

Forum celebrates Older Peoples Day

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The Welsh Government stand offered survey forms for older people to fill in. This information will assist them in preparing the new Strategy for Older People. Health Promotion Wales stand was encouraging Older People to take up the option of the flu jab. A wonderful exhibition of work from the Cowbridge Arts Society; showed paintings and cards of the local area. Age Concern showed advocacy services available to older people; and the Shaw Trust, who help people into work or training attended too.

We were pleased to welcome the University of The Third Age (U3A) which is a self help organisation for people no longer in full time employment and provides educational, creative and leisure opportunities in a friendly environment. You can find your local U3A on the U3A website. The forum would like to thank those who were there for their help and assistance on the day. The event was very successful and plans are already being made for next years Older Peoples Day.



Cllr Geoff Cox competing at indoor bowls with OPSF member Joan, overseen by member of Vale of Glamorgan Leisure Department



Linda Davies NHS Wales, Ron Walton Chair Health Group OPSF and Alun Cairns MP Vale of Glamorgan promoting flu jab campaign for older people



Pictured from left to right David Warren Welsh Government, Lynda Wallis Executive Vice Chair and Councillor Geoff Cox



Pictured left to right Melanie Weeks Librarian Cowbridge, Andy Griffiths Outreach library and Alun Cairns MP

Need more information or advice on TeleV or other Vale of Glamorgan Services?

Contact
Holwch

VALE of GLAMORGAN
BRO MORGANNWG

OneVale
UnFro

01446 700111
www.valeofglamorgan.gov.uk

Just for fun

Answers to Quiz from page 10

1. Sound of Music
2. Fiddler on the Roof
3. Perchance to Dream
4. Showboat
5. The King & I
6. Oliver
7. My Fair Lady
8. Mary Poppins
9. Jack Warner
10. Larry Grayson
11. Stephen Lewis (Blakey)
12. Capt. Mannering (Mainwaring)
13. Tommy Cooper
14. Oliver Hardy
15. True
16. False (Trombone)
17. False (Diana Fluck)
18. False (in London)

Join the Forum!

If you're interested in joining the Older People's Forum, please contact The Vale Older People's Forum, 1st Floor Fire Station, Port Road West, Barry CF62 3AZ or e-mail admin@valeopf.org.uk

All views expressed are those of the individual and not of the organisations supporting the newsletter.

The Herald



Autumn 2011



Vale Older People's
Strategy Forum
Working For A
Better Future



Llywodraeth Cymru
Welsh Government

Edition 16

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Welcome to The Herald! Keep up to date with the Strategy Forum

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Forum Celebrates Older People's Day

October 1st was International Older People's Day and the Vale of Glamorgan Older People's Strategy Forum together with the Vale of Glamorgan Council celebrated with an event in Cowbridge with the theme, 'Getting and Staying Active in Later Life'.



Pictured Mayor Andy Banks, Mike Edwards Chair, Lynda Wallis Vice Chair OPSF and Alun Cairns MP for the Vale of Glamorgan at Older People's Day in Cowbridge

The Forum were pleased to welcome Alun Cairns, MP for the Vale, Jane Hutt AM for the Vale and Councillor Geoffrey Cox to this event. We are most grateful for the support we get from our local politicians. We were warmly welcomed by Councillor Geoff Cox and the Town Mayor of Cowbridge Councillor Andy Banks.

Outside the Lesser Hall, people joined in taster sessions in Nordic Walking which was held by Age Cymru Sports Activities. Inside, the Vale of Glamorgan Council's Sports and Leisure Dept showed a range of indoor sports activities including bowls and indoor golf; Cowbridge Library facilitated an 'Introduction to computers' session; 'Valeways' had information on walks around the Vale; Genesis Project, a locally led scheme to help unemployed people return to work; The HandyVan service whose aim is to help people in later life feel safer in their homes. This service offers trained fitters who support and assist older people in overcoming day to day and long term concerns in the home.

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Welcome Ladies and Gentlemen to the 16th edition of the Herald

The New Vice Chairperson, Lynda Wallis and I have decided that instead of my usual report we would give a joint report to you on the last six months activities of the Forum Executive. For my part this period has been a really hectic one, with conferences or meetings being attended by not only Executive members but also sub group members who are gaining more experience by meeting with more organisations both local and from all over Wales. For example, Lynda and I represent the Vale of Glamorgan Forum on COPA (Cymru Older People's Alliance), and we meet with representatives from North, South, East & West Wales every 2 months. You can view all of the meetings etc. that other members have attended on our website.

I would like to thank the Vale of Glamorgan Council for the continuing support of its officers. I would like to extend particular thanks to Deborah Campbell who has now left her temporary contract, for the sterling work in building our new membership database.

The Annual General Meeting which took place in the Memorial Hall, Barry on the 30th of June 2011 was an excellent turn out considering we had a change of venue at very short notice. Our guest speaker was Cllr Mrs. Dorothy Turner who is our Older People's Champion and there was a presentation by Kate Palmer, Consumer Education Officer Vale of Glamorgan Council.

The re-election of myself as Chairman and the election of Lynda was followed by a presentation by John Porter our Co-coordinator who completed the business of the day. Unfortunately as I reported to the AGM, five of our Executive members resigned and after applications were sent out we now have five new members who were welcomed at our August Executive meeting. They are Sandra Dench, Joan Harper, Jennifer Robins, Julian Loach and Geoff Horton.

The Vice Chairperson Lynda Wallis

I was delighted to be elected as Vice chairperson for the Forum for the next year, it is a job that I look forward to and will do my best to work with Mike the Chairman and the Executive for the benefit of older people in the Vale. There is a very challenging year ahead, with the credit crunch affecting every one, and the older people in particular are going to feel the effects greatly. We are working together with other agencies on the problem of fuel poverty, isolation, loneliness, inequality of services for older people and many other things.

We are delighted to welcome new members to the Executive group I am sure they will bring their own experiences and expertise to the group. I have been attending several conferences which have been concerning positive ageing which I am a great supporter of. Just because we are older people it does not mean that we are not able to contribute to society in a positive way. My other particular interest is in intergenerational work bringing together older people with the young. It is surprising how much these two generations have in common and how well they can work together when given the opportunity. I hope that you will find this edition of the Herald interesting and full of useful information.

Mike Edwards & Lynda Wallis
Chairman & Vice Chairperson
The Vale of Glamorgan Older People's Strategy Forum

Transport Group Report

It is fair to say that the Group has had a disappointing summer. For the meetings held in June and August we invited two bus companies to send a representative to talk generally about bus services in the Vale. In the event, neither Company, First Cymru and Cartel (EST) Travel, attended or even acknowledged receipt of correspondence. It is difficult to understand the attitude displayed by these companies.

To redress this problem we invited the Cabinet member responsible for Transport to our next meeting; he is not available on a specific date although he may be available on the travelling roadshows during September.

On a more positive note we may gain the support of the National Partnership Forum, in particular the member responsible for Transport. The advantage of this would be that we would be far more able to make our voice heard.

On a completely different tact we are making steps to collaborate with a similar organisation in Rovigo Province, Italy. They are investigating how best to proceed with provision for 'social' transport for older people and those with mobility problems.

Peter Honeywill, Chairman
Transport Group

You're Vale Representatives Assembly Members

South Wales Central

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Members of Parliament

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Cardiff South and Penarth Alun Michael (Labour)



Don't take seniors for granted!



Wal-Mart Senior Greeter

You just have to appreciate this one. Young people forget that old people had a career before they retired...

Charley, a new retiree-greeter at Wal-Mart, just couldn't seem to get to work on time. Every day he was 5, 10, 15 minutes late. But he was a good worker, really tidy, clean-shaven, sharp-minded and a real credit to the company and obviously demonstrating their "Older Person Friendly" policies.

One day the boss called him into the office for a talk.

"Charley, I have to tell you, I like your work ethic, you do a bang-up job when you finally get here but your being late so often is quite bothersome."

"Yes, I know boss, and I am working on it."

"Well good, you are a team player. That's what I like to hear."

"Yes sir, I understand your concern and I'll try harder."

Seeming puzzled, the manager went on to comment, "It's odd though your coming in late. I know you're retired from the Armed Forces. What did they say to you there if you showed up in the morning so late and so often?"

The old man looked down at the floor, then smiled. He chuckled quietly, then said with a grin, "They usually saluted and said, 'Good morning, Admiral, can I get your coffee, sir?'"



Just for fun

From which musicals did these songs come?

1. Doh, Ray, Me
2. If I were a rich man
3. We'll gather lilacs
4. Ol' Man River
5. Shall we dance?
6. Oom Pa Pa
7. Get me to the church on time
8. Supercalifragilisticexpialidocious

Who said each of the following?

9. "Evening all"
10. "Shut that door!"
11. "I hate you Butler!"
12. "You silly boy!"
13. "Jus' like that!"
14. "Another fine mess you've got me into!"

True or False?

15. John Wayne's name was originally Marion Morrison
16. Glen Miller played the saxophone
17. Diana Dors' name was originally Diana Flick.
18. Charlie Chaplin was born in America

Answers on the back page

Valeways Walking Programme

Valeways Walking Programme runs year round with walks from 30 minutes to 2.5 hours all across the Vale of Glamorgan: countryside, coast, urban and suburban.

Guided by trained volunteers.

For more information visit www.valeways.org.uk for full details or call us on 01446 749000

Dinas Powys Voluntary Concern (DPVC)

DPVC has served the Dinas Powys community for forty years. As a registered charity it promotes charitable activities for those living in and around Dinas Powys.

DPVC provides a service to individuals, groups and to many of the fifty and more voluntary organisations operating in the village. In particular it aims to help, support and improve the quality of life of the elderly and people who have mobility problems.

This service is achieved by:

- Providing a Community Resource Centre
- Acting as a first port of call for individuals seeking specialist help or advice
- Running a Good Neighbour Scheme
- Recruiting and supporting volunteers
- Providing and maintaining a specially adapted minibus/ambulance for regular shopping trips and for use by other associated local organisations
- Providing transport for appointments at surgeries, hairdressers etc for the elderly
- Publishing and delivering to every household in Dinas Powys a free bi-annual newsletter - Depend
- Researching and publishing a Community Directory
- Organising fundraising events
- Providing photocopying, desk top publishing, laminating and other services at a reasonable price

In addition, DPVC assists individuals when they experience unforeseen difficulties by visiting them, helping and supporting them by finding appropriate sources of help.

The work of DPVC is overseen by a Management Committee which has responsibility for planning, development and financial control. There are several sub groups which support the Committee, including: 'Community Services', 'Publications' and 'Transport Services'.

Wendy Lees, the coordinator, manages the DPVC office and is available to assist those who require help and support. For further information about DPVC contact Wendy at the Community Resource Centre which is located at the rear of Murchfield Community Hall, Sunnycroft Lane, Dinas Powys CF64 4QQ

The DPVC office is open from Monday to Friday - 9.30 am – 12.30 pm
Telephone: 029 2051 3700 or email: dpsc@btinternet.com

DPVC are always looking for new ways to which we can serve our community and for the volunteers to help to us to do it.



Age Discrimination Report

The Welsh Government launched its NEST scheme to help people in fuel poverty in April 2011. It is designed to make private sector households warmer and healthier places to live. The group wrote and received several letters from the previous Environmental Minister Jane Davidson AM on this issue.

I attended the Senedd for the launch of Consumer Focus Wales and Energy Action Cymru "Hit Fuel Poverty for 6", Six actions towards affordable warmth, which was presented to Environmental Minister, John Griffiths AM.

In April 2011 the new Warm Home Discount which is intended to replace the existing voluntary arrangements with energy suppliers came to an end. Suppliers are now required to provide an annual discount on electricity bills to all customers in a defined "Core Group" and a selection of customers in a "Broader Group". The group receives regular information from Age Cymru and Consumer Focus Wales and is actively engaged in expressing opinions surrounding some of the proposals.

Modernization of Day Care Provision in the Vale. The group responded to the Vale of Glamorgan Council's consultation.

Mobile Library Service. The group responded to Vale of Glamorgan Council's consultation.

Vale of Glamorgan Framework & Vale of Glamorgan Council Social Services

Commissioning Strategy for Older Peoples Services 2011-2018. (Draft) The age discrimination group and health group was invited by the Vale of Glamorgan Council to respond in writing to the above draft proposals; which we were pleased to do.

The group participated in September within a focus group hosted by Participation Cymru on the Performance of Social Care and Social Services.

Jane Weldon, Chairperson

TeleV Telecare in the Vale of Glamorgan

'Telecare' refers to a range of services and devices which use technology to enable vulnerable people to live with greater independence and safety in their own home. Telecare may be the only service an individual receives, or may complement other services as part of a care package. Telecare devices may be linked to the 24-hour a day, 365-days a year monitoring centre at Contact OneVale (C1V) in Barry, where trained operators are quickly alerted to, and will respond to an accident or emergency and take appropriate action. Alternatively, the Telecare service may be directly linked to a personal carer or relative, or may be 'stand alone' (e.g. an automatic reminder to take medication).

There are currently 2 levels of service available:

1. TeleV consists of 3 set safety packages of equipment attached to a conventional phone and electrical socket. Clients are also provided with a wireless trigger pendant, which can be worn around the neck, wrist or on a belt. Depending on the safety package chosen, additional sensors will automatically trigger an alarm call when smoke, extreme temperatures, carbon monoxide, potential falls, or intruders are detected. **TeleV is available to all residents of the Vale of Glamorgan for £4.50 per week, plus an initial fixed charge of £59.50** (installation fee).

2. TeleV+ provides a more bespoke, specialised service to help individuals manage greater risks to their safety and independence, perhaps as part of an overall care package. Specialised equipment may assist with conditions such as: epilepsy; dementia and wandering; mobility or instability problems and falls; incontinence; nutrition and hydration concerns.

If you require this information in an alternative language or format, please contact the Innovation & Information Team on 01446 704851.

Villages Around the Vale: 'Llanfest' Llangan and St Mary Hill Village Festival

"Llanfest" (Llangan and St. Mary Hill Village Festival) once again took place on the Fferm Goch Green in Llangan, on Saturday 11th June 2011.

Some of the bands playing at this event included "Little Red Ambulance" (a pop / rock band from Bridgend); "Orca" (a melodic rock band based in Llangan) and "Blue Gasoline" (a 60s / 70s classic rock band from Bridgend & Bristol). With nearly forty stalls and attractions there was always loads to see and do, from the main ring invasion by "The Sealed Knot" 17th Century English Civil War re-enactors, who had set up their living history / battle camp with sword fighting demonstrations and musket firing drills; a demonstration by the Vale of Glamorgan First Responders; a fire engine from Cowbridge Fire Department; St John's Ambulance; and various craft stalls, charity stalls, outdoor skittles, raffle, games, children's rides, bar, food and a bungee run and bucking bronco.



"Orca" a melodic rock band based in Llangan performed at Llanfest

Fifth Annual Youth Festival held at Ewenny Priory Church from Wednesday 22nd June to Friday 24th June 2011 was again very successful. On Wednesday 22nd June the Heronsbridge Special School, Bridgend hosted the evening with choir items and individuals participating.

On Thursday we had schools from the Vale of Glamorgan and Bridgend County Borough performing together with harpists tutored by Caroline Greenwood from several schools in the Vale. A variety of items from school choirs and individuals from Llangan Primary School, St. David's Church in Wales Primary School Colwinston, and Archdeacon John Lewis Primary School, Brackla Bridgend. The Friday evening was devoted to older students from the Vale, Bridgend County and surrounding areas with the Music Organiser for the County Borough of Bridgend arranging the appearance of Bridgend Big Bands under the baton of Derek Mascall and Steve Martin with students from year 7 to year 13 playing in the band where age is no barrier. The Ewenny Arts Festival Committee is so pleased to promote young talent with a stage to perform and as organiser and co-ordinator the Festival is very important.

Garden Party/Barbecue at Castle-upon-Alan The Band of the 3rd Bn. Royal Welsh Regiment made a parade and played during the event. The event rose over £7,000.00.

Centenary Celebrations Llangan Primary has just celebrated 100 years of the school. Following a special assembly, the whole school and audience went outside to witness Jane Hutt AM for the Vale of Glamorgan, officially open their new school Community Garden and Centenary mural, which were both funded by the Creative Rural Communities Project.

To find out what events are happening in the Vale go onto the Vale of Glamorgan website at www.valeofglamorgan.co.uk/enjoying/visit_the_vale/events.aspx

Mental Health Support Group

Formed to promote the welfare of veterans of all ages

The events in Afghanistan, Iraq and Bosnia have provided welcome publicity to the problems caused by Post Traumatic Stress Disorder (PTSD) to many of our armed forces who have served in those theatres. However PTSD is not the only mental health concern and those who are serving or who have recently served are not the only veterans whose problems need to be addressed.

People who served in World War II or did National Service are of an age where old age illnesses such as dementia may become a problem. Very often old age is accompanied by isolation, ill health, deprivation and poverty. Because nearly all men who are now over 70 years old will have had to do National Service or served in the Second World War, this is a large section of the population who are veterans who are potentially at risk. In addition, research carried out by psychologists in the United States of America has indicated that men and women who have been on active service have a greater possibility of contracting one more of the forms of dementia than those who have not had this exposure. Since current estimates of the likelihood of people over the age of 80 contracting dementia indicate that one in five will get it, the problem is self evident.

The Veterans' Mental Health Support Group has been formed in Cardiff and the Vale of Glamorgan to:

- Make contact with veterans of all ages and varying states of fitness
- Work with other agencies such as Vale Council, the NHS, Royal British Legion, SSAFA, Age Concern, Mind in the Vale and the Armed Forces to promote veterans' welfare
- Provide a source of information about mental health services in the South Wales area
- Provide information about the support available to them
- Where veterans are undergoing treatment, encourage veterans to have a say in the way this treatment is planned and delivered
- Act as a two way means of communication between the veteran and those planning and delivering mental health services
- Deliver and represent veterans' views at service provider planning meetings, especially at local authority and NHS levels

The Support Group is gaining recognition from local politicians. Madeleine Moon MP for Bridgend, is expected to address the next meeting of the group in Maindy Barracks on 19th September 2011. Councillor Janice Charles, the Vale Armed Forces Champion is following the group with interest, particularly as she is leading a pilot scheme called Armed Forces Community Welfare Pathway. This provides a telephone helpline for members of the Armed Forces, their families, and veterans who live in the Vale of Glamorgan to get access to the assistance they need.

A committee to manage the affairs of the Group has evolved based at the Cardiff and Vale Mental Health Development Project, Unit 11 Williams Court, Trade Street, Cardiff. This committee organises periodic meetings for veterans to provide them with up to date information and allow them to express their views. The Chairman of the Group is Mrs Anne Marie Little based with the RAF in MOD St Athan. Further information can be obtained from the Secretary, Matthew Salisbury, a Royal Naval Reserve veteran based in Cardiff and Vale Mental Health Development Project in Trade Street Cardiff. E-mail: matthew@cvmhdp.org.uk, telephone 029 2022 2000.

Seasonal flu

4 good reasons why you should have the flu jab

If you are aged 65 or over, or are the main carer for an older or disabled person, or live in long stay care, or have certain health conditions* there are very good reasons why you should have the free seasonal flu jab from your doctor.

Everyone wants to enjoy living and get the most out of life

Flu can spoil that by making you feel awful and sometimes even very seriously ill. Why take the risk when you can protect yourself? Seasonal flu can lead to serious respiratory conditions, including pneumonia. Every year in the UK around ten thousand people are admitted to hospital because of complications of flu, and between three and four thousand people die – most of these are people aged over 65. In a bad year as many as thirty thousand people have died from complications of seasonal flu. Whilst most people don't get the serious complications described above, even an ordinary bout of flu can make you feel awful, take a while to recover from and spoil all your plans for a week or two.

You can protect others

By having the jab and avoiding catching flu, you can't pass it on to others, who might be more vulnerable than you.

The flu vaccine can't give you flu

Some people think that the flu jab can give you flu, BUT the flu vaccine doesn't contain any live virus, so can't possibly give you the flu. However sometimes people catch other flu-like viruses which they think are flu, or they catch flu before the vaccine takes effect. It can take up to 2 weeks to develop antibodies to the flu virus and during this time you can still catch flu. That's why it's better to have the vaccination in early autumn before the flu season really gets underway. Some people can have a slight temperature and aching muscles for a couple of days after the vaccination, and their arm may feel a bit sore where they were injected. These effects are caused by your immune response to the vaccination. The effects would be mild and would only last a day or two.

Flu viruses change from year to year

That's why the composition of the vaccine changes and you need a new flu jab every year. Even if you are fit and healthy, and think you are immune to flu, it's worth having the vaccination because you may not be immune to the latest virus.

*If you have one of these health conditions, it's strongly recommended that you have the flu jab:

- A heart problem
- A chest complaint or breathing difficulties including asthma, bronchitis and emphysema
- A kidney disease
- Lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- A liver disease
- If you've had a stroke or ischaemic attack (TIA)
- Diabetes
- A neurological condition e.g. multiple sclerosis (MS) or cerebral palsy
- A problem with or removal of the spleen or sickle cell disease

GPs in Cardiff and the Vale of Glamorgan will be starting their flu clinics in the autumn. Contact your GP to find out more.

Your Health Group

Dignified Care In Hospital. Few things are more important to older people than their health. In Wales the Older Peoples Commissioner conducted an enquiry into dignified care in Welsh hospitals; and in the Spring of 2011 Health Boards were asked to respond to a series of recommendations. The Health group responded to the original enquiry and has been very concerned about issues of mixed-sex accommodation, privacy, assistance with toileting and staff attitudes. We have received copies of the Cardiff & Vale University Health Board responses on these issues and will be providing comments back to the Health Board.

Hospital Food. The group has been pressing and supporting the Health board in its efforts to improve hospital food in all its hospitals, including Barry and Llandough. New menus have now been introduced and are more varied, attractive, nutritionally beneficial, catering for people with dementia or difficulty in swallowing. Judyth Jenkins has twice given presentations of the projects progress to the Health group and all the staff who contributed to the project's success should be congratulated on their sterling work to improve food for patients. The group has also commented on an All Wales nutritional standards consultation for hospital catering and on the content of proposed new NVQ training units for staff in residential/nursing homes.

Flu Vaccination. This Autumn/Winter the group and wider Forum are again supporting the flu vaccination programme which provides protection for older people and other vulnerable groups. (more details on page 5 of the Herald). The Health group has good links with public health staff and voluntary groups such as Age Concern and also supports initiatives such as reducing falls and keeping warm through winter.

Whether you have had a very positive or negative experience of health care locally let the Health group know so we can pass this feedback to the Health Board.

Ron Walton. Chair of Forum Health Group

The Joy of Flight Simming

Ever fancied flying a Cessna 172 or a Jumbo jet on your PC from the comfort of your own sitting room or office? Well, what are you waiting for? Join me and thousands of others who are passionate about this interesting and compelling hobby.

I like to fly all over the UK and around the Whole World. It's done wonders for my geography too!

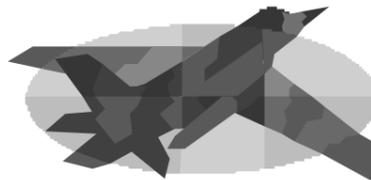
I started my present flight from Cardiff up to the Shetland Islands, stopping along the way for overnight stops so to speak.

At the moment my plane is a Piper Warrior Archer III and is at the top western coast of Norway where the scenery is truly stunning. I then intend to fly east through the Russian Federation, stopping every 50 or 100 miles or so at a small airstrip or large airport.

Flying is thirsty work so we have to pop in for refreshments regularly, me being a bit of a tea pot.

There are a couple of major Flight Sims available. There are in addition many Stand Alone Flight Sims which trend towards combat. Flying can be really easy or more complicated to practically fully realistic.

My name is Mike; I am 62yrs young and willing freely to help you as much as I can.
E mail: m58lee@yahoo.co.uk Tel 01446 740517



A new task group has arrived! Arts, Craft and Leisure (ACL)

The launch of the new group was held in May 2011. It was created under the Positive Ageing agenda which encourages all older residents of the Vale of Glamorgan to celebrate their seniority.

The group informs and involves members in leisure activities available to them, via the Forum website and meetings. Co-ordinators from the three areas of the Vale: rural, urban and Barry, keep members informed of present and future events taking place. It is hoped that in time members would be

encouraged to develop their own interest groups.

The group's interests are wide ranging! Tennis to theatre, golf to gardening, history to holidays are just a few of the leisure areas that will be discussed. The group will also invite speakers both from the voluntary and charitable sector to contribute.

It is hoped that this group will be dynamic in function and encourage its members to think outside the box!

Concerned about Asbestos Exposure ?

Although the risk of asbestos exposure in relation to lung disease has been known for over 100 years it was still widely used in many industries until the late 1970's and later to a lesser degree.

Despite the apparent dangers many employers did not provide adequate protection, or take measures to prevent exposure. Here are a list of occupations, though not complete: Carpenters, Joiners, Boiler pipe and heating workers, Shipbuilders Navy sea men, Dockers. Plumbers and gas fitters. Technicians; teachers, medical, and laboratory technicians, researchers, electricians, and Asbestos manufacturers and sales. Note: exposure is not limited to those working directly with asbestos it can be para-occupational, that is being taken away from the workplace on clothing to the home, or environmental. (Living near an asbestos factory). If you have been exposed at any time seek professional advice, make sure any risks are properly managed.

There are four main diseases associated with the inhalation of asbestos fibres: Asbestosis (scarring of the lung tissue); two kinds of cancers, Mesothelioma and asbestos related lung cancer; and diffuse pleural thickening, a non malignant disease affecting the lining of the lung. A hidden danger from asbestos threatens 1.8 million people who are exposed to asbestos every year (figures revealed from the UK Health & Safety Executive). There is a latency period of 10-45 years from exposure. Once established the disease is aggressive and difficult to treat. A rapidly emerging legacy of the 9/11 disaster is Mesothelioma. In 2004 the Mesothelioma UK was set up to provide specialist support, information, and education.

Leaflets and information booklets are available on request. The Meso. Charitable Trust is based in the Glenfield Hospital Management Offices, Groby Road, Leicester, LE3 90P. Free phone 0800 169 2409 Website www.mesothelioma.uk.com

Myrtle Lawrence, Forum member

Cowbridge Physic Garden

Cowbridge Physic Garden welcomes volunteers to join the gardening group that meets in the Garden on Thursday mornings. Green fingers are not essential, just enthusiasm and a love of this wonderful garden. The garden is open every day except Christmas day and admission is free. **For more information visit www.cowbridgephysicgarden.org.uk**

