

# Vale 50+ Strategy Forum

## Fforwm Strategaeth Y Fro 50+

Vale 50+ Strategy Forum 2004-2014

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

Giving you a stronger voice

*Rhoi llais cryfach i chi*

Spring/Summer  
Gwanwyn /Haf

# The Herald

Edition 23 2015  
Rhifyn 23 2015

Keep up to date with the Vale 50+ Strategy Forum

### Vale 50+ Strategy Forum Celebrate with a 'Big Tea Party'

What a great day was had by those people who attended at the Memo in Barry on the 30<sup>th</sup> September to celebrate The Vale 50+ Strategy Forum's 10<sup>th</sup> year birthday celebration which started from 10am with free coffee/tea and biscuits, followed at 11am by a Bon Marche fashion show, modeled to a full capacity audience by our aged 50+ Forum members,. The tempo and the noise level was then raised by the energy and enthusiasm of the Tenovus 'Sing With Us' choir; (which is open to anyone who has been affected by cancer).

The memo rocked to the sounds of the audience singing along to 'Swing Low Sweet Chariot' and Johnny Nash 'I can see clearly now' to name but a few. Our celebration birthday cake was then duly cut by the Mayor and Mayoress of the Vale of Glamorgan Cllr. Howard Hamilton and his wife Carol.

A wide selection of free savouries and cakes was given out at the birthday event. This was followed by a tea dance with music and helpful instructions from the Sway Dance team who are based at Barry Leisure Centre.



Above photo Left to right. L. Wallis chairman Vale 50+S.F. Mayor and Mayoress of Llantwit Major Cllr. M. Mason and his wife Bridget. Mayoress & Mayor Vale of Glamorgan Cllr. H. Hamilton and wife Carol cutting the Vale 50+ Strategy Forum's Birthday Cake.

The forum would like to thank the Mayor and Mayoress of Llantwit Major Cllr. Mike Mason and his wife Bridget, for supporting this event, Officers from the V.O.G.C. All the stall holders who provided such a wide range of information to the general public throughout the course of the day; the support of our V.O.G.C. Older People's coordinator, and to our Forum members for providing us with such a wide variety of cakes and savouries for our free event.

**\*More information on the work of the Vale 50+ Strategy Forum can be found on our website [valeopf.webplus.net](http://valeopf.webplus.net) or by phoning The V.O.G.C. Older People's Coordinator John Porter on 01446 709779 or email [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk)**

Inside this issue: Lung Cancer Treatments & Research. Help with Digital Photos. Royal British Legion. Thoughts to make you smile. Older People's Commissioner for Wales. Cat Protection—Dedicated to cats. Barry Central Lawn Bowl Club. Recovery Cymru—helping people recover from Drug & Alcohol Abuse. Vale 50+ Strategy Forum Working groups on Health, Art Craft & Leisure, Transport, Age Equality and Housing updates, and Chairman's Report. Cowbridge Amateur Dramatic Society (CADS) V.O.G.C. Older People's Champion. Emmaus—South Wales. Unhappy with your treatment or care? 'How to Complain' to Cardiff & Vale UHB. NEST SCHEME—Energy advice. Poems and ditties!



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

**Welcome to the Vale 50+ Strategy Forum  
23rd Edition 'Herald' Magazine  
'Giving you a stronger voice'**

Welcome to the Spring 2015 edition of the Herald magazine. It is hard to believe that another year has gone by and I would like to send good wishes for 2015 to all our readers from the Forum members.

2014 was a year of celebration for the Vale Forum as we reached our 10<sup>th</sup> birthday and a wonderful party was held on September 30<sup>th</sup>, together with a fashion show. I should like to thank all the members who helped on the day to make this such a successful event.

We had over 150 people attending for the fashion show and most stayed on for the afternoon tea dance and the choir, A particular thank you must go to the ladies who acted as models for the clothes as it was a new experience for most of them and I think they enjoyed it immensely.

We now have to face another challenging year with cuts getting deeper into services and having to look at different ways of providing these services than in the past. The Forum has been involved in consultations with the Vale Council to try and find a way forward that will not hit the most vulnerable amongst us. Also, we have had consultations about the library services in the Vale and have put forward some suggestions to help keep them open.

In 2014 the Commissioner launched her report into the standard of quality of life in care homes in Wales and this year will see the recommendations that she has made put into practice. The Ageing Well in Wales Programme has also been launched and the Forum will be looking at how we can be involved in that programme.

The opening of Golau Caredig last year has been very successful with the extra care facility being oversubscribed and with a waiting list. There have been great efforts made to integrate this facility into the community, with a hairdresser and café, open to the public at the ground floor level of the building. There are several groups that now meet at the venue including their own tenants group. It is hoped to extend on the activities here and make it a regular meeting place. Although there will always be a place for nursing and residential homes, it would seem that extra care facilities like this one are very popular with older people and could be the way forward in the future.

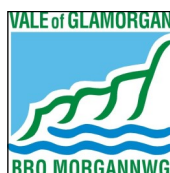
We are in the process of planning events for this year which will include an arts based event to celebrate the Gwanwyn Festival in May. In June, an event to bring peoples attention to the importance of the International Awareness Day on Elder Abuse, also, our Annual General Meeting at the end of the month. We shall be at the Vale show in August as usual, and will celebrate International Older Peoples Day in October.

I hope that you will enjoy the contents of the magazine and find some information that is useful to you, should you have any comments please contact our coordinator John Porter on 01446 709779.

**Lynda Wallis. Chairman.**

**Vale 50+ Strategy Forum**

This publication has been made possible by funding from the Vale of Glamorgan Council  
Bu'r cyhoeddiad hwn yn bosib oherwydd nawwydd  
Gan Gyngor Bro Morgannwg



**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**

## The Royal British Legion

The Royal British Legion's work is summed up within its motto: **Live On – to the memory of the fallen and the future of the living.** The Legion is the nation's biggest Armed Forces charity providing care and support to all members of the British Armed Forces past and present and their families.



### **The Legion is:**

A charity giving help to those most in need;  
A membership organisation providing support to 300,000 members;  
A campaigning organisation on issues affecting the Armed Forces community;  
The nation's custodian of Remembrance.

### **The Legion locally.**

In Wales, the Legion has recently opened a 'Pop-In' advice and information centre, on High Street in Cardiff, to bring the charity's services closer to its beneficiaries. Here members of the Armed Forces and the general public can 'Pop In' as easily as going to the shops, for advice and information on the charity's support and community services.

### **Who we help.**

The Legion helps serving members of the Armed Forces, ex-Service men and women and their families, now and for the rest of their lives. Over 7000 requests for help and information were handled by the team in Wales from October 2013 to October 2014.

### **Getting involved**

Membership - Not all our members have a Service background but do share an interest in and have an empathy with the Armed Forces' family. They add strength to our welfare, fundraising and campaigning work.

Volunteers are the lifeblood of the Legion and there are many ways you can help as a volunteer, for only a couple of hours a week or more, if you have time. Our volunteers ensure that the Legion can carry on supporting those who need us most, whether you help fundraise or deliver services to those who need them. For more information on The Royal British Legion visit 0808 802 8080, visit our website at

**[www.britishlegion.org.uk](http://www.britishlegion.org.uk)**

Or 'Pop In' to discuss with our volunteers at 13/14 High Street, Cardiff, CF10 1PT.

**Bethan Herbert**  
**PR Officer—Wales**



## **BARRY CENTRAL LAWN BOWLS CLUB**

Gladstone Gardens

**Starts Saturday 18<sup>th</sup> April 2015**

**New members of all ages and experienced players always welcome.**

Learn to play bowls – free coaching throughout April and May, you just turn up in flat shoes, we even supply the bowls!

Come along and meet the members, improve your health and make new friends.  
We offer both social and competitive bowling with a good fixture list.

Please call for more information:  
Ladies: Mrs J Morgan 01446 412976  
Men: Mr J Wathes 01446 719442



***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.***

## **Care Home Review**

In November, I published 'A Place to Call Home?', a report that sets out the findings of my Review into the quality of life and care of older people living in care homes in Wales, the biggest Review of its kind ever undertaken in Wales.

While my Review found many examples of enabling and empowering care that delivers the best outcomes for older people, there are significant variations across Wales that result in too many older people living in care homes having an unacceptable quality of life.

The evidence showed that too many older people living in care homes, who are often among the most vulnerable in society, are no longer able to do the things that matter to them, lose meaningful choice and control over their lives, have their emotional needs neglected and do not have their basic rights upheld.

My Review looked at a wide range of factors that can impact upon the quality of life of older people living in care homes, such as social participation, the care home environment, care home staff, access to healthcare services and regulation and inspection systems.

To gather evidence for my Review, a team of Social Care Rapporteurs, experts from health, social care and third sector backgrounds, undertook unannounced visits to 100 care homes across Wales on my behalf to observe the day-to-day realities of life in a care home and to hear directly from older people about their quality of life and care, and their experiences of living in residential and nursing care.

In addition to this, I collected over 2,000 questionnaire responses from care home residents and their families and also took extensive written and oral evidence from a wide range of public bodies, care providers and experts in care delivery.

The Review was undertaken using my statutory powers under the Commissioner for Older People (Wales) Act, which means that the bodies subject to the Review, which include the Welsh Government, Local Authorities and Health Boards, as well as care providers delivering care in the Vale of Glamorgan, are required to produce detailed plans within three months, identifying how they will deliver the action I require. Following this, I will begin a programme of follow-up work to monitor the implementation of these action plans and ensure that the change required is delivered for older people living in care homes.

While the findings of my Review make for hard reading, it is essential that my 'Requirements for Action' are delivered to ensure that quality of life sits at the heart of our care home system, at every level from commissioning to frontline care delivery.

I understand that this will be no easy task, but my Review makes very clear the impact of failing to get it right upon the people living in care homes and the price that is paid when failures occur, which, for too many, is simply too high.

### **Engagement Roadshow.**

My team and I have made a number of visits to the Vale of Glamorgan over the past few months, learning about inspirational projects and initiatives through my Engagement Roadshow. **If you would like my team to visit your group or organisation, email [Elizabeth.carr@olderpeoplewales.com](mailto:Elizabeth.carr@olderpeoplewales.com) or call 029 2044 5033.**

**For more information on work of the O.P.C. visit [www.olderpeoplewales.com](http://www.olderpeoplewales.com)**

**Email [ask@olderpeoplewales.com](mailto:ask@olderpeoplewales.com) or tel: 08442 640670**

**Sarah Rochira. Older People's Commissioner for Wales.**



Cllr. Stuart Egan

### **A Few Words from the Vale of Glamorgan Council Older People's Champion**

As the Older Peoples Champion and Deputy Leader the Vale of Glamorgan Council, I am pleased to be able to report that the relationship that has developed between the Vale and the Forum continues to be highly productive. As a council under pressure due to ever decreasing central funding, we are working proactively to maintain our services. To this end Vale council members and officers recognise that the Forum's contributions to our consultation processes including changes to adult social service provision and the library services are invaluable. Not only are the Forum willing to challenge in these proceedings but they often offer workable solutions to support the future development of services during times of increasing financial difficulties. I believe these positive contributions arise from the eclectic knowledge of a wide range of areas of interest among the forum members, from the arts, through transport to health, social care and wellbeing, and the Forum members promote a very real equality agenda for all.

The Vale of Glamorgan Council was pleased to be given the opportunity to support the Forum's ten year anniversary event at the end of September. Along with our public health and third sector partners we welcome the opportunity to promote services and offer advice to the Vale residents attending. Due to other commitments I was unfortunately unable to attend this year; however I have received very positive feedback from other members on how special the day was. I am aware that services in particular the Digital 2.0 were busy giving taster sessions on the use of laptops and I-pads & tablets. Barry University of the Third Age recruited five new members and had a fantastic response to their limerick competition. I have seen the photographs posted on the forum website of the event, including the fashion show and the Tenovus choir, and it looks like you all had a great time. I was particularly impressed when I was informed that the Forum had transported residents from the Porthkerry care home to the afternoon tea dance. This act of kindness reflects the Forum's commitment to include those who would otherwise not be able to join in. The residents enjoyed the tea party, choir and one or two even joined in the tea dance.

I continue to foster the relationship between Vale of Glamorgan Council and the Older Peoples Commissioner's office. In November I was able to attend with council officers a conference on moving the principles of the Dublin Declaration on Age Friendly Communities forward. As you are probably aware we were one of the first local authorities to sign the declaration in 2013. The principles of the declaration include awareness of older people, their rights and their needs. I wish to take this opportunity to reiterate the Vale's commitment to considering the needs of older people in all its future service development and strategic plans, while acknowledging there are difficult days ahead for all of us.

The Forum continues to develop as a highly effective unit, in the last few years as well as consultation and campaigning roles, the forum has supported an ever increasing range of local authority and partner initiatives aimed to improve the quality of life for the over fifties in the Vale. Forum members sit on a wide range of working parties, community forums and planning groups. Members have also given considerable voluntary time to a range of service providers by becoming flu friends, energy champions, digital champions, hospital advice workers and in 2015 the Forum will be offering a falls prevention programme to vulnerable residents in the Vale. The Council is grateful for the time and commitment offered on a daily basis. I will sign off now until my next contribution, in the mean time I look forward to working with you through 2015, and wish you all well continuing all the good work.

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



***Vale Centre for Voluntary Services***  
***Supporting Voluntary Action in the Vale of Glamorgan***

VCVS provides support, information and advice for voluntary and community groups that serve in the Vale of Glamorgan. For more information contact: VCVS Tel: 01446 741706 Fax: 01446 421442 Email: [vcvs@valecvs.org.uk](mailto:vcvs@valecvs.org.uk) Website: [www.vcvs.org.uk](http://www.vcvs.org.uk) Barry Community Enterprise Centre, Skomer Road, Barry CF62 9DA Registered Charity No 1062388 Company No 3332790

## **Vale 50+ Strategy Forum Health Group News**

### **Footcare**

At our November, 2014 meeting, Sue Dayananda, Head of Podiatry in the Cardiff and Vale UHB, outlined the current services for foot care used by Vale residents. An initial assessment is undertaken at Llandough Hospital and continuing treatment at accessible clinics throughout the Vale. Toe nail cutting is not provided, but these are services provided by voluntary and private organisations. The group was shown some horrific pictures of deformities caused, for example, by ingrown toe nails. Sue Dayananda emphasised the need for people in their fifties to look after their feet as this could prevent problems later on by wearing well-fitting shoes. In extreme situations neglect of feet can lead to the need for surgical treatment and impaired mobility.

### **Dementia Services**

In January the group had a stimulating discussion with Anne Lintern, Head for Dementia Care Services in the Vale Social Services Department, and Laura Edding, Consultation Officer in the Vale Council. The Council is reviewing its dementia services and linking with voluntary organisations and Health Services provision. Our members contributed their personal experiences, emphasising the need for support to carers. Dementia is a growing issue and the Health Group and Forum is making it a priority concern.

Two members of the Group attended a Health Board consultation on dementia services in late 2014 and several Forum members have been trained as “dementia friends” or “dementia champions”. The Vale Council is signed up to develop a “dementia friendly community.” At present dementia services are a complex mix of local authority, health and voluntary services and the group will be arranging a further session with Anne Lintern later this year to discuss dementia services developments.

### **Access to Surgical Treatment**

In July 2014 the Royal College of Surgeons produced a report “Access all Ages” which showed that sometimes access to treatments was influenced more by a patient’s chronological age than their biological age i.e. it could be assumed that an older person was at more risk simply because of their age and therefore not recommended for surgical treatment. The report proposed an action plan to reduce this type of discrimination.

The Group has corresponded with the Chief Executive of the Cardiff and Vale UHB and the Welsh Health Minister in recent months to urge them to act on the report’s proposals. We have received details of how the UHB is disseminating the findings to clinical groups and the UHB Director of Public Health will be coming to the Group’s March meeting. So far we have not had a positive response from the Minister of Health. We have alerted the Older People’s Commissioner that this is an all-Wales issue and asked her to review the report and its findings.

The minutes of the Group and Chair’s Reports are posted on the Vale 50+ S.F. Forum website. Our next meeting is on May 12<sup>th</sup> in the Civic Offices, Holton Road, Barry.

**Ron Walton**

**Chairman Vale 50+ Strategy Forum Health Group**

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 email [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk)

### **Get Creative for Spring!**

Gwanwyn (meaning spring) is a month long festival held in May each year to celebrate creativity in older age. The Forum would like you to get inspired and be involved by writing a 500 word short story or a poem. The topic can be about anything you wish.

To take part in the above you have to be aged 50+ and live in the Vale of Glamorgan. You can either send your poem/short story by post to:  
The Vale 50+ Strategy Forum.  
C/o The V.O.G.C. Older Peoples' Coordinator.  
John Porter, Civic Offices, Holton Rd, Barry,  
CF63 4RU; or email your short story or poem to  
jporter@valeofglamorgan.gov.uk

By submitting the above you are giving The Vale 50+ S.F. copyright to publish your entry in both paper and digital format, and display in public areas, so please only send us entries you are willing to share publically. Sorry but we are unable to return any poems/short stories that are sent to us. Entries to display will be decided by the Vale 50+ S.F.

**Closing date for entries is the 24th April 2015.  
So Get Inspired!**

### **A row of bottles on my shelf caused me to analyse myself.**

One yellow pill I have to pop  
Goes to my heart so it won't stop.  
A little white one that I take  
goes to my hands so they won't shake.  
The blue ones that I use a lot  
Tell me I'm happy when I'm not..  
The purple pill goes to my brain  
and tells me that I have no pain..  
The capsules tell me not to wheeze  
or cough or choke or even sneeze...  
The red ones, smallest of them all  
go to my blood so I won't fall..  
The orange ones, very big and bright  
prevent my leg cramps in the night..  
Such an array of brilliant pills  
helping to cure all kinds of ills.  
**But what I'd really like to know.....  
Is what tells each one where to go!**



## **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 £5.00 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, up to £8.30 per week.

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

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

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

The September meeting of ACL introduced author Anthony Lavisher to the members. Anthony is self published, and both lives and works in the Vale. From his teens he was influenced by the works of the late David Gemmell, an historical fantasy novelist. A meeting at Barry library with author Catrin Collier introduced him to Ken Griffiths, a theatrical agent from Llandeilo. Ken Griffiths now represents Anthony as a literary agent. Anthony is currently two thirds of his way through writing the Storm trilogy. Part one of this historical fantasy trilogy, namely 'Whispers of a Storm' was completed in 2011. Part two 'Shadows of a Storm, Anthony added in 2013. The final part 'Vengeance of a Storm', should be completed this year. Anthony's novels are popular, and can be found in all Vale libraries and good bookshops. Also they can be purchased via Amazon.

The November meeting was a Festive Craft Fair that revealed the many creative talents of the ACL membership. The exhibition highlighted the fine art talent of Beryl Wilhelm, the combined decoupage expertise of Ellie Lewis and Helen Warren, and the crochet intricacy produced by Deborah Stuart. The 2014 ACL past speakers were also invited to the Festive Foodie that followed the Craft Exhibition. The November meeting has become a traditional pre Christmas celebration for ACL, which is essentially a social members group. Members' interests are always paramount.

January 2015 started with a nautical blast, with the appearance of Peter Sampson as the first speaker of the New Year. Peter, a Cornishman, resident locally since 1957, is an established tour guide for The Flat Holm Project. He retold the colourful and often violent history of Flat Holm Island which lies in the Bristol Channel, to the south of Steep Holm Island. Flat Holm is 5.3 nautical miles from Nell's Point, the southerly point of Barry Island. Early residents were Bronze Age, followed by sixth century Celtic saints, one of whom, St Gwalches, is buried on Flat Holm. St Barruch, known locally as Baruc is buried on Barry Island. Both the Vikings and Normans left an historical footprint, however the Victorian Age saw the Island transformed into a fortified base. Initially armed against French coastal invaders, it was later rearmed both during WW1 and WW2 against German attacks. The old barracks have now been converted into a visitor centre where volunteers are based during the season. They support the ongoing ecological development of the Island, recording the bird population numbers and flora and fauna activity. Peter Sampson escorts day trippers to Flat Holm. These trips leave from the Cardiff Barrage and are dependent on tide times. E-mail: [pb.sampson@ntlworld.com](mailto:pb.sampson@ntlworld.com)

More information about ACL meetings can be found on the Vale 50+ Website.  
[valeopf.webplus.net/arts.html](http://valeopf.webplus.net/arts.html)

**Gill Davies : Chairperson : ACL Group  
Vale 50+ Strategy Forum**

## **RVS Friday Lunch Club**

**Do you live in or around Dinas Powys?  
Would you like to come out for lunch on a Friday?**

The RVS Lunch would like to welcome you to our Friday lunch at the Lee Hall, Dinas Powys. We are looking for new members to join us so if you are an older person and would like to join others for a lunch on a Friday for just £3.50 plus a 50p raffle. Please telephone Val on 02920 513316 or Gaynor on 02920 704586 or call in at noon at the Lee Hall, Britway Road Dinas Powys CF64 4AF on a Friday for more information. Collection by the DPVC (Dinas Powys Voluntary Concern) bus could be arranged.



## Recovery Cymru

Recovery Cymru is a self-help, mutual support community for people recovering from drug and alcohol problems in Cardiff and The Vale of Glamorgan. We are a recovery community in which people both gain and offer support.

We are delighted to run a range of innovative recovery programmes, meaningful activities, as well as simply living 'real life' in the community. We believe that people are much more than their problems and that positive change is possible for everyone.

Our community supports people on their recovery journey and provides a relaxed environment where friendly understanding is combined with shared experiences. We believe everyone has the potential to recover.

We are passionate about strengthening communities of people recovering from drug and alcohol problems. We empower people to continue their journey, pursuing fulfilment, exploring interests and inherent skills and improving quality of life. Our vision is to create a social movement for recovery.

We envisage a recovery community in which people on all stages of their recovery journey can both give and receive support and develop their strengths and talents. Recovery is about more than the presence or absence of a substance and we believe in the power of community to help people build a meaningful and enjoyable lifestyle in recovery.

We develop groups, activities and social networks that offer people the chance to be a part of a genuine community of support, meaningful activity and new skills. We have consolidated, developed and grown the things we are best at and sought out new ways to reach people in need of support. We have thriving recovery centres in Cardiff and Barry; as well as an ever expanding volunteer programme and membership.

There have been lots of exciting new developments. We are delighted to partner with Solas and Newlink Wales, in developing and running aftercare, volunteering and 'ad infinitum' recovery community support in Cardiff and the Vale. This partnership is called 'Footsteps to Recovery' and marks a significant development in the substance misuse treatment system.

Footsteps to Recovery (F2R) provides structured and less structured aftercare, recovery support and volunteering. F2R is available at locations in Cardiff and the Vale of Glamorgan, including support during evenings and weekends.



Picture of members, staff, and volunteers at Recovery Cymru

F2R provides a wide variety of activities and opportunities for you to build your own Recovery Capital; you can choose as many or as little activities as you would like to support you through your recovery.

At Vale Recovery Cymru we offer a wide variety of activities. We hold weekly craft sessions, peer led support groups, relapse prevention, self-help groups, relaxation and the extremely popular cookery social evening on Wednesdays.

**If you would be interested in finding out more about us please contact the centre on 01446 734220 or just pop in and see us.**

**Jo Simpson, Recovery Cymru, Barry. Vale of Glamorgan.**

## Lung Cancer Treatment and Research

**L**ung cancer is the second commonest cancer in men and women in the UK after prostate and breast cancer respectively and is the commonest cause of cancer death in the UK. More than 1 in 5 (22%) of all cancer deaths are from lung cancer, with bowel cancer the second commonest cause of cancer death (10%). Whilst there had been suspicions of a link between smoking and various diseases, the evidence for this link had been largely circumstantial until the 1950s. However, a famous epidemiological study conducted in the 1950s by Doll and Hill provided vital proof of the direct link between tobacco use and lung cancer for the first time. 60 years on from this work, around 43,500 people are diagnosed in the UK each year with lung cancer and tobacco smoking causes more than four in five of lung cancer deaths. These statistics contribute to smoking being the most important cause of preventable death in the UK. The incidence of lung cancer in men has reduced steadily over the past 20 years but the rate has increased in women, thought to reflect differences in smoking habits over this time.

A somewhat nihilistic view of lung cancer treatment has previously existed, among both patients and healthcare professionals; however this view is changing following a number of important recent developments. Rapid access chest clinics have ensured early referral of patients with symptoms of lung cancer, allowing diagnoses to be made at earlier stages of the disease and increasing the possibility of curative treatment. Multidisciplinary team meetings in hospitals provide an opportunity for new cases of lung cancer to be discussed between chest physicians, thoracic surgeons, oncologists and other healthcare professionals which has helped coordinate and expedite treatment decisions. Modern medical imaging techniques, for example positron emission tomography (PET), have improved the accuracy of lung cancer staging, ensuring increasingly appropriate and individualised treatment decisions. Finally, several advances in treatment both with modern radiotherapy techniques and novel drug treatments have been made over the past decade, which have resulted in increased treatment options for patients diagnosed with lung cancer.

Curative treatment options for lung cancer generally involve either surgery or radiotherapy, often with the addition of chemotherapy. Technological advances in modern radiotherapy treatment planning and delivery have provided opportunities for lung tumours to be imaged and visualised with greater accuracy. This has allowed tumours to be targeted more precisely by the radiotherapy treatment beams, increasing the likelihood of tumour control and reducing side effects by sparing treatment of surrounding normal tissue. These advances have resulted in new radiotherapy techniques, such as Stereotactic Ablative Radiotherapy, which allow higher doses of radiotherapy to be delivered to lung tumours accurately in shorter treatment times. These techniques are now commonly used throughout the UK, including Velindre hospital, for curative treatment of early stage lung cancers.

Finally, research work and clinical trials aiming to develop and evaluate new treatments are currently ongoing in the UK, with Velindre hospital leading and participating in many of these. These are likely to yield novel treatment approaches which will hopefully increase the treatment options available to patients diagnosed with lung cancer and lead to improved outcomes for these patients. Each of these developments continues to provide great excitement for oncologists privileged to treat patients with lung cancer and we are confident that we will see further important and significant advances in the treatment of lung cancer over the coming years.

**James Powell  
Specialist Registrar,  
Velindre Cancer Centre.  
Velindre NHS Trust.**

## Vale 50+ Strategy Forum Transport Group Report

I apologise for no report in the last Herald this was due to circumstances beyond my control.

2014 was a busy year for the Transport group. We have had very good guest speakers at all our meetings including two visits from a representative of Cardiff & Vale Health and Ian Thomas (the Independent Travel Tour Manager) and the information they imparted was circulated to all members of the Forum.

My thanks to the Vice Chairman Don Read for his support, and of course, Ellie Lewis our very able secretary, (in spite of the arduous time she had after her accident. I am glad to say she is back with us). We also welcomed back Elaine Paine (after her long awaited hip operation) and all of our regular members who attended during the year.

One of the enquiries I have been making on behalf of the group is the Welsh Assembly funded bus that runs from Cardiff Bay to Cardiff Airport 3 times an hour. I will update on this issue in the next edition of the Herald magazine.

Most of our members know now that we have moved from the Barry Central Library to the Vale of Glamorgan Civic Offices in Holton Rd. My thanks to the VOGC and their staff, John Porter & Helen Moses, for all their help in re-locating us in the Civic Offices.

One item I was also personally involved in was the Vale of Glamorgan Local Transport Plan for 2015 /2020. My thanks to John Porter (VOGC), Ian Thomas( Transport group member) & Kial Phillips VOGC for assisting me with the 50 page document and completing the response forms. This is a very important plan and will affect everyone in the Vale of Glamorgan, especially the residents in the rural areas. Some of the problems have been alleviated thanks to the NAT service which runs from Cardiff to Bridgend through the Vale. I do hope that the new plans will provide a bus service for all the areas that have lost out over the last year or so.

In 2015, I hope we can spend at least one or two of our meetings out visiting. I am making enquiries but will not know definite dates and venues until the New Year .I am always open to suggestions for guest speakers or places to visit. New members are always welcome.

Finally, thank you to the members who turned up for our Christmas lunch at the Brewers Fayre on the 9<sup>th</sup> December. Not as many as last year, but we did enjoy the chat we had afterwards in the lounge area with our teas /coffee. Very entertaining.

**Mike Edwards,  
Chairman Transport Group  
Vale 50+ Strategy Forum**

### GREENLINKS: Transport in The Vale.

We continue to support the Greenlinks services. The G1 which runs from Llantwit to Cowbridge and Bridgend, you can use your bus pass on this service. You can also use your bus pass on the G4 service which runs from Llantwit to Rhoose, Barry and Cardiff. Full details of Greenlinks services are available by ringing 0800 294 1113 between 9am and 1pm. You can also book a bus in advance for a trip out or for shopping. Individual Membership is just £5 per year.

Please visit [greenlinks@valeofglamorgan.gov.uk](mailto:greenlinks@valeofglamorgan.gov.uk)



Greenlinks mini-bus



Greenlinks Car

## **Vale 50+ Strategy Forum Housing Group News**

The Housing Group continues to be busy keeping an eye on developments within the Vale.

The new Extra Care Home, Golau Caredig (Kindly Light) opened in September 2014 and after a few minor teething problems is a fine facility of which the people of Barry can be justly proud. It is a 42 apartment project consisting of single and two bedroom apartments, all of which have now been allocated and the patrons are very pleased with their new homes.

The Barry Court project is on schedule, and we are waiting for confirmation of a completion date. It is not specifically an older persons facility, but is designed to provide a further 52 homes for Barry. Our Group hold bi-monthly meetings and over the last six months we have welcomed excellent speakers from The Residential Landlords Association, The Vale's Empty Properties Officer, Vale Care and Repair, Hafod Care Homes for You, to name a few.

All of our speakers' presentations give us a better understanding of the local housing market, so we can better direct our efforts accordingly.

Should anyone be interested in joining the Housing Group please contact John Porter on 01446 709779 for information about meeting dates for 2015.

**Jim Loach**  
**Chairman Vale 50+ Strategy Forum Housing Group.**

## **Falls Prevention**

Our falls prevention initiative has taken a little longer to get off the ground than was anticipated, but I am pleased to say that now the forum has a qualified LIFT (Low Impact Functional Training) exercise trainer.

As we age, normal everyday tasks can become more difficult. LIFT is an exercise programme designed to make everyday functions easier to accomplish. Though not designed specifically for falls prevention, LIFT aims to improve our core muscle strength, and that, will in turn improve our balance, strength and flexibility in all aspects, thereby reducing our risk of falling.

The exercise classes are chair based, so even people with limited ability can participate and enjoy the activity.

**Sessions are going to start shortly in Barry and in Penarth. Anyone who is interested can contact John Porter on 01446 709779 or Julian Loach on 02920 530460.**

## **Health and the Election 2015**

On the 7<sup>th</sup> May electors in the UK will have their opportunity to vote for the party they believe will be best for the country. Polls show that health is the single most important issue. Parties are positioning themselves in response to the question "How much money will you commit to the NHS?" This is the wrong question. We know that health and environment; the extent of poverty, inequality, poor housing, wages and employment conditions, education and now that the health of a nation's citizens is mostly determined by social conditions community infrastructure. If we want to hold politicians and candidates to account on health we should be asking them: "What are your policies to reduce poverty and inequality?" "What are your plans to increase affordable housing?" "How will you ensure that citizens are educated to be able to earn a decent wage which enables them to have sufficient to eat well and enjoy the small pleasures of life?" "How will you promote active communities which support social groups across the generations – the young, people with disabilities, older people? There is a strong case for maintaining and increasing the budget for health (we spend less as a proportion of our national wealth on health than most European countries and the USA). But to ignore the social conditions which lead to ill-health is a recipe for regular and worse crises in the health service. Do not hold back from challenging election candidates in Penarth, Barry and the Western Vale about their parties' politics on the fundamental causes of ill health in the community.

**Ron Walton. Chairman Health Group Vale 50+ Strategy Forum**

## Affordable Housing in the Vale of Glamorgan

The Housing Strategy team at the Vale of Glamorgan Council would like to provide more Information about affordable homes in the Vale of Glamorgan.

It is the Council's aim to ensure that everyone in the Vale of Glamorgan has access to affordable, good quality suitable housing and are able to live happily and independently in vibrant, sustainable communities.

The cost of housing, both to buy or rent privately, can often price people out of the villages they grew up in and make it difficult for people to stay in the local areas. In response to this, the Council would like to make people aware of the housing schemes we operate:

- **Aspire2Own**
- **Homes4U**
- **Accessible Homes Scheme**



### **Aspire2Own**

Aspire2Own is the Council's register for people interested in low cost home ownership. The scheme is operated in partnership with local Housing Associations. Properties are available to purchase on a 'shared equality' basis, usually with a 30% discount of the market value. This is how the property is kept affordable by the buyer. Low cost home ownership properties are suitable for people who are financially stable, able to raise a mortgage but unable to afford to buy on the open market.



### **Homes4U**

If rented accommodation would better suit your circumstances then we have the Home4U letting scheme. Homes4U allocates all social rented homes owned and managed by the Council and Housing Associations in the Vale. Membership is open to **anyone** seeking accommodation in the Vale of Glamorgan.

All properties are advertised every fortnight in local newspapers. Members then 'bid' for properties in which they are interested and are suitable and appropriate for their family size .

### **Accessible Homes Scheme**



The accessible Homes Scheme is part of Homes4U. It allocates accessible and adapted homes to people with mobility issues or a disability that requires them to have a home that meets their specific needs.

### **Propriety for Local People**

On new housing developments in the Vale, the Council and Housing Associations work in partnership with the local Community Councils, to develop local lettings and sales policies. The aim is to give people, with a local connection to the area, priority for housing both for rent and sale.

### **Affordable Housing Advice**

Elisa Faulkner is the Vale of Glamorgan Council's Affordable Housing Enabler. She can provide advice about affordable housing for people in the Vale. It is her job to help identify and raise awareness of local housing need and provide advice and support to communities. Elisa's role is to work with communities to identify housing issues and work with them to develop solutions.

For example:

- **Are you aware of a family member who wants/needs to live locally but cannot afford a property?**
- **Are you living in tied or privately rented accommodation?**
- **Are you a first time buyer priced out of your local area?**
- **Are you threatened with homelessness, or living in unsuitable accommodation?**

To enable the Council to future plan for the types of housing that might be required, we encourage people to sign up for Homes4U and Aspire2Own. If you are interested in the schemes, all you have to do is fill out an application form, either a paper copy acquired from the Council or an online version at [www.valeofglamorgan.gov.uk](http://www.valeofglamorgan.gov.uk) We can arrange to fill out the form or a home visit if required.

For more information contact

**Elisa Faulkner . Phone 01446 709237**

Email: [efaulkner@valeofglamorgan.gov.uk](mailto:efaulkner@valeofglamorgan.gov.uk)

Twitter: @VOGHousing



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

Many thanks for giving me the opportunity again to up-date you on the existing 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.**

**Up-date on improvements to public transport to the hospital and to all its main entrances.**

### **Adult Mental Health Unit – Hafan y Coed**

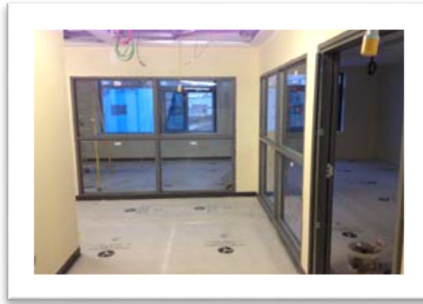
The new unit will be called 'Hafan y Coed' 'Haven of Trees' and the wards will be named after types of tree.



New Mental Health Unit at Llandough UHW

Work is progressing very well with a completion date at the end of the year. Patients will then use the facilities in spring of 2016. Below are the latest photos from the construction site for the Adult Mental Health Unit at the University Hospital Llandough. In some areas, huge progress can be seen with ceilings installed, rooms decorated, under floor heating working and flooring laid. Some of the courtyard gardens have been landscaped.

Simone Joslyn, Clinical Project Lead, took colleagues who will be working in the unit on a tour of the building to let them have a sneak peek at their new workplace. The team were highly impressed by the size and scale of the building. They were shown plans of where different wards will be located, including details of the new facilities being provided for staff and patients. Below are some of the internal photographs.



Internal photos of the new Adult Mental Health Unit at U.H. Llandough



Wales Deputy Minister for Health  
Vaughan Gething performing the  
'topping out' ceremony.

Wales' Deputy Minister for Health, Vaughan Gething, attended in December 2014 for a topping out ceremony, which marked an important milestone in the construction of the new unit. During the ceremony, Mr Gething was presented with an engraved trowel and laid the last piece of grout on the highest point of the building.

### **Plaza and Inner Corridor.**

Visitors to UHL will be able to see the huge progress that has been made in creating the new Plaza at the main entrance to the Hospital. Completion is planned for end of May 2015 and will include an upmarket café/coffee shop and other facilities. The search has begun for retailers who can meet the UHB's recently approved standards for retail catering food outlets, which seeks to improve opportunities to access healthy food and drink.

Continued on Page 15

## **Changes to University Hospital Llandough Cont.**

Picture on the right shows just inside the area where the previous reception area was located; work continues to open up this area to include further new facilities such a Patient Information Centre and a new Art Gallery which we believe is the first purpose gallery located in a hospital in NHS Wales.



Work being done on the new Plaza at Llandough

## **Hospital Improvements to Transport UHW Llandough**

The transport working group have been busy addressing the concerns that service users and staff have expressed regarding transport issues relating to the transfer of mental health services from Whitchurch Hospital to the University Hospital Llandough. The solutions will also benefit others using the hospital UHL site and be consistent with the principles of the UHB sustainable travel plan.

**Shuttle Bus.** Funds have been identified to purchase a vehicle and with the support of the Royal Voluntary Service should be up and running soon, transporting people across site.

**Public Transport.** New Adventure Travel (NAT) have announced that they will be extending their service around the UHL site 7 days a week from 20<sup>th</sup> April 2015. Information regarding location of bus stops and bus timetables will be made available in the next few weeks. Bus stops will be included in the following areas over the coming months:

- 1) Main outpatient department
- 2) Main entrance
- 3) Children's Centre (at the rear)
- 4) Therapies Department

## **Other Hospital Updates. Parking Capacity.**

UHL parking capacity is regularly assessed and will be reviewed once the unit is operational. This work is supported by the UHL Travel Plan, which includes:-

- 1) Car sharing opportunities
- 2) Additional bike shelters
- 3) Getting more buses back onto the site
- 4) Ride a bike to work scheme
- 5) Further cycle tracks around UHL

## **Secure Cycling Provision at UHL**

A cycle shelter will be provided adjacent to the new Plaza/Main Entrance. It is proposed to have a secure cycle cage for UHL.

Currently, cycle racks can be found by:

- The Library/Academic/Postgraduate Centre
- Back road near Orthopaedic Centre
- In Car Park 1b near CAVOC
- By Occupational Therapy Physiotherapy building/ Patient Ambulance Transport point.
- 

In the main, these are for staff to use rather than bringing their cars, however, other cycle users are more than welcome to use them.

Later this year, I would welcome the opportunity to further up-date you when we will have many photographs of inside the Adult Mental Health Unit, plus the entrance will be in use and I can let you know how it's going.

**Peter Welsh. General Manager.  
University Hospital Llandough**

Mae Emmaus yn fudiad rhyngwladol a'i nod yw lliniaru tlodi trwy roi grym i'r rheini y mae'n effeithio arnynt. Fe'i dechreuwyd yn Ffrainc ar ôl y rhyfel gan Abbe Pierre ac mae wedi parhau i dyfu; mae eisoes 25 o gymunedau Emmaus ym Mhrydain yn unig, ond dim un yng Nghymru hyd yn hyn. Bydd hyn yn newid tua diwedd 2015, pan fydd Emmaus De Cymru'n bwriadu agor ei Adeilad Cymunedol cyntaf ym Mhen-y-bont ar Ogwr.

Beth felly yw Cymuned Emmaus?

Mewn Cymuned Emmaus, mae dynion a menywod a oedd gynt yn ddigartref, a elwir yn Gymdeithion, yn cydfyw ac yn cydweithio mewn amgylchedd cefnogol. Mae eu rhesymau dros ddigartrefedd yn cynnwys chwalfa perthynas, camddefnydd sylweddau a thlodi. Mae'r holl Gymdeithion yn rhannu'r awydd a'r sbardun i ddechrau o'r newydd. Mae Cymdeithion yn aml yn dweud mai Emmaus oedd eu trobwynt yn eu bywydau, y pwynt pan drodd anobaith yn obaith.

Mae Cymdeithion yn byw gan ddilyn rhai rheolau sylfaenol yn y Gymuned Emmaus De Cymru newydd: disgwylir i bob un weithio 40 awr yr wythnos, yn bennaf yn un o fentrau cymdeithasol Emmaus De Cymru. Mae'n rhaid i Gymdeithion gadw at y rheol o ddim diod, cyffuriau na thrais yn eu Cymuned. Pan fyddant yn aros, mae'n rhaid iddynt ildio pob budd-dal ac eithrio budd-dal tai a gaiff ei dalu i Emmaus – maent yn cael llety a bwyd am ddim a lwfans bach y gallant ei gynilo ar gyfer y dyfodol.

Emmaus De Cymru fydd y Gymuned Emmaus gyntaf yng Nghymru, wedi'i lleoli mewn cyfleuster tai lloches blaenorol yn Nant Lais ym Mhen-y-bont ar Ogwr, sy'n costio tua £1.3m i'w brynu a'i adnewyddu. Mae Emmaus De Cymru bron a bod wedi codi'r arian angenrheidiol i sicrhau hyn a bydd yn ariannu costau parhaus y Gymuned trwy ei Fenter Gymdeithasol. Hyd yn hyn mae Emmaus De Cymru wedi agor pum siop yn Ne Cymru. Maent yn agos at ganol trefi Castell-nedd, Maesteg, Porthcawl, ac mae archfarchnad a siop ganol tref ym Mhen-y-bont. Mae pob un ar hyn o bryd yn llwyddo'n fasnachol a bydd Emmaus De Cymru'n agor rhagor; y gobaith yw y bydd y rhain yn y Bont Faen a threfi eraill yn Ne Cymru.

Mae Menter Gymdeithasol Emmaus De Cymru yn gwneud llawer mwy na sicrhau bod y Gymuned Emmaus yn talu ffordd; mae hefyd yn cynnig cyflogaeth ystyrlon i'r Cymdeithion. Dywed Cymdeithion mewn cymunedau eraill mai'r cyfle i wneud gwaith ystyrlon yn rhan o Gymuned Emmaus oedd eu trobwynt... pan drodd anobaith yn obaith. Cawsant wely mewn amgylchedd diogel... ac roedd eu rôl yn y Gymuned yn rheswm dros godi o'u gwely. Mae hyn yn allweddol i alluogi Cydymaith i ddod yn rhanddeiliad gweithredol yn eu Cymuned, adennill eu hunan barch a'u rheolaeth ar eu bywyd a helpu eraill yn ôl ar eu traed hefyd. Estyn i fyny yn hytrach nag estyn allan.

Rydym yn gobeithio croesawu ein Cymdeithion cyntaf cyn diwedd 2015, pan fydd y gwaith adnewyddu wedi dod i ben. Disgwylir i'n Llywydd Emmaus UK, Terry Waite CBE, ymweld â Phen-y-bont ar Ogwr yn nhymor y gwanwyn er mwyn estyn ei gefnogaeth i Emmaus De Cymru.

Ewch i'n siopau i ddysgu rhagor am Emmaus De Cymru, rhowch eich nwyddau diangen o safon a ffeindiwch fargeinion eich hun. Gallwch fod yn rhan o'r stori ryngwladol anhygoel o lwyddiant, sy'n dechrau cael enw lleol yma yn Ne Cymru!

**Tom Clarke, Cyfarwyddwr,  
Emmaus De Cymru**

**Pen-y-bont ar Ogwr (01656) 648426**

Ewch i'n gwefan: [www.emmaus.org.uk/southwales](http://www.emmaus.org.uk/southwales)

Cyfieithiad gan BT/MM

### **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 Morgannwg, Swyddfeydd Disedig, Heol Holton, Y Barri, CF62 3AZ. E-bost [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk) neu ewch at ein gwefan: [valeopf.webplus.net](http://valeopf.webplus.net)  
Ffôn: 01446 709779



## Emmaus South Wales

*“Emmaus gave me a bed...and a reason to get up out of it!” – An Emmaus Companion, 2014*

**E**mmaus is an international movement which aims to alleviate poverty by empowering those affected. It was started in post-war France by Abbe Pierre and has continued to expand; there are already 25 Emmaus communities in Britain alone, but so far none in Wales. This will change in late 2015, when Emmaus South Wales plans on opening its first Community Building in Bridgend.

So what is an Emmaus Community?

In an Emmaus Community, formerly homeless men and women, called Companions, live and work together in a supportive environment. Their reasons for homelessness include relationship breakdown, substance abuse and poverty. All Companions share the desire and drive to make a fresh start. Companions often credit Emmaus as a turning-point in their lives, the point when their despair changed to hope.

Companions live by some basic rules in the new Emmaus South Wales Community: all are expected to work a 40 hour week, primarily at one of the Emmaus South Wales social enterprises. Companions must abide by the rule of no drink, drugs or violence being allowed within their Community. While they stay, they have to sign off all benefits except housing benefit, which is paid to Emmaus – they receive their accommodation and food for free, plus a small allowance that they can save for the future.

Emmaus South Wales will be the first Emmaus Community in Wales, based at a former sheltered housing facility at Nant Lais in Bridgend, which is costing approx. £1.3m to purchase and renovate. Emmaus South Wales has almost raised the necessary funding to secure this and will fund the ongoing costs of running the Community through its Social Enterprise. To date, Emmaus South Wales has opened five shops. They are near the town centres of Neath, Maesteg, Porthcawl, with a superstore and town centre shop in Bridgend. All are currently trading successfully and Emmaus South Wales will be opening more; hopefully in Cowbridge and other towns in South Wales.

The Emmaus South Wales Social Enterprise does more than ensure that the Emmaus Community pays its way; it also offers meaningful employment to the Companions themselves. Companions in other communities state that the opportunity to do meaningful work whilst part of an Emmaus Community was their turning point...when despair turned to hope. They received a bed in a safe environment...and their role in the Community was reason to get up from it. This is pivotal in enabling a Companion to become an active stakeholder in their Community, regain their self-respect, control of their life and help others back onto their feet, too. Hand ups, not hand outs.

We hope to welcome our first Companions before the end of 2015, when the renovation work is scheduled to be complete. Our Emmaus UK President, Terry Waite CBE, is expected to visit Bridgend this spring in order to lend his support to Emmaus South Wales.

Please visit our shops to find out more about Emmaus South Wales, donate your quality unwanted goods and pick up a few bargains as well. You can be part of this amazing international success story, which is finding local expression here in South Wales!

**Tom Clarke, Director,  
Emmaus South Wales  
Bridgend (01656) 648426**

Visit our website at [www.emmaus.org.uk/southwales](http://www.emmaus.org.uk/southwales)

## A Thought to Make you Smile



### **We all Need a Tree!**

I hired a plumber to help me restore an old farmhouse, and after he had just finished a rough first day on the job: a flat tyre made him lose an hour of work his electric drill quit and his ancient one-ton truck refused to start. While I drove him home, he sat in stony silence.

On arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. When opening the door he underwent an amazing transformation. His face was wreathed in smiles and he hugged his two small children and gave his wife a kiss.

Afterwards he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier.' Oh, that's my trouble tree,' he replied 'I know I can't help having troubles on the job, but one thing's for sure, those troubles don't belong in the house with my wife and the children. So I just hang them up on the tree every night when I come home and ask God to take care of them. Then in the morning I pick them up again.' 'Funny thing is,' he smiled, 'when I come out in the morning to pick them up, there aren't nearly as many as I remember hanging up the night before.

**Life may not be the party that we all hoped for but while we are here we might as well dance!**

**We all need a Tree!**

### **Cowbridge Amateur dramatic society (CADS) is the resident amateur dramatic society at The Market Theatre situated in Cowbridge.**

CADS was formed in 1947 to relieve the tedium in those pre-television days and has been going ever since. We aim to stage three productions a year, and to present a varied programme. We usually put a play on around March/April, one in June/July, and one October/November. Over the years we have staged comedy, farce, drama and classic plays, as well as everything in-between. We don't always go for the tried and tested, we quite often put on new plays by modern playwrights, or even try presenting something in a new way. Not only does this make for interesting viewing by also stretches our creative muscles!

On the right is a picture from the rehearsal period of our last production, 'Theft' by Eric Chappell



The theatre can be hired and we do host visiting groups, clubs and theatre companies. It is a working theatre with auditorium for an audience of 70, stage, lights and sound. There is a large costume storage unit, dressing rooms and a work room. We also have a bar and comfortable seating area.

For details of all our shows and the theatre can be found at [www.market-theatre.com](http://www.market-theatre.com) or by emailing Camilla Hopkin, our Chairman, at [camkin@live.co.uk](mailto:camkin@live.co.uk) or by phoning her on 0773 454 3928.

**If you would like to receive our newsletter and be kept up to date about our activities then feel free to contact Camilla and she will make sure you are added to the mailing list.**

## Penarth Computer Club



**D**igital images are firmly established in our lives whether they are created by dedicated cameras or those built into mobile telephones or I-pads. They can be clear, sharp and colourful to A4 size and larger. What has not changed is the range of their quality, that still varies from cheerful 'happy snaps' to works of art. The way to improve from one towards the other is to use a computer.

Naturally, to get the best results you need to capture the best image. What the camera does with what it detects makes quite a difference.

Most people are content for the camera to process what it sees into an image, according to the Joint Picture Experts Group's agreed standard, indicated by a file name extension of **.jpg**. By doing this the camera has already discarded a lot of the information initially noted, in order to reduce the file size. There are other photographic file formats, but **j.peg** is most common for 'ordinary' pictures.

Serious photographers prefer to keep ALL the information, then work on it using their computer software. Such an unprocessed image is called a RAW image and is much larger. Many cameras can take them. RAW images provide much more information with which to work. As software becomes more powerful it is possible to go back to old RAW files and produce even better results the second time around.

Whatever image you choose to work with, there are practices that can improve your results. For example, when taking a group photograph you take several shots from exactly the same spot because there is always someone with their eyes closed or looking the wrong way. Editing software (ranging from expensive to free) allows you to choose the best overall shot and replace a turned head/closed eyes, with a better one from another image (taken same time; same background; same lighting conditions).

Whilst the 'clone' tool can be used to remove distractions from the background (trees or lampposts growing from the top of somebody's head), other tools are used to adjust the contrast levels and increase or reduce the intensity of colours and even add colours – and interest - to old black and white photographs.

Lighting effects can be tweaked; even horizons lowered using a layering technique that allows an attractive cloudy sky be added to, say, a landscape that has a blank sky. Those murky images can be enhanced to bring out details in shadows that would otherwise be unseen.

As with most things, more time, patience and concentration brings more satisfactory results: more practice brings the desired result more quickly and with less fuss.

Want to learn more about the computer?

**Come see what we do and see if it's for you.  
All welcome.**

***Meetings are at 7.30 p.m. for 8 00 p.m. On 2nd and 4th  
Tuesdays (September to June) at All Saints Church  
Lesser Hall, Victoria Square, Penarth.***

***Visit our Website at [www.penarthcomputerclub.co.uk](http://www.penarthcomputerclub.co.uk)***



## **Vale 50+ Strategy Forum Age Equality Group News**

### **Digital Inclusion.**

A Digital inclusion session for ten Forum members was held on the 13th November in the Corporate Suite from 10am – 1.00pm. Facilitated by Katie Cooke from the Cooperative group in conjunction with Communities 2.0. Katie provided two I.T. tutors, and several Tablets, plus also doing a session on ‘keeping safe On-line.’ Tutors were helped by three Vale 50+ S.F. Digital Champions who had recently received training from Communities.2.0. Feedback from participants of the session was very positive; stating that they felt more confident in using their devices, and several were going to follow up this session with further free digital sessions provided at local libraries etc. This initiative will be finishing in March 2015 but it is hoped that the partners of the Steering Group formed for the above will continue to promote digital inclusion across all ages in the Vale. The Forum’s Digital Champions have some ideas of how they wish to continue this initiative in the Vale, and will be working hard with other Voluntary and Statutory Organisations to promote this. More information to follow.

### **Communication & Language Skills for Care Workers in Residential Care.**

The Older People’s Commissioner has now published her review into Residential Care in Wales. I have looked at the report and much of it ‘made grim reading.’ The group are pleased to note there is a lot of emphasis on ‘listening’ and ‘communication’ within the report, and much more emphasis on ‘mandatory training for care workers in this area’. The O.P.C. will be using her powers for changes to be implemented within the ‘Requirements for Action’ section of her Care Homes Review. The Age Equality group have worked hard on this issue for the past eighteen months, by lobbying and writing to Care Quality Commission, Care & Social Services Inspectorate Wales, the Welsh Government. The Age Equality group responded to the Consultation to the Residential Care Review, and kept the O.P.C. updated with the responses to their concerns from all the above organisations. 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.

### **Mandatory recall for Breast Screening for women aged 70+.**

I have discussed this issue with Age Cymru, who will support us with information etc. and to see if they can support the above. Following up from the letter I have written, and response received from Screening Division Public Health Wales, I have written to the Chairman of the Science & Technology Committee at the House of Commons to request an update of the clinical trials that are currently being held. It is unlikely that Wales will extend age for breast screening of women aged 70+ without the formal recommendation by the UK National Screening Committee. I have also written to Mark Drakeford AM Minister for Health & Social Services for an update on the Welsh Government’s position on this.

### **Vale Adult Learning Network**

I attend the above meetings of this Network to give input in areas of adult learning affecting people aged 50+ in the Vale.

### **Vale Voluntary Action & Community Development Network.**

This Network meets three times a year to share information throughout the Vale.

### **Reports.**

Consultation Response on Proposal to lower the legal threshold for enforcement of the Privacy and Electronic Communications (EC Directive) Regulations 2002 (PECR) for regulations 19-24, to tackle unsolicited direct marketing calls and SMS text messages. Response for Vale 50+ Strategy Forum done by Jane Weldon. (Copy of Forum response available upon request). Consultation for Implementation of the Social Services and Well-being (Wales) Act 2014 – Code of practice in relation to measuring social services performance. Response by the 24th April. A joint response to the above to be done by the Equality Group chairman/Health Group chairman of the Vale 50+ S.F.

My thanks to all the Equality Group members of the Forum for their commitment and hard work.

## **Jane Weldon. Chairperson Age Equality Group Vale 50+ Strategy Forum**

**The Age Equality Group is always looking for new members to come along to our meetings. We meet bi-monthly at the Civic Offices in Barry. Reasonable travel costs are reimbursed.**

**If you would like more information, and future meeting dates please contact John Porter Older People’s Co-ordinator on 01446 709779 or email [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk)**

## Complaints Procedure for Cardiff & Vale University Health Board (UHB)

Cardiff and Vale University Health Board (UHB) is always looking to improve services and in order to do this we need to hear from you.

If you are unhappy with the treatment or care you are receiving **or you feel that you have been treated unfairly**, we suggest you make a complaint as soon as possible, preferably to senior staff on duty at the time of the incident or the appropriate ward, hospital or community manager. Alternatively, please contact a member of the Complaints Department, Tel 029 2074 4095, and they will be happy to discuss your concerns with you.

Other than in exceptional circumstances, a complaint should be made as quickly as possible in relation to the problem arising. If there is a good reason why the complaint cannot be made sooner, it may still be possible to investigate your concerns, as long as no more than a year has passed.

If you wish to make a formal complaint, phone either the Complaints Department to discuss how best to proceed, or write to the Chief Executive:

Mr Adam Cairns  
Chief Executive  
Cardiff and Vale University Health Board Headquarters  
University Hospital of Wales (UHW)  
Heath Park  
Cardiff  
CF14 7XB.

If you wish to submit your complaint via e mail, please send it to [concerns@wales.nhs.uk](mailto:concerns@wales.nhs.uk) - you will receive an e mail acknowledgment within two working days. If you feel your concern requires a more rapid response, please contact the Complaints Department by telephone on 029 2074 4095. You may also send a letter of concern by Fax to 029 2033 6365.

In your letter of complaint, please outline the specific questions that you would like the Health Board to address. If the person writing the letter is not the complainant, the Health Board will have to ask for permission from the person involved (if they are aged over 18 and have capacity).

We would encourage you to contact the Complaints Department in the first instance to try to achieve a timely and informal resolution to your concerns. If you are not happy with any informal course of action, you will still be able to submit a formal complaint.

You will receive an acknowledgement letter within two working days of receipt of your formal complaint. This letter will provide you with contact details of the Complaints Co-ordinator who is processing your complaint. If you have any questions, please feel free to contact this person.

You will receive a written response to your complaint within 30 working days. However, if a more in depth investigation is required, the Health Board can take up to 6 months to complete its investigation. The written response will be signed by an appropriate Executive. On occasions, we may ask you if you wish to meet with members of the clinical team who will discuss your complaint with you. This can be during or following the investigation.

We place great importance on any feedback we receive and the way in which we manage and investigate concerns you may have. By understanding why our patients have cause to complain, we can improve the quality of care and treatment provided to anyone using our services.

Continued on page 23



**The soldier stood and faced  
God,  
Which must always come to  
pass.  
He hoped his shoes were  
shining,  
just as brightly as his brass.**

'Step forward now, you soldier,  
How shall I deal with you?  
Have you always turned the other cheek?  
To My Church have you been true?'

The soldier squared his shoulders and said,  
'No, Lord, I guess I haven't.  
Because those of us who carry guns,  
Can't always be a saint.

I've had to work most Sundays,  
and at times my talk was tough.  
And sometimes I've been violent,  
because the world is awfully rough.

But, I never took a penny,  
that wasn't mine to keep...  
Though I worked a lot of time,  
and the bills got just too steep.

And I never passed a cry for help,  
though at times I shook with fear.  
And sometimes, God, forgive me,  
I've wept unmanly tears.

I know I don't deserve a place,  
among the people here.  
They never wanted me around,  
except to calm their fears.

If you've a place for me here, Lord,  
It needn't be so grand.  
I never expected or had too much,  
but if you don't, I'll understand.

There was a silence all around the throne,  
where the saints had often trod.  
As the soldier waited quietly,  
for the judgment of his God.

'Step forward now, you soldier,  
you've borne your burdens well.  
Walk peacefully on Heaven's streets,  
you've done your time in Hell.'  
Author Unknown.



**If your home is hard to heat, call NEST.**  
The Welsh Government's Nest scheme is here to help you keep warm and save money on your energy bills. Nest is open to all householders in Wales and provides advice on saving energy, money management, fuel tariffs, and benefit entitlement.

In addition to free advice, if you own or privately rent your home and you or someone you live with receives a means tested benefit you may be eligible for home improvements at no extra cost. These may include a new central heating boiler, loft insulation, or cavity wall and solid wall insulation.

**If your home is hard to heat, please contact NEST on Freephone 0808 808 2244 for free advice and see if you are eligible for energy saving improvements or visit [www.nestwales.org.uk](http://www.nestwales.org.uk)**

### **The Aisle, The Altar, The Hymn.**

Through the ages, men have been trying to unlock this mystery: Why do their wives, who accept them just as they are before they get married, begin the quest to change their behaviour and life-style once their vows are exchanged. Finally, the riddle is solved. A social scientist has arrived at this simple and logical explanation. When the bride, accompanied by her father, starts to walk slowly down the long aisle, she sees the altar at the end and hears the choir singing a hymn. Walking down the aisle, the conditioning process starts where the brain absorbs these three stimuli: Aisle, altar, and hymn. She becomes mesmerised as she continually reinforces these perceptions: Aisle, altar, hymn, Aisle, altar, hymn, Aisle, altar, hymn, and finally, as she stops beside the groom, the conditioning process is complete. She looks up at him smiling sweetly and keeps saying to herself:

**"I'll alter him"!**

## **Complaints Procedure for Cardiff & Vale University Health Board (UHB)**

You will find a number of suggestion boxes throughout the UHB sites, where you can complete suggestion forms. You do not have to give your name and address details if you do not wish to do so.

If you to discuss any concerns or have any other questions, please contact our Concerns Manager:  
Angela Hughes  
Cardiff and Vale University Health Board Headquarters  
University Hospital of Wales (UHW)  
Heath Park  
Cardiff  
CF14 7XB

### **Volunteering for the National Trust**

It's a weekend in April, and Chris and Julia drive up the winding road from Monmouth to The Kymin, a National Trust property on the edge of the Forest of Dean. Birds are singing, spring is in the air, and the view that awaits them when they reach the top is breath-taking. Chris is a retired teacher, and started volunteering for the National Trust six years ago.



Julia and home made cakes

He acts as Room Steward in the Round House, the little Georgian banqueting house which looks out over Monmouth, and he is enthusiastic about his job: "I come up here about once a month and welcome visitors, telling them about the history of the building and answering their questions. It's a great way of meeting people, and everyone is very appreciative; I always leave with a real sense of satisfaction at the end of the day. We have a friendly group of volunteers, and arrangements are very flexible – you can choose days to suit yourself, and as we don't open till 11 a.m. I don't have to get up at crack of dawn!" Chris's wife Julia usually accompanies him to The Kymin, and provides sustenance to visitors in the form of tea, coffee and her own home-made cakes. "We are a very small property and don't have a tea-room, so I serve refreshments from the back door of the Round House. Many of our visitors are walking Offa's Dyke Path, which passes the door, and it's nice to chat to them and give them something to help them on their way. I love being up here, and if it's not busy, I never grow tired of the view.

"Chris and Julia both say: "Do come and join us! The Kymin, like other National Trust properties, is always looking for volunteers - to find out more just ring the Manager, Sara Szwer (01600.719241) or see the NT website [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk) ."

### **Please Send Us Your Articles**

The media/publicity group of the Vale 50+ Strategy Forum welcome contributions to the 'Herald' magazine. If you would like to send us your views and or news, for consideration. Please contact John Porter at the address on page 24 of this magazine, and details will be forwarded to the group for consideration.

Please note that articles sent could be edited for editorial purposes. .

**Vale 50+ Strategy Forum Media/Publicity Group.**

Contact  
Holwch

VALE of GLAMORGAN  
BRO MORGANNWG

OneVale  
UnFro

**01446 700111**  
[www.valeofglamorgan.gov.uk](http://www.valeofglamorgan.gov.uk)



## Cat Protection League — Dedicated to Cats

I still remember clearly the day 16 years ago when I retrieved the weekly newspaper The Recorder from the bin after throwing it away because I had an uncanny feeling that there was a job in it for me. I initially dismissed the feeling as my children were very young and I wasn't actively seeking work but eventually decided to take a look. Imagine my surprise when I saw the advert for Cats Protection Bridgend Adoption Centre Manager. I decided to apply for the position and haven't looked back since.



Sue Dobbs with 'Lucky' who is a rescued cat.

Bridgend Adoption Centre is one of the largest and busiest centres in the UK and includes homing, maternity, admission and Isolation wings. We have 121 pens in total and can have over 250 cats and kittens in our care when full to capacity. Each wing has its own kitchen area and tray wash, we also have an operating theatre enabling our vet to neuter and carry out minor surgery on site.

My role is varied and no two days are the same – I often go into work and plan for the day only to find my plans derailed for the day. My typical day starts with briefing the team on which areas they are working in, bringing them up to date with relevant information for the day and arranging for cats to be transported to the vets for non-routine ops such as dentals. I then walk around to check all the cats in the centre for any signs of illness and arrange for them to see the vet and move into isolation if necessary. Responding to emails, correspondence and queries is next on the agenda, I would then check for any empty pens and book for new cats to come in. Every day is different but other duties may including preparing for and assisting on the vet run, organise rota, dealing with all requests, staff appraisals as well as day to day routine duties.

Cats come into the centre for a huge variety of reasons, including being strays, allergies, owners going into care or moving, financial reasons and so on. All cats and kittens are vet checked and any ailments treated, they are neutered, vaccinated, treated for worm & flea and micro chipped before they go up for rehoming. On average we have 40 cats and kittens a week leave our care to their forever homes, 1460 cats and kittens were adopted from the centre during 2014. I have a great team of deputies, cat carers, receptionists and volunteers working with me to deliver a high standard of cat care, customer service, delivering cat welfare talks to schools and the community and event staging. We hold 2 – 3 open days a year, as well as attending several events in the community to help raise awareness of the work we do and raise funds to care for the cats at the centre. We held a wide variety of events at the centre including fire and glass walks, a Guinness World Record Attempt for the largest gathering of people dressed as cats. Our latest fundraising challenge was to abseil down the Avon Gorge on 8<sup>th</sup> March 2015. I feel very privileged to be at the helm of Bridgend Adoption Centre, it's a unique job which enables me with the help of my team to make a huge difference to the welfare of the cats in Bridgend and surrounding area. Contact us below at;

**Sue Dobbs**  
**Manager**  
**Cats Protection Centre**

Cats Protection  
Green Acres, Pant Hirwaun, Bryncethin  
BRIDGEND CF32 9UJ  
**Email: [bridgend@cats.org.uk](mailto:bridgend@cats.org.uk)**  
**Telephone: 01656 724396**

## **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 Road, Barry. CF 63 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)