

# Vale 50+ Strategy Forum

## Fforwm Strategaeth Y Fro 50+

Giving you a stronger voice  
**Rhoi llais cryfach I chi**

Spring/Summer  
Gwanwyn/Haf

# The Herald

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Keep up to date with the Vale 50+ Strategy Forum

### Vale 50+ Strategy Forum wins Age Cymru Outstanding Achievement Award 2016.

Members of the Vale 50+ Strategy Forum attended the Age Cymru Gala Dinner and Awards evening on the 11<sup>th</sup> March at the Marriott Hotel in Cardiff; where we were delighted to win the Award for 'Outstanding Achievement', for our work with older people. The Award, sponsored by Hugh James Solicitors, was presented to Lynda Wallis, our Chairman, by a representative from Hugh James Solicitors and Lucy Owen from BBC Wales X-Ray.

This prestigious award shows the high esteem the Vale 50+ Strategy Forum is held in by others who work within the sphere of older people. It was because the forum is involved in such a huge variety including LGBT, BME, Ageing Well, Falls Prevention, Digital Inclusion, Add to your Life, Elder Abuse, Transport, Health and Social Care to name but a few, the Judges decided that the Forum should be the recipient of this Award. Several members of the Executive Group were able to attend the gala dinner and enjoy a wonderful meal, which was interspersed by various awards to volunteers and organisations involved in volunteering throughout Wales for the benefit of older people.



Chairman Lynda Wallis (2nd left) holding the 'Age Cymru Outstanding Achievement Award' with fellow members of the Vale 50+ Strategy Forum at the Awards Ceremony at the Marriot Hotel Cardiff on 11th March 2016.

The Vale 50+ Strategy Forum celebrated its 10th birthday last year and the work that we do and have done over the years could only be achieved with the help and assistance of the Vale Council. We have a co-ordinator, John Porter, who works very hard to guide us and an excellent Older People's Champion in Cllr. Stuart Egan. The Vale 50+ Strategy Forum volunteers will continue to work tirelessly for people aged 50+ in the Vale.

***Inside this issue on page 15 you will find a listing of the many free events that the Forum has planned for 2016.***

Vale Friendship group. Looking after your feet. Atal y Fro Domestic Violence support. Bumblebee conservation-help our bees. What's happening at Dyffryn Gardens this spring? Amelia Trust Volunteering. East Vale Community Transport. Green Days Environmental Project. LIFT . Age Connects Xmas Lunch in Llantwit Major. Take a look at your library! Dinas Powis Voluntary Concern. Telecare. Older Peoples' Commissioner. V.O.G.C. Older Peoples' Champion. Chairman's address. Forum Group reports. Update of Forum events. Home hard to heat-Call NEST.



Lynda Wallis chairman  
Vale 50+ Strategy Forum

**Welcome to the Vale 50+ Strategy Forum  
25th Edition 'Herald' Magazine  
'Giving you a stronger voice'**

It was a great pleasure and an honour to receive the Outstanding Contribution Award from Age Cymru on behalf of the 50+ Strategy Forum, it is always good to know that the work that you do is appreciated and that you are making a difference to people's lives.

The breadth of work that the Forum does is vast and can only be achieved through the hard work of the volunteers who form our Executive and our sub groups so my thanks go out to all of those who have participated in helping us achieve this award. The Gala Night was a wonderful event held at the Marriott Hotel and the members that attended had a great evening.

We have been fortunate to once again be funded for the coming year by the Vale Council which will allow us to continue to be the voice of people aged 50+ here in the Vale. We are working closely with the Commissioner for Older People on the Ageing Well programme which has now entered its second phase. One of our intentions is to help Barry to become an Age Friendly community where older people are treated with dignity and respect.

Each of the sub groups are busy with a variety of projects, and we are busy with organising a variety of events for 2016 so that we can keep in contact with older people in the Vale and keep abreast of the problems that they face in everyday life.

We have started a working group with Atal y Fro and will hope to support older people who may be in an unhealthy relationship (domestic abusive) and are looking for help and assistance to improve their lives. This will take the form of coffee mornings where we will have speakers from Atal y Fro who can explain the work that they do and the help that they can give. We are also looking at, with Atal y Fro, redesigning leaflets on domestic abuse, so people aged 50+ can be more informed that there is support for them.

We have sent in contributions to many consultations both national and local and have had consultations with the Vale Council on the budget, library services and equality issues. It is important that the views of older people are heard at these consultations so that they can be included in discussions before decisions are taken.

We continue to work with other groups such as Age Cymru, Age Connects, Commissioner for Older People, the Welsh Senate of Older People, Cymru Older Peoples Alliance and many others on projects to enhance the lives of older people in Wales so that it is a good place to grow old whoever you are and wherever you live.

**We are always looking for new members so if you would like to become involved with the 50+ Forum please contact our Older People's Coordinator John Porter on 01446 709779 or email [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk)**

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



Contact  
 Holwch



OneVale  
 UnFro

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



## ANDRA'S STORY

Andra (which is Greek for strong and courageous) was born in this country in an age before domestic abuse was considered to be a crime. This led to her and many other women suffering in silence and for many women of her age this is still "the norm".

Andra did not tell anyone or report her abusive experiences as she grew up in an age when the husband was considered to be "the man of the house". She felt that it was her duty to do as her husband wanted, fortunately today we know different and in today's age of equality we strive to develop **relationships that are based on equality**; where there is **no violence or threatening behaviour**; where there is a harmonious relationship that is based on **mutual respect**; where there is **trust and support**. If there are children in the relationship the couple present as **responsible parents** working together to create an emotionally stable and supportive environment. In a positive relationship there is **shared responsibility** and **economic partnership** and decisions are made jointly through the medium of **negotiation and fairness**.

Unfortunately for Andra the relationship that she had endured was based on his **power and his control** of her and everything that she did. There was **physical violence**, she felt **intimidated** by him. He **controlled all the finances** and made her feel that it was her fault if the money did not go as far as he thought it should. He slowly but surely **isolated her from friends and family** breaking down her confidence and self-esteem. Making her feel as though she was losing her mind. There was persistent **emotional abuse** with regular instances of **coercion and threats** if he did not get his own way.

Before the 1970s, a range of cultural and social factors – combined with the fact that domestic violence was not considered a crime and older women are generally less likely to report their experiences – led to many women 'suffering in silence'. For many women now aged 50 or over, this may still be the norm.

In the 21<sup>st</sup> Century there is absolutely no need for anyone to suffer in silence, domestic abuse is a crime.

There is confidential help and support available to women of all ages.  
There is no need to keep secrets, feel ashamed or guilty.

**Domestic abuse is never the fault of the victim.**

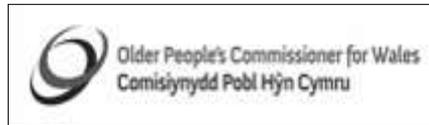
Want to talk to someone in confidence? For women in the Vale of Glamorgan call:  
**Atal y Fro on 01446 74455 or visit our website [www.atalyfro.org.uk](http://www.atalyfro.org.uk)**  
**Or call the Live Fear Free, 24-hour helpline FREE on 0808 80 10 800**

**If you want a range of information on topics for the over 50's, covering Housing, Health, Art Craft & Leisure, Age Equality, and Transport, plus information on Research Projects, Adult Education, and much more; visit vale 50+ Strategy Forum Website at**

**[valeopf.webplus.net](http://valeopf.webplus.net)**



Sarah Rochira



***As The Older People's Commissioner for Wales, I am an independent voice and champion for all older people across Wales, standing up and speaking out on their behalf.'***  
***Sarah Rochira. Older People's Commissioner for Wales.***

## **Making Wales a good place to grow older: Ageing Well in Wales Phase Two Launch**

On 21 January, I was delighted to be joined by over 100 older people, politicians and stakeholders at the Pierhead Building in Cardiff Bay for the launch of Phase Two of the Ageing Well in Wales Programme, which was established to improve the wellbeing of people aged 50 and over in Wales.

Phase Two of Ageing Well will build upon the success of Phase One, which received an EU award for its innovative approach to improving the lives of older people, with an even greater focus from partners on delivering meaningful change across five key areas (Age-Friendly Communities, Dementia Friendly Communities, Falls Prevention, Learning & Employment, and Loneliness and Isolation) at both a national and local level.

Rapidly growing community networks will work with Local Authorities to deliver local Ageing Well Action plans, while members of the Ageing Well in Wales Strategic Action Group – which includes the Welsh Government, Health Boards, Police and Crime Commissioners and key third sector organisations – will also set out a series of commitments that will drive change at a national level for older people.

Wales may be a small nation, but we remember the importance of people and the importance of quality of life. Although we live in difficult economic times and our financial capital is limited, Wales has huge social capital to draw upon, something that sits at the heart of the Ageing Well in Wales programme.

Good practice is being delivered across Wales that is making a real difference to older people's lives by dedicated groups, individuals and organisations within our communities. By supporting and further developing these networks through Ageing Well, I want this good practice to become the standard across Wales.

It was also a pleasure to welcome Ageing Well Community Network Members to the event, who shared inspirational stories about establishing Wales's first dementia-friendly community in Brecon and the difference made by Men's Sheds, a project designed to bring men together in an informal, friendly setting. Their message was clear: communities across Wales have huge potential and by working together, a huge amount can be achieved. I want to thank everyone who has worked so hard to make the first year of Ageing Well in Wales such a success and I look forward to continuing to work with local and national partners to make Wales a good place to grow older – not just for some, but for everyone.

**For more information about Ageing Well in Wales, visit [www.ageingwellinwales.com](http://www.ageingwellinwales.com)**

### **Sarah Rochira**

**Older People's Commissioner for Wales**

**Contact Us: Cambrian Buildings Mount Stuart Square. Cardiff CF10 5FL Butetown. Cardiff.**

**Phone: 08442 640670\* (\*Your call will cost 2p per minute plus your phone company's access charge)**

**Email: [ask@olderpeoplewales.com](mailto:ask@olderpeoplewales.com)**



Cardiff based charity Innovate Trust is expanding the activities of its Big Lottery funded environmental conservation project **Green Days** into the Vale of Glamorgan from January 2016. The project supports people with learning disabilities and people with mental health problems to gain the skills and confidence that will help them to lead an independent life within the community, and carries out work such as footpath and site reclamation, litter clearing, removal of invasive plant species, planting and maintenance of wildlife areas, habitat improvement to increase biodiversity, general landscape improvement and recording of wildlife plus the development of nature walks and wildlife gardening. We often work closely with the Community Rangers who are responsible for the nature reserves, parks and green spaces in the Vale; funding to the Rangers has been reduced through budget cuts in recent years, and the work carried out by volunteer groups has played an increasingly important role in the maintenance and upkeep of these areas.



Volunteers from the Green Days Project

Volunteers make a really important contribution to the work of the group and the support that it offers to its participants, from mentoring and role modelling, to instruction and supervision. Encouragement, motivation, setting a good example, keeping people focussed and helping the staff to take care of the group are all important roles that volunteers can play with us.

Activities take place in the Vale every Friday from 9.30am to 1.00pm; the meeting point is Cosmeston Lakes visitors centre. The group then either works at various sites around Cosmeston, or travels together if working somewhere else.

The benefits of volunteering are many and varied, and include increases in mental and physical wellbeing, developing new friendships and networks, and making a genuine difference to people's lives. You'll get to visit some beautiful sites in the Vale of Glamorgan like Porthkerry, Cosmeston, Dunraven Park and the Glamorgan Heritage Coast and make a real difference to the biodiversity and maintenance of the areas. Volunteers will have the opportunity to access Innovate Trust's training department if they want to learn more about disability related subjects, and on the job training will be provided on practical conservation matters. We will also pay volunteers out of pocket expenses, such as travel or lunch expenses.

**If you are interested in finding out more about the Green Days project and how you could help as a volunteer, please contact Rob Khoo on [greendays@innovate-trust.org.uk](mailto:greendays@innovate-trust.org.uk), or phone Innovate Trust on 02920 382151.**

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

The Health Group held fruitful meetings in November 2015 and January 2016. Our November meeting focused on the Ambulance service. For many years the performance of the ambulance emergency services in the Vale has varied between poor and fair because ambulances based in the Vale were drawn into Cardiff and because of the distances to be covered in the rural Vale. We were fortunate to have an extremely informative session with Welsh Ambulance Service staff, Kevin Crowther, Interim locality Manager for the Vale, and David Blacker, Clinical Team Leader, Barry Station. They explained the changing system of response to emergency 999 calls which would give priority to life-threatening situations. Since their talk the performance in meeting the 8-minute target has markedly improved with over 70% of ambulances arriving within the target time. Other developments in the Vale in recent years have been the role of Rapid Response vehicles, First Responder Volunteer Schemes, increased presence of defibrillators in businesses and public places and specialist paramedics with enhanced clinical expertise. There is no doubt that the Ambulance Service has “upped its game” and that Vale citizens can expect improved services for the future.

Our January meeting shone a light on an issue at the other end of the health spectrum-people who are carers for those with longer term health and social care needs. We were joined by James Livingstone, Carers' Development Officer for the Vale Council. His role is to develop and monitor services for carers of all ages across a wide range of caring situations. Despite our members' general awareness of the importance of caring and its impact on well-being, a short questionnaire showed that most of us underestimated the amount of unpaid caring provided mostly by family members. There are nearly six million carers in England and Wales, 384 carers in Wales and 16,284 carers in the Vale of Glamorgan. Carers who provide substantial care (35 hours or more) on a regular basis can apply for a weekly Carers' Allowance of £62.10 but take-up is low. Carers are entitled to a Carers' Assessment to consider their needs in relation to health and well-being. The number of carers is steadily increasing and it is estimated that the care provided is worth £132 billion annually with a major impact on health and social care provision. Our members had many comments and questions many based on personal experience. We would like to invite James to a future meeting to discuss in more detail the carers' Assessment and provision to support carers in the Vale.

The Health Group has submitted a response to a recent Public Health Consultation about measures to assess the impact of public health interventions and with the Equalities Group will be responding to a WAG Mental Health consultation. In March 2016 the new Adult Mental Health Unit at Llandough Hospital will be opening and there are a series of Open Days before patients move in. This is the culmination of 15 years of planning and development which began with the closure of Sully Hospital and will finish with the closure of Whitchurch Hospital as a site for mental health in-patient services. We are hoping to have discussions with the University Health Board about the future of Barry Hospital and the range of services to be provided there. A number of Forum members are Dementia Friends or Dementia Champions. A meeting in January, chaired by John Porter and attended by public health staff and key third sector organisations, has instituted an ambitious plan to establish Barry as a Dementia Friendly Community- watch this space!

Our next meetings are on 8th March in the Civic Offices, and 10th May, in the Phillip John Room, Barry Library, 2-4pm. The group is always open to new members and we value feedback (positive as well as negative) on your experiences of local health services.

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



## If your home is hard to heat - Call Nest

The Welsh Government Warm Homes Nest scheme is here to help you keep warm and save money on your energy bills.

Nest is open to all householders in Wales and provides advice on saving energy, money management, energy tariffs, and benefit entitlement.

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

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

Os yw'n anodd gwresogi eich cartref, ffoniwch Nyth

Mae cynllun Nyth Cartrefi Clyd Llywodraeth Cymru yma i'ch helpu i gadw'n gynnes ac i arbed arian ar eich biliau ynni.

Mae Nyth yn agored i ddeiliad tai yng Nghymru ac yn rhoi cyngor ar arbed ynni, rheoli arian, tariffau tanwydd, a hawl i fudd-daliadau. Yn ogystal â chyngor am ddim, os ydych yn berchen ar eich cartref neu'n ei rentu'n breifat, a'ch bod chi neu rywun sy'n byw gyda chi yn cael budd-dal yn seiliedig ar brawf modd, gallech fod yn gymwys i gael gwelliannau i'ch cartref am ddim. Gall hyn gynnwys boeler gwres canolog newydd, a inswleiddio.

Os yw'n anodd gwresogi eich cartref, cysylltwch â Nyth ar Rhadffôn 0808 808 2244 i gael cyngor am ddim ac i weld a ydych yn gymwys i gael gwelliannau i'ch cartref o ran arbed ynni, neu ewch i [www.nestwales.org.uk/cy/hafan](http://www.nestwales.org.uk/cy/hafan) i gael rhagor o wybodaeth.

## Telecare in the Vale of Glamorgan

For safe and independent living

'Telecare' refers to a range of services and devices which use technology to enable vulnerable people to live with greater independence and safety within and outside their own home. Telecare may be the only service an individual receives, or may complement other services as part of a care package. Telecare devices are usually linked to the 24-hour a day, 365-days a year monitoring Centre at

Contact One Vale (C1V) in Barry, where trained operators are quickly alerted to an accident or emergency and take appropriate action. Alternatively, bespoke Telecare services may be directly linked to an on-site personal carer via a pager, or may be 'stand-alone' (e.g. an automatic reminder to take medication).



**There are currently 2 levels of service available:** TeleV consists of a range of equipment which supports both personal and environmental safety. The individual is connected to the monitoring centre via user-friendly monitoring equipment attached to a conventional phone and electrical socket. Individuals are also provided with a wireless trigger pendant, which can be worn around the neck, wrist or on a belt. Additional sensors provided will automatically trigger an alarm call when smoke, extreme temperatures or carbon monoxide are detected. TeleV is available to all residents of the Vale of Glamorgan for £5.10p per week, plus a fixed installation fee of £59.50.

**TeleV+** provides a more bespoke, specialised service to help individuals manage greater risks to their safety and independence, perhaps as part of an overall care package. Specialised equipment may assist with conditions such as epilepsy; dementia and wandering; mobility or instability problems and falls; the need for medication reminders and enablement after leaving hospital. TeleV+ is also available to all residents of the Vale of Glamorgan. Depending on their assessment and circumstances, individuals may have to contribute towards the weekly cost of the service.

**For further information about Telecare services Contact CIV (Contact 1 Vale) on 01446 700111**

## Vale 50+ Strategy Forum Art Craft & Leisure (A.C.L.)

The September meeting of ACL welcomed Jeanne Harvey back into the fold. Jeanne, had presented two previous PowerPoint talks to ACL members. As a widely travelled forum member, she has the knack of being both informative and interesting as a speaker. Kate, her daughter is based in Cyprus but accompanied her mother to this meeting.

Turkey, a short hop from Cyprus has proved to be an easy destination for the family to visit Istanbul. A city with an often violent historical past, that takes on a 'magical' feel when all the mosques including the famous Blue Mosque and the Süleymaniye Mosque dominate with their five daily calls to prayers. Jeanne's slides are concentrated on the historical part of the City known as Sultanahmet.



The Blue Mosque Istanbul; dominates the skyline; with its five daily calls to prayers.

The founder of the Turkish Empire, Mustafa Kemal Atatürk died in the Dolmabahçe Palace in 1938. In the Bazaars, Turkish hospitality is shown by the offering of apple tea to both residents and visitors alike. Istanbul offers to the traveller a romantic and exotic mix of many cultures.

The final meeting of 2015 saw ACL members enjoy a Festive Craft Exhibition. Presented by two talented members, namely Ellie Lewis and Beryl Wilhelm both displayed their individual creative expertise. Ellie with Decoupage and Crochet crafts, and Beryl with Fine Art paintings. They were joined by Jan Holmes, known to some of the members as the 'Chocolate Strawberry Lady' who presented her latest range of healthy edible goodies to members. Jan is managing Director of Fruity Boutiques which specialises in delicious concoctions of chocolate and fruits for all occasions. Plenty of samples were available for consumption! Mark Collard provided the seasonal background music to enhance the pre Festive mood. ACL members provided the buffet of sweet and savoury food and the twenty who attended were later joined by Cllr. Stuart Egan, Vale of Glamorgan Council Older Persons Champion.

The first meeting of 2016 was held in late January. The Group paid a visit to the Art Central Gallery at Barry County Library. The visit coincided with Holocaust Day, which is commemorated on January 27<sup>th</sup> each year. The Exhibition which opened on January 23<sup>rd</sup> was called 'Don't Stand by'. Nicola Tucker a Conflict and War artist gave a walk and talk of her own work, and that of the other art work on display in the Gallery. Year 6 pupils at Cadoxton Primary School Barry had created a short film of the theme title. ACL members were privileged to be given the first viewing, prior to the official opening. Tracey Harding, Vale Council Arts Development Officer, led an interesting debate later with ACL members. Art Central Gallery is open Mondays to Fridays 10AM to 4PM. On Saturdays, 10AM to 3.30PM. Information about the Gallery and all Library services can be found on the Vale Council website. [www.valeofglamorgan.gov.uk](http://www.valeofglamorgan.gov.uk)

**Gill Davies: Art Craft and Leisure Group Chairperson:  
Vale 50+ Strategy Forum.**

Helping to save the sound of Summer.

## Plight of the Bumblebee



Bumblebees are an iconic and much loved part of the British summertime. Their animated behaviour and deep buzz as they fly from flower to flower makes them a delight to watch. To most people bees are instantly recognisable but there are many misconceptions about these endearing insects. A recent survey by the Royal Mail showed that although 82 percent of people asked knew that bees were very important to pollinating food crops, only 3 percent knew how many different species of bee live in the UK.



Buff Tailed Bumblebee *Bombus terrestris*

There are actually 275 different species of bee in the UK. Of those 24 are bumblebees, one is the honey bee and the rest are solitary bees and there are distinct differences between their appearance and lives. Bumblebees live in nests and are not managed in hives like their honey bee cousins, they generally have a fatter, furrier appearance and a deeper buzz. Although honey bees are important pollinators of our crops, they only pollinate at most 34 percent of them in the UK and we rely on their bumblebee cousins to help pollinate many of our everyday favourites including strawberries, raspberries, apples and tomatoes.

Worryingly though, bumblebee numbers are in decline. As agriculture has intensified, the UK has lost over 97 percent of its wildflower meadows, leaving bumblebees hungry and homeless. Other factors including climate change, use of pesticides and development have also played their part and in the last 80 years sadly two species of bumblebee have become extinct in the UK.

However, there is hope. In 2006 the Bumblebee Conservation Trust was set-up to help reverse the worrying decline of these essential pollinators. The charity's team of conservationists and dedicated volunteers are creating and restoring bumblebee-friendly habitat across the UK, providing land management advice to farmers and landowners and raising awareness with local communities and schools about the importance of bumblebees.

The general public play a vital role in helping to protect bumblebees. In recent years bumblebees have become much more numerous in urban and suburban gardens because gardeners are growing plants bees can feed on - British gardens cover more than 1 million acres in the UK and can be a lifeline for bumblebees. Spring and early summer is a vital time for bumblebee colonies to gather the resources they need to be successful, plants such as Geraniums, Thyme and Aquilegias are great at this time. Later on in the summer is equally as important as new queens need to stock up on the reserves needed to hibernate over winter – Lavender, Honeysuckle, Borage and Verbenas can provide food for them at this time.

Lucy Rothstein, CEO of the Bumblebee Conservation Trust says, "Gardeners have such an important role in conserving bumblebees. It makes sense that bumblebees are so common in gardens, when you consider that gardeners love to have colourful blooms throughout spring until late summer—a time when bumblebees are most active".

You can find out how bumblebee friendly you are by using visiting the Bumblebee Conservation Trust website and using their BeeKind tool, which will score your garden and offer recommendations on what you can plant to help save the sound of summer:

[www.beekind.bumblebeeconservation.org](http://www.beekind.bumblebeeconservation.org)



**Dinas Powys Voluntary Concern will help to Transport Dinas Powys residents to and from the new Dinas Powys Medical Centre.**



Volkswagen Caddy. With wheelchair access

In December 2015 Dinas Powys Voluntary Concern took delivery of a brand new Volkswagen Caddy, with wheelchair access, which will be used to transport Dinas Powys residents to and from the new Dinas Powys Medical Centre when it opens in 2016.

The Vale of Glamorgan Council, Dinas Powys Voluntary Concern (DPVC) and Dinas Powys Medical Practice have worked together to look at options for suitable transport assistance to and from the relocated medical centre.

As part of a partnership agreement the Vale of Glamorgan Council has agreed to purchase the new vehicle. The cost of running the vehicle will be split between the Council and DPVC.

When the Medical Centre moves to its new site in 2016 a much needed transport link will be available to residents of Dinas Powys every morning, Monday to Friday, to attend pre-booked appointments. Details on how to book will be made available in the new year. The vehicle will be available to Greenlinks members in the afternoons.

Cllr Lis Burnett, Cabinet member for Regeneration with the Council, said "I am pleased that we have been able to work with a third sector partner and make provision for a much needed transport link that will benefit residents in the Dinas Powys. This opportunity also makes the Council's own community transport scheme, Greenlinks, more available to residents in the eastern Vale".

*Greenlinks is a community transport scheme, established in 2010 with the aim of providing accessible transportation for residents living in the Vale of Glamorgan who do not have easy access to public transport.*

*For more information on how to become a Greenlinks member, call the Freephone number 0800 2941113 or visit [www.valeofglamorgan.gov.uk/greenlinks](http://www.valeofglamorgan.gov.uk/greenlinks)*

John Fanshaw, Chairman of DPVC said "This scheme arose from concerns expressed by Dinas Powys residents regarding access to the new Medical Centre. It is an excellent example of the way in which a locally based charity with close links with the community can and should work with statutory organisations such as the Vale of Glamorgan and the Medical Centre to meet local needs.

Dinas Powys Health Centre said "Dinas Powys Medical Centre are delighted that the Vale of Glamorgan Council have used development monies to provide a brand new adapted vehicle, to help transport patients to our new state of the art medical centre. The Practice has excellent links with Dinas Powys Voluntary Concern and we look forward to this continuing."

**Photo-Please note:**

*A similar vehicle to the VW Caddy that has been purchased is shown in these photos.*

**Notes:**

*DPVC is a registered charity that provides a support service to individuals, groups and other voluntary organisations. The primary purpose of DPVC is to seek to improve the quality of life for the elderly, for people with disabilities and for those otherwise disadvantaged and living in the Community. One element of the service is the provision of community transport. For more information, please contact 029 2051 3700 or email [dpvc@btinternet.com](mailto:dpvc@btinternet.com).*

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

## Vale 50+ Strategy Forum Transport Group

The Transport Task Group was set up and met for the first time in January 2007. So that as a Transport Group we can help bring about change to all aspects of local transport. The Chair is Anne Marie Little, the Vice Chair is Don Read, the Secretary is Ellie Lewis & the Photographer is Richard J Jones. It has a meeting of Task Group members every 2 months with guest speakers; and open to all forum members on a regular basis.



- Aims of the Transport Group are;
- To work with & establish links with transport providers.
  - To provide an opportunity to express views & concerns about local transport issues.
  - To work closely with Welsh Government, Vale of Glamorgan Council, Voluntary Groups/Organisations and interested Stakeholders.
  - To interlink with the other Vale 50+ Strategy Forum Task Groups i.e. Age Equality, Arts/ Crafts & Leisure, Health & Housing.

Far Right of picture is Clare Cameron Principal Transport & Rd. Safety Officer. Visible Services and Transport. V.O.G.C. Active Travel Survey

Since the last edition of the Herald the group has welcomed an invitation by Network Rail to input into design solutions to improve accessibility for the disabled at Barry & Cadoxton train stations. The Network Rail Team gave a presentation and led a consultation and discussion session enjoyed by 22 enthusiastic participants at our 11<sup>th</sup> August Transport Task Group Meeting at the Civic Offices in Barry.

Network rail is currently looking at design solutions to improve accessibility for the disabled at a number of stations across Wales. These stations have been identified by a cross party Local Delivery Group as requiring improvements through the Department for Transport's CP5 Access for all A11 funding programme. This programme is receiving additional funding from the Welsh Government. At present, some of the stations have been fully funded to construction stage, whereas others have only been funded to design stage: Barry has been funded to construction stage and Cadoxton funded to design stage. Our Transport Group gave feedback on the design options and discussed the two stations in great detail.

Also, the 50+ Strategy Forum Transport Task Group members have completed the Active Travel Wales Survey. To give a bit of background in September 2014, the Welsh Government introduced the Active Travel (Wales) Act 2013. The Act makes it a legal requirement for local authorities in Wales to map and plan for suitable routes for active travel within certain settlements specified by the Welsh Government. The settlements identified in the Vale of Glamorgan are: Barry, Penarth, Llantwit Major, Cowbridge, Dinas Powys, Llandough and Rhoose. Active Travel means walking and cycling for everyday short-distance journeys, such as journeys to education, work/volunteering, or for access to shops or services. Active travel does not include journeys purely made for recreation or social reasons.

The first stage of the act required the Council to produce 'existing routes maps' that had to be submitted to the Welsh Government by 22 January 2016. The maps showed existing routes within the settlements in the county that the Council consider suitable for active travel as defined by the Welsh Government standards.

In October 2015 Vale 50+ Transport Meeting 12 eager participants enjoyed a presentation ;and consultation session with Clare Cameron Principal Transport & Road Safety Officer, Visible Services and Transport, Vale of Glamorgan Council. We now have a clearer understanding of the survey & we were delighted to give our feedback on the survey. In December we celebrated a Christmas meal together at a local restaurant in Barry. This was followed by a short meeting. If you are aged 50+ and live or work (including volunteering) within the Vale and would like to become a member then please contact John Porter our Older People's Strategy Co-ordinator on 01446 709779 for more information.

**Anne Marie Little Chairman Transport Group Vale 50+ Strategy Forum**

## Volunteering at Amelia Trust Farm



The Amelia Trust is a working farm set on 160 acres of countryside in the beautiful Vale of Glamorgan. We are located just off the Five Mile Lane near Barry.

The Farm provides an alternative education for vulnerable and disadvantaged young people who work with our team of skilled staff and volunteers.

There are many other people that make up the daily community on the farm including volunteers, adults with learning difficulties on work placements and members of the public enjoying the wonders of nature which offer a calming and therapeutic environment. It is a fantastic recipe that makes the Amelia Trust Farm an amazing place to be.



Some of the Volunteers at The Amelia Trust Farm

### How you can help

The upkeep of the Amelia Trust Farm is significant with over 160 acres of countryside, which includes 28 acres of woodlands, and many buildings to maintain. The farm is open to members of the public and we hire out our sports hall, 30 bed bunkhouse and field studies centre to various groups. We rely on the income this brings in to help us continue our work with young people. The Amelia Trust Farm can only continue to provide the care and guidance to young people with the assistance of its valued volunteers and followers.

We are currently looking for volunteers to help us with: conservation projects, buildings maintenance, weekend animal care, and administration.

There are lots of benefits from being a volunteer at Amelia Trust Farm including: developing new skills, working in a beautiful countryside setting, meeting new people, and giving back to the community.

Volunteers also meet for meals, have reduced rates at the Café and are invited to the Farm's Christmas Party. Volunteers often comment that they find volunteering at Amelia Trust extremely rewarding particularly when they see how young people that we support change and grow with the help they receive from the highly trained staff, the beautiful farm surroundings, the animals and the countryside. In the words of one of our current volunteers: "Volunteering at Amelia Trust Farm is what keeps me going".

**To find out more about becoming a volunteer at the Farm please contact Jo Whitfield, Environment Education and Events Coordinator on 01446 782030 or by emailing: [jow@ameliatrust.org.uk](mailto:jow@ameliatrust.org.uk).**

## New Friendship Group for Llantwit Major

Even the most independent among us enjoy the company of other people from time to time.



Members of new Friendship Group and Organisers.

There's nothing better than getting together with old friends and having a laugh or simply reminiscing about days gone by. However, many people can't get out of the house for one reason or another and do not see anyone from one week to the next. Winter especially can seem long to all of us, but for those people who can't get out at all it must seem interminable.

South Wales Police and Wiltshire Farm Foods are both organisations that come across socially isolated individuals on a regular basis and have got together to form a new friendship group for people living in the Llantwit Major area.

The first meeting was held at Bethel Baptist Church in November. Sergeant Mark John provided transport for everyone as it can be really daunting going somewhere new by yourself and not knowing anyone. As an icebreaker, everyone was asked to write down a secret about themselves. These were then read out and the group had to guess who the author was. The icebreaker was only meant to last for 15 minutes but it turned out that so many people had interesting secrets to share and everyone wanted to find out more details that the session overran by about half an hour! One lady had even climbed Kilimanjaro without any training or special equipment!!

By the end of the meeting everyone was getting along famously and several people exchanged contact details so that they could keep in touch, which was lovely.

Since the initial meeting, members of the group have also been to St Illtyd's School's nativity play. The aim is to meet once a month. A trip to Penarth Pier is being planned for the New Year to give everyone a chance to have a cuppa and a chat.

**Anyone interested in joining the Vale Friendship Group can contact Sergeant Mark John on 07584 003886, PCSO Serena James: 07805301370 or Rosi Caves, Wiltshire Farm Foods on 029 20342008.**



I called your house the other day and was told you were down at your favourite biker bar with some friends.

I wasn't sure where that was, but was told I wouldn't have much trouble finding it.

Sure enough, I drove just a couple blocks and there it was...

There is nothing like the feel of the sun on your face and the wind in your hair, is there?



Cllr. Stuart Egan  
V.O.G.C. Older  
People's Champion

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

I am pleased again to address all the members of the Vale 50+ Strategy Forum in your spring 2016 edition of the Herald.

What a spring this will be with the excellent news that you have all been recognised for the hard work and dedication you put into the cause of older people's needs. I wish to congratulate you as this year's recipients of the Age Cymru Outstanding Achievement Award for Wales.

I am aware you gained this award not only because you work tirelessly for older people on local and national agendas but also due to the range and diversity of the work you do.

Your record of inclusivity can be applauded, as you work for the rights of all members of society including the Black, Asian, Minority Ethnic and the Lesbian, Gay, Bi-sexual and Trans-Gender communities. You also strive in partnership with community service agencies to protect those who are most vulnerable to abuse in our community by those that would prey by all means, including hate and door step crime and domestic abuse.

The Vale of Glamorgan Council value the considered feedback that we receive from the forum on our future developments, in particular due to the difficult changes we are faced with in the present financial climate. Your proactive feedback and the ideas you propose to our planning teams positively support our future reshaping services agenda. My role as Older People's Champion combined with the close working relationship we have developed, gives me a clear insight into the range of working parties and initiatives that you support. I know of members work on the Adult Learners Network, the Llandough Hospital transport working party, the Get the Vale On-Line digital inclusion group, the social services reshaping services group, to name just a few. Not to mention the national forums, working parties and trustee board membership you embrace. I am aware of members training older people to safely surf the net, to exercise to build core strength in order to avoid falls, supporting patients on hospital wards, doing on-line health checks, again mentioning just a few of your activities.

In November I was able to attend and thoroughly appreciate the second of your two yearly Question Time debates. Again you attracted an eminent panel of experts to present their cases, enjoy lively debate and to ably field the audience's probing questions and direct challenges. The question as to whether older people were an asset or a burden to society was tackled with expertise and at times daring do in particular in regards to those arguing the burden premise. Again you created an exciting fun filled evening.

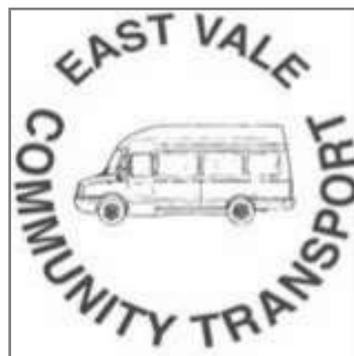
It is clear why you have gained the recognition you deserve by means of the Age Cymru award. I look forward to maintaining our positive relationship and attending your future events please continue the good work.

**Councillor Stuart Egan.**

**Vale of Glamorgan Council Older People's Champion.**

## **East Vale Community Transport.**

**Providing transport services around Penarth and Barry.**



East Vale Community Transport is a charity that has provided dedicated and personalised transport services to the communities around Penarth and Barry since 1986, making sure people are not disadvantaged because of transport problems. We maintain two specially adapted minibuses and depend upon a pool of volunteer drivers, taking weekly shopping trips etc. and taking people to special events. Last Christmas we ran 14 trips to view the Christmas lights locally and in Cardiff, where we had special permission to drive through the pedestrianised areas.

We need more trustees so if you are a community-minded person who wants to make a difference, we'd be delighted to hear from you. We'd especially like to hear from anyone who knows how to use social media, or has skills or experience related to marketing, financial management, or business planning, but this isn't essential. Knowledge of transport or vehicle management would be a bonus, but not a necessity. Drivers are always welcome.

EVCT offers training and personal development, the opportunity to develop strong community ties, mutual support and friendship and the feel-good factor. Please contact us.

**If you know of organisations who would like to become members and make use of our minibuses, you should also contact us.**

**See our website, [www.evct.org.uk](http://www.evct.org.uk) and contact our Administrator, Alun Harper, 02920 705 138, [eastvale.ct06@virgin.net](mailto:eastvale.ct06@virgin.net).**

## **Vale 50+ Strategy Forum Events Planned for 2016**

1. **13th May 2016.** Gwanwyn Festival of Art, Craft, and Leisure. Info and Stands. Photo Competition Display. From 10am until 3pm. The Old School. South Road, Sully. CF64 5TG. **Free entry. Come along and try something new. All Welcome**
2. **17th June 2016.** How to recognise and get support for Elder Abuse/ and General Info stands covering health, finance and scams. Hanover Court Sheltered Housing Community Room. Langlands Road, Barry. 10am-2.00pm. CF63 2AH. **Free entry. All Welcome.**
3. **15th September 2016.** Vale 50+ Strategy Forum AGM. The Corporate Suite. Vale Council Civic Offices, Holton Road, Barry. CF63 4RU. Refreshments from 9.30am. 10am start.
4. **1st October 2016.** International Older Peoples Day. **Free entry.** Venue to be decided.
5. **Domestic Abuse Information Road Shows with Atal y Fro.** Venues across the Vale of Glamorgan throughout 2016. Check local press, posters, plus dates and venues to be posted on Vale 50+ website at [valeopf.org.uk](http://valeopf.org.uk)

**For more information on the above events contact J. Porter Older Peoples Coordinator on 01446 709779. email [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk)**



### *Christmas comes to Llantwit Major and Barry*



Older People enjoying their lunch on Christmas Day

On the 25<sup>th</sup> December two lunches were put on for older people in the Vale who otherwise would have been on their own. At Bethel Baptist Church in Llantwit Major 18 older people enjoyed lunch with the main course donated by Wiltshire Farm Foods, entertainment from a local harpist and

Christmas Carols with Horace and his friends, even Father Christmas came, aided from Sloanes in Llantwit Major with some wonderful gifts! The Mayor, Tricia Lancaster, popped by and wished everyone a Happy Christmas and there were wonderful hampers donated by the town council.

Golau Caredig in Barry also put on a fabulous lunch, opening their doors to 9 local older people to join in with their festivities and food, aided with carols from Rachel at Goldies and finishing with the film 'White Christmas'.

Jane Lewis, Senior Support Manager at Hafod Care helped organise the Barry event. She said: "Golau Caredig is very much a part of the local community and we were more than happy to welcome people to join us for our Christmas Day celebrations, especially knowing that they would otherwise have been alone".

A wonderful time was had by all, and volunteers and clients alike all can't wait for next year, many saying it was the best Christmas they had had for a long time with new friendships forged. Of course none of this would have been achievable if it wasn't for the kind donations from Llantwit Major Lions and Masons, The Holiday Inn Cardiff, AG Adams & Son Funeral Directors, Jane Hutt and the Welsh Conservatives as well as many other local people who heard what we were doing and wanted to contribute. Finally, Greenlinks who provided free transport without whose help none of our clients would have been able to attend.

It was such a success due to the volunteers who gave up their Christmas Day to help local older people who would otherwise have spent another lonely day on their own, at a particularly hard time for many, no older person should be on their own at Christmas unless they choose to be.

**For more information on Christmas 2016 please contact Jane Platts on [jcp.platts1@gmail.com](mailto:jcp.platts1@gmail.com)**

## An Older Persons Guide to Good Foot Health.

Foot problems can affect people of all ages. However, as we age we can sometimes develop more problems with our feet due to wear and tear on our joints and because our skin may also become thinner, drier and more fragile. In an average lifetime a person will walk the equivalent of five times around the Earth so taking care of our feet is a vital part in maintaining our mobility, independence and general wellbeing. Ensuring you have a daily foot care routine goes a long way to avoiding the most common problems.

Where possible wash your feet daily with soap and water and ensure that they are dried thoroughly especially between the toes. Do not soak your feet for longer than 10 minutes as this removes the natural oils from your skin and can make them drier.

Trim your nails regularly following the natural curve of the toes. Do not poke or dig anything down the sides of your nails. Filing nails with an emery board works well if you are unable to use nail clippers with ease.

Apply a moisturising cream daily avoiding getting cream between the toes. These areas can quickly become too moist and form the ideal environment for infections such as Athlete's Foot to flourish.

Use a pumice stone or foot file to gently file down any rough or dry skin. Never use medicated corn plasters as the acid that they contain can often affect the good surrounding skin too causing further problems

Wear the right shoes for your feet. Shoes should always have some type of fastening (laces, Velcro or buckles for example) and should have enough space in the front to allow your toes to move freely. Many foot problems such as corns or callous are formed as a result of poorly fitting footwear. Be aware of any internal seams in shoes which may rub your toes. Wearing cotton socks inside out avoids this problem too. Sloppy and badly fitted shoes and slippers account for many slips and trips in the home.

Keep Moving! Staying active helps maintain good muscle tone and stimulates circulation.

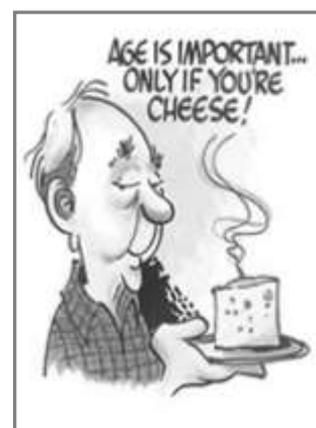


Stop Smoking. Smoking can cause the arteries in your legs to narrow and harden reducing the blood supply to your feet.

Some general health conditions such as diabetes and poor circulation to your feet and legs can sometimes make you more prone to foot problems. Check your feet daily and report any symptoms to your GP as soon as you can.

Foot pain *is not* a natural part of getting older and there is usually something which can be done to alleviate your symptoms. If you have foot health issues which do not resolve naturally or with your own care, it is recommended that you see a Podiatrist for their advice and treatment if necessary. Ensure that any Podiatrist you visit are registered with The Health Professions Council (they should have the letters HCPC after their name). You can check if a practitioner is registered by looking at [www.hcpc-uk.co.uk](http://www.hcpc-uk.co.uk) Further advice on specific foot conditions can be found at [www.feetforlife.org](http://www.feetforlife.org)

**Eve Waggett.**  
**Specialist Podiatrist.**  
**University Hospital Llandough.**



## Vale 50+ Strategy Forum Age Equality Group Report

**Digital Inclusion:** The group have been working on Digital Inclusion for people aged 50+, with free digital inclusion sessions held at the Civic Offices in Barry. As part of the project run by Newydd Housing Assoc: we are also running a free two hours 'drop in' session at the Age Connect Senior Health Café on Holton Road, Barry every Thursday, from 10am until 12 noon; where we can offer some support and advice with queries or problems with your i-pad, tablet, laptop, or smartphone.

**Domestic Abuse Awareness information and support for people aged 50+ in the Vale.** I am pleased to be on the Joint Steering Group with Atal y Fro Domestic Abuse Team where we have discussed the way forward in making more people aware of support and information available to them.

- This has led to re-design a leaflet to portray a more diverse group of clients in its design and format.
- Forum members will receive Domestic Awareness training to enable them to signpost people to Atal y Fro.
- Forum members who have received the above training will arrange coffee mornings throughout the Vale; to be facilitated by Atal y Fro on the subject of 'What is a healthy relationship'?
- An Elder Abuse Awareness/General information Event to be held on the 17<sup>th</sup> June 2016. (look at local press and valeopf.org.uk website) for more information nearer the date.

**Dementia Community Status for Barry Working Group.** I am pleased to represent the Forum on this multi-agency group which had its initial meeting in January 2016. The focus of the group is to increase awareness of dementia, and how we can make Barry more Dementia Friendly.

**Mandatory Breast Screening for women aged 70+.** The group have been lobbying for the past eighteen months, with correspondence to the Wales Government, and Public Health Wales Screening Division outlining our dismay that women have to self-refer to receive screening at aged 70+; although our research findings indicate that breast cancer does increase with age. We also believe that older women need access to more information in order to make an informed choice around screening.

The group will continue to lobby for these changes.

**Consultation response.** As chairperson of the group I have responded

- The Wales Government Consultation on 'Information & Guidance on Domestic Abuse and Sexual Violence; Safeguarding Older People (60+) in Wales.
- Wales Government Consultation on Extending the length of service for the Older Peoples Commissioner for Wales.

**Jane Weldon.**

**Chairperson Age Equality Group. Vale 50+ Strategy Forum**



Now Spring is on it's way, it's a good time to make your way down to Barry Island for a breath of fresh air!

Picture by Jane Weldon. Vale 50+ member.



## Take a Look at Your Library!



Vale of Glamorgan Libraries are full of great resources – just for you. They hold over 250,000 books, 7,000 talking books, 10,000 DVDs and also music CDs. In addition, they provide free internet access and a host of other fantastic services. This article is about some of the great things you can get from Vale Libraries – so join today!

### **Books, books and more books!**

Vale of Glamorgan Libraries have thousands of books in standard print, large print and in CD format as 'talking books'. There is a huge range of fiction and non-fiction to suit most tastes and we can order in books from libraries across the UK if we don't have the particular one you are looking for. We have books in different formats, including:

**Large print** – these are books printed in a larger font size – typically 16pt. – and on denser paper, making them much easier to read.

**Talking books** – these are books recorded onto CD by well-known actors. Most feature the whole, unabridged version of the book and the collection also has dramatized versions of some novels.

### **Help with I.T.**

The library is the place to come if you want to take the first steps to learning how to use a computer, surf the web, or email a friend, for example

We offer a variety of classes and workshops at different libraries throughout the Vale where you can learn in a relaxed atmosphere with trained, friendly tutors.

### **One-to-One help**

You can book a one-to-one appointment with one of our staff who will help guide you through using a computer for the first time. When you feel a little more confident they can help you set up an email address to keep in touch with friends and family and provide a basic introduction to searching online.

**Taster sessions** are regularly held in libraries that focus on particular aspects of using computers, mobile devices and tablets. There are also sessions that look at various family history topics and resources.

Once you've signed up as a library member – this is very easy to do, you just need to bring along one form of ID with your name and address on it – there are lots of other amazing things you can access!

### **eBooks**

Vale of Glamorgan Libraries subscribe to two eBook services. To access the eBooks for Wales website service you will need to enter your library card number and pin number. Ask the library staff to sign you up for a pin number – it's very easy to do and it is free! You can download eBooks onto your smartphone, PC/MAC, iPad or tablet or similar devices. Access is free to members of Vale of Glamorgan Libraries.

### **eAudio Books**

Vale of Glamorgan Libraries also subscribe to three online audio book services.

Once you have registered and created an account you will have instant access to every title within the collections. More details can be found on the Vale Libraries section of the Vale of Glamorgan Council website. With eAudio books you can have 24/7 access to over 1,000 audio book titles that you can download onto your smartphone, PC/MAC, iPad or tablet or similar devices. Access is free to members of Vale of Glamorgan Libraries.

**eZines.** Zinio is a new eZine service that makes over 250 top magazine titles – from cycling to cooking or fashion to fitness – available to library members free of charge via your smartphone, PC/MAC, iPad or tablet or similar devices..

**Melanie Weeks. Senior Librarian. Vale of Glamorgan Libraries**

**Tel: 01446 773941 Email [weeks@valeofglamorgan.gov.uk](mailto:weeks@valeofglamorgan.gov.uk)**

## What's happening at Dyffryn Gardens this spring?

If you haven't visited Dyffryn Gardens yet then spring is a fantastic time to go. With intimate garden rooms, formal lawns and an extensive arboretum as well as the partially renovated house there is plenty to keep you busy all day. This spring you will also see Dyffryn's own internationally recognised daffodil, the Dyffryn Narcissus, as well as primroses, snowdrops and crocuses.

A must on our list of things to see is the glass house, split into three sections it contains a vinery, cacti and succulent house and a tropical orchid house, so no matter what the weather you can enjoy some exotic warmth.



Glass House Dyffryn Gardens

Throughout the year we also put on family activities to keep them amused over the spring we will be partnering with Cadbury to put on an enormous egg hunt throughout the gardens, follow the clues to claim your chocolatey prize.

(£2 per hunt, normal admission prices apply.  
Egg hunts run on 25, 26, 27, and 28 March between 11am and 3.30pm).



Dyffryn Gardens House

Within Dyffryn Gardens stands the beautiful mansion house, partially renovated it is used as a window to view the gardens. The house contains some furniture and musical instruments which, unlike your typical

National Trust property, can be touched, played and experienced fully. A great bonus if you're bringing young grandchildren.

Throughout 2016 Dyffryn Gardens is fundraising to restore its fountain pool at the far end of the great lawn. For the last few years the pool has been left an empty, concrete eyesore. The hope is that enough money can be raised this year so that work can begin in 2017, but we need to raise a staggering £75,000 to bring it back to its former glory. What can you do to help? Just by visiting the gardens you will be helping to bring this project to fruition. All the money from admission and membership card scanning stays at the property and helps us to conserve our beautiful gardens. Alternatively, you can donate from the warmth of your own home by texting FOUNTAIN to 70123 to donate £3\*

\*This is a charity donation service. You will be charged £3, plus one message at your standard network rate. The National Trust will receive 100% of your donation. If you'd rather we didn't contact you in future, text NOCOMMS NT to 70060. If you wish to discuss this mobile payment call 0203 282 7863. A Registered charity in England and Wales (no: 205846)

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

## Join the Forum!

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

### Ymuno â'r Fforwm!

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