

THE HERALD

Information and Inspiration – For Over Fifties – Vale of Glamorgan

A**N***N***U***A***L* E**D***I***T***I***O***N*

2018-2019, No. 27

Sarah Rochira steps down after 6 years of championing older people

The Forum would like to extend their thanks to Sarah Rochira, the Older People's Commissioner for Wales as she comes to the end of her six year term in office. Throughout her term in office Sarah has worked tirelessly to champion the rights of older people, their needs, aspirations and contribution to society. This has helped to challenge ideas that older people are a burden to society and has helped develop a better understanding of the many positive ways in which older people contribute to society and the need to respect people of all ages.

Sarah's campaign 'I'm worth a billion' has helped to raise awareness of the value of those of us who are a bit older but who still count within society, have a role to play and a voice to be heard. The key message of the campaign is that the net worth of older people in Wales is £1 billion a year. The Vale 50+ Strategy Forum have welcomed this positive campaign which makes a refreshing change to the all too frequent messages that appear in the media about the financial cost of older people in terms of pensions, health care and social services, and the particular issues around bed blocking. The reality is that pensioners make a positive contribution to our economy. As a Forum we are grateful to Sarah for her contributions to this debate and her positive but challenging messages.



Another key achievement has been the Commissioner's Ageing Well programme which has helped to embed the needs of older people in the development and planning of a range of services. This includes public and community transport, public toilets and adult learning – services which are often a lifeline to older people.

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Welcome to the Spring 2018 edition

Lynda Wallis, Executive Chairman, Vale 50+ Strategy Forum

Welcome to the 2018 Annual edition of the Herald magazine produced by the Vale 50+ Strategy Forum. I hope that you will find the information inside useful and informative and perhaps we can raise a little smile as well.

As you will see from the reports from the various sub groups this has been another busy year for the Forum, not just with the meetings but with our events throughout the year. It has been agreed during this last year that all the Executive meetings which are held on the third Thursday of every month will be open to all members to attend so that you can not only listen to the speakers that come to our meetings but can put your own views on the subjects discussed and also bring forward any item that you feel the Forum should take forward. The Forum is there to serve its members so we welcome input from members not only at the meetings but for the website and also for this magazine.



Our new website has been up and running for some time now but it is continuing to grow, as is the twitter and Facebook accounts. There is great need to use the social media route to get information out to more people. Although many older people do not wish to get involved with social media it is the way that information is passed around these days. One of our main aims is to get information out to older people about what is available to them to assist them in living well into older age. To this end I have been taking an information table to many coffee mornings and other events around the Vale over the past six months and I intend this to continue throughout 2018.

There will be vacancies coming up on the Executive committee later in this year, we will be looking for people who would like to be involved more in the work that we do, who enjoy meeting people, taking forward issues that can affect the lives of the over 50's particularly in the Vale but quite often these matters can be Wales wide as well. If you should have particular interests in one of the sub groups, such as Housing, Health and Equalities, Transport, Media or Arts, Crafts and Leisure please contact John Porter either by telephone on 01446 709779 or email jporter@valeofglamorgan.gov.uk, there is a membership form on the website so you can join online at www.vale50plus.org. Volunteering can be very rewarding and it can be fun too, so please give the idea some thought and get in touch.

Sadly we will lose our present Older People's Commissioner for Wales this summer and I would like to just pay my own personal tribute to the work that Sarah Rochira has put in to her role during her term of office. She has worked tirelessly throughout her term to improve the lives of older people throughout Wales and has also become a personal friend. She will be missed for her dedication to her role, and I wish her successor the best of luck when he/she takes up their role. I am sure we will have a good working relationship as we have had in the past.

Bus Users Cymru - Working for Passengers

'Helping you get the most out of your bus service'

Our Vale 50+ Strategy Forum (V50+SF) Co-ordinator John Porter, kindly sent a little questionnaire to Forum members to find out what experience they had of using Bus Users Cymru. Even though Bus Users Cymru has been a presentation topic at a Transport Task Group meeting the feedback from the questionnaire was that it would be useful to include information in our Herald Magazine. So here it is:

Who are Bus Users Cymru?

Bus Users Cymru is funded by the Welsh Government to:

- Handle complaints
- Facilitate "Your Bus Matters" events where the public can meet face to face the local authorities and the operators that provide the services
- Carry out monitoring and mystery travelling
- Employ, direct and lead three Bus Compliance Officers

These combine to deliver their core activities:

- To improve bus services across Wales by monitoring and reporting on bus operations
- To gather the views of users and accurately reflect them to the industry and legislators
- To provide guidance and support for bus users
- To provide advice on proposed transport policy
- To handle bus complaints relating to the European Passenger Rights Regulation. Bus Users UK is the designated UK Body for EPRR.

What does Bus Users Cymru do?

What should I do if I have a complaint about a bus service or bus company?

If you have a complaint about a bus service or bus company, then please complain to the company directly for example New Adventure Travel on 029 20442040 or Cardiff Bus on 029 2066 6444.

If you're not completely satisfied with the way they handle your complaint, then Bus Users Cymru can help. They'll pursue the complaint on your behalf and if they can't resolve it, they will escalate it to the Bus Appeals Body.

Margaret Everson - Director of Bus Users Cymru.
Bus Users Cymru
PO Box 1045, Cardiff CF11 1JE
Telephone: 02920 344 300 or 0300 111 0001
Email: wales@bususers.org
Website: www.bususers.org
Link <http://www.bususers.org/cymru-wales/about-us>

We hope you have found this information useful and you are welcome to join us at our meetings - Anne Marie Little Chair of Transport Task Group V50+SF. Contact the Vale 50+ Strategy Forum for further details.



Members of the V50+SF Transport Group met with Bus Users Cymru at a Diverse Cymru Event and the Senedd in Cardiff Bay. Left to right: Gilly Davies Chair of Arts Craft & Leisure, Vanessa Mordin Executive Member, Margaret Everson Director of Bus Users Cymru, Anne Marie Little Chair of Transport

Council launch £670,000 funding scheme to support community- led organisations projects

The Vale of Glamorgan Council has launched a new three-year £670,000 funding scheme designed to support projects and initiatives put forward by community-led organisations. It will be financed by the Council, along with a contribution from a charity, while there will also be access to money negotiated by the Vale of Glamorgan Council from Section 106 contributions.

The aim is that access to this Strong Communities Fund will help community initiatives become more sustainable, in turn reducing the need for ongoing subsidies to cover running costs and activities. This is a unique approach in Wales, and will serve to expand the range and amount of funding available to support community led projects. Applications for funding will be considered by a panel made up of Councillors and external partners, including representatives from Town and Community Councils, a representative from the Waterloo Foundation (an independent charity offering financial support to projects that has given support to the fund), public service partners and Glamorgan Voluntary Services (GVS), a charity supporting volunteer work and third sector activity in the Vale of Glamorgan.

Rachel Connor, Chief Executive of GVS, said: “We are pleased to see this additional resource for the Third Sector in the Vale of Glamorgan. The Sector has always been innovative and creative in its approach to funding. This new resource will help encourage a more enterprising approach. GVS looks forward to supporting our members in accessing this new funding stream.” The fund can be used to finance feasibility studies, buy equipment, pay for building works and meet staffing costs. It is also available for small innovative projects, with requests for any funding sum considered. There are a number of application rounds each year and those requiring more information or an application form for their project can contact the Council’s Economic Development team for guidance by emailing scgfapplications@valeofglamorgan.gov.uk or calling 01446 704636.

Cllr John Thomas, Leader of the Vale of Glamorgan Council, said “In times of austerity, the Vale Council is pleased that it is still able to offer grant funding to community-led organisations. This substantial fund is now open for applications and we invite enquiries from large and small third-sector organisations, Town and Community Councils as well as joint applications.

“We welcome and value the involvement of the Waterloo Foundation and hope this scheme can help deliver Strong Communities with a Bright Future, our vision for the Vale of Glamorgan.”

Do you feel lonely? Do you feel worried or anxious? Do you struggle with low mood? You are not alone

The Pave the Way Knitting, Crochet and Wellbeing group would like to invite you to join them every Thursday 10am till 12noon at Golau Caredig, Barry.

We enjoy our time together, we use our skills to help others by making things to sell for local charities. We get to meet new people and enjoy a cuppa in a relaxed environment.

For more information please contact Clare at Glamorgan Voluntary Services (GVS), tel: 01446 741706, e-mail: clare@gvs.wales



Supporting residents to remain independent

A reablement unit based at the Vale of Glamorgan Council's Ty Dyfan residential home in Barry provides six short term 'intermediate care beds' for people who are ready to be discharged from hospital but who require therapy or support before they can return home. The residential care setting in Barry provides patients a bridge between hospital and living at home. The service supports patients leaving hospital with an eclectic rehabilitation programme to ensure they are well enough to maintain living independently at home. The reablement unit has supported 24 residents during the period 1st April 2017 to 30th September 2017. Following an advertising campaign the unit is now attracting very real interest and is full to capacity.

Funded through the Intermediate Care Fund, support on the unit is provided by a multidisciplinary team that consists of the Vale of Glamorgan Council's care staff and Cardiff and Vale UHB's Community Resource Service therapists. The Council's in-house care team are there 24/7 to support residents and help get them home as soon as possible. Following an assessment they work with the resident to develop a reablement programme and then work closely with the therapists to deliver this. By successfully providing a reablement facility we are now working effectively to tackle the issue of delayed transfer that is proving so problematic across Wales. Residents at the reablement unit receive daily physiotherapy and occupational therapy sessions as well as health promotion talks, all of which are designed to build confidence as well as aid a return to physical fitness.



What If There Were No More Polar Bears?

What if there were no more polar bears? Would we take any notice?

Would we all stand and stare? Would we care?

Would we just say, "It's got nothing to do with us - what's all the fuss"?

What if there were no more trees? Would we all fall on bended knees?

What if there were no more Bees? Would we say, enough please?

What if there were no more fish in the sea?

Would we all beg to leave, yes, you and me?

What if we couldn't see the wood from the trees?

Would we all say, again – "Enough please"?

What if there were no more polar bears? Would we take any notice?

Would we just say, "It's got nothing to do with us - what's all the fuss"?

There, I've gone and said it, don't me give the credit.

I only said it for a dare. I only said it to make you all aware!

What if there were no more Polar Bears?

Written by Mark W Collard ©

Vale teachers among seven across Wales to win at the National Adult Tutor Inspire awards

Two Vale of Glamorgan tutors have taken home Inspirational awards for their commitment and dedication to their pupils.

Sarian Thomas-Jones, a Learn Welsh in the Vale Tutor was awarded Tutor of Year and Anne-Marie Edwards, who teaches on the Get Back on Track programme, received the Learner Voice Tutor Award at the 2017 National Adult Tutor 'Inspire' Awards.

Organised by the Learning and Work Institute, the awards celebrate the achievements of exceptional tutors across the country, who have shown outstanding passion and commitment in their work in teaching others.

Both tutors, who are primarily based in Palmerston Learning Centre in Barry, were among seven across Wales to be awarded for their work at Cardiff's Atrium building, part of the University of South Wales.

Sarian Thomas-Jones works as a full time Welsh Tutor, having learnt the language as an adult herself.



Photograph from right to left:
Anne-Marie Edwards and Sarian Thomas-Jones

Sarian Thomas Jones said: "I was delighted to receive the award and to be nominated by students is wonderful, as it comes from the heart."

Anne-Marie has been teaching at Palmerston for three years, after completing an adult counselling skills course, which led her to gaining a Counselling foundation degree with the Open University.

"A huge congratulations to both Annie Marie and Sarian for their achievements, and to be chosen as two of seven across the country is a testament to their hard work.

"As a council, we are pleased to support these tutors and the classes they teach in Palmerston adult centre, and are committed to promoting the Welsh language across the Vale." - **Cabinet Member for Learning and Culture, Councillor Bob Penrose**

For more information on adults courses across the Vale, take a look at the website:
www.valeofglamorgan.gov.uk/en/working/adult_and_community_learning/Vale-Courses/Adult-Learning-Vale-Courses.aspx

If your home is hard to heat, call Nest

The Welsh Government Warm Homes 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, energy 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 cost. These may include a new central heating boiler, loft insulation, or cavity wall and solid wall insulation.

Head of Nest, Lee Parry, said: "Nest offers a wide range of support and advice to help people who are struggling to heat their homes. Between 2011 and 2016, over 85,000 householders have contacted Nest and 23,700 have received free home improvements and saved an average of £408 on their energy bills."

If your home is hard to heat, please contact Nest on **Freephone 0808 808 2244** for free advice and to see if you are eligible for energy saving home improvements, or visit www.nestwales.org.uk for more information.

Why not volunteer and make a difference

"Why volunteer?" Because it can have enormous benefits for you!

You can:-

- build up your skills and self-confidence
- gain valuable work experience
- enhance your CV
- meet new people
- get a great reference

Volunteer work can also:-

- improve your health and wellbeing
- add structure to your day
- help others in your community
- be a lot of fun

So if you want to volunteer within the Vale of Glamorgan – indoors or outdoors, weekdays or weekends or evenings – then Glamorgan Voluntary Services (GVS) can help you find your ideal opportunity.



GVS has almost 500 volunteer opportunities available, covering a wide variety of categories. You can work with children, families, sports, the environment, hospitals and hospices. You can be involved with DIY, fundraising, befriending, driving, youth work, support work, mental health, computers, technology – and many more.



GVS also offers services and support to voluntary groups operating in the Vale of Glamorgan. Glamorgan Voluntary Services (GVS),
Tel: 01446 741706, E-mail: volunteering@gvs.wales,
Website: www.gvs.wales Registered Charity No. 1163193

Transport Group Chair's Report

The Transport Task Group was set up and met for the first time in January 2007. The Chair is Anne Marie Little, the Vice Chair is Richard J Jones, the Secretary is Ellie Lewis and the Llandough Hospital Transport Working Party Representative is Lynda Wallis. We have a meeting of Task Group members every 2 months at 1.30pm - 3.30pm at the Civic Offices and these are open to all interested Forum members.

The aims of the Vale 50+ Strategy Forum Transport Group are:

- To work with and establish further links with transport providers.
- To provide an opportunity to express views and concerns about local public and community transport.
- To work closely with agencies including Welsh Government, The Commissioner for Older People's Office, Vale of Glamorgan Council, voluntary groups and other relevant organisations.
- To network and work closely with the other Vale 50+ Strategy Forum task groups: Arts Crafts and Leisure (ACL), Housing, Health/Equality and the Media and Publicity Group (MPG).
- In order that as a Transport Group we can influence decision making on strategy planning, policy making and service delivery, using a range of engagement tools including consultations, questionnaires, surveys and workshops.

The following consultation table gives a flavour of the range of engagement activities undertaken by the transport group as a unit. Members also, respond to engagement activities, consultations and attend a range of seminars, conferences and working parties throughout the year. The forum executive and other forum working task groups also contribute to engagement activities throughout the year.

Consultations and emails from August 2017

The following outline illustrates the range of meetings, the variety of speakers and the fun social activities enjoyed by the transport group over the last year.

22/08/17	Community Transport Association Wales (CTA)	'Keep Our Communities Moving' - Increase in concessionary fare reimbursement for section 22 routes in Wales, completed online
12/10/17	Welsh Government	Public consultation on Mandatory Concessionary Fares in Wales-maintaining free bus travel for older people, disabled people and injured service veterans, completed online
12/10/17	Vale of Glamorgan Public Services Board (PSB)	'Well-being Plan' Consultation-hard copy completed
26/10/17	Email to Jane Hutt AM	Mandatory Concessionary Fares in Wales
16/12/17	Email to Iwan Williams of Older People Commissioners Office	Mandatory Concessionary Fares in Wales, contributing to the Commissioner's response
22/12/17	Emails to Richard Davies, Gareth Stevens of Cardiff Bus, Alun Cairns MP and Cllr. John Thomas Leader Vale of Glamorgan Council	Drastic changes to Cardiff Bus X91 time table

Meetings held since August 2017:

August 8th 2017: Clare Cameron of the Vale Council conducted an 'Active Travel Consultation' relating to walking and cycling (including the use of mobility scooters) for everyday journeys to work, the shops, or access to health services or leisure centres.

October 10th 2017: Our special guest was Cllr. Geoffrey Cox, Neighbourhood Services and Transport and we held a 'Transport Review Workshop' so that the Cllr. could report back our views to the Leader Cllr. John Thomas. Both Kyle Phillips and Andrew Eccleshare from the Council were sent the list of issues from the completed postcards and they responded to some of our issues raised.

December 12th 2017: We had a change of venue for our Christmas meal this year and we had a lovely time and smashing food at the Cherry Orchard (former College Inn) in Barry.

Dates for future meetings:

- **April 10th 2018:**
- **June 12th 2018:**
- **August 14th 2018:**
- **October 9th 2018:**
- **December 11th 2018: (Meal out)**

Finally, a big thank you to all the members, especially the Chairs of the Task Groups for linking with the Transport Task Group. Also to Andrew Eccleshare, Transportation Officer, and Kyle Phillips, Senior Transportation Officer, both Vale of Glamorgan Council, for their continued support and attendance.

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. See you soon!**



Photograph from right to left:

Clare Cameron of the Vale Council, John Porter of Vale Council, Gilly Davies, Kalpana Natarajan, Max Wallis, Ellie Lewis and Anne Marie Little.



GIG
CYMRU
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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

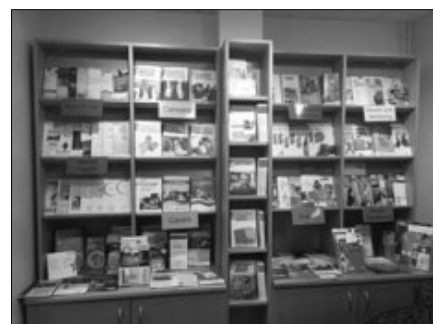
Information and Support Centres

Cardiff and Vale University Health Board have three Information and Support Centres. They are situated in the main waiting area at Barry Hospital, The Plaza at University Hospital Llandough and Concourse in the University Hospital of Wales.

This service supports anyone looking for health information by providing free access to information in hard copy and via the internet, signposting to services, and offering time to talk in a confidential environment.

In the Centres there is information about all types of health conditions, including cancer and long-term health conditions; local services and organisations; access to financial advice and information on benefits; carers information; screening, health awareness and health promotion information.

Some of the information is available in a range of formats including leaflets, booklets, online, audio, easy read and different languages.



How to find us

Macmillan Information and Support Centre, University Hospital of Wales,
Concourse, Heath Park, Cardiff, CF14 4XW. Tel: 029 2074 5655

Information and Support Centre, University Hospital Llandough, The Plaza,
Penlan Road, Llandough, CF64 2XX. Tel: 029 2071 6311

Information and Support Centre, Barry Hospital, Colcot Road,
Barry, CF62 8YH. Tel: 01446 704141

Contact Sarah Davies, Facilitator for further information
by email: sarah.davies37@wales.nhs.uk,
telephone: 07973715912 or visit our website:
www.cardiffandvaleuhb.wales.nhs.uk – Our Services section

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Activities and Services provided at the Information and Support Centre, University Hospital Llandough

Day: Monday

Time: 2.00 p.m. – 4.00 p.m.

Knit and Natter Group – everyone welcome. Please come and have a chat and see what we have been knitting. We supply wool, needles and patterns free of charge.



Day: Tuesday

Time: 9.00 a.m. – 4.00 p.m.

Patient Advice and Liaison Service - Patients, relatives or carers can attend these drop-in sessions where Patient Advice and Liaison Service officers can offer advice on any concerns that they may have regarding the care and treatment a patient is receiving. They can also offer guidance on the formal complaints' process and advocacy support available.

Day: Wednesday

Time: By appointment only - telephone 029 20871016

The **Citizens Advice** service helps people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers. It provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities.



Day: Wednesday

Time: 4.00 p.m. – 6.00 p.m.

Dementia Carers Drop-In Session (for carers of dementia in-patients) the Advisors provide tea, coffee, biscuits and a safe place to chat.



Day: Friday

Time: 2.00 p.m. – 4.00 p.m.

Arts and Craft Group – we are making different craft items each week. Everyone welcome – patients, visitors and the local community.



Cardiff and Vale Credit Union, Carers Wales and Dinas Powys Voluntary Concern are available regularly in the Centre to talk to patients, visitors and staff about their organisations.

We also have representatives from Vale 50+ Forum and Cardiff and Vale University Health Board Volunteers on hand to help you find information and to offer support.

Every attempt has been made to ensure the accuracy and reliability of the information provided. While the information is considered to be true and correct at the date of publication, changes in circumstances after the time of publication may impact on the accuracy of the information, please verify the accuracy of any information before relying on it.

A Life Story - or sort of by Geoff Selby

I was born in 1954 on a farm in Old Welwyn, Hertfordshire. Although I had bad eyes, I attended an ordinary school where they didn't recognise my vision problem and stuck me at the back of the class. It was only when one of the teachers realised that I was unable to see the blackboard that I was transferred to a school for partially-sighted children in Seaford, Sussex.

I spent the next 10 years there learning how to live as independently as possible, which included cutting grass with a sit-down mower, building walls, cutting down trees, and travelling on buses and trains. I also progressed from a Cub Scout to a Venture Scout, and we used to go on night hikes and scout camping. In school I enjoyed recording radio programs for various classes, wondering if this experience would help me get into radio work. At this point a school friend and I started up the School Disco. And during my last year in school there, I was proud to be Head Boy.

On leaving school at 17, my first job was working in a factory making transformers. During this same time I was asked to join a pirate radio station which broadcast to Hertfordshire and Bedfordshire (but which was closed down some three years later). After that I started my own mobile disco, which continued for the next 26 years. During that time I worked with The Three Degrees soul singers and met Elton John and Rod Stewart. Then in the 1980's I worked with Owen Money (Welsh musician, actor and comic) and Kenny Baker (who played R2D2 in the Star Wars movies).

During this same time I worked in the car trade where I learned to drive (remember that I have poor eyesight) and enjoyed polishing cars for showrooms and motor shows. After two years of this work, I moved to Barry.

I worked as a duty porter in the Central Hotel in Cardiff where my mother (who was town mayor in Barry in the 1980's) brought the staff out on strike because of wage disputes. I then got a job at St David's Hospital as a radio presenter, while also working for the Western Welsh bus company – not as a driver but as a garage worker making sure the buses were clean and tidy.

“when he went off to get some parts, a bus driver got in and drove off with me on top”

One day the garage electrician asked me to go on top of a bus so I could help him connect the heating system. But unfortunately, when he went off to get some parts, a bus driver got in and drove off with me on top – and suddenly I found myself going up Holton Road.

Fortunately, though, my wife saw me on the top of the bus and told the driver. I said to him, “But I was banging on the roof.” And he said, “Oh, I *thought* I heard a knocking noise.”



While working at this garage, I also managed to drive a bus partly into a pit with only a wheel nut preventing it from going right down. At another time I managed to electrocute myself and a week

later ended up in the Royal Gwent hospital suffering from delayed shock. The garage managers moved me to the night shift, but I suffer from night blindness. So when they asked me to quickly clean a bus one night, I drove it right into the back of another bus which I had not seen. As a result, I was told to see my doctor who immediately put me on the sick list – and eventually I was paid off from working at the garage, due to ill health.

Now the fun starts – doing what I really love doing. I received a phone call from the Cardiff City Football Bluebird's Club asking me to fill in for their DJ on a Saturday night. And for the next 10 years I was their resident DJ – entertaining club members, weddings, private parties, Christmas parties, etc. It was great fun and I eventually persuaded my wife Chris to help me. Remembering that the careers officer in my school said I would never make it as a DJ due to poor vision, I feel I haven't done too badly.

After numerous visits to Heath Hospital, I was told that nothing more could be done for my left eye and consequently I lost all sight in this eye. So after a period of adjustment, my wife and I started the Shua Cat Rescue home, helping cats and going out on animal rescues. A few years later a shop was opened in Barry, which was run by my wife and I. We enjoyed meeting the customers, going to Sully car boot sales and raising money for cat welfare. My wife Chris and I worked there together until she died in 2010 – and then it was time for me to move on.

Next, going back to my love of radio, I joined Bro Radio in 2009 where I presented a 1970's and 1980's disco show for two hours on Saturday nights. It was so popular that they increased the show to three hours, and it's still running today.

Then in 2012 I was approached to do a daytime show in addition to my Saturday night show, which would be called "Geoff and Guests". When told that I would have to find my own guests to interview, I said, "I've never interviewed anyone in my life, but I'll give it a go." I hated the first two weeks, but after six years the show is still running five days every week. During this time I have interviewed Beverly Craven, The Drifters, The Bay City Rollers, Howard Jones, Wilko Johnson, Paul Daniels, Joe Pasquale, Dr Hilary Jones and Amy Thompson of Milkshake.

Another person I interviewed was from Guide Dogs Cymru, which helps blind and partially-sighted people. He asked if I would do a literal "blind drive". So I went to the race track at Llandow, and (with help from a driving instructor) I drove a car around the circuit, managing 65 miles per hour on the straight parts. But remember that I relied on the instructor to give me directions.

I would like to thank Bro Radio for allowing me to fulfil my dream of presenting my own radio show – and also for adjusting the working conditions to suit my vision disability. My thanks also to all the friends I have made through interviewing people on this show.



And finally, if you have any kind of disability, nothing can stop you from working in radio – with the right help and adjustments. I'm living proof.

Addendum John Porter:

I met Geoff several years ago, this guy came down to interview me for the community broadcast. He took me to the studio, made me a coffee and made feel really relaxed. I was blown away when he pulled out this massive magnifying glass to read some script. Geoff went on to explain that he was virtually blind I could not believe at first as I would never have guessed by the way he moved with ease and performed tasks with no sign to me of visual impairment.

**Do you have an interesting story? If so please contact John Porter, the Vale 50+
tel: 01446 709779, e-mail: jporter@valeofglamorgan.gov.uk**

Learn Welsh in the Vale of Glamorgan



dysgucymraeg.cymru
learnwelsh.cymru
Y Fro / The Vale

Dysgu Cymraeg ym Mro Morgannwg

ENROL NOW
COFRESTRWCH
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We offer a wide range of courses, from beginners to proficiency.

Mae ystod eang o gyrsiau ar gael i chi - o gyrsiau dechreuwyr i lefel hyfedredd.



Locations

- Cowbridge
- Llantwit Major
- Barry
- Dinas Powys
- Penarth
- Wenvoe

Lleoliadau

- Y Bontfaen
- Llanilltud Fawr
- Barry
- Dinas Powys
- Penarth
- Gwenfô

No Extra Cost for Fast Track / Dim cost ychwanegol am Gyrsiau Cyflym

01446 730402

learnwelsh@valeofglamorgan.gov.uk



@learncymraegBRO



learnwelshBRO



Un o fentrau
Llywodraeth Cymru
Welsh Government
Initiative

learnwelsh.cymru

Care Home Review follow-up work by Sarah Rochira

At the end of January, I published 'A Place to Call Home: Impact and Analysis', a report that sets out the findings of the follow-up work undertaken by my team and I to assess whether public bodies have delivered upon the commitments they made in response to my 2014 Care Home Review, which showed that too many older people living in care homes in Wales have an unacceptable quality of life.



My follow-up work focused on 15 of the areas of concern identified by my 2014 Review – including falls prevention, the use of anti-psychotic medication, dementia training, inspection processes and workforce planning – areas that have fallen outside of legislative developments in the past few years or relate to ongoing issues that have been shared with my casework team.

I requested detailed written evidence from the public bodies subject to my follow-up work that set out the progress they have made against the Requirements for Action published alongside my 2014 review. My team and I analysed these responses and feedback has been provided that both welcomes any good practice and makes clear where improvements are needed.

Health Boards and Local Authorities have made some positive progress and, as a result of my 2014 Review, are now delivering a wide range of activity focused on improving the quality of life of older people living in care homes, but more needs to be done and the pace of change needs to increase significantly to deliver the best possible outcomes for care home residents.

I am very disappointed, however, that the Welsh Government has failed to show sufficient leadership and take sufficient action in a number of key areas – such as continence care, falls prevention and work force planning – where a national approach is needed to drive meaningful cultural change, ensure greater accountability and promote the more effective use of evidence-based good practice.

I have written to Health Boards, Local Authorities and the Welsh Government, making clear my expectation that they will take the necessary action, with oversight at Board / Ministerial level, to improve the quality of life for older people in the key areas highlighted in my follow-up report. I have requested further written feedback from these bodies that sets out the action they will take to address the concerns I have raised about their progress and provides me with the assurances I need.

There will always be a need for residential and nursing care, and in the years ahead the people who need this are likely to have more complex needs and a greater need for care and support than ever before. There must therefore be a renewed focus from the Welsh Government, Health Boards and Local Authorities on taking meaningful action to deliver upon the commitments they made in response to my 2014 Care Home Review. A failure to do so will mean that our care home system is unable to meet the changing care and support needs of older people and, more importantly, will mean that too many older people living in care homes continue to have an unacceptable quality of life.

To read the Commissioner's Care Home Review follow-up report, 'A Place to Call Home: Impact and Analysis', visit <http://www.olderpeoplewales.com/en/reviews/chrfollowup.aspx> or call 03442 640670 to request a hard copy.

Councillor Kemp, Older People's Champion

It has been useful to maintain a working relationship with the forum. I have found the meetings I have attended interesting and I am impressed at forum member's interactions with guest speakers and their contributions to any consultative process. It is clear that between the members there is a shared wealth of knowledge in regards to needs of Older People. Unfortunately due to a busy schedule I am unable to attend as many meetings as I would like, however the Older People's Strategy Coordinator keeps me updated. I am also interested in how the forum would like to see service provision across the board develop in the future. For example the forums feedback at the Vale Well-being plan workshops, on issues including accessible public and community transport and the need for a clean safe environment was valued. The Public Service Board (PSB) will maintain an on-going dialogue with you on future service development.



I was pleased to be given the opportunity to address the forum AGM in September and listen to the keynote speaker Professor Sir Mansel Aylward Companion of the Order of Bath (CB). It is clear that the forums work including engagement and consultation is recognised nationally by the fact that it can attract such high profile speakers. It was also clear by the depth and thought put into the questions that there is a comprehensive understanding of the issues affecting and the services needed by older people today and how strategy and provision needs to develop in the future.

The International Older People's Day Stay Active Stay Well event was a success. It was good to see some of the many partner organisations attending to offer advice and information to visitors'. I was particularly pleased to see that the Vale of Glamorgan Sports Development Team was working with the forum to offer a range of fun activities to enhance and maintain wellbeing. Indeed the table tennis offered me the opportunity to relive my youth and I think, even though I say it myself I was able to equip myself well. Unlike John Porter who failed miserably on the laser guns. On a serious note though, I met Sarah the Older People's Commissioner and entered into a productive conversation on a number of important agendas in regards to older people.

I am pleased as a cabinet member to announce that the Vale of Glamorgan Council have launched a new three-year £670,000 funding for community led projects. We are also proud of the progress being made at the re-ablement project supporting people to return to and maintain independence following illness.

Councillor Kemp, Cabinet member and Older People's Champion

Sarah Rochira steps down after 6 years of championing older people (continued from front cover)

Sarah has also shown a strong commitment to meeting with people and groups all over Wales ranging from senior managers in our public services to older people's groups like the Forum. We have appreciated the time and effort that Sarah has taken to get to know us, to understand the issues that concern us and our hopes for the future. Sarah was also instrumental in encouraging local authorities and their partners across Wales to sign the Dublin Declaration on Ageing which led to Wales being recognised by the World Health Organisation as an Age Friendly country and being granted a European four star status for Ageing.

The Forum wishes Sarah all the best for the future and would like to say a big thank you for all her hard work.

Vale 50+ Strategy Forum: Arts Crafts and Leisure Group (ACL) Spring Report: 2018

ACL is a member-led interest group that endorses a positive ageing agenda. Formed in 2011, the Group meets in the Phil John Room at Barry Central Library. Most of the members have a creative talent and are actively involved in either fine arts and crafts, or performing, dramatic and musical arts within the Vale of Glamorgan and beyond. ACL has links to Art Central based at Barry Library, Vale of Glamorgan Artists, The Memo Arts Centre, Barry, and to Penarth Esplanade Arts. In Western Vale, both Ewenny Arts and Atlantic College at St. Donats have contributed to member meetings.

Meetings held from January 2017 to December 2017.

A Consultation was held in January with Sarah Rees, Senior Library Administrative Officer based at Barry Library. Subject: What can the Vale Library Service provide for the 50+ Age Group? ACL members responded with many suggestions. Feedback to the Group would be given at a later date.

In March, ACL were visited by Stephanie Roberts from The National Museum of Wales, Cardiff, who gave a PowerPoint presentation on the work of the Dutch artist Rembrandt. She also highlighted the range of Rembrandt's work that the Museum currently exhibits.

May gave ACL members the opportunity to make their annual visit to Art Central Gallery which is based at Barry Library. Tracey Harding, Vale Arts Development Officer, gave a Walk and Talk of the current exhibition entitled 'Six Hands', featuring the work of Antonia Spowers and Martina Limbrick.



Our July meeting featured local photographer, David Green. A member of Barry Camera Club, he reported on the history and ongoing development of the Club with an informative PowerPoint presentation. He was ably assisted by club member, Tina Haydon. Tina is also a Barry Library staff member.

In September, ACL welcomed back Xarifa Cooper. Xarifa is a member of Barry University of the Third Age (U3A). Her talk, entitled 'Going Down the Pub', was an interesting account on the history of British Inns, and she also provided members with an amusing Quiz to test their knowledge.

November as usual provided ACL members with pre Festive entertainment. Mark and Pauline Collard delighted members with their solo and duet musical contributions, and a Festive tea ended the ACL meetings for the year.

Gilly Davies: Chairman: Arts Crafts and Leisure Group: (ACL)

Write Well Haiku for Wellbeing

In the last few years I have facilitated creative writing workshops to audiences who have experienced varying levels of mental health problems, from anxiety to clinical depression and including people experiencing early onset dementia. I initially give a short talk about the range of creative writing forms for example novels, short stories and articles. Followed by a review of poetry including simple examples in order to de-mystify poetry and encourage everyone to join in. The majority of those attending the workshops had not written creatively before and felt that they would be unable to write a poem. However with careful support and encouragement every single participant produced at least one Haiku. The greatest pleasure for me was to see the pride and joy expressed by participants and then to receive further poems by e-mail sometimes weeks after the workshops.



Haiku is a strict ancient form of Japanese poetry. Strict as the writer is restricted to three lines of specific numbers of syllables; a syllable is the sound in a word. As the word cat has one sound which means it has one syllable. The word communication has five sounds com-mun-i-ca-tion therefore it has five syllables. The lines in Haiku are structured as follows; the first line has five sounds, the second seven sounds and the last line five sounds. Haiku's are formed by simple descriptive language and do not use tricks of language such as metaphor, therefore they are an easy form to write. These are Haiku's I have written in the past and illustrate the form:

These three were written as gifts to co-workers who were moving on.

Iced mountain torrent
phosphorescent moss capped rock
stands calmly not phased

Assault course madness
run miles defeat obstacles
one twenty Ben

Winter robin flies
delicate yet courageous
touches many hearts

These were written in a workshop by a worker from a partner agency Rosi Caves.

Interwoven hands
Fingers reaching out. Touching
Two hands become one

Boxes packed and taped
A home becomes just a house
Time for a fresh start

The form can be played with to illustrate anything you wish, sport or other activity, fun and laughter.

Ask for opinions.
Mull it over. Then you can
Just do what you want.

The following includes excerpts from an on-line Haiku website that explains and outlines the characteristics of haiku. The following elements are typical of haiku:

A focus on nature.

A "season word" such as "snow" which tells the reader what time of year it is.

A division somewhere in the poem, which focuses first on one thing, than on another, the relationship between these two parts, is sometimes surprising.

Instead of saying how a scene makes him or her feel, the poet shows the details that caused that emotion. If the sight of an empty winter sky made the poet feel lonely, describing that sky can give the same feeling to the reader.

If you are struggling for inspiration think of a scene, friend, pet or memory, you can also study an image to get you started.

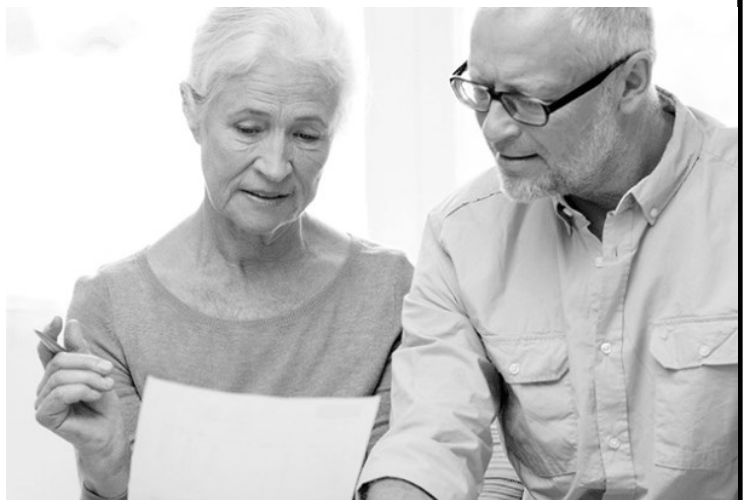
So please have a go and enjoy, you can send to us completed Haiku and if we have enough we might publish or exhibit. jporter@valeofglamorgan.gov.uk

Telecare in the Vale - Supporting people in the community

Both the TeleV and TeleV+ services support people in their own homes and community, with the help of technology, so that they can continue to live with greater independence and safety. In this article, we show what a difference Telecare has made to Victor and his main carer.

Telecare has been a huge help for Victor Rodriguez, 81 years, living in the Vale of Glamorgan.

Victor lives with his wife; they are both retired and spend much of their time at their home. Having lived most of his life in the countryside, Victor enjoys going off for rambles along the lanes. However, following his recent diagnosis of dementia, he has been found twice after getting lost and wandering onto a busy main road. He has been brought home by local police officers.



Victor has been able to keep his independence and his wife has stopped worrying as much.

Victor's Social Worker made a referral to Telecare for a TeleV+ service to help keep Victor safe. The day following the referral a member of the Telecare team went out to visit Victor and his wife in their home and was able to recommend and install Telecare equipment to help support them. The equipment was small and unobtrusive - Victor was provided with a GPS tracker which he attached to his key ring and the front door of the house was fitted with a sensor to alert his wife if he slipped out for a walk.

Victor has since been off for a few walks - his wife was alerted and through use of the tracker she was able to check where he was and make sure that he could make it home safely. Victor has been able to keep his independence and his wife has stopped worrying as much.

The Telecare service is currently continuing to support around 1,000 service users, whilst technology is also continuing to develop, allowing us to help promote a safer Vale.

For more information, contact the Telecare team on 01446 700111 or e-mail: c1v@valeofglamorgan.gov.uk. More information is available at: www.valeofglamorgan.gov.uk/en/living/social_care/adult_services/Telecare

The Long Haul, Ron Walton

2018 celebrates the centenary of the extension of voting to more women, following a long and arduous struggle, and also 70 years since the birth of the National Health Service in 1948. Significant social reform and progress often takes decades and centuries. We need to remind ourselves of this when we are depressed and frustrated at the slow progress of current issues and campaigns.

One such issue of great concern to older people is “paying for care”. At present individuals whose need is classed as “social care” rather than “continuing health care” are liable to pay for all their care needs until their financial means fall below “a cap” which in Wales is due to increase to £40,000 in April this year. Large amounts of money are spent by Health Boards and Local Authorities on assessments by highly trained staff whose purpose is to decide whether health services or social care services have a responsibility to provide care, rather than what is the best care for the individual. The consequence is that many individuals with a broadly similar need for care and support are divided into sheep and goats. The sheep are those receiving continuing medical intervention and are not charged for their care and the goats are those who may be just as frail and in need of care and support, but because their condition may not be susceptible to ongoing medical treatment /intervention, they have to pay for their care.



In a response the Forum made to a Welsh Government consultation in 2010 we strongly supported the principle that social care should be free at the point of care just as in the NHS. We argued that funding for social care should be through general taxation as the fairest way to share the cost of care provision. Essentially little has changed since then. We have had Green Papers, commissions of inquiry, and recently the proposals from an independent panel set up by the Liberal Party. The present government is committed to producing a consultation paper in the summer of 2018. The range of funding options is fairly clear: general taxation; national insurance; a much higher cap on the level beyond which individuals would be required to contribute to their care; a hypothecated tax for health and social care. When we consider that it took only six years from the publication of the Beveridge Report in 1942 to putting in place the major planks of the welfare state in 1948, the failure of our present generation of politicians to deal with the future of social care and the NHS is a national disgrace. In the middle of the Second World War our politicians had a vision of a more civilised society which cared for all and the political will to do something about it. We have known about the ageing “time bomb” for at least two decades but all we see is dithering and delay.

How do we explain this? I have been to many public meetings where politicians avow their concern and commitment to a good life for older people. But this is rarely translated into action. The conclusion I draw is not that politicians are evil and callous, but that their attitudes are that fundamentally older people are a burden on society and are not valued highly enough to merit being a priority. The Audit Commission, in a recent report on social care in England, castigated the government for a failure of planning and inadequate provision of resources. The government's promise of a Green Paper in the summer raises the strong possibility that by the time the consultation is concluded, there will be no time for legislation in this Parliament, kicking the issue into the long grass for a future Parliament to deal with.

The only way we can change this is for older people to take up arms and go on the warpath. We need to challenge our local councillors, Assembly Members and MPs to take action – not in ten years time but now. It is no accident that the issue of social care is closely tied to the position of women in society. The majority of the workforce is female and their role in the family as unpaid carers is greatly undervalued. This needs to change and older people need to organise and carry on the fight for civilised care and provision for older and vulnerable people.

No more wobbles.

That's the aim of six strength and balance classes in the Vale set up to keep us steady on our feet and walking well.

Age Connects' Mary Sweatman is well known in the Vale for her Barry Class on Mondays and is now running two more classes in Llantwit Major and St Athan. Elderfit run classes throughout Cardiff and have now stepped into the Vale with classes in Cowbridge, Penarth and Wenvoe.

Whether you are good on your feet and want to stay that way or are worried about you or someone you care about falling come along. It's time to have some fun and banish the wobbles.



Barry Margaret Alexander Community Centre	Mondays 2-3pm	Age Connects classes led by Mary
Llantwit Major Old Llantonians Hall	Tuesdays 2-3pm	Ring the Senior Health Shop for more information 01446 732385
St Athans The Gathering Place	Starts April 12 th Thursdays 10.30-11.30am	
Cowbridge Town Hall	Tuesdays 10.45-11.45am	Elderfit classes led by Tom and Gareth
Wenvoe Community Hall	Tuesdays 12 noon -12.45 pm	Ring 07515462191 or email info@elderfit.co.uk for more information
Penarth Trinity Church	Wednesdays 12.30- 1.30pm	

All classes cost £3.50. Check out Age Connects Cardiff and Vale and Elderfit Facebook pages for more information www.facebook.com/ACCardiff www.facebook.com/elderfituk

Can't get to the library? Then we will come to you!

Vale of Glamorgan Libraries run a Home Library Service where volunteers will deliver books to people in their homes. This free service is ideal for anyone who can no longer get to a library themselves because of caring responsibilities or other issues. Books can be delivered to both the carer and to the person being cared for. Every four weeks a volunteer will drop off a bag of books for the reader and collect the previous month's books.



The volunteer can bring books in a number of formats – ordinary print, large print or talking books on CD. As the reader, all you need to do is give the volunteer an idea of the kind of books you like – books by a particular author, for example, or historical, crime, romances or non-fiction – the choice is yours!

If you think this service might be just what you are looking for or if you know of someone who could benefit from it, please call Melanie on 01446 422419 for more information.

Kick Start Your Fitness

Do you want to rediscover your youth and improve your fitness? If so, Vale Sports Development team have the activity for you!

Walking Football is not only good fun, but it will enhance your overall fitness and wellbeing, providing the chance to keep fit and healthy as well as meet new people. Sessions for over-50s will take place every Monday from 10am-11am at Penarth Leisure Centre, Andrews Road, Penarth. Admission costs £3 per class.

Active Young People Officer Sophie Wilkinson said:

“Walking Football is an excellent way to keep fit and these sessions should prove to be very popular. It’s an excellent way for adults to get involved in a new sport or come back to an old favourite.”

For more information, contact Sophie Wilkinson
slwilkinson@valeofglamorgan.gov.uk
01446 704896.

sessions start
22nd January

KICK START

YOUR FITNESS

its *NEW!*

WALKING FOOTBALL

£3 only

AGE: suitable for
50+

on **Mondays**
10:00-11:00 am

at
PENARTH L.C. SPORTS HALL

Vale Sports & Play
Cwmwrion a Cwrsod Yr 190

For more information please contact Sophie Wilkinson, Sports Development
on 01446 704896 or slwilkinson@valeofglamorgan.gov.uk

Vale of Glamorgan
BRO MORGANWIG

Support for Veterans in the Vale

It is estimated that there are around 8,700 ex-Armed Forces Members or Veterans in the Vale, according to a recent assessment of veterans’ health and social care needs undertaken by Cardiff and Vale University Health Board. The report found that many of these veterans are in their 70s and 80s, and therefore may be experiencing the same issues as the rest of the population in this age group, but some veterans also have needs which are specific to their service.



Did you know that if you are a veteran, and you have a medical condition related to your military service, you can get treatment and care as a priority within the NHS, and move up the waiting list? It is a good idea to let your doctor know you are a veteran for this reason, if you wish to.

There are many charities and organisations offering support to veterans specifically, from financial help and housing advice to counselling and bereavement support. You can find all about this help by going onto the Veterans Gateway website www.veteransgateway.org.uk

Housing for Older People and Falls Prevention

The Housing group has been focusing on Housing for Older People. It is the case that older people encounter difficulties as they become infirm and need care so they may live a comfortable life that is meaningful and satisfies their wellbeing needs. It means making difficult choices whether to remain in their current home or whether they choose to downsize. In principle older people would prefer to stay in their own homes because of their emotional ties and memories and neighbourhood, however there are growing numbers who may consider moving if appropriate accommodation could be found.

Should older people choose to move, what is important to them is that they don't lose their sense of community and feeling of worth which means there has to be a good intergenerational environment. The Vale of Glamorgan Council are well aware of these problems and this is reflected in two completed projects in Barry: Golau Caredig, a 42 apartment project that offers Extra Care facilities, Community areas, a Restaurant and a Coffee Shop, and the redevelopment of Barry Court into 52 units of Affordable Housing. Both good developments.



A thought. The ageing population is becoming larger, the difficulties that lie ahead for today's families will not go away and perhaps now is the time for sons and daughters to talk to Mum and Dad and see what they might like to do when they get older and thus, be better prepared for the future. The Forum will continue to focus on Housing for Older People and Falls Prevention.

Falls prevention, what does that have to do with Housing?

Falls prevention, what does that have to do with Housing? When we look at the statistics for falls prevention we find that 60% of falls in the over 65's occur in the Home. So, in order to address this problem the Housing Group with guidance from the Health Group are working on this problem. (Suitable homes, Buildings and Home Maintenance etc.) There are a multitude of reasons older people fall but the main reasons are our homes tend to become cluttered and the fact that as we become more mature then we tend to lose muscle strength and lose flexibility in our joints. Just approximately an hour and a half to two hours a week of moderate exercise can improve this situation.

We in the Forum recognise this and are now presenting Exercise Classes, Low Impact Functional Training LIFT (a seated exercise programme) and Tai Chi for Health and Wellbeing at venues in Barry and Penarth. A more recent project is soon to start at the Sam Davies Ward at Barry Hospital will include a LIFT Exercise Programme, Falls Prevention talks and Dementia Training for Families and Carers.



There are prospects for Volunteers to train as Instructors. Interested parties can contact me at julianloach.54@gmail.com or John Porter the Vale of Glamorgan Council's Older People's Strategy Co-ordinator: jporter@valeofglamorgan.gov.uk

Julian Loach, Chairman, Housing Group

Don't judge a book by its cover!

At Wiltshire Farm Foods our drivers like to chat with customers for a few minutes while they are putting their orders away for them. Sometimes however it can be difficult to find something to talk about, particularly if the person is living with dementia.

One driver was delivering to a customer who was quite confused and struggling to have a conversation. He commented on a wedding photo in the customer's living room which had obviously been taken many years ago and asked who the beautiful lady was. The lady laughed and said "That's me and my husband!" and proceeded to tell him all about their wedding day. They had a lovely chat and the driver felt that he had "made her day".



When he got back to the office he told us all about his chat with the customer and how he felt that he had made her smile. The other drivers have now started doing the same and have had some delightful chats with customers. We have now discovered that one lady is a published author, and one gentleman was in one of the first tanks to cross the Rhine during WW2. He was in the anti-tank artillery which had to go before the infantry when crossing enemy lines!

The drivers have been asking customers if it's ok to take their photo so that they can come back to the office and share their stories with the rest of the team. We have been delivering to some of these people for years and it is wonderful to find out more about them and the fascinating lives that they have led.

It just goes to show that we should never judge a book by its cover and should take the time to find out more about a person as you never know what you will discover!!

"Waiting for Blue" A Musical by Mark Collard

Mark Collard's inspiration for this musical about living with dementia was his father-in-law Mel Bennett, who died from vascular dementia in 2016. Mel lived in Nashville, Tennessee for 25 years, where he was a lay preacher who loved music and sports, especially cricket.

"Waiting for Blue" will touch your heart and bring a smile to your face. It uses songs and narrative poetry to increase awareness of what living with dementia is like. The title song is a ballad about a loving couple and their need to be together forever, despite the intrusion of dementia into their lives. There are also thoughtful songs like "Oh My Lord" and "Solace" – plus the very danceable "Delhi Boy".

This musical has been designed as a semi-staged performance that will be suitable for various small venues within the Vale of Glamorgan during 2018-2019.

To learn more about "Waiting for Blue", use the following contact information and ask for Mark:-
Facebook: @waitingforbluethemusical Email: ttcmc92@gmail.com
Telephone: 07934-112-279



BELONGING

INNOVATIVE DEMENTIA TRAINING USING THE POWER OF THEATRE

Belonging is a bilingual play that reflects the experiences of people living with dementia and their families.

Belonging has been designed as a powerful, cost-effective approach to dementia training. It promotes a positive change in attitudes, and greater knowledge and compassion for people living with dementia than more traditional dementia training.

Location: Chapter Theatre, Market Rd, Cardiff, CF5 1QE
Dates: Thu 26 April | Fri 27 April | Mon 30 April | Tue 1 May
 Wed 2 May | Thu 3 May | Fri 4 May 2018
Time: 2pm – 4pm each day
80 places per performance
£10 per person
Chapter Box Office: 02920 30 4400

To reserve 10 or more tickets, please ring the Box Office direct.
 They will issue an invoice to your department/organisation.
chapter.org/belonging

Learning outcomes:

- Increases knowledge and understanding of dementia
- Removes the myths and stigma surrounding the illness
- Shares knowledge about behaviour that can be ‘seen’ as challenging
- Validates the health and social care workers’ experience
- Promotes compassionate communication
- Addresses the needs of Welsh language speakers living with dementia
- Demonstrates the importance of knowing a person’s life story

Belonging has been created to reflect the provisions, principles and vision set out in:

- The Social Services and Wellbeing (Wales) Act 2014
- Good Work – A Dementia Learning and Development Framework for Wales (2016)
- Dementia Action Plan for Wales (Welsh Government, 2018-22)

“The best dementia training I’ve attended in 40 years” Nurse practitioner

“Informative and inspiring. Brilliant training” Care worker



 @ReLiveTheatre  @Re_Live_Org  www.re-live.org.uk



Cranky Old Man

When an old man died in the geriatric ward of a nursing home in an Australian town, it was believed that he had nothing left of any value. Later, when the nurses were going through his meagre possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Microsoft Melbourne. The old man's sole bequest to posterity has since appeared in the Christmas editions of magazines around the country and appearing in magazines for Mental Health. And this old man, with nothing left to give the world, is now the author of this 'anonymous' poem winging across the Internet.



What do you see nurses? What do you see?
What are you thinking.... When you're looking at me?
A cranky old man not very wise,
Uncertain of habit with faraway eyes?
Who dribbles his food and makes no reply
When you say in a loud voice I do wish you'd try!,
Who seems not to notice the things that you do
And forever is losing a sock or a shoe?
Who, resisting or not, lets you do as you will,
With bathing and feeding the long day to fill?
Is that what you're thinking? is that what you see?
Then open your eyes, nurse, you're not looking at me.
I'll tell you who I am as I sit here so still,
As I do at your bidding, as I eat at your will
I'm a small child of ten, with a father and mother,
Brothers and sisters, who love one another
A young boy of sixteen with wings on his feet
Dreaming that soon now a lover he'll meet
A groom soon at twenty my heart gives a leap
Remembering the vows that I promised to keep
At twenty five now I have young of my own
Who need me to guide and a secure happy home.

A man of thirty, my young have grown fast
Bound to each other with ties that should last.
At forty, my young sons have grown and have gone,
But, my woman is beside me to see, I don't mourn.
At fifty, once more, babies play 'round my knee,
Again, we know children, my loved one and me.
Dark days are upon me, my wife is now dead.
I look at the future I shudder with dread.
For my young are all rearing young of their own
And I think of the years and the love that I've known
I'm now an old man and nature is cruel
It's jest to make old age look like a fool.
The body it crumbles, grace and vigour depart
There is now a stone where I once had a heart.
But inside this old carcass, a young man still dwells
And now and again, my battered heart swells
I remember the joys, I remember the pain
And I'm loving and living life over again.
I think of the years, all too few, gone too fast
And accept the stark fact that nothing can last.
So open your eyes, people open and see
Not a cranky old man, look closer, see ME!!

INTRODUCING YOUR VALE FORUM

The "Vale 50+ Strategy Forum" – publisher of this magazine – is a consulting organisation that provides information about charities and statutory and voluntary services that are available to older people throughout the Vale of Glamorgan. We have five sub-groups of volunteers, who meet regularly and specialise in Housing; Health and Equality; Transport; Media and Publicity; and Arts, Crafts and Leisure. **If you would like to join the Forum or find out further information please contact John Porter, tel: 01446 709779, e-mail: jporter@valeofglamorgan.gov.uk, website: www.vale50plus.org**

We welcome contributions and feedback to The Herald magazine. **If you have any 50+ related news please contact Lynda Wallis, e-mail: gardenetmum2@aol.com.** *Please note that it may be necessary for editorial reasons to edit articles that are sent to us. The editor's decision is final. All views expressed are those of the individuals and not of the organisation supporting the newsletter.

The Campaign to End Loneliness in Wales

“Loneliness can be paralysing. It’s suffocating. And it’s so hard to see the way out.”



These are the words of Barry, an 85 year-old ambassador for the Campaign to End Loneliness. He was married to his wife Christine for 44 years. Her sudden death in 2015 left him heartbroken, grieving – and facing loneliness.

Loneliness is an epidemic. It’s become such a chronic, widespread issue that a Minister for Loneliness has been appointed. There are 1.2 chronically lonely older people around the UK. Half a million older people go at least five or six days a week without seeing or speaking to anyone at all. More than half of people over the age of 75 live on their own; 500,000 older people get up to a week without seeing or speaking to anyone. Two fifths of older people say that television is their main company. The National Survey for Wales found that 17% of people in Wales identified as lonely.

In 2017, the Health and Social Care Committee published their recommendations following an inquiry into loneliness and isolation. Loneliness and isolation is one of the most significant and serious issues facing older people in Wales. The Welsh Government have suggested that they will publish their strategy in 2019 – by which time the recommendations might not be relevant. There are many high-risk communities in Wales that will be impacted by the epidemic of loneliness, and we cannot wait until 2019 to see decisive action taken.

So why does it matter? Firstly, the health impacts of loneliness are devastating. It is as bad for you as smoking 15 cigarettes a day and worse for you than obesity. Lonely people are more likely to suffer from dementia, heart disease and depression. The strain this puts on our already stretched health services is clear. In fact, the Campaign to End Loneliness found that three-quarters of GPs are seeing between one and five lonely people a day. For a decade of an older person’s life, the extra economic cost of loneliness is calculated as £6,000 per person. This is completely preventable. Research from the London School of Economics shows that every £1 spent on tackling loneliness can save £3 in health costs.

Secondly, with a fast-ageing population, the problem will simply get worse. There are over 2.2 million people aged 75 and over living alone in Great Britain - an increase of almost a quarter over the past 20 years. By 2040, the number of people 75 and older will double to around 10 million. With a fast-ageing population, the problem of loneliness will get bigger if we do not take action now. We must tackle this crisis before it is too late.

The stigma of loneliness is a major problem too. The Campaign to End Loneliness found that over half of British adults say admitting to loneliness is difficult. In fact, three-quarters of older

people will not admit to feeling lonely for fear of being a burden. Most worrying, however, is that 9 in 10 people believe loneliness in older age is now more likely and that loneliness is inevitable.

The Campaign to End Loneliness is here to challenge that. Loneliness is not inevitable if we all play our part to tackle it. From businesses to government, from charities to professionals everyone can take action. We will break down the stigma of loneliness, working with the voluntary sector, local authorities, businesses, individuals and organisations to tackle loneliness in Wales. We want to make loneliness everyone's business.



The need for friendship and support does not go away with age. As Barry Ward says, "Whether we're 24 or 84, we all need connections that matter."

It's time for us to all take action and connect with the thousands of lonely older people in our communities. Loneliness is not inevitable. Together, we can end loneliness.

Claire O'Shea, Campaign Manager for Wales – Campaign to End Loneliness
I'm looking for older people who have faced loneliness to share their stories with me.
Email wales@campaigntoendloneliness.org.uk to get involved.

Smiling is infectious by Spike Milligan

Smiling is infectious
You catch it like the flu
When someone smiled at me today
I started smiling too
I passed around the corner
And someone saw my grin
When he smiled I realised
I'd passed it on to him.
I thought about that smile
Then I realised its worth
A single smile, just like mine
Could travel round the Earth.
So, if you feel a smile begin
Don't leave it undetected
Let's start an epidemic quick,
And the get world infected.



Anne Marie shares Forum Members Favourite Easy Recipes

(500 Recipes Cooking for Two by Katie Stewart)

We had great fun deciding which 3 to pick from our favourites and they are:

Quick Liver Pâté

You will need:

- 3oz. butter
- 8oz. lamb's liver, sliced
- salt and pepper
- 1 tablespoon of brandy

Melt 1oz of butter into a saucepan and add the liver. Brown on both sides, cover and cook gently 5 minutes.

Draw the pan off the heat and pass the liver through a mincer, using the coarse blade. Add remaining butter, plenty of seasoning and the brandy.



Beat well with a wooden spoon until smooth, then pack into a small dish, cover with melted butter or a lid and store in the fridge. Do NOT keep longer than 3-4 days. It should be served with slices of warm toast, quartered tomatoes and fresh lettuce.

Cheese Soufflé

You will need:

- 1oz. butter or margarine
- 1oz. plain flour
- Quarter pint of milk
- salt and pepper
- 3oz. Cheddar cheese
- Quarter teaspoon made mustard
- 3 eggs

Lightly butter a 5-6inch round soufflé or baking dish and set aside.

Melt the butter in a saucepan and stir in the flour. Cook gently for 1 minute but, do NOT brown.



Gradually stir in the milk, beating well all the time to get a really smooth sauce. Bring to the boil, lower the heat and cook gently for 2-3 minutes.

Season to taste, add the grated cheese and mustard and stir until smooth and blended. Draw the pan off the heat. Allow to cool, and beat in the egg yolks. In a basin whisk the egg whites until stiff, then fold into the cheese mixture with a metal spoon.

Pour into the prepared dish, place in the centre of a moderate oven (180C or Gas Mark 4) and bake for 25-30 minutes or until risen and browned.

Serve at once with grilled tomatoes or sautéed mushrooms.

Bread and Butter Pudding

You will need:

- 2 slices buttered bread cut into cubes
- 1 level tablespoon sultanas
- 1 egg
- Quarter pint of milk
- 1oz. of sugar
- Half oz. of butter

Place the bread cubes over the base of a buttered 1-pint baking dish and sprinkle with the sultanas.

In a small basin, combine together the egg, milk and sugar. Whisk until lightly mixed, then strain over the bread cubes.

Add the butter in small pieces and set in a larger roasting tin with water to come 1 inch up the side of the dish.

Place in the centre of a moderate oven (180C or Gas Mark 4) and bake for 25-30 minutes until browned and set.



Mature In Motion!

Start your week off In Motion with our new creative dance class for the Over 50s at the YMCA, Barry on Mondays from 11am-12pm

Thanks to funding from UnLtd and the Vale of Glamorgan Council, Motion Control Dance Studio is now making a difference to older people in the Vale of Glamorgan, improving health and wellbeing through the art of movement and dance.



Dance is therapeutic when it comes to staving off the mental and physical effects of old age. Dancing is a great way of having fun, keeping fit and socialising. These new sessions help explore a range of movement and expression that participants often feel they have lost, and our motivation for the sessions is simply to remain supple and have a good time! Len Goodman, a judge from Strictly Come Dancing says, 'We're all living longer, so we have all got to be more active in the third age.'

One of our participants said, "After leaving my position at Barry Town Council, where I was a Councillor for over 10 years, I felt like "what was I going to do now?" I received a phone call about this new dance class, and since joining, I feel more energetic and have some purpose in life once again".

For more details about this class contact Emma Mallam on 07725038778 or email info@motioncontroldance.com

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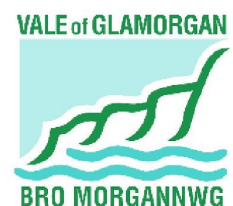


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