



Registered Charity No. 1096332

Annual Review

Will 2009 be "The Year of the Trouser?"



Tony Tuck

My maternal grandmother learned many things from my maternal grandfather, especially once he had returned from serving in the Boer War in 1901. One of the 'insults' that I well remember her saying about someone was that they were "All Mouth and no Trousers". An insult well used about officers by enlisted men, I presumed.

Well, for the older generation the year just gone has certainly been a year of Mouth. Everyone, it seems, has a strategy or blueprint for dealing with Old Age. Special 'dementia spotting' clinics are to be set up in every community. The role of spokesperson or champion for the elderly is diamond like in its many facets. Joan Bakewell (who will surely always be thought of by men of a certain age as being "the thinking man's crumpet") has been pronounced as the One who will Speak Up for The Elderly. We have national and local champions galore it seems. Central Government has been rolling out Plans for Tackling Issues arising from Ageing. Our own Wandsworth Council has produced a wholly laudable "Strategy for Older People". In the voluntary and charitable sector, Age Concern and Help the Aged have at long last agreed to merge their organisations to better represent the interests of older people.

The side effects of the Credit Crunch have flickered briefly on the problems of elderly pensioners living off their investment income (and how many readers of this quarterly Newsletter have such vast amounts of capital that the criminal corruption & incompetence of the captains of industry and the lowered interest rates for savings will have had a brutal impact? Certainly not I!

But as my granny would have said -"All Mouth and No Trousers. Put your money where your mouth is." She knew a thing or two about money. She ran not only my grandfather, but also Highgate Post Office and a Boots Lending Library. So this year (and don't forget there are European, Local and National elections .waiting for our votes in 2009/10) remember that what is urgently needed is **Action Not Words.**

Here in Wandsworth local organisations are closing down for want of funding. The Wandsworth Museum has been closed by the Council. In July the De Morgan Art Gallery in West Hill is closing in Wandsworth after decades in the Borough. Lunch clubs' funding is being reduced. Shops are going bust before our eyes and our grandchildren are losing their jobs. Parts of the Borough are being be-spoiled by shoddy and greedy overdevelopment. And to what end? Not to the benefit of elderly residents.

I hope that all readers of this Newsletter will play their part in pressing decision makers to put their plans into action. At the end of the day this means cash and not just promises. So let us all be good 'managers' and demand that targets be set and outputs measured.

When prospective MEPS come looking for our vote later this year, ask them to show what they and their political party or allies have done to make our society a fairer one, to help promote independent living for all citizens, to ensure that opportunity is real and manifest for all and, that the frail elderly who need support get it. Likewise next year, when would-be members of parliament and would-be local councillors proposition us for our vote for them, let us all demand to know what they have done that works to make for a better society.

My granny also said the "By your works, so shall ye be judged". So let's do our bit to help make 2009 the "The Year of the Trousers".

Tony Tuck: Chair
7th February 2009

Annual General Meeting

Anchor Church Centre 273 Garratt Lane

Tuesday 21st April 2009 2pm.

Mayor of Wandsworth
Our 3 MP's invited

Wandsworth Older People's Network

The Older People's Network is organised by the Forum to gather the voice of all older people across Wandsworth. The Forum receives funds from Wandsworth Borough Council to assist with this work.

During last summer the Older People's Strategy was agreed by the Local Strategic Partnership, which consists of representatives of Council, Primary Care Trust, Police, Town Centre Partnerships and South Thames College as well as a number of voluntary groups including the Older People's Network. The Network had been very active in collecting views from older people and was represented on the various action groups which met to devise plans on what should be done to meet the objectives set out in the Strategy. The Network is continuing to be represented as the Action groups are meeting to develop the next stages.

The Network, in response to a request to meet occasionally in more outlying parts of the Borough, held a conference in Putney. The Strategy was introduced by Rob Persey, Deputy Director, Adult Social Services. Liliias Gillies spoke of the Network's share in producing it and in the ongoing Action Plans and there was a general discussion raising several concerns. These included funding for voluntary



Rob Persey
Deputy Director,
Adult Social Services

bodies which are seen in the Strategy as playing a major part in providing activities for older people. Rob Persey replied telling of the increased support for Active Days and for Age Concern to develop new services for shopping and gardening help. Housebound Learners was quoted as suffering from lack of funding but now seems to be functioning again. The Network is concerned at the very constrained finances of the many organisations providing care, support and activities for older people. In particular those providing lunches and day centres find it very hard to provide enough help to give the support needed for isolated and frail older people.

There was concern that Careline, the very useful Health and Social Care advice service by telephone and website, might be threatened. There are to be discussions about the way advice and information is provided but in the meantime Careline is funded to 2010

Other speakers at the conference told of the current services for podiatry(chiropody) in Putney, now fully staffed, after a period of under staffing, and of the day hospital at Queen Mary's, Roehampton, the Brysson Whyte Unit. Developments of plans for Putney Hospital site were going ahead. Fears about polyclinics taking all the GPs in the area were allayed.



The plans at Putney will be for three local practices to move in and for the new Centre to be open 8am -8pm, 365 days a year, where you can be seen by a doctor or a nurse even if not registered there. There will also be other services like blood tests, pharmacy and diagnostic tests and a well-being cafe with space for meetings. There will be space for more services than can be provided as the present practice premises and more car parking. Discussions are going on to improve the access by bus.



Colleen Bowen
Local Involvement Network

Charlotte Allen, Active Days Coordinator at Age Concern, described the programme of activities started through a lot of people's efforts. Colleen Bowman described the role of the new Local Involvement Network, which replaces Patient and Public Involvement Forums. She urged everyone to join and help to build a picture of the services, both health and social care, and to point out where improvements are needed.

The next conference will be held at Balham Baptist Church Hall, Ramsden Rd, SW12 (opposite Balham Library) on Tuesday 24 March at 1.30. All are welcome.

Liliias Gillies

Secretary's Report



Liliias Gillies

The Forum has had another active year with monthly meetings with many interesting speakers. We started the year with Cllr Mrs Howlett, the retiring GLA member, talking about her career in opera. In April at the AGM we had four of the candidates for the GLA election and managed to fit in the three MPs as well. Other subjects during the year were recording memories, the Christmas dinner hosted by Battersea Park Rotary Club, the Probation Service, the Borough police service and Wandsworth Town Centre Partnership. Lynley Sambourne House, in Kensington, the former home of a Punch cartoonist, proved a real hit. Other meetings provided a wealth of information about local services, such as Penderels, for help for those who choose to run their own services with direct payments, Wandsworth Trading Standards and EDF, on its electricity network but also safeguarding your power supply for continuous heating and necessary medical equipment in a supply breakdown.

The Committee has discussed many consultation papers and sent in comments and in particular, with the help of the wider group of the Older People's Network, has contributed to the development of the Older People's Strategy. The Strategy went to committees in May and following further discussions Action Plans were drawn up by groups with representation from Council, PCT and many voluntary groups including the

Older People's Network. The Strategy and Action Plans were endorsed by the Local Strategic Partnership in October and launched at the Well-being Day at the Civic Centre that month. The Action Groups are to continue to meet to monitor developments, or lack of them. The Forum and the Network will be taking an active part and will be watching to see that identified needs are met with the promised services.

Wandsworth Borough Council's commissioning of the Forum to run the Older People's Network is accompanied with funding, with a place of the Local Strategic Partnership and with a quarterly meeting with the director of Adult Services. This has proved a valuable forum for discussing older people's perceived problems and also hearing about and commenting on future plans to meet needs.

The Forum has members representing older people at many meetings in the Borough, the Police Consultative Committee, Wandsworth Environment Forum and now the Local Involvement Network. Members of the Forum sit on working parties in many areas of the health service and are trustees on other voluntary bodies such as Age Concern, Wandsworth Care Alliance and amenity societies. The Network has held two conferences, in Anchor Church Centre in the centre of Wandsworth and in Putney, to which representatives of all voluntary bodies run by, or for, older people were invited. The Steering Group of the Network has met four times to maintain the information exchange and plan activities.

The Newsletter has been produced quarterly, with members receiving it by post and bulk copies delivered to the Council, the libraries, community centres and sheltered housing. Its circulation this year has been 3500 and its reports of the meetings with information from there and from other sources about services ensure wide coverage. Again this year a questionnaire was circulated with the September edition. The analysis published in December showed the activities, on which the older people who responded, spent their time. Reading was mentioned by 80%, spending time with family and friends by 62% and art and entertainment by 51%. The desire for local places where older people can meet, chat and pick up information was a frequent comment.

Liliias Gillies
Hon Secretary
January 2009

Committee 2008/9

CHAIRMAN	Tony Tuck
VICE-CHAIRMAN	Barbara Willerton
HON SECRETARY	Liliias Gillies
HON TREASURER	Frederick Roth



REPRESENTATIVES OF ORGANISATIONS:

BATTERSEA ORG FOR RETIRED PEOPLE - Doreen Brading

FURZEDOWN PROJECT - (Vacant)

GRAVENEY DAY CENTRE - Nathalie Gibson-Wilson

ASIAN WOMEN'S ASSN - Clare Kakembo

TOOTING METHODIST SISTERHOOD - Jean Richards

INDIVIDUAL MEMBERS

Lionel Davis, Cyril Marshall, Phyllis Murray,
Philomena Menton, Taj Qureshi, Edith Ezekial-Hart,
Wendy Saunders-Jacobs.

REPRESENTING PUTNEY & ROEHAMPTON - Elaine Brumstead

MEMBERSHIP OFFICER - Su Elliott

PRESS OFFICER - Freddie Roth

ENTERTAINMENT ORGANISER - (Vacant)

NEWSLETTER EDITOR

Doreen Brading assisted by
Philomena Menton, Freddie Roth.

Liliias Gillies - Hon Secretary

CARE Information Centre
Line for Wandsworth
HEALTH AND SOCIAL SERVICES

 **020 8875 0500**

Minicom: 020 8643 8985 Fax: 020 8643 8531

www.careline.org.uk

e-mail: careline@clara.net

Monday to Friday 10am-8pm
Saturday 10am-1pm

Wandsworth Older People's Network

Conference

Tuesday 24 March 2009 1.30 -3.45

Balham Baptist Church Hall Ramsden Rd, SW 12 (opposite Balham Library)

Topics to include the Older People's Strategy and services and activities for older people particularly in the South of the Borough

Good transport links by bus, Northern Line and overground rail

Refreshments

Disabled access and speech-to-text for hard of hearing

'Well Met'

A Befriending Scheme

Volunteers Needed

healthy living - well-being - independence

- **'Well Met'** is a befriending scheme which aims to introduce people who are over-55 years old, and who live in the borough of Wandsworth, to volunteer befrienders.
- As well as being there to provide good company and friendship, and to assist in useful everyday support, our befrienders are equipped to give advice on various aspects of healthy living.
- This means that they can help to encourage people towards achieving physical and psychological health, to sustain well-being, and so maintain precious independent living.
- Comprehensive training will be provided and it is intended that the experience gained as a 'Well Met' befriender can be directed towards a potential career in health promotion.

For further information or to request an application form please contact Joseph Crilly – Befriending Coordinator- on 07930 570 412 or at joseph.crilly@peabody.org.uk

The 'Well Met' scheme is run by Peabody in partnership with Wandsworth Primary Care Trust.



PEABODY

Wandsworth Older Peoples' Forum WOPF - Financial Report - 2008

Period 01/01/08 - 31/12/08

1) Income

A1	subscriptions - individuals	525.00	
A2	subscriptions - organisations	115.00	
A3	donations	53.00	
A4	grants - Network	7,702.50	
A5	grants - Forum	45.00	
A6*	bank interest	1,125.37	
Total Income (A)			£9,565.87

2) Expenditure

E1	staff salaries	2,706.00	
E2	staff expenses	242.40	
E4	office expenses	532.56	
E5	postage	413.92	
E6	office equipment	10.50	
E7	subscriptions to other organisations	43.50	
E8	audit	150.00	
E9	publicity & advertising	298.81	
E11	representation & training	106.50	
E12	publications	40.00	
E13	miscellaneous	36.16	
Total Central Administration (E)			£4,580.35
M1	hall hire	479.30	
M2	refreshments	380.21	
M3	facilitators	393.00	
M4	transport	340.30	
M5	miscellaneous	370.00	
Total Meetings (M)			£1,962.81
N1	printing	2,007.20	
N2	postage	978.17	
Total Newsletter (N)			£2,985.37
Total Expenditure (E+M+N)			£9,528.53

3) Bank Assets

CAF - Gold Account	Beginning Period	£23,743.02
	End Period	£23,780.26
CAF - Cash Account (constant)		£500.00
<hr/>		
A6*	bank interest on Cash Account	19.96
	bank interest on Gold Account	1,105.41
		£1,125.37

Response to Questionnaire Oct 2008

A questionnaire was circulated with the September Newsletter of Wandsworth Older People's Forum. In total some 3500 copies were circulated, 200 posted to individual and members and organisations in membership, plus 50 to each library and the Town Hall, with bundles in requested numbers to community centres and sheltered housing.

In total, 84 completed replies were received. This cannot be said to be a random sample of older people in Wandsworth but rather it reflects the views of concerned older people in Wandsworth. Nearly two thirds of the responses came from members of the Forum, which is to be expected.

Respondents were asked how they spend their time. The vast majority (80%) mentioned reading. Spending time with family and friends (62%) came next followed by art and entertainment (51%). Gardening (43%), sport and exercise (40%), voluntary work (38%) and adult education (32%) came next in frequency.

When asked how satisfied people were with services provided 17% said very satisfied and 53% satisfied. The Council and the PCT can take some comfort that the majority (70%) were satisfied or very satisfied with services, but they have still a way to go to meet most needs with 24% not very satisfied and 6% very dissatisfied.

When asked what service they felt they needed but could not have, 4% mentioned free dental treatment, 3% chiropody and 3% general cleaning.

Some of the needs mentioned should have been met as services are currently present in Wandsworth. Are people not given enough information?

12% of the respondents had received an assessment for social care for themselves and as a carer. Half were assessed as critical or substantial and half as moderate or low. This seems to suggest that where people are assessed as critical and substantial they did get help but that not all assessed as at moderate or low risk were given helpful advice.

When asked what the most important issue currently facing older people was shortage of money came high in importance and loneliness next. Affordable ways of meeting others would seem of importance. By far the most frequently mentioned improvement was more centres for older people to meet with activities, mentioned by 25% of respondents. Transport that is accessible to people with some disability or frailty is important in giving people more choice.

Information and advice and libraries being available locally seemed to be a need for a number of respondents with Roehampton getting particular mention.

Key Findings:

- 1) There was a fairly high satisfaction rate with services in the Borough - but not among those needing care but finding they were not eligible;
- 2) 30% of respondents considered financial difficulties to be the most pressing problem, but loneliness at 18% came next;
- 3) NHS dental services and chiropody were seen as areas that would benefit from improvements in service;
- 4) The lack of local places to meet for activities and information was perceived as a key unmet need. By far the most frequently mentioned improvement was more centres for older people to meet with activities. This was mentioned by 25% of respondents.

The full report is available from the WOPF office (8672 5592)

Would you like to take part in the teaching programme for our second year MBBS students at St George's ?

The Section of Geriatric Medicine at St George's Hospital University of London would be grateful if you could accept a visit from our St George's students.

This is part of the student's second year training in Ageing, Impairment and Disability. They will visit in two's or three's to an older person's home (who does not necessarily have any illness or disability) for about half an hour to talk to that person about themselves and their life. They will make notes, from which they will produce a one page report (which is not put on record and is treated as confidential). This helps our second year students acquaint themselves with older people.

We do not have confirmed dates yet, but the visits will take place between Wednesday 20th May and Tuesday 2nd June 2009 inclusive.

If you would like to take part, please write (or telephone) me with your name and address, and if possible your telephone number at:

Mrs J Huxtable
Administrator
Geriatric Medicine (CDS)
St George's University of London
Cranmer Terrace
London SW17 0RE
Tel No: 020 8725 5327



WANDSWORTH INTERPRETING SERVICE

Bedford House, 215 Balham High Road, SW17 7BQ

Tel: 020 8672 1043 / 3649

Email: wis@wandsworth.gov.uk

**WANDSWORTH
VOLUNTEER!**
You *can* make
a difference

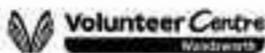
**Wandsworth Older People's Forum
Newsletter**

has been recognised for their
outstanding contribution with

Wandsworth Older People's Network

Nominated in the category of
Team of the Year

★ **VOLUNTEER AWARDS 2008** ★



Composting

If I could be so bold as to offer a few tips on composting, I have been gardening since I was 5 yrs old so I have learned a thing or three.

1. Try to place the composter bin on garden soil, preferably continuous to a flower or vegetable bed so the worms can get in from underneath. If the bin is supplied with a plastic saucer discard it and make sure the sides of the bin are at least 2" into the topsoil. The worms rise inside the bin level with the top of the rotted matter so anything under the worms is usually rotted down. If you are going to place the composter on a hard surface then use the saucer.

2. Layer the material to be composted with garden topsoil. This does two things, it introduces some worms and also provides pressure which makes the material rot faster as it squashes it down.

3. Using an old broom handle or length of wood make a 'chimney' in the centre of the compost to release the gases produced during rotting

4. Mix the material to be rotted with 'Garotta' or similar accelerant

5. Do not expect the material to be properly rotted down in less than 12 months

6. DO NOT introduce weeds of any kind as a small compost bin will not destroy seeds or roots and you will just spread these everywhere. I have mine collected free by Lambeth Council as I don't live in Wandsworth but if Wandsworth don't collect burn them if possible.

7. Look through the compost as you take it out and return anything that is not fully rotted down.

8. Have patience. It takes more material than you think to make compost.

GOOD LUCK !!

Paul Chesterman

A Free Hearing Aid Support Service in Wandsworth for NHS Hearing aid users

Do you have problems changing batteries and tubing?
Do you find inserting your hearing aid difficult?
Would you benefit from further support and advice?

**We have various support sessions around the borough which you can visit.
We can visit you at home.**

We can visit sheltered housing schemes and nursing homes.

For more information, please contact: **Beverley Leach**
Tel 07501 257443 (Wed -Fri)
Email: beverley.leach@rnid.org.uk

The Wandsworth Hearing Aid Project is run by RNID in partnership with St. George's Healthcare.



MEMBERS MEETINGS

All at Anchor Church Centre,
273 Garratt Lane, SW18. 2pm-4pm
Buses 44 and 270 pass the door

Tuesday 10th March
London Ambulance Service

Tuesday 21st April
Annual General Meeting
Mayor of Wandsworth
and our 3 MP's invited

Tuesday 12th May
European Election candidates

Meetings are held the second Tuesday of each month
(except August)

Wheelchair Access, Loop System, Refreshments
All are welcome - bring a friend

If you want to join the Wandsworth Older Peoples' Forum,
please fill in the subscription form below and return with
your payment to:

Membership Secretary, Wandsworth Older Peoples' Forum
WCEN inc. DRCA, Charlotte Despard Ave. London SW11 5HD

I wish to join the Wandsworth Older Peoples' Forum.

Individual Membership £5 per year

Name

Address

..... Postcode

Telephone:

Organisation Membership £5 per year

Organisation Title

Contact name

Address

..... Postcode

Telephone:

Cheques payable to 'Wandsworth Pensioners Forum'

Subscriptions 2009

Subscriptions for 2009 will be £5 due from 1st Jan,
£5 for individuals and £5 for organisations

As Wandsworth Pensioners Forum is now a charity
a Gift Aid Declaration made by taxpayers will
enable the Forum to claim tax back on what you
pay as subscriptions and on any donations made.
Please fill out a Gift Aid Declaration if you pay tax
and help the Forum's funds.

National Pensioners Convention

19-23 Ironmonger Row,
London EC1V 3QN
Tel: 020 7553 6510
www.npcuk.org



Campaign Dates

6th April

Pensions' Action Day
Contact the NPC for details

2-4th June

17th Pensioners' Parliament
Winter Gardens, Blackpool

Includes Question Time session
plus guest speaker Michael Parkinson.

Credentails priced £3 available from
the NPC office.



NEWSLETTER

Editorial Team

Editor: Doreen Brading
email: doreen.brading@tesco.net Tel: 020 7223 9728
Deputy Editor: Philomena Menton
Press Officer: Freddie Roth
www.wandpensforum.org.uk

Correspondence to Hon Secretary

Lilias Gillies, 6 Fircroft Rd, London SW17 7PS
Tel 020 8672 5592 (and FAX)
Email lilias.gillies@btinternet.com