



WATCH

Lifeline Alarm Service

Reassurance and peace of mind at the touch of a button

WATCH newsletter • Issue 24 • Winter 2017



*Seasons greetings
and a happy new year*



Dear WATCH Lifeline Customer

Welcome to the winter edition of the WATCH newsletter.

The holiday festivities are underway and we hope you are all having a lovely time.

As the weather outside gets chillier, we are reminded of the importance of keeping warm and safe. For advice please see page 5.

Our team are on call 24/7 every day of the year, so if you have a fall or need assistance just press your WATCH alarm pendant.

In this issue, we are celebrating local history. Wandsworth is home to many points of interest, including the homes of famous artists, politicians and poets. These are often marked with blue or green plaques so passers by can learn more about the history of a building. See page 3 to find out more.

I'd like to take this opportunity to wish you all seasons greetings and a happy New Year!

A handwritten signature in black ink that reads "Tony Roberts". The signature is fluid and cursive.

Tony Roberts
Head of supported housing services

Keep calm and test your alarm

Don't wait for us to call you

Please remember to test your alarm every month

If you have lost your pendant, find it is not working or think there is a problem with it please telephone our office straight away 020 8871 7741.



Have your say!

Join our WATCH customer focus group.

The focus group is made up of WATCH customers and meets every few months to discuss the service, give feedback and make suggestions on what can be improved. This is a great opportunity to get involved in council services and meet new people.

The meetings take place at various sheltered schemes around the borough and all travel will be arranged for you. We also provide refreshments during the meeting.

Thank you to our current members for their involvement!

If you're interested in joining the group and becoming more involved with how WATCH services are run, please contact 020 8871 8198.

Contacting the team!

Supported Housing Services have many services which can help you:

- WATCH alarm
- Sheltered housing
- Community development team
- Telecare alarm
- Tenancy support team

To find out how we can help you, contact us on:

Email: supportedhousingervices@wandsworth.gov.uk

Telephone: 020 8871 8198

Address: 2 West Drive, London, SW16 1RP

Reception: 9am – 4.30pm (Monday to Friday)

History around every corner in Wandsworth



Wandsworth has been home to many interesting people throughout history, including famous artists, politicians and poets. Blue and green plaques are displayed around the borough to mark points of interest.

Blue Plaques

The London Blue Plaque scheme, which is now run by English Heritage, was started in 1866. The scheme marks buildings across the city where notable people worked or lived.

Since it was founded over 150 years ago, the scheme has been driven mainly by suggestions from the public. Anyone can suggest a blue plaque to the English Heritage, but there can only be one blue plaque per person. This is why there is no blue plaque in Wandsworth for Isambard Kingdom Brunel, who lived in Battersea for a number of years, but has a blue plaque elsewhere in the city.

Wandsworth borough has 26 blue plaques to date. These include William Wilberforce, Thomas Hardy and David Lloyd George.

The first blue plaque south of the Thames was erected in Wandsworth in 1905 for novelist George Eliot (aka Mary Ann Evans). One of the greatest writers of her time, Eliot was living at Holly Lodge, 31 Wimbledon Park Road, Wandsworth, when she wrote *The Mill on the Floss* (1860). The most recent blue plaque in Wandsworth is for Henri Gaudier-Brzeska, a sculptor who lived in Putney.

Green Plaques

Wandsworth also has its own green plaque scheme which commemorates not only people, but also places and events. Wandsworth Council initiated the scheme in 2007 to provide a way to commemorate famous people or places in the borough which were not covered by the English Heritage Blue Plaque Scheme. There are currently 12 green plaques across around the Borough. One of these is for Dame Margaret Rutherford who lived in Balham for many years.

Earlier this year, a crowd of over 200 people gathered to see a new plaque unveiled on a housing estate in Summerstown. The new plaque celebrates the famous historic athletics track which once stood on the site of Burmester House.

For just over a decade in the mid nineteenth century, there was an extraordinary athletics venue just off Garratt Lane in Wandsworth. Crowds in their thousands flocked regularly to attend sporting spectacles at Robert Sadler's Copenhagen Running Grounds. Locals and visitors alike would come for a few drinks and a wager on some the biggest sporting celebrities of the age. The runners came from all over the country and much further afield, most famously the native North American known as 'Deerfoot' who ran in his traditional costume.

Sadler ran his business from Althorp Lodge, which was demolished around 1900. This is now the site of Burmester House. The track itself was behind this, now a tranquil housing estate built in the 1950s.

If you'd like to suggest a green plaque email: wandsworth.libraries@gll.org





Classic cars come to Tooting

Sunday 5 November saw the 101st annual London to Brighton veteran car run.

First held in 1896, this is the longest running car event in the world. The run was first set up to mark the increase in speed limits from 4mph to 14mph.

Due to road works, this year's route was diverted through Clapham and Tooting as the cars made their way to Brighton.

Over 400 vehicles took part in this year's event. All the cars were made before 1905, meaning that they were all over 100 years old!



Don't get locked out

Have you changed your door locks recently? Don't forget to let us know!

In the case of an emergency, it will be much easier and quicker for us to assist you if we have an up-to-date set of door keys.

We are here to help you. We will always endeavour to get to you as quickly as we can, but we may be delayed if we don't have a working set of keys. Damage can be done to your property if the emergency services need to break in to help you; this can be noisy and costly to repair.

If you have changed your locks (or think you may have done), installed a key safe or changed the combination, please get in touch. Just press your alarm or phone us on 020 8871 8198. We will come around to collect the new keys as soon as possible.

Here are ten top tips to keep warm and cosy this winter.



- 1 **Don't let the cold catch you out** - check the weather forecast each day in winter. This will let you know if the weather is due to turn cold and you can make sure that you are ready to keep warm and well.
- 2 **Hot meals will keep you snug and warm** by giving you the energy your body needs. Make sure you have food in the house like tinned, dried and frozen foods as they will keep fresh and you can make a hot meal even if you can't get out of the house in bad weather.
- 3 **Have plenty of hot drinks** like tea, coffee or hot water as this will help to keep you warm. Just boil the amount of water you need each time and this will save you money too!
- 4 **Make sure you have enough of your prescription medicines.** If the weather turns bad you may not be able to collect or have your medicines delivered, check the forecasts and make sure you have enough in stock.
- 5 **The flu is much more serious than a cold;** it can lead to a hospital stay. Keep yourself safe and make sure you have your flu jab. People over 65 or people with existing medical conditions get this for free so make sure you get yours. Visit your GP or a participating pharmacy.
- 6 **Make sure you can check the temperature in your living room and bedroom.** If possible have a simple thermometer or set your heating controls to the right temperature. Ask someone for help if you cannot work your heating controls properly.
- 7 **Wear a few layers of thin clothing** rather than 1 thick layer; this will trap the heat better to keep you warm. Socks and hats are great too as hands and feet can soon get cold. Wearing socks and a hat in bed is also a good idea.
- 8 **Tuck curtains behind radiators,** this will keep the heat in the room.
- 9 **Cover yourself with a blanket or shawl** if you are sitting for long periods, as this will help keep you warm and put your feet up if you can as the air is colder near the floor.
- 10 **Keep moving if you can, this will help keep you warm.** Try not to sit for more than one hour - get up and walk around, make a hot drink and spread housework throughout the day. If walking is a problem try moving your arms and legs whilst sitting or wiggling your fingers and toes.

Remember, keep yourself safe too

Don't put clothes or furniture too close to fires or heaters.

If you use an electric blanket, make sure it is kept in good repair and never use a hot water bottle at the same time.

Make sure you have well fitting slippers and shoes to avoid trips and falls.

Stand up slowly and carefully if you have been sat down for some time as you may get dizzy if you stand up too fast.

For more information

Contact WRAP for more information on keeping you and your home warm, staying well and getting help with benefits, heating and energy efficiency.

Call Freephone: **0800 118 23 27**

Text: **07928 394 482**

Email: **enquiries@thinkingworks.co.uk**

For emergency support during the winter months call Leonard Cheshire Disability: **(020) 7223 0350**



Christmas shopping trip

You're invited to our activities and events

Shake off the winter blues by joining us for an activity, day trip or event in 2018.

Our sheltered housing schemes host a range of activities throughout the year which you are invited to. Activities include coffee mornings, gentle exercise classes, shopping trips and film nights. These are a great opportunity to get out and about in 2018 and meet new friends.

Clients of the WATCH service and all older people living in the borough are all welcome to come along.

For more information or to book a place contact us on 020 8871 8198.

We look forward to seeing you there!



Halloween party



Adult services

For care and support services, contact adult social services. To find out more about the range of assistance available visit Wandsworth.gov.uk (click on health and care)

020 8871 7707
accessteam@wandsworth.gov.uk

Are your records up to date?

It is important that we have your most up to date records in case of an emergency

- Your address and contact details
- Medical records
- Your doctor's details
- Next of kin name and contact
- Do you have any pets

If you need to update your records or aren't sure what records we have for you, please contact the team on 020 8871 8198

Roehampton bake off

Lennox Sheltered Scheme held a coffee morning and baking competition to raise money for Macmillan Cancer Support.

Over 20 residents from the sheltered scheme came to the event which raised £161.43 for charity.

Winner of best cake was resident Gill Bowen.

Resident Joan Coombes said: "Many thanks to the Sheltered Housing Officers, Debbie and Sonya from the Lennox Estate who worked very hard to give us a lovely afternoon in aid of the Macmillan nurses.

"Many residents baked cakes to sell and a competition was held for the best homemade cakes. This was won for the second year in a row by Gill who baked a delicious cake. Everyone went home full of delicious cake and enjoyed a lovely afternoon with neighbours with lots of money being raised for a worthy cause."



Are you interested
in applying for
sheltered housing?

We offer independent living in purpose-built apartments at schemes throughout Wandsworth.

If you are aged 55 or over and would like to find out more 020 8871 6840
www.wandsworth.gov.uk/shelteredhousing



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www.wandsworth.gov.uk/telecare



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Readers' page



White chocolate and cranberry cookies

Ingredients

135g (5oz) unsalted butter	½ tsp salt
80g (3oz) caster sugar	¼ tsp ground cinnamon
80g (3oz) soft light brown sugar	½ tsp bicarbonate of soda
1 egg	100g (3 ½ oz) dried cranberries
½ tsp vanilla essence	60g (2oz) white chocolate chips
190g (7oz) plain flour	

Method:

Preheat the oven to 170°C/325°F/Gas mark 3, and line two baking sheets with baking parchment.

Cream together the butter and both types of sugar, then break in the egg, add the vanilla essence and mix well together.

Sift together the flour, salt, cinnamon and bicarbonate of soda, then add to the creamed mixture, mixing thoroughly until a dough forms. Lastly stir in the cranberries and chocolate chips.

Break off pieces of the dough (about 2 tablespoons in size), roll them into balls and place on a baking sheet. Space the cookies about by 7-8cm (about 3in) apart from each other.

Place in the oven and bake for 15-20 minutes or until the cookies are a light golden on top. Leave on the sheets for about 10 minutes to cool and set before transferring to a wire rack.

YOUR HOUSING CONTACTS

Applying for sheltered housing

(020) 8871 6840

Or email:

supportedhousing@wandsworth.gov.uk

To find out more about services and information available to older people at www.wandsworth.gov.uk/supportedhousing

Housing emergency numbers

Wandsworth Emergency Control (24hrs) for properties managed by the council
020 8871 7490

Emergency response officers (24 hrs)
020 8871 7741

Other useful numbers:

NHS for non-emergency care
111

Age UK 0800 00 99 66

Energy saving advice service 0300 123 1234