



Registered charity number: 1096322



ALL CHANGE !

The NHS faces many challenges, including more people living longer with more complex conditions, increasing costs, reduced funding and rising expectations of the quality of care. The NHS must change to meet these demands and in SW London Wandsworth and five neighbouring boroughs are collaborating to meet these challenges and have published a five year plan showing how they will meet new London Quality Standards.

Your local Healthwatch will make sure that the views of the public and people who use services are taken into account. We are trying to provide and promote lots of different ways for local people to be involved and in-formed such as inviting local health experts to come and speak to groups and answer questions. If you would like to take part contact us at enquiries@healthwatchwandsworth.co.uk or call 0208 516 7767

CAPITAL AGE FESTIVAL 2014

The portrait of a man exhibition (see bottom left) was the result of public engagement and photography workshops with older people in Southwark and Tower Hamlets.

The tea dance team (see bottom right) launched the festival on July 1st with a mix of music, poetry and film



WOPF

WANDSWORTH OLDER PEOPLE'S FORUM

NEWSLETTER SEPTEMBER 2014

THE CARE ACT 2014 - NEW RIGHTS FOR VULNERABLE PEOPLE AND THEIR CARERS

The Care Act, which is likely to commence implementation in April 2015, aims to replace the current 'post code lottery' of care services with a national system that will ensure clear criteria across the country for eligibility for care and support. Using these legal criteria, individuals will, for the first time, be able to challenge Councils if they refuse to meet eligible care needs.

Councils will have a duty to promote the well being of vulnerable people and carers by providing preventive services that will enable people to remain healthy.

Personal Budgets will now become the legal means of providing care so that individuals can design care according to their personal preferences.

In 2016 the new cap on care costs of £72,000 will come into force so that people know the maximum they will have to spend before the state takes over. For people with less means there will be more state support at an earlier stage and no one will be forced to sell their home during their life time to pay for care.

Councils will have to ensure access to financial advice and advocacy if needed to help people make decisions.



Norman Lamb
Care and Support Minister

OLDER PEOPLE'S RESPONSE

- Welcome national eligibility criteria if they include moderate needs
- Welcome personalized care but older people do not want financial responsibilities and paperwork.



ASSISTED DYING BILL

If this Bill becomes law, terminally ill mentally competent adults would have the right to ask doctors for medication that they could take when they wished to do so to speed their death. Polls indicate that 73% of people support this change in the law, believing it would reduce suffering and pain and enable more 'good deaths'.

DEPRESSION IN OLDER PEOPLE

Depression in older people can be confused with dementia as it can cause a rapid loss of ability to function. However, depressed people will be aware of their memory loss and confusion and will retain the knowledge of where they are and who their loved ones are.

Common symptoms include weight loss, loss of appetite, loss of interest in previously favourite activities, irritability, anxiety, suspicion or a focus on death. It is important to see your doctor if you are depressed as there can be physical causes such as illness or prescription medicines.

Although anti-depressants can have negative side effects for older people, other options are available to support you. It is important to get enough sleep, exercise to eat and drink healthily and stay in contact with people.



'CARE SERVICES IN CRISIS' SAY DIRECTORS OF ADULT SOCIAL SERVICES (ADASS)

Directors of Adult Social Care have said that while funding for local authority care services has reduced by 12% from 2010, demand has increased by 14%. Concern was expressed about 'countless vulnerable people who will fail to receive or be unable to afford the care services they need and deserve' The Kings Fund commented that half the money being transferred from the NHS to support better joint working and new initiatives between health and social care is having to be used to shore up basic social care services.

The Department of Health spokesperson said that the government is providing extra funding to Councils this year and that the new Care Act (see front page) and improved joint working will keep people independent for longer.

However, the evidence from older people's organizations is that, as people live longer, there is greater demand for care and this is not being met and is often of an unsatisfactory quality. WOPF will continue to advocate on these issues.

GOOD NEWS MAC'S OUTREACH WORK CONTINUES



Although the Comic Relief funding has not been replaced, I have continued to support 2 of the projects that were established in Sheltered Housing Schemes voluntarily - Sunnysiders and Wimborne House Computer Club plus Friends of George Potter Nursing Home.

This year we have received funding from Charles Hayward

Foundation & Sanctuary Housing to extend our Memory Workshop Project and in addition we have received CCG Seldom Heard Groups funding to work with sheltered schemes in Roehampton.

People in residential care can also feel lonely so we helped set up a Friends Group at George Potter Nursing Home, also voluntarily supported by me, and, if we receive Wandsworth Big Society funding, would do the same in 4 or 5 other homes across the borough. In a range of different ways we will continue to engage people and reduce isolation – loads of reports about the importance of this - it is not rocket science but does need resources!

For more info on projects, please ring Mac on 07715 131813 or mactdownes@tiscali.co.uk.

Mac Downes

LOVING LATER LIFE

Asian Women's Association
020 8875 9465

Wandsworth Over 50s
Activity Group 07958440808

Ramblers Association
020 7339 8500

Share Community for adults
with physical and other
disabilities. 020 7924 2949

St. Bede's Centre for Deaf
people 020 7021 4340

Golf for over 50s
020 8871 2468.

St. Michael's Older people's
Activity Centre Battersea
020 7228 0245

Pocklington Resource Centre
for People with Visual
Impairments 020 8675 4246

Regenerate-RISE Platt
Christian Centre, 22 Felsham
Road Tel: 020 8780 9330
e-mail [info@regenerate-rise.
co.uk](mailto:info@regenerate-rise.co.uk)



Active Lifestyles will sign post
you to fun activities
020 8871 6373

Balance training to regain
confidence and prevent falls
020 8812 4079

Expert Patients group - learn
how to understand and
manage own health/illness
020 8871 5163

Furzedown Project for older
people
020 8677 4283

Check us out on YOUTUBE

Hestia Age Activity Centre
020 8767 8426

Katherine Low Settlement
meeting place, advice,
support & activities for older
people 020 7223 2845/6471

Ballroom dancing at Battersea
Arts Centre 0207223 6557

Be a volunteer use your
knowledge and skills.

*(Please let us know about
other activities or clubs so
we can share the details)*



Wandsworth U3A (University
of third age) offers older
people the chance to learn
through groups such as
history, art, French, cinema,
current affairs, outings
etc. To join visit web-site –
google Wandsworth U3A or
telephone 020 8878 5783.



NHS Keep people out of
hospital grant received by
Age UK Wandsworth.
Watch this space !

If you are worried about
falls you may refer yourself
to Falls Service directly 020
8812 4079
Mon - Fri 8.30 - 4.30

CREDIT UNION LAUNCHES IN WANDSWORTH

In January Wandsworth Plus
Credit Union was launched. It
is a financial co-operative that
lends out members' savings at
low interest. Anyone who lives
or works in Wandsworth can
join. Because it is not-for-profit
it is able to lend money at better
rates than banks and payday
lenders.

More than 200 Wandsworth
residents have now joined and
41 loans have been issued.
Last year the credit union paid
a 1% dividend on savings and
for loans of £2,000 or more the

credit union charges 19.9% APR
interest. We are also seeing more
applications for smaller loans
from Wandsworth residents
who would have otherwise had
to borrow from high interest
payday lenders. A credit union
Instant Loan of £200 for one
month costs just £6 interest at
42.6% APR. MoneyShop would
charge £60 interest at 2,962%
APR. info@londonpluscu.co.uk

Saskia Walzel



The Opening Doors London
Project is for older people who
identify as lesbian, gay, bisexual
or transgender. The project
offers information, befriending,
support, social activities and
awareness training for agencies.
Men co-ordinator
020 7239 0446
Women co-ordinator
020 7239 0447

WOPF: VOICE FOR OLDER PEOPLE IN WANDSWORTH

FORTHCOMING MEETINGS

All meetings are held at the Anchor Centre, Garratt Lane and start at 2pm and end at 4pm

September 9th: Preparing for End of Life

Wandsworth CCG Sue Tappenden, Stephen Deas Trinity Hospice
End of Life Information Service Robyn Lynch (Solicitor) Jenny Weinstein (Care Consultant)

October 14th: Integrated Falls and Bone Health Service

Bernadette Kennedy, Clinical Team Leader

November 11th: "Come on Board"

Sophie Achillini Strategic Communications Officer for TfL's accessible transport options

December 9th: Music! Mince pies!! Merriment!!!

NETWORK CONFERENCE ON OLDER PEOPLE'S STRATEGY

Louise Wright, Principal Project Manager with the Joint Commissioning Unit, introduced the results of collaboration between Wandsworth Clinical Commissioning Group (CCG) and several departments of Wandsworth Borough Council (WBC) backed by an analysis of the characteristics and needs of the older people living in Wandsworth. A summary of the draft 2014-19 strategy was available to participants.

Alison Kirby, CCG Commissioning Manager for Older People, identified key health actions planned to keep people healthier, happier and more independent such as reducing falls, improving the quality of life for people with long term conditions and promoting better mental health.

Wendy Moreton, WBC Adult Social Services and Daniel Lloyd, WBC Housing, highlighted issues such as having access to safe adapted housing, providing a more integrated health and care approach and improving the quality of social care.

Sue Yoxall, Louise Wright and Helen Griffin, WBC, introduced the visions and actions on neighbourhood, keeping connected and getting out and about. Their aims included

keeping people safe from abuse and crime, ensuring access to social and community activities, promoting access to the internet, information and advocacy for older people and carers, and more accessible public transport.

Priorities for conference participants included having a one stop comprehensive information point, support and help available when needed, easier access to GP, independence in your own home and tackling loneliness and isolation.

It was suggested that these could be achieved by easier access to a GP who knew you, more use of GPs, pharmacists and voluntary sector to identify people who have become cut off, better GP and community care following discharge from hospital, and widespread access to exercise classes and healthy living information. Concerns were expressed about too stringent eligibility criteria for care, stress experienced by older people managing personal budgets lack of housing options for older LGBT people and lack of extra care facilities.

On getting out and about people wanted more lifts at stations, better trained bus drivers, accessible public

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toilets more control of large groups of youngsters, better cycle lanes and a more user-friendly system for booking dial-a-ride.

CCG and Council officers thanked network members for their suggestions which they said would be incorporated in the next draft of the strategy.

Lilias Gillies

WHAT WE WANT



Accessible transport



Leisure Opportunities



Better GP Access