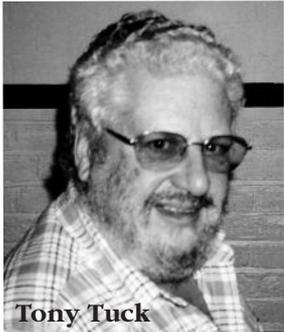




Registered Charity No. 1096322

Annual Review

Welcome to the Age of Uncertainty



Tony Tuck

One hundred years ago in 1912 the Edwardian era was drawing to a close - though few realised it at the time. The social framework and moral compass of England in 1912 seemed to most people to be certain and enduring. Social divides were clear cut; the exuberant energy of the mercantile Victorians was on hand for all to see in new town halls, libraries, schools, Anglican churches and even acres of domestic villas. Yet within half a decade all this was as nothing, as European war scarred the people and destroyed the lives of young men and wellbeing for most people.

Here and now one hundred years later it feels as though there is an uncanny sense that we are also dozing our way from a secure past towards a very uncertain future.

At home there is a government that is being shamelessly and blatantly unfair to hundreds of thousands of poor and defenceless citizens unable to be self-sufficient for one reason or another, while permitting the 1% of richest people to plunder their companies with obscene 'bonuses', huge share gifts, incredible pension sums -and knighthoods to boot. Meanwhile the ordinary citizen is likely to have a pay freeze, worsening pension conditions, heavy price increases in the basic necessities of life and the ending of security of our social insurance to protect people from the effects of unemployment, redundancy, widowhood, accident and illness.

In greater Europe squabbling politicians seem unable to take decisive action to remedy the earlier failings of the financial services industries of Europe and the USA. In the USA there is government stalemate as opposition ostriches put their heads in the sand. Worldwide there are odd clusters of religious fanatics killing innocent people randomly and seemingly without reason. There are riots in the streets in Athens,

the cradle of Western culture and civilisation, while hedge fund gangsters have managed to get insurance against a Greek national default, and so perversely are refusing to agree terms that would make such a default less likely.

Here at home the sense of disconnection is shown when, with youth unemployment over 20%, a prime minister can tell folk to stop whinging and get a job; when a cabinet of multimillionaires can prioritise cutting the incomes of the very poorest; when a former Archbishop of Canterbury can rebuke current bishops for having integrity and standing up for what is right; when ministers routinely deceive about the impact of their policies; when the political opposition state they support a 'benefit cap' that incorporates child benefit; when financial services seek short term gains to increase their ability to plunder; when the fourth estate are revealed as liars and crooks; and when the governing class are in collective denial about the outcomes of their actions and inactions -then truly the body politic is showing signs of dysfunctional stress and is revealed an unfit for purpose.

A key touchstone of a civilised society is how it protects the defenceless, how it strengthens the weak, how it supports the poor and how it enables the powerless. Current evidence indicates that as a society we are now failing that test.

Over half a century ago Lord Beveridge described the Five Giants to be overcome on the 'road to social reconstruction' as being Want, Disease, Ignorance, Squalor and Idleness. Just because as a society we have developed systems of social security, health care, education, social services and the goal of full employment does not mean that we can afford to allow these structures to be eroded and decay, being replaced by a 'devil take the hindmost' approach. But look around you -be vigilant, but also be both caring and careful.

So welcome to the Age of Uncertainty. But hang on tight; it looks like being a very bumpy ride.

Tony Tuck

Free Open Day

March 20th Wandsworth Civic Suite

10.30am - 5.00 pm

Organising and paying for help to live independently Are you an older person or someone with a disability who needs help to live independently or who may need it in the future? A carer? Someone who wants to provide care ?

The open day will show you what options are available and how to make your money go further.

We would like everyone already getting help from social services to come along and find out how you can have better control over your own care We also want to meet people who organise their own care or who are planning to do so. Find out what other providers are out there and see if you qualify for financial help from the council.

The event will be:

Wheelchair accessible
Supported by loops
Volunteer guides will be available
Limited transport will be available

Find out more, book a workshop or ask about help with transport or communication needs on 020 8871 6278. email: involved@wandsworth.gov.uk

Mince Pies, Music and Merriment

A few glimpses of WOPF's Christmas Party, where great music was provided by the voice of Mabel Headley and Will Martingdale at the Piano.



Health & Well-being Partnership

The Health & Well-being Partnership is a series of meetings to gather ideas from the local population about how to improve the health and well-being of the local community and to pass the messages to the Health & Well-being Board which is a committee of Wandsworth Council. This is part of the structure of the NHS envisaged in the NHS bill going through Parliament at present. Structures have already been set up in Wandsworth in advance of the Bill becoming an Act.

The Health & Well-being Partnership in February discussed how to get people in Wandsworth persuaded to improve their lifestyles to reduce the excess deaths from cardiovascular disease. The messages about lifestyle are clear; don't smoke, take regular exercise, eat sensibly, at least 5 fruits or vegetables a day and not too much sugar or fat. In spite of the messages people are dying in greater numbers in Wandsworth than in comparable districts.

At the meeting various ways to help encourage people were weight-watcher-style groups in GP surgeries and walking groups across our many commons. Doing things with other people adds peer pressure to raise the commitment to a programme of weight reduction or stopping smoking. Sideeffects often cause people to stop taking the medication for reducing cholesterol. But perhaps good diet and regular exercise would produce the desired effect.

We heard about a number of initiatives already in place in Wandsworth to help identify people at risk and help them to reduce stress and live more healthily. These include checks for atrial fibrillation with pulse-checks when attending the GP for flu immunisation and Active Wandsworth which has involved schools in healthy eating and anti-obesity programmes.

We hope the meetings produce information which will help decisions by the Clinical Commissioning GPs and by Wandsworth Council.

The meetings are open and any interested member of the public could attend.

Lilias Gillies



Annual Report 2011



Liliias Gillies

The austerity measures introduced by Government and the enormous cuts in Council and NHS funding have dominated discussion between providers and users of services in this last year. The first service to be hit were the libraries and the Forum joined in the fight to save York Gardens Library, much used by the local community and its children and in

the most deprived ward of the Borough. The outcome has seen cuts in hours in other libraries but York Gardens Library will still be open at some times and available for children to do homework in an area where most families live in small flats and children do not have access to a personal computer.

The Forum has for long maintained a programme of visiting small groups who do not always manage to come to meetings and conferences. They are often cut off from news of what authorities are planning and are not able to make comments in time to have any influence on outcomes. The Comic Relief grant which was gained in April 2011 for three years has enabled the Forum to continue employing Mac Downes as Outreach Manager, with the remit of talking to and encouraging these small groups. Mac has been very busy in Roehampton and also with sheltered housing across the Borough and has enabled many groups to constitute or revive themselves and to gain funding for various activities. A garden was renovated at Carey Gardens SW8 with help from the staff of Nando's Restaurant and a photographic exhibition arranged in Roehampton, at present touring around the area. It is hoped the photos of current Roehampton will stimulate memories of people's past, of their arrival in Roehampton and of earlier times for them and of Roehampton.

The Forum has a grant from Wandsworth Council to hold two conferences each year for older people in Wandsworth. In April 2011 a major event was held in the Civic Centre where officers from Council and PCT spoke to small groups of older people and staff working with groups of older people at tables scattered throughout the Hall. This arrangement allowed people to put their questions directly to officers and to gain some insight into why decisions were made and for officers to see where there could be need and wishes which could be met. A further conference was held in December on the Joint Strategic Needs Assessment. The JSNA documents the population changes, characteristics and needs seen by Public Health and Wandsworth Council. The JSNA was published for consultation during the last three months of the year and thereafter should incorporate some of the views expressed. It is then discussed by the Health and Well-being Board and the Clinical Commissioners will use it to inform their decisions on the provision of services in the Borough in the forthcoming year or two.

This year the Forum questionnaire concentrated on Roehampton older people. As part of Mac's work 5000 questionnaires were distributed to households in

Roehampton. It was based on the needs and wishes of older people so many households without older residents would have seen no need to answer it. but. Including 51 collected at the annual Kings and Queens event, run by Regenerate-Rise, a total of 109 responses were received. Respondents were almost all aged between 60 and 95 and 84% were female. More than a third reported that they attended no regular activities. Questions on what activities they might like to attend ranged from Christmas party, pantomime and excursions to exercise and craft.

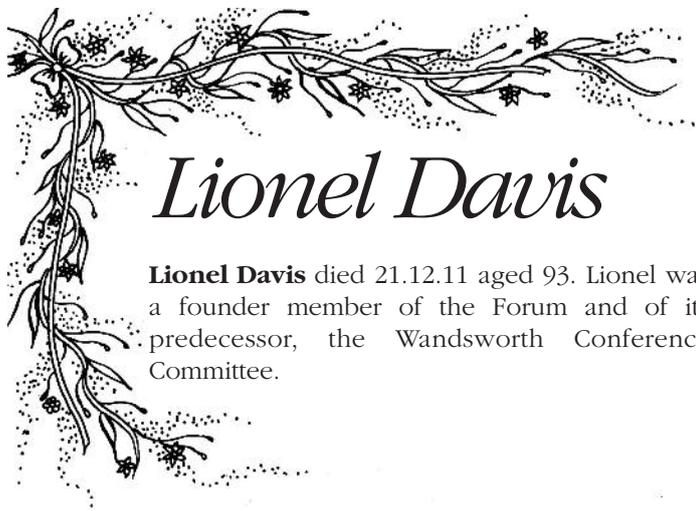
The Newsletter has been produced quarterly, posted to members and is available in libraries, sheltered housing and centres where older people meet. Open meetings have been held monthly on a variety of topics of interest, both service-based and fun.

January	Royal Hospital for Neurodisability
February	Thames Tidal Defences
March	Magistrates in the Community
April	AGM and Alternative Voting For and Against
May	Robert Fromow on Westminster Abbey
June	Vito Ward describing her Cycling in Cambodia for Mines Action Group
July	Battersea Park Redevelopment Action Group
September	Alzheimers Disease Society and Arts Programme in Wandsworth
October	Dilnot Report on Social Care
November	Digital Switchover and Dr Laura Asher on Excess Winter Deaths in Wandsworth
December	Programme of music with Mabel Headley and Will Martindale

Reports of these appear in the newsletter and where the topics are service-based it is an important source of information to the many readers who do not get far from home. We are always willing to send speakers for meetings of older people, no matter how small, especially those not so well connected with information from the authorities

The Forum sends representatives to meetings of many organisations in the Borough and keeps good contacts with the LINK as well as the Council, NHS, police and other local voluntary bodies. The Forum has been represented on the Local Strategic Partnership and now attends the Health and Well-being Partnership which hears of the discussions of the Health & Well-being Board. The Management Committee has met monthly, shares news, receives reports on all the meetings attended and makes decisions about consultations and subjects for future meetings. The Committee is always looking for new recruits willing to attend meetings, health, social services, transport and community safety. Visitors are welcome at the Management Committee meetings

Liliias Gillies
Hon Secretary



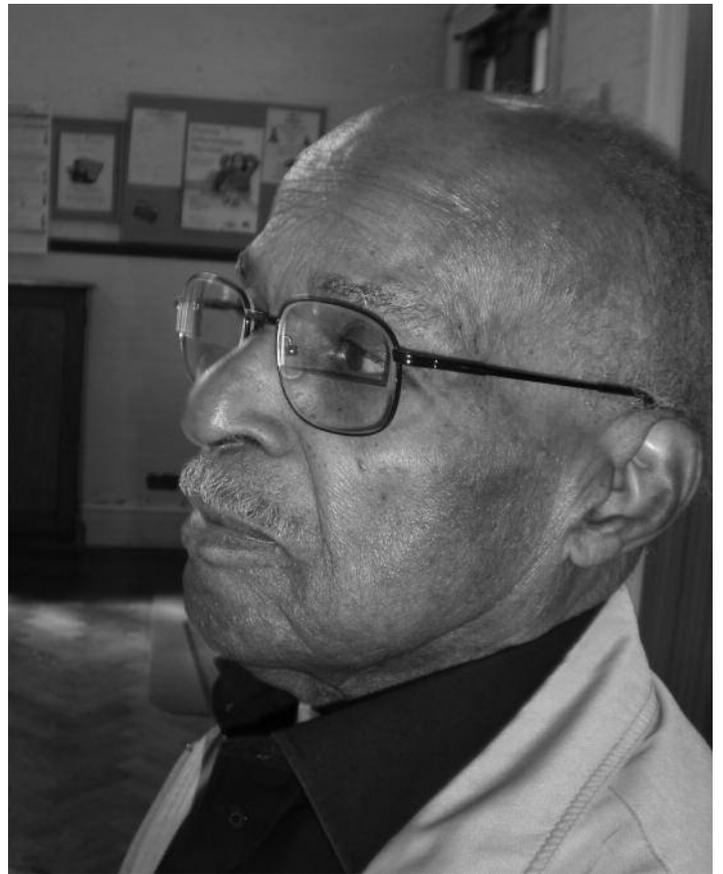
Lionel Davis

Lionel Davis died 21.12.11 aged 93. Lionel was a founder member of the Forum and of its predecessor, the Wandsworth Conference Committee.

He was Vice-Chairman until mid 1990s and in that capacity had the job of refilling the other officer posts about 1993. I had recently retired from full-time work and he persuaded me to be the Hon Secretary. Chair was Faith Lawson, Lionel Vice Chair and David Hughes as Hon Treasurer. All Lionel's friends and recruited by him. Faith sadly died in 1998 and David Hughes moved to Beckenham.

Lionel came to Britain from Barbados in 1955 and worked in Birmingham for five years. He had previously worked in Trinidad as a Salvation Army officer doing mainly work with offenders. He had a spell back in Barbados but decided not to stay. He had been a member of the Methodist Church in Barbados and through that the Methodist Church in Birmingham contacted him. He was active in their activities in promoting good relations with the new arrivals from the West Indies. Lionel moved to London about 1960 and worked for British Rail for a while. He then applied for the Civil Service and was successful. In 1973 the opportunity arose for Deputy Community Relation Officer in Wandsworth and Lionel felt it was time to do something more related to the community and perhaps help to improve race relations policies. At WCCR he played a significant role in giving credibility to our work. He even played Santa Clause one Christmas at our Rydevale Nursery. The myth of a black Santa Clause maybe still alive in the minds many middle aged people living in Wandsworth today.

One of his tasks there was Tooting Youth Project which was funded by ILEA for youth work and by Wandsworth Borough Council for community work largely with parents. I can remember having a meeting at County Hall with the Project's chair, the Senior Youth Worker, Cecil Ross, and Lionel and, I think, Jack Straw in the Chair, about their funding. There was a high level of concern about youth projects being centres of drug distribution, with suspicion being higher with those dealing with Caribbean young people and also concern that accounting and responsibility about finance was not generally high on their agendas. No doubt Lionel would be arguing strongly that none of that happened in Tooting Youth Project. The deputation was sufficiently persuasive of the need for the work and therefore ILEA continued to fund until ILEA itself fell victim and Wandsworth Council did not want to support the work. The Project closed and the premises handed back to Wandsworth. It was one of the good achievements of WCCR and I would think Lionel can have taken pride in his share of that.



The Forum has thrived and even when the Council withdrew funds, after a hiccup of poverty, we managed to keep going. We became a charity and, with grants from various places, grew in influence and ambition. Lionel remained as Vice Chair for some time and was still an active member of the committee till his death. He has been a firm supporter of all the activities of the Forum, now the Older People's Forum. He was active in the Greater London Forum for Older People until two or three years ago serving on their finance committee and giving his usual wise advice. He also served on the national committee of Speaking up for our Age, a programme set up by Help the Aged, and now by AgeUK, to support the voice of older people in Forums across UK. He also was on the editorial advisory committee of Forum to Forum, the newsletter linking forums across UK. I attended a national Speaking up for Our Age conference with Lionel, held in Canary Wharf area, and realised how many people he knew and knew him across the country.

Lionel has been my model for growing old gracefully, still being involved and still enjoying life. His knees always troubled him and he realised his home at 174 Trinity Rd with all its steps was not going to be suitable. He needed a flat, either ground floor or, he reasoned, first floor with a straight stair. That was so he could have a stair lift which was what he eventually did. Well-organised as always!

Lionel had a good life with 40 years of it spent in community service. He was sitting at his place at the registration desk at the Forum Conference on 1 Dec., rather poorly that day, but he had come because his electricity was to be off for a few hours. He only had three weeks illness which was a good way to go.

I shall miss him as will his many, many, friends.

Outreach Managers Report 2011



At the beginning of the year we received wonderful news from Comic Relief-our project received funding for 3 years beginning March. Until then the majority of the time was making initial approaches to possible groups or re establishing contact with groups to be supported as the first phase of the Comic Relief work.

On an area by area basis we have delivered the following work.

Roehampton

This has included ongoing support for Lennox Residents Association and Putney Vale Residents Association. Both these estates have a high proportion of elderly residents. Lennox has a large Council Detached Sheltered scheme comprising 94 flats. More than 30% of Putney Vale residents are aged 60 or over. We also have ongoing contact with the following sheltered schemes on the Alton Estate.

- Minstead & Manresa Residents-supported by Council Officers at two clubrooms
- Vicarage, Harmony and Trinity Court, 3 adjoining Sheltered schemes managed by Viridian Housing

Regular attendance of the bimonthly meetings of Roehampton Forum together with co-option onto Roehampton Forum Management Committee and the Older Persons sub group also enables us to keep apprised as to developments which impact upon older people. This has included work with Roehampton Activity Centre -this was the self help group for people recovering from mental health illness set up when Heathside Resource Centre closed last February We also work closely with Regenerate RISE and have contributed towards their Summer Kings and Queens event and the Christmas tea party at the Civic suite. Recently I have been invited to join their Advisory Committee.

The majority of my time in Roehampton was spent on the Roehampton Calendar project. For a variety of reasons this never got off the ground but we were able to turn it round and work in partnership with Wandsworth Council on the Roehampton Reflections project. This has enabled us to plan a series of Reminiscence sessions across Roehampton and distribute more than £2,000 sponsorship money from local businesses and organisations for the benefit of older people. This sponsorship has to date enabled older people: To attend a pantomime; Have a Christmas party with entertainment; The sponsorship will also support a joint event for Lennox and Putney Vale Residents and Minstead & Manresa Pensioners RA are deciding what to do with their sponsorship money. It has also covered the rent costs for some sessions at 60+Cafe.

Battersea

We have worked with several sheltered schemes to support their fundraising needs. This has included:

- Carey Gardens approx £900 raised for TV equipment + a garden makeover courtesy Nandos Restaurant.
- Holmleigh Court - approx £900 raised for equipment
- Haven Lodge application for IT equipment-approx £800

We also supported the Contact Club with their application for £1,900 towards activities and rent.

For 3 schemes we were instrumental in setting up constituted Residents Associations. One was with Joan Bartlett House & Mary Court who have set up a joint association. We are also working with Wandsworth Age UK Garden Partners to raise funds to improve the roof garden at these two adjoining Viridian schemes. During Autumn we worked closely with the Resident Participation officer in setting up a Residents Association at Doris Emmerton Court-a council run scheme. Partnership work has taken place with STORM Organisation and Doddington West RA in early negotiations to secure a base for a Pensioners Lunch Club on the Doddington & Rollo estate-a much needed facility lacking in this area for a number of years.

Tooting & Balham

We supported Tooting Graveney Day Centre with their general fundraising needs including preparation of a 'Case for support'. They have recently been awarded a Wandsworth Big Society Fund grant towards their running costs. Similarly Palladino House sheltered scheme (Viridian) has received a grant towards resident activities. We are also offering another Viridian scheme (Mary Holben House) support with their need to revive their Residents Association and (hopefully) find ways of improving their outside areas. We assisted Balham Pensioners Centre and 6 local churches in their successful funding application (c. £2,000) towards a 'Holiday at Home Cruise'. Support for the Pensioners Centre is ongoing as they have recently lost all Council funding for their centre. In similar fashion we ended the year offering ongoing fundraising support for Asian Women' Association as their council funding under the current Day Care proposals has been reduced and potentially restricted.

Pan Wandsworth support.

This has included Wandsworth Independent Living Forum (WILF) and Housebound Learners. Both these organisations work with a significant proportion of older people.

I would like to express my appreciation to WOPF Committee for their unwavering support and enthusiasm for this project. This and the energy of so many elderly residents living in Wandsworth are such positive, encouraging forces in a time of potential gloom and despair!

Mac Downes



Warm Home Discount What is it? And do I qualify?

The Warm Home Discount Scheme is a new scheme which provides a £120 discount on your electricity bills in winter 2011/12.

If you would like to find out whether you qualify, when you might get your rebate and how the scheme works please ask for an appointment to speak to an Advice Worker today.

Age UK Wandsworth
549 Old York Road
London SW18 1TQ
t 020 8877 8940
f 020 8877 8954
e info@ageukwandsworth.org.uk
www.ageuk.org.uk/wandsworth

**Age UK Wandsworth
Advice Service**

Can't always catch what people say these days?

People just don't seem to speak clearly any more - or do they? Hearing problems affect 9 million people in the UK, with a variety of causes, such as age, noise exposure, drugs, infections and genetics.

Just try reading this: p_pl_ w_th h_r_ng pr_bl_ms m_ss s_m_f th_s_nds = people with hearing loss miss some of the sounds, so this gives you a visual idea of the only bits they might be hearing. However, there's no need to become isolated if you suffer hearing loss. Learning to lip read helps you to put what you can see together with what you can hear to make sense of what people are saying. Joining a lipreading class can help you learn the skills which make communication easier if your hearing isn't what it was. The sooner you start to learn these skills, the easier it is to cope with any future decline in hearing ability. Other people in the classes also have hearing loss, so with everyone in the same boat there's time to understand each other and learn the trick of the trade.

The good news is that there are local lipreading classes. If you want to join, just want to find out more, or try a taster session, just get in touch:

Mixed ability Tuesday 10.00-12.00 or 12.45-14.45
£37.00 per term

South Thames College, Roehampton Centre,
166 Roehampton Lane SW15 4HR
www.south-thames.ac.uk/leisure 020 8918 7676 or
020 8918 7777

Wandsworth Town Library

11 Garratt Lane SW18 4AQ Tel: 020 8871 5588

Silver Circle Reading Group

A morning reading group for the over 50s

Come and chat about what you like to read with like-minded people in your local community over a cuppa.

We will be meeting on the first floor of the library
10.30 - 11.30am on the last Wednesday of each month
(there is a lift!)



Bluebird Care (Wandsworth)

212 St. Ann's Hill, Wandsworth,
London SW18 2RU
T: 020 8877 4950
F: 020 8871 2341
E: karinacorden@bluebirdcare.co.uk
W: www.bluebirdcare.co.uk

A Real Alternative to Residential Care Homes

Bluebird Care, the UK's leading provider of care-at-home services, has opened in Wandsworth, serving customers and their families throughout the borough including Balham, Battersea, Putney, Roehampton, Southfields and Tooting.

The office is owned and operated by Karina Corden who says:

"Our philosophy is simple: To provide the very highest quality care and support in the home to our customers by working with the best care workers around. Many people don't realise that this service is available to them and think that they either have to 'manage' on their own or go into a residential care home. We provide a real alternative, which gives our customers the confidence and independence they need to remain in the comfort of their own homes.

Bluebird Care is an award winning company, renowned for its unrivalled commitment to quality care, so whilst we can maintain our 'local' company feel with a friendly personal service, we benefit from the support structure of a respected national business which has systems in place to ensure unparalleled standards of care which are constantly quality checked and maintained - something a smaller individual local business couldn't hope to match".



St George's
University of London

St George's Medical Student Home Visits

On behalf of the Section of Geriatric Medicine at St George's Hospital University of London, I am writing to ask if you would accept a visit(s) from our St George's Students.

This is part of the students' second year training in Ageing, Impairment and Disability. The visit should last only about half an hour to talk about your life experiences. They will take notes from which they will produce a learning document (which is not put on record and is treated as confidential). This helps our second year students acquaint themselves with older people.

The dates this year are:

Tuesday 13th March
Tuesday 20th March
Thursday 19th April
Thursday 26th April

All visits are in the afternoon commencing at approx 2.00 p.m.

If you would like to take part please write or telephone me with your name and address, and if possible your phone 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

 **First Contact**
0845 600 1090

The Service

Information and advice for older people in Richmond upon Thames, Sutton, Wandsworth and Croydon boroughs

Opening Hours

Monday - Friday
10 am - 4 pm

AGE Concern Richmond upon Thames

AGE Concern Sutton

AGE Concern Wandsworth

Croydon age UK

Suite 301, 3rd Floor, Parkway House, Sheen Lane, East Sheen, London SW14 8LS

Things to do places to go

Hestia Age Activity Centre

A range of activities on offer including art, Tai Chi, computer classes, Latino Dance and more. A hot lunch available all week except Thursdays.

966 Garratt Lane, Tooting Broadway.

Tel: 020 8767 8426

Taichi Classes

Wednesday 11.00-12.15 am Cowick Scheme Clubroom 88 Cowick Road Tooting SW17 8PF
Carol Neville or Carol Fitzsimons 02087678579

Give Line Dancing a Whirl !

Wednesdays 10am - 11am

(Some experience an advantage)

Thursdays 10.30am - 11.30am

Both sessions £2.50 for newcomers

Peabody Hall, Strath Terrace

(off St Johns Hill, SW11)

Line Dancing

Monday 2.30pm £2

Lunch Club

Wed & Thurs 12pm £3

Tai Chi

Thursday 10.30am £3

Drama Group

Tuesday 1.30pm £5

Katherine Low Settlement,

108 Battersea High Street.

Tel: 020 7223 2845

3 Course Lunch

3rd Wednesday of the month,

12.30-2pm. £3.

Full English Breakfast

2nd Tuesday of the month, 9-12pm, £2.50.

Haven Lodge, 2 Wolfencroft Close, Battersea.

Tel: 020 7350 1930

Wandsworth U3A

Wandsworth University of the Third Age (U3A). Organise various interest and study groups, most of which are held in members' homes. They hold meetings on the 3rd Monday of the month at

Earlsfield Library Hall,

Magdalen Road, SW18.

2-4pm.

For more information call 020 8785 0949



MEMBERS MEETINGS

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

Tuesday 13th March
Climate Change - Liliias Gillies & Su Elliot

No Meetings April 10th

Tuesday 17th April
ANNUAL GENERAL MEETING

Tuesday 8th May
Niamh Keating - Wandsworth Museum

Tuesday 12th June
London Fire Brigade

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 Older Peoples Forum

Wandsworth

Arts Festival

Wandsworth Arts Festival runs from the
11th May to 27th May

Will be host to The Shimmy in Putney Wharf with live
music Performance dance and drama

Attendance is free

For more information visit
www.wandsworth.gov.uk/artsfestival or
arts@wandsworth.gov.uk 0208871 8711

AGM details

Wandsworth Older People's Forum
Annual General Meeting
Tuesday 17 April 2012 at 2 pm
Anchor Church Centre 273 Garratt Lane SW184DU



NEWSLETTER

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Affiliated to National Pensioners Association



WOPF voice for older people in Wandsworth
Funded by Wandsworth