



Lewisham Pensioners Day

Three Day Event

Tuesday to Thursday
27th to 29th October 2020



See session details set out in the following pages and, except where otherwise stated, link [HERE](#) to join in via Zoom at the specified time.

Meeting ID 816 0540 6082. Password 183 198

(If you encounter that revolving circle it might well be resolved if you just try again.)

To join via a landline call 020 3901 7895 or 020 3481 5240 and when prompted enter the Meeting ID 816 0540 6082 and #. Password 183 198.

(If you have problems phone 020 8690 7869 and we can try to assist.)

Tuesday 27 October

10.30 to 11.00 Lewisham Pensioners Forum Introduction to the Event, our conference rationale and programme for the next three days *with Tracey Jarrett, LPF Manager, and the team of Facilitators. Introduction to Chairman and Trustees*



11.00 to 12.00 The Local Authority response to the Pandemic and our Recovery Plan *with Councillor Chris Best, LBL Cabinet Member for Health and Adult Social Care*
Followed by Open Discussion



—Break—

1.00 to 1.30 Racial Inequalities / Institutional Racism *with Bridgit A. Sam-Bailey, LPF Chairman* “In this session I will set out the effects of Racial Harassment on the recipients.”



2.00 to 3.00 Life After the Pandemic: The Challenges to Campaigning *with Jan Shortt, General Secretary of the National Pensioners Convention*

The pandemic has shown the true state of human rights for older people. The NPC is the largest campaigning organisation for older people in the UK. Our work is for the benefit of today's and tomorrow's pensioners as what we gain or lose now, those in future retirement will also gain or lose. Through the months of lockdown, so many kind and generous souls gave their time, energy and consideration to helping those in need. However, the tragic loss of life and the inability of government to learn lessons from their mistakes, makes it important for the NPC to campaign even harder for the rights of older people. Life after COVID will mean we need to campaign differently. Our policies lead the way for our campaign strategies which we will share through this presentation.

www.npcuk.org

info@npcuk.org



Covid-19 Pandemic Impact and Response

Recognising the Windrush Generation

Click [HERE](#) to join the current session—please just try again if there is an initial delay

Tuesday 27 October (cont.)

3.00 to 3.30 Who Writes your Notes? Personal testimony of issues with “Very Frail” appearing on an individual’s notes, **not** entered by their GP *as received from Ivan Rowland, Forum Member*

3.30 to 4.00 Migrant Charging in the NHS *with Jane Keogh of the Save Lewisham Hospital Campaign* In this session Jane will give a short background on the SLHC, the different issues they campaign on and how the working group on NHS Migrant Health Charging came to be established. There follows a very brief overview of the legal framework regarding NHS charging, the work undertaken on this issue by the Save Lewisham Hospital Campaign and the working group.



www.savelewishamhospital.com

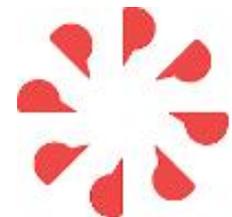
4.00 to 5.30 First Day Closing Panel Session 1

Summary of sessions so far (highlighting key issues raised)

Lessons Learnt – What Next?

What will be the “New Normal”? Creating an Inclusive Future and Considering the Needs of All Older Adults

Voluntary Sector Groups and Workers are especially called upon to contribute to this discussion. Join the session [HERE](#) and just try again if there’s an initial delay.



Wednesday 28 October

10.00 to 11.00 London Region NPC responses during the Covid-19 period *with Barry Todman of the London Region*

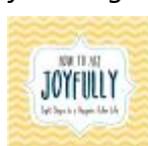
National Pensioners Convention Barry is presenting

an overview of how the pandemic affected the ability of the NPC London Region to continue to operate effectively, and how they have had to adjust to lockdown, and subsequently post-lockdown how NPC London Region continue to be a campaigning organisation for pensioners in the Capital.



11.00 to 12.00 How to Age Joyfully. Is it Possible in a Pandemic?

with Maggy Pigott CBE FRSA Maggy, age 69, had her first book, ‘How to Age Joyfully: Eight Steps to a Happier, Fuller Life’ (Foreword by Dame Judi Dench), published last year. The book has been praised by health and ageing experts and readers, for example, Sir Muir Gray, Professor and Consultant in Public Health, calling it ‘an outstanding book ... a manifesto for living better longer’.



Maggy is Vice Chair of Open Age, a charity for older people, to whom she is donating half her sale proceeds.

Join her 8,000 Twitter followers at *Age Joyfully @AgeingBetter* and for more information see: www.howtoagejoyfully.com

Covid-19 Pandemic Impact and Response **Recognising the Windrush Generation**
Click [HERE](#) to join the current session—please just try again if there’s an initial delay

Wednesday 28 October (cont.):

12.30 to 1.00 Race and Age: Age UK's Work on Older People of Colour *with Emma Sutton of Age UK*

Equality, diversity, and inclusion are central to everything we do at Age UK, we aim to celebrate the diversity of older people. This session will explore Age UK's work on the intersectionality between Age and Race and where we are headed.



1.00 to 2.00 Empire & Windrush *with Arthur Torrington CBE of the Windrush Foundation* A presentation on the history of the British Empire, the British Caribbean and the Windrush Generation. www.windrushfoundation.com



2.00 to 2.45 Introduction to Lasting Powers of Attorney: Putting Your Affairs in Order *with Charlotte Mandy of Grant Saw LLP* A brief introduction into Lasting Powers of Attorney: what they are; how they are useful and why you should not delay in preparing them. With advice on carefully choosing your attorneys, the guidance you can give them and things your attorneys should consider in carrying out their duties.



<https://grantsaw.com>

3.00 to 4.30 South East London Clinical Commissioning Groups Covid Recovery Plan

To get the most out of this session it is suggested that participants should have a look in advance at the CCG Recovery Plans available through links on their [website](#) or download here the [FULL](#) and [SUMMARY](#) documents.

If you would like to submit specific questions in advance please email them to LPF — info@lpforum.org — and they can be sent to the CCG who will try to address them.

A) Questions to be Discussed by the Group:

- 1) *What was your experience of the COVID first wave including (i) changes in services delivered and the way they were delivered (ii) personal impact including changes in your social sphere, impact on mental health/resilience, work, daily life?*
- 2) *Lessons learned: what does your experience tell us—health and care providers and commissioners—about how we need to do things differently going forward?*
- 3) *With the current resurgence of COVID in London, what are your key concerns about health and care services now?*
- 4) *Is there anything else that you think we need to know, but haven't touched on?*

B) Recovery Plan Comments and Queries:

Presentation of Summary Slides.

Opportunity for questions and clarification.



South East London
Clinical Commissioning Group

Thursday 29 October

10.00 to 11.00 How to Improve Your Immune Function *with*



Marion Kandake Makonnen BSc (Hons)

Director of Instrumental Health Marion has been in the field of holistic health for over 30 years and in clinical practice for over 12 years working in the private health care sector alongside diabetic specialists, endocrinologists and gynaecologists as well as osteopaths, physiotherapists and other health practitioners.



Marion is currently writing her second book on holistic and herbal female health. Her earlier Ebook, *Holistic and Herbal Guide: Dealing with Corona Virus for Optimal Health* can be accessed via the website. www.instrumentalhealth.co.uk

11.00 to 12.00 Yarn Tales: Crochet 'n' Natter *with* **CraftA**
(Reminiscences Old and New)

Join our Peabody Yarn Tales (knit, crochet and natter)

Get involved in meeting new people, making new friends and chatting about things old and new. Remember old memories or make new ones, all around the joy of knitting and crochet.

Join our new crochet and crafts classes with CraftA funded by the Thamesmead Community Fund

You will get a chance to learn knitting or crochet, to improve or just sit and knit and natter for a bit. Or even just pop in to chat and watch before you give it a go. This is a fun way to relax and meet new people in the comfort of your own home. Run by a really experienced team, you will be put at your ease on-line and then the fun begins!

Come and improve rusty skills or just give it a try. Share your skills and knowledge with others. So bring a drink and yourself for a wonderful warm time.

To participate, all you need is a ball of wool and knitting needles or crochet hook. So give it a go and join in some fun and spread the joy.

(If you have difficulty getting wool or materials you can pick up a starter pack.)

Join the Zoom Meeting [HERE](#)

Meeting ID: 850 8732 2414

Passcode: 367489

Websites: [Hooked On Crochet](#) [Craft A](#)

Phone: 07597 236 545



Not a session to join just using your landline phone (you will need the visuals!) but if you are interested in knitting and crochet get in touch with CraftA and/or ask the LPF office to send you a copy of the knitting pattern brochure sent out with their July newsletter—phone 020 8690 7869.

Covid-19 Pandemic Impact and Response Recognising the Windrush Generation
Click [HERE](#) to join the 10am to 11am session and just try again if there's a delay

Thursday 29 October (cont.):

12.00 to 1.00 What End of Life Doulas, aka “Death Doulas” are up to During the Pandemic *with Aly Dickinson, Secretary of End of Life Doula UK* Recent statistics from the ONS are showing that more than 26,000 additional deaths at home have occurred his year. We are working remotely as well as well as in people’s homes and are also hearing stories of grief and trauma because people cannot be with their beloveds in Care Homes and Hospitals. secretary@eol-doula.uk



<https://eol-doula.uk>

1.00 to 2.30 The Windrush Scandal, its Origins and the Fight for Compensation *with Martin Forde QC* Martin qualified as a barrister in 1984 and was made Queen’s Counsel in 2006 He has a practice which covers all aspects of Health Law.

He was appointed the Independent Adviser to the Windrush Compensation Scheme in April 2018.

In 2020, the [Powerlist](#) named Martin as one of the most influential people for their impact on Politics, Law & Religion. He was listed in The Lawyer’s [Hot 100](#)

lawyers of 2019. In June 2020, [Counsel Magazine](#) interviewed Martin about Windrush, citizenship and diversity at the Bar as their front cover feature ([here](#)).



2.30 to 3.00 Open Age—Life’s Just Begun (even in a Pandemic) *with Iain Cassidy* Open Age is a member-led charity that provides weekly low cost activities in the areas of performing and creative arts, languages, learning, socials, and physical activity to hundreds of people a week in NW London. Iain will share with us some of his experiences as CEO of maintaining a semblance of this service over the other side of Town in these recent difficult times.



www.openage.org.uk

3.00 to 3.30 Keep our NHS Public and Socialist Health Association Initiative on Social Care *with Tony O’Sullivan, Co-Chair of KONP*



Tony is one of the founder members of the Save Lewisham Hospital Campaign. He is also co-chair of Keep Our NHS Public, an active campaigning organisation with 70 branches nationwide.

He is speaking to you today on the KONP and Socialist Health Association campaign to persuade political parties and the public that we need to develop a national care service, publicly funded by the government and free to those who need it. keepournhspublic.com

Thursday 29 October (cont.):

4.00 to 5.30 Closing Panel Session 2

Voluntary Sector Groups and Workers are especially called upon to contribute to this discussion. Join the session [HERE](#) and please just try again if there's an initial delay.

A) Psychological impact of Covid-19 Pandemic on all older adults

Nicola Gower Service Manager of the CMHT Lewisham

What SLAM is doing for Older Adults in Lewisham

Gloria Koduah Lewisham Carers Information Advice & Support Services

How the Covid Pandemic has affected carers.



LEWISHAM CARERS INFORMATION
Advice and Support (IAS) Service



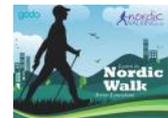
Tracey Jarrett LPF Manager and CEO of Shine your Light and Freelance Trainer specialising in Mental Health and Race Equalities, Radio Show host and Event Organiser
Recognising signs of depression in the elderly.

B) Another look at “the New Normal” and Future Plans

The Facilitating Team with input also from the voluntary sector groups and workers—please join to share your views, ideas and experience.

Iris Till the Positive Ageing Council.

Jenny Budd Lewisham Healthy Walks and the GCDA



Event close: with grateful thanks to all session leaders, all contributors generously donating their time and expertise and all who join us—whether or not you speak—just being here is important.

We also thank our IT experts for their assistance.

We hope this new-style meeting proves to be of value—please check with the LPF website or phone the office for information on the resulting summary, report and recordings.

Covid-19 Pandemic Impact and Response Recognising the Windrush Generation
Click [HERE](#) to join the current session—please just try again if there's an initial delay

Lewisham Pensioners Forum

Est. 1986 Registered Charity No 1158175 www.lpforum.org

Some “house-keeping”, an advance apology and a disclaimer

You are all welcome to this virtual space. We would normally be pointing to the fire exits and warning you that photographs are being taken. Instead we say that if you are getting lost phone 020 8690 7869 and we will try to help you and, importantly, we notify you that most sessions are being recorded to be shared at a later date.

(We are very much aware of the “digitally excluded” who are not able to participate but might, with assistance of family or friends, be able to catch up later.)

This is all new to most of us. Lewisham Pensioners Forum in putting together this event is charting relatively unknown waters. Please bear with us if the technology, or our unfamiliarity with it, lets us down.

A platform and schedule has been created for interesting information and stimulating discussion. Lewisham Pensioners Forum will endeavour to host the occasion fairly and firmly but the charity is not to be held responsible for information given or opinions stated by participants.

Coming up...

Although the physical “Monday Project” cannot happen LPF plan to bring a series of virtual events out to a smart phone or device near you. Check out the LPF website and Facebook page for invitations and links nearer the time to the following on-line events and workshops we are hoping to set up:

Tuesday 3 November 11am to 2pm

Workshop with Lillian Brown Consulting on Post Covid Fundraising.

Monday 16 November

A presentation from Age UK London “National Response to C-19: Campaigning Issues”

Monday 23 November

Cookery workshop with the GCDA (if access to a kitchen can be arranged!)

Plus—end of January 2021—a virtual Health Fayre.



write to us at: The Old Town Hall,
Catford Road, SE6 4RU
Email: info@LPforum.org
Tel: 020 8690 7869



Do you “tweet”? Follow us @LPForum or
check out the Chatroom on
www.LPForum.org.uk and email
us for an invitation to sign up.

