

Caring for our Future: reforming care and support



Lillas Gillies

The Government issued the long-awaited White Paper on social care in July 2012. What we were awaiting was a response from the Government following the Dilnot Commission on Funding Care and Support which was published in July 2011. Its sub-title was Fairer Funding for All and its main recommendation was capping the lifetime contribution by each person for their care and support. Andrew Dilnot was thanked for his immensely valuable contribution with the comment that the solutions were not simple. Now this White Paper ignored the Dilnot report entirely and no solutions have been suggested for what is probably the main problems in providing social care and the main worry for older people.

The White Paper while leaving out paying for it identifies a number of problems which have been reported across England.

More than eight out of 10 people will require some care and support in their later years. Almost 5 million people in England care for a friend or relative - some for more than 50 hours a week. From the Caring for our Future engagement in Autumn 2011 many people told of the high quality care and support that had transformed their lives. Others said that:

- Too often the system only reacts to a crisis;
- People do not have access to good information;
- Access to care varies across the country and is confusing;
- Carers have no clear entitlement to support
- Not all care is good. The quality is variable and inconsistent.
- People often have to fight to have joined up health, care and support that they need;
- Our growing population is only going to increase the pressures on the current system.

The White Paper, in answering these points, sets out a long-term programme of reform which Government and local authorities will work on over the next few years and beyond. A draft Bill is published along with the White Paper which will put forward the legal framework proposed.

The Department of Health says the new system will:

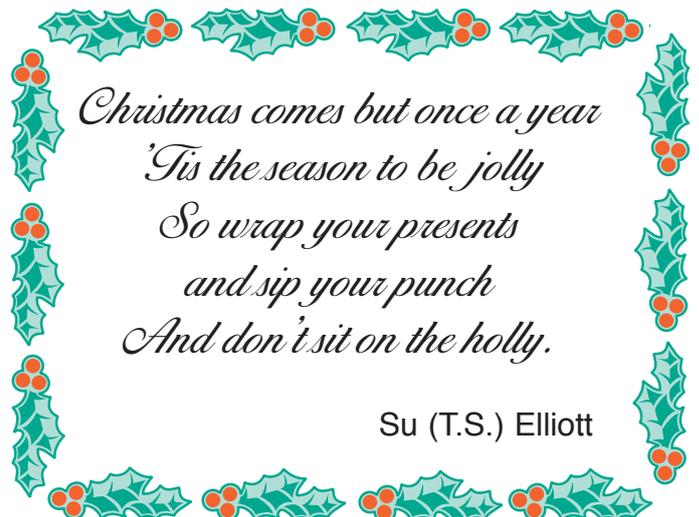
- focus on people's wellbeing and support them to stay independent for as long as possible

This is a priority in Wandsworth already

- introduce greater national consistency in access to care and support

This is aimed at removing "post code lottery" where people get services in one area and not in another which may be just across the road for some people. If services were paid out of local council tax national consistency would remove responsibility from local government but as most of the funds come from Central Government this may not be of importance.

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Caring for our Future: reforming care and support

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The Forum view is that a national level of access is fairer to everyone.

- provide better information to help people make choices about their care

This is a priority in Wandsworth already. Work has been undertaken to make the website easier to use and the latest report is that there is a good telephone service with well-informed people answering on 20 lines Time will tell as to whether people feel better informed and know they will get help when they need it..

- give people more control over their care

This refers to more people on personal budgets which is already the Subject of targets placed by central government. The control of personal budget is onerous for most older people who require care, but, in Wandsworth, various ways have been developed for helping people to have as much or as little control as they want or can cope with. Choice of provider and the possibility to keep in touch with friends and favourite activities is only possible with enough resources to do that. The Forum will ask for details of what can be allowed in Wandsworth in personal budget allocation and what amount is allowed per hour for domiciliary care and personal assistance

- improve support for carers

This is a target in Wandsworth. Some 37% of carers had assessments last year. This may have meant extra support but may not in the current restricted financial situation.

- improve the quality of care and support

The Government is aiming to improve the quality of inspection by the Care Quality Commission. The new website for CQC does seem to be easier to use and gives access to lists of services in any area by post code and from them to recent reports about the service. Homecare services are being inspected this year for the first time and reports should begin to be available about these. Nursing and care homes should have recent reports. Ali services including GP and dental surgeries will be inspected by next year. LINK has had the right to "enter and view" and to report publicly on any service in their area but are of course limited by the number of people who volunteer for their "enter and view" teams. Health Watch will have similar powers. It is hoped that there will be smooth transition from LINK to Health Watch with a legacy of information

and experience passed into the new organization. TUPE may apply to LINK staff. Why should it not apply to the LINK Executive who have put so much work into developing effective working.

- improve integration of different services

This is a priority in Wandsworth.

Some of the key actions proposed could provide some stimulus towards improvement such as:

1. The new capital fund of £200 million over 5 years for development of specialized housing for older and disabled people. It would be good if we could have more extra care housing in Wandsworth. It seems the Government envisages it with a lower threshold of entry than for care homes which might make it a community with a greater range of abilities and energy and more likely to produce involvement and a livelier environment. Is this happening in Wandsworth ?
2. The new national information website might be a useful additional source of information. It could be very unwieldy and difficult to use.
3. A national eligibility threshold is helpful but may be difficult to develop. The present system was supposed to produce national measures of eligibility but, it seems, local interpretations exist. Therefore there is still postcode lottery
4. Training more care workers to deliver high quality care and developing care apprenticeships. This will depend on the cooperation of employers to run good training and to take on apprentices.
5. £100million in 2013/14 and £200 million in 2014/15 for joint funding between NHS and social care.

The new funds are good but very limited across the whole of England. The answer to the big problem of how the country should pay for social care are still to come. Big decisions have been put off to an indeterminate future. Interestingly Danny Alexander, Chief Secretary to the Treasury said, in an interview just before the Liberal Party conference, that it would be possible to find the money. Can we hope that he can persuade the Chancellor?

Lilias Gillies

OUR HOME VISITING SERVICE

At Paul's Cancer Support Centre we try and understand how you might be feeling if you have a diagnosis of cancer. Perhaps you are feeling unwell or undergoing treatment and are house bound and would welcome some complementary therapy at home. We also offer this service to those who are caring for someone with cancer at home.

How it works...

You, your carer, or your doctor or nurse, can contact us requesting a visit to your home. The Home Visiting Service manager will then visit you and talk through the service. Following this visit we match you with a volunteer practitioner in the therapy of your choice. You can expect to receive a course of six treatments free of charge in your home.

Home Visiting volunteers

All our volunteers offering massage and reflexology are professionally qualified and complete a 40 hour training course with Paul's Cancer Support Centre to equip them with the necessary skills for home visiting.

To refer yourself or to make a referral

Please call us on 0207 924 3924 or referral forms can be downloaded from www.paulscancersupportcentre.org.uk

Please contact Ruth Wooldridge, HVS manager or Clare Unwin, Administrator, via the Centre number on 020 7924 3924 or email us at:

hvisits@paulscancersupportcentre.org.uk

Registered Charity Number: 1128295

Unity Event

AI Risalah School, 145 Upper Tooting Road, SW17 7TJ

I had the pleasure of attending the Unity Event put on by the Students at the AI Risalah School in Tooting. The event was put on by the students as they wanted to build links with all sections of the local community. The students and teachers were all very welcoming and were pleased that we had attended. They did presentations- about the Unity theme and what they hoped to achieve.

The event was attended by people from all religious denominations and representatives from schools and local groups. There were opportunities to talk to these people and all the students and teachers.

The formal part of the evening was followed by a delicious meal made by the students and their parents. The evening was enjoyable and inspiring and volunteering opportunities were discussed with the Head of the school Mr Qurashi, students and teachers and they all were very enthusiastic about these possibilities.

Valerie Hambelton

Over 65?

GET THE JAB, GET FLU SAFE

Older people in Wandsworth are being urged to get flu safe with a free flu jab to help protect them this winter.

Houda Al-Sharifi, Director of Public Health for Wandsworth, said: "If you are over 65, it is vital to get a flu jab to protect you at the time of year when you are most vulnerable."

Flu is not just a bad cold. It can increase the risk of developing more serious illnesses such as bronchitis and pneumonia or can make existing conditions worse. In the worst cases the flu can result in a stay in hospital and it can even be a killer."

People aged 65 or over can get a free flu jab on the NHS at their GP surgery. This will give them the best possible protection against the virus. Those who care for older people are also advised to get vaccinated to protect not only themselves but the person they care for who may be particularly vulnerable.

The best time to get the jab is at the start of the flu season from October to early November, so it's good to get in early and get flu safe in time for the winter.

Houda Al-Sharifi added: "Flu is a highly infectious illness caused by a virus. The types of virus in circulation change every year as does the vaccine, so it is important that you have the jab this winter, even if you had it last year."

So help protect yourself and those around you by having a flu jab at your local GP surgery. And remember, the flu jab does not contain live viruses so it cannot give you the flu."

Simply contact your GP to arrange a convenient appointment and get your jab. It's quick, safe and free for those aged 65 or over.

ARE YOU AGED OVER 65? HAVE YOU BEEN THE VICTIM OF A CRIME IN THE LAST YEAR?



IF THE ANSWER IS 'YES' THEN WE WOULD REALLY LIKE TO HEAR FROM YOU.

At the University of Surrey we are conducting important research into understanding the psychological impact of crime on older people. Crime is something that worries many older people. But, little is known about how older people cope after being a victim of a crime. We would like to know more so that the right support can be offered.

My name is Becca Piper and I am a Trainee Clinical Psychologist at the University of Surrey and working in the NHS. I am looking to talk to people over the age of 60's who have been a victim of any crime in the last year. Participation is completely voluntary and strictly confidential. All that is required is about 1 hour of your time to talk to me about your experience and answer some questionnaires. I can offer you some information about where to get further support should you need it.

The study is running until next summer but we need as many people as possible to take part! To find out more, without obligation, please call me or email me:

Becca Piper, Tel: 07927 106 767

Email: r.piper@surrey.ac.uk



Holiday in TEXAS

Liliias Gillies

My daughter lives in Houston and when I visited her in April this year she arranged a trip to West Texas. Texas is a huge state with about 12% of the population of USA living in it, most of them in the towns and cities of the eastern half. West Texas is thinly populated, prairie, mountains and desert. It is the southern end of the Rocky Mountains and the northern end of the Mexican Chihuahua Desert.

We visited Fort Davis, set up in the mid-19th century to protect emigrants, mail coaches and freight wagons on the trail from San Antonio to El Paso from Indian attacks. The Indian threat was live and in 1861 Apaches attacked, killed two guards and made off with 100 cattle and horses. Now it is a museum showing what life was like for the soldiers serving in this isolated outpost. There were houses for the officers, a whole one for the commander, half for married officers and a shared house for the others. Some were furnished as in 1880. Ordinary soldiers were in a barracks dormitory. The museum showed pictures of the history of the place and of the clashes with the Indians.

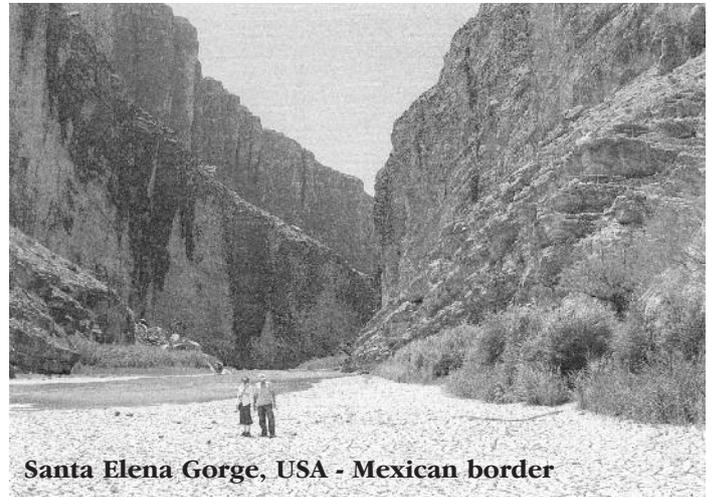
The area is ranching and oil country but mining was important in the past. We visited the deserted silver mining village of Shafter, seemingly all in ruins but the church was beautifully kept. We also visited Terlingua, a mercury mining town, now being repopulated with people escaping the busy east. It has become a tourist destination with a flourishing restaurant in the former cinema and a very well-stocked tourist emporium selling Indian blankets and Mexican pottery among others.

Texas was at one time part of Mexico. In 1836 it broke away to become independent and joined the United States in 1845. A quarter of the population speak Spanish and 40% are of Hispanic origin.

Big Bend National Park is in the bend of the Rio Grande, the border between USA and Mexico. The Chisos Mountains are wholly in the park. The highest is Emory peak, at 7832ft. They form a ring round the Chisos Basin which is about 3000 ft above sea level and has a lush vegetation with trees and shrubs and many varieties of cacti many of which were flowering. It is a popular place for walking and climbing and we followed a couple of the short trails. Short trails as it was very hot! We walked to an amazing waterspout channel which towered above us and was completely dry. The following link will show that spout full of water.

[http://en.wikipedia.org/wiki/File:Pine Canyon Falls Pan.jpg](http://en.wikipedia.org/wiki/File:Pine_Canyon_Falls_Pan.jpg)

At the October meeting the Forum members enjoyed the pictures and led to an interesting discussion about America and the extremes of climate and diverse population which that country covers.



Santa Elena Gorge, USA - Mexican border

Liliias Gillies

NEWS FROM WANDSWORTH MUSEUM West Hill SW18

Exhibition: On display will be 60 fascinating water colours from the Museum's extensive collection. They illustrate the transformation of the borough from a series of villages to an urbanised and industrialised suburb, from Roehampton and Putney in the West to Nine Elms in the East, Tooting in the South to Battersea in the North.

Tuesday 27th November Coffee Morning
11.00am - midday

Wednesday 23rd November AGM followed by Quiz
7.00pm-9.30pm

Wednesday 23rd January 2013 Friends Party
7.30pm

Thursday 31st January 2013 Coffee Morning
11.00-midday

Wandsworth U3A (Registered Charity No: 1096590)

Current Activities and Study Group

For more details Telephone 020 8785 0949
www.wandsworthu3a.org.uk

Our monthly meetings with guest speakers are held at Earlsfield Library

3rd Monday of the month at 2.00pm

Health & Well-being Strategy

The draft Health & Well-being Strategy was published in October. The Health and Well-being partnership had the opportunity to ask questions and discuss the document which is for consultation till early in the New Year.

Much of what is in the document we have heard already as the priorities have been mentioned at several meetings, both of the Partnership and others. The Strategy starts from the eleven JSNA needs, as described in the A4 leaflet of which copies are still available, and the priorities already announced of promoting resilience, strengthening prevention with particular emphasis of alcohol misuse and integrating health and social care.

This first draft is to aid commissioning services and to allow consultation.

Work is already underway with a number of the needs and priorities. One of these is such as on prevention of the excess winter deaths where the Older People's Forum has attended a working party which is promoting flu immunisation, warm homes and falls prevention. Deaths of older people in winter are very often due to pneumonia which can result from flu or after a fall. Having a warm home can also help and there is some urgency to have people who need improvements to the insulation or the heating of their home to apply before December as the grants available are being phased out.

Work is planned to address the gap in mortality under 75 between the most deprived and least deprived local areas and that it has increased by almost 60% between 2001 and 2009. Recognising illness and engaging with it would help. Work is being planned for regeneration in Roehampton and Latchmere which could help the feelings of well-being in the population there. However although there is some finance available finding enough funding may be a problem which could take some time. A better environment can help towards positive mental health and social resilience and positive feelings of well-being. If some of the blocks of flats in these areas could be better insulated that could save heating costs and improve the incomes of residents which would not only improve physical health but also feelings of well-being

The less limiting an illness is to a person the more they are likely to have a feeling of well-being. Work is planned of assisting people with long-term conditions to deal more easily with their health problems so that these are less limiting in the people's everyday activities. A third of people with long-term conditions have a mental illness of depression, anxiety and dementia. Better understanding of the condition and self-help possible and prevention of hospital stays would make life better for these people. This is an area where work has been going on.

The Strategy will be under continuous review and will be examined for changes in needs and priorities after publication. Work has started already on the priorities established.

Lilias Gillies

Excess Deaths in Winter

In winter more older people die than in the summer months. Often they die of pneumonia which may have started as something else. In Wandsworth it has been found that there are more deaths of older people in winter for each 1000 of the population than in other similar boroughs. Public Health has set up a task force to look into it and to reduce the excess over other boroughs. The Forum is represented on the task force. Sam Revill came to the October meeting to talk about this and to urge all members to get their flu immunisation. Having flu often leads to pneumonia and death in older people so it is wise to prevent it with the flu jab.

People may not want to get it because they had a flu-ish episode after a previous flu jab. That may or may not have been flu but if it had been it would have been much worse and more serious without the immunisation.

Some members said they had to wait two weeks to get an appointment. Lilias pointed out that as flu virus changes every year there have to be new supplies of the correct vaccine each year and their surgery may not have received their supply or they were waiting for more.

Others spoke of the poor pavements and pavements not being gritted in the winter. Last winter several members of the Forum had broken limbs due to falls. The Council should be quicker to mend uneven pavements and to grit them as well as the roads.

Make an appointment and get your flu jab and try to keep safe this winter

Patient Participation Groups

The Wandsworth Clinical Commissioning Group, which will be taking over from the Primary Care Trust on 1st April, has a Patient and Public involvement strategy, it has appointed a Lay Member, Jeremy Ambache, its meetings are open and it is setting up a Patient Reference Group. The Group has appointed staff, many coming from the previous PCT, who will work from 90 Putney Bridge Rd sharing premises with Adult Social Services.

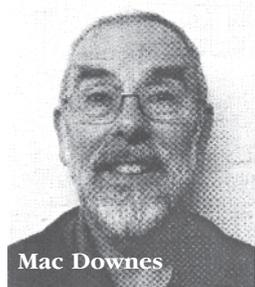
GP practices have been encouraged, financially, to set up Patient Participation Groups to discuss services in their practice. Each PPG is invited to send representatives to Patient Consultation Forums, one for each of the three sectors in Wandsworth.

There is patient and public consultation in the NHS in Wandsworth.

Why don't you join the Patient Participation Group in your practice and have your say?

Outreach report

Autumn 2012



Mac Downes

We are now halfway through the Comic Relief funding for this work. I hope this brief account of events over the past 3 months underlines the need to continue this project beyond 2014 and, in the closer term, secure funding to extend the number of outreach hours. At present my 17 hours per week seem fairly full- it would be nice to work alongside someone funded to help fill the many gaps in services and opportunities for older people in Wandsworth.

FUNDRAISING

We supported Sunnysider's Residents Association (Joan Bartlett/Mary Court Battersea) application to Wandsworth Big Society Fund for equipment and garden improvements. We await the result!

We are also working with Sunnysider's to secure a monthly income from a commercial source. Similarly we are working with Catherine Baird Court to ensure that appropriate investment arrangements can be made for a legacy from a former resident.

SUPPORT FOR GROUPS

Two sheltered scheme residents groups have been set up: Catherine Baird Court and Carey Gardens. Following discussions with Wandsworth Council it is likely that Carey Garden's sheltered residents will set up an independent association. From a recent meeting with a Salvation Army Housing Association officer we understand it is their only scheme in UK to set up its own resident's association - well done CBC residents! We also helped Mary Holben resurrect their Residents Association - this has been a long process.

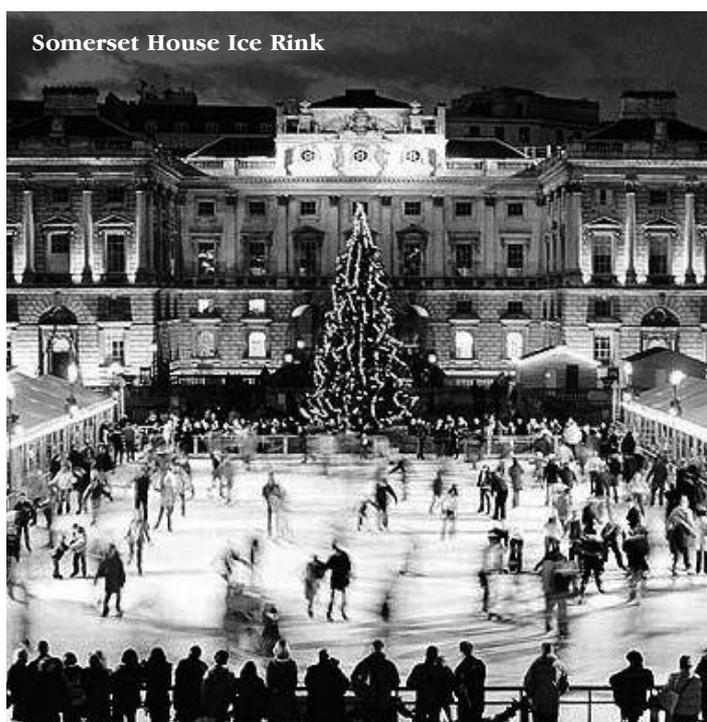
Efforts continue to keep the Residents Association functioning at Haven Lodge. For several Sheltered RA's health of active committee members has been a concern and some groups have needed extra support time. Several sheltered schemes have an ageing population- many of whom do not have the energy to fully involve them selves with an active role in resident association affairs. In contrast several of the more recently arrived residents lead independent lives out of the scheme either volunteering or working elsewhere. Hopefully we will be able to support a small core of sheltered scheme residents at Wimbome House, Balham set up an association and access computers and IT Training.

Until recently a large part of our outreach work has been with sheltered schemes and established organisations working directly with older people. From recent meetings we hope to extend this work with resident's groups in areas where a large proportion of members are over 60 years. This might include several schemes on Winstanley Estate, Battersea being set up by London Citizens. In similar fashion we are looking at ways of supporting elderly residents in Southfields via the local residents association (Southfields Grid Residents Association) and on Battersea Park Estate via Battersea Fields Resident Management Organisation,

BIG LOCAL BATTERSEA & COUNCIL INITIATIVES IN BATTERSEA & ROEHAMPTON.

In order to support older people living in the Big Local SW11 I am an interim member of the core planning group. Work also continues to ensure that older people in Roehampton have an opportunity to contribute to the regeneration plans. One of the concerns of older people in Roehampton is the issues related to street drinkers in the area. A meeting with the Integrated Drug and Alcohol Service Outreach Team will hopefully result in more understanding and information about their work - including a presentation at the next meeting of Roehampton Forum.

Mac Downes



Somerset House Ice Rink

GOLD & SILVER PLAYERS

Drama group for older people

Katherine Low Settlement
108 Battersea High Street
London SW11 3HP

Monday Afternoons
12.30- 2.30pm
£3 per session

For more information contact
Sarah Rackham: 020 7223 2845

Things to do places to go

ACTIVITY CENTRES

St Michael's Centre
St Michael's Church Hall
Cobham Close SW11
Tel: 020 7228 0245

Regenerate-RISE
Platt Christian Centre
22 Felsham Road SW15
020 8780 9330

Furzdown Project
91/93 Moyser Road SW16
020 8677 4283

Hestia Age Activity Centre
966 Garratt Lane SW17
020 8767 8426

Hestia Age Activity Drop-in
St Barnabas Church
Lavenham Road SW18
020 8767 8426

Asian Women's Association
Women only
Mantle Court Mapleton Road SW18
020 8875 9465



549 Old York Road, Wandsworth, London SW18 1TQ.
Tel: **020 8877 8940**
Email: info@ageukwandsworth.org.uk
Website: www.ageuk.org.uk/wandsworth

Newsletter Questionnaire September 2012

A short questionnaire was distributed with the newsletter of September 2012. It had 5 questions based on how the newsletter was received, was liked, and asking for suggestions about things that might be included. Only 18 were returned. It would be good to hear what you think.

Most were members and had received it in the post. One had received it from AgeUK and one from the library.

All said they enjoyed the newsletter and found it interesting and useful.

Suggestions for inclusion included more information about activities and outings and also about services and reliable tradesmen. As the newsletter comes out quarterly it is difficult to give notice of meetings apart from those organized by the Forum. AgeUK Handyman service is a reliable way to get small jobs done and the Council will give recommendations for builders for bigger jobs. Other suggestions were on feedback after complaints. One area was on bus driver behaviour. This has been taken up by the Greater London Forum and London Transport has put more emphasis on driver training and their awareness for older passengers and those with disabilities. Make sure you write in with any complaints, giving time, place and bus number.

Readers appreciated articles about changes in service either locally or nationally and about cuts. The article "Don't blame us for living longer" was particularly appreciated.

The Editor is always pleased to receive letters and articles and the Forum Committee is always pleased to hear your views

Do you find it difficult to use public transport ?

We will pick you up from home every week.
Take you shopping to Sainsburys and Southside.
Provide a volunteer and a wheelchair if you need one.
Take you on outings and pub lunches.

**020
8675 3812**

Wandsworth Community Transport
Charity No. 286095





MEMBERS MEETINGS

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

Tuesday 11th December
Justine Greening MP

Music & Mince Pies

2013

Tuesday 8th January
Distraction Burglary: Sue Cox

Tuesday 12th February
Bowel Cancer Awareness: Claire Stephenson

Tuesday 12th March
My Family at War: Jeremy Weinstein

Tuesday 9th April
Annual General Meeting

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

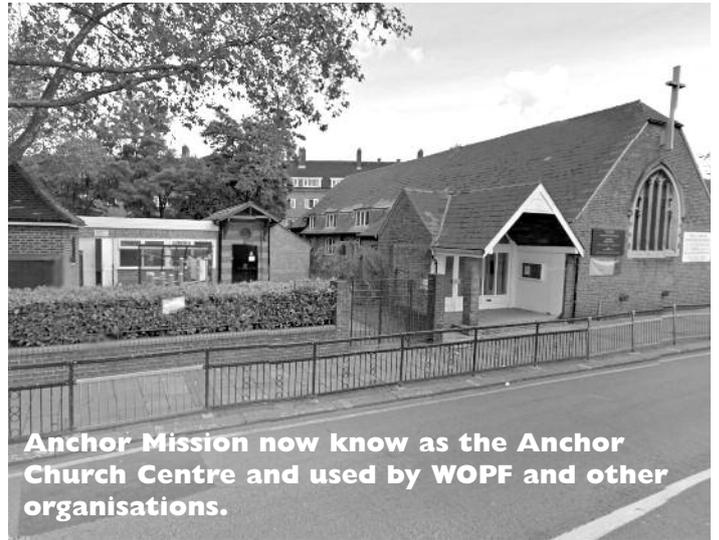
Wheelchair Access, Loop System, Refreshments
All are welcome - bring a friend

Subscription 2013

Subscription for 2013 will for the 4th 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 on subscriptions and donations made.

Please fill out a Gift Aid Declaration if you pay tax and help the Forums funds.



Anchor Mission now know as the Anchor Church Centre and used by WOPF and other organisations.

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

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Address

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..... Postcode

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Telephone:

.....

Organisation Membership £5 per year

Organisation Title

.....

Contact name

.....

Address

.....



NEWSLETTER

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WOPF voice for older people in Wandsworth
Funded by Wandsworth