



NEWSLETTER

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June 2009



Registered Charity No. 1096332

Report of the 19th AGM



Tony Tuck

The highlight of the afternoon was undoubtedly the session with the three Wandsworth MPs. Unfortunately Sadiq Khan, MP for Tooting, was detained in the House of Commons by the need to answer oral parliamentary

questions in his role a minister in the Communities and Local Government Department. However his office manager, David Perry, spoke tellingly of Sadiq's wide ranging activities. In particular Sadiq has been pressing hard on the campaign for the War Veterans' badge, the impetus for energy efficiency grants made through the Warm Front schemes, and the free swimming for pensioners introduced by the government and taken up by most councils, including Wandsworth Council.

Justine Greening, MP for Putney, covered a wide spectrum of local and national issues of interest. She was clear that the financial woes inflicted on South Thames College must be resolved and that special measures were needed to combat the impact of the recession on small businesses, through changes to the business rates regime. Her shadow role as London spokesperson for Communities & Local Government meant that she had a special interest in contesting the need for a third runway at Heathrow airport while, at a local level, she echoed concerns about dangerous dogs, local health issues and the pending digital TV switchover in London. Justine spoke of her special interest in trying to improve the reliability of Dial-a Ride and, having met with the organisers recently, asked those present to contact her if they experienced any problems.

Martin Linton, MP for Battersea, spoke about the Government's response to the current financial mess and the consequent recession. He was proud that the Equalities Bill had now been introduced which should help eliminate discrimination across the board. He said that he had seen the minister yesterday about the South Thames College issue and was hopeful of a sensible outcome. He reported that lifts to the platforms at Clapham Junction rail station were being installed and should be open and working by this summer. On dangerous dogs, Martin welcomed the free micro chipping service in Wandsworth and hoped that legislation would be introduced to make it compulsory nationally. He expressed his clear opposition to the twin towers of 42 stories at Clapham Junction and the unsuitability of over-tall buildings in inappropriate residential areas.

The Forum is grateful to all our three local MPs for the energy and activity that they put into their roles as our representatives. We are especially pleased to see them at our AGM and have the opportunity to discuss issues and question them. It made for a highly informative and relevant end to the AGM - and was enjoyed and appreciated by all.





EDF's Kelly Connor described the role of her company in the local energy sector during her talk on 11 November at the WOPF Member meeting. Although not a direct provider of electricity, EDF Energy Networks runs the distribution backbone that conveys electricity to peoples' homes. This includes all the equipment, pylons and substations that ensure that energy reaches the entire region EDF serves, maintaining it a high level of reliability to make the probability of power cuts extremely low.

Of special interest to older people, the Priority Services Register allows vulnerable consumers to receive extra help in the eventuality of a power cut. Any customer living within the network's area (London, the South East of England or the East of England) that is dependent on medical equipment, chronically ill, disabled or any other special condition that should be considered can be registered. If you or someone you know meet the criteria for inclusion, simply leave a message on EDF's dedicated answerphone 0800 169 9970, and then you will be contacted for further details.



Prime Time Reading Group at York Gardens Library

**Tuesday 30th June
and Tuesday 28th July 2.30 -3.30pm**

What is your favourite book and how did you discover it?
How do you decide what to read?
What kind of book would you not read?

Come along for a relaxed and friendly talk about these questions and what books you have been reading recently

**FOR MORE INFORMATION PLEASE CONTACT
THE LIBRARY ON 020 8871 7471**

The Library will also have a free silk painting and books 6 week course from 20th May at 10 -12 noon for over 50's who live in the Borough. Anyone interested should come in to put their name down.or call 020 8871 7471.

NHS Bowel Cancer Screening Programme.

Bowel cancer is the second highest cause of cancer deaths nationally and is the third commonest form of cancer. 80% of diagnosed patients are 60years or older. Under the NHS screening programme, men and women aged 60-69years, registered with a G.P. in South West London are invited to be screened once every two years. They receive an introductory letter mailed to their home address, followed several days later by a stool sample collection kit together with a leaflet, detailing how to collect the sample.

The leaflet entitled 'Bowel Cancer Screening-The Facts' provides full information in helping people make an informed choice. The completed kit is returned for testing to the Regional Centre at Northwick Park Hospital via a freepost, royal mail approved envelope. Results are notified, usually within two weeks, to the individual and their G.P. The sample is tested for hidden blood in the stool and anyone requiring follow-up is invited to a nurse clinic at St George's Hospital to discuss colonoscopy. This screening programme is highly effective; early diagnosis of bowel cancer has a 90-95% cure rate.

Anyone 70 years and over can opt into the programme, please call Freephone 0800 707 60 60. Anyone under the age of 60 who has relevant symptoms and/or very close family history of bowel cancer is advised to see their G.P.

NHS CALL 24 HOURS ON
0 8 4 5
Direct 4 6 4 7

NHS Direct is a 24 hour nurse-led helpline providing confidential health advice and information. It is staffed by qualified nurses and health information advisors. Calls are charged at local rate and for patients' safety, all calls are recorded.

NHS Direct is also available on the internet, providing healthcare information and advice at - www.nhsdirect.nhs.uk

Annual Meeting of the Forum



Liliias Gillies

The AGM of Wandsworth Older People's Forum took place on 21 April. The Mayor, Cllr John Farebrother, was present and congratulated the Forum on its role in working with the Council to make services work well for older people

and to help in pointing out where they do not work so well.

The Chair, Tony Tuck, presented the Annual Review contained in the most recent newsletter. The Older People's Strategy had been agreed during the year by Council and by the Local Strategic Partnership and action groups had been set up. The Forum is represented on the Action Groups and will be taking careful note of progress with the improvements in services promised.

The Financial position of the Forum was sound and the annual accounts had been examined and were available at the meeting with a summary appearing in the March newsletter.

A certificate, honouring good service throughout the year, was presented by the Mayor to volunteer helper, Edward Kantor.

The Management Committee for 2009/10 was elected as follows:

Chair: Tony Tuck; Vice-Chair: Barbara Willerton; Hon Secretary: Liliias Gillies; Hon Treasurer: Frederick Roth.

Representatives of organisations: Doreen Brading (Batt. Asscn. of Retired People); Clare Kakembo (Asian Women's Asscn.); Nathalie Gibson-Wilson(Graveney Day Centre); 4 vacant places.

Individual Members: Elaine Brumstead, Lionel Davis, Edith Ezekiel-Hart, Glenda Forde, Giovanna Illukkumberi, Cyril Marshall, Philomena Menton, Phyllis Murray, Patma Patmaseni, Taj Qureshi.

Doreen Brading will continue as Newsletter Editor, assisted by Philomena Menton and Frederick Roth as Press Officer. Membership and Administration will remain with Su Elliott.

Liliias Gillies

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.**



Pump House
Battersea Park

Good Companions



Freddie Roth

Pam Crehan gave a talk on Good Companions and the services it provides. The agency is a 14-year old, fully private firm that provides home care nationwide to a broad spectrum of people, from those who merely require company to those with serious disabilities, in order to offer an alternative to having to enter a care home.

The levels of support range from covering household management tasks, such as cooking, cleaning, laundry, companionship to basic personal and advanced personal care. The specific needs of each client are carefully assessed and continuously monitored.

Carers are selected with great care. All must have the appropriate balance of professionalism and compassion, and each must be motivated to work in an area where their understanding will enhance the quality of life for their client. Each carer will have different skills and care experiences - some will have formal training in care and others will have limited experience only and are selected for clients who require very limited personal care - and the agency assigns them according to the clients' specific requirements.

All carers have references that are carefully checked - Good Companions conduct a personal interview and a background check through the Criminal Records Bureau prior to enrolling on its register and being issued with appropriate identification. Good Companions can be contacted as follows:

Good Companions Care at Home Agency
Suite E Cowleaze House
Cowleaze Road
Kingston-upon-Thames
Surrey KT26DT
Telephone: 0208 974 5000
www.goodcompanionshomecare.co.uk

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

Access to Toilets

High street giants Tesco, John Lewis, Sainsbury's, Borders and Marks and Spencer have become the first companies to sign up to the Mayor of London's Open London scheme which aims to increase public access to toilets in the capital.

Open London will promote businesses that allow the public to use their facilities during opening hours without the need to make a purchase. John Lewis, Marks and Spencer, Borders, Sainsbury's and Tesco are the first companies to agree to join the scheme which will let even more people know that they are welcome to use their toilets if they need to. More details about the addresses of the stores which have toilets can be found on: www.london.gov.uk/openlondon.

Free Swimming for Children and Pensioners

Wandsworth has signed up for the free swimming initiative, publicity has been on display at all the Borough pools

If you want to take advantage of the scheme, simply go along to one of the borough pools and they will be pleased to sign you up. There is a £2 charge for issue of a membership card to cover the whole 2 years.

Some 1200 young people and 300 pensioners have signed up for the scheme.

Enjoy your swimming sessions



**WANDSWORTH
INTERPRETING
SERVICE**

Bedford House, 215 Balhan High Road, SW17 7BQ

Tel: 020 8672 1043 / 3649

Email: wis@wandsworth.gov.uk



A summary of the excellent talk given by Janet Kelsey, on Monday 16 March. The title was; "The History of the Foundling Hospital including the roles of Handel and Corum", well I feel that Hogarth should be included in this.

Captain Thomas Corum, a sea captain and shipwright, in the early 1720's was dismayed by the number of abandoned babies on the streets of London. Due to his persuasive skills he achieved monetary support from many eminent and rich people in London and he established The Foundling Hospital in 1739 to give abandoned babies a home in buildings near Bloomsbury.

It was a secular independent charity, reliant upon donations and charity raising events; this is where both Handel and Hogarth came in. Handel performed his Messiah annually in the hospital chapel, donating the money raised to the hospital. Hogarth played many roles; right from the start he was in charge of finding suitable wet nurses to foster the babies for the first 4 years of their lives, he and his wife under took this role unpaid. He also set up the first public picture gallery within the hospital with work from eminent artists including his own; patrons visiting the hospital were more inclined to give generously to the hospital on viewing the wonderful paintings.

Babies were left by their mothers and fostered for four years before returning to the hospital where they were looked after very strictly and very well. They were given a reasonable education, all could read and write.

At around 13 to 14 years the boys were found apprenticeships, the girls went into service, both positions overseen by the hospital.

In 1926 the hospital was pulled down and a new one was purpose built outside of the ever growing London town.

It closed as a foundling hospital in 1953, however the Corum Foundation still exists, working with vulnerable children by giving practical help to them and their families.

Adult Education for Older People

A conference was arranged in March, by Greater London Forum for Older People, Age Concern London and Help the Aged, to gather views and highlight concerns about the diminishing opportunities for people, retired from full-time work, to attend adult education classes. Those present were from Forums, U3A, and some other groups along with a number of "listeners", people from organisations providing services or with enough clout to pass on the messages to Government. Two of the listeners were from Government departments but there were no ministers or even MPs.

The sessions were arranged as discussions round tables at the start of morning and afternoon sessions followed by report back and then questions and discussions with panels from the listeners. In the morning we were asked to address the benefits of learning and the barriers to lifelong learning extending to older people. There were plenty of benefits, keeping our minds active, getting out, meeting a range of different people and engaging with different interests. The barriers are mainly that most of the courses are directed to people who will be seeking work and need to update their skills. There were also barriers in getting to classes and the barriers of deafness, poor sight and for speakers of other languages

In the afternoon we were asked to suggest ways to improve access. Funding was a problem and it may be that older people have to do something about it themselves. U3A was a big contributor to educational activities and it costs nothing to the local authority and very little to the user. For one subscription a person can attend a group as many days as they wish. Active Days in Wandsworth supplies a further range of activities. Older people should be campaigning if there are threats to libraries and making sure that the libraries run reading groups and have computer access and IT classes. The U3A nationally is planning a virtual branch using the internet which could allow housebound people with access to the internet to join in groups.

It was an interesting day and there will be messages going to Government from the conference. There is a White Paper just issued in March, **Learning Revolution**, which discusses lifelong learning for older people. We must all make responses to it.

Lilias Gillies

NATIONAL VOICE FOR NPC

Pensions minister Rose Winterton has confirmed that the NPC will have a place on the government's soon to be created UK Advisory Forum on Ageing.

As part of the government's revised ageing strategy, this new national body chaired by Ms Winterton and care minister Phil Hope, will meet to discuss policies relating to older people.

Nine English regions, plus Scotland, Northern Ireland and Wales will also have their own regional advisory forums which will send representatives along to the national body as well.

Joe Harris, NPC vice president said: 'it is vital that the real voices of older people are included in any new bodies that are discussing their well being' The new forums are expected to begin meeting in June.

NEW SILVER SCREEN CLUB

This new Film Club funded and supported by the Active Days service was set up in February by Wandsworth Community Transport (WCT). The films are viewed at the British Film Institute (BFI) on the South Bank ten minutes from Waterloo Station. Some of the screenings are free for senior citizens and others cost around £5 per ticket. The variety of films is wide and range from classic Hollywood to foreign films. The group use public transport to get to the BFI, some of the group meet at Tooting Bec station and travel together and others make their own way.

NEW MEMBERS ARE VERY WELCOME TO JOIN THIS NEW CLUB. FOR MORE DETAILS CALL PAUL AT WCT ON 020 8675 7460 .

CAN'T WAIT !!

With public toilets now closed in many of our towns and cities, it is becoming more difficult for older people to use the Loo when they need to.

Charities InContact and RADA have come up with an innovative solution. The just Can't Wait Card, a small pass that shoppers with particular needs can show to use a store's Loo, or to jump the toilet queue.

Businesses are not asked to alter their toilets in anyway but simply to permit a person in need to use them

Individuals can request the card from InContact on 0870 770 3246 or visit www.incontact.org.uk



USEFUL CONTACT NUMBERS

**Wandsworth Council switchboard
0208 871 6000**

**Wandsworth Police
020 7350 1122**

**Gas Emergencies
0800 111999**

**Housing Benefit
0208871 8080**

**Home Care
0208871 7155**

**Transport for London
Travel Information
020 7222 1234**

Wandsworth NHS
Primary Care Trust

FIND-A-DENTIST

Do you need to find a NHS dentist in Wandsworth?

Don't wait until you are in pain call the helpline now!

Telephone **020 8335 1399** for information about dental surgeries in your area

Museum of Brands

For a nostalgic trip down memory lane visit the Museum of Brands, Packaging and Advertising.

This gem is hidden away off Portobello Road, and traces all manner of goods and objects from the 1900's to the present day. It is crammed with memorabilia presented in an 'easy to see' way. I spent much of my time saying 'I remember that' or 'my goodness I had forgotten about that' Of particular interest was a continuous showing of adverts from the early days of television. Does anyone remember 'Murraymints Murraymints the too good to hurry mints? These can be seen on a television in a small seating area where light refreshments are available at the end of the exhibition. The museum is well worth a visit. The price for Seniors is £3.50.

The address is Colville Mews, off Lonsdale Road, which in turn is off Portobello Road. W11 2AR
Phone 020 7908 0880.

Opening hours Tuesday to Saturday 10am-6pm,
Sunday 11 am -5pm closed Mondays.

An 'old fashioned' helping hand

Occupational benevolent funds give practical help in times of need to people who have a link with a particular trade or profession. The help on offer, (care is taken so that benefits will not be affected), included grants, allowances, debt counselling, sheltered housing, and residential care. Few people know about this organisation - but they can provide vital help in an emergency.

Occupational Benevolent Fund Alliance

(Helpline)

Tel: 01707 651777

Email: info@aco.uk.net

www.joblinks.org.uk

10am - 4pm



Poppy and Sunflower Cafes



Annette from the Alzheimer's Society SW London gave a talk on the activities of the monthly gatherings that offer support to both carers and people with dementia in a relaxing friendly environment. The Poppy Cafe is held at St Luke's Community Hall at 194 Ramsden Road in Balham and is an informal 'drop-in', with a light lunch provided, and opens on the third Saturday of each month from noon to 3pm. More information can be obtained from the cafe coordinator at 020 8877 0282 or 020 8877 0033.

Established in July 2003, the Poppy Cafe has proved to be a success and an enjoyable day out for all concerned. If you or someone you know are affected by dementia and would like more information, or would like to come along to the Poppy Cafe, please contact us at (020) 8877 8940 or info@acwandsworth.org.uk

The Sunflower Cafe is run on the same lines and has had the same success. It is held in Roehampton from noon to 3 pm at the Minstead Gardens Senior Citizens' Club, Minstead Gardens, SW15 4EB on the first Saturday of each month. If you or someone you know are interested in coming, please contact the Cafe Coordinator at 020 8877 0282 or 020 8877 0033.

Both Cafes are a joint project between Alzheimer's Society London, Age Concern Wandsworth, The Furzedown Project and Wandsworthl Carers Centre, and there are no charges for the service provided.



Johann Sebastian Bach (21 March 1685 Old Style-28 July 1750 New Style). Bach was born into a long line of musician, and his family were so involved in music that the words 'Bach and musician' were almost interchangeable locally. He was the greatest exponent of counterpoint, the art of combining melodies, and he took it to a limit that there was nothing much anybody could do with the style after him. Although a great deal of Bach's musical output was lost after his death, the quantity remaining is impressive.



MEMBERS MEETINGS

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

Tuesday 14th July

John Woodhouse
Songs from the Shows

No Meetings in August

Meetings Resume

Tuesday 14th September

Mike Caswell Retired Volunteer

Uta Hope

Royal Hospital for Neurodisability

Enjoy your Summer Break

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

Don't let them con you

Every year, millions of innocent people lose money to scams that come by post or phone such as fake lottery and prize draw wins. Avoid becoming a victim by following some simple tips.

X Never be rushed into replying to an exciting or urgent offer. Speak to a relative, friend or neighbour before sending any money.

X Never send money to anyone who says you've won the lottery or a big prize you'll never see your promised winnings.

X Never give your bank account details or other personal information to strangers.

X Never respond to mailings from fake psychics asking for money. Identical letters are sent to thousands of people.

If you suspect a scam, before sending any money call Consumer Direct for clear, practical advice on **08454040506**.



NEWSLETTER

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