft, quiz, lunch club and more. All welcome.

For info email **Rita Wing Hung** on kawing.hung@hestia.org

Iris Dementia Cafe St Luke's Church, 194 Ramsden Road, SW12 8RQ. Third Saturday of the month, from 2-4.30pm. For carers and the person they care for to socialise with others affected by dementia and take part in activities over refreshments.

Katherine Low Settlement offers a meeting place, support, exercise and lots of activities as part of its Age Well and Core programme (including Table Tennis Club, Lunch Clubs, Craft Sessions and more) for people 60+ in Battersea. Tel 020 7223 2845 for more info about what's on offer or email: elders@klsettlement.org.uk

Walk Wandsworth. For free walks around the borough's green spaces, go to enablelc.org/walkwandsworth and click on Register online for a walk <https://forms.office.com/e/mzn05WLe8R>

Monday Club 2-3.30 on Mondays at St Barnabas Church, 146 Lavenham Road, SW18 5EP. Opportunity for over-50s to share refreshments and entertainment. Nominal charge. Call Margaret on 020 8870 5364.

Involved and Interested

Open House for Seniors. A weekly social group for older people. Refreshments, activities, trips. Every Monday, 10.30–12pm in Ackroydon Hall, Montfort Place, SW19 6QL.

For more info, **call 020 8877 8940 or email info@ackroydonhall.com**

Wandsworth U3A (University of the Third Age) was founded in 2002 and currently has over 400 members. We are a welcoming group and hold a monthly meeting, normally with a guest speaker, on the third Monday of the month in Burridge Gardens Community Centre, SW11 1AY. Meetings are 2.15–4pm, cost £1.00. We currently have over 50 interest groups. To find out more, go to wandsworth.u3asite.uk/?s=groups

Singing for the Brain Run by the Alzheimer's Society in Wandsworth Libraries. Battersea Park Library: Tuesdays, 3–4pm (tel: 020 7720 4122); Putney Library: Wednesdays, 3–4pm (**tel: 020 8780 3085**).

WOFA (Wandsworth Over-50s Activities) For £10 a year you get 4 programmes of up to 30 outings each, prices vary. Events range from free walks, museum and art gallery visits, meals out, minibus trips, concerts, socials and even holidays. We are not on the internet, but a call to 07958 440808 will ensure you are posted a membership pack. Or write to: WOFA, Training and Resource Centre, Alma Road, SW18 1AQ.

Wandsworth Asian Women's Association offers a lunch club Tuesday and Wednesday for older women who want to meet up socially or seek advice. Talks given. Exercise & English classes. Call 020 8875 9465 for further info on classes.

Roehampton Community Shed is run by Age UK. Weekly group where men (or women) over 60 can meet and work on practical projects such as furniture upcycling while enjoying tea and a chat. Every Weds 11–3pm. Portwood Place, SW15 4ED. **020 8877 8940.**

Regenerate-RISE open-access day centre in Putney provides lunches, activities including exercise classes, health and wellbeing topics, bingo and entertainment, plus an outreach programme. Tel 020 8780 9330 for more information.

Places Leisure runs activities for older adults across the borough that include line-dancing, falls prevention classes, Forever Active wellness classes and more. Search for "Older Adults Activities in Wandsworth" at www.placeleisure.org where you can find the activities held at every centre.

Sparkle Earlsfield: Weds 10.30–14.00, St John the Divine Church, Garratt Lane, SW18 4EH. Sparkle East Putney: Tues & Thurs 10.30–14.00, St Stephen's Church Hall, Manfred Road, SW15 2RS. Sparkle Battersea: Weds 10.30–14.00 St Michael's Wandsworth Common, Cobham Cl, SW11 6SP. Sparkle Roehampton: Tues 10.30–14.00, Holy Trinity Roehampton, 7 Ponsonby Road, SW15 4LA.

Sparkle To register, **contact hello@sparkletogether.org or call 020 8877 3003** or visit sparkletogether.org to find out more about our intergenerational community centres

HELPING NATURE THRIVE – BIODIVERSITY STARTS AT HOME

Members enjoyed an inspiring presentation from Wandsworth Council's Ecology, Policy and Planning Team, who shared practical ways residents can help improve biodiversity across the borough. As climate change brings hotter, drier summers, the speakers encouraged residents to consider planting drought-tolerant species such as lavender, oregano and heather, which not only cope well with warmer weather but also provide valuable food for bees, butterflies and other pollinators. They explained that even small outdoor spaces can make a difference. Window boxes, balconies, containers and community gardens can all become mini habitats that support wildlife.

The Council also shared some of its wider environmental projects, including:

- Creating new wildflower meadows.
- Planting berry-producing shrubs for birds.
- Improving sustainable drainage systems with attractive planting.
- Using traditional horses to sow grass in sensitive habitats.
- Developing a five-year Biodiversity Action Plan to better connect green spaces across the borough.

Members suggested creating an informal gardening network and increasing lavender planting in public spaces—ideas that generated plenty of enthusiasm during the discussion. The presentation was a reminder that everyone can play a part in creating greener, healthier neighbourhoods.

Understanding Dementia in Wandsworth

By Sarah Goodall

As we grow older, many of us notice occasional changes in memory, concentration or recall. While some forgetfulness can be a normal part of ageing, dementia is not. Dementia is an umbrella term for a range of conditions that affect memory, thinking, communication and the ability to carry out everyday activities. Across Wandsworth, many older people and their families are affected by dementia. Although receiving a diagnosis can feel daunting, there is increasing recognition that people can continue to live well with dementia when they have access to the right support, information and community connections.

At Katherine Low Settlement's Elders Programme, we see every day how important friendship, social connection and meaningful activity are for wellbeing. Whether through exercise classes, creative workshops, lunch clubs or simply spending time together, staying connected can also help reduce isolation and support quality of life for people living with dementia and their carers.



If you are worried about your memory, or that of a family member or friend, speaking to your GP is an important first step. Early diagnosis can help people access specialist advice, support services and practical assistance sooner. There are also a range of local organisations across Wandsworth offering support for people living with dementia and those who care for them.

I would particularly encourage readers to take a look at Wandsworth Council's recently updated Dementia Services in Wandsworth guide. This useful resource provides information about local services, support groups, advice organisations and practical help available across the borough. The guide can be accessed online at:

www.wandsworth.gov.uk/media/mybingca/dementia_services_in_wandsworth.pdf

If you do not have internet access, a family member, friend, carer or local library may be able to help you obtain a copy. Creating a dementia-friendly community is everyone's responsibility. Through understanding, patience and kindness, we can help ensure that people affected by dementia continue to feel valued, included and connected. Together, we can make Wandsworth a place where everyone can live well, whatever their diagnosis.



Personalised compassionate home care



Our Care Professionals are carefully chosen and matched to your individual needs, providing continuity, compassion and someone who really cares.

Our Services include:

- | | | |
|-----------------|-----------------|--------------------------|
| ■ Dementia care | ■ Home Help | ■ Live in & respite care |
| ■ Companionship | ■ Personal Care | ■ Overnight care |

Get in touch today

Call **020 8871 0006**

Email enquiries@hiscwandsworth.co.uk

Visit our website homeinstead.co.uk/wandsworth-lambeth



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Members' Voices Matter – Have Your Say

One of the final discussions at the Members' Forum focused on the future of Wandsworth Older People's Forum. To help shape our priorities and ensure we continue providing activities and information that matter most to members, we will soon be asking everyone to complete a short membership survey. The survey will only take around two minutes to complete, but the feedback will be invaluable in helping us:

- Plan future events.
- Improve communications.
- Understand what matters most to members.
- Develop new activities and services

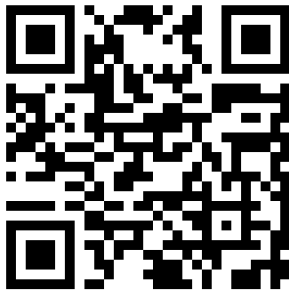
The meeting also highlighted how much members appreciated the improvements made to the Forum's newsletter, particularly the larger, clearer text which has made it easier to read for people with visual impairments.

Thank you to everyone who attended the AGM and Members' Forum. Your ideas, questions and support continue to make the Forum stronger, and we look forward to seeing you at our future events.

Thank you

The Forum would like to thank all our volunteers for their hard work, whether they have helped with refreshments, put out the chairs at meetings, proofread the newsletter or helped with the sound system. Thanks to everyone including but not limited to: **Jeff Barber, Trish Loy, and Zoe Chan** If there are any others who would like to volunteer, please contact Syeda at syebat@hotmail.com

Scan QR code –
Have Your Say



Membership application/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 £10 (annual subscription for individuals or organisations) to: Membership Secretary, Wandsworth Older People's Forum, FREEPOST, c/o WCEN, DRCA Business Centre, Charlotte Despard Avenue, London SW11 5HD.

I wish to join/rejoin the Wandsworth Older People's Forum:

Name (individual or organisation)

Address

..... Postcode.....

Phone (Home)..... (Mobile).....

Email.....

(This is important as, in future, because of funding we may need to communicate with you by email, not post.)

☐ I enclose a £10 cheque/PO payable to Wandsworth Older People's Forum

☐ I have made a payment of £10 into the Wandsworth Older People's Forum

Account information: at Lloyds Bank, Sort Code: 30-99-08,
Account no: 22084368

Please put your name as the reference or we won't know who sent it!

I might be interested in being a volunteer ☐



Signed Date

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.



Wandsworth
Older People's
Forum



What Everyone Should Know About Lymphoedema

Join us to find out whether you could have lymphoedema or be at risk of developing it and why it matters!

07 July, 2026
AT 14:30 pm

Meet the expert
on Lymphoedema
team from
Accelerate

We will be exploring:

Stay 
healthy

- **Understand Lymphoedema** – Causes, risks, and impact.
- **Support Your Lymphatic Health** – Self-care tips and activities.
- **Access Specialist Help** – Resources, support, and referrals.



**PLEASE REGISTER VIA
EMAIL BELOW**



INFO@WOPF.ORG.UK



St Peter's Church Battersea, 23
Plough Road, Battersea, SW11 2DE

