

Vale 50+ Strategy Forum

Giving you a stronger voice

Fforwm Strategaeth Y Fro 50+

Rhoi llais cryfach i chi



The Herald



Llywodraeth Cymru
Welsh Government

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Keep up to date with the Vale 50+ Strategy Forum

Remember Your Flu Jab!

As the summer comes to an end and the days get shorter we in "Immunisation Land" begin to rollout our plans for Seasonal Flu. While you have all been enjoying the glorious sunshine this summer, we have been working away to ensure Free Flu Vaccine is available at a time and place that is accessible to you. Flu, or Influenza to give it its full title, can be a very debilitating illness and can cause a number of complications including bronchitis, pneumonia and even meningitis. Not everyone with flu will feel unwell, but even without obvious symptoms it can still be passed on.

The vaccine is free to everybody over 65 years. It is also available for those aged between 6 months and 65 years with specific chronic conditions, for example renal disease and heart disease, as well as to those who care for these people and receive no payment for doing so.

A slow but steady increase in up take of seasonal flu vaccination among the residents of the Vale of Glamorgan was seen again last winter, with the Health Board Area achieving a greater uptake than the Welsh average. Unfortunately, as in the rest of Wales, we fall short of target levels for uptake. We all need to encourage family and friends to take advantage of this vaccine as it will not only protect them but also vulnerable people in their community.

Your Doctor is the first place you should look to for your flu immunisations. Many Practices place notices up in their surgeries from early September advising you how you can get the immunisation. Others will send out an appointment to you. Whatever way you find out, make sure you take advantage of it and get the jab. This year there will also be a number of community pharmacies offering the vaccination. This may be helpful for those of you who find it difficult to get to the surgery. Look out for local notification of which pharmacies are taking part.

As well as offering free Flu Vaccines, this year a Shingles immunisation programme is also being introduced. Evidence suggests that those between 70 and 79 benefit most from this vaccine, and vaccination for these ages will be introduced gradually over the next few years. To start with, from this autumn, all those with the following dates of birth will be offered a free Shingles immunisation:

(02/09/1942-01/09/1943 70 years on the 1st of September and 02/09/1933-01/09/1934 79 years on the 1st of September).

The vaccination will be offered between 1st of September 2013 and 31st August 2014. Each surgery will plan their own campaign and advise those identified when it will be given. Some may offer it at the same time as the Flu immunisation but it will be the surgery's decision. While it is also an injection, Shingles vaccination is given slightly differently - just under the skin (subcutaneous), rather than into the muscle like the flu jab (intramuscular).

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Inside this issue: Power of Attorney. U.H. Llandough update. Readers articles. Veterans & Mental Health. Older People's Commissioner. Direct Payments Support Scheme. National Coastwatch Inst. Community Allotments. Gofal. Computer Tips. Prostate Cancer. Greenlinks. Vale Older People's Champion. Volunteers needed! New website for Carers. Vale Foodbank. Ewenny Pottery. Vale Older People's Champion. R.A.F.A. welfare/support. TeleV packages etc.



**Lynda Wallis chairman
Vale 50+ Strategy Forum**

Welcome to the Vale 50+ Strategy Forum 20th Edition 'Herald' Magazine

There have been some very important events since the last issue of the Herald including the launch of the new Strategy for Older People issued by the Deputy Minister Gwenda Thomas on the 22nd May heralding another 10 year programme of work to ensure that Wales is a good place to grow old, not just for some but for everyone.

The forum itself has had one of its busiest periods, we have organised quite a few events over the last few months which is intended to ensure that information is circulated out to those who need it, and help can be found for anyone who cannot find it themselves. We have responded to several consultations and had meetings and attended a variety of conferences.

We have also been involved with the P is for People campaign with the Welsh Senate of Older People which is aimed at objecting to the closure of so many of our public toilets. These closures can have a devastating effect on older people and can make it impossible for them to go out if the public toilets are closed. We are continuing with the campaign with a Wales wide petition which will be presented, in time, to the Welsh Government.

We are in the process of planning our Older Peoples Day event for this year on 1st October which is to be held in Llantwit Major at the Rugby Club. We plan to have some workshops and taster sessions to allow you to try something new, lots of information stands, zumba demonstration and much more. I hope that those of you who can come to this event will enjoy it and perhaps find something that takes your fancy and allows you to take up a new interest.

David Francis, the Assistant Police and Crime Commissioner came to our Annual General Meeting in June and gave us an outline of the work that this post will be doing in the future. Obviously this is a new post and one that a lot of us know very little about, but he was able to inform us of the hopes and aspirations of the Police and Crime Commissioner and we hope to ask him back sometime next year to see how the job is progressing and get an update from him on what the Police and Crime Commissioner is doing.

We have also had discussions with the Older People's Commissioner's office on the problem of lack of public transport. We understand how vital it is for older people in particular to have a regular and reliable bus service to enable them to go shopping, visiting or just going out for pleasure. We are very grateful for our bus passes which enable us to use the buses for free but this is only worth having if you have a bus available to catch. This is one of the Commissioner's top priorities and talks are going on right across Wales to elicit the opinions of older people on this vital matter.

I hope that you will find this edition of the Herald of interest and we would very much appreciate your views on the magazine. Should you have any questions about anything that you see in the Herald or have any suggestions for articles for future editions please contact our coordinator John Porter on 01446 450201 or e-mail j.porter@valeofglamorgan.gov.uk It is always good to get feedback from readers to ensure that we can keep the magazine interesting and up to date.

**LYNDA WALLIS
CHAIRMAN, VALE 50+STRATEGY FORUM**

Call into your local Age Concern Cardiff & Vale Senior Health shop in Barry

The Senior Health Shop in Holton Road, Barry has been totally refurbished giving it a total makeover thanks to a grant from Vale Glamorgan Council and Rotary Club in Barry and frequent fund raising by the dedicated hard working volunteers. The refurbishment marked the 21st anniversary of The Barry Ageing Well Project so it was a double celebration.

The Centre is aimed at the 50+ category but it welcomes any ages including children. Staff and Volunteers provide a wide range of snacks etc in a friendly environment where older people can also access a wide range of information and activities. Since the refurbishment the centre also offers a wide range of activities and Monthly Tax Advice, with fortnightly Welfare Right Surgery on a Tuesday. The Centre also holds informal visits from local organisations including Passmores, Royal Institute for the Blind and Deaf, and more.



The picture on the left is of Nancy Robertson and Marlene Jones standing by a blanket of knitted and crochet squares made to mark the 40th Anniversary of Age Concern Cardiff & The Vale.

Many of the squares have Memory verses attached to them.

The Shop is open Monday, Thursday and Friday 9.30 am - 12.30 pm.

Tuesday 9.30 am - 2.00pm and Wednesday 10.30am - 12.00noon.

For more information on wide range of activities at the centre contact the Senior Health Shop on 01446 732385. 38 Holton Road, Barry, South Glamorgan CF63 4HD

Gay Fified, Volunteer, Senior Health Shop Barry

A new website for carers



In the April 2013 edition of this newsletter we told you that as part of implementing the Carers Information and Consultation Strategy we intend to provide training and education for people who are unpaid carers.

We are pleased to announce that the first of our free training resources for carers who have access to the internet is now available at the click of a button!

This website, which has been developed in conjunction with Cardiff and the Vale of Glamorgan Councils, is aimed at anyone who provides care to someone either at home or in a hospital or nursing home. To help us develop this website we spoke to a number of carers. We asked them what additional personal information would help them cope with their role better and in particular, help manage their levels of stress. With this in mind, the information in each section has been arranged in bite sized pieces for carers to browse as and when they wish.

If you are a carer, you may click on the link below where you will be invited to register with the site. You will have your own password along with pages where you can securely record and store details of your own thoughts and feelings. Each section of the site contains advice and guidance on topics which carers have told us they would find helpful, such as dealing with your emotions, meeting your own health needs as well as practical information about the care system. The site also includes comments from other carers. Our hope is that using this website will provide carers with easy access in their own homes, to a range of helpful, relevant information. Once you have had a chance to look at this site, please let us know what you think, how it might be improved or any benefit you have received from using it.

You can send your comments to: **Nigel Hughes, Carers Facilitator, Cardiff and Vale UHB.**
Nigel.hughes2@wales.nhs.uk Tel: 029 2074 5359

To go to the website and find out more about this free service please click on the link - www.cavogcarersresource.org
(This link will open in a new window and will take you to an external website.)



'As The Older People's Commissioner for Wales, I am an independent voice and champion for all older people across Wales, standing up and speaking out on their behalf.' Sarah Rochira. Older People's Commissioner for Wales

My work is driven by what older people, and those who care for and support them, say matters most to them. I work to ensure that older people's voices are heard and that the issues that matter to them are addressed. It is my role to deliver and influence real change to the lives of older people. When I took up post in June 2012, one of my top priorities was to meet and speak with older people from all backgrounds across Wales and I will continue to do so over my term of office. I have used their voices, and the voices of those who care for and support them, to drive my work and shape my priorities.

My role as Commissioner is to work in partnership with our public services, our national and local governments, and others, to grow our understanding about the issues that matter to older people and the changes that are required.

I will also lead the development of new ways of thinking and good practice to bring about the change that we need to see. I expect our public services to get it right for older people and I will always recognise and give credit when they do-but where there are failures, I will hold to account, and if necessary, will use my legal powers to both protect older people and deliver the change they want and need.

Delivering this change will not be easy. It will require everyone to be at their best, to think and behave differently and to be brave and bold. We should be ambitious, not just for older people today, but for the younger generations who will follow.

I have produced a four year Framework for Action that clearly outlines my priorities, the changes I expect to see in Wales and how I will drive forward improvements in older peoples lives over the next four years. I will work to ensure that Wales is a good place to grow old—not just for some, but for everyone.

Sarah Rochira

Older People's Commissioner for Wales

www.olderpeoplewales.com There are also links to facebook, twitter, etc.

Don't Forget Your Flu Jab!

continued from front page

Those of you who care for young children and are in touch with parents may have heard about a number of changes to the childhood programme. Advances in immunisation help us protect our children against a greater number of infectious diseases. A new vaccine called rotavirus, a very common cause of gastroenteritis in under 5 year olds, has been introduced along with changes to the Meningitis C immunisation. Both of these will help greatly to reduce the number of cases of these diseases and stop them spreading in the community. The Welsh Government has also approved the introduction of Flu Immunisation to all 2 and 3 year olds, and year 7 pupils (aged 11-12). This is the first stage of a full rollout of Seasonal Flu Immunisation to all children from 2-16 years every year.

We are very lucky in the UK to have such easy access to a wide range of free immunisations. Some of you may remember a time when not only were they not available but they had to be paid for. You may also remember it not being unusual to have a class mate or friend die from one of these infectious diseases. We do get very complacent and think we will no longer see these diseases but the recent outbreak of measles quickly reminds us that we have to continue getting immunised to make sure these terrible diseases stay away. Should you want any more information on immunisations look at the Public Health Wales website (www.publichealthwales.org/immunisation) or I am sure your practice nurse would be happy to offer you additional information. Now don't forget, get the flu jab and protect not only yourself, but your family and friends as well.

Nuala Mahon, Immunisation Co-ordinator.

Public Health Wales



A Few Words from The Vale Older People's Champion

I am pleased to once again have the opportunity to show my appreciation for the work of the Vale 50+ Strategy Forum. I believe the working relationship between the Vale of Glamorgan Council and the Forum is growing from strength to strength, and I have personally attended a number of Forum meetings and events this year. In May, the Cabinet attended a Forum housing group meeting to listen to a fascinating presentation by Kate Maestri, the glass artist, commissioned to work on the new extra care unit being built in Barry. I was also pleased to attend the Forum's development workshop in order to support the production of your 2013 – 2014 action plans. I hear many good things about the Forum when I attend local and national meetings. The hard work you put into responding to consultations, raising important issues and your involvement in national groups means that the Forum continues to have a high profile and to be respected for its valuable contributions.

One element of your work that I am always impressed with is the events that you put on throughout the year. I always enjoy being able to pop in to one of the events that you offer to the general public and appreciate the hard work that goes in to making these events a success. The events are varied and offer a wide range of activities, highlighting serious issues but also including fun filled activities and they are always successful. This year I was impressed by the interesting stories exhibited at your Memory Lane Project. I was amazed by the many workshops offered at the Gwanwyn Arts Festival including, the opportunity to make animation films, dance, sing and create mosaics and stitch work. A testament to the success of these events is the range of organisations that return year after year to staff information stalls in order to promote their services.

But without doubt the highlight for me was the End of Life Question Time Debate. I can honestly say this was the best event of its type that I have ever attended; the quality of the presentations made by the high profile panel was superb. The speakers dealt with a serious and controversial subject matter in an entertaining manner, injecting some appropriate humour at times which I believe eased what could have been a very tense affair.

That's me for this edition, until the next one which I'm sure will again be packed with informative pieces, take care and keep up the good work.

Cllr. Stuart Egan

Vale Older People's Champion. Deputy Leader of the Vale of Glamorgan Council

George Thomas Hospice Care is the major provider of specialist community palliative care in Cardiff.

We offer free services to our patients and their families in Cardiff with our consultant led service, specialist nurses, pre and post bereavement counselling (including children's bereavement groups), physiotherapy and occupational therapy as well as social work and welfare rights services. We are a charity, needing to raise the bulk of our 1.2m service costs every year.

As a charity, we are dependent on generous volunteers who give their time and skills to support George Thomas Hospice Care in a huge variety of ways. We have over 300 volunteers and are unique in that our six charity shops are run by volunteer shop leaders not paid shop managers. Other volunteer roles include gardening (in 2011, they won Cardiff Community Garden in Bloom), receptionists, day care hosts, telephone bereavement support workers and administrative volunteers. Finally, our volunteer drivers bring patients to our Day Centre (which also gives the family respite), complementary therapy appointments and bereavement groups.

In 2014, we will be celebrating 30 years of supporting patients and their families. Since 1984, we have helped tens of thousands of people in our local community. 2014 is going to be a great year of celebrations and commemorations but also one of looking forward, to find ways of meeting the ever increasing demands on our charity's services. To get involved or for more information please contact Volunteer Officer, sarah.jackson@gthc.org.uk Tel: 02920 524150.



Vale 50+ Strategy Forum Health Group Report

The Health Group works on behalf of all over 50s in the Vale. It has twin aims of promoting a healthy old age and the delivery of high quality health services accessible to older people within the Vale. We actively support public measures such as flu vaccination, prevention of falls and healthy eating and drinking. In the provision of health services we have particularly focused on dignified care, nutrition in hospitals and the need of patients and carers for clear information.

If you are interested in becoming a member of the Health Group, contact John Porter, our Strategy coordinator, and come along to one of our bi-monthly meetings. Forthcoming meetings will include an update on the Cardiff and Vale University Health Board's programme to provide high standards of dignified care, showing of a moving video highlighting the impact of post traumatic stress on service veterans and a presentation on palliative care. Members are able to contribute by bringing issues to the group, commenting on formal health consultations, commenting on draft information leaflets for patients. We work closely with the Transport and Discrimination groups on matters of common interest eg transport links to Llandough Hospital. Members have the benefit of becoming well-informed on local health services and being a link to the wider community.

Ron Walton, Chair, Health Group

THOUGHTS ABOUT MENTAL HEALTH AND WELFARE OF VETERANS

It is encouraging that from the Prime Minister down there is a general awakening in Britain about the welfare and special needs of veterans. The publicity given to the problems experienced by veterans seems to indicate that insufficient is being done to meet their needs and that there is some insensitivity among government officials in dealing with the problems. Statistics from the Ministry of Defence and other agencies suggest that the popular view that service life is instrumental in causing widespread distress amongst the veteran population is misleading.

These statistics show that problems exist mostly with Early Service Leavers. These are typically people under 25 years of age who leave the Armed Forces for a variety of reasons: health, disciplinary, emotional, failure to meet training standards, unsuitability etc. The statistics point to the possibility of the Early Service Leaver's background having more responsibility for the presentation of antisocial, violent, or mentally disturbed behaviour, behaviour which would be suppressed in the service environment of discipline, regulation and order. Other statistics show that compared with the adult population of the United Kingdom as a whole, the incidence of mental health difficulty amongst the veteran is no greater. However it is recognised that the veterans who leave service with mental health problems are more likely to suffer from adverse outcomes in civilian life.

The incidence of Post Traumatic Stress Disorder, PTSD is a condition which has attracted most publicity. While statistics state that the incidence of PTSD is as prevalent amongst the civilian population as it is with servicemen, there is arguably a difference between being involved in horrific accidents and incidents where other people are deliberately attempting to do you harm. For our ex servicemen and women so afflicted, there is little consolation in knowing that they are very much a minority. For them and their families the problem is total.

Resources are improving and the Armed Forces Covenant, piloted in Wales by Vale of Glamorgan County Council and the All Wales Veterans' Health and Wellbeing Service are two examples of the many organisations that have recognised that veterans deserve the best service that is possible.

Matthew Salisbury served in the Royal Naval Reserve for 34 years retiring as a Lieutenant Commander. He now works for Cardiff and Vale Action for Mental Health, a charity with a Veterans' Mental Health sub division, based in Cardiff.

If you require further information please contact Matthew at:- CAVAMH Unit 11 Williams Court Trade Street Cardiff CF10 5DQ Telephone 029 20222000 email matthew@cavamh.org uk



Royal Airforces Association. Friendship. Help & Support.

One of the main topics in the news at the moment is the effects of the Welfare Reform being introduced which includes the bedroom tax, as many call it. As an Honorary Welfare Officer for the Royal Air Forces

Association in the Vale, I am now seeing the effects, as the benefits people receive are starting to be squeezed or done away with.

This will be an on-going problem and it is anticipated that as it starts to bite people's pockets, more and more people will turn to the charity sector, if they are aware, for help. The Disability benefits will become harder to get but it is worth noting, not to give up at the first hurdle; the "sorry but you don't qualify" letter many receive. There are many organisations out there that will help with putting together an appeal, as a different department deals with appeals.

Within the Vale of Glamorgan, a team of RAFA Welfare Officers are available to answer questions if you served in the RAF spanning the period from WWII to the present day; this also includes the partners of someone who served in the RAF.

If you know of someone who served in the RAF, who would welcome a visit, ask their permission before referring them onto the RAF Association. If we don't have the answer, we will know someone that does.

Geoff Horton
Hon Welfare Officer
Tel: 01446 740522
Email: geoff@horton.co.uk

TeleV Telecare in the Vale of Glamorgan



For TeleV information contact C1V 01446 700111

'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:

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).**

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.

Vale 50+ Strategy Art Craft and Leisure Group. (A.C.L.)

The January ACL meeting was cancelled due to adverse weather, however, speaker John Porter agreed to entertain members at the March gathering. John needed no introduction to ACL members, his 'day job' being Vale Council 50+ Strategy Coordinator.

He read a selection of his own work which featured many personal and amusing references to his early life and upbringing in Lancashire. Also featured were later poems written in Wales, which reflected his insight and concern for social justice. He answered questions from the ACL membership which related to the form and structure of his work. Also he outlined the reasons why he had started to write poetry and continued to do so. He supplied ACL members with copies of his poems for their own reading pleasure. An entertaining and stimulating insight from an original mind.

The May meeting provided members with the opportunity to Travel with a Difference, Lynn and Keith Brown from Boverton, delighted the group with their highly personalized Mediterranean Medley. This comprised of a Powerpoint presentation of their many cruise holiday trips around southern Europe and the Holy Land. All countries visited were accompanied by an appropriate musical theme. Venice echoed to Vivaldi, Rhodes was celebrated loudly to Zorba, Lynn and Keith plan a different departure during 2013, a quiet trip down the river Rhine. At the July meeting, Rhiannon Gamble from The National Trust gave an informative insight into the renovations at Dyffryn House and Gardens. Rhiannon, Interpretation and Learning Officer had joined the team at Dyffryn as part of the Heritage Lottery grant project.

The Vale Council had already invested £1million on a new roof and upgrading the stonework. A further £1.3 million from Heritage Lottery and Cadw had secured the reinstatement of some feature rooms. However, work on the house would continue for many years. Rhiannon stressed the need for community involvement from volunteers. Volunteers already helped to provide support as guides within the House, and practical work in the gardens. Archivist historians also researched the families that once owned and lived at Dyffryn Rhiannon can be contacted by e-mail:

dyffryn@nationaltrust.org.uk

As ACL members have broad and diverse interests, the aim is to reflect variety in the choice of speakers, so that all areas of Art, Craft and Leisure are included at the meetings. More information about ACL meetings can be found on the ACL webpage, Vale 50+ SF website.

Gill Davies: Chairperson: ACL Group.

What is U3A?



U3A is an international organisation which exists to encourage older people to study new topics in an informal, shared and interesting manner. Many of the interest groups are member led which keeps costs to a minimum. Meetings take place during the day and venues are usually accessible by public transport, this is important as some older people no longer drive and many do not wish to go out in the evening. Branches have an open meeting, with a speaker, each month and most interest groups meet on a monthly basis.

Barry Branch of U3A meets on the 1st Monday of the month at 2pm in the New Jerusalem Church Hall (opposite Barry Library). Interest groups include: Family History, Walking, Art History, Poetry and Prose, Literature Timeline and Lunch group. New members are always made very welcome and anyone with a special hobby or interest who would like to join us and start a new group would be especially welcome, as the more interests on offer the better. Leading a group is not onerous and enthusiasm for a subject is much more important than being an expert; as learning together is the name of the game.

Our website is www.u3asites.org.uk/barry

You are never too old to take up a new hobby!

David Furnish swapped his working life as a landlord pulling pints for pulling up weeds and doing gardening at Ellis Fisher Court Newydd Sheltered Housing Complex in Barry when he retired seven years ago. David originally began to take up gardening a couple of years after having heart surgery as a way to help keep fit. David readily admits that what he originally knew about gardening you could probably put onto a postage stamp! The last time he had done any gardening prior to living at Ellis Fisher Court was about forty years ago; but with help from gardening enthusiast Billy, also a resident at Ellis Fisher David caught the gardening bug. His only 'bug-bear' is he hates weeding and deadheading!

Unfortunately Billy is not now fit enough to do the manual work and the majority of the work around the main courtyard apart from cutting the main lawns is now done by David; who has over the past few years changed and modified the garden for the benefit of all the residents. With help from a friend David put up a pagoda; with climbing jasmine and clematis, and strawberries in the hanging baskets during the summer months. There are seating areas all around the courtyard where residents can sit, relax and enjoy the scent of the flowers, bird song, and the sound of bees at work.

In the winter of 2012 David began preparatory work on a new veg plot within the court yard; this year David will be growing beans, broccoli, onions; which will be shared out amongst the residents of Ellis Fisher. He is also keen to try growing lemons, oranges, plums and grapes. There are always displays of flowers in the borders around the courtyard. David's hard work and enjoyment he gets from gardening at Ellis Fisher has resulted in Ellis Fisher winning cups and commendations for 'Best Kept Garden for Sheltered Housing' competitions with Barry Council in 2010, 2011, and 2012. David also had 'joint second Hanging Basket' together with Billy Hales, in Barry in Bloom competition 2012.

David would like to say a big thank you to the residents of Ellis Fisher who have donated to the buying of plants and equipment, and given David a hand in the garden.

Jane Weldon media/publicity group



David Furnish at Ellis Fisher

The Vale Foodbank provides free emergency food parcels to anyone living in the Vale who is experiencing a financial crisis. It is part of the Trussell Trust national network of Foodbanks.

Since the Vale Foodbank opened nearly two years ago at Coastlands Family Church, we have fed about 4,000 people, of which over 1,500 were children under 16. Over the last year, we have seen an increase in the number of people seeking help and the Foodbank has developed and grown in every area to ensure we continue to be able to meet the needs of all those referred.

Thankfully, we have received enough food donations from the generous people of the Vale to feed everyone who has come in. We work in partnership with 45 agencies and run a weekly Foodbank drop-in session in the Citizens Advice Bureau.

We have a committed team of regular volunteers and two volunteer coordinators who recruit volunteers and arrange training for them.

Last September we opened a new distribution centre in Bethesda Chapel, Dinas Powys. It opens Wednesdays 1.30-2.30pm, complimenting the opening hours of Mondays 2-3pm and 4.30-6pm at Coastlands. On July 31st, another distribution centre opened in Bethel Baptist Church, Llantwit Major; it is open Wednesdays 1.00pm-2.00pm.

If you would like to donate food, the Vale Council has set up a collection point for donations in the Civic Offices, Barry, pop in to one of our distribution centres when open or watch out for the regular appeals at supermarkets in Barry.

It is so satisfying to supply food to people who would otherwise go hungry.

More information can be found at www.vale.foodbank.org.uk



Dewis Centre for

Independent Living Canolfan Byw Annibynnol



Supporting the independent lifestyle of disabled people in Wales

Direct Payments Support Scheme

It is recognised that disabled people have the right to live independently in the community, controlling their own care needs and making services work for them to create a more inclusive lifestyle.

Until recently the only available assistance from the local authority was given in the way of homecare services, traditional carers who worked on a rota system visiting many service users during the week at times to suit their schedule rather than the person receiving the service.

You can now opt to receive a cash payment from the local authority in lieu of services such as homecare. This cash payment is known as a Direct Payment. This money must then be used to meet the needs on your care plan, by either buying services of your choice, or more commonly, employing your own Personal Assistants. The idea of providing a person with a Direct Payment is that social services are providing an individual with an opportunity to have more choice and more control over their care needs.

Dewis Centre for Independent Living has been contracted by Vale of Glamorgan Council as well as Rhondda Cynon Taff and Merthyr to provide a support scheme for those receiving direct payments. The Direct Payments Support Scheme provides a comprehensive package of support to everyone who is referred to it. Within the organisation there is a wealth of experience in all the issues involved in community care, in recruiting personal assistants and in employing staff.

If this sounds like something of interest to you, please ask your social worker or local Social Services Department for more information on Direct Payments, or contact Dewis Centre for Independent Living on 01443 827930 or visit our website www.dewiscil.org.uk



Combat Stress is the UK's leading military charity specialising in the care of Veterans' mental health. Founded in 1919, the charity's aim is to ensure that ex-Service men and women receive the right mental health care in the right place, at the right time.

Presently, Combat Stress is helping over 5,200 Veterans – more than at any time in the charity's long history – including 724 who served in Iraq and 396 who served in Afghanistan.

In Wales, 378 ex-Service men and women are receiving support from Combat Stress. Forty-eight of them live in the Vale of Glamorgan – the eldest is an 89-year-old Veteran of the Second World War, while the youngest is just 23 and served in Afghanistan.

Despite the difference in age and an almost 60 year gap between conflicts, the two men share a common bond in that they suffered psychological wounds while serving their country.

Combat Stress treats conditions such as Post Traumatic Stress Disorder (PTSD), depression and anxiety. To help Veterans rebuild their lives the charity provides a range of free services including short-stay clinical treatment at one of three treatment centres, a specialist PTSD Intensive Treatment Programme, a liaison team to support the reservist community and a 24-hour Helpline.

The charity also delivers a nationwide Community and Outreach Service to provide practical and clinical support to Veterans in their own homes and in the community.

The South Wales Community Outreach Team runs seven Veteran support groups across the region, including one held in conjunction with the All Wales Veterans Health & Wellbeing Service. The groups offer support, promote networking among ex-Service men and women and their partners/carers, and invite other support services to speak to the Veterans.

Sadly it takes on average 13 years from Service discharge for Veterans to seek help from Combat Stress, by which time their condition is often highly complex. It is important that those suffering in silence have the chance to reclaim their life.

Call the Combat Stress 24-hour Helpline on 0800 138 1619. It's never too late to get in touch.



The National Coastwatch Institution continues to go from strength to strength with the opening of its 49th Station in England and Wales. The next station to open will be its 50th which will be cause for celebration within the organisation and to our supporters outside. It is intended to mark the occasion with various events being held both locally and nationally. Wales itself now has six such stations around the principality, with three stations in the South and South West and also three stations in North Wales. We work closely with our other stations and will assist new stations with advice and equipment when they first set up and the central structure within the organisations headed by a Board of Trustees will assist new stations with finance when it is needed.



Terry Ewington outside Nells point Coastwatch Station.

The next station to open in Wales will be at Porthcawl where funding has been approved for the redevelopment of the harbour area including the old pilot lookout station. The building will be refurbished and handed over to a new Committee and local volunteers to set up as a National Coastwatch Institution lookout. The premises are strategically placed on the sea front at Porthcawl, in front of the RNLI station, overlooking another busy area of the Bristol Channel and coastline. The management team at Nells Point, Barry Island will assist the new station at Porthcawl with its setup and transition into a new National Coastwatch Institution Station.

Nells Point itself continues to perform its very important duties at Barry Island as we moved into a particularly busy time with extra visitors to this area of the Bristol Channel and its coastline and beaches. The weather has improved this year compared to recent summers and the watchkeepers are kept very busy with their organised surveillance of the channel and the local coastline. Whatever the weather, our volunteers are on duty and trained to identify the unusual. In particular, persons or vessels at sea that may need assistance and even rescue. By working closely with our partners HM Coastguard, we ensure whenever possible that the public remain safe in what can be a very hostile environment. Even in good weather the very high tides that we experience in the Bristol Channel can quickly turn a routine cruise or swim into life or death situations. An awareness and respect for these waters is always essential as was shown with the recent tragedy involving a fourteen year old school girl.

The National Coastwatch Institution reaches a milestone in 2014 when we celebrate our 20th anniversary, the first station having opened at Bass Point in Cornwall in 1994. We will be marking this achievement both locally and nationally again with various fund raising events. On the average we are now opening new stations at the rate of three each year so the future looks bright for our charity. We face the future with optimism and confidence and as our motto says "We will be looking out for you".

Terry Ewington.
Station Manager

Course for Adults 2013/14 Prospectus is now available from all Vale of Glamorgan Libraries, Learning Centres, and the Civic Offices, Holton Road, Barry. The Prospectus is also available to view online. Courses start all year round, times are flexible, and run in the day and evening. If you would like a copy of the prospectus sent to you please email your contact details to

AdultEducService@valeofglamorgan.gov.uk

Or visit the Vale of Glamorgan Website at www.valeofglamorgan.gov.uk for more information

Dinas Powys Voluntary Concern

In our Spring 2013 issue we inadvertently spelt Powys as Powis in the piece about DPVC. We apologise to DPVC for this error. Should you wish for information on the DPVC Community Club or the services provided by DPVC please contact Wendy Lees on 029 20513700 or email wendy@dpvc-dinaspowys.com or visit the DPVC website at www.dpvc-dinaspowys.com



Enduring Power of Attorney – and Lasting Power of Attorney

People who lack mental capacity need someone else to manage their legal, financial and health affairs. The Mental Capacity Act 2005 made provision for people to choose someone to manage not only their finances and property should they become incapable but also to make health and welfare decisions on their behalf. They will be able to do this through a Lasting Power of Attorney (LPA). LPAs replaced Enduring Powers of Attorney (EPAs) in 2007, when the Mental Capacity Act came into force.

Enduring Power of Attorney

Before October 2007, people could grant an EPA so a trusted person could act for them if they could no longer manage their finances. Any EPA remains valid whether or not it has been registered at the Court of Protection, provided that both the donor of the Power and the attorney/s signed the document prior to 1 October 2007.

An EPA can be used while you still have mental capacity, provided you consent to its use. If you start to lose the mental capacity to manage your finances, your attorney/s is under a duty to register your EPA with the Office of the Public Guardian (OPG). While the registration is being processed, your attorney/s can use your finances for essentials on your behalf such as paying for food or payment of regular bills. However, they will not be able to deal with larger transactions such as the sale of your house until the EPA has been registered.

Lasting Powers of Attorney - Property and affairs LPA

You can make a property and affairs LPA to enable someone you trust (the attorney) to make decisions on your behalf about your property and affairs at a time when you are no longer able or lack the mental capacity to take those decisions yourself. This can include paying your bills, collecting your income and benefits or selling your house, subject to any restrictions or conditions you might have included. It can only be used once it has been registered at the Office of the Public Guardian (OPG).

Personal welfare LPA. A personal welfare LPA allows the person/s you have chosen as your attorney to make decisions on your behalf about your personal welfare, eg where you live. It can include the power for the attorney to give or refuse consent to medical treatment if this power has been expressly given in the LPA. You have to fill in the form appropriately if this is the option that you require. If you do state that you do not wish to consent to specified life sustaining treatment to be given at a future time, the LPA giving the attorney the decision making power will invalidate a previous advanced decision refusing treatment, thus giving the attorney power to make the decision. A subsequent advanced decision (if applicable in the circumstances) would be binding on the attorney.

A personal welfare LPA can only be used once the form is registered at the OPG and you have become mentally incapable of making decisions about your own welfare.

Who can make an LPA? Anyone aged 18 or over with the capacity to do so can make an LPA appointing one or more attorneys to make decisions on their behalf.

Who can act as my attorney? You can choose anyone you trust to act as your attorney provided they are over 18 and not bankrupt when they sign the form. You can appoint more than one person to act. You can also appoint replacement attorneys. If you appoint more than one person, you can choose whether they can act together or together and independently. You can appoint more than one person to act. You can also appoint replacement attorneys. If you appoint more than one person, you can choose whether they can act together or together and independently. You can state that your attorneys must act together for some decisions but for others they can act independently.

Continued on page 13

Enduring Power of Attorney – and Lasting Power of Attorney Cont...

Your attorneys must follow the principles set out in the Mental Capacity Act when they are making decisions or acting on your behalf. They must always act in your best interest and consider your needs and wishes as far as possible. When possible, attorneys should take all practical and appropriate steps to help the donor make the particular decision. An attorney must consider the donor's past and present wishes.

The attorneys must not take advantage of the donor's position to gain any benefit for themselves. They must keep any entrusted money and property separate from their own and from that of other people and they must keep accounts of any dealings on the donor's behalf.

Attorneys must keep affairs relating to the LPA private unless otherwise stipulated on the LPA form or if it can be demonstrated that it is in the donor's best interest to pass on information to somebody else. A person can refuse to act as attorney but if they agree to take on the responsibility, they immediately become subject to the duties of an attorney. Failure to comply could mean the LPA is cancelled and in some cases the attorney may be taken to court on charges of fraud or negligence. The role carries with it power and responsibility and should not be entered into lightly.

How to make an LPA There are separate forms for making a property and affairs LPA and a personal welfare LPA. Copies of the blank forms and explanatory leaflets can be obtained from the OPG. Before the LPA is valid, you must have a certificate of capacity drawn up by an independent third party called a Certificate Provider. The Certificate Provider could be your solicitor, your doctor or another independent person that you have known personally for at least two years. A family member, attorney or relative of your attorney cannot be a Certificate Provider. The prescribed form must be completed and signed in the presence of a witness and each attorney must sign to confirm they have read the explanatory information and understand the duties imposed upon them.

In addition, you should list one or more named persons who you wish to be notified of any application to register the LPA. If none are listed then an additional certificate of capacity must be provided. The form must be registered at the OPG before it can be used. There is a fee for registering each LPA, so if you are registering a property and affairs LPA and a personal welfare LPA, you will have to pay twice. You may be exempt from having to pay the fee if you cannot afford it. The Office of the Public Guardian can advise you.

Do I need a solicitor? You do not have to seek legal advice but an LPA is a powerful and important legal document and you may wish to seek advice from a legal adviser with experience of preparing them. There are likely to be costs involved.

What is the Office of the Public Guardian? The Office of the Public Guardian (OPG) is headed by the Public Guardian who is responsible for the registration of LPAs, including dealing with objections and maintaining the register of LPAs.

In addition, the OPG will deal with any issues (including complaints) about the way in which an attorney is exercising their powers.

The Court of Protection has wide powers, the same as the High Court with jurisdiction in England and Wales. It can:

1. decide whether a person has capacity to make particular decisions for themselves.
2. make declarations, decisions or orders on financial or welfare matters affecting people who lack capacity to make such decisions.
3. decide whether an LPA or EPA is valid.
4. remove attorneys who fail to carry out their duties
5. hear cases concerning objections to register LPA.

Continued on page 14

Power of Attorney - and Lasting Power of Attorney continued from page 13

Deputies If a person has no EPA or LPA in place, the Court of Protection may appoint a deputy to make ongoing decisions on behalf of a person lacking capacity. The Mental Capacity Act 2005 introduced deputies in place of the previous system of receivers.

The Deputy Order will set out the extent of the powers granted to the deputy which might relate to finances or personal welfare. This order can have a time limit on it so it is important to check how long it lasts.

The deputy must be someone who is trustworthy and with the skills to carry out their duties. The deputy has a duty to follow the key principles set out in the Mental Capacity Act and only to make those decisions authorised by the order of the Court. An application to be appointed as deputy must be made to the Court of Protection in the first instance on the prescribed application form. The Office of the Public Guardian can provide more information about making an application (see 'Useful organisations'). Applying to be a deputy can be expensive. The costs include an application fee, registration fee and a supervision fee (if it is needed). The Office of the Public Guardian will assess each case and place it in a band where it will receive a low, medium, intermediate or high level of supervision. The fees charged will be determined by the allocated band (contact the Office of the Public Guardian for band rates). It may be possible for a deputy to recover the costs from the person they have been appointed to make decisions for. Fees may also be waived or reduced for people on a low income.

Responsibility for the supervision of deputies lies with the Office of the Public Guardian.

For details of Alzheimer's Society services in your area visit alzheimers.org.uk/localinfo

For information about a wide range of dementia-related topics visit alzheimers.org.uk/factsheets

The Vale Forum would like to thank Alzheimer's Society for permission to publish their factsheet on 'Power of Attorney and Lasting Power of Attorney'.

Vale 50+ Strategy Forum Housing Group Report

We had an extremely good presentation from the Benefits Section of the Vale of Glamorgan Council at our March meeting at the Fire Station on Port Road, Barry. With the immense changes in the benefits system brought in by the Westminster Government those who are in receipt of housing benefit and council tax benefit will be severely affected by these changes. We were given a clear and precise picture of how these changes will affect those over 50, including the so called "bedroom tax". Changes are continuing to be made and we shall continue to monitor these.

On the 13th May the housing group were pleased to welcome Kate Maestri the glass artist that has been chosen to design and produce a large piece of glass art over the entrance of the new extra care facility which is being built at the end of Holton Road. The Chairman was on the panel set up to select the artist and Kate gave us an outline of what she sees the artwork portraying. The history of Barry and bringing in both the docks and the railways. We also welcomed the Vale of Glamorgan Council Cabinet members who came to listen to Kate and ask her questions about her ideas for the design. This was followed by a presentation by Rob Thompson from Homes 4U, Vale Council who explained how the system works and how the changes in benefits have affected the housing needs of people. It was agreed that we would ask Rob to come again as there was not enough time to discuss all the questions that members had.

On July 1st we had a presentation from Newydd Housing on the development at the old Magistrates Court in Thompson Street. Plans were shown to members of the flats and houses that are planned and members were able to ask many questions about the development.

The Housing group is always ready to welcome new members and if you have an interest in housing and would like to join us please contact John Porter at:

jporter@valeofglamorgan.gov.uk or telephone 01446 450201.

Treoes Community Allotment Official Opening

Local residents come together to celebrate their new community allotment project coming to fruition, after working 4 years to transform a disused tennis court and common land. Treoes Community Allotments is a great example of what can be achieved by a community with the support of the Community Foodie project and Creative Rural Communities. Positive Feedback has included; it's a social occasion, therapeutic, educational, and has physical health benefits.

Treoes Community Allotments has enhanced community spirit. They call it 'Treoes Reunited' due to the support from plot holders and locals whom have assisted with; compost, water, tidying communal areas and those who just like to visit to enjoy Treoes's little garden of Eden. It is evident that plot holders have grown green fingers because what they have achieved since the site opened just over 5 weeks ago and created a real showcase for the open day.

The open day was celebrating the wealth of nature and community spirit this allotment has captured. Also a time to show our appreciation to all involved;

Community councillors; Community Foodie (developing the project and advice) and Community Allotments committee, Plot holders and locals, Keep Wales Tidy. (insurance).

To open the allotments we were honoured to have guest Terry Walton (Allotment Broadcaster on the BBC 2 Radio Jeremy Vine Show). Also, Jane Hutt AM, representing Creative Rural Communities and the EU funding for growing projects. Everyone made it a memorable day and felt the community spirit. All plot holders could relate to a quote from Terry Walton's book 'My Life on a Allotment Hillside' (2011)

'To me it's not just a garden but a whole way of life with every visit a social occasion. To me the allotments is a gym that helps keep me fit, it's my sunbed because it keeps me tanned, my stress counsellor because it's my way of relieving tension, and my means of relaxation in the open air'.

This project has received funding through the Rural Development Plan for Wales 2007-2013. The plan is funded by the Welsh Government and the European Agricultural fund for Rural Development. The funding is administered by Creative Rural Communities, the Vale of Glamorgan Council's Rural Regeneration initiative.

Treoes Community Allotments will work towards being a sustainable project and can only hope other communities can gain the benefits of growing projects. For further information contact Julia Lloyd: jules-lloyd@hotmail.co.uk.



Treoes Community Allotments June 29th 2013.



Jane Hutt AM officially opening Treoes Community Allotments.



Gofal is a leading Welsh mental health and wellbeing charity. We provide a wide range of services to people with mental health problems, supporting their independence, recovery, health and wellbeing. We also lobby to improve mental health policy, practice and legislation, as well as campaigning to increase public understanding of mental health and wellbeing.



Our Vision. We know that people with mental health problems can and do live fulfilled lives. This is why we exist and continue to work towards our vision of 'Good mental health and wellbeing for all'.

Our mission

To have a positive lasting impact in all that we do:

Demonstrate the lasting positive difference that our services support people to make in their lives;

Demonstrate outstanding practice in relation to staff mental health and wellbeing, learning and development;

Use our profile, influence and voice to improve the lives of people living with or at risk of experiencing mental ill health;

Increase the range and reach of our services through targeted sustainable business growth increasing our direct beneficiaries from two thousand a year

to five thousand by 2015: demonstrate that financial resources are targeted to where they will have maximum impact.

Each year we work with over two thousand people supporting each of them to effectively manage their mental health and make long-lasting changes in the areas of their lives that are currently not working for them. Our 'whole-person' philosophy to recovery underpins all our services and projects, which are grouped into the following Crisis Intervention; Home and Family Support; Skills, Learning and Employment; Community Wellbeing.

We know that one of the biggest barriers to good mental health and wellbeing is the continued stigma and discrimination that people with mental health problems face in all areas of life. This is why we actively campaign to end stigma and discrimination, increase public understanding of mental health and wellbeing and lobby to improve mental health policy, practice and legislation. We want everyone to start thinking differently about mental health and wellbeing.

We use a recovery-focused wellbeing model across the full range of our projects and services. All of our staff have been trained to use this model, which enables us to fully support people's wellbeing, as well measure the impact that our services have on their life

Our philosophy is underpinned by our belief that people with mental health problems can and do live fulfilled lives, and that achieving this is not necessarily reliant upon the elimination of the illness, but its effective management. It is based on a stepped approach in which people make long-lasting changes in the areas of their life that are not currently working for them. The model offers people an understanding of where they are with regards to their recovery, as well as the progress that they make over time.

Trystan Jones: Funding Manager, Gofal-www.gofal.org.uk

Email: trystanjones@gofal.org.uk

The Vale 50+Strategy forum is always looking for enthusiastic people aged 50+ to join our five task groups. Age Discrimination, Housing, Health, Art Craft and Leisure, and Transport to help raise issues/lobby for positive changes for people aged 50+. The groups meet separately on a bi-monthly basis in the Vale of Glamorgan. Reasonable transport costs to these meetings will be reimbursed.

If you would like further information on any of the above groups, and meeting dates, please contact John Porter Older People's Coordinator on 01446 450201 or email jporter@valeofglamorgan.gov.uk

Rydym yn elusen iechyd meddwl a lles ar flaen y gad yng Nghymru. Rydym yn darparu amrywiaeth eang o wasanaethau i bobl â phroblemau iechyd meddwl, yn cefnogi eu hannibynniaeth,

gwellhad, iechyd a lles. 'Rydym hefyd yn lloio i wella polisi, ymarfer a deddfwriaeth iechyd meddwl, yn ogystal ag ymgyrchu i gynyddu dealltwriaeth y cyhoedd o iechyd meddwl a lles.

Ein Gweledigaeth

'Rydym yn gwybod fod pobl â phroblemau iechyd meddwl yn gallu ac yn byw bywydau llawn. Dyma paham 'rydym yn bodoli ac yn parhau i weithio tuag at ein gweledigaeth o 'lechydd meddwl da a lles i bawb'.

Ein Cenhadaeth

I gael effaith gadarnhaol a pharhaus mewn popeth 'rydym yn ei wneud:

Arddangos y wahaniaeth gadarnhaol a pharhaus y mae ein gwasanaethau yn cefnogi pobl i wneud yn eu bywydau;

Arddangos ymarfer gwych o ran iechyd meddwl a lles staff, dysgu a datblygu;

Defnyddio ein proffil, ein dylanwad a'n llais i well bywydau pobl sy'n byw gyda neu sydd mewn perygl o brofi iechyd meddwl gwael;

Cynyddu amrywiaeth a chyrraedd ein gwasanaethau trwy dwf busnes cynaliadwy wedi'i dargedu gan gynyddu ein buddiolwyr uniongyrchol o ddwy fil y flwyddyn i bum mil erbyn 2015;

Dangos fod adnoddau ariannol yn cael eu targedu er mwyn cael yr effaith fwyaf.

Bob blwyddyn 'rydym yn gweithio gyda dros dwy fil o bobl gan gefnogi bob un ohonynt i reoli eu hiechyd meddwl yn effeithiol a gwneud newidiadau sy'n para i agweddau eu bywydau nad ydynt yn gweithio'n iawn iddynt ar hyn o bryd. Mae ein [hathroniaeth](#) 'person cyfan' i adfer yn sail i'n gwasanaethau a'n prosiectau i gyd, sydd wedi'u dosbarthu i'r meysydd canlynol:

Ymyrraeth argyfwng;
Cymorth Cartref a Theulu;
Sgiliau Dysgu a Chyflogaeth;
Lles Cymunedol.



Rydym yn gwybod mai un o'r rhwystrau mwyaf i iechyd meddwl da a lles yw'r stigma a gwahaniaethu parhaus y mae pobl â phroblemau iechyd meddwl yn eu hwynebu ymhob agwedd o fywyd. Dyma pam rydym yn ymgyrchu'n weithredol i roi diwedd ar stigma a gwahaniaethu, i gynyddu dealltwriaeth gyhoeddus o iechyd meddwl a lles a lloio i wella polisi, ymarfer a deddfwriaeth iechyd meddwl. Rydym eisiau i bawb ddechrau meddwl yn wahanol am iechyd meddwl a lles.

Rydym yn defnyddio model lles sy'n canolbwyntio ar adferiad ar hyd amrywiaeth gyfan ein prosiectau a gwasanaethau. Mae ein staff i gyd wedi cael hyfforddiant ar sut i ddefnyddio'r model hwn, sy'n ein galluogi i gefnogi lles pobl yn gyflawn, yn ogystal â mesur effaith ein gwasanaethau ar eu bywydau.

Ein cred bod pobl â phroblemau iechyd meddwl yn gallu ac yn byw bywydau llawn sydd wrth graidd ein hathroniaeth, ac nid yw cyflawni hyn o reidrwydd yn dibynnu ar ddileu'r salwch, ond yn hytrach ar reolaeth effeithiol ohono. Mae'n seiliedig ar ddull o gamau gyda phobl yn gwneud newidiadau hirdymor i agweddau eu bywydau nad ydynt ar hyn o bryd yn gweithio iddynt. Mae'r model yn cynnig dealltwriaeth i bobl o ble'r ydynt o ran eu hadferiad, yn ogystal â'u cynnydd dros amser.

Ymuno â'r Fforwm!

Os oes diddordeb gennych chi ymuno â Fforwm Strategaeth Y Fro 50+, cysylltwch â'r Fforwm Strategaeth Y Fro 50+, Llawr 1af yr Orsaf Ddan, Port Road West, Y Barri, CF62 3AZ. E-bost jporter@valeofglamorgan.gov.uk neu ewch at ein gwefan: valeopf.webplus.net

EWENNY POTTERY

Ewenny Pottery is a small pottery that has been run by one family for over eight generations. It has continued in its tradition of making hand thrown glazed earthenware pottery for use in the home.



Records show the pottery industry has existed in the area since 1427. This is due to the materials being readily available; local red earthware formed the pots, glazed materials that finished the wares, stone to build the kilns and coal to fire the pots.

Above picture shows pots on display at Ewenny Pottery.

There have been fifteen potteries in the Ewenny area at one time or another, all having been small family concerns. Now two potteries remain, Ewenny and Claypits. Ewenny Pottery has been continually owned by one family, the present potters being the seventh and eighth generation. A new workshop was built on the site of one of the old kilns in 1977 and Alun and Caitlin have continued to develop glazes and design, still maintaining the original look of Ewenny.

Every piece of pottery is hand made in the workshop. It is thrown on the wheel, handled and then left to dry for at least four to five days. It is cleaned and the Ewenny Pottery signature is handwritten on the bottom of the pot. When there is enough pots a kiln is packed and fired to 1000 degrees Celsius, electric kilns are used and it takes about two days from firing up, reaching temperature and to cool down. The pot then needs to be glazed. It is dipped in one glaze and another is then splashed on top. Glaze is a thin liquid made from clays, stone and oxides. The glazed pots are put back into the kiln for a second firing this time to 1120 degrees Celsius for another two days. The glazes melt together to form the thin glass and create a mottled effect. The pottery is then ready to be sold in the shop adjoining the workshop. The whole process takes up to 3 weeks and commissions 4 – 6 weeks.

**For more information visit:
www.ewennypottery.com**



New pot being cleaned and inspected



Making new pots

Legislation changes for Jury Service for people aged 70+

In 2010 a consultation took place with the then Labour Government on legislation which currently banned people aged 70+ from sitting as jurors on criminal cases in England and Wales. The Age Discrimination group of the Vale 50+ Strategy Forum responded to the consultation stating that older people were being discriminated against purely on their age. In April this year the group decided that since no further action had taken place since the consultation in 2010; to lobby their local MP Alun Cairns, AM Jane Hutt, the Welsh Government, and Sarah Rochira, Older People's Commissioner for Wales; that the legislation should be re-looked at, and changed so older people aged 70+ would be able to serve on criminal cases; also there be an 'opt out clause' for those aged 70+ who did not want to serve on a jury. We are pleased to say that the Coalition Government at Westminster has now put forward new plans for those aged between 70 and 75. As part of the new plans, those who are summoned, would be expected to serve. However the Juries Act 1974 still provides for discretionary excusal, where it can be shown that there is good reason why someone should be excused from attending. The changes will require primary legislation which will be brought forward early next year.

As Damien Green the Minister of State for Police and Criminal Justice said: quote "This is about harnessing the knowledge and life experiences of a group of people who can offer significant benefits to the court process".

The group would like to thank everyone who has supported them in this campaign.

Jane Weldon, Chairperson Age Discrimination Group

COMPUTER TIPS

FOUR THINGS YOU PROBABLY NEVER KNEW YOUR MOBILE PHONE COULD DO !!!

FIRST

Emergency Services

The Emergency Number worldwide for all Mobile Phones is **112**.

If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and your mobile will search any existing network in your area to establish the emergency number for you, and interestingly this number 112 can be dialled even if the keypad is locked. This works on all phones worldwide and is free.

SECOND

Have you locked your keys in the car?

If your car has remote keyless entry? This may come in handy someday. Good reason to own a cell phone:

If you lock your keys in the car and the spare keys are at home, call someone at home on their mobile phone from your cell phone.

Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock, saves someone from having to drive your keys to you. Distance is no object. You could be thousands of miles away,

THIRD

Is your mobile phone battery flat

All mobiles have Hidden Battery Power

To activate, press the keys ***3370#** (remember the asterisk). Do this when the phone is almost dead.

Your mobile will restart in a special way with this new reserve and the instrument will show a 50% increase in battery life. This reserve will get re charged when you charge your mobile next time. This secret is in the fine print in most phone manuals. Most people however skip this information without realising.

FOURTH

How to disable a STOLEN mobile phone?

To check your Mobile phone's serial number, key in the following digits on your phone: *** # 0 6 #** Ensure you put an asterisk BEFORE the #06# sequence.

A 15 digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe.

If your phone ever gets stolen, you can phone your service provider and give them this code.

They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless.

You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it either. If everybody did this, there would be no point in people stealing mobile phones.

This secret is also in the fine print of most mobile phone manuals. It was created for the very purpose of trying to prevent phones from being stolen.

Also -ATM PIN Number Reversal - Good to Know !!

If you should ever be forced by a robber to withdraw money from an ATM (cash point) machine, you can notify the police **by entering your PIN # in reverse**.

For example, if your pin number is 1234, then you would put in 4321. The ATM system recognises that your PIN number is backwards from the ATM card you placed in the machine.

The machine will still give you the money you requested, but unknown to the robber, the police will be immediately dispatched to the location.

All ATM's carry this emergency sequencer by law.



Prostate Cancer Information

The prostate gland is located at the base of a man's bladder and usually described as the size of a walnut. The prostate's primary function is to produce fluid to assist in fertility. Because of the prostate's location and the fact that it surrounds the urethra, the tube that men pass water through, it is prone to causing urinary symptoms in men as they get older, if and when the prostate enlarges.

Benign enlargement of the prostate, known as benign prostatic hyperplasia (BPH) occurs in many men over the age of 50. Around half of men over 70 will have BPH and of these around half will have some degree of symptoms. Symptoms are often mild and can include more frequent trips to the loo, a weak stream or getting up at night. Benign enlargement does not normally cause pain or bleeding. The vast majority of men who have urinary symptoms do not have prostate cancer but benign enlargement.

Prostate cancer is the commonest cancer diagnosed in men in Wales and is more common as men get older. Apart from increasing age there are very few predisposing factors. Prostate cancer is more common in Westernised societies as compared to Asia or China. Prostate cancer rarely causes symptoms when at an early stage but as prostate cancer grows it may cause similar symptoms to those experienced by men with benign enlargement.

For men who do have urinary symptoms or who are worried about prostate cancer it is best to have an assessment with the General Practitioner. There are relatively simple tests to assess the prostate or work out why someone has urinary symptoms. Clinical examination, a urine sample and some blood tests would satisfy the majority of patients who might have symptoms. The blood test most often used to determine a man's risk of having prostate cancer is a prostate specific antigen (PSA test). All men have circulating levels of PSA in their blood stream to some degree but the level tends to rise in the presence of prostate cancer. Whilst it is not an absolute test the level can indicate the likelihood or risk of having prostate cancer and how extensive it might be. It is generally true that of 100 men aged between 50 and 70 who have a PSA test, around 10 will have an elevated level and of those, around 3 would probably have prostate cancer on further testing. However, of these 3 men not all of them would require any immediate treatment.

There is no prostate cancer screening programme in the UK currently because there is no overwhelming evidence of an absolute benefit if it were introduced as a screening policy for all men. There is perhaps some evidence that screening may be more beneficial if targeted at younger men who might have specific risk factors, eg a very strong family history.

In patients found to have an elevated PSA test, referral to a local Urology Department is usually undertaken and a scan and probably biopsy of the prostate performed. Based on these tests we can determine if a man does have prostate cancer and what might be the best treatment. Not all men will require immediate treatment and the outcome for men who have prostate cancer is extremely good with current treatment options. There are ongoing trials in the UK examining the very best ways to treat prostate cancer and Cardiff University, The University Hospital of Wales and Velindre Hospital play a very major part in undertaking such trials in prostate cancer treatment. It is important to recognise that men who are found to have prostate cancer need to have individualised and tailored treatments that suit them best. If any man is concerned about prostate cancer because of the development of urinary symptoms or any other reason, then a visit to the General Practitioner first would be the best approach.

Professor H. Kynaston.
University Hospital of Wales

'Greenlinks' The Vale's community transport scheme

Greenlinks is a community transport scheme, established in 2010 with the aim of providing accessible transportation for residents without easy access to public transport living in the Vale of Glamorgan. Three years on, and Greenlinks is going from strength to strength, boasting over 800 members and 53 group members.

Greenlinks took delivery of a new nine-seater wheelchair accessible bus in April 2013, increasing its fleet to three vehicles. The new addition to the Greenlinks' fleet spells good news for residents of the Vale with an enhanced schedule of services. To make use of the service, passengers are first required to sign-up as a member. Journeys must then be pre-requested at least 24 hours in advance, and a door-to-door service is provided where members can be collected or dropped off at a location of their choice.

Membership for the scheme is £5 per household (up to four people). Charges for journeys can be as little as £2.00 for a one way journey however all journeys must be requested in advance.

Group hire is also available and can be hired for a half or full day for an agreed price.

Volunteer drivers are the backbone of the Greenlinks service, and new volunteers are always welcomed. Full training is provided by Greenlinks, so if you enjoy driving, meeting new faces and would like to make a worthwhile contribution to your local community, please get in touch for more information on how you can join our crew of volunteer drivers.

John Harries, who is retired and comes from Sizingstone, enrolled as a volunteer driver in December 2012, John, said; 'Being a volunteer driver for Greenlinks once or twice a week has allowed me to give something back to my local community. I get to meet new people, and I feel proud that I'm able to help them get around more easily - whether it's dropping them to the shops or to the doctors, or even just meeting up with friends'.

For more information on how to become a Greenlinks member or a volunteer, call the Freephone number 0800 2941113 between 9am – 1pm weekdays or visit www.valeofglamorgan.gov.uk/greenlinks

Notes: The project has received funding through the Rural Development Plan for Wales 2007 -13 which is funded by the Welsh Government and the European Agricultural Fund for Rural Development, Administered by Creative Rural Communities, the council's rural regeneration initiative.

Transport 50+Strategy Forum Report

This last couple of months have been busy for the Transport group who had Cllr. Lis Burnett The Vale Cabinet Minister for Regeneration, Planning & Transportation in June giving us the news of changes in the services with the bus companies. The new Vice Chairman of the group Don Read and I were invited to meet Edwina Hart AM the New Minister for Science & Transport at the Welsh Assembly on June 24th, where we discussed the reintroduction of the free train & bus pass for the Vale of Glamorgan, this looks very promising. The Llandough Hospital redevelopment programme: the new car park should be finished by the end of September. The new car park monitoring company Parking Eye will be responsible for controlling all site traffic and will be installing cameras with ANPR and the entrance to the Hospital has now been completed.

The Steering Committee of Greenlinks met on 31st July, Don and I represent the Forum on the group, with again more changes and less services, not very good news for the rural Vale. Finally the groups meeting on the 13th August with Peter Heath the Regional Director of Cardiff Bus Company which was held at Castleland Community Centre because the Library was not big enough with 19 members present 3 from the Cardiff Forums. Peter gave a very interesting and worrying presentation informing us of the changes, reductions and withdrawal of services in the Vale of Glamorgan. The opinion of the members was that there was great concern with the amount of services being withdrawn which will affect members of the public and not just elderly isolated people. Letters will be sent to the Vale Council, Jane Hutt AM, Alun Cairns MP and the Older People's Commissioner for Wales, Sarah Rochira. Updates can be found on our website.

Mike Edwards Chairman Transport Group

Don Read Vice-Chair Transport Group

He is Leaving

I can hardly believe it. We have been married for nearly 60 years, all our adult lives. I was 21 when we married and he was 22 years old, but only 15 when we met. He was a slim teenager with a wicked smile which charmed every girl he met.

I wasn't very keen on him when I heard about his reputation but I mellowed as time went on and was totally besotted when we married. I still am.

Now he is leaving me, and I am devastated.

We have spent almost all our working lives together. We have worked with children and loved them all. Together we have cared for the handicapped, dysfunctional families, down and outs and sad, lonely, old folk and people who have just lost their way in life.

We did it all together.

We shared our pain supporting each other when dark days came, serious illness, disappointment, bereavement, and all the other concerns that are a part of every life. He inspired me to tackle things that I would never have done without him.

Now he is going, leaving me.

There isn't another woman involved. It might be easier to bear if that was the reason. It's not just a whim, not an emotional crisis.

He hasn't packed any bags because he doesn't know that he is going. It isn't that sort of departure.

I first suspected the problem when I noticed that he was forgetting people we knew well. I didn't want to acknowledge it for a while. I told myself that he was just getting old but soon understood, to my dismay, that something much worse was involved. The specialist confirmed it. Now he is no longer an older version of that attractive lad. He is a shadow of his former self who is becoming afraid to let me out of his sight because I am his security, as he has so often been mine. His physical presence does not mean that he is still here.

That is the worse thing to have to bear. I am missing him already, but I shall go on loving him until the day I die.

That is why it is so hard.

50+Strategy Forum Member



Cardiff & Vale University Health Board Voluntary Services Volunteers Needed!

Cardiff and Vale University Health Board are currently looking for volunteers to support the new Meet & Greet Service at University

Hospital Llandough with similar opportunities at Barry Hospital and University Hospital of Wales. Our Meet & Greet Volunteers provide a welcoming service to all patients, visitors, and Health Board Staff across various hospital sites. Volunteers are there to help by;

- ◆ Making patients, visitors and the general public feel welcome by signposting, directing, and accompanying them to the appropriate location in accordance with their requests.
- ◆ Reassuring anxious patients or visitors who may be lost or unsure of where to go.
- ◆ Assisting with general enquiries and providing an information service.

Volunteer Manager, Michelle Fowler said, 'Coming into hospital as a visitor or patient can be quite stressful if you are not sure where to go. Our facilities are growing all of the time, making it more difficult for people to find their way from one place to another and this is one of the main reasons why we are looking to provide additional support. By having volunteers supporting in these areas we hope to make a difference to the patient, visitors experience whilst attending the hospital'.

If you are interested in becoming a volunteer and supporting this service please contact,

Michelle Fowler Voluntary Service Manager on 029 2033 5467

Or email Michelle.Fowler2@wales.nhs.uk



Image showing new Stroke Rehab Centre Reception at University Hospital Llandough

University Hospital Llandough update

I am very pleased to be given this opportunity to provide an update on the exciting developments at the hospital. The key headlines are:

New Stroke Rehabilitation Centre

The new centre comprising of 45 beds and therapy areas is scheduled to open in mid September 2013. This will involve transfer of the Stroke Ward currently located in West Wing and the Stroke Ward on the first floor at University Hospital Llandough.

University Hospital Llandough Penlan Road entrance

I am pleased to let you know that work on the above was completed in July 2013 and has certainly improved the entrance into the hospital.

New Decked Car Park

Work is scheduled to be completed in September 2013 on the above. This new facility, along with other surface car parking areas, will provide approximately 900 car parking spaces.

A car parking plan is currently being developed to provide dedicated car-parking space for patients, visitors and staff. Preference will be given to provide car parking areas for patients as near as possible to the main hospital entrances. It is also planned later in the year to monitor and patrol this area through the use of cameras to ensure unauthorised parking does not take place.

UHL 80th Celebrations

On the 25th October 2013, the hospital will celebrate its 80th Anniversary. A number of events are being arranged for patients and staff. We are also introducing a hospital museum to celebrate the past and the future.

New adult Mental Health Unit

It is hoped that work will be able to start later this year on this major development and investment at the hospital. Further details are provided below from Simone Joslyn, Clinical Project Lead Adult Mental Health Unit Mental Health Clinical Board. Plans are progressing for the new Adult Mental Health Unit.

The new unit will bring together adult inpatient services currently provided in Whitchurch Hospital and the Llanfair Unit into a single, purpose built unit on the UHL site. The unit will also incorporate Mental Health Act Tribunal suite, Crisis Resolution and Home Treatment Team base and various recreational, social, relaxation and therapy spaces. This includes the provision of all single bedrooms with ensuite facilities, access to single sex sitting rooms, quiet areas, visitor rooms and many more. Service users will have access to therapeutic space, multi use rooms, garden areas, gym facilities and a small outdoor sports pitch. The sports pitch and multi-use rooms could also be used by the local community and third sector groups.

The location of the Unit will be directly opposite the hospital main entrance (on the existing car park) and there are plans to create a plaza style area with a café, newsagent/small shop, cash point, reception desk etc which will help to bring together adult mental health services and the other general hospital services on the site. We are currently consulting with service users and staff to find out their views on what services and facilities will be important for them within the Plaza.

Public transport links to UHL from Cardiff and the Vale of Glamorgan are being reviewed to provide improved access to the hospital. This is particularly important for patients, visitors and staff in view of the recent and planned developments for UHL.

Peter Welsh. Hospital General Manager University Hospital Llandough

More detailed information/pictures of Llandough Hospital update is on Vale 50+Strategy Forum website valeopf.webplus.net

Nightingale Community Garden & Allotments. Update from summer 2013

As the summer is progressing the hard work done by the plot holders can now be seen to have been worthwhile. The variety of plants that are now nearly ready for harvesting is a wonderful sight. From the bright red flowers on the runner beans to the pinky white flowers on the potatoes each plot is a riot of colour. Whilst the main vegetables chosen are runner beans and potatoes, there are also broad beans, strawberries, chard, herbs, peas, courgettes and flowers on the majority of the plots. The way the allotments have been cultivated shows that all the work involved in changing the site from an eyesore into a community area, has shown what can be achieved through the hard work and dedication by a local community.

The next area which needs to be brought up to scratch is what will be the community area. There have been donations of another shed and three greenhouses to the site. The ground needs to be levelled and hard standings made for them as we want them all to be permanent on the site. The greenhouses and glass all have to be cleaned and reconstructed although one enterprising person is growing tomatoes in the corner of the smallest greenhouse! The plan is to have a composting area behind the sheds with extra ways of collecting water. There are also plans to make an area into a wild garden to encourage wildlife. In the future we hope to hold sessions on wildlife to encourage the next generation of gardeners.

The garden was officially opened on Saturday 14th September 2013, with a fun day, raffle, demonstrations and sale of any excess produce.
Elizabeth Millard. Chairperson.
Dinas Powys Residents Group

A Selection of some of the vegetables growing in the Nightingale Community Garden & Allotments in the Summer of 2013



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Have you enjoyed reading your Herald?
If so, please pass it on to a friend or neighbour
So that they can enjoy it too.

Thank you
From the Media/Publicity Team
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Join the Forum!

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