

Is Climate Change our biggest Threat?



We hear so much about climate change and greenhouse gases so what does it all mean? What is climate change?

(Continued on page 7)

Welcome to the Spring 2020 edition

Lynda Wallis, Executive Chairman, Vale 50+ Strategy Forum

Welcome to the latest edition of the Herald, the magazine of the Vale 50+ Strategy Forum. The year has passed again so quickly but we have been very busy with so much going on including the proposed changes to bus passes, the proposed changes to the TV licence for the over 75's, the Welsh Government's new Strategy for Engagement with older people and so many more. With constant pressure being put onto Welsh Government by the Commissioner's office, all the older people's groups and forums, we heard that the possible changes will not be made to the bus pass, the eligibility age will stay at 60 which was a very welcome end to 2019. We are still hoping that the withdrawal of free TV licences to the over 75's unless they are receiving Pension Credit will be changed,

and that all over 75's will be able to enjoy their programmes without having to find the licence fee. The matter is still on the agenda. In Barry we joined with local people to fight to keep the Sam Davies ward open at Barry Hospital which was won eventually but we are monitoring the UHB to ensure that Barry Hospital is kept open and that more services could be available there instead of less.

As you will see from the sub group reports within the magazine, the groups are going from strength to strength and are always open for new members to attend. If you have a particular interest in Health, Equalities, Transport or Arts Craft and Leisure then please ask for a calendar of meetings by calling 01446 709779 and one will be sent out to you either by email or post. Each of the meetings have very interesting speakers and gives you the opportunity to have your say on matters that concern you. We have spaces on our Executive committee so if you would like to become more involved please contact us and come along for a chat about who we are and what we do.

This is also my opportunity to say a big thank you to the Chairs of the various sub groups for all their hard work in organising their programmes for the year, and also the members of the forum who come along to the meetings and support us. We have also got to thank the staff of the Strategy Partnership team at the Vale Council for all the assistance we get from them throughout the year. Although we are an independent group we do get assistance with secretariat and advice from the team there. We have another busy year ahead, so please consider coming to join us at either a sub group or at the Executive committee.



JOIN THE FORUM



If you would be interested in joining the Forum or taking a seat on the Executive Committee of the Forum, please contact the Strategy and Partnership Team on 01446 709779 or email OPF@valeofglamorgan.gov.uk. To find out more about the forum please look at our website www.vale50plus.org and Facebook [@Vale50SF](https://www.facebook.com/Vale50SF)

With Music In Mind

Do you know about With Music In Mind singing and social groups?

Founded in 2015, With Music In Mind was set up to reduce the risk of loneliness and social isolation in older people as well as improving wellbeing.

They now run groups in Cowbridge, Barry, Llantwit Major and Penarth on a weekly basis. Based on research that shows that informal group singing and socialising can improve mood and memory, and reduce stress and loneliness, the sessions consist of an hour of informal group singing led by Matthew, the Musical Director, followed by refreshments and a further hour of social activities.

Singing ability is not important, as Sarah Miles, Managing Director explains:

'Our groups are not a choir, they are about fun and informal enjoyment of songs that you will know from throughout your lifetime. The song lyrics are projected onto a screen, which means that there is no pressure to remember words!'



With Music In Mind groups are open to anyone aged 50+, and new members receive a warm welcome from staff and current members alike! The first session is always free, so that you can try it out and see if you like it. After that, sessions are £5 pay as you go, and carers go free if attending with another member they care for.

If you feel that With Music In Mind is something you would like to try you can find information about all their groups on their website www.withmusicinmind.co.uk or by calling 07500 776295.





Ending ageism and age discrimination: vital to make Wales the best place in the world to grow older

One of the most rewarding parts of my role as Older People's Commissioner is travelling throughout Wales to meet and speak with older people, to hear directly from them about the things that matter to them and the changes they would like to see that would improve their lives.

And one thing in particular often underpins the issues that the older people I meet with face: ageism.

Despite a growing understanding of other forms of prejudice and discrimination, and the impact that these have on individuals and society, ageism (and age discrimination) is widespread and is often seen as being acceptable.

Every day, we are bombarded with ageist language and imagery that reinforces stereotypes about older people that are often focused on ill-health, decline and frailty, and growing older is often presented as something that should be feared rather than celebrated.

This leads to a society in which we see age discrimination in the workplace, within health, social care, and other key public services, as well as across the media and advertising.

Ageism is shrugged off by many as being harmless, but a growing body of research demonstrates the many ways that it negatively impacts upon older people, affecting their physical and mental health, recovery from illness, levels of social exclusion and even life expectancy.

Tackling ageism is therefore essential, which is why I recently launched my Everyday Ageism campaign – to highlight just how prevalent ageism is across society and the significant impact it has, alongside robustly challenging examples of ageism that I have identified, and those that are shared with me as part of the campaign.

To maximise the impact of the campaign, I want older people throughout Wales to be my eyes and ears on the ground, and for them to share with me examples of ageism or age discrimination they have seen or experienced so I can challenge and hold to account those who use ageist language, perpetuate ageist stereotypes or discriminate against older people.

The examples shared with me will also help to shape my work on ending ageism and age discrimination as I develop the next phase of my work programme, which will also include a range of work focused on stopping the abuse of older people and enabling everyone to age well.

So if you feel that you have been treated differently because of your age, if your age has meant you haven't been able to access a particular service, or if you have seen a news article or advertisement that promotes ageist stereotypes about older people, then please do get in touch with my office.

Ending ageism must be a priority across society, and by working together we have an opportunity to change attitudes and tackle the ageism and age discrimination that underpins many of the issues faced by older people today so we can make Wales the best place in the world to grow older.

To find out more about the Commissioner's #EverydayAgeism Campaign, or to share examples of ageism and age discrimination, visit www.olderpeoplewales.com/everydayageism, email ask@olderpeoplewales.com or call 03442 640 670.

Dementia Diagnosis Council Tax Reductions



Anybody who has been medically diagnosed with having a severe mental impairment (SMI) that appears to be permanent, which includes Alzheimer's disease and other forms of dementia, may be eligible for a Council Tax discount.

To be entitled to a Council Tax reduction on the ground of having a SMI you must;

Be diagnosed with an SMI that appears permanent by a doctor or medical practitioner.

Be entitled to at least one of the benefits listed, regardless of whether you claim them or not. Incapacity Benefit, Attendance Allowance, Severe Disablement Allowance, Disability Living Allowance, Increase in Disablement Pension, Disability Working Allowance, Income Support (which includes a disability premium), Unemployment Supplement or Allowance, Constant Attendance Allowance, Personal Independence Payment, Universal Credit (where a person has limited capacity for work) or Armed Forces Independent Payment.

The amount of Council Tax reduction you are entitled to differs depending on the occupiers of the property. Where all occupiers are entitled to a reduction under an SMI based on the criteria listed above, the property would be exempt from paying Council Tax. Where all occupiers except one are entitled to a reduction under an SMI based on the criteria above the property is entitled to a 25% reduction. If two or more occupiers are not eligible for the reduction based on the SMI criteria there is no reduction on the property. If a non-resident owner is liable for the Council Tax but the property is only occupied by people entitled to a reduction for having an SMI based on the criteria above, the owner is eligible for a 50% Council Tax reduction.

For more information on this and other Council Tax discounts please see www.valeofglamorgan.gov.uk/en/our-council/council-tax/Council-Tax-Discounts.aspx or contact the Council Tax team on 01446 709564 or at CouncilTax@valeofglamorgan.gov.uk

Normal Pressure Hydrocephalus (NPH) Awareness

Are you, or anyone you know over sixty years old and experiencing the following?

- Difficulty walking – as though your feet are stuck to the floor
- Trouble with balance
- Having some falls
- Getting confused
- Forgetful
- Losing interest in things
- Maybe not getting to the toilet in time

Please don't assume that this is all part of growing older. It might be a little-known condition called NPH Normal Pressure Hydrocephalus.



What is NPH?

Under normal conditions cerebrospinal fluid (CSF) circulates through the brain, its ventricles and around the spinal cord, acting as a protective cushion and provider of nutrients. About a pint of CSF is produced daily in the adult brain. NPH results when the flow of CSF is blocked in some way which causes an excessive build-up of fluid in the head.

How is it diagnosed?

Diagnosis can be difficult as some of the symptoms are similar to other disorders such as Alzheimer's or Parkinson's disease. Many cases go unrecognised and are never treated.

A GP should consider referring patients with the three main symptoms to a neurologist or geriatrician. These are; mobility problems, some degree of forgetfulness / confusion (dementia) and sometimes urinary incontinence.

If NPH is diagnosed, treatment to alleviate the symptoms may be possible.

Other Help

Shine provide specialist support from before birth and throughout the life of anyone living with spina bifida and/or hydrocephalus, as well as to parents, families, carers and professional health and social care staff.

Once contacted Shine will do everything possible to ensure that you receive all the information and support you need.

To get in touch

e-mail: wales@shinecharity.org.uk or call 01733 555988 www.shinecharity.org.uk

Facebook: www.facebook.com/shineUKcharity OR www.facebook.com/ShineCymru

Climate Change - continued from cover

Thank you to Acciona for the following information.

Climate change is a global challenge that has no borders and to combat it requires coordinated work by all countries. Many people do not know what it really amounts to, either due to unreliable sources or deliberate misinformation, which has led to a series of myths about climate change. In this article I will try and tackle the subject from an objective, scientific viewpoint, discussing the causes and consequences of climate change and how it should be tackled.

First we need to clarify two concepts often mistaken for synonyms: climate change and global warming. There is an important difference between them, however, given that it is a global warming that causes climate change. As the planet's temperature rises more than it would naturally, the climate varies.

Although it is certain that Earth has naturally warmed up and got colder during other eras, such cycles have always been much slower, taking millions of years, whereas now, within a period of just 200 years, we are reaching levels that in the past brought about extinctions.



Before going over the causes and effects of climate change, let's explain why you should care about climate change.

The main cause of climate change is global warming, which has mainly negative consequences on physical, biological and human systems, as well as other effects. Global warming is caused by the greenhouse effect, a natural process by which the atmosphere retains some of the sun's heat, allowing the Earth to maintain the necessary

conditions to host life. Without the greenhouse effect, the average temperature of the planet would be -18 degrees C. The problem is that daily human activities maximise the greenhouse effect, causing the planet's temperature to increase even more.

When did humans first begin to cause climate change? Experts agree that the Industrial Revolution was the turning point when emissions of greenhouse effect gases entering the atmosphere began to soar. The Industrial Revolution was itself borne out of smaller revolutions: agricultural, technological, demographic, transport, finance creating a new model of production and consumption. From then onwards, population growth (in 1750, there were fewer than 800 million people on Earth, whereas now we are over 7.5 billion), exploding resource use, increasing energy demand and production, mainly from fossil fuels, all saw the planet enter into what the scientific

community have termed the Anthropocene period, a new geological era characterised by human impact on Earth. The main impact was the increase in the global temperature of the planet, which has risen 11 degrees C since this period, although it is estimated that, by the end of the present Century, the thermometer could rise by 2.7 degrees C even if national commitments to reduce emissions are fulfilled.

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Consequences of Climate Change : The global temperature increase brings disastrous consequences, endangering the survival of the Earth's flora and fauna, including human beings. The worst climate change impacts include the melting of the ice mass at the poles, which in turn causes rising sea level, producing flooding and threatening coastal environments through which small island states risk disappearing entirely.

Climate change also increases the appearance of more violent weather phenomena, drought, fires, the death of animal and plant species, flooding from rivers and lakes, the creation of climate refugees and destruction of the food chain and economic resources, especially in developing countries.

How can we avoid climate change? First, it is important to be clear that climate change cannot be avoided. We can mitigate its effects and adapt to its consequences, i.e. we can fight it through the application of small and large scale measures that help to slow down climate change. These actions are known as climate change mitigation and adaptation measures.

If you have the means to plant a tree, start digging. During photosynthesis, trees and other plants absorb carbon dioxide and give off oxygen. They are an integral part of the natural atmospheric change cycle here on Earth, but there are too few of them to fully counter the increases in carbon dioxide caused by automobile traffic, manufacturing and other human activities. Help mitigate climate change: a single tree will absorb approximately one ton of carbon dioxide during its lifetime.

Save electricity and reduce global warming by turning off lights when you leave a room, and

using only as much light as you need. Remember to turn off your television, video player, stereo, and computer when you are not using them. It is also a good idea to turn off your water when you are not using it.



While brushing your teeth, shampooing the dog or washing the car, turn off the water until you actually need it for rinsing. You will reduce your water bill and help to conserve a vital resource.

Set your water heater at 120 degrees to save energy, and wrap it in an insulating blanket if it is more than 5 years old. Buy low-flush showerheads to save hot water and about 350 pounds of carbon dioxide yearly. Wash your clothes in warm or cold water to reduce your hot water and the energy required to produce it. That change alone can save at least 500 pounds of carbon dioxide annually in most households. Use the energy saving settings on your dishwasher and let the dishes air dry.

Many utility companies provide free home energy audits to help customers identify areas in their homes that may not be energy efficient. In addition, many utility companies offer rebate programmes to help pay for the cost of energy-efficient upgrades.

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Wherever practical, replace regular light bulbs with LED bulbs; they are even better than compact fluorescent light (CFL). Replacing just one 60-watt incandescent light bulb with a LED used 4 hours a day can yield £14 in savings annually. LED's will also last many times longer than incandescent bulbs.

I hope this information will give you some idea of what climate change and global warming is all about. We can all do something to help to reduce our energy use and therefore leave a

better planet for our children, grandchildren and the generations to come. We can all recycle and reduce our use of plastics, therefore doing our small bit to reduce the greenhouse gases which are causing so much change in our climate.

Lynda Wallis
Executive Chairman,
Vale 50+ Strategy Forum

Friends of **BELLE VUE PARK**

Friends of Belle Vue Park is a community group run by local volunteers based at Belle Vue Park, Penarth who as well as contributing to the park through activities and fundraising, organises events through the year. These currently include Music in the Park, Great British Bird Watch and seasonal family events.

We are looking to expand what's on offer so with the support of the 50+ Forum and the Vale of Glamorgan Council sports team we ran our first coffee morning in 2019, which was a great success. The event included taster sessions for accessible Tai Chi and Lawn Bowls which were really popular. We also gathered suggestions for inclusive events and activities that people would like to do at the park, which included a gardening club, talks and film showings. This coming year we are planning to



trial some of the suggestions and organise a further coffee morning which we would love you to come along to. It's a great opportunity to stay active, maybe try a new activity and meet people in the community. You can stay updated with our plans for this year by looking at our website, following our Facebook page or Twitter Feed using the links below.

Friends of Belle Vue Park is a small group of volunteers and we're always looking for new members to join the team. No specific skills are required and it's a perfect opportunity to contribute to our community and meet new people. If you are interested in getting involved please drop us a line at:

bellevuepenarth@gmail.com
www.facebook.com/BelleVueParkPenarth/
twitter.com/bellevuepenarth



It seems such a short time ago when we walked into HMS Cambria and opened our Drop In Centre in House Nos 6. That was in November 2016. We've come such a long way in 3 years, with permanent hubs at Amelia Trust Farm, Barry and Erias Park, Colwyn Bay and seven Town based Drop in Centres set up in North Wales and the first of three in South Wales now open in Cardiff.

To date we have helped over 3,000 veterans directly, with one of the main areas being our "Form Filling" Support Officer team who over the last year have guided and supported many veterans through the PiPs, Pensions and Benefits "mazes" and have been able to land over £280,000 worth of payments for our lads and families. Simply put, this was money that 50 of our veterans thought they would not be eligible for. Brilliant life changing work, long may this continue.

Key for Woody's in 2019 has been the way the Charity has worked and collaborated with other veteran support agencies such as; Change Step, BLESMA, TGP Families Support, SSCE (Service Children), Veterans Mental Health NHS Wales and of course Age Cymru. Woody's also has a working partnership with Wales Ambulance Service NHS Trust, where Woody's provides the space for Ambulance Teams to meet their Welfare Officers and to take time out. Talks with Welsh Police Forces are ongoing.

The other major headline is that having heard of our work and thanks to the amazing generosity of two benefactors, Woody's has been given a 10 year lease of a 11 acre farm holding, in Ceredigion. The Farm, with its cottages, barns, gardens, orchard and ponds will allow Woody's to develop a family camping holiday venue, residential training site for the whole of the UK and a much needed Drop In Centre for local veterans. A full article to follow in the next Newsletter. We also want to mirror these much needed family vacation breaks, care of JR at Wyeforward near Hay-on-Wye.

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As for our North Wales Team, brilliant as ever, they are organising a cross Wales Bike Ride starting at Eirias Park on 6 June 2020, cycling via our West Wales Farm to end at Amelia Farm on 12 June. The ride will be commemorating the D Day landings and supported by many Welsh veterans' agencies. We hope to have over 60 cyclists involved.

10 amazing staff, 20 brilliant volunteers, an excellent group of very hard working Trustees, key sponsors and to all our readers, thank you for making this a unique and wonderful charity into what it is today and enabling us to change many lives for the better. We look forward to having some fun in 2020.

BEWARE OF THE ROGUE TRADER!



Trading Standards are receiving more complaints than ever regarding incidents involving rogue traders. Sadly, we have encountered people who have been duped out of thousands of pounds for substandard work or work that is unnecessary. Some Rogues may take the money upfront and may disappear either without having done any work at all or part-way through the job.

Rogue traders use various tactics to engage with people:

- A small flyer through the door offering building or gardening services where they claim to be proficient in many disciplines. The flyer usually offers OAP discounts;
- A knock on the door offering their services because they are *in the area* and they may claim that there is something wrong with your property that requires urgent attention;
- They may approach you if they see you outside of your home if they happen to be working in the area or happen to be posting leaflets.



Rogue traders tend to ask for money upfront and will persuade you to pay by giving you all sorts of reasons. **Always** refuse to pay large sums upfront or even before the work is complete. A 10% deposit is usually acceptable. **Always** check with your council's Building Control Department if the work requires planning permission and **always** get a second opinion regardless if you're told that the work on your house needs to be done immediately. Rogue traders will say anything to try and convince you but they just want your money.

For more information contact Shared Regulatory Services on 300 123 6696 or at www.srs.wales

Vale 50+ Strategy Forum Calendar of Meetings 2020



New members are always welcome

Meeting	Date	Time	Venue
Executive	23rd April	2:00 – 4:00 pm	Committee Room 1
Health and Equalities Sub Group	12 th May	2:00 – 4:00 pm	Committee Room 1
Executive	21st May	2:00 – 4:00 pm	Committee Room 3
Arts, Craft and Leisure Sub Group	26 th May	2.30 – 4.30 pm	Phil John Room, Barry Library
Transport Sub Group	9 th June	1:30 – 3:30 pm	Committee Room 1
Executive	18th June	2:00 – 4:00 pm	Committee Room 3
Health and Equalities Sub Group	14 th July	2:00 – 4:00 pm	Committee Room 1
Executive	16th July	2:00 – 4:00 pm	Committee Room 3
Arts, Craft and Leisure Sub Group	28 th July	2.30 – 4.30 pm	Phil John Room, Barry Library
Health and Equalities Sub Group	8 th September	2:00 – 4:00 pm	Committee Room 1
AGM	17th September	9:30 – 12:00 pm	Corporate Suite
Arts, Craft and Leisure Sub Group	22 nd September	2.30 – 4.30 pm	Phil John Room, Barry Library
Transport Sub Group	13 th October	1:30 – 3:30 pm	Committee Room 1
Executive	15th October	2:00 – 4:00 pm	Committee Room 3
Health and Equalities Sub Group	10 th November	2:00 – 4:00 pm	Committee Room 1
Executive	19th November	2:00 – 4:00 pm	Committee Room 3
Arts, Craft and Leisure Sub Group	24 th November	2.30 – 4.30 pm	Phil John Room, Barry Library
Transport Sub Group - Festive Lunch	8 th December	To be discussed	To be discussed

Making the World

a better place!



Fair Trade is an international movement which aims to ensure that farmers and producers in developing countries are paid a fair wage for their work, and not ripped off and exploited by big companies.

International standards, including price, better working conditions and sustainability, are agreed with producers across 22 of the world's poorest countries.

Wales became the world's first Fair Trade Nation in 2007, and the Fair Trade mark can be found on products as diverse as coffee, chocolate and bananas to gold and footballs.

This means that you, as a consumer, can make a positive ethical choice about what you buy.

Here in the Vale of Glamorgan there is an active Fair Trade network, part of Fair Trade Wales, with particularly active branches in Dinas Powys and Barry, where the Fair Trade Committee is run by Barry Town Council.

The highlight of the year is Fair Trade Fortnight, which takes place at the end of February and the start of March. During this fortnight, groups work together to promote Fair Trade in a range of activities.

Recent years have included Fair Trade Cake Bakes, tasting sessions at local supermarkets to show the range of Fair Trade goods available, presentations at local churches and giving football and rugby balls to local sports clubs and schools.

In Barry, the Fair Trade Committee meets every two months, with representatives from across the community attending, e.g. churches, trade unions, soroptomists, Scouts and local business.

Wales became the world's first Fair Trade Nation in 2007, and the Fair Trade mark can be found on products as diverse as coffee, chocolate and bananas to gold and footballs.

If you would like to get involved in making the world a better place, contact Robyn Walsh of Barry Town Council on (01446) 738663 / robynwalsh@barrytowncouncil.gov.uk

POETRY CORNER

Write a poem!

Write a poem, that aint for me,
rather, put my feet up, watch T.V.

Write in rhyme or converse in verse,
you're having a laugh aint nothing worse

Poetry's for lovies not blokes like me,
sooner me shed with a cuppa tea.

Well if I must I'll give it a go
but is it poetry? I don't think so!

It's just a rhyme a ditty a verse,
writing poetry? Aint nothing worse!

Allthecs

School Run

Morning mayhem, mum in motor
on the school-run, highway chocker

Pale faced puddings in need of fresh air
taken to school with moody glare.

Reduce morning chaos and take the school
bus oh dear no, that's too much fuss.

Why not walk? School's not too far
it might rain better take the car.

When dropping off get as close as you can,
never mind causing a school run jam.

Now your child is safe and sound
pull into oncoming traffic don't looking
round

Exchange heated words at the school gate
after all it's not your fault you're running
late!

Allthecs aka Chris Collins

Wild Horses

By Thelma J Lougher

The thought of the horse on the open plane
Who, wild! Yes wild as the wind.
Unhampered by bit bar and saddle,
Swift and alert to a whim.
Unspoiled by the petting and purring,
Untouched by the heavy hand,
Grazing the grasses of glimmering gold,
That drift and sway o'r the land.
While the mighty, muscular, mustang,
Stands sentinel over all.
They graze in the peace of the prairie,
As they hear the wild beasts call.

At a trifling hint of danger,
The stallion sets alight and
The herd in a mighty flash as one,
Aroused to instant flight
To see the wind in the flowing manes,
And the nostrils, snorting wide,

Fleeting ahead of their flowing tails,
With a rhythm of the tide.
This is a vision one rarely sees,
When they're broken to the bit,
Their spirits grow dim when broken in
Their fire is dimly lit.

Their rhythm restricted by tackle,
Tension on bit bar and rein.
With the best of riders they never compare
To their tempo on the plane.
The horse a long time servant of man
A friend, that has shared the load,
But sadly out done by the engine,
The speedsters of the road.
The horse of the prairie has spirit,
A spirit that's envied by all,
Unfettered, distinguished and graceful,
Respondent to natures call.

The Welsh Senate of Older People

The Welsh Senate of Older People is an independent force combining national and local organisations of older people to work together to empower older people across Wales to have a stronger voice.

The Welsh Senate was officially launched on Friday 1st October 2010 at an event in Tŷ Hywel, Cardiff Bay. Representatives from the Welsh Government and the UK Government were invited to sign the Welsh Senate of Older People's Charter, committing to promoting the Welsh Senate and its aims.

Since the launch, the Welsh Senate has grown, with over thirty local older people's groups joining the four national organisations.

The aims of the Welsh Senate are to identify important issues that are of concern to, impact on, or otherwise affect the interests of older people in Wales and to articulate and bring these issues and concerns to the attention of the Government, other agencies and the general public.

Our objectives are to provide older people in Wales with a unified voice, to represent and protect their interests, to work with other organisations to improve services, to promote better and closer co-operation between older people's organisations and to monitor the implementation of the Strategy for Older People in Wales.

Campaigns include:

- **P is for People** - to stop the closure of public toilets and to promote public facilities and their importance to public health in Wales
- **Fuel poverty** - to work with local authorities to prevent older people being forced to choose between heating their home or eating a meal
- **Raising awareness** - to support older people to know their rights and entitlements and to be the central information source for government and press

The Welsh Senate of Older People is also dedicated to changing perceptions of older people and celebrating the positives of ageing.

Any group of older people can join the Welsh Senate and send a representative to meetings, which take place up to four times a year. Between the meetings, there is plenty of work to be done on our campaigns.

For the Welsh Senate of Older People to succeed, we need the support of as many older people's groups as possible, so why not get involved and see what your group can do to help?

Affiliation is free - forms are available on the website, by email or by calling the secretariat on 029 2043 1570. More information about our work is available on our website and you can also follow us on Facebook and Twitter.

If you would like more information about the Welsh Senate of Older People, the campaigns, or if your group would like to affiliate to the Senate, please get in touch.

**Welsh Senate of Older People Secretariat, Age Cymru
Ground Floor, Mariners House, Trident Court, East Moors Road, Cardiff CF24 5TD
Tel: 029 2043 1570 Email: wsop@agecymru.org.uk www.welshsenateofolderpeople.org**

What is ‘Spread the Warmth’?

Spread the warmth is Age Cymru’s national campaign which has a winter health promotion component. The health component serves to raise public awareness of how living in a cold home environment and colder temperatures can negatively affect older people’s health. The campaign serves to reassure older people by informing them of how to access support services locally

The campaign aims to prevent avoidable harm to older people’s health by alerting people to the negative health effects of cold weather. This should enable them to prepare and respond appropriately, and help to reduce the number of excess winter deaths.



- Raise public and professional awareness of the difficulties and risks many older people face in cold weather
- Help to ensure that older people have access to, and receive, the necessary support, information and advice
- Raise public awareness and encourage public action to foster *age friendly* communities that consider older neighbours, family members and friends during what can be a difficult time of year – particularly for those who live alone or are socially isolated.

Objectives

We will

- Enable and empower older people - Provide information and advice to older people in Wales to maintain good health throughout the winter months and cold weather.

Keep warm

- Encourage greater precautions of keeping warm – heating, eating and dressing for warmth.
- Encourage financial eligibility checks.
- Encourage home energy efficiency checks.

Keep safe

- Encourage greater precautions of keeping safe – home fire safety checks, electrical safety, use of carbon monoxide detectors, falls risk reduction assessment and burns awareness.

Keep well

- Encourage uptake of this year’s influenza vaccination for **all** not just eligible groups.

Spread the Warmth resources are available bilingually in Welsh and English only, as a hard copy, or electronic format from the Age Cymru website - www.ageuk.org.uk/cymru.

Age Cymru’s Health Initiatives Officer is Angharad Phillips,
E-mail: angharad.phillips@agecymru.org.uk

Diverse Cymru is here for you



At Diverse Cymru, we care about equality – we're a Welsh charity that is committed to supporting people who are faced with inequality and discrimination. We specifically work within the definitions of the Equality Act 2010, namely: Age, Disability, Gender Reassignment, Marriage and Civil Partnership, Pregnancy and Maternity, Race, Religion or Belief, Sex and Sexual Orientation. We have a big vision – we want to see a Wales without prejudice or discrimination, a place where every person is equal, and diversity is celebrated.

How are we working on that in the Vale?

Advocacy – We work with disabled adults in the Vale of Glamorgan, helping people obtain the community care they need; appealing decisions that people do not agree with, such as decisions about their benefits or care; support and represent people to get benefits; make complaints about services, and more.

Inspiring action – We work across Wales, talking about the good work we do, and promoting services and ways to get involved. If you want to join the mailing list we use to communicate some of these opportunities to be involved, you can email Shelagh Maher at Shelagh.maher@diverse.cymru, or write in to: Shelagh Maher, Diverse Cymru, Alexandra House, Cowbridge Rd E, CF5 1JD. You can even ring, at 02920 368888.



VALE 50+ FORUM COLOUR OF ART, LITERATURE AND MUSIC QUIZ

(Every answer contains a colour)

1. Novel by Wilkie Collins? (3,5,2,5)
2. Clerical detective? (6,5)
3. Expensive opponent of James Bond? (10)
4. Dark Horse? (5, 6)
5. A mechanical fruit? (1,9,6)
6. Best selling seasonal song? (5,9)
7. Popeye's girl friend? (5,3)
8. Underwater Beatles? (6,9)
9. Treasure Island villain? (4,4,6)
10. Ovine nursery rhyme? (3,3,5,5)
11. TV's snake? (5,5)
12. Just another pop group? (6, 3)
13. The way to Oz? (3,6,5,4)
14. Chekhov's fruit tree? (3,6,7)
15. Fifth day of Christmas? (4,4,5)



Answers on page 35.

Vale 50+ Strategy Forum Health and Equalities Group Report



The group of 12-15 members meets bi-monthly. It keeps abreast of issues and changes to health and social care services for Wales and in the Vale of Glamorgan. In the past year the group has had presentations which have included falls prevention, proposed changes to Community Health Councils, the problems facing carers of people with dementia and public health policy. We feed into Welsh Government consultations and are actively involved in local issues within the Vale.

The Health Minister has embarked on a bold programme to “transform” health and social care services in Wales over the next decade. Services are changing the way they work and we need to keep a critical eye on services to ensure that changes make a positive difference to the lives of ordinary people. We have submitted responses to national consultations on obesity and on loneliness and isolation; also submissions were made to a consultation on establishing a single major thoracic surgery centre for South East and South West Wales. The Forum welcomed the greater attention being focussed on obesity –although the document focussed mainly on childhood obesity- and stressed the importance of local transport, the lack of which often impeded the ability of older people to participate in community activities.

The Older People’s Commissioner for Wales has recently launched a national campaign to combat ageism and we will be supporting the campaign over the next year. In the last five years there has been national and local improvement in the way older people are treated but there is a long way to go. The language in the press and social media still characterises older people as dependent, unproductive and a burden on the rest of society. The funding of social care (which contributes to the problems in health services) still leaves many older people without adequate support and leads many to lose their life savings to pay for care because they have a dementia rather than a physical disease.

Significant changes are occurring in mental health services in the Vale, because of the significant increases in the levels of anxiety and depression in the community, mental health staff are being attached to general practice clusters (groups of GPs in a locality); this should reduce pressure on GPs as well as provide a more effective service to those with mental health difficulties. People diagnosed with dementia through the Memory Clinic will now have a six monthly review to look at changing needs as their dementia progresses. For people with muscular skeletal problems there are now self referral services at Barry Hospital and Llandough Hospital, avoiding the need to be referred by a GP.



Two proposed changes have involved much activity on the part of the Forum : the proposal to close Sam Davies Ward in Barry Hospital and the proposed Wellbeing Hub at Cogan Leisure Centre. The Forum argued that the closure of Sam Davies Ward was premature and not backed

by sufficient evidence; members attended two crowded public meetings and submitted detailed written comments on the proposal. The University Health Board has put the closure on hold whilst a wider consultation on the future shape of services at Barry Hospital is held starting in the spring 2020. There are many attractive features to the proposed Hub in Penarth but the location in the leisure centre is not ideal; there are important issues needing resolving such as access, public transport and air pollution. Group members have had direct discussion with the Health Board planning team to highlight the importance of these issues for older people and people with disabilities. A Business Case has been submitted to Welsh Government and we will continue to work with the Health Board and Local Authority to make sure that problems are addressed and that the Hub will make a positive contribution to health in Penarth, Dinas Powys Llandough and Sully.

We are fortunate to live in an area with large areas of lovely natural environment, but the rural nature of the Vale, distribution of the population, (with a higher proportion of older people than Cardiff) and significant pockets of poverty means that the broad plans of the Health Board need to be articulated to take account of the specific features of the Vale and with close cooperation with the Vale Council.

Ron Walton, Chairman Health and Equalities Group

Future Generations Commissioner for Wales, Sophie Howe

Over the past year climate change has dominated the news agenda, resulting in many governments worldwide, including in Wales, to declare a climate emergency and accelerate their actions to combat the already devastating effects of global warming on our communities and nature.

As the Future Generations Commissioner for Wales, it is my legal duty to act as guardian of the interests for future generations and ensure that our public services in Wales, including the Welsh Government, are thinking and acting for the long-term.

Last year, I published a 10-point plan on how to fund the climate emergency, with my research showing that almost £1 billion pounds will be needed to meet the challenge ahead of us.



In December, Welsh Government published their first draft budget since declaring a climate emergency. Whilst there are many positives within the budget, including a major commitment to retrofit social housing and buildings, as well as additional spending for active travel and local government in preventative services, the government needs to go further and show how each penny spent contributes to the well-being of our people and planet.

We need to see a clear line of sight of investment to understand how a decision is moving us towards a low-carbon society, as required by the Well-being of Future Generations Act. It is essential that Welsh Government are protecting the interests of our future generations and there are improvements needed before we can say that this is truly a climate emergency budget.

TeleV: Telecare Alarm Services

TeleV offers a range of services and devices which use technology to enable vulnerable people to live with greater independence and safety in their own home. Telecare devices are linked to a 24hr monitoring Centre in Barry.

The system can be used at any time of the day or night, 365 days a year. Whatever the reason, if you hear a sound in the middle of the night, if you have an accident or incident in the home or suffer from a medical emergency the operator will arrange help as quickly as possible. The operator is also there to provide friendly support with a reassuring voice to alleviate any distress or to put your mind at rest.

- A friendly dignified service
- Simple to use equipment
- Provides peace of mind for clients and their relatives/friends.
- Eases the pressure of family, or carer commitment time
- Provides a range of packages to suit individuals need and circumstances
- Ensures help is at hand with the touch of a button

TeleV provides support to people in their own homes with the help of technology and community response services. TeleV is suitable for:

- People with disabilities
- People living with serious or chronic illnesses
- People leaving hospital following major or minor surgery or illness
- People who feel vulnerable or insecure
- People at risk of domestic violence

Contact
Holwch  OneVale
UnFro
01446 700111
www.valeofglamorgan.gov.uk



Support for Volunteering and Community Groups

Glamorgan Voluntary Services (GVS) is an independent charity and has a flourishing membership of voluntary and community organisations active in the Vale of Glamorgan. We help to improve the quality of life of people and communities by supporting volunteers, volunteering opportunities and voluntary groups. If we can help you or your community group please contact us for a friendly chat.



Glamorgan Voluntary Services (GVS)

Tel: 01446 741706 E-mail: enquiries@gvs.wales

Website: www.gvs.wales Charity No: 1163193

Dementia Friendly Barry



Our vision is for Barry to become a town supporting and respecting the needs of people living with Dementia and their carers.

Working with support from Alzheimer's Cymru; Dementia Friendly Barry is made up of a cross section of representatives from organisations, Vale of Glamorgan Council, Barry Town Council, volunteers, and voluntary sectors; all committed to continuing to support and improve Barry as a Dementia Friendly Town.

Our Partners in the Group are actively engaged by supporting and holding dementia awareness events and activities throughout the year. With support and funding from Barry Town Council; the Group is currently working on 'Project 6'. To put together 6 different activities in 6 venues in Barry on the theme of 'Health and Activities' during 2020.

A key aspect of our work is to create as many Dementia Friends as possible in Barry. To become a Dementia Friend all you need to do is hold a one-hour free dementia awareness session in your premises (or we will try to organise a venue). A trained Alzheimer's Society Volunteer Dementia Champion will discuss dementia and help to dispel some of the myths and fears around dementia. The Champion will also help attendees understand issues that people living with this brain disease are facing when out in the community etc.

This year we have held sessions in Barry with businesses, G.P. Surgeries, solicitors, funeral directors, young people, Vale of Glamorgan Council, disability sports, fitness trainers, etc. All of whom have pledged to become Dementia Friendly. By attending the session people become a 'Dementia Friend'. Groups can, if they wish, then become a Dementia Friendly



Pictured above: Vale Practice holding their Dementia Friends certificate

Organisation by making a Pledge (action) of their own to work to become more dementia friendly. These are simple things people can do that can make a big difference. You will receive a Dementia Friendly/Alzheimer's Society Certificate and a dementia friendly window sticker to put up in your premises. You can also use the logo Dementia Friendly Barry on your correspondence. You will be invited to our meetings, receive Group minutes, be invited to planned events, and publicised as Dementia Friendly on our website and Twitter Feed.

If you wish to know more about Dementia Friendly Barry please email me at: dementiafriendlybarry@outlook.com

For news, activities and useful information for people living with dementia and their carers visit our website at www.dementiafriendlyvale.co.uk

Jane Weldon, Chairman Dementia Friendly Barry.

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



The Arts Crafts and Leisure Group (ACL) is a member led Group that was formed in May 2011. This Group strongly endorses a positive ageing agenda, and has strong links with Barry County Library where it meets. Meetings are held six times a year in the Phil John Room, on the fourth Tuesdays of January, March, May, July, September and November. Chair of this Group is Gill Davies. Vice Chair is Mari Major.

The Group has enjoyed many interesting and amusing presenters during its nine year existence. Group numbers have fluctuated in this period, mainly due to health infirmities. Currently core membership remains at around ten. Meetings held from January 2019 to November 2019.

January 2019: Mark Collard. Musical Update

At this meeting, Mark Collard updated ACL members with news of his musical plans for the year. Mark, both a singer and composer has provided this Group with musical presentations, occasionally harmonising with Pauline his wife. He and friends were planning to stage a one night only Musical tribute to his late father-in-law. The music would be based on Marks successful cassette Waiting for Blue which had made the Country charts in 2017. The date arranged was to be Friday April 26th. Venue to be Cadoxton Conservative Club. The ticket price of £10 would also provide food as well as the entertainment. All raffle proceeds were to be given to Dementia Research. ACL members agreed to support Mark and his family and friends in this worthwhile venture.

March 2019: Art Gallery Visit

International Women's Day is celebrated annually on March 8th. ACL generally use the March meeting to visit the Art Exhibition at Art Central which is fronted by the Women's Arts Association. The Exhibition is available throughout the whole of March, is one of diversity. It includes paintings in all mediums, photography, ceramics and textiles. Tracey Harding, Vale Arts Development Officer was on hand to give background information about the many exhibitors. She also highlighted future Gallery Exhibitions for 2019. Gallery Exhibitions are currently free of charge. The Art Gallery is open from Monday to Friday: 9.30am to 4.30pm. Saturdays: 9.30am to 4pm.

May 2019: Xarifa Cooper. Poet

ACL welcomed Xarifa back the Group. She is always a welcome returner as she embodies all that is positive in life ! A poet and raconteur this was her third visit to ACL. She is a member of Barry University of the Third Age, (U3A) and resident of rural Vale. Herefordshire is her birth county, so she is well versed in country life. Her talk entitled Domestic Superstitions was an amusing comparative study of English and Celtic folk traditions. These centred on Hatches, Matches and Dispatches!

This was followed by her usual quiz, which seem to become more difficult with each visit of hers, or it could be, that our brains are less sharp as we age ! Xarifa's visit coincided with the Gwanwyn festival which is held in May each year. This celebrates older Welsh creativity which she embodies so well.

ACL were pleased to hear from ACL member Mark Collard, that his Charity fundraiser on April 26th at Cadoxton Conservative Club had raised over £300. Proceeds were from both the raffle and entry tickets. A donation had been made to Dementia Research.

July 2019: Tracey Harding. Arts Development Vale Council

Tracey Harding presented the Autumn/ Winter programme to the Group. As the Group support the Art Central Gallery, and some are also members of Art Central Friends (ACF), information concerning Gallery events is important. Art Central Friends hold Exhibition Opening events mainly on Saturdays. Membership of ACF is £10 annually. Fees support Gallery speakers and publicity relating to all Exhibitions. These average around twelve a year and include art, photography, ceramics and pottery.

An off site event was held at Penarth Pavilion on the week-end of July 13/14th. This was organized by Michael Goode, an artist/printer and featured many talented local crafters. Michael has agreed to give a talk to ACL in September.

September 2019: Michael Goode

Michael Goode, as promised visited ACL at their September meeting. Unfortunately technical issues prevented him from giving us his PowerPoint presentation. However, Michael a Barry resident, is also a teacher/tutor. He was able to give the Group an interesting and informative history of his artistic journey illustrated by his pieces of work. The members were able to handle his many lino prints and collographs, all based on natural land and seascapes. Also included were examples of his screen prints.

Art Central Gallery will present Craft Central from November 23rd to December 21st highlighting the diverse work of Crafters from throughout the Vale of Glamorgan.

November 2019: Craft Central Visit

Members visited Art Central Gallery which had been converted into Craft Central for this festive display of local craft creativity. Members were able to purchase goods, wooden toys and ornaments, jewellery and other handmade artefacts at their visit. Various crafters were giving workshops during the day to highlight their speciality craft expertise. Members then returned to the Phil John Room to enjoy their annual festive tea. This is a November tradition, as the Group do not meet until January. Mark Collard provided festive music and all members contributed edibles ! All Forum members have been contacted concerning 2020 meeting dates.

ACL meet on January 28th, March 24th, May 26th, July 28th, September 22nd and November 24th 2020.

Gilly Davies : Chairperson. Arts Crafts and Leisure Group (ACL)



Pension Credit

Make sure you receive what you're entitled to

As the **Older People's Commissioner for Wales**, I have seen the positive difference that Pension Credit can make to older people's lives but every year thousands of older people in Wales miss out on millions of pounds of unclaimed financial entitlements.

If your weekly pension is less than **£167.25** (£255.25 for couples), you may be eligible for Pension Credit, which tops up your income and unlocks a range of other entitlements, such as council tax discounts, free dental treatment and help with housing costs. You may still be entitled to Pension Credit even if you own your own home or have savings and other income.

Call the Pension Credit claim line now to make sure you receive what you're entitled to!



0800 99 1234

The average amount of Pension Credit received by those claiming is £58 a week, which could boost your income by as much as £3,000 a year!

It's really easy to claim Pension Credit - all it takes is a phone call. You just need your national insurance number, your bank details and information about your income and savings.

Heléna Herklots
Older People's Commissioner for Wales



Comisiynydd Pobl Hŷn Cymru
Older People's Commissioner for Wales

www.olderpeoplewales.com \ 03442 640 670



VALE 50+ FORUM

PALINDROME QUIZ

A Palindrome is a word that reads the same backwards or forwards. All the answers of the following clues are palindromes.

1. The first woman.
2. Property paper
3. Man's name ; German King
4. Blow your horn
5. Twelve o'clock
6. Related to Government
7. Take a quick look
8. Air or highway monitor
9. In Spanish ,it's senora
10. Send a patient to a specialist
11. Not duets
12. Eskimo watercraft
13. Former Iranian monarchs
14. Basic doctrine
15. Decorate the wall for a second time
16. Woman's name; former monetary unit of India
17. He was angry, he became ___ in the face.
18. Flat; even

Answers on Page 35.

Dinas Powys RVS Friday Lunch Club



It is staggering to realise that a group of 38 volunteers enable Friday Lunch at the Lee Hall to take place

Christmas at the Dinas Powys RVS Lunch Club is always very special. It is a time when all the members and volunteers get together to celebrate the festive season. It also gives our members the opportunity to show their appreciation of the volunteers involved. These people help make the Lee Hall on a Friday lunchtime a very warm and inviting place.

There are 23 members at present, mainly from Dinas Powys. The Lunch Club operates every Friday during school term time and the two course roast dinners are prepared by the wonderful cooks at St. Andrew's Church in Wales Primary School and served by a team of volunteers.

Up to sixteen members every Friday are picked up and returned home by the DPVS mini-bus and the food is also collected from the school and containers returned each week. All this relies on the commitment of volunteers.

It is staggering to realise that a group of 38 volunteers enable Friday Lunch at the Lee Hall to take place. They give up to 3 hours a month of their time, be it to serve the food, drive or escort the members on the minibus, or pick up the food containers from the school.

At Christmas the members show how much they appreciate their contribution but unfortunately our volunteers are getting older or have other commitments and some have been volunteering for over 20 years. We would love some extra help. Just 3 hours a month of your time would make such a difference.

If you would like more information please ring the Dinas Powys Voluntary Concern on 02920 513700 or email info@dpvc.org.uk and they will pass your enquiry onto a RVS Co-ordinator.

Housing in Later Life

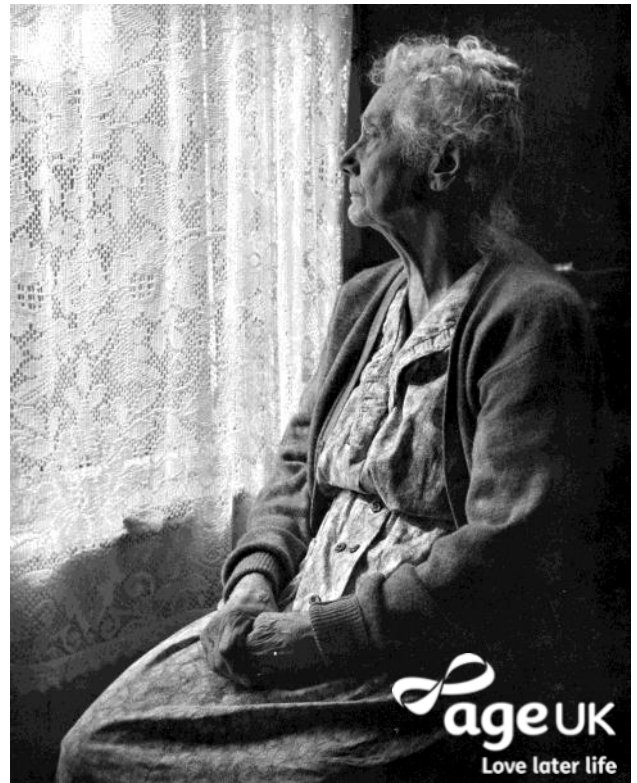


Everybody needs a decent, secure and affordable home – but at different points in our lives, we may require different things from our housing. Older people want comfortable and attractive housing alternatives that promote healthy and active lifestyles – but too often they find themselves in poor or inaccessible housing, in the wrong places. Getting housing right for older people could have immense benefits for society and the economy. Although there are positive initiatives in mainstream and specialist housing, they are not enough to respond to the rapidly expanding population of older people, in a way that significantly extends the options available. Current reforms to the care system offer an opportunity to encourage better ways of integrating housing with flexible forms of care and support. But we still need to get the basics right.

For many older people, it is too difficult to get simple home adaptations or repairs carried out quickly and affordably. We are not building enough of the right type of retirement housing to tempt older people who might wish to downsize. Many of the options that do exist are only available to a relatively small section of the older population. This report outlines some of the challenges and opportunities for older people's housing with recommendations for action. One key action is to make sure that older people themselves are at the forefront of the housing debate. Offering control, independence and housing solutions that fit with changing lifestyles and aspirations is essential. To help do that, we need to deal with the risks and unpredictability that often undermine new housing developments. As this report makes clear, there isn't one simple solution that will suit everyone. Older people want a range of choices and the vast majority will continue to look towards mainstream housing solutions. Tackling some of the barriers discussed in this report would dramatically increase the quality and diversity of provision. Offering housing choices that appeal to new generations of older people will contribute to improving the availability of housing for everyone.

The Government is right to promote a range of different options, but these options require long-term investment from both the private and public sectors. Promoting independence with accessible and adaptable homes.

- All new mainstream and specialised housing should automatically comply with higher accessibility standards, to reflect the lifetime homes standard
- Improved design and accessibility should not be restricted to specialised housing, as the vast majority of older people will continue to live in ordinary homes.
- We need to do more to integrate housing adaptations support with other services that facilitate independence at home and ensure they are universally and consistently available.
- All local authorities and Clinical Commissioning Groups (CCGs) need to implement best practice to speed up the delivery of home adaptations and reduce waiting times to a minimum.
- It is critical to protect funding for home adaptations, particularly through Disabled Facilities Grant (DFG) allocations
- There needs to be a comprehensive, joined up, national programme to address the health impact of poor housing conditions on older people.
- The Government and local authorities should do more to help housing support services achieve financial sustainability, including backing and investment for social enterprise. Local services need to deliver swift and affordable repairs and home improvements that reach out to the most vulnerable older people, especially in rural areas.
- Service commissioners should be proactive in the development of specialist housing and financial advice, targeted at homeowners, to explore the range of options available to carry out essential repairs. This should include the effective use of grants, loans, home equity and other sources of financial assistance.
- In places where older people have little or no equity in their home, the Government needs to restore vital funding, such as the private sector renewal grant, to prevent ill health and a widespread deterioration of the housing stock. Special attention needs to be given to older people living in poor private rented housing.
- Health and social care outcomes and indicators need to give greater priority to preventative housing services for older people designed to improve the home environment, promote independence and reduce demand on the care system.



To read full report see AgeUK www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/reports-and-briefings/safe-at-home/rb_july14_housing_later_life_report.pdf

Age UK

If you need advice or information on money, care or health, call 0800 678 1602. We're open 8am to 7pm, every day of the year.



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Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Update on Developments at University Hospital Llandough and Barry Hospital

It is an exciting time at both hospitals and in this article I would like to inform you of a number of key improvements being progressed at the University Hospital Llandough and Barry Hospital.

University Hospital Llandough

During 2019, the following developments at the hospital have been progressed:

1. Rookwood Hospital Service transferring to University Hospital Llandough (UHL)

Rookwood Hospital is currently located in Llandaff, Cardiff and provides specialist rehabilitation services for serious head and spinal injuries. These services will be transferring to UHL once redevelopment work has been completed. This work commenced in January 2019 and will take approximately 20 months to complete.

The area being used is the former Maternity Unit near the Cardiff and Vale Orthopaedic Centre. Work has progressed in 2019 and the new development is now visible. This development includes; wards, a patient hydrotherapy pool, outpatients and a rehabilitation bungalow adjacent to the new unit. The cost of this work is approximately £30m which has been funded by Welsh Government. The work is still scheduled to be completed by the end of 2020. Following the completion, commissioning of the new unit will commence with a proposed date for the transfer of the services from Rookwood Hospital to UHL in the Spring of 2021.

Associated with the development will be a purpose built garden adjacent to the new unit which is being funded through a charity called 'Horatio's Garden'. The development of this garden is purposely designed and built for needs of these patients. It is recognised and acknowledged that outdoor space is important for encouraging and maintaining wellbeing and 'Horatio's Garden' will be an excellent facility for this purpose. This garden will provide wellbeing and therapeutic opportunities and plays an important part in patient care.

2. Our Orchard-Ein Berllan

Utilising the Wellbeing of Future Generation agenda, Cardiff and Vale University Health Board and Cardiff and Vale Health Charity is continuing to develop a unique outdoor space to enhance the health and wellbeing of patients and the local community. The vision of 'Our Orchard' is to create a tranquil space which will become a legacy for generations to come. The Health Board is working with partners to establish this innovative project which is believed to be the first of its kind at a hospital site in the UK.

Our Orchard is being created on seven acres of semi-rural pasture land and woodland which makes up part of the UHL estate. This will benefit patients, staff, visitors and the wider community and will be funded entirely through donations made to the Cardiff and Vale Health Charity. This long term project will be established in phases and includes a semi-natural planted area which has been set aside for the protection of plants and wildlife, wildflower meadows and a bee sanctuary.

During 2019, a number of key events / developments took place, including:

- April 2019 we had the pleasure of welcoming the First Minister, Mark Drakeford to Our Orchard to plant an apple tree which will blossom and grow for the future. The First Minister was joined by Jane Hutt AM.
- The 'Bee Project' encourages bees to use the orchard and the Beehives provided. It is planned that the orchard site will help provide a great source of food for the bees and promoting first bee colonies.
- Through the Spring and Summer months Our Orchard has continued to be supported by a wealth of volunteers including school children, Third Sector / Community Organisations Rehabilitation Service, numerous corporate groups and local businesses, artists, and NHS Health and Wellbeing advocates. The Volunteers worked hard on a variety of tasks; foraging for logs for bug and hedgehog hotels, tending to the new orchard and deciduous trees, repairing and clearing the ground around the bug hotel, and clearing vegetation so we could establish a path through the woodland area.
- We are pleased to be able to offer our community the chance to dedicate a tree within the Our Orchard site. Dedicating a tree is a unique way to remember a loved one or celebrate a special occasion and your dedication will provide a long-lasting tribute that can be visited time after time supporting wildlife and the local environment in the process. The cost of dedicating a tree is £50 and each tree is unique to you or your family with a personalized dedication label attached. A map will also be provided to help you find your tree. To discuss dedicating a tree as either a memorial or unique gift please contact the Fundraising Team on fundraising.cav@wales.nhs.uk or 02921 836042.

3. Cystic Fibrosis Unit

In December 2019, the First Minister visited the All Wales Adult Cystic Fibrosis Unit at UHL to announce funding of £4.7m to complete the work on a new unit for our patients. The new unit will enable our teams to provide care for our patients in a bespoke facility which will be better suited to their needs.

Environment is hugely important for patients with CF and the new facility will mean patients will have access to en-suite facilities which will reduce the risk of cross infection between patients.

The improved facility will provide additional en-suite in-patient Cystic Fibrosis beds and extended outpatient services to meet the current and future needs of a growing Welsh adult CF patient population. In addition, the 3 storey unit will house the new CF patient gym area, allowing the old gym to be converted to further treatment rooms and psychology counselling rooms.

This announcement is also great for our staff, who have worked to provide an excellent standard for Cystic Fibrosis patients and will allow patients improved access to the only Welsh specialised cystic fibrosis centre providing modern treatments, diagnostic and support services, and to participate in rehabilitation in an appropriate setting maintaining their privacy and dignity.

Work commenced in January 2020 and is scheduled for completion by the end of November 2020.

4. Death Registration Service

In partnership with The Vale of Glamorgan Registration Service, we introduced in 2019 a Death Registration Service based at the UHL. With this new service, bereaved families will have the option to register the death of a loved one at the hospital once they have collected the death certificate. In addition, some deaths in the local community can also be registered at the University Hospital Llandough. It is hoped this will help the bereaved during a very difficult and traumatic time, making it easier for them to deal with the formalities that need to be completed. The service is located alongside the Bereavement Office on the first floor of the hospital. The Registrar's Office based in the Vale will continue to provide a registration service in the Civic Offices should families prefer to use it.

Since the introduction of this service the registration of certain births can also now be registered with the Vale of Glamorgan Registration Service at UHL.

5. Patient Information Points at the front entrance of the Hospital

We have recently introduced the above (and at Barry Hospital) which is located in the main entrance of the hospital. The patient information point is an interactive 'touch screen' that provides health information, news on other services to patients. This includes services, opening times, access to the Health Boards Website. It also has the ability for patients / visitors to send emails to key contacts in the hospital.

During 2020, we will be developing this interactive facility as well as providing more up to date local information / news using 'news banners' at the foot of the screen.

Barry Hospital

A number of improvements at Barry Hospital were progressed in 2019 this included:

1. First Impressions Project

To improve your 'first impression' when you arrive at the hospital, a number of improvements have been introduced:

- New external and internal signage
- Improvements to the front reception/lobby
- Redecoration of the ground floor in 'brighter' colours
- New floor covering at the main entrance and some waiting areas
- Additional seating in the patient waiting areas
- Improved the appearance of 'internal' courtyard gardens
- Installation of artwork, including local school and community art groups

- Changing the outpatient 'ticket system' for those attending Phlebotomy services and to introduce a Phlebotomy service for paediatric patients.

2. Mary Lennox Room

The Mary Lennox meeting room on the ground floor was fully refurbished, including improved seating, visual aids and artwork and opened by Jane Hutt A.M. The 'Mary Lennox Community Room' is available for Third Sector and voluntary partners to use. If you would like to use this please let us know.

3. Car Parking

The other very important improvement progressed was the change in parking arrangements for patients and visitors visiting the hospital. The previous system required the users of the car park to register their car details on a terminal at the reception area. Many comments were received from the public that this system was not easy to use and caused confusion. The system has now changed to a number plate recognition system, using cameras that record the car arriving and leaving the car park – a similar system which has successfully been in operation for several years at University Hospital Llandough. As a result of this change you no longer need to register your car at the terminal. This is only required if your stay is over 4 hours. Feedback from users has been positive and we will continue to closely monitor this during 2020.

4. 25th Celebrations-Opening of the Barry Hospital

In October 2020, the Hospital will celebrate its 25th Anniversary. In 2019, a small planning team was established, including the involvement of key partners, to discuss the planned celebrations, for patients, staff and visitors.

This will include:

- Patients parties and celebratory events for staff
- Involvement of local school children in projects
- Commissioning of display boards / leaflets on the history of Barry Hospital and its predecessor hospitals

5. Our Future Plans for the Barry Hospital

As part of the University Health Board's Clinical Strategy, it is proposed to develop Barry Hospital as the Health and Wellbeing Centre for the residents of the Vale of Glamorgan.

In November 2019 a workshop was held to open up conversations on shaping our plans for establishing the Centre. A large and diverse group of Clinicians, partners and other interested parties, who all shared interesting suggestions and ideas on what would make a difference to people living in the Vale and how we should take our plan forward.

This workshop was the start of a process to be continued in 2020 and further updates will be provided throughout the year.

**Peter Welsh, Senior Hospital General Manager
University Hospital Llandough / Barry Hospital.**



Vale 50+SF Transport Group

The Transport Sub Group was set up and met for the first time in January 2007. Today the Team comprises of the Chair Anne Marie Little, the Vice Chair Richard J. Jones and enthusiastic members. We have a meeting of Sub Group members from 1.30pm-3.30pm at the Civic Offices at various dates during the year and these are open to all interested forum members. **The dates for 2020 are:** Tuesday 11th February, Tuesday 9th June, Tuesday 13th October and we will have a festive meal at a local pub on Tuesday 8th December.

Looking towards the future we, together, as a Transport Sub Group Team, have ideas of some topics for speakers and will work hard to make this happen. During our meetings we enjoy the speakers talk or presentation, we chat and have FREE tea/coffee and biscuits and then carry on with the rest of the business.

Example of a Recent Consultation:

To give you a little flavour of what we do, myself, the Vice Chair and another Sub Group member (who is also an Executive member of the V50+SF) attended a recent consultation at the Cardiff Council Offices in Atlantic Wharf, Cardiff Bay. Members who couldn't attend were able to send their comments via email or post.

Cardiff Council have undertaken a review of City Centre transport in order to identify where improvements to infrastructure can be made. The City Centre currently has issues of congestion and poor air quality due to high numbers of vehicles travelling through the city. An effective way of tackling these problems is to create more opportunities for people to walk, cycle or use public transport.

Cardiff Council developed proposals for improvements to sustainable transport across the City Centre to improve connections between communities and major destinations and to make the City Centre a more attractive place to live, work, shop and spend time in. The consultation related to the City Centre West Transport Improvement Project, which covers the West side of the City Centre including Central Square, Westgate Street, Castle Street and Boulevard De Nantes. Cardiff Council are aiming to align the City Centre West project with the opening of the

new interchange at Central Square and a programme to address the existing air quality problem in the City Centre. The project will introduce changes to key routes within the City Centre and these will be implemented in phases to minimise disruption.

The next steps for Cardiff Council will be:

- Public Engagement - November 2019
- Phase 1 Construction (West City Centre) Central Square and Westgate Street Bus Gate - Starting in February/March 2020 (taking about 18 months and finishing Autumn 2021)
- Phase 2 Construction (North) Castle Street - Starting Summer 2020
- Westgate Street and Boulevard De Nantes - to be confirmed

Finally, a big thank you to all the members especially the Chairs of the Sub Groups for interlinking with the Transport Sub Group. Also, Andrew Eccleshare Vale of Glamorgan Council Passenger Transport Manager, Cllr. Peter King Cabinet member for Neighbourhood Services and Transport and Cllr. Ben Gray Older Persons Champion, for their continued support.

Anne Marie Little, Chairperson Transport Group

Become involved and make a difference

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:

Strategy and Partnership Team on 01446 709779 or email
OPF@valeofglamorgan.gov.uk

Directions Handbook and Directory 2019

Cardiff and Vale Action for Mental Health is very proud to announce that there is a new edition of the Nexus Directions Directory and Handbook available NOW.

Thanks to the team at CAVAMH, we now have all the latest advice and guidance for older people using mental health and dementia services; as well as all the organisations providing support in Cardiff and the Vale, listed in handy-sized booklets.

Directions will again be distributed to the GP surgeries, libraries, hospitals and everywhere else we can think of where they would be most helpful but if you think we have missed somewhere off the list or if you or someone you know would like a copy, please call us on 02920 222000.

Directions is also available on line at www.cavamh.org.uk/directories/directions/introduction





TIME FOR CARERS

Are you a family carer of a person with a life-long and / or life-limiting condition?

Then the Connected Carers Project may be able to help you:

-  feel supported
-  share information and help each other
-  develop friendships
-  have time to relax and much more!

Connected
Carers

FOR MORE INFORMATION:

Connected Carers Project

Tel: 01446 741 706

E-mail: connectedcarers@gvs.wales

Lower Penarth Community Association

Are you concerned about losing skills acquired over a busy working life? Or worried about feeling isolated and adrift now that the routine of that life is over or coming to a close? Or maybe you just want to give something back to your community?



Well look no further. Joining the Lower Penarth Community Association (LPCA), registered charity no. 1074675, could be your answer.

The LPCA runs the Lower Penarth Community Centre on behalf of the Vale of Glamorgan. This is a vibrant and busy location hosting a wide range of activities that run on a daily basis throughout the year. The LPCA works to support all the groups using the Centre by providing a cost-effective, clean, safe, warm and welcoming environment for everyone to use and enjoy their leisure time in.

The LPCA meets about once every six weeks and covers all aspects of running the Community Centre, ensuring that its framework and the work it does is carried out in accordance with Vale of Glamorgan and Charity Commission rules and guidelines.

Not only does the committee need ordinary members to help out with this work and occasional projects, the LPCA, as a registered charity, must have a Chair, Treasurer and Secretary, and all these posts will be vacated by October 2020.

So if you want to be involved a bit, or maybe even more than a bit, check us out at www.valeofglamorgan.gov.uk/en/enjoying/Community-Centres/Lower-Penarth-Community-Centre.aspx , or on our Facebook page, and contact us at sec.lpca@gmail.com for more details.

ANSWERS to Art, literature, music Quiz (Page 17).

1. The woman in white.
2. Father Brown.
3. Goldfinger.
4. Black Beauty.
5. A Clockwork Orange.
6. White Christmas.
7. Olive Oil.
8. Yellow submarine.
9. Long John Silver
10. Baa Baa Black sheep.
11. Black Adder.
12. Simply Red.
13. The yellow brick road.
14. The cherry orchard.
15. Five gold rings.

ANSWERS to Palindrome Quiz (Page 24).

1. Eve.
2. Deed.
3. Otto.
4. Toot.
5. Noon.
6. Civic.
7. Peep.
8. Radar.
9. Madam.
10. Refer.
11. Solos.
12. Kayak.
13. Shahs.
14. Tenet.
15. Repaper.
16. Anna.
17. Redder.
18. Level.

BOOK OUR LLANTWIT MAJOR VENUE SPACE



Meetings ★ Training ★ Classes ★ Parties ★ Fitness

CF61 is a community space that is available to rent for a multitude of activities - from fitness classes, children's parties, to art exhibitions and AGMs. We are able to provide flexible spaces to meet your needs at an affordable rate. The building is fully accessible, warm, clean and welcoming and as a venue it is ideal for children's parties and activities; meetings and conferences; fitness and wellbeing classes as well as many other community activities and functions.

The building contains a main hall which can accommodate up to 120 people theatre style and 100 people cabaret style. The main hall has a kitchen. There are two smaller rooms which can seat up to 25 people for meetings and can comfortably accommodate 15+ people for exercise classes. Soft-Play equipment is available for birthday parties for younger children.

- ✓ **Flexible spaces at competitive prices**
- ✓ **Free parking**
- ✓ **Central location close to public transport**

All proceeds are re-invested into the Centre to continually improve the facility for the local community.



**ART & CRAFT
CLASSES**



**CHILDREN'S
PARTIES**



**MEETING
SPACES**



**ACTIVITY
CLASSES**

FURTHER DETAILS & BOOKINGS

CF61, Station Road, Llantwit Major CF61 1ST
Tel: 01446 741706 E-mail: enquiries@CF61.wales
Website: www.CF61.wales



Managed by Glamorgan Voluntary Services (GVS)
Charity Number: 1163193

NEW Customer Meeting points making life even easier for Transport for Wales customers



Transport for Wales has introduced dedicated passenger assist meeting points at Cardiff Central to improve the customer experience for any customers needing help on their journey. The recognisable meeting points are located in the front concourse at Cardiff Central and in the rear Penarth Road entrance on the south side of the station.

The meeting points will be used as a point of collection and assistance for all customers who have booked free assistance and for anyone requiring additional support on the day of travel. They include seating and are designed in a distinctive blue colour, which includes five symbols to represent the main disability sectors.

The new meeting points follow the introduction of four dedicated Customer Ambassadors at Cardiff Central earlier this year.

Transport for Wales is putting customers at the heart of its decision making and the introduction of these meeting points is expected to make it easier for rail staff to recognise customers who require assistance. This is in addition to providing comfort for those who may require seating and extra warmth while waiting. As Wales' busiest station, with more than 12 million passenger journeys every year, Cardiff Central is the first to benefit. Over the next three years the program will be rolled out across the network to all staffed stations.

Accessibility and Inclusion Manager for Transport for Wales, Dr Robert Gravelle, said "We know just how important it is to be able to travel safely and with confidence and to know you will get the right support throughout your journey. So we are delighted to have introduced these dedicated passenger assist meeting points at Cardiff Central. They offer a safe and visible location where our staff can meet them and help make their journeys as easy as possible. We will now roll this programme out across our network as we continue to build an inclusive railway for Wales and the Borders."

Transport for Wales has a dedicated free passenger assistance service and will make every effort to make travelling on the Wales and Borders network as smooth as possible. Kirsty James, RNIB Campaigns Officer and Guide Dog User said she was "So chuffed to see the passenger assist area at the back of station. Love the signage! Amazing to see progress being made! Thank you TfW."

To book passenger assistance

Please call 03330 050 501 (8am to 8pm everyday except Christmas Day). For more information on the support available to you visit: www.tfwrail.wales/AssistedTravel

VETERAN ADVICE SERVICE



My name is Abigail Warburton and I am the Veteran Advice Officer for the Vale of Glamorgan Council. It is a new service and I have been in the post since January 2019. The veteran advice service gives direct advice and support to members of the Armed Forces Community on all Council Services. Internally, I work closely with the contact centre as a whole to ensure maximum efficiency and direct contact quickly. I collaborate with customer representatives at the Customer Contact Centre (C1V), Intake and Assessment, POVA, Adult services, Brokers, UHB - Health Board, Telecare, Council Tax, Housing Solutions and Strategy, Homes4U, Supporting People, carer's services and the Communications team to advertise and keep our information fresh and up-to-date. I work with these teams to ensure the resident gets the support they need.

Then, there are external organisations and charities such as; Change Step, Royal British Legion, Admiral Nurses, SSAFA, Woody's Lodge, Help for Heroes, Royal Air Force Association, Royal Navy Benevolent Trust, Action on Hearing Loss, Blind Veterans UK, Blesma, Pobl, MoD and more. I have built good working relationships with these groups and with this joined-up network, you make sure that the Armed Forces Community get the help for their individual need.

I am based at the Contact Centre but spend a lot of my time in front-facing roles and can visit at home or meet in a convenient location. As part of my role I also need a good presence out in the veteran community and I try to attain this by attending meeting groups and breakfast clubs such as Barry Veterans Group at Dyfan Road Barry, Woody's Lodge at Amelia Trust Farm or Royal British Legion Luncheon Group at the Glenbrook Inn Barry to name a few. These Groups help with advice giving and of course with social isolation which is why they are invaluable. At these meetings I help fill out forms or give advice and listen to their needs and by building a rapport I am able to pick up on other needs that I may be able to help them with.

This first year has been a great success and the service has dealt with 250 referrals all different in their own right. Some of the memorable achievements are;

A Cinema Night - I was researching PTSD last November when I had been given the job as Veteran Advice Officer and found a website on dealing with PTSD around bonfire night and it suggested taking the family to the cinema for the evening to get a break from the bangs and flashes. I thought this would be a great idea to arrange a cinema night and I spoke with Barry

MEMO and all was arranged and veterans and their families loved the evening I arranged free coffee, tea, biscuits and popcorn and all hoped it would be something that would continue every year.

A Homeless Veteran - A veteran in his early 30's was living in his car with his dog for many months. He contacted C1V and they informed him of the Veteran Advice Officer.

After learning of his situation I made contact with the Housing Team and helped register him on Homes4U. Advice for foodbanks and benefits were given. He was made high priority due to no fixed abode leaving the forces. The Veteran was housed very quickly with his dog and he was happy, but he had no furniture to fill his home. I was speaking with the RBL and a kind donation from a veteran's family who had passed donated furniture and another lady donated a washing machine along with some cleaning products they had bought for him. SSAFA helped with some white goods. I made contact with a local carpet shop, Richard Jones Carpets Barry, and they kindly donated carpet. I knew that the Veteran had no means of getting the furniture so I arranged a van and collected the furniture from the kind donators and took them to his house.

The Veteran had this to say - "I would like to say a special thank you to Abi Warburton. This lady since I got in touch with her has been outstanding and without her support and kindness I would still be living in my car. The warm fuzzy feeling that I had just knowing that she was behind the scenes fighting my corner was great. She was ringing me at least once a week. Even if there was no good news but it was very reassuring. The Armed Forces community need more Abi Warburton's in my opinion as the empathy and passion that she has is second to none. Thank you Abi you're a blooming NINJA".

An RAF Pilot – I was given a referral from the Contact Centre regarding a remarkable gentleman in his 90s that was an RAF pilot; his partner rang in so I called her back. We chatted and she said that since he had to give up his driving licence he has lost some independence. We talked about their current situation and I gave all the information I felt would benefit them both. During the call she mentioned how proud he was of being a pilot and we discussed the opening of the new plane museum SWAM in St. Athan (due to open in Easter 2019). She said how much he would love to see this when it opens and I told her my nephew, father and daughter were volunteers there. It was his birthday soon, so I got in touch with SWAM St. Athan for a tour for him and his family and had a wonderful response, they would be more than happy to allow him to visit and the arrangements were made. We met at the SWAM and volunteers such as my nephew were at hand to give detailed talks about the aircrafts. They had a wonderful time and I brought a birthday cake along to celebrate.

I am very proud of the service and what it has achieved and all the organisations and charities that are there all trying to make a difference to someone's life.

If you are a Veteran or Family member please contact me for some help and advice – Abi Warburton at 07725704655 or on veteranservice@valeofglamorgan.gov.uk

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ADULT walking NETBALL

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Penarth Leisure Centre

01446 403 000

Vale of Glamorgan Council's Older People's Champion

Since taking up the role of Older People's Champion I have really enjoyed getting to see the Forum's work first hand and getting to know the Executive Members.

I am proud to see that the Forum continues to have an active role in providing a voice for the 50+ across the Vale of Glamorgan in part by responding to consultations such as the Cardiff and Vale University Health Board's proposals around the care of frail older people in the Vale and the Vale of Glamorgan Council's new Corporate Plan 2020-2025.



The Council's new Corporate Plan covers 2020-2025 and sets out the main actions and objectives the Council will take over the 5 year period to improve life and well-being across the Vale. This has been developed through engagement and consultation with a wide variety of people which includes the Vale 50+ Strategy Forum, pupils at Cardiff and Vale College, key partners such as the University Health Board, Town and Community Councils, local business owners and local residents. We are grateful for all the input we have had to help shape the Plan and are confident that the commitments in the Plan will deliver our vision for **strong communities with a bright future**.

As the Forum continues to expand I am reminded of the importance of volunteering and the benefits it has not only for the local community but for the individuals volunteering. It is now well known that volunteering helps people increase in confidence and self esteem and tackles issues surrounding social isolation and loneliness. Forum events help to further promote these benefits so it is great to see the Forum's busy calendar of events for 2020. I am pleased that it includes events like the successful joint coffee morning at Belle Vue Park in May to celebrate Gwanwyn month. The full calendar of events for 2020 can be seen on the back page of the Herald. As always it would be lovely to see as many people as possible attend these events to find out more about the Forum, receive information about services and take the time to have a chat and get to know other Forum Members.

In addition to being the Older People's Champion I am also proud to be the Cabinet Member for Social Care and Health. It was great to see both Gwent and Cardiff and the Vale Regional Safeguarding Boards become the first in Wales to formally adopt the new Wales Safeguarding Procedures in December 2019. The new nationwide safeguarding procedures are an important step to allow everybody to work together under the same guidelines that clearly outline what anyone working with children or adults should do if they suspect someone is experiencing, or at risk of, abuse, neglect or other kinds of harm.

As a Council we recognise the importance of and have a great willingness to support the Older People's Commissioner's work and campaigns, including the recent launch of the #everydayageism campaign and the ongoing campaign to promote Pension Credit. Information on the entitlement and how to claim it can be found on page 24 of the Herald or you can contact the Benefits Team on 01446 709244 or at benefits@valeofglamorgan.gov.uk for additional information and support.

Councillor Ben Gray, Older People's Champion

Recipes

Anne Marie shares Forum Members Favourite Easy Recipes for 2020

(From 500 Recipes Cooking for Two by Katie Stewart)

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

When you're out all day!

After a day out, whether shopping, working or just enjoying yourself, it's pleasant to come home to a meal that's quick and easy to prepare or, better still, one that is piping hot and ready to serve.

It is possible to plan recipes so that all the lengthy preparation can be done ahead and only a final heating through is necessary before serving. This should only be done with recipes where the preparation can be completed in one stage for example:

Mince and Potato Patties

You will need:

2oz. butter or margarine
1 medium chopped onion
4oz. minced beef
1 teaspoon of flour
salt and pepper
stock OR water plus stock cube
pinch of mixed herbs
12oz. potatoes
1 egg, lightly mixed
toasted breadcrumbs for coating



To prepare ahead:

1. Heat half the butter and fry the onion until soft (about 5 minutes). Stir in the minced beef and brown quickly.
2. Season, stir in the flour and then sufficient water or stock to cover. Add the mixed herbs. Bring to the boil, lower the heat and cover. Simmer gently for 20 minutes.
3. Pour into a basin and set aside until quite cold.
4. Boil and mash the potatoes with plenty of seasoning. Add half the mixed egg and heat until creamy and smooth. Turn out on to a lightly floured working surface and divide the mixture into 4 portions.
5. Shape each one into a ball and hollow out the centre. Spoon the mince into this, draw the potato over the top, turn over and pat into a neat patty shape with floured fingers.
6. Dip the patties first in remaining beaten egg and then in toasted breadcrumbs. Store in a refrigerator.

About 15 minutes before serving; Fry in the remaining butter or margarine, turning once until golden brown and crisp.

Cooking in a small kitchen!

Where cooking space is limited, recipes that can be prepared in one casserole dish or saucepan are most suitable to use. Recipes can provide a complete meal because starch has been added in the form of rice, pasta, potato, pastry or dumplings. Vegetables can be added in some cases too, or the recipe can be served with a salad. Cooking in a small kitchen can produce many easy, new, trouble free and exciting meals for example:

You will need:

8oz. loin of pork
seasoned flour
1oz. lard OR dripping
1 onion, chopped
4oz. long grain rice
half a pint stock or water plus stock cube
salt and pepper
1 small packet of frozen peas, thawed

Pork and Rice

1. Cut the pork into half inch slices and coat with seasoned flour.
2. Heat the fat in a saucepan and quickly brown the pork slices. Lift the pork from the pan and add the onion to the hot fat.
3. Sauté the onion gently until soft (about 5 minutes). Drain away most of the hot fat, then stir in the rice and replace the meat in the pan.
4. Gradually stir in the hot stock, season and bring to the boil. Cover and simmer gently for 20 minutes, until the rice is tender and liquid absorbed.
5. Check seasoning and fold in the peas, heat through for a further 5 minutes. Serve with tossed salad.

For special occasions!

Birthdays...anniversaries...there are many occasions when something a little more exotic, less everyday is required. Here is an idea, not necessarily more difficult to prepare, that is just right when it's a party for two.

You will need:

3 eggs
2 level tablespoons of castor sugar

1oz. butter for frying
2 tablespoons red jam
icing sugar

Jam soufflé omelette (and variation-Rum soufflé omelette)

1. Lightly whisk together the egg yolks and sugar in a basin set over a pan of hot, not boiling water until light.
2. Remove the basin from the heat and fold in the stiffly whisked egg whites.
3. Heat the butter in an 8-inch frying pan until bubbling hot. Add the omelette mixture at once and spread evenly over the pan.
4. Cook over moderate heat for 1-2 minutes, long enough to allow the underside to brown lightly. Then place the pan in the centre of a pre-heated moderate oven (Gas mark 4 or Electric 180C) and cook for 10 minutes or until the omelette has risen and is firm to the touch.
5. Meanwhile warm the jam in a saucepan. Spread over the surface of the omelette as it comes from the oven. Fold the omelette in half, and put on a warm serving platter, sprinkle with icing sugar and serve immediately.

Variation - Rum soufflé omelette - follow the recipe above, adding 1 tablespoon rum to the egg yolks and sugar mixture in the first stage. While the omelette is cooking, heat a further 2-3 tablespoons rum very gently in a saucepan. Pour over the omelette after it has been turned out on to a serving dish, light immediately and serve at once.

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 us on tel: 01446 709779, e-mail: opf@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. If you have enjoyed reading this please pass it on to a friend.



VALE 50+ STRATEGY FORUM FORTHCOMING EVENTS

May 2020	Celebrate Gwanwyn Festival, Coffee morning at Belle Vue Park
June 2020	Elder Abuse Awareness Day
17 th September 2020	AGM, 9:30-12:00pm, Corporate Suite, Civic Offices, Barry
October 2020	International Older People’s Day Event
16 th December 2020	Festive Coffee Morning 10:30-12:30, Corporate Suite, Civic Offices, Barry

Various events throughout the year will be advertised in the local press. The Forum is hoping to have coffee mornings throughout the Vale over the coming 12 months, look out for posters and local press. A full programme of the years executive and sub group meetings available by telephoning 01446 709779 or email OPF@valeofglamorgan.gov.uk

