

Lewisham Pensioners Forum

Annual “Health Fayre” Wednesday 27 January 2021

Zoom event for you to drop in and out of from 9:00am-5:00pm

A link [here](#) to Eventbrite to register your interest for this FREE event.

(This is optional – but gives you access to more information.)



The theme of the event is the COVID-19 pandemic, which is the biggest public health emergency the NHS service has had to deal with in its 72 year history. The impact of the lockdown has seen an increase in feelings of isolation, depression and loneliness amongst the most vulnerable groups in our society, mainly the elderly. Lockdown is essential to preserve our physical health but is laying up trouble in store as far as the mental health of people of all ages is concerned.

The pandemic has in many ways revealed and exacerbated long-standing health disparities affecting the elderly, the vulnerable and the BAME community. It has brought to the fore other gaps in our national care service: failure in Government response and health services moving online when so many of our elders do not have access to internet, let alone being able to book online to see their GP. Now the vaccines are here with breath-taking speed and are being rolled out in the UK, with rumour abounding but also real concerns emerging each day about effectiveness and possible side effects. More than ever, it is important to be informed by the experts, but also hear from the elderly in this time, their voices sharing how the pandemic, lockdown, vaccines and digital exclusion is impacting on this group.

In the midst of all these uncertainties, LPF’s aspiration for this one-day event is to bring some clarity, presenting the facts that allow you to make as much as possible an informed decision, and also give opportunity for you to question face to face (albeit over the internet) the local health leaders and experts giving you that information and to share your lived experiences.

The aim of this event:

- To hear your concerns and worries about the Covid-19 vaccines
- To address some of those issues and learn about how the vaccines are being rolled out in Lewisham (and nationally)
- To discuss the impact of the pandemic and consider possible solutions in our bid to create a better “New Normal”
- To consider means of reducing fuel poverty among the elderly, offering good, sound information and support to participants on how to keep warm and safe, and precautionary advice on COVID-19-scams

Lewisham Pensioners Forum – Charity No. 1158175 – www.LPForum.org

Telephone: 020 8690 7869 Email: info@LPForum.org

LPF Health Fayre 2021 – Programme for the Day

Join via the Zoom link (details at the foot of each page) and feel free to drop in and out of the event.

- 9:00am-9:10am **Aims of the Health Fayre:** Introduction and Welcome
LPF Executive Committee and Tracey Jarrett, Manager
- 9:10am-9:30am Lewisham Response to Covid-19: Recovery Plan *Councillor Chris Best, Cabinet Member for Health and Adult Social Care with a Representative from the Covid-19 Community Champions*
- 9:30am-10:00am **Some Seated Chair Exercise** via a Live Link from Germany (never mind about Brexit!) *Elena Bautista-Diaz of Home Yoga*
- 10:05am-11am **Ageism and Human Rights of Older People**, *Jan Shortt, National Pensioners Convention General Secretary*
- 11:05am-12:05pm **Cook and Eat Session**– Prepare and eat your lunch online, or just join the conversation and get some healthy eating tips (phone LPF office if you would like ingredients and recipe in advance)
GCDA Professional Chef, Brian Emmons
- 12:05pm-12:25pm **Lunch break time and social chat opportunities on Zoom**
- 12:30pm-1:30pm **COVID-19 Vaccine roll out in Lewisham** *Dr Emma Nixon MA MBBS DGM MRCGP GP, Lewisham Clinical Lead for Older Adults from Grove Medical Centre.*
- 1:30pm-2:20pm **Healthwatch watching out for you**–take this opportunity to share your experiences on getting the vaccine and accessing health care services *Mathew Shaw Operations Manager Healthwatch Lewisham*
- 2:30pm-3.00pm **“The New Normal”**: an expert view *Jill Manthorpe, Professor of Social Work at King’s College London and Director of the National Institute for Health Research (NIHR) Health & Social Care Workforce Research Unit, based in the Policy Institute at King’s, theme lead for social care with the South London NIHR Applied Research Collaborative (ARC)*

Link [HERE](#) to join in via Zoom at the specified time.

Meeting ID 865 1878 6644 Passcode 767435

To join via a landline call 020 3901 7895 or

020 3481 5240 and when prompted enter the

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

- 3:00pm-4:00pm **Keeping Warm & Keeping Healthy without Breaking the Bank**
- 3.00-3.10 Empowering the Elderly: Keeping You Warm and Well”
Dr Giovanna Speciale Chief Executive Officer from South East London Community Energy (SELCE)
- 3.10-3.25 South London Healthy Homes and how we can support older people to get their bills down *Carolina Castilla Penna, Senior Outreach Officer- Green Doctors, Groundwork London*
- 3.25-3.40 How to take Action on Fuel Poverty *Ruth London of Fuel Poverty Action, a grassroots organisation fighting for warm, dry homes, affordable heating, and a liveable climate. They work with tenants and residents of housing estates, people having trouble with their energy companies, pensioners, and others fighting “fuel poverty” and facing the choice of “heat or eat”.*
- 3.40-3.55 Energy Efficiency Bingo led by Dr Giovanna Speciale (SELCE) and Tracey Jarrett (LPF) *Prizes donated by SELCE – and prepare for this by making yourself a bingo card pre-marked with six random numbers between 1 and 20*
- 3.55-4.00 Joint call to action: get your bills down, help your neighbours to get their bills down, get angry and take action.
- 4:00pm-4:30pm **Covid-19 Impact on Mental Health Awareness** *Tracey Jarrett, LPF Manager and Youth & Adult Mental Health First Aid / Awareness Raising Trainer*
- 4:30pm – 4:45pm **Reflection, Feedback and Closing Remarks** *LPF Executive Committee and Tracey Jarrett, LPF Manager*

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A link [HERE](#) to a recording of the **Save Lewisham Hospital Campaign** Public Meeting held on 12th January. (Seven years on SLH are still very active on health and NHS issues - check their website and Facebook page for more activity and to get involved.)