

Westminster PLUS

Essential information for Westminster's older residents

Issue 10 – October 2010



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Welcome and news

Welcome to the latest edition of Westminster Plus, packed with the latest news, advice and information for residents aged 60 plus.

With the festive season fast approaching, we have lots of offers, information and advice to help you stay healthy, active and entertained in the run-up to Christmas.

We're pleased to announce that the Tea Dance is back, taking place on Sunday 19th December. There is no rush to call us, as you have until Friday 29th October to apply for tickets – see page 15 to enter our prize draw.

You can also find out how to take part in free activities at your local leisure centre during ActiveWestminster Weekend on page 4, as well as the reopening of Marshall Street leisure centre with its art deco marble-lined pool, on page 5.

With all these activities to take part in, how are you going to get to them? On page 10, we tell you

about the many ways you can get around – from the new cycle hire scheme, to car hire through the Westminster Car Club.

We also have the latest in up-to-date health news – highlighting the wide range of specialist services available to you at the new South Westminster Centre on page 7, and the pioneering MyAction programme on page 12, which is improving the lives of Westminster residents at risk of heart disease or stroke.

And finally, if you or somebody you know receives social care, we want you to be aware of some important changes that we are proposing to make, and how you can get involved in the decision-making process. Turn to page 8 to find out how you can have your say.

Happy reading.



**Councillor
Christabel
Flight**
Westminster
Older People's
Champion

Christabel

Cabinet Support, 18th Floor,
City Hall, 64 Victoria Street,
London, SW1E 6QP

cllrflight21@btinternet.com



**Councillor
Sheila D'Souza**
Non Executive
Director and
Older People's
Champion

Sheila

NHS Westminster

15 Marylebone Road, NW1 5JD

sdsouza@westminster.gov.uk

On the cover:
Mr and
Mrs Lam
at last year's
Tea Dance.



Are you a carer?

Westminster has created a new card for you to carry, so that if you are in an emergency, a 24-hour helpline can be called and appropriate care can be organised for the person you care for if you are unable to provide it yourself.



For more information and to register for your card, contact Carers Network Westminster on 020 8960 3033 or download the form from www.carers-network.co.uk

Helpful gadgets for your home

Did you know there is equipment that could keep you safe at home? Telecare equipment can cleverly detect a gas leak or a fire, or if you have a fall. Telecare can also switch lights on and off when you get in and out of bed, remind you to take medication, and even remind you to take your keys with you when you leave the house.

Call 020 7641 1175 or visit www.westminster.gov.uk/telecare to find out how telecare equipment can help give you peace of mind in your home.

New Harrow Road surgery

Halfpenny Steps Health Centre has now opened on the Harrow Road. Previously known as the Malling Health at Westminster Clinic, the surgery re-opens following a temporary location at Woodchester Square. The GP-led health centre offers walk-in facilities for both registered and non-registered patients and is open 8am to 8pm, 7 days a week.

Call 020 8962 8700 for more information.

Halfpenny Steps Health Centre, 427-429 Harrow Road, London, W10 4RE

Keep steady, be active

The Falls Prevention Service held a Fun Day in Hyde Park in June, which brought home the importance of exercise to stay active for longer. Rudolph Drucker from St. John's Wood attended and said: "I've always felt it's important to exercise regularly, but until I joined Falls Awareness I had no idea just how much was on offer. The friendly service and exercise opportunities have helped remove the fear of ill health and falling over, for both myself and my wife."

Call 020 7641 3960 to find out more about the Falls Prevention Service or 020 7641 1444 for general information about keeping active in Westminster.

Rudolph and Lydia Drucker



Out and about

Find out about great things to see and do in Westminster, from visiting park allotments to swimming in marble-lined pools.

ActiveWestminster weekend

Head to your local leisure centre in November for a weekend of FREE and discounted activities for all ages. Try something new, take a health check or drop-in to see what's on offer.

The Get ActiveWestminster weekend takes place on 20th to 21st November. Call your local leisure centre for details of what's on near you or visit www.westminster.gov.uk/activeweekend to find out how to kick-start your health and wellbeing programme.

Organised by Westminster City Council in partnership with NHS Westminster.

Pick up the new Active Westminster guide from your local leisure centre to find out what's on to keep you fit and healthy this autumn and winter.

Available from mid October.



What's on

Take a look at just some of the free sessions you can join during ActiveWestminster Weekend. Some sessions require booking so please call **020 7641 2012** for more information.

Badminton and table tennis

Jubilee Sports Centre
Saturday and Sunday
from 1–3pm

Trial gym session for first time gym goers

Paddington Recreation Ground
Sunday from 10am–5pm

Swimming technique

The Porchester Centre
Saturday and Sunday
from 2–3pm

Bespoke gym sessions

Queen Mother Sports Centre
Saturday and Sunday from
10am–6pm



The newly refurbished
Marshall Street baths

Visit Soho's iconic baths

Marshall Street's Grade II listed baths have reopened this summer after being closed for nearly a decade. The original Sicilian marble-lined pool has been returned to its former glory, and the site now also boasts a purpose-built leisure centre with fitness, health suites and a sauna.

If you are a Westminster resident aged 60 plus you can apply for a concessions card which offers free swimming and substantial discounts on classes and gym sessions. Just walk into the baths with your Freedom Pass and two forms of address, and a card will be created for you straight away.

Call 020 7871 7222 or visit www.westminster.gov.uk/marshallstreet for more information.

Where: Marshall Street Leisure Centre,
15 Marshall Street, London, W1F 7EL

Nearest tube: Oxford Circus

Open: 6.30am-10pm Monday to Friday
8am-8pm Saturday and Sunday

Did you know...
...Older People's Day is
on 1st October? Call
020 7641 1444 to take
part in activities across
Westminster.


City of Westminster

Harvest fair

The Royal Parks Allotment in Kensington Gardens opened in June, complete with a bee hive and a hen house, making it the first to open there since World War II. Why not go along to celebrate the first year's harvest of fruit and vegetables, all of which was grown with the support of volunteers and community groups over the spring and summer months? There are lots of activities on offer for all ages and you can even find out how to get involved yourself next year.

When: Saturday 25th
September from 11am

Where: Kensington Gardens,
North of the Serpentine Bridge

Cost: Free

Nearest tube: Lancaster Gate

Call: 020 7298 2000

Visit: www.royalparks.org.uk



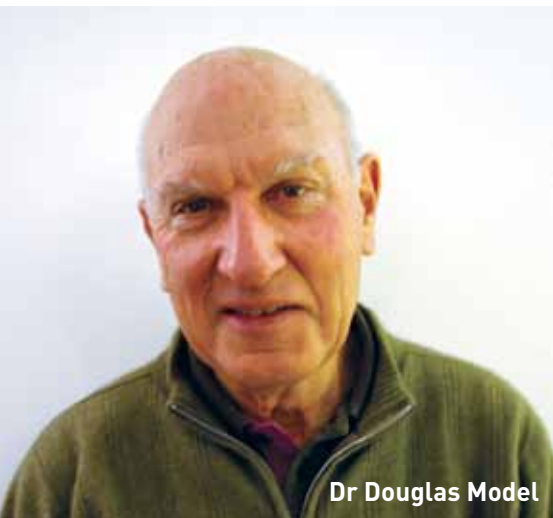

THE
ROYAL
PARKS

1948 Olympic memories

In less than two years' time, the sporting world will be coming to London for the 2012 Olympic Games.

*Did you know...
...your library can help
you to become an Olympic
volunteer? Visit your local
library to make a start*


City of Westminster



Dr Douglas Model

The Olympics promises to be a spectacular event that will live long in the memory of everyone who sees it. That was certainly the case in 1948, when the Olympics last came to London.

As part of the build-up to 2012, we want to hear about your memories of the 1948 Olympics. Did you see Fanny Blankers-Koen, 'The Flying Housewife', storm to gold in the 100m? What effect did the Olympics have on a country still recovering from World War II?

If you want your Olympic stories and memories to go down in history, contact Georgia Vossou at Westminster City Archives, 10 St. Ann's St, SW1P 2DE or call **020 7641 5162** for more information.

My Olympic memory – Dr Douglas Model, 76

"At the time of the 1948 Olympic Games, I was a schoolboy aged 15. They were the first to be held since the war and their prospect provided a much needed boost to a nation that was still in the grip of post-war austerity.

"I remember the opening day. It was impossible not to feel proud of being

British. The band of guards marched up and down on the turf in the centre of the stadium playing everyone's favourite marches.

"My seat was by the finishing post and I had excellent views as record after record was broken...when the Games were finally over we went away feeling that we had witnessed a great event

and that Britain had put on a jolly good show that had set the tone for the future."

You can access more Olympic memories at the Westminster Archives Centre – just walk in and ask for assistance. You can also read and listen to them online at **www.westminster.gov.uk/olympicmemories**

Care closer to you

The South Westminster Centre is improving the quality of health care services for residents.

Located at Vincent Square, the centre has been revamped and now offers 38 different clinical services to patients.

It is what's known as a 'health hub' - meaning it provides different health and wellbeing services all in one place, without residents having to travel too far or go to hospital.

This is in addition to the normal general care offered in one-to-one appointments by Westminster GPs.

The South Westminster Centre covers the wards of Churchill, St. James's, Tachbrook, Vincent Square, Warwick, and Knightsbridge and Belgravia.

Where: South Westminster Centre, 82 Vincent Square, London, SW1P 2PF

Nearest tube: Victoria/
St. James's Park

Call: 020 7963 2444, or 020 7963 2444 from 18th October



Services at The South Westminster Centre include:

- cardiology
- musculoskeletal treatment
- diabetes care
- dermatology
- gynaecology
- cardiac MyAction
- foot care.

HEALTH
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Westminster resident Gillian Guy has already taken advantage of the new services on offer, including: podiatry, retinal screening and physiotherapy.

She said: "The NHS has done us proud. The centre is so convenient, only 10 minutes walk from my home and provides excellent services for people in the area."

Changes to care

We are proposing to make some changes to the way we provide adult social care services – and we want your views.

The council wants to continue helping those most in need, but in the new financial climate must also look at ways to save money and do things better.

Our proposals include the possibility of:

- raising the level at which people receive social care
- asking people who can afford it to pay more towards their care
- offering day care for older people on fewer sites
- changing the way we run other day care services.



We welcome views from everyone – from people who use social care services, their carers and families through to voluntary organisations.

If you are someone who may be affected by these changes we have already sent you more information and a form for you to complete to help you have your say.

For more information, if you have any questions, or if you haven't received one of our packs, call **0800 917 2890**, email **careviews@westminster.gov.uk** or visit **www.westminster.gov.uk/careviews**

You have until Wednesday 8th December to take part.

A Living City

Living City is about building the best city for us to live and work in. Find out how you can contribute.

Living City is about individuals taking more responsibility for what happens in their community, with each of us working together to make life better for everyone.

We want to hear your suggestions - have you got an idea for a new service that would be really useful to people like you? Would you like to help run a club or set up a new community group? The council can give you all the help and advice, and maybe even the resources you need to get your idea off the ground.



Send your suggestions to Phil Sawyer, Communications, Westminster City Council, City Hall, 64 Victoria Street, London, SW1E 6QP or submit your suggestion online at www.westminster.gov.uk/theconversation

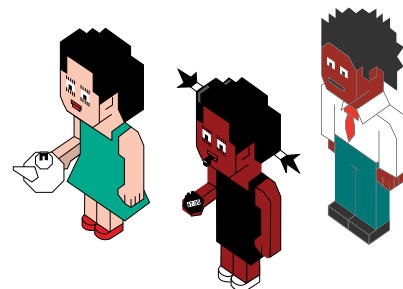
Nominate someone special

The Living City Awards recognise people who make a difference, improving other people's lives and making their neighbourhood a better place to be.

Perhaps you know someone who tries to make your area a friendlier, safer place by bringing different parts of the community together, or maybe someone who takes

the lead in your neighbourhood, acting as a role-model for young people or organising activities for older people.

If so, nominate them for an award and they could win a £500 grant to help them continue the good work they do. Plus, they could get free expert advice and support to help expand or improve the service they provide.



To find out more, visit www.westminster.gov.uk/livingcityawards

You can nominate online or by emailing livingcity@westminster.gov.uk

Getting around

There are lots of ways to get around London that are fun, low-cost and sometimes even free.



Bike it

The Barclays Cycle Hire scheme has launched, which means you can pick up a bike from a docking station, use it as much as you like, and then drop it off when you're finished for someone else to use.

All you need to do is pay a small access fee before you travel and a usage charge when you return your bike. Access charges can be as low as 12p per day for members and the first 30 minutes of every journey is free of charge.

To register as a member, request a map of docking stations or pay your access fee, call **0845 026 3630**, or visit **www.tfl.gov.uk/barclayscyclehire**

If you'd like to cycle but are lacking in confidence why not sign up for a free cycle training session? Sessions for residents of all ages are organised by Westminster City Council in partnership with Cycle Confident. For more information call **020 7641 2016/2634** or visit **www.cycleconfident.com**

**“It’s so convenient
and I love
the exercise”**

Blessing Nwosu

Blessing Nwosu, 61 from Lancaster Gate rediscovered cycling just in time for the Barclays Cycle Hire Scheme. She said: “I used to cycle when I was younger and when I picked it up again recently I quickly felt myself growing in confidence once more.”

Zip around

If you prefer to travel on four wheels rather than two, but don't want the expense and hassle of owning your own car, you'll be happy to hear that the Westminster Car Club in partnership with Zipcar gives you access to over a hundred cars parked across the city.

You get free fuel, free insurance and you don't need to pay the congestion charge. To join all you need is to have possessed a valid full driving licence for at least 12 months, be a Westminster resident and pay a one-off annual membership charge of £25.

With hourly rates as low as £3.95, further reductions for daily rental and a user-friendly booking system, you'll be able to travel in style and comfort without breaking the bank.

For more information call the Westminster Car Club on 020 7183 7803 or visit westminster.zipcar.co.uk/westminster

Get around in style with Westminster Car Club



Did you know...
...you can buy parking scratch cards from your local library or One Stop Service? Visit westminster.gov.uk/parking


City of Westminster



The Taxicard scheme

If you find it difficult or impossible to use public transport you may be entitled to a Taxicard, which allows you 70 rides per year at £1.50 for any journey normally priced £11.30 or under. To find out if you are eligible, call Taxicard on **020 7641 2266** to request a form and receive an assessment. If you already receive the higher rate of attendance allowance you will not need to be assessed.

Healthy hearts & minds

A revolutionary programme to reduce the risk of heart attack and stroke is improving the lives of Westminster residents.

Called 'MyAction' – the programme has helped individuals and families across Westminster to quit smoking, lose weight and eat healthily.

It is a 16-week preventative programme run by health professionals for people at risk of developing a vascular disease involving exercise classes, stress management, nutritional assessment, healthy lifestyle advice – all tailored to individual needs.



The MyAction team

Facts

MyAction is for Westminster residents aged 40 plus who have had, or at risk of, a heart attack or stroke.

You must be referred to the programme by a GP, nurse or pharmacist or by attending an outpatient's

clinic, so book an NHS health check at your local practice.

Families, friends and partners are encouraged to attend.

My Action runs from:

- St. John's Wood Medical Practice, Brampton House, 60 Grove End Road, NW8 9NH

- Beethoven Centre, Third Avenue, W10 4JL
- The South Westminster Centre, 82 Vincent Square, SW1P 2PF
- Emmanuel Church, 9-23 Marsham Street, SW1P 3DW

Call **020 8383 5949** for more details.



Mohammed Ali

Mohammed Ali, 43 from Maida Vale, has been on the MyAction programme since February.

He said: "I saw MyAction as a means to an end. I have struggled for years to lose weight and change my lifestyle. This programme offered consistency and structure to achieve my goal. I have lost over a stone since I started and my cholesterol has dropped from 7.14 to 3.8... I can't praise the team enough - they have been hugely motivating."

Your NHS

The arrival of a new government means proposals have been made to change the NHS and how health services will be provided.

**HEALTH
FOCUS**

What the proposed changes are:

- GPs would have responsibility for the NHS budget. They would decide what health services their patients need and what will be provided in their local area.
- Local authorities would have stronger involvement and Primary Care Trusts (PCTs), who currently have control of the local services budgets, will no longer exist from 2013.
- The government is proposing to create Health Watch England – a citizen's advice bureau for health and social care, where local people can feed back and influence their local services.

What this would mean for you:

- The new approach aims to improve the quality and efficiency of all health care services by providing greater information and choice for patients.
- Patients would have the freedom to see and register with a GP of their choice, rather than being restricted by a catchment area.

Before these proposals are put into practice a number of public consultations are taking place, so you can have your say on how the new system should look. Call **020 7210 5197 and press 5**, or visit **www.dh.gov.uk** to find out more.

Your Westminster

Find out what's happening in Westminster, from the return of the Tea Dance to free tickets to top events.

Did you know...
...you can get FREE tickets to top events through our Out and About scheme? To find out how visit www.westminster.gov.uk/outandabout


City of Westminster



Memory lane

Do you have any historic photographs of Westminster, such as this picture of the bomb-damaged church of St. Anne's, Soho, taken in May 1941? If so, the Westminster City Archives, who preserve historic images of Westminster for communities to explore and enjoy, would like to hear from you. If you would like to donate photographs, or simply allow us to make a copy for our collections, get in touch by calling **020 7641 5180**.

Are you benefiting?

Are you receiving all the benefits you're entitled to? There's a wide variety of support out there for older residents, from income tax allowance to subsidised taxi rates. The Westminster Benefits Advice team can visit you at home to provide advice and help complete any forms. They can also check if you need any other assistance and give you information about this too. Call **020 7641 1175** to find out more.

Opening Doors

Age Concern is working across central London to specifically meet the needs of older lesbian, gay, bisexual and transgender (LGBT) people. In Westminster, there are regular Community Safety Surgeries with the Metropolitan Police, a weekly men's group and lunch club, and also a befriending service for LGBT residents aged 50 plus. Call Nick Maxwell on **020 7121 3335** or Stacey Halls on **020 7121 3331** to find out more.

Have your say

What are your thoughts on home care, direct payments, residential care or health services? Advocacy Plus and Age Concern Westminster are working with a team of older volunteers to find out what you think. Contact Sarah Reilly at Advocacy Plus on **020 7439 3131**, or email userinvolvement@advocacyplus.org.uk to have your say.



The Tea Dance is back

This year, it's on Sunday 19th December to help raise spirits over the festive period. Tickets will be allocated in a prize draw, to give everyone a fair chance at getting tickets.

You don't need to rush to apply, you have until **Friday 29th October**. Winners will be picked at random and contacted by post, and you will only be contacted if you have won.

You must be aged 65 plus and a Westminster resident to attend, and you will need to specify if you would like one or two tickets.

You cannot apply for more than two tickets. If you win tickets and find that you are unable to go, notify the Senior Passport line so somebody else can enjoy the event.

To enter or request full terms and conditions, call the Senior Passport line on 020 7641 1444 or visit www.westminster.gov.uk/teadance to enter online. Alternatively you can write to Libby Jellie, 17th floor, Westminster City Hall, 64 Victoria St, London, SW1E 6QP.

Enter online and WIN a bouquet of flowers

Why not use the internet to enter our prize draw for Tea Dance tickets? It's quick and easy, and you will be just as likely to win. If you enter online instead of calling, you could win a bouquet of flowers, presented to you on the day of the Tea Dance itself. Visit www.westminster.gov.uk/teadance and fill in a short entry form.



If you need help to use the internet or haven't got access at home, many libraries have drop-in sessions and courses. Visit your local library for more information.



When: Sunday 19th December from 2-4.30pm

Where: Grosvenor House, a JW Marriott Hotel, Park Lane, W1K 7TN

Nearest tube: Marble Arch/Bond Street

Bus numbers: 2, 10, 16, 36, 73, 82, 137, 148, 414, 436

If you have a taxicard, you can enjoy subsidised travel to and from the event. Call **020 7641 2266** to book. If you haven't got one, turn to page 11 to see if you're eligible.



Market Trader of the Year 2010

Nominate your favourite
trader and you could win
£100 to spend at their stall.*

Nominate online at www.westminster.gov.uk/loveyourmarket, call 020 7641 1719
or pick up a nomination form at a Westminster market stall near you.

Closing date: Friday 15th October *Terms and conditions apply, see our website for details.

Westminster City Council

Westminster City Hall
64 Victoria Street
London SW1E 6QP

020 7641 6000
westminster.gov.uk



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