

Many thanks to everyone who has contributed! If you have any submissions, comments, or concerns that you would like to share with the Forum, please get in touch! Send your articles and letters to: The Vale Older People's Forum, 1st Floor Fire Station, Port Rd West, Barry CF62

Sylvia Williams, Lynda Wallis and the Deputy Mayor and Mayoress



Rene with Chris Franks AM, Ian Johnson and Winnie Davies



Jane Hutt AM and Cllr Margaret Alexander with Rene Gannon



2010 Vale of Glamorgan Agricultural Show

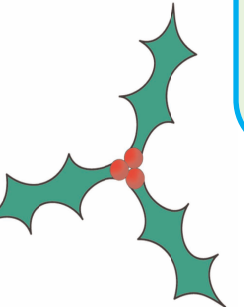
The sun shone as thousands of people flocked to the 2010 Vale of Glamorgan Show. The Vale of Glamorgan Older People's Strategy Forum was delighted to receive an invitation to run a stand in the Vale of Glamorgan marketplace.

The forum members had a very enjoyable day meeting and greeting their members and signing up new members, including the Deputy Mayor and Mayoress of the Vale of Glamorgan. Our magazine 'The Herald' proved very popular. Many people stopped (Jane Hutt AM and Cllr Margaret Alexander included) to pick up a copy. Events taking place on the show field included a dog show, a horticultural show, craft fair, home produce competitions, food hall and shopping mall. The Vice-Chairperson wishes to thank the two new executive members, Lynda Wallis and Dorothy Stickler for helping out at such short notice. We would also like to thank Nisha and Linsey for all their hard work.

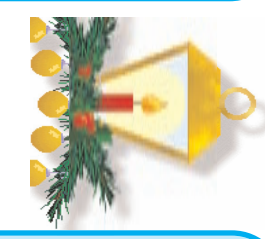
Dates for Your Diaries



Cowbridge Christmas Reindeer Parade
Sun 28 Nov, 11am - 5pm
Cowbridge welcomes Father Christmas and his elves as they travel through the town on a sleigh, pulled by real live reindeer. Activities include: Santa's grotto, music from local bands, choirs and the Christmas lights switch-on.
Tel: 01446 704867 for more information.



Christmas Fayre
Sat 27 & Sun 28 Nov
9am-5.30pm Sat & 10.30am - 4.30pm Sun
Style Gardens Garden Centre, Wenvoe
Tel: 029 2059 8118

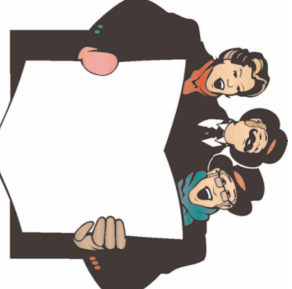


Penarth Christmas Parade & Lights Switch On
Sun 28 Nov, 1pm - 6pm
Festivities begin about 1pm whilst the Christmas parade starts from West House at 2pm. 'Switch-On' taking place at 5pm.
Tel: 029 2070 0721

Exhibition: Pictures of Barry
Wed 1 - Fri 17 Dec, 10am - 4pm daily (closed for lunch 1pm - 2pm Sat & Sun)
Room in the Park, Victoria Park, Barry
Pictures of Barry. A new collection of photographs of Barry by local historian Aiden Grisedale.
Cost: FREE admission
Tel: 07809 551465

Dickensian Fayre
Fri 3 Dec, 6pm
The Village Square, Dinas Powys

Carols in the Park
Fri 17 Dec, 6.30pm
Victoria Park, Barry
A moonlight evening of music. Hosted by Cadoxton Bowls Club, this carol concert is in aid of Macmillan Cancer Care. Barry Brass Band, raffles, hot drinks and food. All proceeds will go to charity.



Exhibition: History of the Theatre Royal and the Savoy Theatre
Mon 1 - Mon 29 Nov, 10am - 4pm daily
Room in the Park, Victoria Park, Barry
Cost: FREE admission
Tel: 07809 551465

St Athan Christmas Lights Switch-On
Tues 30 Nov, 6pm - 8pm
Fairground and live music stage featuring The Youth Band, School Choir and the RAF St Athan Band. The Christmas lights will be switched on at 7pm.

Lantern Walk
Sat 11 Dec, 6pm
Portkerry Country Park, Barry
Bring along a lantern, walk through candle lit woods, roast a marshmallow and hang a Christmas tree. Pre booking is essential and all children must be accompanied by an adult. Meet at the golf hut, near the main car park.

Join the Forum!
If you're interested in joining the Older Peoples Forum, please contact The Vale Older Peoples Forum, 1st Floor Fire Station, Port Rd West, Barry CF62 3AZ or email admin@valeopf.org.uk

Many thanks,

The OPF information day will be held at the Barry YMCA HUB. Information on speakers and booking forms will be sent out prior to the event to enable forum members to book a place. I do hope to see you there.

Again our information day will be held on Thursday November 25th. This day I am hoping will be an even better one than last year. We have over 25 organisations who will be there to advise you on a multitude of exhibits and we will have three interesting speakers there to entertain you.

We have held two successful Coffee Mornings in Cowbridge and Penarth. The Older Peoples Champion, Councillor Dorothy Turner, attended the Penarth Coffee morning. This was held in the Conservative club in order to have enough room for the fourteen additional information stands.

The Health Group is chaired by Dr. Ron Walton who, with his vast experience and talent, has written responses on behalf of the Forum to the Welsh Assembly Government and the Law Commission to name but a few. Housing and Transport Groups, chaired by Irene Gannon and Peter Honeywell, are both doing well.

We have held two successful Coffee Mornings in Cowbridge and Penarth. The Older Peoples Champion, Councillor Dorothy Turner, attended the Penarth Coffee morning. This was held in the Conservative club in order to have enough room for the fourteen additional information stands.

I would like to welcome our 4 new members Lynda Wallis, Dorothy Stickler, Jean Castle and Marjorie Milner and the 3 re-elected members on to the Executive I hope that with these new members we can continue to go forward in making a difference in Transport, Health, Housing, Age Discrimination or other issues.

Winnie Davies, our press officer, promotes the work of the Forum in the local and national press. The Age Discrimination Group have now elected a new Chairperson, Jane Weldon, who has been on the group for the past three years. Congratulations Jane.

The Forum Executive Group and the Task Groups members have attended many conferences and meetings these last 6 months; some of which were; Swansea on the 2010 European Year for combating Poverty and Social Exclusion, The Ethnic Minority Conference in the Memorial Hall, Stopping Elder Abuse Conference. The launch of the Greenlinks Community Transport Bus and The Penarth Pavilion Project, AGE Cymru & The Adult Social Law for Older People, gaining more experience and information to pass on to you the members.



Mike Edwards, Chairman

Welcome Ladies & Gentleman to the 14th Edition of the Herald!



Vale Older People's Strategy Forum Working For A Better Future



The Herald

Winter 2010

Publication made possible by funding provided by the Welsh Assembly Government to the Vale of Glamorgan Council

Welcome to The Herald!

Keep up to date with the Strategy Forum



- Inside:
 - * 5 Reasons Why You Need a Flu Jab
 - * Forum Member Becomes UK Chairman
 - * Upcoming Events
 - * Life of a Barry Male Voice Chorister
 - * All Wales Hate Crime Research Project
 - * Stopping Elder Abuse Manifesto Launched
 - Plus lots more.....

The above forum members attended this seminar in June as part of the events for the 2010 European Year for Combating Poverty and Social Exclusion. This event was held by the Department of Work and Pensions in partnership with the Welsh Assembly Government. The participants of the conference were provided with opportunities to share their stories, experiences and ideas with others and to debate key issues on the poverty agenda with a guest panel and other members of the audience. The event focused on four key themes:

1. Severe/multiple deprivation and those who were most at risk of social exclusion
2. Working age poverty/social exclusion
3. Older people and poverty/social exclusion
4. Child poverty

Some of the issues that members of the Older Peoples Forum focused on were the causes of poverty in older people, poor housing, lack of benefit information, poor take up of pension credit, and social exclusion. The outcomes of the day would then be shared with Ministers and policy makers at a Wales and UK level. The seminar was hosted by Welsh radio and television presenter Jamie Owen.

The Herald Newsletter is a way of keeping you informed of what has been happening since the last gathering of the Forum. It is also an invitation for you to become involved in the process between meetings, to register an interest, and to apply your experience to solving issues of concern to older people.

All views expressed are those of the individual and not of the organisations supporting the newsletter.

Age Discrimination Task Group

Our chairman Howard Lewis has resigned as chair of the task group, as Advisory Group. Howard has provided valuable input to the work of the group, and will still have a positive input to the monthly executive meetings.

At the last Age Discrimination/Health Group meeting I was pleased to accept the role as Chair of the task group. I have been a member of the group for the past three years and will do all I can to help the group in its work. I am pleased to say that we have two new members on the task group, which will help the group to further development.

Age Discrimination is endemic within our society. Areas of discrimination include work, insurance, the law, health provision etc. If you have any issues or concerns that you feel are based on age discrimination, please contact us at admin@valeopf.org.uk. By making us aware of what issues you feel older people are being discriminated against means we can better challenge them.

Our website page has been concentrating on issues surrounding recognising and tackling older abuse. We have been actively involved in working on the Elder Abuse Manifesto produced by Age Cymru, and were invited to the official launch of Age Cymru Elder Abuse Manifesto in Cardiff in July 2010. As a task group we have raised the issue of people aged 70+ being unable to participate in July service for the past eighteen months. We were therefore pleased when the previous government issued a consultation document on this subject in June of this year.

The group participated in the consultation document on reviewing the law regarding older people aged 70+ sitting as jurors. The task group response was that that older people aged 70+ should be able to serve as jurors, but have the option of an opt-out clause. We have been actively involved in the Law Commission Consultation on Adult Social Care, and submitted a written response from the Forum to the Law Commission. A summary of our response can be found on the OPF website.

The Government response to the Law Commission Consultation Document has now been published. As a group we will be looking at this in some detail before we formally respond as a forum.

By the time this issue is in print we will have invited the Adult Care Planning Operators Manager to our November task group meeting, where we will be discussing what the Vale Councils proposed services will be for older people throughout the Vale in the future. The summary of that meeting will be then available on our webpage.

What issues do you think we should be covering on your behalf? Please tell us by emailing admin@valeopf.org.uk

Jane Weldon
Chairperson Age Age Discrimination Task Group



5 Good Reasons Why You Should Have the Seasonal Flu Jab

If you are age 65 and over, or are the main carer of an older or disabled person, or have any of the health conditions listed below-

A heart problem
A chest complaint or breathing difficulties including asthma, bronchitis and emphysema
A kidney disease
Lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
Liver disease
If you've had a stroke or ischaemic attack (TIA)
Diabetes
A neurological condition e.g. multiple sclerosis (MS) or cerebral palsy
A problem with, or removal of the spleen or sickle cell disease

There are several good reasons why you should have the free seasonal flu jab from your doctor:

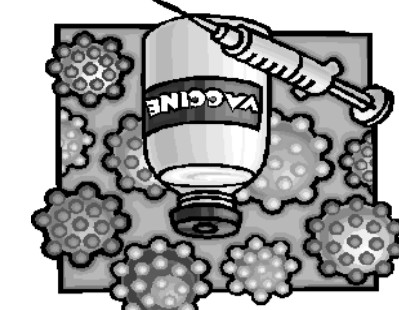
1. Seasonal flu can lead to serious respiratory conditions, including pneumonia
Every year in the UK around ten thousand people are admitted to hospital because of complications of flu, and between one and four thousand people die - most of these are people aged over 65. In a bad year as many as thirty thousand people have died from complications of seasonal flu.

2. Seasonal flu can make you feel awful
Whilst most people don't get the serious complications described above, even an ordinary bout of flu can make you feel awful, take a while to recover from and spoil all your plans for a week or two.

3. The flu vaccine can't give you flu
Some people think that the flu jab can give you flu BUT the flu vaccine doesn't contain any live virus, so it can't possibly give you the flu. However sometimes people catch other flu-like viruses which they think they got from the flu jab but the flu vaccine doesn't contain any live virus, so it can't possibly give you the flu.

4. Flu viruses change from year to year
That's why the composition of the vaccine changes and you need a new flu jab every year. Even if you are fit and healthy, and think you are immune to flu, its worth having the vaccination because you may not be immune to the latest virus.

GPs in Cardiff and the Vale of Glamorgan will be starting their flu clinics in September. Contact your GP to find out more.



Meet Your New Vale Older People's Strategy Coordinator, John Porter

Hello to all the Older People's Strategy Forum members. As you may or may not know, David Craig retired from his post as Vale of Glamorgan Older Peoples Strategy Coordinator early this year. My name is John Porter and I took up the post in June this year. Although David is a hard act to follow, I have every intention of supporting the Strategy Forum and its working sub-groups, to continue the excellent work done by its volunteer members on behalf of older people.

My role is to, along with all relevant partners including the VOGC, the Local University Health Board, and the Vale Centre for Voluntary Services, Age Cymru and etceteras, develop a local strategy for older people in line with the aim and objectives of the Vale Older People's Strategy. A further vital element to my role is to support your Strategy Forum in order to ensure that you have a voice in the decision making processes that affect Older People at a local and national level.

The Older Peoples team are about to change directorates and from 1st October this year we joined The Chief Executives Directorate. We leave our present team VOGC Social Services Innovation and Information Team with some sadness and we thank the team and our managers for their friendly support of all we do. We are however excited by the change as we will gain close links with the Community Safety Partnership and Children and Young People's Partnership based in this office and we feel these relationships will further inform our work for Older People.

In order to improve our contact with Strategy Forum members and to be able to update you on a more regular but cost effective basis, we are asking if all members who have their own, or can access E-mails, could contact us with your details. This would enable us to pass information to you quickly and effectively. This information can be sent to admin@valeopf.org.uk If you do not have E-mail, don't worry, we are assessing how we can use other methods to improve our contact with you.

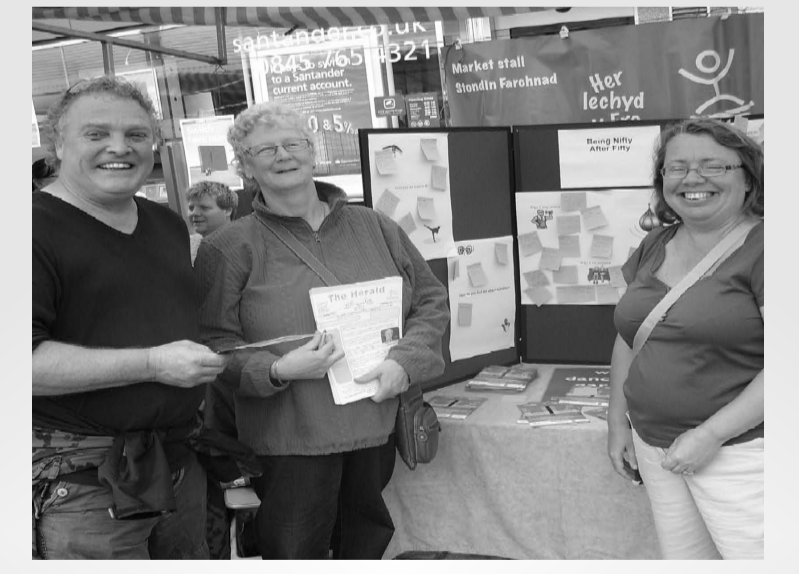
We are pleased to announce the Strategy Forum has now got over 700 members. We are wondering if any of you members would enjoy being more involved in the Forums development. Therefore we have enclosed a Skills Audit form in this issue of the Herald in order to evaluate your experience and use your skills if you are willing to further support older people in the Vale. We ask if you could please complete and return these forms to **Older People's Forum, 1st Floor Fire Station, Port Road, West Barry CF62 3AZ**. The forum is unrepresented by members in their fifties and sixties and we would like to increase membership in this age range. Maybe you do not realise that WAG define older people as over 50. I'm still recovering from the shock of being an older person! I still feel, if not look, eighteen and if my wife is to be believed, still act that way! At the moment we are particularly interested in finding a volunteer to offer secretarial support to the Forum's Executive Group and anyone who could offer advanced website design training to the Forum's web editor. The website is receiving a fantastic 400 hits daily, however, its editor is looking to improve her skills and further develop the site.



A Woman's Poem (Unknown)

He didn't like my casserole
And he didn't like my cake.
He said my biscuits were too hard,
Not like his mother used to make.
I didn't perk the coffee right
He didn't like my stew,
I didn't mend his socks
The way his mother used to do.
I pondered for an answer,
I was looking for a clue.
Then I turned round and smacked him one,
Just like his mother used to do.

Sent in by Jeanne Harvey.



John Porter (Co-ordinator VOP) Jane Weldon (Executive member) Anne Phillips (Healthy Living)

John Porter and Jane Weldon from the Vale of Glamorgan Older People's Strategy Forum joined Anne Phillips who is a Health Promotion Specialist, on a market stall in Barry to listen to older people and hear their concerns and views on health and local issues. John, Jane and Anne had an enjoyable day meeting and greeting our members new and old and explaining to older people how the Forum can help them obtain information and advice. Local Keep Well This Winter organiser Anne Phillips, is keen to hear from organisations working with older people in the Vale of Glamorgan to explore new ways of ensuring the messages reach those in need.

Winnie Davies- Press Officer

Like Mother Like Daughter: an Intergenerational Study of the Perceptions of Nutrition


I am still very much involved in analysing the data, especially from the focus groups but some early results from the questionnaires show that grandmothers do have different ideas about healthy food than mothers in this study. A few very brief examples from the questionnaire data are that many grandmothers than mothers spoke about 'green' vegetables, porridge, fish and vegetables. Grandmothers were also much more inclined to use the word 'fresh' when describing foods they perceived to be healthy. Mothers, on the other hand, were much more likely to use 'fruit' rather than 'vegetables' as the most important food in the diet. So from these few brief insights, we can see that there is a difference in perception between the generations. However, to establish why these exist is more difficult. In the focus groups we talked about a wide range of issues around food. Both grandmothers and mothers talked about the different lifestyles we have today, the different way of shopping, the 'instant gratification' society. Although both groups also talked about comfort food, grandmothers talked of it more in terms of finding comfort in foods they had as children. Grandmothers talked more of the importance of children being taught to cook in the home, and mothers were less inclined to find this important. Women in both groups felt that it was not their fault if they had poor eating habits - there was a feeling among some that if 'unhealthy' food wasn't in the shops, they wouldn't buy it. This is taking the blame off of them and expressing that they don't possess the power to stop themselves buying the food in the first place.

Both groups also felt that lack of exercise and fast foods were a problem for children, and mothers felt that schools needed to take responsibility, certainly for the exercise.

McDonalds was seen as a bad place for both generations, but one that was used by many of them, and on regular occasions.

The above is a very brief snapshot of findings and when the analysis is complete I should be able to give you more insight into findings. I am very grateful for the support of the Vale Older Peoples Forum and will happily fill you in with more details early in the new year.

-Deborah Kwan, School of Health & Sciences UWIC



Mobile Libraries in the Vale of Glamorgan

One of the biggest challenges of running a mobile library is timetabling and designing a route which takes in all the communities that ask for a stop. We are always on the lookout for new stops and Andy Griffiths, the Community Outreach Officer, invites feedback on the existing ones - for example:

Are we calling on the most convenient day of the week?
Are we calling at the best time of day?
Would the stop be better situated in a different part of the village/community?

Of course, some routes are much busier than others and it's not always possible to make sweeping changes, but Andy will investigate all suggestions from residents in the Vale, particularly those where a group of neighbours has petitioned for a library visit.

This happened in Ewenny a few years ago and now the Manor Court stop is thriving. St Brides Major has four stops throughout the village on two separate days. Users at Llandow village asked for the library to stop in a different position and we were able to oblige. Some stops, like Peterston Super Ely, have had their time extended to allow for an increasing number of users and many homes and sheltered housing complexes throughout the Vale have Mobile Library stops nearby. It is a truly responsive service and aims to address the needs of our users.

An alphabetical version of the library timetable is available on the Mobile Libraries' page on the Vale website where you can also watch a brief video of the step lift in use www.valeofglamorgan.gov.uk/libraries.

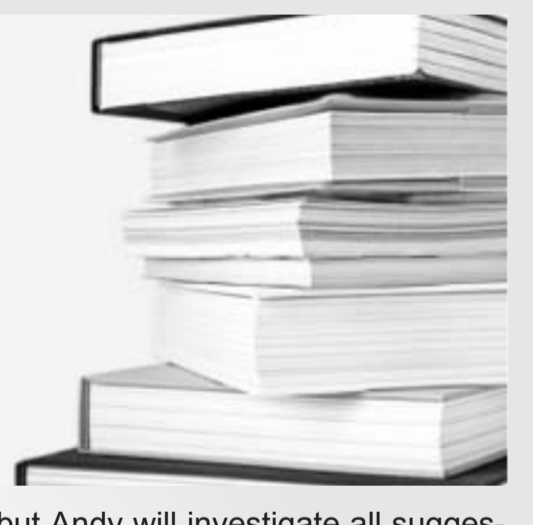
Home Borrower service in the Llantwit Major area

The Home Borrower service is available to all those in the Llantwit Major area who satisfy the following criteria:

- * Mobility issues prevent them from using one of our library buildings
- * A condition that makes it impossible for them to leave home to use the Mobile Library at a local stop
- * Without a regular visitor, friend or family member who can visit the library and select books for them
- * Living alone or whose carer also has mobility issues


This service, however, can only operate with the help of volunteers and we are always on the lookout for physically fit folks who enjoy books and meeting people and have access to a car which they can use for this purpose. In return we issue CRB-checked volunteers with photo ID and pay them mileage at the standard rate.

Prospective Home Borrowers and volunteers can obtain further information from Andy Griffiths, Community Outreach Officer on Barry 725381.



Life in the Year of a Barry Male Voice Chorister

By Gareth Jones




The Barry Male Voice Choir was founded in 1902 by a group of like minded men who enjoyed music and fellowship. These principles remain at the heart of today's choir. Singing in a social company raises the spirits and has the medical effect of improving the breathing. It is a perfect way for gentlemen to spend their leisure time. New members of the choir are always welcome. The only qualification needed is an interest in singing. There is a place for everyone, joining is easy. There is no demanding voice test. Simply turn up at practice on Monday or Thursday at 7.30pm to 9.30pm in Holy Trinity Church at the bottom of Trinity St., Barry. Want to know more? Go to our web site www.barrymalevoicechoir.co.uk

The choir aims to develop links with the community in all possible ways. On March 1st, the choir shared in a very successful St David's day celebration at Wetherspoons's Sir Samuel Romilly Inn, Barry. The capacity audience listened to and joined the choir in a Welsh flavoured programme. The choir led the celebrations at Barry Rugby Club where Beauvais, Nabonne and other French clubs celebrated their competing in a veteran's tournament and the victory of France over Wales in grand style. The free flowing French wine allowed the choir to reach even greater heights of melody and rhythm than usual.

April's challenge was to sing on the Glantra stage at the Millennium Centre, Cardiff to a large discerning audience. A disciplined, passionate performance supported by the praiseworthy Courtney Hamilton was well received. More recently in June, at the Barry Memorial Hall, the choir sang with West End legendary star Peter Karrie. Once again, they showed their versatility by performing music ranging from traditional Welsh to modern musicals.

The choir returned home tired but proud that their efforts had once again contributed to raising valuable funds for worthy causes. They are now looking forward to a number of concerts leading up to Christmas. The full programme is available on the web site.



A Dignified Revolution was established in 2008 by a group of individuals who want to improve the care that older people receive whilst in hospital. The impetus to establish the initiative was driven by the distress that these individuals had experienced because of the poor care that their relatives had received whilst in hospital, and their concern that others might find themselves in the same situation.

ADR is focused on ensuring that dignity and respect of older people is a key priority for all health and social care professionals and encouraging the general public to challenge rather than tolerate unacceptable attitudes and inappropriate care.

Dignity and respect are key principles of the Human Rights Act which means that the NHS has a legal obligation to ensure that older people are treated appropriately when using its services.

There are a number of organisations that provide useful information to help make people aware of what they should expect when using services:

British Institute of Human Rights provides a guide for older people, and for people with a disability. www.bihhr.org.uk/resources/guides

Nursing & Midwifery Council (NMC) has published a leaflet for the public describing the care you should expect from nurses. Copies can be downloaded from the NMC website www.nmc-uk.org/Publications/Information-for-the-public/ or tel: 020 7333 9333 to request a copy.

ADR has recently published a resource called Dignity Ward which is designed to increase people's knowledge of the Human Rights Act. Tel: 07811 159800 to obtain a copy. More information about can be obtained by visiting the website www.dignifiedrevolution.org.uk

All Wales Hate Crime Research Project

Race Equality First in partnership with Cardiff University and Cardiff and the Vale Equality and Human Rights Network has been awarded a grant by the Big Lottery Fund to carry out research into the extent and impact of hate crime in Wales. This 3-year study will consider hate crime in relation to all recognised equality strands.

The Association of Chief Police Officers defines a hate crime as "any hate incident, which constitutes a criminal offence, which is perceived by the victim or any other person, as being motivated by prejudice or hate". Hate crime devastates lives. It targets individuals at the level of their personal identity and creates fear within communities, but reporting levels are amongst the lowest for all crimes.

The project aims to produce data that can be used to help organisations in Wales develop evidence-based policy and practice to combat hate crime and provide support for victims. It will produce robust information on levels of incidents, reporting and underreporting, as well as key information such as the profile of perpetrators and hate crime "hotspots".

The survey will be carried out from August - November 2010 and preliminary findings should be available by next year.

How you can help

Let us know if you are aware of any local groups or organisations that might be interested in participating in the research.

Get in touch

If you would like to get involved in the research, or sign up for regular e-bulletins, please contact Mair Rhydy (Project Officer) by calling 029 2022 4097 or by emailing mair.rhydy@raceequalityfirst.org.uk



Transport Group

The Group has had a comparatively quiet one so far. The main cause for celebration was the launch and introduction of the Greenlinks Community Transport. This service is intended for those resident in the rural Vale and I am sure will be much appreciated by many people who do not have access to their own transport or have to rely on very infrequent bus services. As a tribute to its efficiency I can cite the example of a neighbour. She was taken to Princess of Wales Hospital, Bridgend and brought home at exactly the times she required - this saved using two buses each way (and co-ordinating their times). I would urge everyone to register (£5) and make use of this community oriented transport (£2 per return journey). To register call 0800 294 1113 (a freephone) and request a membership application form.



The group has not met since June but will be resuming in October. We will be looking into the Barry Waterfront Development, particular interest being what transport will be proposed and provided. Our meeting in October will have a speaker from the development which should provide some pointers.

Like many others we wait with bated breath to find out what the Government is proposing regarding finance. As reported previously we have so far lost the battle (but not the war) to use bus passes on the rail network. The next step is to ensure we do keep the bus passes. Six months ago I was assured by our local AM Jane Hutt that it was considered sacrosanct. As recently as early October at an informal meeting I was assured by Ms. Hutt that it is the intention of the Assembly to recommend that bus passes are retained, not just for older people but others such as disabled persons. Lets hope that this is the case!

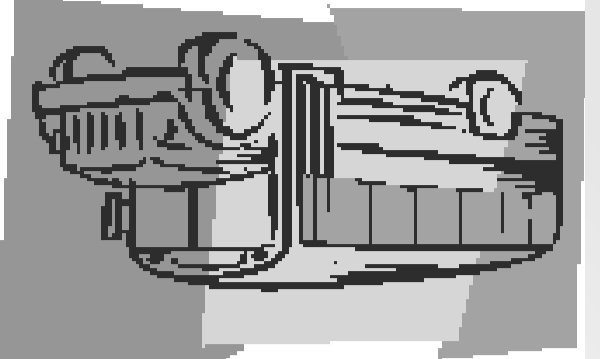
I did accept an invitation to attend a meeting of the Green Penarth Group - subject Sustainable Transport. Unfortunately most of the content of the meeting centred around cycling and cycle routes which was not what I had hoped for. One point, however, did emerge - P1 Bus Route, operated by St. David's Buses, in the Penarth area was to be withdrawn, due, I was led to believe, to lack of customers. This is a point that has been raised at our meetings - "Use it or lose it".

Peter Honeywill

Volunteer Drivers Needed

Greenlinks Community Transport

Two of the established volunteer drivers have had to resign due to ill health. Volunteer drivers are desperately needed for the above, which provides an invaluable service for people with transport needs within the rural Vale. If you can offer time to a project that will offer you the reward of helping others, please telephone Graham Cartwright on 01446 704870 for further information.



Gill Davies
Transport Group Member

These include all disabled groups and also older persons. Task and Finish Groups have already been established. These will report on matters of safety, accessibility, signage and other areas of concern to the visually impaired, wheelchair users and walking disabled. Their feedback it is hoped will give Cardiff City Transport Planners enough data to implement a safer strategy for all future developments within the City Centre.

The aim of C.C.A.F.G. is to ensure that all the residents of, and visitors to Cardiff will have a hassle free journey into the city, and an arrival easy access to the facilities of their choice. Currently, the re-development of St. David's 2 and reorganisation of the Wood Street Travel Centre, continue to present ongoing problems. This is massive undertaking which will not be completed for some considerable time. C.C.A.F.G. will give practical input to Cardiff City Council regarding the needs of the more vulnerable groups who travel into the Capital.

Three members of the Vale Older People's Forum Transport Group attended a meeting of this Organisation last month as guests of Dr. Rob Graville. Dr. Graville is Cardiff Council's Access Officer and also the facilitator of this recently formed group. He gave an interesting talk to the Transport Group in February, and had indicated then that any contribution we could provide as part means!!

Cardiff Council Access Focus Group (CCAFG)-2020

Members of the Vale Older People's Strategy Forum were invited to the launch of Greenlinks Community Transport. The new Greenlinks community transport minibus has been set up to provide a local transport solution to those who live in isolated areas that have limited or no transport. The bus was provided to serve the community and make a difference to the people who live in the rural Vale of Glamorgan. Many members of the strategy forum live in the rural Vale and have difficulty coming to our coffee mornings and information days. This service will provide a great source of independence and an easy means of travel for the members. The Vale Older People's Forum welcomes this service and wishes them every success.

Transport Matters Greenlinks Community Transport

Health Group

The group has had an active few months, with stimulating meetings in May and July, and we have been pleased to welcome new group members. It is almost a year since the new University Health Board for Cardiff and the Vale (UHB) was established and it is faced with extremely tight finances for the next few years. Many changes can be expected in the coming year, particularly trying to provide more services in the community and avoiding hospital admissions or visits to hospital for diagnostic or urgent appointments. More details were given by Paul Holland, Executive Director of Planning in the UHB, at a special meeting on 15th July which members of the Forum Executive also attended. All is not doom and gloom and the group has had excellent presentations on efforts to improve meals and nutrition in our local hospitals and the need to improve take-up of flu vaccination in the Vale for older people to reduce the potential risk of serious illness.



The Health Group is committed to keeping in touch with health service developments in the Vale and also to provide feedback to the UHB on the experience of Forum members. A response was made to the Dignity in Hospital inquiry set up by the Older People's Commissioner for Wales. We also responded to the UHB consultation on community services in the Western Vale services. Support was expressed for the option of a single provider of vision of all community health services. We emphasised the need to engage and inform Western Vale residents. In the autumn we will be discussing with UHB staff how we can strengthen awareness of the views and experiences of Vale older people.

Our effectiveness in representing your views on health matters depends on Forum members telling us of their experiences in using community and hospital health services. You can do this by writing to: Vale Older People's Forum, 1st Floor Fire Station, Port Rd, West Barry CF62 3AZ or by emailing: admin@valeopf.org.uk

-Ron Walton

Vale of Glamorgan Older Peoples Forum Member Becomes UK Chairman

In 2007 the Older Peoples' Strategy Forum Executive Group were invited to elect members to be representatives on the National Older Peoples' Advisory Group in Wales (OPAG Cymru).



Executive Group founder members Mary Williams MBE and Howard Lewis subsequently became delegates to this group which was set up to provide a means by which Government at all levels could obtain gates drawn from Strategy Forums across Wales. Howard became Chairman to OPAG Cymru at an early stage and - along with three other Welsh members, has played a vital role in representing the interests of Wales as part of the UK Older Peoples' Advisory Group. The latter organisation has membership from the other three Nations of England, Northern Ireland and Scotland. Discussion and debate included devolved issues as well as those for which central Government at Westminster is responsible. During May 2010 at a Special General Meeting, held in Derby, Howard felt honoured and privileged to be asked to stand as Chairman to the UK organisation - to which he has become the first Welsh person to hold the position since its inception some eleven years ago.

Website News Update

I have been very busy since the last issue of the Herald went out to our members keeping the website updated with news of the task groups and providing information of current issues, and what help and information is available to our members, and the wider public. News of our website is spreading! I receive requests from many voluntary and council run organisations, to put information onto our website. I am always listening out for "news" that feel will be of interest to you, if you have any events you would like us to promote or ideas for issues we can cover on the website please let us know. Email us at admin@valeopf.org.uk

The website has had over 98,000 hits since it began at the end of November 2009. We are aiming for over 100,000 by the information day event. One of my main tasks for the next couple of months is to promote the Forum website to even more people in the Vale and beyond. You can do your bit to promote the website by telling your friends and colleagues to "click on" and if they live or work in the Vale, join as members of the Forum via our website: www.valeopf.org.uk

Jane Weldon - Website Administrator

We Are There

The Vale of Glamorgan is a wonderful county with so much to offer through tourism and entertainment. Many villages have their own community centres or halls that give so much to the community where they are situated.

Llangan St. Mary Hill Community Centre is giving and supporting the area well with a full programme for the very young to the senior citizens which includes family entertainment making it possible for the whole Community to get involved. The Management Committee are very keen for everyone to know that they are prepared for people to hire the centre at any time for special functions e.g. birthdays, anniversaries, other celebrations and classes that would be of interest to any age group. The Treos Community Centre has just appointed a new Management Committee and they are going to offer the same.

The Ewenny Arts Festival Organisation was formed some years ago by a small group of people who wanted to open the Ewenny Priory Church to visitors to visit any day of the week and also use the Church as a cultural venue for performing arts events in the village of Ewenny, an area of the Vale with few arts venues. There are at least 12 events annually with artists ranging from internationals, professionals to local schools. Young performers are particularly encouraged to perform in our annual Youth Festival bringing together young performers from the Vale of Glamorgan and other local surrounding areas. An Annual Primary Schools' Christmas Concert is held when pupils from the Vale of Glamorgan join with pupils from the County Borough of Bridgend to entertain a large audience. A special school from Bridgend "Heronbridge School" particularly enjoy performing at the Ewenny Priory as the atmosphere is so different and the acoustics excellent with a beautiful intimate setting. Recently the organisation acquired funding for staging and lighting for the performing area and this will give extra scope to have more drama performances along with the orchestras, choirs, individuals who enjoy coming to this spot in Rural Vale. The villages of Ewenny and Corn town are very well kept and the area has become a tourist attraction with the Ewenny Priory Church and the Ewenny Pottery well worth a visit.

We must remember the villages mentioned should not be forgotten with many more rural areas of interest, they are most definitely an important part of The Vale of Glamorgan for tourism and entertainment.

-Mari Major



Age Cymru "Stopping Elder Abuse" Manifesto Launched July 2010



Dr. Ron Walton Chair Health Group; Louise Hughes Project Manager Age Cymru Elder Abuse; Jane Weldon Chair Age Discrimination Group.

The Manifesto document produced by Age Cymru will be used to campaign for lasting change so that older people can be better protected from abuse. It will also be used to guide future work.

Prior to the launch of the final manifesto document, Jane Weldon Executive Member of Vale Older People's Forum attended a workshop with other voluntary and statutory organisations and professionals to discuss what issues they felt needed to be included in the final manifesto in its launch in July.

The Older Peoples Strategy Forum fully supports Age Cymru's Elder Abuse Manifesto. Further information about the Age Cymru Manifesto and what signs to look out for in connection with elder abuse can be found on our website at www.valeopf.org.uk