

# Vale 50+ Strategy Forum

## Fforwm Strategaeth Y Fro 50+

Over Ten years of engaging with people aged 50+ in the Vale

Giving you a stronger voice

Rhoi llais cryfach I chi

Autumn/Winter  
Hydref /Gaeaf

# The Herald

Edition 24  
Rhifyn 24 2015

Keep up to date with the Vale 50+ Strategy Forum

## Is Dry Mouth a problem?

Xerostomia is the medical term used to describe a dry mouth. It has been suggested that as many as 1 in 10 adults, mainly middle aged and older, will suffer from this complaint at some time: 21% of men and 27% of women. In older individuals this may be as high as 40%.

Xerostomia is often a contributing factor for both minor and serious health problems, affecting nutritional status and dental health, as well as having a detrimental impact on a sufferer's psychological wellbeing. Problems associated with xerostomia include a burning sensation and difficulty speaking and swallowing. It also has a role to play in caries (tooth decay) and periodontal (gum) disease.

People with a dry mouth often have an increased need to drink water, especially at night, and dentures, if worn, are poorly retained. In fact some people find it embarrassing to eat in company as they take longer, need to drink frequently and may have to spit out food that they simply cannot swallow. Some sufferers are so badly affected that they fear that they may choke whilst eating or taking their regular medication.

### What causes dry mouth?

There are 5 main causes:

1. Unwanted side effects of medication. A wide range of drugs are associated with causing a dry mouth, however the ones most frequently implicated are antidepressants, antihistamines, diuretics and narcotics.



2. Undiagnosed diabetes.
3. Connective tissues disease, in particular rheumatoid arthritis. Sjögren's syndrome is a particular rheumatoid condition involving dry mouth, dry eyes and connective tissue disease.
4. Complication of radiotherapy treatment to the head and neck.
5. Chronic anxiety.

### Treatment

Unfortunately, the management of dry mouth can be extremely difficult. The best approach to this problem is by trying to provide moisture and lubrication to the mouth. Here are some ideas that may help:

Have a glass of water with meals. Avoid dry, spicy, acidic or salty foods. If uncomfortable; make a gravy or sauce to moisten meals; use a saliva replacement gel prior to taking medications to aid swallowing; use ice cubes instead of sipping water; suck sugar free sweets or gum; use saliva replacement gel/spray at night. Avoid smoking. Limit your alcohol intake.

### Conclusion

Your Dentist or Dental Hygienist can play a significant role in minimising the impact of this condition on your dental and general health. Make them your first port of call!

**Heather Lewis\*** Editor of the British Society of Dental Hygienist & Therapists (BSDHT) publications.



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

**Welcome to the Vale 50+ Strategy Forum  
24th Edition 'Herald' Magazine  
'Giving you a stronger voice'**

Welcome once again to the new edition of the Herald, the magazine of the Vale 50+ Strategy Forum. Once again we have had a very busy few months with all the sub groups and the Executive committee involved in a variety of consultation and events.

We held our Annual General Meeting on June 25<sup>th</sup> where I was honoured to be re-elected as Chairman of the Executive committee, but it was tempered by sadness by the standing down of two of our Executive members, one of whom was a founder member of the forum. Mike Edwards had been involved with the Forum since its first meeting over 10 years ago. During the time he was on the Executive he served as Executive Chairman, Executive Vice Chairman and Chairman of the Transport Sub group. Mike has contributed hugely to the success of the Forum and we shall miss him greatly, but wish him well with his work at Valeways. Geoff Horton also left the Executive after 4 years' service to continue his work with the RAFA Welfare, which has expanded so much he now needs to dedicate more time to this work. Geoff was presented with an Appreciation Certificate and Mike will have his delivered to him as he was not present at the AGM.

We have three new members who have joined the Executive Committee, Mary, Carol and Kalpana and I am sure they will bring a breath of fresh air and some new ideas and opinions to the group.

I hope you will find some useful information in this edition and some interesting articles. If you have some information which you would like to have put into a future edition, please let us know as we are always keen to spread the word of new services or groups/clubs which would be of interest to the membership.

We were happy to have a presence at the Vale Agricultural Show in August and we are grateful to the Vale of Glamorgan Council for the space in their Marquee. It was an opportunity to meet some existing members and bring in some new ones. A great way to meet members of the public and inform them of the work that we do for the *Over 50's* in the Vale.

There are many programmes that are going well at the moment. *The Ageing Well in Wales* programme with the Older Peoples Commissioner's office, *Creating an Age Friendly Wales* with Age Cymru, *Public Health Wales* Bill and many others which your Forum is involved with and we will endeavour to keep you informed on their progress.

When you have finished reading this edition I hope you will be kind enough to pass it on to another over 50 person so that the word can be shared as much as possible. Should you be interested in joining the forum please contact :

John Porter on 01446 709779 or email [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk).

**Lynda Wallis  
Executive Chairman Vale 50+ Strategy Forum**

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Bu'r cyhoeddiad hwn yn bosib oherwydd nawydd  
Gan Gyngor Bro Morgannwg



If you're interested in joining the Vale 50+ Strategy Forum, please contact: The Vale 50+ Strategy Forum, V.O.G.C. Civic Offices, Holton Rd, Barry. CF63 4RU  
E-mail [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk) Tel. 01446 709779 or visit our website [valeopf.webplus.net](http://valeopf.webplus.net)

## Alcohol Awareness

Alcohol is part of Welsh culture from a few pints after a rugby match to having drinks with friends on a Saturday night.

Drinking is strongly associated with celebration. Many people find that having a few drinks can help them to relax and unwind and make social occasions more fun. However, drinking too much alcohol can increase our risk of many serious health problems, including liver disease, cancers, coronary heart disease and dementia. It can also affect our mental health and cause serious social problems.

### **So how much alcohol is too much?**

The NHS recommends that men should not regularly drink more than 3-4 units of alcohol a day and women should not regularly drink more than 2-3 units. Both men and women should have at least two alcohol free days a week. This message can often be confusing as we tend to think about our drinks in terms of glasses or measures, rather than units. **Do you know how many units are in your favourite drink?**



These recommendations are for adults. However, as we get older our bodies are unable to process alcohol in the same way.

### **As we get older:-**

Our tolerance for alcohol decreases due to physical changes.

Our livers break down alcohol more slowly and drinking the same amount as you did when you were younger, could have a more detrimental effect.

Alcohol can depress the central nervous system and affect balance and coordination, this can put older people at increased risk of falls and injury.

Alcohol can also interact with prescribed medication or over the counter medicines making them ineffective or causing further damage to health.

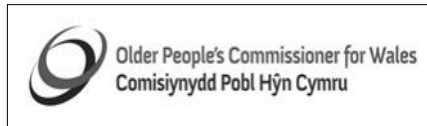
Given these changes associated with ageing, recent evidence suggests that a 'safe limit' for people over 65 years of age is **1.5 units per day or 11 units per week**. (Royal College of Psychiatrists London 2011).

Cutting down how much you drink does not have to mean giving up all together. There are lots of fantastic tips on the Change 4 life website [www.change4lifewales.org.uk](http://www.change4lifewales.org.uk) to help you reduce how much alcohol you drink socially and when you are at home. These can be simple things like taking 2 alcohol free days a week, missing out on a round when you are out with friends or reducing the amount of alcohol you have in the house. By making small changes, you will see and feel improvements in your general wellbeing, such as sleeping better, having more energy and losing weight. Cutting down will also help to reduce the risk of serious illness.

Continued on page 7



Sarah Rochira



***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.***

## **Commissioner's Care Home Review: Commitments made to deliver change across Wales.**

In November last year, I published '*A Place to Call Home*', the findings of my year-long Review into the quality of life and care of older people living in care homes in Wales.

Whilst, I found many examples of outstanding care and support being provided across Wales, and older people living in homes that truly lived up to the meaning of the word, 'Home', I also found that the quality of life for too many older people living in care homes was unacceptable.

As part of my Review report, I, also, published a series of '*Requirements for Action*' that outlined the action I expect to see taken by the public bodies subject to my Review, to ensure that the best care and support I found becomes the standard for Wales. All of these bodies responded to me, providing information about the action they would take to deliver the outcomes my Review focused on.

Having analysed the information and evidence provided to me, I have published my assessment of whether the bodies subject to my Review, will deliver the action allocated to them and the intended outcomes. This statement is available to download from my website. A full analysis of each body's response to my '*Requirements for Action*' is also available from my website.

The majority of the public bodies subject to my Review have provided me with the level of assurance I need, that change will be delivered to meet the intended outcomes. Clearly outlining the action they will take to improve the quality of life of older people living in care homes in Wales.

Responses from Health Boards and Local Authorities were particularly strong, clearly setting out how they will deliver the expected outcomes and detailing a wide range of innovative work that will make a significant difference to the lives of older people living in care homes.

However, CSSIW and the Welsh Government have not provided me with the overall level of assurance I need and older people have a right to expect. This is disappointing as in my Review, I made very clear the impact upon older people and the price paid by them if the required action is not implemented and the intended outcomes are not delivered.

When I published my Review report, I was clear that it was just the beginning of a longer term process of change and, as Commissioner, I will stay focussed for as long as is necessary, for the delivery of the required action and outcomes. Over the coming year, I will work in partnership with a range of professional bodies, key stakeholders and older people to continue to drive change, grow knowledge and share good practice across those areas where further improvements need to be made.

I will make a statement in November regarding the responses from Care Home Providers, which, as a result of the large volume of information provided to me, are currently in the final stage of analysis. I will also undertake a further review in 18 months, which will be focussed on the outcomes I made explicit in my Review report. I will outline the scope and remit of my follow-up review in November, but it will again have the voices of older people at its heart. Through this follow-up scrutiny, I will be looking for evidence that the commitments given to me have been translated into tangible and impactful improvements in the quality of peoples' lives.

**For further information about the Commissioner's Review, visit [www.olderpeoplewales.com](http://www.olderpeoplewales.com) or contact the Commissioner's office on 029 2044 5030.**

## Nordic Walking Group Set up in Barry.

Nordic Walking is a specific fitness activity, not to be confused with trekking, hill running or rambling as the specially designed poles are not planted in front of the walker but are used to increase upper body activity and consequently improve fitness. It can be done by anybody, anywhere and is especially useful for people who have not exercised for some time.

Geoff said, "Age Cymru works with the British Nordic Walking Association, which, ironically, is based at the Vale Business Park, Llandow. They have developed a programme specifically for those over 50, which provides a free Taster course and then a 10 step course over 5 weeks, which costs £10. People can then join the walking group every Monday".

**The next course will start on Wednesday 21<sup>st</sup> October at Porthkerry Park. Starting at 11:00 am.** There is no need for any equipment, other than sturdy walking shoes and clothing appropriate to the weather.'

Nordic Walking was developed in Finland by Cross Country skiers who wanted an 'off season' ski training activity, using modified ski poles. It was developed to enhance the benefits of walking to keep fit. Nordic walkers use more of their entire body and exercise more muscle groups than ordinary walkers. It has been estimated as producing a 46% increase in energy consumption compared to walking without poles. Having said that, Nordic walking is less tiring than normal walking.

**Anybody who wants to try Nordic walking can contact Geoff Hollett on 01446 730613 or geoffhollett@Hotmail.com or Glenn Little at Age Cymru on 029 2043 1555 or glenn.little@agecymru.org.uk.**



Current members of Barry Nordic Walking Group.

## Forum members **Aspire** at Vale Adult Community Learning Awards.



Left to right. D.C. V. Mordin. Jane Hutt AM. D.C. M. Hemmesey D.C. J. Weldon. D.C. Mayoress of Barry Cllr. Emma Pritchard with their 'Aspire' Certificates.

Three members of the forum executive who had received 'Digital Champion status' by completing Digital Champion training provided by Communities.2.0; and who continue to be further supported by Newydd Housing Assoc. and Barry Communities First; received a 'Digital Champions' Award for the help and support they are providing on a voluntary basis on digital support for all ages in community venues and libraries across the Vale.



Left and right. Jane Hutt A.M. Vale of Glamorgan. And Mayoress of Barry Cllr. Emma Pritchard presenting Jack Hawkins. With the 'Older Volunteer 'Aspire' Award'.

Jack Hawkins; a member of the 50+ executive, received the 'Older Volunteer Aspire Award' for the numerous organisations that he supports. Jack spends many hours in the week volunteering; ranging from the Information centre at Llandough Hospital, to being a driver for Greenlinks Community Transport.

## Vale 50+ Strategy Forum Health Group Report

At our May meeting Dr Sharon Hopkins, Director of Public Health, Cardiff and Vale University Health Board (UHB), spoke about some of the challenges facing the UHB. These included the ageing population, the high incidence of diabetes and dementia and the large difference in life expectancy between those living in affluent or deprived areas. She also addressed our concerns that older people may be assessed on their suitability for surgical treatments on chronological age rather than their biological age. She emphasised that surgical treatment should not be based on quantity or quality of life but take both into account. There should not be discrimination on chronological age if a surgical intervention would improve any quality of life which is being hampered by a medical condition.

The Health Group welcomed this response but was disappointed that the UHB has declined to provide any data which might indicate whether or not patients are being discriminated against by reason of their age. It has agreed to make hospital staff aware of the report "Access All Ages", Royal College of Surgeons, 2015. We have also taken up this issue with the Health Minister, the Deputy Health Minister and the Older People's Commissioner.

Group members raised a number of other issues which Dr Hopkins agreed to feed into UHB discussions: the need to make access to services more user friendly e.g. timing of appointments for older people; the need for regular yearly/twice yearly medicines reviews to avoid waste and side effects on patients; provision of "well women" clinics for women 50+.

At our July meeting Alice Matthews, Volunteer Coordinator Age Connect Cardiff and Vale, described a Cancer Advocacy service in Cardiff and the Vale which started in 2014. This service, supported by Macmillan cancer Support and People's Advocacy Alliance UK, provides 'one to one' advocacy support to anyone aged 50+ who is affected by cancer or their carer, who may need support. Advocates, are volunteers recruited and trained by Age Connect and can offer the following kinds of support: accompanying patients to appointments, including chemo/radiotherapy; emotional support-giving time and understanding; finding out about practical help; obtaining services and benefits to which people are entitled; support during a stay in hospital. If members know of someone with cancer or a carer who lacks support, the service can be contacted by;

telephone **02920683683** or **02920683681**  
or email **[copa@ageconnectscardiff.org.uk](mailto:copa@ageconnectscardiff.org.uk)**.

Forum activity in health matters is not confined to the Health Group. Forum members have completed the Age Cymru Lift training enabling them to facilitate exercise/activity groups for older people. Also a number of members have been trained as "Dementia Friends" or by the UHB to "Make Every Contact Count". In the coming months we will be continuing to support public health interventions in the Vale, flu vaccination, screening for breast and bowel cancer and Falls Prevention.

New members are always welcome: our next meeting is on 10<sup>th</sup> November 2015.

### **Ron Walton: Chairman Health Group Vale 50+ Strategy Forum**

We went to breakfast at a restaurant where the 'seniors' special' was two eggs, bacon, hash browns and toast for £2.99. 'Sounds good,' my wife said, 'But I don't want the eggs.'

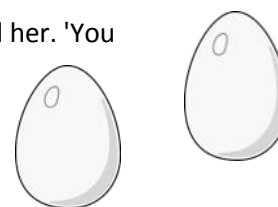
'Then, I'll have to charge you £3.49 because you're ordering a la carte,' the waitress warned her. 'You mean I'd have to pay for not taking the eggs?' my wife asked incredulously.

'YES!' stated the waitress. 'I'll take the special then,' my wife said.

'How do you want your eggs?' the waitress asked.

'Raw and in the shell,' my wife replied. She took the two eggs home and baked a cake.

**Don't mess with seniors! We've been around the block More than once!**



## **Alcohol Awareness**

Sometimes, we drink to relieve feelings of sadness, loneliness, stress or worry. Although drinking alcohol can initially make someone feel better, it is a depressant, and feelings of anxiety and depression can quickly come back, sometimes even stronger.

If you are worried about your alcohol use, talk to your GP who will be able to offer you information and advice and refer you to the support or service best suited to your needs. Talk to someone you trust, maybe family and friends, who you think could be of help. It's never too late to make the changes.

### ***Sources of information and help***

**[www.change4lifewales.org.uk](http://www.change4lifewales.org.uk)** Interactive website with tips, tools and advice on responsible drinking and ways to cut down

**[www.nhschoices.org.uk](http://www.nhschoices.org.uk)** Contains useful information on drinking and alcohol, impact of alcohol on health, and tips to cut down alcohol

**[www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)** the leading national charity providing information and expertise on all aspects of alcohol use and misuse

**[www.dan247.org.uk](http://www.dan247.org.uk)** or telephone **0808 808 2234**. Wales' one stop shop for information, support and services relating to drugs or alcohol.

**Laura Wilson.**

**Health Promotion Practitioner,  
Public Health Wales**

## **Telecare in the Vale of Glamorgan**

### **For safe and independent living**



'Telecare' refers to a range of services and devices which use technology to enable vulnerable people to live with greater independence and safety within and outside 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 are usually linked to the 24-hour a day, 365-days a year monitoring Centre at Contact One Vale (C1V) in Barry, where trained operators are quickly alerted to an accident or emergency and take appropriate action. Alternatively, bespoke Telecare services may be directly linked to an on-site personal carer via a pager, or may be 'stand-alone' (e.g. an automatic reminder to take medication).

### **There are currently 2 levels of service available:**

**TeleV** consists of a range of equipment which supports both personal and environmental safety. The individual is connected to the monitoring centre via user-friendly monitoring equipment attached to a conventional phone and electrical socket. Individuals are also provided with a wireless trigger pendant, which can be worn around the neck, wrist or on a belt. Additional sensors provided will automatically trigger an alarm call when smoke, extreme temperatures or carbon monoxide are detected. TeleV is available to all residents of the Vale of Glamorgan for £5.10p per week, plus a fixed installation fee of £59.50.

**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; the need for medication reminders and enablement after leaving hospital. TeleV+ is also available to all residents of the Vale of Glamorgan. Depending on their assessment and circumstances, individuals may have to contribute towards the weekly cost of the service.

### **For further information about Telecare services**

**Contact CIV (Contact 1 Vale) on 01446 700111**

## Vale 50+ Strategy Forum Art Craft & Leisure Group (ACL)

The March meeting of ACL allowed members to experience the variety of creativity on display at the Women's Art Association Exhibition. Held at the Art Central Gallery, Barry Library, this event celebrates Woman's Day held annually on March 8<sup>th</sup>. Tracey Harding, Arts Development Officer, Vale Council, introduced the members to the history of the Association and gave a guided tour of the work displayed. One of the exhibitors was Jo Sowden, Tracey's assistant, a graphic photographer, who had presented a powerful piece of work, entitled 'Wrath of Flowers' for exhibition. She gave a short Power Point presentation of her own graduate portfolio. Art Central is located at the rear of the ground floor at Barry County Library where there are exhibitions from January to December. The Gallery is open daily Monday to Saturday, 10AM to 4PM. Additional information can be found on the Vale Council website, also the 50+ Forum website, ACL webpage.



Entrance to spacious Oriel Gallery located in Barry Central Library. Kings Square. Barry.

At the May meeting members enjoyed a truly fruity experience! Jan Holmes from Fruity Bouquets, based at The Garden Centre, Pyle Bridgend, supplies a very personal edible experience using both fruit and chocolate. Her family-run business provides bouquets to suit all occasions. These include wedding, anniversary, and birthday bouquets to more formal corporate table decorations. Also, included, are hospital and get well arrangements. Three ACL members had enjoyed May birthdays so the meeting provided an excuse to celebrate with delicious chocolate strawberries! More information about Jan can be found on [www.fruitybouquets.co.uk](http://www.fruitybouquets.co.uk)

July introduced ACL members to Dr. Diane Brook. Diane, an archaeologist from New York State, gave a Power Point presentation on the origins of Celtic surnames. Of Scots/Irish descent and married to a Welshman, Diane had lived in Wales for over forty years so was well practiced in the history of Norman and Anglo-Saxon ancestry. Jones came top of the Welsh popularity list for surnames, followed closely by Davies and Lewis. Many of the group had family origins from both Ireland and France and provided Diane with some challenging questions regarding their family histories.

Free websites that provide information are [www.familysearch.org](http://www.familysearch.org) and [www.freebmd.org.uk](http://www.freebmd.org.uk) both provide access to family history and birth, death and marriage records.

**Gill Davies:**

**Chairperson: ACL Group Vale 50+ Strategy Forum.**

**Vale Courses** offer Inspirational **Art Classes** from Beginners to Experienced Artists. Learn **Life Drawing, Botanical illustrations, Watercolours, Acrylics & Mixed Media** techniques.

Our courses are taught by successful, professional local artists. There are over **60 courses** to choose from throughout the Vale; venues include:

**Cowbridge Old Hall, Wick, Treoes, Barry and Penarth.**

**For more information visit [www.valeofglamorgan.gov.uk](http://www.valeofglamorgan.gov.uk)**

Daytime, evenings and weekends there is a course to suit your diary.

**Affordable Art courses in the Vale from as little as £30.**

**For more information visit**

**[www.valeofglamorgan.gov.uk](http://www.valeofglamorgan.gov.uk)**



## Cosmeston Lakes Country Park and Medieval Village

**Opened in 1978 Cosmeston Lakes Country Park is one of the finest country parks in South Wales and designated a Local Nature Reserve in 2013.**

Cosmeston Lakes Country Park is open all year round for visitors to discover over 100 hectares of lakes, reed beds, woodlands and meadows. There is always something to see or do no matter what time of year you visit it's a perfect family day out.

### Cosmeston in autumn and winter.

Autumn brings with it spectacular changes, leaves turn to red and gold, the air is chillier and many of the familiar birds of summer start to leave for their winter migration. This is the last opportunity before the cold weather sets in for many birds, voles and mice to feast on the rich pickings of hawthorn and blackthorn berries amongst other fruits, seeds and nuts which can now be found in the hedges and woodland. Squirrels are also busy this time of year collecting as much food as possible to store away for the winter months. You will often hear the robin typically seen in autumn and winter warbling and chirping as, unlike some birds, they sing all year round. Small birds will be busy taking advantage of the plentiful food supply to build up fat reserves before the harsh winter months.

With harsher weather conditions and colder temperatures winter will see deciduous trees stripped of their leaves and spider webs are turned to ice. Days are short and for many creatures, especially small birds, finding enough food to survive takes up almost every hour of daylight. Frost and snow can make it very difficult for many animals to find food. For those creatures who have not headed off for warmer climes or for those who have not gone into hibernation the challenge is on to survive until spring. Each winter the lakes attract flocks of migratory wildfowl many of which will have travelled over 1,000 miles to spend the winter at Cosmeston. Mute swans, mallards and coots are resident all year round on the east lake while the west lake attracts large numbers of whistling teal, tufted pochard and shoveler ducks and one of the star bird attractions, the bittern. Other winter visitors to look for include redwings, fieldfares and in some years waxwing. Quite often, during the winter, parts or even all of the lakes will completely freeze over making it impossible for swans and ducks to feed. This can lead to one of the very rare occasions that the rangers have to cater for them with several sacks of corn.



View of part of Cosmeston Lakes Country Park



Grey squirrel eating peanuts in Cosmeston lakes and Country Park.



One of the many Mute Swans at Cosmeston. Lakes and country Park.

### How to get to Cosmeston Lakes and Country Park

**By Car.** Cosmeston Lakes are situated about five miles west of Cardiff. The main entrance is 1.5 miles south of Penarth town centre on the B4267 Lavernock Road to Sully. CF645U. **Parking** Large free car park with disabled spaces and coach bay. **Bus and Rail.** Cardiff Bus operates a regular service past the main entrance to the Country Park (Tel: 08712002233) the nearest rail station is at Penarth, approx. 1.5 miles. Tel: 08457 484950 for rail information.

### Lakeside Café.

Large cafe with patio area enjoying wonderful views across the lake. The cafe serves breakfast, light bites, lunches, ice creams and much more. Open daily 8.30am to 7.30pm May to September and 8.30am to 5.30pm October to April. The Lakeside Cafe is managed by Cymraeg Vending. Telephone: 02920700942



I took the above picture at Barry Island during this summer. As you can see it's been painted using spray paint onto a wall. There are always debates around whether you would call this 'Art'. Some people would call this 'Graffiti'. Personally, I see this picture as a statement about the younger generation.

**Let us know your views.**

**Jane Weldon. Editor. Herald Magazine.**

### Care & Repair Merger

On the 1st July 2015, Care & Repair Cardiff and Care & Repair in the Vale have merged to form: 'Care & Repair Cardiff & The Vale'.

Care & Repair Cardiff & the Vale is a charitable organisation (Registered Charity Number 1162083) that exists to support older people in Cardiff and the Vale of Glamorgan to repair, adapt or maintain their homes.

Care & Repair have moved within their existing building and changed IT systems, so to contact us please see details below:

- **Our office address will be: Tolven Court, Dowlais Road, Cardiff. CF23 5LQ**
- **Telephone Number 02920 473337**
- **Fax number: 02920 473347**
- **Central email: careandrepair@crcv.org.uk**



## John's 'Veggie' meat and potato pie.

### Ingredients:

- Cereal bowl of Flavoured (dark) Texture Vegetable Protein Mince (TVP).
- 3 medium onions thinly sliced
- 3 medium potatoes
- 2 Oxo veggie stock cubes
- Worcester sauce
- Pepper
- Dessert to tablespoon of preferred herb (fresh if possible).
- Short crust pastry home-made or pre prepared (I used a recipe for 9 ounces flour 6 ounces butter but your own recipe or shop bought is fine).

1. Mix the herbs and TVP together with generous grinding of pepper and sprinkle with Worcester sauce.
2. Crumble stock cubes into half cup of boiling water or preferable home drained veg stock (the potato water is fine), add a tablespoon of olive oil and pour over TVP and leave to soak.
3. Fry the onions until soft but not burned.
4. Slice the potatoes and steam until cooked through but not mashing.
5. Line a deep pie dish with pastry base and blind bake.
6. Once base is cooked layer the dish with onions then mince then spuds (about 3 layers). A little grind of pepper on each layer adds bite or small sprinkle of cayenne.
7. Put on pastry crust and wash with egg yolk then bake as per pastry recipe.

**Great hot or cold.**

You can do the same layers but substitute mince with cubes of white stilton and cheddar and a layers of thick cheese sauce for cheese pie (other cheeses fine).

**John Porter**

**Older People Strategy Coordinator. V.O.G.C.**

Contact  
Holwch

VALE of GLAMORGAN  
BRO MORGANNWG

OneVale  
UnFro

**01446 700111**

[www.valeofglamorgan.gov.uk](http://www.valeofglamorgan.gov.uk)

## Vale 50+ Strategy Forum Transport Group Report

Hi, my name is Anne Marie Little and I've been elected as the next Chair of the Transport Task Group. I have been an active member of the Forum for over 3 years and I belong to the Executive and all five task groups: Age Equality, Arts/Crafts/Leisure, Health, Housing and Transport. I also belong to our Media/Events Planning Group.

A big thank you to the former Transport Chair Mike Edwards who has retired from the Forum to concentrate on his volunteering at Valeways. We all miss him and wished him well when we said goodbye during his celebration farewell meal at the Brewers Fayre, Barry Waterfront.

We are a thriving Group of 15 members. Don Read is the Vice Chair and Ellie Lewis is the Secretary.

I was asked recently by a lady, what was the purpose of the Group? Well, we meet 6 times a year at the Civic Offices on a Tuesday afternoon for a couple of hours. It's an opportunity for members to express their views and concerns about local transport issues, so we can help to bring about change. We work closely with the Vale of Glamorgan Council, Older People's Commissioner, Voluntary Groups and organisations.

To give you a little taster of the type of things we get up to. On the 11<sup>th</sup> August, Kyle Phillips, Senior Transportation Officer, Planning and Transportation Services Vale of Glamorgan Council, came along to our meeting to answer questions. On 13<sup>th</sup> October we have arranged for Sian Summers-Rees, Community Transport Association Officer, to give a presentation about her organisation. Looking forward to Christmas, we will be keeping with the tradition of the Group as we shall be enjoying a meal out in a local pub instead of our December meeting.

There is also an opportunity to attend conferences, for example, in June, two members Gill Davies and Kay Burns, attended an Equalities Conference on, 'Transport and the Visually Impaired'. They updated the group at our August Meeting.

Another enjoyable aspect are our visits. We are busy, at the moment, arranging a visit to Ystrad Mynach Train Station to have a look at the facilities for older people in comparison to what is available at Barry.

So if you like the sound of the Group, are 50+ and live or work (including volunteering) within the Vale and would like to become a member then please contact John Porter our Older People's Strategy Co-ordinator on 01446 709779. Or email [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk)

**Anne-Marie Little**  
**Chairman Transport Group.**

If you want a range of information on topics for the over 50's, covering Housing, Health, Art Craft & Leisure, Age Equality, and Transport, plus information on Research Projects, Adult Education, and much more;  
**Vale 50+ Strategy Forum Website**  
**[valeopf.webplus.net](http://valeopf.webplus.net)**  
***Giving you a stronger voice***



Mike Edwards (top left) with forum members at his 'recent leaving do'.

## **Making a Will**

### **Why you should make a will**



If you want to be sure your wishes will be met after you die, then a will is vital. Here are 6 reasons why it's important to make a will.

#### **1. Reassurance**

A will is the only way to make sure your savings and possessions (your estate) go to the people and causes that you care about.

#### **2. Avoiding disputes between relatives**

Disputes over wills can cause arguments among family members and may even need a solicitor to resolve them. Leaving a will should remove any doubt about who you want to leave your estate to.

Close relatives and dependants may still be able to make a claim on your estate, but a solicitor can advise you on how likely this is and the best way to prevent it.

#### **3. Looking after your loved ones**

Although it's hard for loved ones to talk about death, talking about your will can save everyone a lot of worry. Deciding who you want to leave your possessions to (your beneficiaries) can help you make sure they go to the people you intended.

#### **4. Protecting your assets for future generations**

A will can ensure that assets are kept within the family and are passed on down the generations. Many people are concerned that new spouses or second families will inherit their assets in the future, and a well-structured will can help to prevent this.

#### **5. Saving on Inheritance Tax**

With a carefully-planned will, you can also cut the Inheritance Tax bill on your estate after your death.

For example, Inheritance Tax isn't normally paid on anything you leave to a spouse or civil partner who has their permanent home in the UK. Inheritance Tax is only payable if your estate is worth more than a certain amount.

#### **6. Your funeral**

Your will can be a way to let people know whether you would prefer to be buried or cremated, and the type of funeral service and music you would like.

**More information on making a will can be found on Age Cymru website [www.agecymru.org.uk/makingawill](http://www.agecymru.org.uk/makingawill) where you can download Factsheets giving more information on a range of subjects; or you can phone Age Cymru on 08000 223 444**

#### **Fish on Fridays.**

After years of marriage, a husband and wife came for counselling. When asked what the problem was, the wife went into a tirade listing every problem they had ever had in the years they had been married. On and on and on: neglect, lack of intimacy, emptiness, loneliness, feeling unloved and unlovable, an entire laundry list of unmet needs she had endured.

Finally, after allowing this for a sufficient length of time, the therapist got up, walked around the desk and after asking the wife to stand, he embraced and kissed her long and passionately as her husband watched - with a raised eyebrow. The woman shut up and quietly sat down as though in a daze. The therapist turned to the husband and said, "This is what your wife needs at least 3 times a week. Can you do this?"

"Well, I can drop her off here on Mondays and Wednesdays, but on Fridays, I go fishing."



## Wick Across The Ages Project

Last year we told you about the launch of a project led by young people from Wick Youth Club to improve the relationship between young people and older generation in our Village. Many of the young people in the Village do not have grandparents living locally and have little contact with older members of their community.

The young people made an application to Starbucks Youth Action for funding to support a project they called, '*Wick Across the Ages*' and were awarded £1300 for their project. They used the money to run activities through the year, including a BBQ, stalls at the Village Fete and Pensioners' Christmas Fair. Pensioners were shown how to use the youth club's internet equipment and there was a Scary Halloween tea.

The highlights of the project were a summer trip to Cardiff Bay and a Christmas Dinner for the Pensioners. The trip to Cardiff Bay was a great success, as over 40 members of the youth club and pensioners shared a coach to the Bay where they had coffee, in Starbucks of course, a high speed boat ride around the bay, an oriental meal, a 10 pin bowls match, finishing off with time at the Cardiff Festival. It was great that the pensioners chose to join the young people on the high speed trip around the bay, turning down a sedate cruise in favour of the thrills of speed and spray.

We held our Christmas Dinner during the February half term. Youth Club Members decorated the Lamb and Flag pub with trimmings, Christmas trees, crackers etc. and 40 youth club and pensioner members enjoyed a slap up turkey dinner with a Christmas quiz and bingo.



Pensioners and Youth members on their summer trip

We are all really pleased with the project and are looking for funding to continue it next year.

**Conway Hawkins Wick Youth Club**

## **Same Services, New Name**

Vale Centre for Voluntary Services (VCVS) and the Vale Volunteer Bureau (VVB) have officially merged to become GVS (Glamorgan Voluntary Services). Merger means a one-stop shop for the Vale of Glamorgan.

VCVS supported voluntary groups and the VVB supported volunteers. The merger was a logical step for both organisations and this merger will deliver a more efficient service, providing a one-stop shop for the local voluntary sector.

### **Rachel Connor, GVS Chief Executive Officer stated:**

"This is a really exciting time for GVS - the new organisation and all of the stakeholders from VVB and VCVS. The merger provides a great opportunity for GVS to build on the excellent work of its predecessors and over time to develop new and improved services for the Third Sector here in the Vale of Glamorgan."

GVS is looking to build upon the successes of both organisations and ensure it contributes even more to a vibrant voluntary sector in the Vale of Glamorgan. If you are considering volunteering or your community groups might need support why not contact GVS for an informal chat?

GVS (Glamorgan Voluntary Services)  
Barry Community Enterprise Centre  
Skomer Road, Barry CF62 9DA  
Tel: 01446 741706



**Empowering people. Inspiring excellence. Strengthening Communities**



Cllr. Stuart Egan

### **A Few Words from the Vale Council Older Peoples Champion**

Hello everyone! I hope you have all enjoyed some of the fine weather we have experienced this summer. It is my pleasure to address you all through the Herald magazine once again. In regards to the weather, I hope that many of you have been able to experience the new facilities available at the Eastern Shelter of Barry Island. In these times of cutbacks, I believe we can be justly proud as a council for this spectacular achievement. The facilities including beach huts, toilets, climbing wall, shelters and fountain have made a huge difference to the Island and have attracted many more visitors. This renewed tourist attraction offers, locals and visitors alike, further fun and good times and will undoubtedly boost the local economy. After filming on location for several days earlier in the summer, a national production company

contacted senior management in visible services directly, to praise those working at Barry Island and I quote from our web site :

*The staff at the resort were exemplary and a credit to the council. Everyone was very polite and nothing asked was too much for them. The resort itself was wonderful - I cannot believe how much the place has changed over the years. Again, another credit to yourselves and a fantastic attraction and location for locals and tourists alike .*

I would like to add my praise to the workers involved in making the Island a pleasure to visit and also my colleague, Councillor Burnett, who addressed your AGM this year and who in her role as Cabinet Member with a portfolio for regeneration was responsible for this development. Still on the subject of the Island, I was pleased to be informed by the Leader, Councillor Moore, that he was impressed by this year's Adult Learning Festival held at the Eastern Shelter, an event supported by your forum. I would ask you all, please promote the Island and our other tourist attractions to friends and family, and remind people that for a reasonable hire cost the beach huts make a perfect family party venue.

The Forum continues to amaze me in regards to the quality and variety of your events. I thoroughly enjoyed your Gwanwyn Arts Festival in May and noted that in addition to Nordic walking and Tai Chi you managed to add accessible cycling in the park this year. I wish you all the best with your upcoming International Older People's Day event in the Memorial Hall on 1<sup>st</sup> October. I also hope that I am free to attend your second Question Time Debate on the evening of the 17<sup>th</sup> November. I found your, 'End of Life' debate, two years ago, animated and informative. You have again grasped the nettle by addressing the thorny subject of whether older people are an asset or burden to society, I am sure this will excite some lively debate and be a memorable occasion.

Your contributions to consultation and the community are invaluable and I am proud to be a fellow member and of the close working relationship we have engendered.

**Councillor Stuart Egan**  
**Vale of Glamorgan Council Older People's Champion**  
**Deputy Leader Vale of Glamorgan Council.**

## Vale 50+ Strategy Forum Housing Group

In March, the Group departed from the normal meeting and we visited a site in Bristol where they were building the first homes in the UK, on a commercial basis, out of straw panels. We were met on site by Finlay White who is the Managing Director of the company Modcell. Modcell have researched, designed and developed a system of using straw bales to build affordable and sustainable housing. After we were "suited and booted" we were shown one of the houses under construction. Finlay White explained the purpose of the three different types of panel used in construction and how the building was put together. He answered all our questions including the list put together by Anne Marie Little. In all, it was a very enjoyable and informative visit. Particularly interesting was the effort put into the reduction of the carbon footprint by using this method of construction. This system of construction, I considered, would be of interest to a wider audience, so I invited Finlay White to give a presentation to the Forum, with other interested parties, and this he did at our May meeting. The presentation attracted Building Engineers from RCT, Residential Social Landlords and our own Vale of Glamorgan Housing Department. It was a little technical, but an excellent presentation.

Falls Prevention and LIFT, (Low Impact Functional Training). I present two sessions a week, one in Penarth and one in Barry. I have transferred the session at Golau Caredig to Rondel House and I am able to reach a total of 30 people weekly. The age span of the participants is from 65 to 98 and some of them have mild dementia. In spite of that, what is most gratifying is the effort they put in when they exercise. It is a pleasure to behold.

I would like to thank the members of the Housing Group for their input to the group's endeavours and to John Porter for his continued advice and support.

**Julian Loach**

**Chairman Housing Group.**

**Executive Vice-Chairman Vale 50+ Strategy Forum.**

The Vale 50+ Strategy Forum is always looking for enthusiastic people aged 50+ to join our five task groups. Age Equality, 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 709779 or email [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk)



## **Ovarian Cancer.**

The importance of the identification of Ovarian Cancer early.

Ovarian Cancer is called the silent killer with good reason, as often when the symptoms are first recognised the disease has spread to a serious stage where treatment is difficult and prognosis poor. It is essential that both patients and GP recognise the symptoms early and that a blood test is performed to check for the possibility of cancer.

The main symptoms to be aware of are :- persistent pelvic and abdominal pain, increased abdominal size/persistent bloating- not bloating that comes and goes, difficulty eating or feeling full quickly, also urgency or frequency of passing water. There may be other symptoms such as change in bowel habit, extreme fatigue or unexplained weight loss.

It is most likely that these symptoms are not ovarian cancer but may be present in some women with the disease. If you regularly experience any of these symptoms that are not normal for you. It is important to be checked out.

Only a few of these symptoms may be present and they are often confused with Irritable bowel syndrome. If your symptoms continue or worsen and you are concerned ask your GP for a Ca 125 blood test for diagnosis.

The risk of ovarian cancer increases with age and particularly after the menopause. Each year in Wales approximately 390 women are diagnosed and around 233 lose their lives.

Remember Ovarian Cancer is uncommon and early diagnosis may save lives. With the cancer diagnosed at an early stage there is a good chance of recovery.

**C.J.B.**  
**B.Sc. RGN. RM**  
**Vale 50+ Strategy Forum Member.**

## **Canser yr Ofari**

Pwysigrwydd adnabod Canser yr Ofari'n gynnar.

Gelwir Canser yr Ofari y llofrudd tawel am reswm da, oherwydd pan sylwir ar y symptomau'n gyntaf yn aml mae'r afiechyd eisoes wedi lledu i gam difrifol lle mae'r driniaeth yn anodd a'r prognosis yn wael. Mae'n hanfodol i gleifion a meddygon adnabod y symptomau'n gynnar a chynnal prawf gwaed i weld a oes posibilrwydd o ganser.

Y prif symptomau y dylid bod yn ymwybodol ohonynt yw: poen parhaus yn y pelfis a'r abdomen, yr abdomen yn cynyddu o ran maint/ yn ymchwyddo'n rheolaidd – nid ymchwyddo sy'n mynd a dod, anhawster i fwyta neu'n teimlo'n llawn yn gyflym, angen mynd i'r tŷ bach ar frys neu'n aml. Gallai fod symptomau eraill megis arferion y coluddyn yn newid, blinder eithafol neu gollu pwysau heb esboniad.

Mae'n fwy tebygol nad canser yr ofari yw'r symptomau hyn, ond gall rhai menywod a chanddynt yr afiechyd ddangos rhai ohonynt. Os ydych yn profi'r un o'r symptomau hyn yn rheolaidd heb iddynt fod yn arferol mae'n bwysig eich bod yn mynd at y meddyg.

Gall ychydig yn unig o'r symptomau ddangos eu hunain a chânt eu drysu'n aml â syndrom coluddyn llidus. Os yw'ch symptomau'n parhau neu'n gwaethygu ac yn gwneud i chi boeni, gofynnwch i'ch meddyg teulu am brawf gwaed Ca 125 am ddiagnosis.

Mae risg canser yr ofari'n cynyddu wrth fynd yn hŷn ac yn arbennig ar ôl diwedd y mislif. Pob blwyddyn yng Nghymru mae tua 390 o fenywod yn cael diagnosis ac mae tua 233 yn marw ohono.

Cofiwch fod Canser yr Ofari'n anghyffredin ac y gall diagnosis cynnar achub bywydau. Wrth gael diagnosis cynnar o'r canser mae siawns da o wella ohono.

**C.J.B.**  
**B.Sc. RGN. RM**  
**Aelod Fforwm Strategaeth 50+ Y Fro**  
**Cyfieithiad gan BT/MM**

## **'GET CREATIVE' Two contributions in Poetry and Stories by People Aged 50+**

### **A Tale Most Fowl**

How about our own fresh chickens? My hubby asked of me.  
We could have one for our Xmas lunch how healthy that would be.  
Some day old chicks we bought from a nearby farm,  
Hubby built a chicken hutch where they would be free from harm.  
We gave them plenty of corn, water and grit.  
The eggs they laid were certainly a great hit.  
Of course the Cock was the boss.  
He strutted about and got very cross.

Xmas was near and hubby had to do the dirty deed.  
The veg was all ready, sprouts, parsnips, and swede.  
Xmas came and New Year, our chicks are still in the yard.  
The Cock is still very bossy and still on guard.  
They all know they are on a winner,  
When they watched us have turkey for Xmas dinner!!!



**Mrs. Val Lovering Aged 80**

### **MAYDAY**

'Look into still waters at Mayday dawn' the peddler woman had whispered a few days ago to the crippled serving-maid. The girl had been watching quietly from her stool while the mistress and her daughters laughed as they tossed around the brightly-coloured ribbons from the old woman's basket. She would never have pennies to spend on such fripperies.

She'd probably face a beating later, but now with no shawl to cover her shabby nightgown, she crept from her bed in the corner of the manor's warm kitchen. She limped across the meadow leading down to the lakeside and looked through the mist at the rising sun. A huge bird glided across the golden-red glow and she shivered.

Reaching the water's edge she knelt, and as she looked down, the water heaved up then calmed again. She saw the face of the young man smiling up at her from below its surface and held out her hands towards the water.

He saw the lake as he avoided the ruined walls of the roofless old manor house. He heard the air rushing against the damaged wings as he plunged helplessly towards its surface. He felt at peace as the still waters closed over him and he looked up as the white-robed angel reached down to welcome him.

At dawn, in the Operations Room at RAF Biggin Hill a wireless operator noted 'Received Mayday.'

**Liz Fryer**



If you would like a copy of 'Get Creative' A selection of some of the poems and stories that were sent in to the Vale 50+ Strategy Forum please contact;

John Porter Older People's Coordinator.  
Vale of Glamorgan Council.  
Tel: 01446 709779  
Email: [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk)



## Online Today

### Helping people with sensory loss get online.

RNIB Cymru has launched an exciting new lottery funded project for people who have sight, or hearing loss, who want to learn about how to get online. Knowing where to start isn't always easy, but the 'Online Today' team can give you the information and knowledge to realise and enjoy the benefits of being online.

The support is free and helps complete beginners, as well as those who want to brush up on their skills.



#### Do you want to:

- Learn to use a tablet or smartphone
- Shop online
- Use a computer or laptop
- Email or skype friends and family
- Get to grips with facebook
- Pay your bills online

**Start your online journey now! Call us on 029 2082 8518  
email [onlinetodaycymru@rnib.org.uk](mailto:onlinetodaycymru@rnib.org.uk)**

### **Vale 50+ Strategy Forum Age Equality Report.**

#### Communication and Language Skills

The group lobbied Older People's Commissioner, Wales Government, and Care & Social Services Commission Wales, for mandatory training for care workers which covered communication and language skills.

The group were pleased therefore to note there is a lot of emphasis within the Commissioner's Care Home Review on 'listening' and 'communication' within the report, and much more emphasis on 'mandatory training for care workers in this area'. The group intend to follow up the above, by monitoring the changes that have been demanded by the O.P.C. for Wales within the Review, to be acted on later this year.

#### Mandatory recall for Breast Screening for women

The group have been involved in issues around the cut-off point of aged 70 for women to be automatically recalled for a breast test. We do recognise that women aged 70+ can request a breast test by contacting their local Breast Test Screening Centre; but the group are asking the questions as to whether an age limit should

Continued. **Age Equality Report** apply in this instance.

#### Digital inclusion update

We are all now part of 'The Digital Age', and to help people aged 50+ training/support sessions have been a priority for this year. The Forum have secured funding for a laptop, plus Android and Apple tablet, and are actively pursuing ways to use in sessions with people aged 50+ here in the Vale.

#### **Consultation Responses by Equality Group March-August 2015**

1. Implementation of the Social Services and Well-being (Wales) Act 2014 - Consultation on the code of practice in relation to measuring the performance of social services.
2. Future arrangements for the Welsh Government's Equality and Inclusion Programme for 2017-2020.

**Next Age Equality group meeting is the 6th October 2015. 2pm-4pm. Corporate Suite, Civic Offices. Holton Rd. Barry. Guest Speaker from Diverse Cymru. All Welcome. Jane Weldon. Chairman Age Equality Group**

## Digital News



**D**igital exclusion can heavily impact on health, education and employment. Not only do individuals without IT skills earn up to 10% less than the majority who do have IT skills, but this group tend to feel excluded as they can't afford to own a computer at home. 88% of the digitally excluded say they would be more confident if they had help, and this is an issue that Newydd, Barry Communities First and other digital partners have strived to solve through the introduction of a number of free digital services and support opportunities.

*The introduction of 'Digital Drop Ins' run throughout the Vale of Glamorgan has provided the local community with access to the internet and quality devices, improving digital literacy of individuals in the area and consequently improving their opportunities and way of life.*

With support of Vale of Glamorgan Libraries and community hubs in the area, last year 220 people gained access to laptops, tablets, internet and one-to-one support through a trained volunteer, known as a digital champion.

For those who wish to develop their skills further, Newydd and Barry Communities First offer a range of Level 1 and 2 accredited training courses. This scheme has been hugely successful improving 50 people's IT skills with 100% of the individuals that took part say they feel more confident with I.T. This is crucial in supporting individuals to actively go out into the job market, since 75% of jobs now require online applications and basic I.T. skills are essential for most jobs.

Newydd has also been working closely with Microsoft partner Computer Recyclers in running a 'Loan I.T.' scheme. Newydd tenants which regularly attend digital training can borrow a recycled laptop and a dongle with £10 credit on it for up to three months. At the end of the loan period the tenant can buy the equipment for the discounted price that Newydd paid for the items off Computer Recyclers UK.

Janet Rees who partook in a range of I.T. support schemes that Newydd offer, decided to purchase a laptop when the loan duration finished and she explains how this was of benefit to her; "from the first day I took the I.T. equipment home I could see massive improvements in my skills and confidence, therefore after the first week of loaning the laptop I enquired about purchasing it. With the support of Newydd I set up a savings account with Cardiff and the Vale Credit Union so when the loan period ended I had enough money to purchase the laptop."

Throughout all the different schemes that are offered, the 'Get Online at Home' programme has a strong presence throughout. Individuals (both Newydd tenants and non Newydd tenants) that have not got the money to purchase a device and cannot/will not take a loan out with the credit union but are still keen to get a laptop and broadband at home, are referred to the Microsoft backed initiative.

**For more information, please call Scott Tandy on 07584 501 216, visit <http://www.getthevaleonline.org.uk/> or email [scott.tandy@newydd.co.uk](mailto:scott.tandy@newydd.co.uk)**

## Update on Changes at University Hospital Llandough



Many thanks for giving me the opportunity again to up-date you on the exciting developments at University Hospital Llandough.

This modernisation programme will be of significant benefits to patients, visitors, and staff whilst not distracting from the 'community feel' of the hospital.

In this article there are up-dates on:

- The New Adult Mental Health Unit
- New Hospital entrance, shopping area and other improvements
- Art Gallery

### Adult Mental Health Unit (Hafan-y-Coed) – Progress to date

With the external shell of the building completed and watertight, the contractors are now concentrating on installing the internal works and in some of the blocks are laying flooring, fitting out and decorating the wards, clinical areas and offices. In fact, the low secure ward is virtually complete. The construction works are forecast to be completed ahead of time, although at this stage we are still working towards transferring services towards the end of April 2016.

Landscaping of the public areas and ward gardens is now complete, so shrubs will be established by the time people move into the Unit.

The design of the Unit has been awarded 'exemplar' status. This is a construction industry programme that encourages the adoption of good practice to raise the standard of building projects. The design of Hafan-y-Coed project has been commended because of its innovative approach to economic, social and environmental sustainability. An exemplar project is defined as 'something worthy of being copied' and reflects the ideal construction industry goal.

Visits to the unit has now commenced for staff transferring from Whitchurch Hospital and the Llanfair Unit. This will be followed by a series of open days for staff, service users, public and other interested stakeholders.

Now the hoardings have come down, the new Plaza can be seen in all its glory. And you are probably wondering when it will be open for use. Well... the plan is that the new Plaza and inner corridor will become operational after the refurbishment works in the square and main corridor are completed in early September. The exact date will be announced in due course, but is likely to be the end of September. The transformation of the main entrance, and what was once a very narrow inner corridor into the hospital is pretty spectacular and we hope you will be just as impressed as we are.



**Plaza and Main Entrance to the Hospital**

## **Update on Changes at University Hospital Llandough**

But, even better, the new facilities will provide a whole range of amenities designed to deliver those services you told us were important for staff, patients and visitors. In the Plaza, you will find the Aroma coffee shop with indoor and outdoor seating areas, a small number of retail units, the Hearth Gallery, a patient information centre and a courtyard garden. In addition the tiled mural previously located at the rear of the hospital will have a new prominent position at the front of the hospital-this mural depicts the historical connection with mining and the hospital services.

This will be a fantastic new facility for everyone at University Hospital Llandough and will play a key role in integrating Hafan y Coed (the new Adult Mental Health Unit) into UHL when it is commissioned next spring.

### **Key dates to note are:-**

Plaza and new entrance into the Hospital to open late September; and Retail Units – further information to follow shortly once details have been finalised. However we have had a tremendous response from a number of retailers who wish to be involved in this exciting development.

**It should be noted that once the Plaza becomes operational, this will be the main entrance into the hospital. The temporary entrance, which was opened up to facilitate the construction works, will be closed and everyone will be redirected through the Plaza.**

### **Inner Corridor**

The construction work to improve the inner corridor is now nearing completion. The corridor has been opened up to enable the provision of a Patient Information and Support Centre and an Art Gallery. Plans are also underway to tidy up the courtyard which can be seen from the inner corridor and also to restore and re-locate the miners' tiled mural from the back of the hospital to an area outside the Plaza.

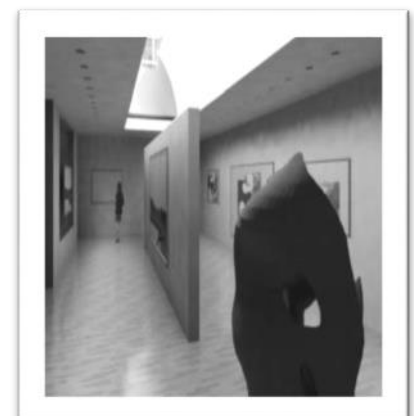


**Inner Corridor within the Plaza**

### **The Hearth Gallery – Oriel Yr Aelwyd Health Empathy Art Recovery Time Heart**

The new art gallery being developed at University Hospital Llandough is nearing completion. It will provide recognition of the positive therapeutic impact that art can have on the lives, health and well being of patients, service users, carers, visitors and staff. It will be located in the main corridor leading from the Plaza into the Hospital and will be open to the viewing public as well as the hospital community. The name has been chosen to reflect the Central position of the gallery, likened to the most important part Of a dwelling—the hearth, a place of comfort and love.

Exhibitions displayed in the gallery space will change regularly during the year, creating a dynamic and interesting space, which will provide inspiration and solace for visitors.



**The Hearth Gallery**

## Update on Changes at University Hospital Llandough

Planned exhibitions include:-

### **September 2015. Opening Exhibition entitled Celebration of Colour**

A group show featuring local artists showcasing paintings, sculpture, textiles and prints to reflect the vision of the arts and its impact on wellbeing and improving health.

### **October – December 2015. Mental Health Exhibition**

This exhibition is one of the planned events for World Mental Health Day and will explore discrimination and stigma faced by people with mental health problems. It will feature a number of artists who have a connection with mental health and wellbeing and were brought together as part of an exhibition in the Butetown History and Art Centre at the end of 2014.

### **January – March 2016. Wales for Africa**

Provisional plans for a third exhibition are currently being developed. Further details to follow nearer the time.

### **And finally one further development.....**

#### **Shuttle Car.**

We have been delighted to receive the support of the Voluntary Services Organisation to resume the shuttle service which resumed on 21<sup>st</sup> July 2015. The service conveys patients, and visitors from car parks to main entrances of the hospital. The car has wheelchair access via a winch to allow a wheelchair to be securely conveyed in the vehicle. This service runs Mon-Fri 09.00-11.00am. We are hoping to expand this service in the near future throughout the day, using volunteers.

Thanks for the opportunity to provide this up-date.

**Peter Welsh**

**Hospital General Manager.**

**University Hospital Llandough.**

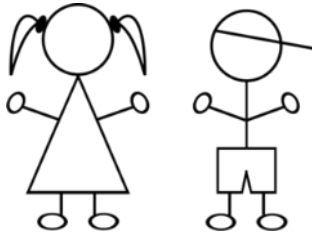
## **Dates for Your Diary!**

*The forum is hosting two exciting events*

**On Thursday the 1<sup>st</sup> October we are celebrating International Older People's Day by holding a festival and pampering event.** We have a fashion show, by a well-known local fashion chain, a lively choir, and a range of pampering activities; including head and hand massage and reflexology. There will also be taster sessions of Tai Chi, digital inclusion support on laptops and tablets; a range of information and advice stalls plus some free refreshments. The event is in the main hall of the Memorial Hall, Gladstone Road Barry from 10:00am until 3:00pm. **This is a FREE event. All ages are welcome.**

**Following the success of our 'End of Life' question time debate in 2013, we are following up with another lively debate.** Again in the Glamorgan Suite, Memorial Hall Gladstone Road, Barry, on Tuesday evening the 17<sup>th</sup> November from 6:30pm – 9:30pm. This year keynote speakers will present their ideas and answer your questions on whether older people are a burden on, or an asset to society. If you enjoy Dimbleby you'll love this. **Free light refreshments.**

You are welcome to just turn up for both these exciting events; however to avoid disappointment please let John Porter know in advance by contacting him on 01446 709779 or email: [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk)



## Angels Explained By Children

I only know the names of two angels, Hark and Harold.

-Gregory, 5

Everybody's got it all wrong. Angels don't wear halos anymore. I forget why, but scientists are working on it

-Olive, 9

It's not easy to become an angel! First, you die. Then you go to Heaven, and then there's still the flight training to go through. And then you got to agree to wear those angel clothes.

-Matthew, 9

My guardian angel helps me with math, but he's not much good for science.

-Henry, 8

Angels have a lot to do and they keep very busy. If you lose a tooth, an angel comes in through your window and leaves money under your pillow. Then when it gets cold, angels go south for the winter.

-Sara, 6

All angels are girls because they gotta wear dresses and boys didn't go for it.

-Antonio, 9

What I don't get about angels is why, when someone is in love, they shoot arrows at them.

-Sarah, 7

Mae unrhyw farn a fynegir yn perthyn i'r unigolyn nid y sefydliadau sy'n cefnogi'r cylchlythyr.  
**Mae'r cyhoeddiad hwn wedi ei lunio gan grŵp cyfryngau eich fforwm**



Mathew Salisbury (2nd left) Artist, Jane Hutt AM for Vale of Glamorgan (3rd Right) with Vale 50+ Strategy Forum members at Gwanwyn: celebrating creativity in May 2015.



J. Porter Older People's Coordinator (top Right) with members of Vale Adult Learning Group at Barry Island promoting Adult Learning Week in June 2015.



Lynda Wallis chairman giving Geoff Horton a Certificate of Appreciation for volunteering after four years on the Forum Executive. Geoff did not stand for re-election in June,; to concentrate on his Voluntary work with the RAFA. Right of picture is J. Porter Older People's Coordinator, V.O.G.C.



One of our Forum members submitted a photo she had taken of two of her grandchildren on Barry Island beach for consideration as part of the Holton Road Community Mural Art Project. Above is the final result of the photo as a mural. The murals will be one of around 50+ murals with photos provided by members of the public. All to eventually be displayed on main wall at the back of Iceland in Holton Road, Barry.

All views expressed are those of the individuals and not of the organisation supporting the newsletter

## Join the Forum!

If you're interested in joining the Vale 50+ Strategy Forum, please contact The Vale 50+ Strategy Forum, V.O.G.C. Civic Offices, Holton Rd, Barry. CF63 4RU Tel: 01446 709779 E-mail [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk) or visit our website [valeopf.webplus.net](http://valeopf.webplus.net)

### Ymuno â'r Fforwm!

Os oes diddordeb gennych chi ymuno â Fforwm Strategaeth Y Fro 50+, cysylltwch â'r Fforwm Strategaeth Y Fro 50+, Cyngor Bro Moreannwg. Rhif Ffôn: 01446 709779.E-bost [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk) neu ewch i'n gwefan: [valeopf.webplus.net](http://valeopf.webplus.net)