

The Herald



Autumn 2012



Vale Older People's
Strategy Forum
Giving Older People a Stronger Voice



Llywodraeth Cymru
Welsh Government

Edition 18

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Welcome to The Herald! Keep up to date with the Strategy Forum

Forum Celebrates 'Full of Life' Event

The Vale Older People's Strategy Forum (OPSF) held a 'Full of Life' event on the 1st October, in the Conservative Club in Penarth to recognise International Older Peoples Day. This day is set aside to celebrate later life and the huge contribution older people make within their communities. This is a regular event on the OPSF calendar, and also one of our main events of the year. It allows us to promote the achievements of older people, and meet with the public within their local community. These events also give people the opportunity to meet politicians who are in both Local and National Government;

The Forum were delighted that our MP for the Vale Alun Cairns, the Leader of the Welsh Conservatives and AM for South Wales Central Andrew R.T. Davies; Personal Assistant to AM Eluned Parrott South Wales Central; Mayor of Penarth Councillor P. Rapier; the new Older People's Champion for the Vale Councillor Stuart Egan, and representatives from the Older People's Commissioners Office, all spent a considerable time at our forum event, talking to local people and visiting the fourteen information stalls.

We were entertained during the morning by the Octavia Choir. A group of older people who attend the 'Ageing Well' club in Llantwit Major; their enthusiasm and catchy rhythms really helped celebrate our 'Full of Life' event!



The Octavia Choir at our 'Full of Life' event



Alun Cairns MP for the Vale. Mike Edwards vice chairman OPSF. Lynda Wallis Chairman OPSF. Andrew R.T. Davies AM South Wales Central at 'Full of Life' event.

Inside the issue: Pictures and News from Forum Events. Reports from our Groups. Article on Penarth Live at Home Scheme. What's New with Falls and Bone Health. Eisteddfod Report. Welsh Recipes. Tips for Handling Telemarketers. And much more!



Welcome Ladies and Gentlemen to the 18th edition of the Vale of Glamorgan Older Peoples Strategy forum Herald magazine.

Lynda Wallis chairman Vale OPSEF

There have been a lot of changes since the last edition, firstly we have a new Council, we have a new Older People’s Commissioner and the forum has a new Chair. I was honoured to be selected to be the chairman of the forum for the next year and look forward to working with the other members of the executive group and the members of the task groups. We have also got a new Older Peoples Champion in Cllr Stuart Egan and he not only came to the AGM but he has also attended a meeting of the Executive group and I am sure that we will find that we can all work together well in the future.

The new Commissioner came to our Elder Abuse Day on 15th June, it was good to meet her and have an opportunity to talk to her about her aims and aspirations for older people in Wales. We have had a very busy year so far, we were able to man a stand at the Eisteddfod for a day and we were also at the Vale Show at Fonmon Castle. These events give us an opportunity to meet members and also to sign up new members and inform the public about the forum itself and the work that we do. We are also having two or three open executive meetings this year, when we have a good speaker that we feel members would be interested in listening to we will open these meetings up to ordinary members.

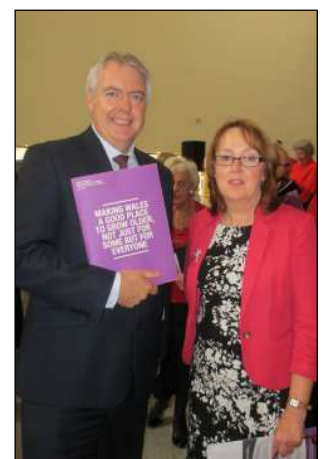
I was extremely pleased that Mike Edwards, our former Chairman, was selected to be my vice chair during this year. We have worked well together and Mike gives a great deal of his time and expertise to the forum. I would also like to praise the work of the task group chairmen who work extremely hard throughout the year on their particular groups. We are now going into our winter time and we hope that the information in this edition of the Herald will be of help to you. The forum has had a very successful year so far and I am sure that we will continue in this way with the help of our members and our executive group.

On the 26th September I went with two other executive members to the Millennium Centre in Cardiff Bay to a reception organised by the Older People’s Commissioner for Wales Sarah Rochira. She was to present her report for 2011-12. “Making Wales a good place to grow old-not just for some but for everyone’ to the First Minister Carwyn Jones AM. The event opened with the U3A Singing for Pleasure Group from Swansea. This was followed by a short speech by Sarah Rochira, who then asked the pianist of the choir to present the report to the First Minister. The First Minister then gave an acceptance speech saying he was looking forward to reading the report. Also present was Deputy Minister Gwenda Thomas AM.

Hard copies of this report and the Commissioner’s Work Programme April2012-September 2013 can be obtained by contacting the Commissioners Office on 08442 640670 (standard rate) or tel.02920 445030 (local number) or downloaded from

<http://www.olderpeoplewales.com/en/contact.aspx>

Lynda Wallis. Chairman Vale Older People’s Strategy Forum



First Minister Carwyn Jones AM accepting the report from OPC Sarah Rochira

Penarth Live at Home Scheme

The Penarth Live at Home Scheme is based in the Day Centre at Trinity Church Penarth; is run by Managers and office staff and supported by a group of volunteers and a local committee.

We offer services and support to help older people lead independent, active and fulfilled lives and live securely. The aim is to maintain their independence and offer social gatherings for interaction, companionship, trusted support and advice where needed.

We have around one hundred members who mostly live in Penarth and join us throughout the week for lunch which comprises of a two course meal served at 12.30 each day, Monday to Friday. Other services the Penarth Live at Home Scheme has to offer are Friendship Groups, Coffee mornings, Advice and Information, Advocacy, Befriending, Social Outings, distribution of hearing aid batteries, transport to and from social groups (when available) and a monthly newsletter (a small charge applies to some of these). Throughout the year we arrange day trips to nearby towns/cities and attractions; pub lunches, and our annual Christmas lunch, which is always popular.

All this would not be possible without our dedicated team of Volunteers. To enable us to continue providing these services, we are always in need of new recruits who are willing to give between two and six hours a week on a voluntary basis.



Above are pictures of the older people at some of the Penarth Live at Home Scheme events.

If you, or anyone you know might be interested in joining our team of volunteers or you would like to become a member and receive these services then please call Linda or Mandie on 029 2071 2516 who will be happy to welcome you.

More information on the scheme can be found at <http://www.trinitypenarth.org.uk/home/outreach/live-at-home.html>

Get Your Free Message in a Bottle. It could help save your life.

What is message in a bottle? The Lions Message in a Bottle is a simple idea that encourages people to keep their basis personal and medical details in a common place where they can easily be found in an emergency. **How does it work?** The information is kept in a bottle. The bottle is kept in the fridge where the emergency services will expect to find it in the event of being called to your home. They will know you have a bottle by two labels. One is fixed to the inside of your front door or the main entrance to your home and the other to the door of your fridge. **What is the cost?** It's FREE! All costs are paid for by the local Lions who have received generous donations from the public and businesses. **Where can I get a Bottle?** Health Centers, Doctor's Surgeries, Chemists who should have supplies. **If you have difficulty, please contact your local Lions Club.**

The Penarth Pavilion Project

Continued from spring edition

The spring edition carried an article on the planned reopening of the Penarth Pier Pavilion written by the then Director Maggie Knight. The article ended with the words 'to be continued' and I am pleased to be able to share with you the latest development of this exciting project. Since the last edition of the Herald there have been some significant changes at Penarth Arts and Crafts Limited; the registered charity that is managing the restoration of the Pavilion. I took up the role of Chairman of the Board of Trustees at the beginning of May and was joined on the Board by a number of new Trustees all of whom give their time freely to ensure the successful completion of the Pavilion Restoration. As many of you will be aware Maggie Knight resigned as Director of PSCL in May having returned home to her native Australia and since then we have reviewed many of the charities activities. The future of the Washington Gallery looks extremely bright and this was illustrated most vividly by the highly successful exhibition by Aneurin and Meirion Jones which took place in July and August.



Photo taken on 11.10.12 outside the Penarth Pavilion , showing that work on the restoration is now well under way!

So where are we with the actual Pavilion restoration? The previous article reported on the work carried out to take away the debris of the past and to rescue, if possible the Canadian maple wood which had been used for the sprung floor. I am pleased to say that some of this wood was used to make 255 small wooden crosses in memory of each British soldier killed in the Falklands War. These were then shipped out to the Falklands to commemorate the 30th anniversary of the end of this particular conflict. The award of a formal contract really does mean that the reopening of the Pavilion is now just twelve short months away. Together with the Board of Trustees I

We will continue to do whatever is necessary to deliver this iconic building back to the people of Penarth and the surrounding area. We have received additional funds of more than 250K from CADW, the Hedley Trust and from the Coastal Communities Fund. This latter award will provide essential revenue funding aimed at ensuring the long term viability of the Pavilion. As soon as the actual restoration work is underway we will begin producing a programme of activities to take place in the Pavilion and we will want to hear the views of local people in this respect. We are particularly looking forward to the provision of a cinema on the first floor as the Washington Gallery, which has been at the centre of the campaign to restore the Pavilion, is located in what was previously the Washington Cinema, which opened in 1936. To keep fully up to date with the restoration work please pay a visit to the Pavilion Information Centre located on Penarth Esplanade, or you can visit our website penarthpavilion.co.uk/

Paul Twamley. Chair – Penarth Arts and Crafts Limited

The Forum were delighted to have Paul Twamley at their open executive meeting on the 28th September to give a presentation on the restoration work on the Penarth Pavilion Project.

Age Discrimination Group Report

The group will have had three meetings since the Spring Edition of the Herald, and have been engaged in the following work.

- **Vale of Glamorgan Strategic Equalities Plan 2012.** The group was involved in the consultation process of this plan; giving their views verbally and sending in a written response on what we wanted to see for older people. We were pleased to see our views incorporated into the Plan. i.e. better signposting of information, plain language, and ongoing dialogue with service users, not just website access for information, staff training and awareness of anti-discrimination with members of the public etc.
- **Social Services (Wales) Bill Consultation** is a document that includes the Welsh Governments Plans for changes and improvements to the law about social services in Wales. The age discrimination group responded to the consultation, a copy of our response was also sent to The Older Peoples Commissioners Office.
- **Motor and Travel Insurance for older people.** This agreement will mean that insurance companies will have to signpost older people to other insurance providers if they are not able to offer them insurance cover. Although we welcome some changes from the Westminster Government, we would have liked the changes to have gone further. The age discrimination group made a strong case during the initial consultation for insurance cover not to be primarily targeted on age.

Memory Lane Project. The aim of the project is to show positive achievements of older people, and also an opportunity to write down a memory of when we were all a bit younger. Thank you to everyone who has taken part; we have memories of 1948 Olympics, making go-carts, missionary work, being in the blitz and many more! We are collating all these memories and hope to have an exhibition ASAP.

Everyone's Future: Think differently about age. On the 26th September I was pleased to attend the launch of the above event; which is a joint partnership between Age Concern Cardiff & The Vale, and Vibe Experience. The aim of the two year project is to help both young and older people to think differently about age. This will involve workshops across a range of organisations, films to highlight issues of age discrimination and negative stereotyping of older and younger people. As chairperson of this group I have emphasized our commitment in raising awareness of discrimination and have pledged our support to this campaign.



Members of Vale OPSF with Cardiff forum and coordinators at joint workshop

Joint workshop with Cardiff Older People's Forum. In July myself and other forum members took part in a joint workshop with our older people's forum colleagues from Cardiff. The aim of the workshop was to put together a response to the Wales Local Government on what we felt were key issues that needed to be included in the next phase of the Older People's Strategy in Wales. Key issues included age discrimination/stereotyping of older people; being included in policy and decisions which affect us, i.e. better transport system, better community based services.

We welcome new members to our group. If you have an interest in age discrimination and want to help us make a positive difference; email me for further information on the group at janeveldon@mypostoffice.co.uk

Jane Weldon. Chairperson Age Discrimination task group.

Health Group Report

The Health Group has had an active spring and summer with meetings in May and July. In July we had a presentation on the Wyn Campaign. This project, planned by the Cardiff and Vale University Health Board, is focussed on avoiding unnecessary admission to hospital and speeding up of rehabilitation and discharge from hospital. Among the measures to implement the programme are: closer working with the ambulance service; improved liaison between health and social services; partnership with voluntary organisations such as Crossroads and Care and Repair; fast community assessment by the acute response team. Over the next three years the Wyn campaign is expected to reduce hospital admissions and reduce length of stay in hospital.

Recently the Health Group has responded to Welsh Government consultations on stroke and mental health services. We have commented on the need to give special attention to older people living alone before their stroke, providing high quality rehabilitation and support to enable them to return home wherever possible. On mental health services we expressed concern about over-medication of older people, late diagnosis of mental health problems of older people and the lack of access to "talking" therapies. On 20th July members of the Health Group had a conducted tour of the new Older People's Assessment Unit at Llandough Hospital and were greatly impressed by the high standards of provision in the five new wards. The Unit is now receiving patients and the new Outpatients department is also open.

In the coming months we will again be supporting the uptake of flu vaccination for older people. Last winter saw an increase from 65% to 68% in the uptake and we hope to see further improvement this winter. Throughout the coming year we will be lending our support to the falls prevention programme of the Health Board (see article on page 7).

Over a decade ago many people in the Vale thought that Llandough Hospital was destined to become a warehouse for older people. These fears have been confounded. With the new assessment unit and outpatient department, the soon to be completed stroke unit and the projected mental health unit, concourse and car park, Llandough Hospital is rapidly becoming a centre of excellence for older people's health services. Our main worries about the exciting developments are about car parking and public transport links and we are working with the Forum Transport Group to keep abreast of proposals to address these issues.

Ron Walton Chairperson Health Group

The Autumn/Winter Season is here again, bringing with it the flu virus!

Last year local G.P's voluntary agencies and the Vale Older People's Forum worked hard to increase the numbers of Vale older people aged 65+ who have the flu jab. And it worked! Last year 71.6% were vaccinated, compared to 67.1% in the previous year. The more people who are vaccinated, the less flu virus will be circulating in the community and we'll all be better off.

Here is a brief reminder of the four main reasons for having the jab:

1. **Everyone wants to enjoy living and get the most of out life.** Flu can spoil that by making you feel awful and sometimes even very seriously ill. So why take the risk when you can protect yourself?
2. **You can protect others.** By having the jab and avoiding catching flu, you can't pas it on to others, who might be more vulnerable than you.
3. **The flu vaccine can't give you flu.** The vaccine doesn't contain any live virus, so can't possibly give you the flu. However sometimes people catch other flu-like viruses which they thing are flu or catch flu before the vaccine takes effect.
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.

CONTACT YOUR LOCAL GP TO FIND OUT MORE.

What's New with Falls and Bones Health

A fall can have devastating consequences on a person's life, even if no serious injury is sustained, as confidence might be lost and a reluctance to leave home might result in depression and isolation. A new initiative from the University Health Board is aiming to reduce this harm. Falls and fractures are a major cause of older people attending hospital or calling an ambulance. Approximately 4,000 older people in Cardiff and the Vale of Glamorgan attend the Emergency Unit with a fall every year and older people are also attended to by the Welsh Ambulance Service Trust, but then not necessarily taken to hospital. If a person attends the Emergency Unit at the University Hospital of Wales or Barry Hospital Minor injuries unit with a fall that does not require admission, a falls screening is carried out. If the screening result indicates that a person is at on-going higher risk of further falls, their GP practice is informed and can carry out a more detailed assessment to reduce the risk of further falls.

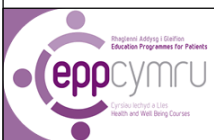
The assessment looks whether medications that a person takes that might increase the risk of a fall, and mobility or visual problems such as cataracts that can be treated. Other assessments might include checking for bladder or prostate problems, blood pressure and alcohol intake. A questionnaire to find out if the person might be at risk of osteoporosis, taking the right medication can reduce the risk of a fracture, including a hip fracture by a half. This is worthwhile as a hip fracture can significantly limit independence. The GP practice supports the person in taking their medication correctly and making lifestyle changes to protect their bones, for example stopping smoking.

An important way to keep strong and healthy and well-balanced is to keep exercising. Falls Technicians working for the Health Board will support exercise provision in the community along with exercise professionals and other staff in leisure centres and from local charities (e.g. EXTEND classes)

Care and Repair is able to provide advice and support to help older people minimize potential risks from possible hazards within the home environment through visiting older people and arranging various practical works such as installing grab rails, handrails or other minor adaptations. These works can greatly help reduce the risk of falls. For example; the lack of a handrail on the stairwell can double the likelihood of a fall occurring on the stairs.

**Further information on reducing your falls risk is available from
www.agecymru.org.uk**

EPP CYMRU Education Programmes for Patients



EPP Cymru offers FREE NHS Self-Management courses for people living with a long term health condition, or for people who care for a friend or relative with a long term health condition. The courses aim to give participants help and guidance on any issues surrounding their long term health condition, and they cover topics such as Pain, Relaxation, Depression, Tiredness, Action Planning, Healthy Eating, Exercise,

Motivation and many more. The courses run over a period of six weeks, with one 2.5 hour session per week, which is always at the same time, in the same place.

EPP Cymru also offer an "Introduction to Self Management" course, which runs over a single half-day session and, as the title suggests, aims to give participants an introduction into how to better manage their long term health condition.

All of the courses are completely free of charge, and there are courses running throughout Cardiff and the Vale of Glamorgan. For further information, or to book onto a course, please contact a **EPP Cymru office on 029 2035 0620**

Or via email at mark.tully@wales.nhs.uk

Arts Craft and Leisure Report

The May meeting celebrated our first anniversary as a Task Group. ACL is member led regarding speakers. The members during the past year have succeeded in providing both stimulating and unique talks to the group. Membership of the group is open to all members of the Forum. With six meetings annually, three are art and craft based, three are leisure orientated. Therefore, the interests of all members are catered for.

May provided a well known speaker to the members. Mari Major is vice chair of ACL, also a founder member and current co-coordinator of Ewenny Arts. Based in the Western end of rural Vale, Ewenny Arts has grown into an international music fest during the past two decades. Concerts are mainly held at Ewenny Priory. Mari gave an insight into the hard work and planning that has contributed to the success of this organisation.

The July meeting gave ACL members an opportunity to travel. Jeanne Harvey, a Media Group member, demonstrated a PowerPoint presentation about Norfolk Island. Jeanne had spent time with her family on the Island, a remote outstation that lies some 1,000 miles off the Australian coast. The history of the island has been colourful. Originally a penal colony, given to descendants of mutineers, its residents now faces the possible loss of their independence to Australia. However, the lifestyle lived by the Islanders remains relaxed and somewhat libertine.



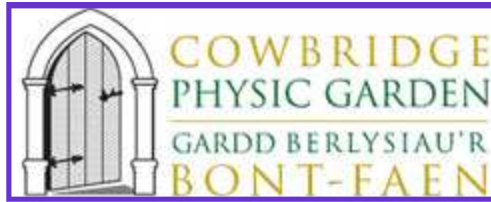
Norfolk Island

The second speaker at the July meeting was Tracey Harding, the Vale Council Arts co-coordinator based at the Oriel Gallery, Barry County Library. She informed the members of the current exhibition at the Gallery. This was a retrospective exhibition celebrating Barry Summer School, which was based in the town during the 1960's and 1970's. ACL members are familiar with the Oriel Gallery as the Group also holds meetings in the library.

At each meeting of ACL the Chair updates members with Forum events that are taking place. The Media Group which meets monthly now co-ordinates these events. It also collates and produces the Herald magazine; published in both spring and autumn. ACL members update the group with their own interest activities at each meeting. We are a proactive group socially, attending both Vale and many local functions.

This summer has been exceptionally lively and varied. The Eisteddfod, the Vale Show, Barry Arts Festival, Penarth Festival, and the Cowbridge Book Festival have all been available for Forum and ACL members to attend and enjoy.

Gill Davies chairperson
Arts Craft and Leisure Group



The Cowbridge Physic Garden is one of the finest little treasures in the Vale. The idea of creating an "historic" physic garden from an overgrown wilderness in an historic part of Cowbridge was conceived in 2004. A charitable trust was formed, some funds raised, the project was supported by the Vale of Glamorgan Council (owners of the ¼ hectare site) and work commenced.

After much heartache and hard work, the garden was opened to the public in 2006 and officially opened by HRH the Duchess of Cornwall in June 2008. (The Duchess has graciously agreed to be the Patron of the Garden)

Each week, some 20 or so volunteers meet on a Thursday to tend the garden and undertake whatever maintenance is required. Without the loyal band of volunteers (and around 400 supportive "Friends" of the Physic Garden) it would not be possible to keep the garden in such a good condition. An achievement that has been recognized by the Keep Britain Tidy campaign through its "Green Flag Award" that the Physic Garden has now won for the fourth year.

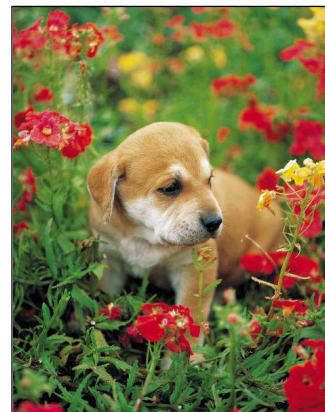
The gardening volunteers usually meet in the garden on Thursday mornings at about 10.00am and new recruits will be welcomed with open arms! The gardening tasks are not too arduous and deep knowledge of botany and horticulture is not required. The main qualities are enthusiasm, a love of plants and the ability to smile and get on with your fellow gardeners -- Thursdays in the garden generally become very sociable occasions!

**This has to be one of the best singles ads ever printed!
It is reported to have been listed in the Cornish
Guardian.**

SINGLE FEMALE seeks male companionship. I'm a very good girl who LOVES to play. I love long walks in the woods, riding in your pickup truck, hunting, camping and fishing trips, cosy winter nights lying by the fire. Candlelit dinners will have me eating out of your hand. I'll be at the front door when you get home from work; wearing only what nature gave me.

Call ***** and ask for Annie,
I'll be waiting.....

Over 150 men found themselves talking to their RSPCA!



We welcome contributions and feedback to The Herald magazine. If you have a voluntary group you would like to tell us about, a story to tell, or a comment to make; please email the media team at janeweldon60@hotmail.co.uk or mail to Jane Weldon. Media Group. C/o Fire Station, Port Rd West, Barry CF62 3AZ *Please note that it may be necessary for editorial reasons to edit articles that are sent to us. The editor's decision is final.

Housing Group Report

The Housing Task Group has met twice since our last report, at the first meeting we had a speaker from the Benefits department of the Vale Council who came to explain to us the incoming housing benefit changes. It was an interesting afternoon and I think members were shocked by the changes that are being brought in. The Council are having road shows so that members of the public can come and find out how the changes will affect them. The Benefits department had a stand at our Annual General Meeting and Elder Abuse day and also manned a stand at the Older Peoples Day event at the Conservative Club, Penarth on October 1st 2012.

At our next meeting we were pleased to welcome Miles Utting from Hafod Extra Care who came to talk to us about the planned extra care facility that is planned for the former Theatre Royal site in Barry. After showing us the plans and explaining how these homes would work he answered many questions asked by members of the group. Hafod have a new facility, very similar to the one planned for Barry, in Merthyr Tydfil and Mr Utting offered us the opportunity to visit the homes and see for ourselves how the extra care housing works. Members were happy to accept this invitation and dates are now being explored for a visit to be made.



We had a speaker from the Council's housing department at our September meeting, giving a talk to us about the planned works to bring the Council housing up to the Welsh Housing Quality Standard over the next 5 years. This will be a very extensive programme of works which will bring the standard of housing up to the standards required by Welsh Government.

Above picture; Staff from the VOGC Benefits dept , and Lynda Wallis (centre)

If you have an interest in housing and would like to join the group you can join the forum by telephoning 01446 450201; dates and times of housing meetings are available on our website at www.valeopf.org.uk

Lynda Wallis
Chairperson Housing Group

Reading and Wellbeing

Would you like to join a new lunchtime reading group meeting weekly at West Quay Medical Centre in Barry? Shared Reading Groups listen to specially chosen stories and poems and then talk about them. It's a way of relaxing and sharing some rewarding 'me time' with others while encountering a wide variety of literature. You do not have to be a patient registered with West Quay to come along to our sessions which are held every Thursday lunchtime at 1.00pm.

"Shared Reading has been shown to be beneficial to people suffering stress, lack of confidence, low self-esteem, loneliness and mild to moderate mental health issues".

The Reader Organisation.

If you are interested contact Andrea Griffiths, Vale of Glamorgan Libraries Community Outreach Officer, Tel 01446 725381.

Light refreshments will be provided.

THE NATIONAL EISTEDDFOD OF WALES, VALE OF GLAMORGAN – 2012

The National Eisteddfod is one of the world's great festivals and this year was held at the Old Llandow Airfield, near Cowbridge in the Vale of Glamorgan from 4th August to the 11th August. There is something for everyone at this special Festival from music, dance, choirs, visual arts, original performances to family activities.

The famous Pink Pavilion was the focal point on the "Maes" as it was here that the official competing and main cultural ceremonies were held. There were hundreds of other activities all over the "Maes" throughout the week and at least 300 stalls and trade stands, with gifts of all kinds to suit every pocket making it a shopper's paradise.

There was a warm welcome to everyone at the Eisteddfod with the understanding that you do not have to speak Welsh to enjoy yourself in the wonderful friendly atmosphere. You can acquire free translation equipment to be able to follow the official activities and have information about means of learning Welsh. There was something for everyone on the "Maes" with plenty of activities to keep the whole family entertained. There were a number of smaller pavilions e.g. Arts & Craft, Science and Technology, Literature, Dance, Societies and a live performance stage.



Mari Major OPSF. Jane Hutt Am Vale of Glamorgan.
Lynda Wallis chairperson OPSF at Eisteddfod in Vale

After the official opening ceremony on the Friday evening, the opening concert was with the Award winning choir Only Men Aloud and Only Boys Aloud and they were joined by youngsters from the Vale of Glamorgan which was a sell out and a wonderful success. On the Sunday evening an outstanding Cymanfa Ganu was experience with Euros Rhys Evans conducting and Robert Nicholls on the organ. There was a full programme of entertainment every night in the Pink Pavilion and the final concert on the closing Saturday was the UK Premier of Karl Jenkins' "Beirdd Cymru-Bards of Wales" with the composer himself conducting and the words translated into Welsh by Twm Morys. Two of the greatest soloists Denis O'Neill and Rebecca Evans also joined the 200 strong Eisteddfod Choir.



As this year's Eisteddfod closed in the Vale of Glamorgan the attendance figures could be down but the organisers felt pretty happy considering the weather, the economic climate and other events that had taken place in London. There was talk of a Welsh Language Centre being opened in Barry and a memorial being built for the Eisteddfod Founder Iola Morganwg.

Representatives from the Vale of Glamorgan Older Peoples Forum Strategy attended and were hosted by the V.C.V.S. and it highlighted their presence and the work they do. Some members of the forum have never

attended this festival before and did not realise how big and exciting it all was.

The National Eisteddfod at the Vale of Glamorgan 2012 proved a wonderful success and we hope it will return again some day.

Welsh Recipes



LEEK SOUP – CAWL CENNIN

Gently boil the bacon for about 40 minutes and skim off the fat. Peel and cut up the potatoes and carrots, clean and chop the leeks, then add the vegetables to the bacon and simmer until tender – about 20 minutes.

Add the milk and reheat but do not boil. Add the parsley and serve with grated cheese.

Serves 4
1 lb potatoes
2 large leeks
½ lb carrots
½ lb. piece of bacon
½ pint milk
2 teaspoons chopped parsley
Cheese
Salt and Pepper.

PLATE CAKE – TEISEN LAP

Rub the fat into the flour and add the other dry ingredients, then beat the eggs well and add to the mixture. Add enough milk to keep the mixture soft. Place in a shallow, greased and floured tin and bake in a moderate oven @ 350* F. or Mark 4 for 20 minutes and then lower the temperature to 275* F. or Mark 3 for a further 40 minutes.

1lb Flour
4oz Lard
4oz Butter
2 teaspoons of baking powder
7oz Sugar
8oz Currants
3 Eggs
Pinch of nutmeg (if liked)
Milk

OAT BISCUITS

Cream butter and sugar together. Add rest of the ingredients and mix well. Roll out and cut into shapes. Place on baking paper/greased baking tray. Cook for approx. 20 minutes at 160F/Fan 140 degrees F. Cool and Enjoy.

2ozs Caster sugar
4ozs Soft Butter
4ozs Porridge Oats
2ozs Plain Flour

REPORT FROM RURAL VALE

The Ewenny Arts Festival Events that take place at St. Michael's Church, Ewenny Priory, Ewenny have been very successful over the last months with two exceptional concerts to raise money for the National Eisteddfod 2012 at Llandow in the Vale of Glamorgan. The concerts were well attended and we thank the Cantorion Coety, students from the Royal College of Music and Drama, Tri Tenor from West Wales, Ogmere Valley Male Choir, Bethan Rees-Flautist, Jacob Lloyd Lewis-Soloist and Mr. Hugh Thomas and Mari Griffith Compere's for their tremendous contribution to both events. The Ewenny and Corntown Fundraising Committee for the National Eisteddfod 2012 met their financial target through running events over a period of six months at various venues. Other concerts were successful and enjoyable especially the Annual Youth Festival when pupils and students from the Vale of Glamorgan and the County Borough of Bridgend met to entertain an audience, also the South Wales Clarinet Choir based in Cardiff and Take Note a Youth Choir from the County Borough of Bridgend. The months ahead are full of good and interesting events and look forward to welcoming new audience to experience an event at this wonderful venue.

Thursday 6th December 7.00pm "**St Nicholas Day Celebrations**"

Holton Road Primary School & Llangwydd Junior School
Tickets £5

Friday 21st December 7.30pm Vale of Glamorgan Ensemble
"**Christmas Concert by Candlelight**"

Tickets £15 & £12.50 (con)
Tickets available from Ewenny Pottery 01656 653020
Helen 01656 667047 or Mari 01656 664105

The library at St. Bridget's Church Hall, St. Brides, proves very successful and opens every Wednesday at 3.30pm to 7.00pm and on a Saturday morning at 10.00am when you can have a chat and a cup of coffee.

Throughout Rural Vale during September and October places of Worship and Community Centres hold Harvest Services with Harvest lunches or teas or suppers.

The Llangan and Treoes Community Centres are planning their programmes for Christmas and the New Year, with most of the Community Centres doing the same.

In 1992 the Vale of Glamorgan Council approached the Committee of "Music in the Vale" with a request to organise an annual music competition for the youth of the Vale which was to embrace both singers and instrumentalists. It has evolved to its present format as a competition of significant standing over the years since then. It is now an annual competition for singers aged 8 to 24 years and instrumentalists aged 8 to 21 years (both on 1st September 2012) and everybody is welcomed to compete. The competition is now open to young people resident in the Vale of Glamorgan and surrounding areas and the singers will compete on 24th November and Instrumentalists on Sunday 25th November at Cowbridge Comprehensive School. The finalists are offered the opportunity to perform at an evening concert in front of a live audience, perhaps for the first time. Music in the Vale is run by a friendly volunteer committee who give their time and expertise and over the year the members meet to review and evaluate the annual competition and other performance opportunities, to discuss ideas for fundraising and sponsorship. Every year a special reception is held by Jane Hutt AM at the Senedd in the Assembly Building for an invited audience and this again is a wonderful opportunity for the young musicians.

Mari Major. Executive Forum member

A FEW WORDS FROM THE NEW VALE OLDER PEOPLE'S CHAMPION

Since I became the Older People's Champion in May I have continued to be impressed by the hard work and energy of the Vale Older Peoples Strategy Forum. I found the AGM in June very interesting and in August attended a meeting of the Forum Executive and was immediately struck by the amount of time that members of the Executive give on behalf of the Forum. One of the first items in my in tray when I took up my role as Cabinet Member was a copy of the Herald and I am pleased that I have been asked to contribute to this issue.

My responsibilities as a champion and as a Cabinet Member will present me with many challenges and difficult decisions. I am keen to ensure that when making those decisions, my colleagues and I in the Cabinet have consulted with and listened to those affected by our decisions and that the decisions we make are the right ones for the Vale.

As we get older, some things become more difficult and change often seems rapid but we still want to lead a full and active life and be involved in our local community. It's important that we can still maintain our independence and enjoy life. I want to work with the Forum to make sure that the over fifties have a strong voice and that the Forum continues to be one of the most active in Wales.

Councillor Stuart Egan
Deputy Leader and Cabinet Member for Adult Services
Vale of Glamorgan Council

NEW OVER 50'S CLUBS IN EWENNY/CORNTOWN AND BONVILSTON

Every Wednesday at Ewenny Village Hall an over 50's Club has started to meet for coffee and a chat with various speakers invited once a month. This club started on Wednesday 19th September and anyone interested could join and attend and the monthly Speaker on Wednesday 31st October will be Mrs. Bird and her talk is on Barry Swan Rescue, who will also bring along some rescue owls, and on 28th November the speaker will be Alan Jones speaking on Dylan Thomas. These meetings are from 10am to 12pm and cost £1.50 per week.

An over 50's Club has started in Bonvilston every Tuesday between 10am and 12pm. They also have various activities, feel free to join in or just watch while you drink your tea or coffee. £2 entry including tea/coffee, biscuits and a weekly raffle.

Tuesday 23rd October—Whist drive

Tuesday 30th October—Peter Sampson talking about the Flat Holm Project.

Lunch club at the Red Lion—12.15pm to 1.30pm

Tuesday 6th November—Extend Class—10.30 to 11.30

Tuesday 13th November—CANCELLED—Room previously booked

Tuesday 20th November—Craft'n' Chat

Tuesday 27th November—Rosemary Scadden talking about "Welsh girls who went to War".

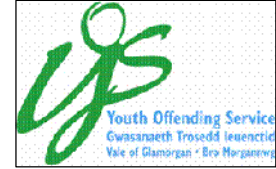
Lunch club at the Red Lion 12.15 to 1.30pm

Tuesday 4th December—Extend Class—10.30 to 11.30

Tuesday 11th December—CANCELLED—Room previously booked

Tuesday 18th December—Christmas Party (Ideas for Christmas Party:- everyone to bring plate of food-buffet style, a Christmas quiz while eating food, a visit from Santa with a present for everyone, special raffle prize)

For further information on above new over 50's Clubs please call:
Jane Platt on 01446 795631.



Want to be part of the new Vale of Glamorgan initiative to tackle Anti Social Behaviour on a local level using Neighbourhood Resolution Panels (NRP's)?

NRPs use Restorative Justice Conferencing to focus on victims (those harmed) by Anti Social Behaviour and communities to ensure they have a vital say in how the offender (wrongdoer) can repair the harm.

NRP's are held in a neutral venue whereby all those that have been affected by a particular Anti Social Behaviour incident come together with a trained volunteer facilitator to talk about what happened, who was affected and what can be done to make things better/repair the harm that was caused.

The NRP's aim will ultimately seek an agreement between all parties as to what can be done to make things better so that everyone involved can move on positively with their lives. Possible outcomes may include the wrongdoer verbally apologizing, writing a letter of apology, assurance not to repeat the behaviour, or attending a service intended to challenge or change problematic behaviour.

Key qualities for this role include being a good listener, being non judgmental, having good communication skills as well as being someone who would like to make a positive contribution to their community. The role as the Neighbourhood Resolution Panel Volunteer Facilitator will include interviewing those that have been harmed/those that have caused harm and facilitating face to face Restorative Justice Conferences to help everyone to move on positively with their lives.

Statistics from other areas who have implemented NRP's:

Victim satisfaction is 97%

Re-offending rates are only 3%

Anti-social behaviour across has significantly reduced over the last year with 2,074 fewer incidents.

To get further information on this new role please contact:

Vale Volunteer Bureau. 34 Holton Road, Barry. Vale of Glamorgan CF63 4HD

Tel: (01446) 421782

**Vale Centre for Voluntary Services
Canolfan Gwasanaethau Gwirfoddol y Fro**

Are you a volunteer in the Vale of Glamorgan?

Does your voluntary group need help with raising funds, printing, accessing low cost training or building for the future? If so, VCVS could help you!

VCVS is the umbrella body for voluntary groups in the Vale of Glamorgan and is here to help you as long as you are a not for profit group. For more information contact:

Tel: 01446 741706 Fax: 01446 421442

Email: vcvs@valecvcs.org.uk Website: www.valecvcs.org.uk

Barry Community Enterprise Centre, Skomer Road, Barry CF62 9DA

Registered Charity No 1062388 Company No 3332790



VALE SHOW

A visit was made by three executive members of the Vale OPSF to the Vale of Glamorgan Show. This is an annual event held at Fonmon Castle.

It meant an early start for chairman of the executive Lynda Wallis, who was accompanied by Joan Castle, and Gill Davies. John Porter, Vale Older Person's Strategy Co-ordinator provided transport to the event.



Members of Vale OPSF at the Vale Show. Centre of picture Jane Hutt AM for the Vale. Far right Camilla Bevan



Joan Castle exec member OPSF. Lynda Wallis chairman OPSF and John Porter Older People's Coordinator Vale of Glamorgan Council

The group were sited within the Vale Council information tent along with other Vale affiliated organizations. The aim of the Forum at the Show was to raise their profile by providing information, with the view of increasing membership. The Vale Forum covers a diverse area of both rural and urban population. Free membership is available to those over fifty years of age who live or work within the Vale. The Forum is continually looking for positive, enthusiastic people to join the current membership.

The Show ground provided an ideal venue for recruitment as many of the visitors to the Vale tent were 'seniors'. Also, it allowed existing members to meet up and socialize.

The Vale of Glamorgan Council Show offers a wealth of entertainment to all who visit. Apart from the showing classes for horses, sheep, cattle, and dogs and continuous show jumping, there were horticultural and craft displays for the public to enjoy. The food hall provided a wealth of cheese and other edible delights, allowing the sampling of such produce prior to sale!

For the artistic, there were many painting and photography exhibits available to enjoy.

Thankfully the weather remained dry for the whole day. The summer of 2012 had experienced many cancellations of similar events due to adverse conditions.

The Forum Executive had recruited new members, raised its profile and also had enjoyed the day at the Vale Show!

Gill Davies

OPSF Executive Member

AGE CONCERN

Cardiff & The Vale of Glamorgan

TALKS THAT MATTER!

List of Speakers available to groups of people aged 50+



Do you need to book a speaker as part of a programme of activities that you organise or Co-ordinate for people 50+? If yes, welcome to our list of speakers!

Our Ageing Well and Engagement programme include two speakers' mornings as part of our Healthy, Wealthy & Wise project. These are attended by people on a weekly basis. The feedback from participants has been extremely positive as a wide range of interesting and relevant topics are covered.

We also regularly visit various friendship clubs, senior citizen and other communities groups in Cardiff and the Vale as part of our on going health and well being promotion. Several of these groups have often asked us for a list of speakers and having recognised the need of such a support tool we have now pleasure in making this list available for public use.

The list of speakers is a collection of health professionals and individuals that are willing to give talks on areas of their expertise and interest. The list is not exhaustive and was accurate when initially printed. We plan on updating the list as and when we learn about new speakers. We therefore welcome any details of new speakers to be added to the list.

We would like to thank all the speakers for their great support in making this valuable tool available to you, by agreeing that their details could be included in the list.

If you would like to obtain a copy, suggest a new speaker or inform us of any errors, please contact the Ageing Well & Engagement Team on 02920 578372

Email: Ageing.Well@Age-Concern-Cardiff.org.uk

Are you caring for a relative or friend with an illness or disability?

If you help a relative, a friend or a neighbour with any household tasks such as shopping or cleaning, any personal care such as help going to the bathroom or bathing, or any medical care such as reminding to take medication, then you are a carer. You don't have to live in the same house as that person to be their carer. Carers are not paid a wage to provide support and are sometimes referred to as unpaid or informal carers. Carers UK have estimated that there are around 370,000 Carers in Wales with around 15,400 of these within the Vale of Glamorgan.

Caring can be rewarding but it can also affect your home life, work life, free time and your relationship with the person you care for. As more and more of us take on the role of carer it is likely that either we are, have been, or know a carer. Being a carer is a great privilege but it can be difficult to know what practical help and support is available. I would like this opportunity to introduce myself. I am James, the new Carers' Development Officer for the Vale of Glamorgan, and I started in this new role on 16 April 2012. I feel very excited to be given this opportunity to help carers within the Vale of Glamorgan. Please feel you can contact me if I can be of any help.

James Livingstone

Carers' Development Officer

Social Services Business Management and Innovation

Vale of Glamorgan Council

Tel: 01446 704604

E-mail: CarersServices@valeofglamorgan.gov.uk

Website <http://www.valeofglamorgan.gov.uk/carers>

TeleV Telecare in the Vale of Glamorgan

'Telecare' refers to a range of services and devices which use technology to enable vulnerable people to live with greater independence and safety in their own home. Telecare may be the only service an individual receives, or may complement other services as part of a care package. Telecare devices may be linked to the 24-hour a day, 365-days a year monitoring centre at Contact OneVale (C1V) in Barry, where trained operators are quickly alerted to, and will respond to an accident or emergency and take appropriate action.

Alternatively, the Telecare service may be directly linked to a personal carer or relative, or may be 'stand alone' (e.g. an automatic reminder to take medication).



There are currently 2 levels of service available:

1. **TeleV** consists of 3 set safety packages of equipment attached to a conventional phone and electrical socket. Clients are also provided with a wireless trigger pendant, which can be worn around the neck, wrist or on a belt. Depending on the safety package chosen, additional sensors will automatically trigger an alarm call when smoke, extreme temperatures, carbon monoxide, potential falls, or intruders are detected. **TeleV is available to all residents of the Vale of Glamorgan for £4.50 per week, plus an initial fixed charge of £59.50** (installation fee).
2. **TeleV+** provides a more bespoke, specialised service to help individuals manage greater risks to their safety and independence, perhaps as part of an overall care package. Specialised equipment may assist with conditions such as: epilepsy; dementia and wandering; mobility or instability problems and falls; incontinence; nutrition and hydration concerns.

If you require this information in an alternative language or format, please contact the Innovation & Information Team on 01446 704851.

Transport Group Report

Since the last publication of the Herald the Group has been in contact with various organisations following up comments from our members. The main one which seems to affect a high percentage of our members is access to parking at Llandough Hospital. The Transportation Officer at the Cardiff & Vale UHB had high hopes that a Shuttle Bus might be a partial answer, however he now tells us that this is not affordable out of revenue budgets. However by early "Autumn, about the time that this magazine is published, it is thought that parking enforcement will be in place. This may assist the flow of traffic but not provide extra parking spaces.

An article in the last Herald did warn that budget cuts would probably affect supported rural bus services. This indeed has come to pass. Service 146 through St Brides to Bridgend has been withdrawn. The Vale Council are looking to see if this can be partially replaced by using Greenlinks, but only for one day a week.

Cardiff Bus have informed us that the 93 service was losing money and therefore had to be cut back. The 95 has not spare time allowed to divert through the Murch Estate. This fails to consider the wishes of the customer. I understand that a petition has been raised by the residents of St. Brides Major regarding the withdrawal of service 146. Perhaps the local Murch residents might consider similar action.

All is not doom and gloom, it has been possible this summer to catch a bus from Barry to connect with the Sunday Brecon Beacons Service. This is a summer service so we will have to ensure that it is maintained in 2013.

In an effort not to be seen purely as a vehicle for complaint we have attempted at our meetings to have some speakers with subject matters not only loosely related to public transport. Thus, October's meeting saw a talk about Cardiff Airport, and December will be Road Safety.

As Chairman of the Group, I have been submitting material for the Herald for the past four years. I have now resigned this post and your next Transport article will be from my successor, Mike Edwards, I wish him the very best of luck.

Peter Honeywill Chairman Transport Group

Energy Tips for the Home

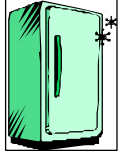
Kitchen



Use right size pan for the hob and keep the lids on during cooking. Cover food cooked in microwave with micro safe cling film or a micro safe lid to keep in moisture and speed up cooking time.

Cut food into smaller pieces and if frozen thaw in the fridge rather than defrosting by microwave.

Cook large batches at a time and freeze. Only boil the water you need in the kettle.



Fridge/freezer.

Ensure that they are set to the correct temperature and do not leave the door open for longer than necessary. Ensure the air can circulate around the back of the appliance

Washing clothes

Only wash a full load and use lower temperatures unless the articles are very dirty. Spin on a high cycle and line dry when possible rather than using a tumbler dryer.

Living room



Draw the curtains and turn lights on only when needed, close inner doors and put on extra clothing rather than turning the heating up. Draught excluders for doors. Use energy saving light bulbs. The smaller the TV the less energy it uses, the brighter the picture the more energy used. Turn off when not in use. (Put TV into a separate plug so that any set-top box/digital recorder can remain on) . A digital radio is cheaper to run than a TV.

Bedrooms



Use higher tog duvet in the winter, towel dry hair before using the hair dryer, warm bed with hot water bottle rather than electric blanket, Do not leave mobile phones etc on charge overnight and remove from socket when charged.

These are tips only, Vale OPSF not take any responsibility for this advice

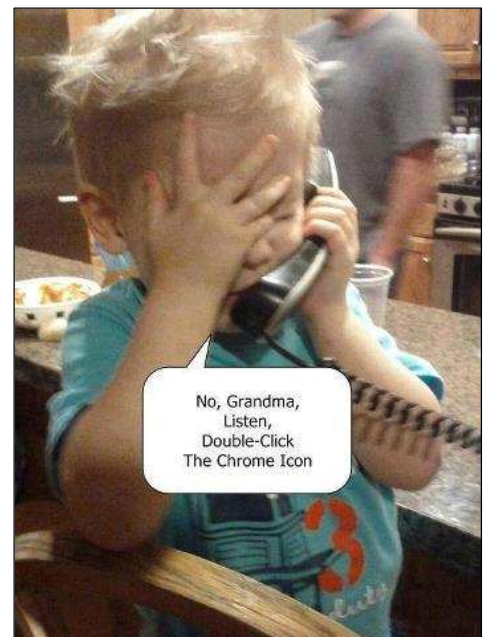
Tips for Handling Telemarketers

Three little words that work: '**HOLD ON PLEASE**'... Saying this while putting down your phone and walking off (instead of hanging up immediately) would make each telemarketing call so much more time consuming that boiler room sales would grind to a halt. Then, when you eventually hear the phone company's 'beep,beep,beep' tone you know that it is time to go back and hang up your handset, which has effectively completed its task. These three little words will help eliminate telephone soliciting.

Do you ever get calls with no one on the other end? This is a telemarketing technique where a machine makes phone calls and records the time of day for a 'real' sales person to call back and get someone at home. What you can do after answering, if you notice there is no one there, is to immediately start hitting your **# button on the phone, 6 or 7 times as quickly as possible**. This confuses the machine that dialled the call, and it kicks your number out of their system. Gosh, what a shame not to have your name in their system any longer!!!

Jeanne Harvey. Forum member

This is 'US'



Pictures from 'Full of Life' event



Lynda Wallis chairman OPSF. Cllr. Phil Rapier Mayor of Penarth. Cllr. Stuart Egan Vale Older People's Champion.



It was a busy time for the stallholders at the 'Full of Life' Event held on World Older People's Day.

Vale Older People's Strategy Forum Extraordinary General Meeting

To be held on Monday 10th December 2012
from 10am-1.00pm

At the Corporate Suite

Vale of Glamorgan Civic Offices
Holton Road,
Barry CF63 4RU

Register your interest in attending the above
by email at:
olderpeoplesstrategy@valeofglamorgan.gov.uk

Or tel: Laura or Shelley on 01446 731628
'Everyone's Future' Workshops
Free Tea Coffee & biscuits

World Elder Abuse Awareness Day



Bottom left to right. M. Edwards OPSF. Sarah Rochira Older People's Commissioner for Wales. Centre Deputy Mayor Vale Janice Birch. Jane Hutt AM for the Vale. L. Wallis OPSF. Together with the stallholders at the event.

The Older People's Commissioner for Wales, Sarah Rochira visited Barry Library on the 15th June to promote the above yearly event held by the Forum. The newly appointed Commissioner said she intended to spend much of her time talking directly to older people and older people's organisations to hear the concerns of us older people in Wales.

The event was well attended by people throughout the day, who were able to access information on elder abuse/domestic violence, supported housing, minor home repairs, volunteering, housing benefits etc. The forum are also grateful for the continued support of our MP Alun Cairns at this yearly event, and AM Jane Hutt.

Vale of Glamorgan Council
One Stop Contact Details

Contact
Holwch
Vale of Glamorgan
OneVale
UnFro
01446 700111
www.valeofglamorgan.gov.uk

Join the Forum!

If you're interested in joining the Older People's Forum, please contact The Vale Older People's Forum, 1st Floor Fire Station, Port Road West, Barry CF62 3AZ
E-mail admin@valeopf.org.uk or visit our website at www.valeopf.org.uk