



# Wandsworth Older People's Forum

## NEWSLETTER NEW YEAR 2025



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### Community spaces

Places are open across the borough until March if you need warmth, a hot meal, or access to services. To find out where they are, call the Cost of Living Hub on **0808 175 3339** from 9-5 on Mon-Fri or go to [www.wandsworth.gov.uk/cost-of-living-hub/community-spaces/](http://www.wandsworth.gov.uk/cost-of-living-hub/community-spaces/)



### WATCH Lifeline



**Wandsworth Alarm Telephone Care Helpline (WATCH) Lifeline** is an emergency home response alarm service provided by Wandsworth Council to older people, people of all ages with disabilities or specific medical needs.

If you fall or are taken ill, your phone may be out of reach, but with **WATCH Lifeline** you can call for help anywhere in the home by pressing the pendant button. You will need a phone line and there is a weekly fee for the service. Call for an appointment on 020 8871 8999 or email [JCC@wandsworth.gov.uk](mailto:JCC@wandsworth.gov.uk)

## 2024 sees biggest ever number of

# SCAMS

According to the Consumer Association's *Which?* magazine, 2024 was a "big year for scams" and the first quarter saw the most scams EVER recorded by the Financial Ombudsman Service.

### Top tips to avoid being scammed

Here are the latest top tips from *Which?*'s on protecting yourself:

**Don't** pay attention to investment opportunities or offers that sound too good to be true. Do your own research before parting with cash.

**Check** the address of a website or read online reviews before entering personal or financial details. Look up the website info on a domain checker such as *who.is* – if it's a new site then it's a red flag.

**Ignore** texts, emails and calls from unknown contacts and invitations to WhatsApp groups you've never heard of.

**Never** click links in unsolicited messages.

**Ignore** ads and posts on social media that aren't from online accounts. Verify company social

media accounts by checking links on a company's official website.

**Look out** for spelling and grammar mistakes as well as missing "About us", "Contact us" and "Terms & conditions" pages.

**Stick to** official ticket sellers and resale platforms for events.

**Preview** the website that a QR code leads to *before* actually visiting it.

**Call** your bank immediately if you've lost money to a scammer, using the number on your bank card and report the scam to *Action Fraud*.

**And here's one from an earlier list** **Never** click on anything or take any action if you are made to feel under pressure. Claims that you have a limited time to respond are an early warning someone is trying to scam you. Forward all suspicious emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

**Out and about** As usual, the Forum continued to run stalls handing out information around the borough to get our message out. Right, Syeda Islam, our new Chair, and Press Officer Charles Runcie answer questions at the Katherine Low Centre on 31 October, just one of the events in the borough's Brighter Living Festival that ran throughout October.

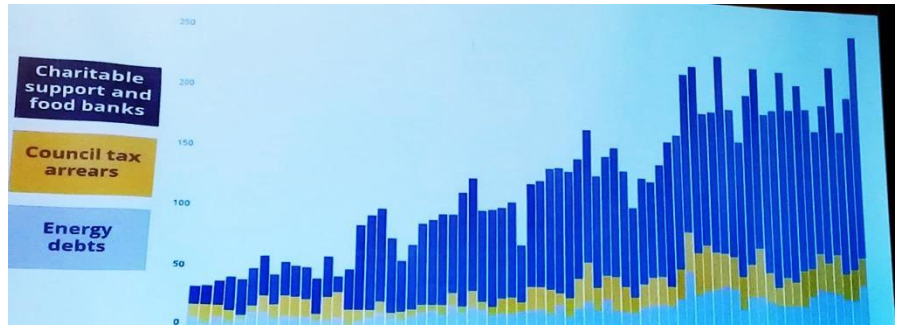


# Conference report: How is Wandsworth coping with the cost of living crisis?



## 'When the Wandsworth Older People's Forum speaks, the Council listens'

Leader of the Council  
Simon Hogg, left



The 2024 Wandsworth Older People's Forum conference was held on 12 November in the Anchor Church, Garratt Lane, and around 70 people attended. The speakers came from across a range of agencies from which older people can seek support – from the council to charities working in the borough. They were Cllr Simon Hogg (*above, left*), Leader of the Council, Tom from Citizens Advice Wandsworth, Natalie de Silva, CEO of Age UK Wandsworth, Jeremy DeSouza, Executive Director of Adult Social Care & Public Health, Richmond & Wandsworth Councils, and Ben Threadgold, from Wandsworth Council's Cost of Living Programme.

As **Simon Hogg** said in his opening speech, "When the Wandsworth Older People's Forum speaks, the Council listens." Cllr Hogg began by outlining the measures in place to help older people in Wandsworth with the cost of living, such as the £15m Cost of Living (COL) Fund the Council has provided which makes it the biggest and most generous COL provider in London. While Winter Fuel Payments now go automatically to those pensioners on Pension Credit, there is also financial help for low-income pensioners NOT on Pension Credit who receive Council Tax Reduction. The payment is £300 for people over the age of 80, and £200 for those under 80. Warm Home Packs to improve home insulation have been distributed and warm Community Spaces at libraries, churches and community centres are open this winter.

**Jeremy DeSouza** spoke of his vision that "all Wandsworth residents live longer, healthy lives". To achieve this end, people "are at the centre of all we do" while recognising diversity and valuing independence for people with disabilities. "Wandsworth Older People's Forum is a key participant /source of information," he said. The local authority is supporting 10 community organisations who have got together to provide a weekly meal to communities, eg, BlindAid, and in its "Wandsworth Moves Together" scheme it is helping those who don't exercise for various reasons, perhaps because of the cost, to get fitter.

**Natalie de Silva** explained that Age UK Wandsworth is an independent local charity and not connected with the Age UK national charity. She outlined Age UK Wandsworth's services and informed the audience that this included the provision of advice on benefits. She said they also provide a befriending service to visit older residents, social events, a day centre, a handyman service, hospital discharge support, courses to help digital inclusion and running schemes such as Roehampton Men's Shed. She said older people can contact Age UK Wandsworth to check if they qualify for benefits.

**Tom** from Citizens Advice Wandsworth opened with figures showing that 4 million over-60s in the UK have cut food costs due to the cost of living. Locally, Citizens Advice data shows that the number of those in arrears with their energy bills or Council Tax has doubled since 2019 and those using food banks has increased tenfold. They have seen the over-65s experience the largest increase in financial difficulty of any age group. Benefits available to help with the cost of living were outlined, including applying for Pension Credit, which would trigger the Winter Fuel Payment, Attendance Allowance and Personal Independence Payment, for those under pension age and needing assistance with personal care or travel, and Carers Allowance, which supports those giving at least 35 hours per week of care to a disabled person.

**Ben Threadgold** said low-income residents in need could also apply for support from the Council's Discretionary Social Fund and reported that the Council's Pension Credit campaign has resulted in more than 200 residents now taking up the benefit for the first time. Residents with a household income under £40,000 and an Energy Performance Certificate rated D to G, were encouraged to apply for Warm Home Packs that can reduce energy bills by up to £200 per year.

He reminded the audience that residents could call the Council's Cost of Living Hub helpline for further assistance on 0808 175 3339.

Contd on p4

# Remembering together at Battersea

On 11 November 2024, I had the honour of attending the Act of Remembrance at Battersea Park to mark Armistice Day. This solemn event, organised by Enable on behalf of Wandsworth Council, brought together local residents, veterans, dignitaries, and representatives from various organisations to pay tribute to those who served and sacrificed for our freedom.

The ceremony saw the presence of key dignitaries, including the Mayor of Wandsworth, the Council Leader, and MP Marsha de Cordova, alongside veterans and their families. The programme featured hymns, prayers, and speeches, including heartfelt readings by children. Watching these young participants recite their verses with such reverence was deeply moving. Many shared how they had spent days learning about Armistice Day, engaging with their grandparents to hear personal accounts of war – creating a powerful bridge across generations, connecting the past to the present.

Equally inspiring were the veterans who shared



their stories. Their vivid recollections from decades ago felt as if they had just occurred, a testament to the lasting impact of their experiences. Their memories served to underscore the importance of preserving these stories for future generations.

As a representative of the Rotary Club of Battersea Park, I had the privilege of laying a wreath at the 24th (London) Division War Memorial. I was overwhelmed by the sense of unity within the community – people of all ages coming together in quiet reflection, honouring and remembering.



The two-minute silence following the Last Post was a moment of collective reflection, deepened by the tranquil surroundings of Battersea Park. This gathering was not only a tribute to the fallen, but an inspiring reminder of the importance of remembrance. It reassured me that a new generation is learning to value this tradition and the lessons it carries for the future.

Syeda Islam MBE

**Su Elliott returns in the Spring issue writing about life now she's retired as Membership Secretary, which she'll miss, she says, "but mainly I'll miss you, the members".**



Due to illness in Wendy Speck's family, the October meeting was chaired by Vice Chairs Syeda Islam and Tony Tuck, who welcomed speaker **Claire Hitchcock** from Wandsworth Welcomes Refugees (WWR). WWR was started in 2016 following the death by drowning of a little Syrian boy off the coast of Turkey whose image shocked the world in autumn 2015. It is a registered charity whose aim is to support refugees and asylum-seekers in Wandsworth. As such, part of its job is helping local organisations in the borough work towards becoming accredited sanctuaries. Two such places are Oxfam Tooting and the Home Community Café at St Andrew's on Garratt Lane, as well as Wandsworth itself. The borough libraries are working towards accreditation.

It is important that people waiting to hear if they can stay – which can sometimes mean a number of years living in temporary accommodation – are helped to feel welcome and part of the community. Volunteer work ranges from admin to fundraising and everyone is welcome to volunteer, giving up 2-3 hours a month. WWR also works with other organisations such as KLS,

Citizens Advice Wandsworth, Care4Calais Wandsworth, and Battersea Welcomes Refugees.

If you want to volunteer, contact [wandsworthwelcomesrefugees@gmail.com](mailto:wandsworthwelcomesrefugees@gmail.com) or go to the website [wandsworthwelcomesrefugees.org/contact](http://wandsworthwelcomesrefugees.org/contact) You can also write to WWR c/o Church of St Mary & St John the Divine, Balham High Road, London, SW12 9BS.

The December meeting was the Forum's Christmas party, at which new Chair Syeda Islam welcomed the **Wandsworth Community Transport** choir led by **Manuel Button** (below, left) which performed sessions before and after the buffet. Manuel also drew the tickets for the raffle, which raised £100.





## Questions & Answers

Answering questions from the audience, Cllr Hogg said Winter Fuel Payments are paid automatically to qualifying residents and there was no need to contact the council or respond to (scam) messages asking you to respond with information.

- He said the council plans to introduce one central phone number for all queries by the end of 2025, which would make it easier to contact the local authority.
- He said residents should report overgrown hedges that made easy access along the borough's pavements particularly hard for older people and should let the council know if there are places which would benefit from more benches: "We are happy to put benches in."
- In answers to questions about getting financial advice, Citizens Advice Wandsworth was suggested as a useful first port of call. It will receive enquiries and directs people to the relevant advice or service.
- Responding to a question about what would have been a fairer way to reduce the number of Winter Fuel Payment recipients (A: "Changes should only have been made AFTER a minimum of 95% of people eligible for Pension Credit were receiving it"), it was noted that Citizens Advice Wandsworth is currently receiving three times more enquiries to claim Pension Credit since the changes to Winter Fuel.
- Discussing the use of text messages, it was explained the Council does send out texts for rent arrears as the goal is to encourage tenants to pay their rent early while the debt is still small and manageable; however, some people were concerned about being able to recognise text message scams.
- Some people asked for the use of acronyms for organisations' names to be reduced. For example, one person asked what CEN referred to and was told Community Empowerment Network.
- The Council's plan to help remove barriers for those with disabilities "Access for All" is launching in January 2025. The council must make sure people are aware of it.

## Community engagement matters

WOPF chair Syeda Islam was very heartened by the outcome of the conference. "The challenges faced by our older residents are real, but so is the power of community. Today we turned dialogue into action. addressing the cost-of-living crisis to ensuring no one is left behind, the discussions have shown when we come together – as neighbours, organisations, and leaders – we can create meaningful change."

## Positive feedback

There was positive feedback for the scope and ambition of the conference. "Very useful information," "It was a good blend of content" and "I learnt a lot more about the Council's cost-of-living help" were three of the comments fed back to organisers. Syeda Islam said: "Council leaders have listened attentively to concerns raised, and together we will continue working towards a Wandsworth where every older resident is supported, valued, and heard."

*Alistair Grant & Vicky Hutchings*




Wandsworth is the Mayor of London's **London Borough of Culture 2025** and Wandsworth Council is inviting everyone to take part in a year to remember. There will be big cultural moments all over the borough with a focus on wellbeing, and opportunities to volunteer, put on events and get involved. Find out more at [welcometowandsworth.com](http://welcometowandsworth.com)

# Fit, Active,

**Active Lifestyles** To book low-cost sessions for the over-50s, contact Enable Leisure & Culture (which manages leisure & sports for Wandsworth Council) on 020 3959 0033/07928668215 or email [activelifestyles@enablelc.org](mailto:activelifestyles@enablelc.org) to find out about activities, times and prices. Everything from tai chi to keep fit for life to yoga, walking football and keep on moving.

**Age UK Wandsworth** offers a range of activities at the Gwynneth Morgan Day Centre, including coffee mornings for older people, gentle chair yoga, Silver Strollers, and LGBTQ+ coffee mornings. We're a friendly bunch and always looking to welcome new faces. For more info on times, dates and class prices, or to book your place in advance, call 020 8877 8947 or email [info@ageukwandsworth.org.uk](mailto:info@ageukwandsworth.org.uk) Address 52 East Hill, SW18 2HJ.

**Autumn Rose Over-60s Club** offers lunch/social day on Tuesday. 10.45-3pm. Call Joan or Esmie on 020 8673 8038 (Tuesday) or email [autumnrose@balhamsda.org.uk](mailto:autumnrose@balhamsda.org.uk)



**Balham Library  
Dementia Friendly  
Café**

A friendly meeting place for people  
with memory problems and their  
Friends and Family

Chat and share experiences and  
information in a safe, friendly and  
supportive environment.

**Thurs 11-1pm, 16 Ramsden Rd,  
SW12 8QY. Tel: 020 8673 1129**

**Battersea Society** We organise/ host a wide range of events – talks (both live and online), walks and visits to historic buildings, plus public meetings on topics of local interest, social gatherings & film nights: [www.batterseasociety.org.uk/contact-us](http://www.batterseasociety.org.uk/contact-us)

**Café Connections** Come and join a bunch of interested and interesting retired folk on Zoom on the second and fourth Thursdays of the month, 10-11am. Contact One Stop Organisers on tel 0333 014 7075 or email [info@onestoporganisers.co.uk](mailto:info@onestoporganisers.co.uk) to book a place. First two sessions free.

# Involved and Interested



Join your Singing  
for the Brain group

At Putney Library SW15 2DR



Our group meets on Wednesdays at 3pm.  
Contact Frances Craig on 020 8780 3085



## All Saints Church, Tooting SW17 8DQ

Fun, friendly singing group for cardiac & respiratory patients, meets fortnightly on Tuesdays from 2-3.15pm. Dates 11 & 25 April, 9 & 23 May, 6 & 20 June, 4 July. Contact details can be found on Facebook

**Furzedown Project** for people aged over 50 is open every weekday for a range of activities from yoga to bingo to photography to bridge to singing, and includes coffee mornings for the LGBTQ 50+ community. 91-93 Moyser Road, SW16 6SJ. Call 020 8677 4283 for more info on membership and class costs and to get on our mailing list for the latest news.

**Hestia Activity Centre** for older adults. 10-4 every weekday except Thursday. A range of social activities at 966 Garratt Lane, SW17 0ND inc salsa lessons, art classes, tai chi and IT at low cost. For information and to book, call 020 8767 8426. Hestia is also now running an Age Well programme of activities for the over-55s in Roehampton, including: creative writing, seated yoga, Silver Surfers, monthly walks, Fix & Mend, and more. A warm welcome. For information, email Rita Wing Hung on [kawing.hung@hestia.org](mailto:kawing.hung@hestia.org)

**Iris Dementia Cafe** St Luke's Church, 194 Ramsden Road, SW12 8RQ. Third Saturday of the month from 2-4.30pm. For carers and the person they care for to socialise with others affected by dementia in a friendly, safe and supportive space, and take part in activities over refreshments.

**Katherine Low Settlement** offers a meeting place, support, exercise and lots of activities as part of its Age Well and Core programme (including Table Tennis Club, Lunch Clubs, Craft Sessions and more) for people 60+ in Battersea. Tel 020 7223 2845 for more info about what's on offer or email [elders@klsettlement.org.uk](mailto:elders@klsettlement.org.uk)

**Lavender Bridge Club** meets at York Gardens Library Hall for tea/coffee, cakes and bridge every Wed and Fri. Call Andrew on 020 8767 3886 or 07940 354203; or email: [andrewstimson@yahoo.com](mailto:andrewstimson@yahoo.com)

**Monday Club** 2-3.30 on Mondays at St Barnabas Church, SW18 5EP. Opportunity for over-50s to share refreshments and entertainment. Nominal charge. Call Margaret on 020 8870 5364.

**Open House in Southfields A** weekly social group for older people. Refreshments, activities, trips. Every Monday, 10.30-12pm in Ackroydon Hall, Montfort Place, SW19 6QL. For more info, call 020 8877 3003.

**Regenerate-RISE** open-access day centre in Putney, a merger of two RISE centres, provides lunches, activities including exercise classes, health and wellbeing topics, bingo and entertainment, plus an outreach programme. Tel 020 8780 9330 for more information.

**Roehampton Community Shed** is run by Age UK. Weekly group where men (or women) can meet and work on practical projects and enjoy tea and a chat. Wednesdays 11-3. The Shed has two venues in Minstead Gardens and Portwood Place, SW15 4EB. Tel: 020 8877 8940.

**60+ Cafe** A warm and friendly cafe for the over-60s held in Minstead Methodist Church, SW15 4EB. Activities and food. Thurs, 11-4. Tel 020 8487 8285 or email [admin@roehamptonmethodist.org.uk](mailto:admin@roehamptonmethodist.org.uk)

**Sparkle** To register, contact [emma@stmikes-ststeves.org.uk](mailto:emma@stmikes-ststeves.org.uk) or call 0208 877 3003 or visit [sparkletogether.org](http://sparkletogether.org) to find out more.  
**Sparkle Earlsfield:** Weds 10.30-14.00, St John the Divine Church, Garratt Lane, SW18 4EH.  
**Sparkle East Putney:** Tues & Thurs 10.30-14.00, St Stephen's Church Hall, Manfred Road, SW15 2RS.  
**Sparkle Battersea:** Wed 10.30-14.00 St Michael's Wandsworth Common, Cobham Close, SW11 6SP

**Sunflower Dementia Cafe** Mount Court, 16 Weimar St, SW15 SJ. First Saturday of the month, 2.30-3.30pm. Carers with/without the person they support can meet in a welcoming environment to find support and make friends over refreshments.

**Tooting Graveney Day Centre** Activities, exercise classes and lunch for older people, from 11-3pm, Mon & Thurs at 14-16 Lynwood Rd, SW17 8SA. Tel 020 3602 8251 for prices.

**Walk Wandsworth.** For free walks around the borough's green spaces, contact [activelifestyles@enablelc.org](mailto:activelifestyles@enablelc.org) for more information.

**Wandsworth U3A** (University of the Third Age) was founded in 2002 and currently has over 400 members. We are a welcoming group and hold a monthly meeting, normally with a guest speaker, on the third Monday of the month in Earlsfield Baptist Church (Magdalen Road, opposite Earlsfield Library). It is 100m from Earlsfield station. Meetings are 2-4pm, cost £1. We currently have over 50 interest groups. To find out more, go to [wandsworth.u3asite.uk/?s=groups](http://wandsworth.u3asite.uk/?s=groups)

**Wandsworth Asian Women's Association** offers a lunch club Tuesday and Wednesday for older women who want to meet up socially or seek advice. Talks given. Exercise & English classes. Call 020 8875 9465 for further info on classes.

**WOFA (Wandsworth Over Fifties Activities)** Tel 07058 440808 for a membership pack. For £10 a year, you get four programmes of up to 30 outings each, from walks (free) to visits to museums and art galleries to meals out to minibus trips.

# 'Sparkle' intergenerational community project opens third venue in borough



Since its launch in June 2022, Sparkle has gone from strength to strength, welcoming over 95 older people who have become "Grandfriends" to more than 150 local primary and 55 nursery children.

Sparkle, an intergenerational community project founded in Wandsworth, has opened its third venue in Earlsfield. Also active in East Putney and Battersea, Sparkle welcomes local older people to join for intergenerational activities, seated exercise and a warm lunch.

Since its launch in June 2022, Sparkle has gone from strength to strength, welcoming over 95 older people who have become "Grandfriends" to over 150 local primary and 55 nursery children. Each week, Sparkle offers intergenerational activities with children from the onsite day

nurseries and local primary schools – activities include craft, singing, gardening, games and also guest speakers and performances – no two days are the same!

Founder Emma Chisholm said: "Intergenerational relationships are a win-win for everyone. There are obvious benefits for the older people, from tackling loneliness and isolation to improving health and wellbeing, but also big benefits for the young people in terms of building confidence and empathy, developing communication skills and even reducing ageism."

**'We are so delighted to bring Sparkle to Earlsfield and can't wait to see more intergenerational relationships blossom'** **Emma Chisholm**

All older Wandsworth residents are welcome at Sparkle. There is no charge to attend but a £2 donation for lunch would be appreciated (if you can afford it).

Contact Emma Chisholm for details, see the entry for Sparkle on p5



## Companionship & Dementia care in your own *home*

Personalised, quality, reliable care provided by our experienced Care Professionals who help clients to continue living independently in their own homes.

Contact us on 020 8022 5238

Email [enquiries@hiscwandsworth.co.uk](mailto:enquiries@hiscwandsworth.co.uk)

[homeinstead.co.uk/wandsworth-lambeth](http://homeinstead.co.uk/wandsworth-lambeth)

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♥ Dementia Care

♥ Companionship

● Personal Care

◆ Home Help

● Live-in Care

● Overnight Care

◆ Respite Care

# Ricky Lucock 1932-2024

Ricky Lucock, who died on 30 October, was a longtime member of the Management Committee of the Wandsworth Older People's Forum. A lecturer at Surrey University, the Royal College of Nursing and St George's Medical School before she retired, Ricky was ideally suited to represent older people in the borough on a number of health related consultative bodies such as the Wandsworth Clinical Commissioning Group. As it says on her commemorative website, she was "a mum, grandmother, great-grandmother, friend, colleague, teacher & avid conversationalist".



**Ricky Lucock: a most valued member of the Forum**

"Avid" is a good word to describe her: not only avid for conversation, but for information, for keeping active. Late in 2018 she wrote an article for this newsletter on going to the gym. Headlined "I never imagined I would be going to the gym at 80+. And I really enjoy it!!", the piece chronicled her trips to the cardiothoracic gym on the Atkinson Morley Wing in St George's after her breathing and mobility became impaired. There she used weights and a walking machine to strengthen her muscles and lungs. "Before, I had to crawl upstairs, now I go up normally." Afterwards, she graduated to the gym at Balham Leisure Centre.

friends on the committee about a world where "no one has crossed my doorstep for 13 weeks and three days". Yet somewhat to her surprise she didn't feel lonely. "I suppose a small part of that is because I do enjoy my own company." She was also aware of her good luck in living where she could indulge her love of nature: "I have a very pleasant conservatory from ... where I can watch the birds, squirrels, foxes and even cats who use my garden as a highway." But she found her enthusiasm for digital technology was what really kept her going, namely "my computer, my tablet and the iPad my elder daughter has lent me so I can be contacted (and contact in return) on FaceTime".

She was the very embodiment of every online list of "how to live a long and happy life".

*Vicky Hutchings*

Read the tributes to Ricky at <https://patricialucock.muchloved.com/>

When Covid struck, Ricky emailed

## New Year Sudoku *Solution on back page*

4	2				5	8		
6	7		1					5
8	9	5	6	4	3		1	2
		8						
	6	4			1	3	5	7
3			4	6		2	8	1
1	8		3		6			4
7					2	5		6
5	3	6		7			2	8

"Results suggest that the brains of people who regularly do puzzles function similarly to people 10 years younger." – *Better Ageing*

Each of the nine blocks must contain the numbers 1-9, with each number appearing only once *in a row or column or block*

### Useful telephone numbers



**Action Fraud** 0300 123 2040

**Age UK Wandsworth**  
020 8877 8940

**Age UK Wandsworth Handyperson Service** for older people 020 8877 8949 (not an emergency service)

**Alzheimer's Society**  
020 8687 0922

**Citizens Advice Wandsworth**  
0300 330 1169

**Elays Advice & Advocacy**  
020 7720 6864

**Gas Emergency** 0800 111 999

**Mushkil Aasaan** 020 8672 6581

**National Dementia Support Line**  
0333 150 3456

**National Domestic Violence Helpline** 0808 200 0247

**Over-50s Alcohol Helpline**  
0808 801 0750

**Relatives & Residents Association Helpline**  
020 7359 8136 (care homes)

**Rethink Advocacy**  
0300 790 0559

**Silverline** 0800 470 8090

**Victim Support Wandsworth**  
020 7801 1777

**Wandsworth Carers' Centre**  
020 8877 1200/020 8675 0811

**Wandsworth Community Transport** 020 8675 7460

### Wandsworth Council

◆ Cost of Living Hub (free) **0808 175 3339**

◆ Switchboard **020 8871 6000**

◆ 24-hour emergency helpline **020 8871 7490**

◆ Parking & Streets/inc pavements **020 8871 8871**

◆ Noise **020 8871 6127**

◆ Adult Social Care **020 8871 7707**

◆ Housing **020 8871 6161**

**Wandsworth Wellbeing Hub (NHS)**  
020 3880 0308



speakers (see below). There are a range of things you might give a hand with – from putting out the chairs to helping with the refreshments.

Come and see how we work and perhaps think about coming along to the Management Committee meetings on the first Tuesday of the month. We need help with organising events, fundraising, social media, people to go to regular consultation meetings with authorities and report back to the committee or write for the newsletter.

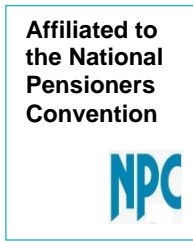
**Registered charity**  
**No 1096322**  
**Correspondence**  
Wandsworth Older People's Forum, FREEPOST, c/o WCEN, DRCA Business Centre, Charlotte Despard Avenue, SW11 5HD  
**Newsletter editor**  
Vicky Hutchings  
hutchings.vicky@gmail.com  
**Membership**  
syebat@hotmail.com

**Answers New Year Sudoku (p7)**

4	2	1	7	9	5	8	6	3
6	7	3	1	2	8	4	9	5
8	9	5	6	4	3	7	1	2
2	1	8	5	3	7	6	4	9
9	6	4	2	8	1	3	5	7
3	5	7	4	6	9	2	8	1
1	8	2	3	5	6	9	7	4
7	4	9	8	1	2	5	3	6
5	3	6	9	7	4	1	2	8

**Forthcoming speakers at the Forum**  
**Tuesday 14 January at 2pm**  
Topics will be changes to the SW London Integrated Care Board and Age Well services in Wandsworth. The speakers will include **Hannah Pearson**, lead Primary & Community Care Delivery Manager in Merton & Wandsworth. **Lynne Romanek** from the Immunisation Service will then talk on immunisation benefits. Covid and flu jabs are to be offered. *Refreshments afterwards*  
**Meetings are held on the second Tuesday of the month at the Anchor Church Centre, 273 Garratt Lane, SW18 4DU (buses 44 or 270)**

**We're on the Web**  
<https://www.wopf.org.uk/>



**WOPF Management Committee**  
**Syeda Islam** Chair  
**Tony Tuck** Vice-Chair  
**Mo Smith** Treasurer  
**Charles Runcie** Press Officer  
**Dawn Killeen** Hon Sec  
**Alistair Grant** Community Outreach Worker  
  
Valerie Hambelton, Vito Ward, Nathalie Gibson-Wilson, Fred Roberts, Lys Innes, Vicky Hutchings, Joe Stuart, Liliias Gillies, Sarah Goodall, Bharti Kotecha

**WOPF Privacy Statement**  
We only use your data to send you the newsletter or information about activities. We do not share your data with third parties. We hold your data securely.

**Membership Application/Renewal Form**  
If you would like to join or re-join the Wandsworth Older People's Forum, please complete the subscription form below and return with your payment of £10 (annual subscription for individuals or organisations) to: **Membership Secretary, Wandsworth Older People's Forum, FREEPOST, c/o WCEN, DRCA Business Centre, Charlotte Despard Avenue, London SW11 5HD.**

**I wish to join/rejoin the Wandsworth Older People's Forum:**

Name (individual or organisation) .....

Address .....

..... Postcode.....

Phone (Home)..... (Mobile).....

Email.....  
(This is important as, in future, because of funding we may need to communicate with you by email, not post.)

♦ I enclose a £10 cheque/PO payable to Wandsworth Older People's Forum

♦ I have made a payment of £5 into the Wandsworth Older People's Forum account at **Lloyds Bank, Sort Code: 30-99-08, Account no: 22084368**   
Please put your name as the reference or we won't know who sent it!

**I might be interested in being a volunteer**

**I am a UK tax payer and would like my subs to be gift-aided**

Signed ..... Date .....\.....\.....