

NCVO Climate Change Programme



Liliias Gillies

Su Elliott and I attended a first workshop in the above programme which is aimed at spreading information about Climate Change in older people's organizations, finding out how it will impact on older people and how they might adapt to meet the challenges.

Megan Gawth from UK Climate Impacts Programme presented information on climate change as it is understood at present. Weather is what we experience day by day and it can go from cold to hot wet to dry in shifts as we have experience this autumn. Climate is the average weather over a thirty-year period. Global temperatures are rising, albeit slowly. The world has warmed by 0.75 C. Sea level has risen 20 cm in the last century. Glaciers have retreated and the extent of sea ice has decreased. Droughts have increased in some parts of the world and also bouts of heavy rainfall which can often run off without soaking in.

What role have humans played? Population and energy use have increased. The atmospheric concentration of carbon dioxide and methane in 2005 exceeded by far the natural range of the last 650,000 years (known from analysis of air pockets in dated layers of ancient ice). Recent warming can only be explained when man-made factors are included. The heat wave of 2003 could be normal by the 2040's. Small average increases in temperature cover quite large swings and extreme weather events are becoming more frequent. Cold spells will still occur but are less likely to be long. We need to mitigate by actions to slow down emissions and adapt and help older people who are our members to adapt to live comfortably and safely in the changing climate.

The rest of the day was spent thinking of effects on older people and how we might adapt.

We are asked to speak to some of our trustees/committee and collect their views. There will be a further workshop in December. We will have an event for a wider group of older people in the New Year.

Liliias Gillies



Putney Embankment



The Forum
wishes all members
and friends a very
Happy Christmas and
a Healthy New Year

Why I became a Cancer Awareness Champion

The Cancer Awareness Champion scheme in Wandsworth was set up after research conducted for South West London Cancer Network found that residents in the borough had very low awareness of the early signs and symptoms of lung cancer, and this is unfortunately coupled with high rates of the disease. Many people do not realise that lung cancer, if diagnosed early, can be cured and survivors can go on to live long healthy lives. This is why it's so important people know what signs and symptoms to look out for.

For this reason, the Cancer Awareness Champions scheme recruited local people from Wandsworth to help spread the word in their local area. Like most types of cancer, lung cancer is more common in older people. About 80% of lung cancers are diagnosed in people over 60, so the Cancer Awareness Champions wanted to try especially hard to reach this age group.

The Cancer Awareness Champions are all volunteers, giving back to their local community. While they are currently raising awareness of lung cancer, they hope to do the same for other cancers in the future.

"Like many people, I have had friends and family affected by cancer. When I heard about the opportunity to volunteer to raise awareness of the early signs of cancer it seemed like a good way to do something for them, and to get involved in my local community.

At first I was a little concerned about fitting volunteering in around my full-time work, but I have actually found that the role is very flexible. So far I have helped run a stall in Roehampton Library, the new 60+ Cafe, and at the Wandsworth Community Advice Day. I have found it a great way to feel like I am making a real difference, and it's been great to meet new people, and find out about all the things happening locally, which I was unaware of before.

It's been good fun and I'd really recommend it to others who have a spare couple of hours now and then."

(Tom Markwell,
Wandsworth Cancer Awareness Champion)

"I worked for many years with people with lung cancer, many were cured but many were too far gone to be cured. After I retired, I believed the skills gained would enable me to give something back to the community by becoming a cancer awareness champion."

(Brenda Rose,
Wandsworth Cancer Awareness Champion)

"Cancer awareness and early diagnosis can save lives. I am living proof it works. I was diagnosed with lung cancer over six years ago - I am now living a very active life. The Cancer Awareness Champions are doing a very difficult and important job trying to educate people to be aware and seek medical help if one notices any unusual signs."

(Malcolm Levene,
lung cancer survivor,
South West London Cancer Network)

Early signs and symptoms of lung cancer to look out for.

There are lots of reasons why you might have some of the symptoms below, and they're probably nothing to worry about. But it's worth getting yourself checked out by your GP or pharmacist if you:

- Have a persistent cough for three weeks or more
- Are coughing blood
- Are feeling out of breath easily
- Are having constant chest infections which aren't clearing with antibiotics
- Are losing weight, without trying to
- Having pains in your chest and / or shoulder

If you are interested in becoming a Cancer Awareness Champion or want to know more about the scheme, please contact Leila Woodhouse on: 07731 047 755 or leilawoodhouse@hotmail.com

Dementia Awareness

Suzanne Osborne, an Outreach Worker with the Alzheimer's Society, spoke at the 13th September WOPF Members' Meeting on problems and resources available for people suffering from dementia and Alzheimer's. The Alzheimer's Society funds research into the cause, cure and prevention of dementia. The term 'dementia' describes a set of symptoms which include loss of memory, mood changes, and problems with communication and reasoning. These symptoms occur when the brain is damaged by certain diseases, including Alzheimer's disease and damage caused by a series of small strokes. Dementia is progressive, which means the symptoms will gradually get worse. How fast dementia progresses will depend on the individual person and what type of dementia they have.

Alzheimer's disease is a physical disease affecting the brain. During the course of the disease, protein 'plaques' and 'tangles' develop in the structure of the brain, leading to the death of brain cells. People with Alzheimer's also have a shortage of some important chemicals in their brain, chemicals involved with the transmission of messages within the brain. Alzheimer's also is a progressive disease, which means that gradually more parts of the brain are damaged and the symptoms become more severe. People in the early stages of Alzheimer's disease may experience lapses of memory and have problems finding the right words. As the disease progresses, they may become confused and frequently forget the names of people, places, appointments and recent events, experience mood swings, feel sad or angry, or scared and frustrated by their increasing memory loss, become more withdrawn, due either to a loss of confidence or to communication problems and have difficulty carrying out everyday tasks. As the disease progresses, people with Alzheimer's will need more support from those who care for them. Eventually, they will need help with all their daily activities.

What causes Alzheimer's disease? So far, no one single factor has been identified as a cause for Alzheimer's disease. It is likely that a combination of factors, including age (the greatest risk factor for dementia), genetic inheritance, environmental factors, lifestyle and overall general health, are responsible. In some people, the disease may develop silently for many years before symptoms appear. People who have had severe head or whiplash injuries also appear to be at increased risk of developing dementia and research has also shown that people who smoke, as well as those with high blood pressure, high cholesterol levels or diabetes, are at increased risk of developing Alzheimer's. The risk can be reduced by not smoking, eating a healthy balanced diet and having regular checks for blood pressure and cholesterol from middle age. Maintaining a healthy weight and leading an active lifestyle combining physical, social and mental activity will also help.

There are many resources available to help people with dementia and Alzheimer's and their families. These range from Poppy Cafes (Roehampton and Ballam in Wandsworth) to many government organizations and charities. Further information and help can be obtained from the Alzheimer's Society via the following contacts: telephone: 020 7423 3500; research@alzheimers.org.uk; website: www.alzheimers.org.uk.

The Alzheimer's Society National Dementia Helpline is 0845 300 0336 (8.30am to 6.30pm Monday to Friday) and the Alzheimer's Society South West London Branch can be contacted at 020 8772 8755.

60 Plus Cafe

This new community initiative was launched by the Mayor of Wandsworth at a special event on the 13th October

From 20th October 2011 the Cafe will be open every Thursday in Minstead Gardens Methodist Church from 10.30 -14.00. It will be staffed by volunteers from the local community and will host an interesting programme of events, courses and social activities for over 60s in Roehampton. The initiative is supported by Age UK Wandsworth, Wandsworth Primary Care Trust, Roehampton Ecumenical Parish and Roehampton Trust.

For further details please contact Pam on 020 8788 5577

Quality of Care

The Care Quality Commission (CQC), the independent regulator for England whose job is to check that government standards of care are met, is actively asking people to share their own experience of poor care, or that of a relative or friend on their behalf.

While there is a detailed list of 16 essential standards that care services have a legal obligation to provide to you, you might want to commit to memory this short five-line crib:

1. You must be involved and told what's happening at every stage.
2. Your treatment and care plan is right for you.
3. You must be safe and protected from abuse and cared for in a clean environment.
4. You must be treated and cared for by staff who have the right skills to do their job.
5. Your service must regularly check the quality of its services.

You have a right to expect these government standards of care wherever and whenever you receive health or social care - and knowing what you should expect is the first step to feeling empowered to take action. If you experience treatment or care that falls below the essential standards, you have a right to complain to your service provider who in turn is legally obliged to listen to you and to resolve your complaint satisfactorily. You can also share your experience with the CQC. While the CQC cannot resolve individual complaints, understanding your experiences will help its inspectors make the right decisions over how well providers are meeting government standards.

To contact the CQC, call its national call centre on 03000 61 61 61 or send your comment via the CQC website. You can find out more about how to raise a concern or make a complaint on the CQC website at: www.cqc.org.uk/contactus/howtoraiseaconcernorcomplaint.cfm

Do pass this information on to your group. It deserves to be shared as widely as possible.

WANDSWORTH OLDER PEOPLE'S FORUM IN PARTNERSHIP WITH WANDSWORTH COUNCIL

PROUDLY PRESENT

An exhibition of photos from local people and participants in photo workshops run by Mangolab during summer 2011.

Alongside this exhibition we will be publicising the 'Roehampton Heritage Guide' recently published by Wandsworth Council -please take one and enjoy exploring your local area.

As part of this exhibition we are running reminiscence sessions with older people living in the area. These will be preceded by the exhibition being on display at Roehampton library from 14th November - 21st November & 5th December - 9th January. Then it will move around Roehampton at the following locations. For more details of special events associated with the exhibition -please see the attached diary of events for contact details.

DIARY OF EVENTS

- 9th - 18th January - Manresa Clubroom. Contact Sheltered housing Officer 020 8788 439
- 18th - 30th January - Lennox Clubroom. Contact Sheltered Housing Officer 0208 876 6794
- 30th January - 7th February - Stag House. Contact Shirley Price [sj.price@tiscali.co.uk]
- 7th - 28th February - Minstead Methodist Church. Contact Pam 020 8788 5577 or Keith Rowbottam 020 8704 5896

This exhibition would not have taken place without the generous support of the following local businesses and organisations: their funds have been used to host the exhibition at various venues with the majority of funding supporting events and facilities for older people living in Roehampton.

- Co-operative Store
- Coral Bookmakers
- Danebury Avenue Surgery
- Premier Convenience Store
- Premier Domestic Store
- Putney Society
- Roehampton Club
- Roehampton Fitness Centre
- Roehampton University
- Russell Cooke Solicitors
- St James's

This project has also been financially supported by:

- Economic Development Office- Wandsworth Council for covering the costs of mounting the exhibition and arranging free use of display boards.
- Wandsworth Arts Grant for the photo workshops
- Comic Relief for funding the Outreach Project

Community Advice Day

On 26th October, Wandsworth Council held again a Community Advice Day in the Civic Suite on Wandsworth High Street. The event sees people from within the council, other public sector organisations and charities, including Wandsworth Older People's Forum, come together to provide information and advice to local residents.



The usual suspects

Obituary



It is with great sadness that we report the recent passing of one of our members, Carmen Angibault. She was an extremely active member of the Forum and a wonderful personality. We reproduce excerpts from an interview published in this newsletter, in order to give a glimpse of her vibrant personality in her own words.

Carmen was born in Gibraltar and brought up in Malaga Southern Spain, and was evacuated to London in 1940. Battersea was Carmen's adopted home for many years.

Carmen said:

"I saw the effect of bombing at an early age in Spain and arrived in London for the London Blitz. The smartest thing I ever did was to join the Wandsworth Pensioners Forum and recommended it to all my friends. The two bees in my bonnet are broken pavements and any talk of closing luncheon clubs. My ambition is to make a contribution however small to make life better for Senior Citizens who like me have come through the mill and have come out with heads sometime bloodied but never bowed"

The funeral has taken place .

I wanted to be a farmer.

My mother had numerous cousins most of whom lived on farms. As a result we spent holidays and lots of weekends at these farms. Some had electricity made from the generator that powered the milking machine, others had none and we had paraffin lamps and went to bed with candles. We gathered primroses at Easter and brambles on the September holiday. In the summer we packed the tea for the haymakers in great baskets and carried it out to the fields. In the autumn the big mill went the round of the farms threshing the grain. All the neighbours joined together to help for two days and they were all fed in the farmhouse with extra tables set out in kitchen and living room. Farmhouses had extra sets of china kept for the big mill. There would also be the "best china" kept for parties and not for the big mill days.

During the war our house was bombed and we were sent to stay at one of the farms. We went to the village school, a two mile walk, although we could get a school bus for half the distance in the morning. Lunch at school cost one and a half pennies. The vegetables were grown by the 13 year old boys and then cooked by the 13 year old girls. Fourteen was the leaving age if you didn't pass the qualifying test to get to the Grammar School. We walked home after school often sustained by a turnip from one of the fields.

The farm had a dairy with some 50 cows, a herd of sheep, arable fields, horses and a tractor and a few pigs. Although there was rationing we ate well because there was extra meat from the occasional pig, with a special treat of black pudding when the pig was killed. There was butter and cheese made on the farm. There was always home baking and home made preserves from the apples and plums in the orchard and brambles from the hedgerows.

My sister and I went back to Glasgow after my parents had acquired another house to live in. We still spent weekends and holidays on the farm. I was hooked. I wanted to be a farmer, an ambition which lasted until I was 17. I had my place at agricultural college booked, I had two placements, arranged in two different farms, and I was all set. But reality struck me then. I realised there was no way I could ever be a farmer. My family could not afford to buy me a farm and a woman would never have got a job as a farm manager. My future would be as a milk tester travelling all the time, a different bed in a cold farmhouse spare bedroom every night. I decided that was not for me. I went back to school, to university and became a scientist.

Lilias Gillies

Get Free Advice on Debt

An increasing number of older people find themselves struggling financially in later life, often having to keep up with the same outgoings, while receiving less money than they used to.

If you are dealing with debt in retirement, be wary of debt management companies that charge fees to help you with your finances. Instead there is plenty of expert and impartial advice available from debt help charities that won't cost you a penny.

For example, the Consumer Credit Counselling Service (CCCS) have a free helpline on 0800 138 1111. They offer impartial expert advice, completely free of charge. The charity also offers a free online tool called CCCS Debt Remedy which is very simple to use and can make an assessment of your debt problem and give tailored debt advice in an instant.

You don't need to enter any personal information as the service is totally anonymous. Find it a www.cccs.co.uk.



FLOATING SUPPORT SERVICE

Home Support for over 55's in Wandsworth

What is floating support?

We provide specialist floating support and advice to people aged 55 and over, living in the borough of Wandsworth.

The service maximises independence and quality of life to those who are able to stay in their own homes. We ensure that the services provided are tailored to individual needs,

Want to know more?

For more information, please contact Kim Wells, Floating Support Officer as follows:

Tel: 020 8767 8426 extn. 23

Mob: 07996 245 174

Email: kim.wells@hestia.org

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SENIOR CARE

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Each Home Instead Caregiver is trained to provide help with a wide range of everyday tasks, including

- Help with Washing & Dressing
- Companionship
- Light Housework
- Specialist Dementia & Alzheimer's Care

Contact us today, we are here to help.

Call on: 0208 871 0006

email: ann-marie.warna@homeinstead.co.uk

www.homeinstead.co.uk/wandsworth



BATTERSEA OUTREACH SERVICE

(Shaftesbury, St. Mary's,
Latchmere, Queenstown,
Northcote)



PEABODY

Do you need help to access health, social or housing services? Battersea Outreach Service is a free home-based support for older Battersea residents to help you live independently within your community.

We can help you to make phone calls, make referrals, complete application forms as well as provide support with:

- Information & Advice
- Housing repair issues
- Help in managing finances & benefit claims
- Personal Safety & Security
- Monitoring Health & Well-being
- Access to local community organisations
- Housing transfer to more suitable accommodation

Contact: **Ravi Persaud** on 020 7021 4355
email: ravi.persaud@peabody.org.uk

 **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 Richmond
Concern upon
Thames

AGE Sutton
Concern

AGE Wandsworth
Concern

 **Croydon
ageUK**

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 Lind 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 8th November

Daniel Nichols: Carillion Changing over to Digital

Tuesday 13th December

Tinsel, mincepies and music!

2012

Tuesday 10th January

Reuben Colton: Adult Care Information Service

Tuesday 14th February

Audrey Helps : Tooting Town Centre Manager

Tuesday 13th March

London Fire Brigade Smoke Alarms

NO MEETING APRIL 10th

Tuesday 17th April

Annual General Meeting

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

Wheelchair Access, Loop System, Refreshments

All are welcome - bring a friend

Subscription for 2012

Subscription for 2012 will for the third year be £5 for individuals and organisations these are due from 1st January

As Wandsworth Older People's Forum is a charity, a Gift Aid Declaration made by tax payers 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 Forums funds

Anchor Church Centre

Friday Drop-in for Older People

Every Friday

Lunch from

12 - 1.30pm

(except school holidays)

273 Garratt Lane, SW18

Cost £3.00

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



NEWSLETTER

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Affiliated to National Pensioners Association



WOPF voice for older people in Wandsworth
Funded by Wandsworth