

THE HERALD

Information and Inspiration – For Over Fifties – Vale of Glamorgan

2019-2020, No. 28

*You can learn to
love growing old!*



Read the story on page 7

Welcome to the Spring 2018 edition

Lynda Wallis, Executive Chairman, Vale 50+ Strategy Forum

Chairman's Report

Welcome to the 2019 edition of the Herald, I hope that you will find the articles and reports informative and interesting. It has been a very busy year for the Forum as you will see from the reports from the various sub groups.

Welsh Government are at present updating the Strategy for Older People and your Forum has been involved in many areas of this programme. Always putting forward the need to take into account the voices of ordinary people in the way that this is done.



We have had a new Older People's Commissioner for Wales since August 2018 and we have had several meetings with her and discussed her work programme for her period of office. She has had a great deal of experience in working with older people and I am sure will take forward her plans with strength and vigour.

Loneliness and Isolation is growing at an alarming speed. Of course there can be many reasons why people become isolated or lonely, bereavement, downsizing, giving up driving, lack of public transport, increasing disability and many more, but the results can be very concerning. There are those who do not see another human being or speak to someone for days, or even weeks at a time. This can result in depression and lack of care for oneself leading in many cases to hospitalisation. Many only have their television as company and this is something that has to be addressed. There are many befriending programmes being set up to try and alleviate some of the loneliness but more needs to be done both by Welsh Government and Local Authorities and the many voluntary groups.

This year has seen the Forum sign a Memorandum of Understanding with the Vale Council which lays out the relationship between the Forum and the Council. Although funded by the Council the Forum is an independent body and it was time for this relationship to be put under a formal document. This document was signed jointly by the Forum and the Council in December 2018. We also prepared some necessary policy documents to put the forum on a more solid basis. Any of these documents are available for members to read, either on the website or a hard copy can be sent on application to the Vale Council's Strategy and Partnership Team.

There is still much work for the Forum to do in 2019 and we shall ensure that the voice of older people is heard at all levels of Government and other policy making departments such as the Health Board and Town and County Councils. We have submitted replies to many consultations over the last year and will continue to do so throughout 2019. We have a seat on the Welsh Senate of Older People and the Cross Party Group on Ageing as well as the Ministerial Advisory Forum on Ageing and several other bodies.

JOIN THE FORUM

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

Working to make Wales the best place in the world to grow older

Being appointed as Older People's Commissioner was an honour, and I feel privileged to be working on behalf of older people throughout Wales to promote their rights and interests and drive change that will make a positive difference to their lives.

I first started working with older people at the age of 18, volunteering full-time at a care home before I went to university, something that had a big impact on me. I got to know the residents and their families really well, and learnt a huge amount about caring for older people and the issues that affected their lives.

I continued volunteering with older people during my time at university, before getting a job running a day centre for Age Concern. I subsequently gained a wide range of experience of campaigning for and driving change through my work with Anchor Trust, the Department of Health in Whitehall and my work with Age Concern, before becoming Chief Executive of Carers UK. These roles allowed me to see the ways in which I could make a difference in how older people are valued, cared for and supported, and why it's so important to fight against ageism and discrimination.

On my first day as Commissioner, in August last year, I set out my ambition to make Wales the best place in the world to grow older and began travelling throughout Wales to hear directly from older people and stakeholders about what would make Wales the best place to grow older for them, something that was hugely valuable.

I have visited community-based services that support people in a variety of ways and help them to age well, and I've met and spoken with 50+ Forums across the country, listening to their experiences and seeing for myself just how important they are in ensuring that older people's voices are heard. I've also met stakeholders working across a wide range of sectors who have shared their views on how we can work together to deliver change and improvements for older people.

This engagement helped to shape my priorities as Commissioner –ageing well (which covers a wide range of things such as getting out and about and ensuring communities are age friendly), tackling ageism and discrimination, and safeguarding older people and protecting them from abuse – which will form the basis of my work over the next three years.

Since January, my team and I have been hearing directly from older people throughout Wales about the specific work that I should undertake under each of these priorities, and their voices will be at the heart of my work programme when it is published in April.

Across all of the work I undertake as Commissioner, I will celebrate growing older, the good practice that is making a difference to older people's lives and the dedicated individuals, groups and organisations that are making this happen. I will highlight what is working well for older people and the areas in which Wales is leading the way.



Heléna Herklots CBE, Older People's Commissioner for Wales

I will, however, also shine a spotlight on the issues that mean that older people are not treated with the dignity and respect they deserve, on the issues that mean older people cannot access the services and support they need.

As Commissioner, I pledge to listen to older people – particularly those who are often unheard, those who are the most vulnerable – and ensure they have a strong voice; I will work to ensure that older people’s rights are protected and promoted. And I



pledge to challenge those in power and hold them to account on behalf of older people.

I hope you share my ambition for Wales, and I hope you will work with me to drive change for older people and make Wales the best place in the world to grow older.

Heléna Herklots CBE, Older People’s Commissioner for Wales

New ways of working are welcomed by Adult Social care



Adult Social Care continues to strive to provide quality services for the citizens of the Vale of Glamorgan. In line with the Social Services Well-Being (Wales) Act a key project is being rolled out to support citizens to have more choice and control over their care and support. This is referred to as ‘Your Choice’ and enables individuals receiving care in their own homes to work with domiciliary agencies to agree how and when they want their care provided – this has attracted attention from other organisations and our teams won the Social Care Wales award for innovation, Staff are working to roll this out to all agencies across the Vale and also working on an e-learning module to support care staff to work in this new way.

Our Vale Community Resource Service, integrated with health is supporting the implementation of two new proposals that have attracted Welsh government funding.

The first is to develop a ‘team around the individual’ (TATI) to support individuals and their carers with dementia from their diagnosis through to end of life, helping people navigate our systems to ensure they are well supported by dementia co-ordinators. This is planned to start from April, 2019.

Second, focuses on supporting people to ‘Get Me Home’, hospital discharges and how we can facilitate people to return to their homes safely and confidently at the earliest opportunity.

We look forward to updating the Forum on progress of these significant projects.

For more information please contact Suzanne Clifton, Head of Service, Social Services, Vale of Glamorgan Council sclifton@valeofglamorgan.gov.uk

South Wales Fire and Rescue Service offer Free Home Fire Safety Checks

We at South Wales Fire and Rescue Service are offering Home Fire Safety Check Visits (we also call these Safe and Well Visits) to those in Vale of Glamorgan that are most vulnerable to fire.

These checks are the cornerstone of our approach to reduce deaths and injuries caused by accidental fires and they have already helped to protect thousands of people throughout South Wales.

The visits include a range of areas including fitting smoke alarms and heat detects, looking at slip, trips and falls assessment, carbon monoxide (CO) awareness, home security and smoking risks and are tailored to the specific household needs of you or your loved one.

We know that these checks work and that providing education and installation of products (like Smoke Alarms), has seen a fall in the number of house fires.

Kay Galvin, our Safeguarding Lead said; "This project has contributed greatly to the wellbeing of the elderly in our communities and as Safeguarding Lead, I regularly attend partnership meetings with organisations like the NHS and Police who acknowledge the good work that we are doing in this area."

What the stats say:

- 94% of Households surveyed were "very satisfied" with the Safe and Well Service
- 17174 successful Safe and Well visits delivered in 2018

To find out how to apply visit our website www.southwales-fire.gov.uk/en-GB/your-safety-wellbeing/ Call 0800 169 1234 or text 07756 847123 to speak to a member of our Home Safety Team.

CADWCH UN DDIOGEL, CADWCH YN IACH

STAY SAFE, STAY WELL

Oes gennych chi, neu oes gan unigolyn rydych chi'n gofalu amdano/amdani:

- Larymau mwg gweithredol yn y cartref?

Ydych chi/ydyn nhw'n:

- Gallu clywed y ffôn neu gloch y drws yn canu?
- Dianc mew nachos o dân?
- Clywed y larwm mwg?

Do you or someone you care for :

- Have working smoke alarms at home?

Can you / they:

- Hear the telephone or doorbell?
- Get out if there was a fire?
- Hear the smoke alarm?

YMWELIADAU DIOGEL AC IACH

SAFE AND WELL VISITS

Diogelwch eich teulu! Galwch 0800 169 1234 neu tecstiwch 07756 847123 i siarad ag aelod o'n Tim Diogelwch yn y Cartref

Keep your family safe! Call 0800 169 1234 or text 07756 847123 to speak to a member of our Home Safety Team

Gwasanaeth Tân ac Achub
De Cymru
South Wales
Fire and Rescue Service

DPVC's new Minibus has arrived!!

Dinas Powys Voluntary Concern, the charity that helps local residents who are elderly or with mobility issues to maintain their own independence, has been serving the community for more than 45 years.

Throughout its long and distinguished existence, community transport to local supermarkets and events has been at the heart of DPVC and the distinctive burgundy minibus/ambulance is regarded with affection by so many residents and is a reminder of the services DPVC can offer. Two years ago the trustees of DPVC agreed that the current vehicle, which has served the charity's needs for many years would need to be replaced with a brand new model. A campaign to raise funds to replace the minibus, estimated at over £55,000 was launched. A series of events, ranging from quiz nights to choral concerts and Rock&Chips with the Sunsets, took place. In addition, many local residents and organisations contributed to the minibus fund and, as a result, the full amount was raised and the new minibus was ordered. A magnificent example of a whole community working together.



Because DPVC had been so satisfied with the reliability of the old vehicle, the new minibus/ ambulance is a 2019 version of that. The seating configuration reflects the observations of drivers, escorts and users and the distinctive burgundy of the “Van Rouge” has been maintained. The vehicle is being handed over to DPVC in late January and users, drivers, escorts, supporters and other guests were invited to the “Official Launch” (with afternoon tea) at Murchfield Community Centre, the home of DPVC.

A truly memorable day in the long history of Dinas Powys Voluntary Concern!

To find out more about how Dinas Powys Voluntary Concern can provide assistance, or to become a volunteer, please ring the coordinators on 029 2051 3700, email: dpvc@btinternet.com or search online for DPVC or “Dinas Powys Voluntary Concern” on Facebook or Twitter or for DPVC's website. Dpvc.org.uk

You can learn to love growing old!

Yes, it comes to all of us in the end — that icy, crushing moment when you suddenly feel Old. Your birth-date, once just numbers in a passport, turns into a taunt, a memento mori, whispering proof that you're over the hill and on a one-way track to elasticated waistbands and the rocking chair.

Life as you know it, as you want it to be, is over. You start worrying about what is age-appropriate. Is this outfit too young for me? This haircut, this job, this lover, this band, this sport?

The trigger might be a milestone birthday, an illness or an injury, a romantic snub or a missed promotion at work. It might be the death of a loved one.

Look a little closer, though, and you find a silver lining. Life expectancy has soared. Better nutrition, health, technology, sanitation and medical care, along with less smoking and rising incomes, are helping us live much longer.

The 20th century unleashed a longevity revolution which, by any yardstick, is a huge leap forward, a monument to human ingenuity, a cause for celebration — and yet often it doesn't feel that way. Why not?

Mainly because our attitude to ageing has failed to keep pace with the demographic bounty spreading out before us. Rather than crack open the champagne to toast all those extra years of life, we more often double down on the idea that growing older is a Bad Thing.

When was the last time you met someone looking forward to hitting 40 or 50, let alone 60 or 70? The very idea of growing older usually evokes fear, angst, scorn, even

revulsion. We cleave to the view that ageing is a curse, that after a certain point each birthday makes us less attractive, less productive, less happy, less energetic, less creative, less healthy, less open-minded, less lovable, less strong, less visible, less useful — less ourselves.

We undermine compliments by tacking on the words 'for your age'. We routinely fall into the 'still' syndrome: we say he's still working, they're still having sex, she's still sharp as a tack — as if engaging with the world after a certain age were a minor miracle.



Recoiling from ageing is not new. More than 4,500 years ago, an elderly Egyptian scribe bemoaned: 'Feebleness has arrived. The eyes are weak, the ears are deaf, the strength is disappearing. All taste is gone. What old age does to men is evil in every respect.'

In the 18th century, Samuel Johnson detected a bias against ageing brains. 'There is a wicked inclination in most people to suppose an old man decayed in his intellects,' he wrote.

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'If a young or middle-aged man does not remember where he laid his hat, it is nothing; but if the same inattention is discovered in an old man, people will shrug their shoulders and say: 'His memory is going.'

Has anything changed since then?

Twentysomethings are turning to Botox and hair implants before job interviews and even teenagers use cosmetic procedures to 'freshen up' their appearance. When U.S. academics searched Facebook for groups set up to discuss older people, they found 84, virtually all of them trading in unflattering stereotypes. More than a third advocated banning older people from driving and shopping, and one user proposed that 'everyone over the age of 69 should immediately face a firing squad'.

Elder-bashing is now the last form of discrimination that dare speak its name. Since the Brexit referendum, some commentators have suggested stripping the over-65s of the vote. In a similar vein, Facebook founder Mark Zuckerberg once told an audience that 'young people are just smarter'. I admit to being part of the same culture.

In my 20s, my default setting when contemplating anyone over 35 was a brew of disdain and horror. I've sung the Who's 'My Generation' and taken cruel pleasure in belting out the line, 'Hope I die before I get old.'

Now that I'm 50, I'm in full denial mode, deploying every trick in the book to conceal from the world — and myself — my own ageing.

Year of birth withheld on Facebook? Check. Avoiding wearing reading glasses? Check. Keeping my hair short to mask the grey? Check. The other day, I was unable to read the small print on a light-bulb in a hardware shop. After much squinting, I sought help. But I couldn't bring myself to ask the young

people around me, and so asked an older woman with glasses perched on her nose.



Such dodges seem harmless, but the truth is they're tiny acts of betrayal and denial, the unscripted sighs of surrender that endorse the cultural diktat that ageing is a shameful game of loss and decline.

Of course, there really are downsides to growing older. No matter how much kale you eat or how many hours of Pilates you do, your body will gradually work less well over time and your brain will lose some zip. You are also more likely to see people you love fall ill or die. Fear of death is also probably more acute today than ever

Not only has secularisation taken away the solace of the afterlife, but we have messed up the whole business of dying, medicalising and institutionalising it. None of us knows for sure how our own final act will unfold — and the temptation is to imagine the worst, especially now that modern medicine has devised a million ways to keep us alive long after we might prefer to be 6ft under.

When we approach the end, the default setting is to do everything possible — whatever the cost in money, pain, distress and loss of dignity — to keep us alive. This can turn our final days, weeks or even months

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into a hell worthy of Hieronymus Bosch, leaving us to die hooked up to machines and surrounded by medical staff.

Yet the biggest downside of all may be dealing with our toxic view of ageing itself. Not only does this condemn us to spend much of our lives feeling rotten about how old we are getting, it also narrows horizons.

Just imagine all the roads untravelled, the potential untapped, all the life un-lived, thanks to that little voice inside our heads whispering: 'You're too old for this.' A grim view of later life can even act as a self-fulfilling prophecy. Studies show that a negative attitude to ageing causes older people to perform worse in memory, hearing and balance tests and to walk more slowly. To make the most of our longer lives we have to break out of this mode of thinking. We need to be bold about old age — to learn both how to age better and how to feel better about ageing. Look past the stereotypes and you realise that what lies ahead is not a miserable descent into decrepitude. Far from it.

My own parents, aged 77 and 83, are having the time of their lives — travelling, cooking, exercising, socialising, studying, working when it takes their fancy. The idea that older people are a burden with nothing to contribute is clearly absurd.

Michelangelo finished painting the frescoes in the Pauline chapel at the age of 74; Verdi premiered his finest comic opera, *Falstaff*, at 79; architect Frank Lloyd Wright was 91 when he finished the Guggenheim Museum in New York.

Kant and Cato produced their finest philosophical work in old age. So, who's smarter now, Zuckerberg? Today, the public sphere is jammed with people doing extraordinary things on the 'wrong' side of 50. Clint Eastwood won his first Oscar for best

director at 62 and his second at 74. Jane Goodall travels the world in her 80s to deliver sold-out lectures on her work with chimpanzees in Tanzania.

In their 90s, the Queen attends hundreds of events a year and David Attenborough makes award-winning nature documentaries and appears as a passionate platform speaker at climate change conferences.

We are now pushing the limits of what all of us can achieve long after the first flush of youth. Everywhere, people are embracing ageing as a privilege rather than a punishment. They are ageing better and more boldly than ever before. They are going back to school in their 50s; starting families in their 60s; running marathons in their 70s; falling in love in their 90s. By doing so, they are raising expectations of what we can do with our longer lives as well as demolishing the shibboleth that an ageing population must be a burden.



As a result, chronological age is losing its power to define and constrain us. These days, what matters is not when you were born so much as the choices you make — the books you read, the television you watch, the music you listen to, the food you eat, the people you love, the politics you espouse and the work you do.

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This shift dovetails with the wider cultural move towards diversity and personal freedom. We now express sexual orientation and gender identity in ways that would have been unthinkable not so long ago. Age can be the next frontier.

The world today is a much better place for an over-50 than it was even 20 years ago. New techniques for restoring hearing and sight are coming on stream and neuroscientists are figuring out how to harness the brain to move prosthetic limbs and operate computers.

Designers are racing to build wearable gadgets that will give older bodies a functional boost and technology is opening up new ways to take a full part in the world until the very end of life.

According to scientists, the recipe for a happier old age is pretty straightforward. Stay physically active. Eat a healthy diet. Drink alcohol in moderation and don't smoke. Form strong social bonds. Have a purpose in life that gets you up in the morning. Be less materialistic. Laugh a lot.

Of all the items on that list, exercise seems the closest to a magic bullet. It's vital, too, to keep on learning. Yes, the brain is at its most plastic in the first two decades of life, which is why children soak up knowledge like sponges. But that does not mean we fall off a learning cliff at the age of 20 — or 40, 60 or 80. Quite the opposite. The chief obstacle to learning in later life is not the ageing brain. It is the ageist stereotypes that erode our confidence and put us off trying new things.

Marie Curie learned to swim in her 50s, Tolstoy to ride a bicycle in his 60s. Jens Skou, a Nobel laureate in chemistry, mastered computer programming in his 70s. When asked by a pupil at the age of 91 why he kept on practising, cellist Pablo Casals replied: 'Because I am making progress.'

Of course, eventually our bodies will wear out. Ageing is the most natural thing in the world:

12 months from now we will all be one year older.

What we need to do is understand and embrace it as a blessing rather than a burden. We must learn to accept frailty and vulnerability as a part of life rather than as a mark of failure.

Forget the novelist Philip Roth's chilling verdict that: 'Old age isn't a battle; old age is a massacre.' It needn't be so. A positive attitude helps.

Studies show that those with a more upbeat image of growing older tend to perform better in memory and motor control tests. They can walk faster and stand a better chance of recovering from disability. They also live an average of seven and a half years longer.

We can't shut our eyes to the undoubted hardships that can be involved in ageing. The loneliest age group in the UK is the over-75s, two-fifths of whom tell researchers that television is their main form of company.



Loneliness is miserable, taking the same toll on our health as being obese or smoking. But it is

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not an inevitable corollary of growing older. Loneliness is a scourge in every generation. The second loneliest age group in the UK is 21-35.

And while dementia is more likely to strike in later life, it is not an inevitable part of it. Around 17 per cent of people over the age of 80 have it, but that means the other 83 per cent do not.

In summary, ageing is not nearly as bad as we fear. Life can become richer, deeper, happier, often confounding our own worst expectations. I know that ageing is hard to love unconditionally. It takes things away from us, especially towards the end of life. Like anyone

else, I still worry about what the passage of time will do to my health, my finances, my looks, my loved ones. Nor do I want my life to end.

Yet I no longer recoil from it. Such worries feel less daunting now because I know that, with a little luck and the right attitude, lots of good stuff awaits me in the coming years. A golden age of ageing is dawning, and I am looking forward to it.

[Bolder: Making The Most Of Our Longer Lives by Carl Honore is published by Simon & Schuster at £16.99.]

Penarth Community Association

Are you thinking of starting a group but don't know where you could meet? Or do you struggle to find venues for your activity, whatever it may be - choir rehearsals, slimming clubs, volunteer training sessions, bridge and bingo nights, knitting or book club meetings? Or do you need a safe and secure space to offer support to others struggling in some way with the demands of modern life? Or do you just want to hire somewhere for a party?

We'll look no further. The Lower Penarth Community Centre at Brockhill Way Penarth could be your answer. Run by the Lower Penarth Community Association on behalf of the Vale of Glamorgan, the Centre has a large (newly decorated!) main hall, and a small committee room, both of which are available for hire.



We already host a wide range of activities from Rainbows & Brownies through a variety of differing exercise programmes to coffee mornings and ballroom dance practice sessions and even dog - or should that be dog owner? – training sessions, but we are always looking to extend our reach into the community and offer our support to as many community activities as possible.

We support all our groups by advertising their activity on our internal and external noticeboards, on our Facebook page, and on our Community Centre page on the Vale of Glamorgan website. So if you're itching to get started, then check us out on our Facebook page or at www.valeofglamorgan.gov.uk/enjoying/community-centres, or contact us at sec.lpca@gmail.com



Support for Volunteering and Community Groups

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



Glamorgan Voluntary Services (GVS)

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

Website: www.gvs.wales Charity No: 1163193

Milestones

I am just amazed by Woody's progress to date, who would have thought that just over a year ago we did not have charity status, a permanent home or even the funding to maintain, let alone grow our support for so many individuals and families.

Fifteen months on, we piloted Woody's at HMS Cambria and in our 12 months there, received over 2500 visits; we landed Armed Forces Covenant Funding to keep us operational until June 2020 and gained some significant partnerships with Age Cymru and Masons Removals to mention just two, plus becoming a registered charity.



Woody's Lodge at Eirias Park, Colwyn Bay, North Wales opened in August of 2018 which mirrored our move from HMS Cambria to The Amelia Trust Farm. Both new sites provide the facilities to work with our Armed Forces and Emergency Service leavers and also includes a range of activities and a safe environment for their families, that include family swimming and forest schools.



Now that we are settled both north and south and employ 8 people, (6 of whom have served), we launch our Vale of Glamorgan "pickup and shuttle" minibus service. Plus look to enter initial discussions for Woody's West Wales.

Our "one on one" form filling support work grows as does working with TGP/NHS & MoD and the launch of a unique, weekly "partners and children's" day.

Most importantly we are now setting the scene for long term funding and ensuring that Woody's can develop its work for the long-term post 2020.

May I take this opportunity to thank, I wish there were greater words, all our supporters, volunteers, friends and the many who come to us day on day, for making Woody's Lodge a reality and enabling us to commemorate Royal Marine, Paul "Woody" Woodland and all those that have served in such a special way.

Dr David Trotman CEO

Nearly nine years
really!
through thick
then thin
inside out
up-side down
crusading for
the voiceless.

You've made
me laugh
at times
I've cried
touched by,
rough with tough
smooth and soothed
holistic and organic.

Its really
pride I feel
held embraced
welcomed as
an element
of your every
endeavour.

jojo 16/01/2019

Walking Football comes to Penarth

The 50+ Forum has been an active promoter of activity and exercise for older people in the Vale including information on falls prevention and members providing LIFT programme and Tai Chi in residential homes and day centres. In the Spring of 2017 members of the Vale sports development team provided activities at a Forum 50+ event in Barry Memorial Hall and over a game of table tennis, Sophie Wilkinson talked about the possibility of establishing walking football in the Vale. In the Summer of 2017 I met with Sophie and the Cardiff Sports complex to see walking football in action there.



Sophie's development work resulted in the regular sessions of walking football being arranged at Cogan Leisure Centre from January 2018 and for the first few months we had the assistance of a trainer, who did walking exercises as well as inducting us into the rules — no running; no overhead height throwing, passing, shooting; being mindful of tackling. A match is six-minutes each half with a three minute half time interval.

Walking football is designed for 55+ people and as well general exercise it gets the heart-rate pumping and can be quite strenuous. The other benefit is social participation and the Penarth group generates plenty of humour and friendship.

Having enjoyed our informal sessions in at the leisure centre we entered the inaugural tournament in South Wales at the Geraint Thomas Velodrome in Newport on November 28th. Organised by the Public Health G.P. Referral scheme teams from Newport, Bridgend, Maesteg and Torfaen and the Vale battled it out. We drew 1-1 with Maesteg and defeated Newport Live Stepping Stones 3-2. In the final we drew with Torfaen but were eventually defeated on penalties.

The whole event was inspirational and the Penarth teams were presented with runners up medals and shared a buffet lunch with our fellow competitors. One of Penarth's team, Francis Hudd, was awarded the player of the Tournament Award. In 2019 we look forward to arranging more competitive matches and welcoming new members. The group is self-organising now and at a cost of £1.95 per session, it is money well spent for our personal and social benefit and also savings to the NHS.

Ron Walton

Bus Pass Birthday

Today's my bus pass birthday!
Am I glad? You bet!
Of all the cards delivered
this is the best yet.
For this will be my passport
to a life all fancy free.
I'll roam the lanes and highways
from city to the sea.
Hoorah for double deckers!
God bless each lumpy seat!
For since I've now turned sixty,
the world is at my feet.

By Carole Williams



Vale Council Older People's Champion



Cllr. Gordon Kemp, VOGC
Older people's Champion.

As we start to look towards the Spring, it is a good time to consider what the rest of the year will bring.

As always, the Forum has an exciting calendar of meetings and events which are detailed on page **XXXX** of this issue of the Herald. The events range from a Question Time debate which will be held in March to an event raising awareness of elder abuse in June, and celebrations for annual Older Peoples' Day in September.

I would encourage everyone to attend these events which are not only informative but also provide an excellent opportunity to socialise.

As well as being the Older Peoples' Champion, I am also the Cabinet Member for Health, Social Care and Leisure. I am therefore increasingly aware of the importance of remaining active and involved in activities for general health benefits, but particularly for our physical and mental wellbeing. The Herald includes a range of articles with ideas about things to do locally, fun activities, and opportunities to try something different.

This could be using one of the local leisure centres, attending something at your local community centre or library, joining a club or enjoying the beauty of our natural surroundings. We are very lucky here in the Vale to have such fantastic towns, countryside, parks and a heritage coast on our doorstep. I would therefore encourage everyone to take full advantage of hopefully improving weather to get out and about in the Vale.

The Council is continuing to work with a range of partners to promote health and well-being. We are working closely with colleagues in health and the third sector to try and make our health and social care services even more joined up for those who need services now, and for those who may need them in the future.

There are a number of exciting developments with regard to how we are working with the Cardiff and Vale University Health Board to improve health and social care services. We have been awarded short term funding of £7 million for 2018-19 and 2019-20 from Welsh Government to deliver a range of projects around 'Me, My Home, My Community'. The programme of work which will be delivered through this funding will place a greater emphasis on prevention and early intervention. We aim to make better use of technology to improve the resilience of our citizens and reduce demand on stretched primary and community care services.

Our focus is on providing services to better meet the needs of local people; to help people to remain independent and in their own home; and to reduce their need for hospital visits and GP appointments.

I look forward to updating you on progress as to how we are continuing to improve how health and social care services and believe that through our close partnership working we can really make a difference.

Councillor Gordon Kemp

Staying active



The Vale of Glamorgan Council's Healthy Living Team have compiled a table to show the residents of the Vale what activities are available to them in their local community. Physical and Mental Health are just two of the benefits of staying active as well as reducing the risk of health conditions. The Table shows a wide range of activities that older people can enjoy in their local Community Centres as well as other venues, these include Zumba Gold, Tai Chi, Tea Dances and many more, attending these sessions can help contribute towards the recommended level of 150 minutes of moderate exercise per week set by the NHS.

If you are interested in attending any of the activities please get in contact with the organisers or feel free to contact the Councils Healthy Living Team on 01446 704793.

Penarth and Dinas Powys

What	Where	When
Young at Heart Over 50's Bingo Annette 07873142043	Byrd Crescent Community Centre, Byrd Crescent, Penarth, CF64 3QU	Wednesdays 1.30pm-4pm
Tai Chi 029 20700140	Glyndwr Community Centre, Glyndwr Road, Penarth, CF64 3ND	Monday 10.30am – 11.30am
Aging Well Club 029 20700140	Glyndwr Community Centre, Glyndwr Road, Penarth, CF64 3ND	Wednesday 10.15am – 12.30pm
Memory Café Open to anyone affected by the early stages of memory loss including carers, friends and family.	Murchfield Community Centre, Sunnycroft Lane, Dinas Powys CF64 4QQ	Wednesday 10am-11.30am (2nd Wednesday of every month).
Dinas Powys Voluntary Concern Community Club 02920513700	Lee Hall, Britway Road, Dinas Powys, CF64 4AF	Monday 1.30pm – 3.30pm
Royal Voluntary Service Social Club 029 2002 7855	Paget Rooms, Victoria Road, Penarth, South Glamorgan CF64 3EG	Tuesday 2.15pm-4pm
Royal Voluntary Service Lunch Club 029 2002 7855	Dinas Powys Community Council, Council Office, Parish Hall, Britway Road, Dinas Powys, South Glamorgan CF64 4AF	Friday 12pm-2pm

Rural Vale (Cowbridge, Llantwit, St Athan, Rhoose, Wenvoe)

What	Where	When
Young at Heart 01446 711300	Celtic Way Community Centre, Celtic Way, Rhoose, CF62 3FT	Wednesday 2pm-4.30pm
Seniors Group 01656 663503	Colwinston Community Centre, Colwinston, Cowbridge CF71 7NL	Tuesday 2pm-3.45pm
Older Persons Club 01446 710661	Rhoose Community Centre Stewart Road, Rhoose CF62 3EZ	Friday 1.30pm – 4.30pm
Zumba Gold 01446 750700 07966242933	The Gathering Place, St Athan,	Tuesday 11.45am – 12.45pm
Dementia Cafés 01446 738024	Bethel Baptist Church, The Old Manse, Durrel Street, Llantwit Major, Vale of Glamorgan, CF61 1AD	3 rd Tuesday of every month 2pm – 4pm. 16 th October, 20 th November, 18 th December
Tea Dance 02920 594418	Wenvoe Village Hall	Tuesday 2pm – 4pm
Wenvoe Walking Group 02920 594418 or 01446 742269	Wenvoe Community Centre	Call for more information
Tai Chi 07957 277815	St. Athan Community Centre, Glyndwr Avenue, St Athan CF62 4PP	Tuesday 10am – 11am
Cowbridge Luncheon Club 01446 773385 (Cowbridge Town Council)	Cowbridge With Llanblethian Town Council, Town Hall, 21 High Street, Cowbridge, South Glamorgan CF71 7AD	Monday 10:00am-1.30pm
Memory Jar 01446 621838	THE MAENDY ROOM OF COWBRIDGE UNITED FREE CHURCH. Westgate, Cowbridge CF71 7AQ	First and Third Tuesday of each month 2pm-4pm
Barry Art Club 01446 710043	St Peter's Church, Church Road, Rhoose, Barry, CF62 3EX	Wednesday 1.30pm to 4.30pm on a weekly basis . Saturday 2.00pm onwards on a weekly basis

Barry

What	Where	When
Healthy Hearts 01446 732692	Gibbonsdown Community Centre, Ramsey Road, Barry, CF62 9DF	Thursday 6pm-7pm
Ceramics 01446 743954	Highlight Park Community Centre, Stirling Road, Barry, CF62 8NX	Monday 1.30pm – 3.30pm
Zumba Gold 01446 743954	Highlight Park Community Centre, Stirling Road, Barry, CF62 8NX	Monday 6.15pm-7pm
Tai Chi 01446 743954	Highlight Park Community Centre, Stirling Road, Barry, CF62 8NX	Tuesday 5.30pm- 6.30pm
Zumba Gold 01446 743954	Highlight Park Community Centre, Stirling Road, Barry, CF62 8NX	Wednesday 11.30am- 12.15pm
Ceramics 01446 743954	Highlight Park Community Centre, Stirling Road, Barry, CF62 8NX	Wednesday 1.30pm – 3.30pm
Strength and Balance (50+) Mary - 01446 792644	Margaret Alexander Community Centre, Alexandra Crescent, Barry, CF62 7HU	Monday 2pm-3pm
Quilting Club 07528 043417	St Francis Millennium Centre, Park Road, Barry, CF62 6NX	Monday 1pm-3pm
Barry Older Persons Group 07528 043417	St Francis Millennium Centre, Park Road, Barry, CF62 6NX	Monday 1.30pm- 3.30pm
Singing for Health and Pleasure 07528 043417	St Francis Millennium Centre, Park Road, Barry, CF62 6NX	Friday 1.30pm-3pm
Sit and Swing (Seated Dance Group) 01446 738024	Ty Hapus 163 Holton Rd, Barry CF63 4HP	Friday 11am-12pm Starts October
Ty Hapus Skittles and Lunch 01446 738024	Tynewydd Pub, 103 Tynewydd Rd, Barry CF62 8BB	Every Other Monday 11am – 1.30pm
Craft Session 01446 738024	Ty Hapus 163 Holton Rd, Barry CF63 4HP	Dates Vary – contact for more information
Activities Room – Table Tennis, Pool, Darts etc 01446 738024	Ty Hapus 163 Holton Rd, Barry CF63 4HP	Friday 1pm-3pm
Dementia Cafés 01446 738024	Ty Hapus 163 Holton Rd, Barry CF63 4HP	2 nd Monday of each month 1.30pm- 3.30pm
Barry Castaways Club 01446 734387	Castleland Community Centre, Belvedere Crescent, Barry, CF63 4JZ	Wednesday and Friday 10.30am to 2.30pm on a weekly basis

Extend Classes

By Thelma J Lougher

It's a Challenge, to enable
Our bodies to keep fit.
It is, effort for the aged,
So easy just to sit.
It's that effort keeps us healthy,
The interest keeps us sane.
Just as gardens in the Spring time,
Need the sunshine and the rain.

So easy in the twilight years,
To dream of days gone by.
Such pleasures we remember and
How hard we used to try.
Not so easy to look forward,
As nothing can compare,
To the young days and the fun days,
The company we shared.

It is attitude and effort,
That help to keep us young,
Make the days of Twilight,
Be pleasant days and fun.
We may not jog the highways,
Or dance to rock and roll.
But we can walk the gentle walks
Enjoy a sunshine strole.

Extend will keep you exercised,
Help joints stay on the move.
The music and companionship,
Have everything to prove.
So you'll keep on looking forward,
Those efforts are sublime,
The mind and limbs in unison.
It helps to pass the time.



I am the new chairman of Dementia Friendly Barry Steering group. Working with support from the Alzheimer Cymru; the Barry steering group consists of representations from Barry Town Council, organisations, charities, businesses, and volunteers all committed to continuing to be a Dementia Friendly Barry. At the moment we are doing the following:

Alzheimer Society Volunteer Dementia Champions hold dementia awareness sessions for any group or organisation who wish to become 'dementia friendly'. The aims of the session are to address some of the fears and stigma associated with dementia and that dementia is not just about losing your memory. We find that comments after the session often included that people are more aware, want to support, and more confident to engage better with people living with dementia and their Carers. Our objective is for as many businesses etc to sign up and become dementia friendly.

Here in Barry we are working hard to create more Activities and support for people living with dementia and their Carers. We have a dementia friendly cinema the Memo, we have Alzheimer Soc. dementia support at Ty Hapus, Tai Chi, Bowl & Roll Skittles, A Memory Café, books, DVD's and C.D.'s from Barry Central library.

There is much more we would like to do. We feel your involvement is important to our vision of continuing to evolve being a dementia friendly town. Please email any suggestions to: dementiafriendlyvale@outlook.com

If you would like more information about Dementia Awareness Sessions, Activities, Support, Dementia Friendly Communities, and other Dementia Friendly Steering groups in the Vale please visit our website at: www.dementiafriendlyvale.co.uk

Jane Weldon, Chairman Dementia Friendly Barry Steering Group

Lets face the Music and Dance

Dance classes are a great way to promote healthy living and is a great way for people of all ages, shapes and sizes to stay fit.

It is a great social activity and is extremely therapeutic , starving off the mental and physical ravages of old age. There is considerable amount of evidence to show that dance has many benefits for older people improving mind, body and soul functions.

“ Science proves that dancing is good for your brain as studies have shown that it has many health benefits beyond simple exercise. Dancing increases the neural activity and can heal your brain as it ages ”



Dance also encourages individual expression and explores feelings, stimulates memories, improves heart and lungs, improves balance and spatial awareness, increases endurance, improves mental functioning to name just a few reasons to try out a movement based class.

We all know that people who have access to social activities, good friends and hobbies & interests tend to lead longer, healthier and happier lives.

Motion Control Dance, is offering a space for social interaction with like minded people, whilst promoting the benefits of improved mental and physical well being and most importantly, fun and energising activities for older people.

Our studio, based at the YMCA have the following opportunities for you to come and try out in the new year at reduced prices.

Creative Dance classes are held on Mondays from 11am - 12 noon

Tai Chi Classes are held on Tuesday 11am - 12 noon and also 1.30pm - 2.30pm in Rhoose Community Centre, Stuart Rd

Yoga on Wednesdays 10-11.30am



For more information please contact Emma Mallam tel: 07725038778 or e-mail: info@motioncontroldance.com

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

The Arts Craft and Leisure Group (ACL) is a member led group that was formed in May 2011. This Group meets on the fourth Tuesday in the months of January, March, May, July, September and November. The venue for meetings is the Phil John Room at Barry County Library. Time of meeting is 2.30pm. The Group endorses a positive agenda and has active links with all libraries within the Vale.

ACL, enjoys a creative relationship with VOGA, Vale of Glamorgan Artists, supporting the Travellers Gallery at Barry Broad Street Station. The train Travellers raise funds for MIND charity through the Café at this Station. The Group also supports ACF, Art Central Friends, based at Art Central Gallery at Barry Library. Locally, the group has entertained speakers from The Memo Arts Centre, Barry, and literally endorses all functions throughout the Vale. These include both the Penarth and Cowbridge book Festivals, and, also VLN, Vale Learning Network which is based at Palmerston and other Learning Centres throughout the Vale. Leisure pursuits are endorsed through links with Valeways, the Environmental Walking charity.

Meetings held from January 2018 to November 2018.

January 2018: Library Consultation Response

Melanie Weekes, Barry Librarian, addressed the concerns that had been raised at the Consultation a year previously. This being 'What Can The Vale Library Service provide for the 50 + Age Group' ? Melanie gave a spirited response, as many, not all, of the services asked for were already in place for members. These included, more availability of large print books, also better access to specialist magazines, Home Craft, D.I.Y. and Gardening. Also, Groups for retired members such as Chess and Bridge classes. FAN Friends and Neighbours Group already meet at Barry Library and other venues throughout the Vale. Author talks during the day, these are well publicized in all Vale Libraries. An abundance of I.T classes for all level of learners. Also, History, Genealogy, and Reading Groups at various times during the week. Most of the Leisure classes are free, however the Vocational Language and Craft classes are chargeable. Information on available pursuits for older members, was distributed to ACL members at this meeting.

March 2018: Art Gallery Visit

During March, Art Central Gallery annually host an Exhibition of Woman's Art work, as International Woman's Day falls on March 8th.

The visit by the ACL Group was a 'Walk and Talk' of this particular Exhibition, which this year was provided by the Welsh Association of Women Artists. Exhibits included painting, pottery and ceramics with a varied and diverse range of subject matter. Members were then asked to select two exhibits of work and talk about their particular choices. Many of ACL chose similar pieces of art work. Similar good taste, or just a liking for good art work. Both debatable !

May 2018: Valeways

Rebecca Exley, Valeways Coordinator visited ACL during May. May is traditionally the start of the Celtic Spring, hosting Gwanwyn the Older Persons Arts Festival. Likewise, May is the start of

the walking season for Valeways. Each year there is a different theme and 2018 was allotted the Year of the Sea by the organization. Valeways caters for all level of walkers, from lakeside strollers to hardy hikers, covering both coastal paths and country lanes. Rebecca also reminded the members that the charity had an environmental responsibility to maintain stiles, pathways and make safe areas to all users within the Vale of Glamorgan. Leaflets for the 2018 programme were distributed among the ACL members. The Vale Ways team are mainly volunteers who want to enjoy a fit and healthy lifestyle whilst benefiting from the amazing views on hand.

July 2018: Mark Collard. Musician

Mark needed no introduction to ACL members as he is a long standing member. With his wife Pauline he has entertained us at our Pre-Festive meetings in the past. Both are solo singers who duet well together. At this meeting Mark entertained the Group as a soloist. Currently he is writing a musical, with the promise of a Spring Opening in 2019. This will be held in Barry, and is based on the life of his late father-in-law, who travelled to the U.S.A where he practiced as a lay preacher. Many of the tracks that Mark played to the Group had a Country and Western influence! Mark sang a solo in Welsh which drew applause from the members. He will update us in January, as to the progress of his musical adventure. The Group wished him well, as this is a large undertaking.

September 2018: Community Arts Update

Both Tracey Harding, Vale Arts Coordinator and Kate Long, from the Memo Arts Centre, Barry, presented their Autumn/Winter programmes to ACL members. Kate Long gave a brief history of the Memorial Hall to those present at this meeting. She produced a free cinema ticket for members, to be used during November, and also gave performance listings for the months of November to January, covering the festive period. Tracey Harding, a regular to ACL, gave an update regarding the exhibitions to be held at Art Central Gallery until January 2019. There was a discussion involving ACL members concerning the future of the Arts as a whole, and the availability of funding resources within Wales.

November 2018: Anthony Lavisher, Author

Anthony Lavisher returned to ACL after an absence of four years. His Fantasy Trilogy completed after five years has achieved success both locally and nationally. Namely the Storm Trilogy the books are in order, Whispers, Shadows and finally, Vengeance of A Storm. Marketing at £8 for a solo book to £20 as a set of novels, Vale based Anthony has now achieved recognition Stateside! Steel Sage Press (USA) have offered to reset the Trilogy for readership within the American market. The Group raised a mug (of tea) to Anthony's successful endeavours, and wished him well for the future. Anthony's novels are available in all Vale libraries, in good bookshops, also via Amazon. and other retail outlets. He has also written a modern novel, namely 'The Last Tiger'. There is no stopping such a creative talent. Chair of the Group asked if he would return to ACL sooner than four years, for an update !

Dates of ACL Meetings for 2019: January 22nd, March 26th, May 28th, July 23rd, September 24th and November 26th.

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

Warning issued as fraudsters demand money by impersonating HMRC and banks

South Wales Police is reminding people that government officials, law enforcement agencies and banks will never contact them out of the blue and demand payment, the withdrawal or transfer of money, the purchase of iTunes or other gift cards, or threaten arrest over unpaid fines or tax.

Police have received a large number of reports in recent months of fraudsters impersonating HMRC officials and businesses, and are warning people to remain vigilant. Cold-hearted fraudsters are contacting people in an attempt to exploit them into handing over cash, transferring bank funds or providing them with gift voucher codes.

The scams may take a variety of forms, but one that has been particularly prevalent in recent months is a phone call purportedly from HMRC in which the victim is told they will be arrested for unpaid taxes unless they transfer money to a given account, or purchase gift vouchers which they claim can double as "Government vouchers".

Please look out for your loved ones and spread awareness of these scams. You can report scams to South Wales Police on 101 or Action Fraud on 0300 123 2040.

RHYBUDD SGAM

Mae twyllwyr yn ffonio pobl sy'n agored i niwed ac yn dynwared yr Heddlu, CThEM a'ch banc.

COFIWCH!

Ni fydd asiantaethau'r Llywodraeth, yr Heddlu, banciau na busnesau ag enw da **BYTH** yn gofyn i chi rannu gwybodaeth personol na datgelu manylion banc, nac yn gofyn am daliadau.

S TOPIWCH bob tro y gofynnir i chi anfon arian neu rannu manylion personol

G WIRIWCH eu bod yn dweud y gwir. Ffoniwch nhw yn ôl ar rif swyddogol.

A DRODDWCH yn ôl i'r heddlu drwy ffonio **999** os yw'r drosedd yn digwydd ar y pryd neu os ydych mewn perygl

M ANTEISIWCH ar y cyfle i ddweud wrth eich ffrindiau a'ch teulu, a ffoniwch 101 i ddweud wrth yr heddlu os nad ydych wedi rhoi gwybod amdani eisoes

SCAM WARNING

Fraudsters are cold calling vulnerable people and impersonating the Police, HMRC and your bank.

REMEMBER!

Government agencies, the police, banks and reputable businesses will **NEVER** ask you to share personal information, disclose bank details, or demand payments.

S STOP every time you are asked to send money or give out personal details

C CHECK they are who they say they are. Call them directly on an official number

A ACT by calling **999** if a crime is ongoing or if you are in danger

M MENTION it to your friends and family, and call **101** to tell police if you have not already reported it





101
POLICE IN YOUR HOME
EMERGENCY NUMBER
24 HOUR SERVICE
FREE OF CHARGE

Cymru/Wales
CrimeStoppers.
0800 555111
100% diennu. Bob tro.
100% anonymous. Ffoniwch.

ActionFraud
National Fraud & Cyber Crime Reporting Centre
0300 123 2040



**OPERATION
SIGNATURE**
Deddiadu drosoddwyr tawllt sy'n agored i niwed
Protecting vulnerable victims of fraud

101 swpolice
www.heddlu-de-cymru.police.uk
www.south-wales.police.uk



Tackling Loneliness with Tea and Cake

The problem of loneliness and social isolation is a hot topic at the moment. In Wales alone almost half a million people say they always or often feel lonely, many of these people are elderly, isolated, frail, living alone and unable to get out and about. The good news is there is something we can do to help. Contact the Elderly offers a vital link to vulnerable older people, it is the only national charity solely dedicated to tackling loneliness and social isolation through face to face contact. Locally we have a group in Penarth which has been running for almost twenty years, providing a lifeline of friendship to elderly people. The group meets monthly, taking elderly guests to tea parties at the homes of local hosts. Volunteers and guests enjoy tea, cake and a chat.

Vera has been a member of the Penarth group for around 12 years, and loves the company, friendship and chatter, she said “I don’t have any friends from my generation anymore so it’s great to meet up. Everyone in the group is so different, I enjoy hearing their stories” Norma is the newest member of the group and joined in March, she says how much she enjoys the company and the conversation.



It’s great to see the elderly guests enjoying themselves, they look forward to the teas and meeting up with friends for cake and a chat. New members come in a little bit shy and go out with a big smile and new friends. The South Wales groups recently met for their annual Christmas meal. Over one hundred guests and volunteers from Swansea to Cardiff, Penarth to Pontypridd and more, met to enjoy a Christmas lunch, carols and a visit from Santa. It was great fun and is something both the guests and volunteers look forward to. So how does it work - Contact the Elderly organises monthly tea party events for small groups of older people, aged 75 and over. Across Wales we support over 700 older people in 83 groups, but we have ambitions to increase this number and would love to open more groups in the Vale of Glamorgan.

Groups are run by local volunteers: volunteer drivers collect older guests from their homes and accompany them to tea parties, while volunteer hosts hold the tea parties in their homes, a local volunteer organiser makes sure the run group runs smoothly. As well as looking for new volunteers to open new groups, we are also keen to raise awareness of the service, reaching out to potential older guests who could benefit from the scheme. We encourage people to let older neighbours, customers, family and friends know about the service and that they could have something to look forward to each month. If you’re interested in volunteering, or are an older person interested in attending a tea then please contact Kate Housley tel: 029 2002 6211 or email: kate.housley@contact-the-elderly.org.uk

More details on Contact the Elderly can be found on the website: <https://www.contact-the-elderly.org.uk/>

Vale 50+ Strategy Forum: Housing Group Report

2018 saw the group emphasizing the need of Housing for Older People. Towards this end we had a guest speaker from LIN Housing who was conducting research on behalf of Cardiff and the Vale into the Views and Aspirations of older people relative to housing. The object of the exercise was to identify the type of housing and therefore influence the type and need of housing for Older People in the future. E.g. The sort of housing on offer to older people, the amount of housing and type that should be built for the future and most important where it is built.

The research covered the following choices for older people: Private Sector Retirement Housing, Age Designated Social Housing, Sheltered Housing, Care homes and Extra Care Homes. In addition to the type of housing the research not only covered the design, bricks and mortar, but also aspects of Social Care from personal help, who does it, family or carers, how often, to ensuring the requirement and installation of home adaptations. The research also considered the local community aspect, whether individuals felt connected, focussing on their involvement and whether there was any concerns relating to Isolation. This research led to identifying the aspirations and needs of older people for their homes in later life and outlining future needs, i.e type, specification etc. which is so important, considering there is a potential increase in aged population over 75+ years by circa 8000 from 2017 to 2035. It follows then that the projected need for housing for Older People and the area's where it is built is not straightforward. Other Presentations during the year included representatives from the Vale Housing Support Department, a Senior Manager from a Housing Association who outlined their method of dealing with debt reclamation which eased the burden on tenants, a representative of the Vale Home Community Investment Team who outlined their initiative aimed at council tenants providing them with increased resources in order to build closer knit links between the Council and the Community Their work ranged from improving Health and Fitness to assisting people back into work. Their work is not confined to people aged 50+ but it is generally focussed upon the over 50's sector.

Caravan/Park Home living is an interesting concept to those people who are retiring. I have 18 years of living with Bristol Channel as my backyard and idyllic though it was it does not come without its pitfalls. I gave a presentation outlining the care that needs to be taken on the selection of which site you choose, The suitability of the site owner / manager, the cost of a new park home, its depreciation rate, annual costs but most important the Site Rules and how they may affect an individual. Park Home living is a pleasure but it is necessary before committing to anything to look at all aspects, preferably with someone not wearing rose tinted glasses.

It is my intention to work with L A and other agencies when and if required.

The Housing Group has had a good year but there is room for improvement particularly with a view to increasing membership. Anyone interested in becoming a member of the Housing Group can contact me on julianloach.54@gmail.com or contact the council offices and ask to be put through to The Vale of Glamorgan 50+ Strategy Forum for further information.

Lynda Wallis, Vice Chairman Housing Sub Group

Vale 50+ Strategy Forum: Health Group Report

We are all aware that our health is one of the most important keys to enjoying our older years. The health group keeps members in touch with developments in Wales and in our local Cardiff and Vale of University Health Board; also we keep a keen eye on social care developments in the Vale.

At the Wales level we have responded to consultations on the education and training of social workers and social care in Wales, the structure and future developments of health and social care in Wales, the siting of an S. Wales Trauma Centre is the location of thoracic surgery services and the future of Community Health Councils.

During our bi-monthly meetings we have had speakers on plans and provision for people with dementia and their carers, the variety of ways our Health Board obtains feedback from patients and carers; arthritis care and the Patient Education Programme which involves patients with long-term conditions in six group sessions to help towards independence and self-management.

Health Group members regularly attend a number of groups — such as the Public Health well-being meetings, the Cardiff and Vale Forum for Mental Health, the Community Health Council Health Watch meetings and the Veterans Mental Health group.

Over the next few years the Regional Partnership Boards will play an increasing role in trying to get health and social care services working more closely together and to ensure that services respond to the changing population structure, particularly the needs of the older population.

Ron Walton Chairman



nexus

carers & service users involved in older people's mental health

Nexus

**84 Glebe Street,
Penarth. CF64 1EF
Tel: 029 2022 2000
nexus@cavamh.org.uk
www.cavamh.org.uk**



Helen & Matthew
Nexus Involvement Officers

Based at the Cardiff & Vale Mental Health Development Project, Nexus supports carers and service users of mental health services to know about and have a voice in service planning and delivery. To do this, we have dedicated Involvement Officers who work in partnership with voluntary agencies and statutory services — Matthew and Helen.

This publication is specifically designed for carers of those receiving older people's mental health services to get information and to become involved according to their personal situation.

We aim to update this newsletter once every three months. All information in this publication is provided to the best of our knowledge. If you have anything you would like to include in a future issue please contact us, we would be delighted to hear from you.

Recipes

Anne Marie shares Forum Members Favourite Easy Recipes for 2019

(From 500 Recipes Cooking for Two by Katie Stewart)

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

Welsh Rarebit

You will need:

1oz butter or margarine	1 teaspoon mustard
2 tablespoons milk or beer	half teaspoon of salt
4oz grated Cheddar cheese	4 slices of bread
	butter

Melt the butter in a small saucepan over a low heat. Add the milk or beer, cheese, mustard & salt & stir until the mixture is melted & smooth.

Draw the pan off the heat & allow to cool & thicken a little.

Toast the bread, butter it, & spread the hot mixture over the four slices.

Place under a hot grill & cook until bubbling & golden brown.

Trim away crust, cut into fingers & serve at once.

Old English Date Pie

You will need:

3oz of defrosted frozen shortcrust pastry
(or make your own)

for the filling:

1 teacup cut up dates	quarter level teaspoon nutmeg
quarter pint of single cream	pinch of cloves
2 small eggs	pinch of salt
1 level teaspoon of cinnamon	1 rounded teaspoon of fresh white bread-crumbs
	1oz desiccated coconut

Roll out pastry to circle large enough to line a buttered 7-8inch pie plate.

Sprinkle the sliced dates over the base of the pie.

Combine together all the remaining ingredients except the coconut, & beat well. Pour over the dates in the unbaked pastry case.

Place in the centre of a hot oven (Gas Mark 6 or 200C) & bake for 15 minutes. Then reduce the temperature to (Gas Mark 3 or 160C), sprinkle with the coconut & bake for a further 15 minutes or until the filling has set.

Cut in wedges & serve with single cream.

Fried Chicken with Lemon Rice

You will need:

2 chicken joints
1 rounded tablespoon of flour
1 level teaspoon of salt
1 level dessertspoon of curry powder
2oz butter for frying
1 banana, peeled & sliced

for the lemon rice:

6oz long grain rice
1 level teaspoon of salt
third pint of water
finely grated rind of half a lemon
half oz butter

to garnish:

lemon slices

Wipe the chicken joints & trim away any loose skin.

Sift the flour, salt & curry powder on to a plate & dip the joint both sides to coat thoroughly.

Heat the butter in a frying pan & add the chicken, skin side down. Fry over fairly high heat to brown both sides, then lower the heat & cook gently 25-30 minutes or until tender. Turn occasionally to cook evenly.

Meanwhile measure the rice, salt, water & grated lemon rind into a saucepan. Bring to the boil, stir once, then cover, lower the heat & cook gently for 15-20 minutes, or until the water is absorbed & rice quite tender. Add butter & fork up the rice.

Lift the chicken joints from the pan onto a warm serving platter. Add the sliced banana to the hot butter & fry gently for about 2-3 minutes, then spoon over the chicken joints & serve with the lemon rice. Garnish with lemon slices

LULU *By Rita Gronow*

My friend Mabel has a cat, it's big and black and bushy
Eyes of green the best you've seen in any kind of beauty
Now and then she roams the fields, patrols her territory
Practising her hunting skills on Tom or Dick or Harry.

Left on her own she's not content, she likes a stroke or pat
In which she's not so different from any kind of cat
Laps are always welcome as are complimentary words

but not the kind of
question such as
'do you catch
birds?'

Though Lulu is a
pretty name she
acts like Cleopat-
ra,
regal in her bear-

ing so her servants never matter.

AUTUMN *By Marilyn Ankin*

Trees and flowers fading fast
Such a shame they cannot last
But there has to be a reason
Why they only last a season

To see the trees changing col-

CAN BE REMOVED

Falls Prevention

Falling is one of the most common of causes of hospital admissions for older people today, and with comes the inevitable problems associated with getting back to full health after a fall again and in some cases the misery of social isolation.

Falling may be considered a hazard that older people will face, but it is one that we can do something about to reduce the risk of falling. This comes in the form of general care about our home, personal care and benefitting from becoming more active.

Care in the home, we should look out for, slippery carpets / floors, no loose cables to form trips, ensure that suitable indoor foot wear is worn, ensure medication is taken as prescribed, should you wear spectacles ensure that your sight is checked regularly, seek advice regarding foot problems either through the doctor or the practice nurse, the list is endless.

By becoming more active, there are many benefits, increasing flexibility, improving balance and co-ordination, attaining a sense of achievement and increasing confidence, coping with the everyday daily chores in life and an overall improved sense of wellbeing.

Participating in a regular exercise session once a week, following a short regime every day at home will be of great benefit to older adults. We look at 150 minutes a week and that includes shopping, housework and gardening etc. so 150mins, is not that onerous.

The Forum now have two members qualified to deliver Tai Chi and LIFT an exercise programme aimed at improving participants core areas. LIFT (Low Impact Functional Training) though not specifically designed for Falls Prevention it does most certainly help reduce the risk of falling and improve overall fitness levels.

Sessions are currently being held at the Hub in Barry on Tues. at 10.30, Barry Library on Weds. At 14.00, starting with LIFT followed by Tai Chi and Trinity Church Penarth Wed. mornings at 10.45. The exercise sessions are aimed at helping to reduce the risk of falling and improve general fitness level and the stability of an individual. The sessions are fun and enjoyable and are able to be done standing or seated or a mixture of both if you like.



What is, of course, important is that you are confident you are able to embark on an exercise session, if in doubt seek the advice of a medical professional but most people are able to participate. Details will become available on the Forums website in due course.

Julian Loach, Chairman Housing Group

Becoming a Dementia Friendly organisation by Natural Resources Wales

As an organisation, Natural Resources Wales are proud to be working towards officially becoming a Dementia Friendly organisation recognised by the Alzheimer's Society.

What this means is that by the year 2020 Natural Resources Wales will have completed it's 3-year accreditation process with the wonderful charity that is the Alzheimer's Society

2016/17 was the first year of our accreditation process and it was a massive success due to good leadership from volunteers leading on this area of work.

As part of our ongoing Action Plan, this year we have been developing a number of practical projects with Public Service Board Partners to help people living with Dementia to enjoy the outdoors for as long as they can, this includes developing walking sites.

As part of this work we have been meeting with the Rangers at Cosmeston Country Park to discuss opportunities for more seating, better signage, information boards and Dementia Friends Training for staff.

For more information about the work of Natural Resources Wales please go to www.naturalresources.wales

More information about dementia friends and dementia friendly organisations is available on the Alzheimers Society website at alzheimers.org.uk/about-us/wales

Dementia Friends

It is so important to have dementia friends among us. Living with dementia can be lonely, confusing and sometimes frightening. Most people associate dementia with memory loss but unfortunately there are many other ways this disease can affect individuals. There are small simple steps that we can take to help someone in need, anyone of any age can become a dementia friend.

A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action.

WALES DEMENTIA HELPLINE

This helpline offers support, information and agency for anyone caring for a family member or friend with dementia.

Freephone: 0808 808 2235

Text HELP followed by your question to 81066

Vale 50+SF Transport Group

The Transport Sub Group was set up & met for the first time in January 2007. Today the Team comprises of the Chair Anne Marie Little, the Vice Chair Richard J. Jones & enthusiastic members. We have a meeting of Sub Group members every 2 months from 1.30pm-3.30pm at the Civic Offices & these are open to all interested forum members.



The following consultation table gives a flavour of the range of engagement activities undertaken by the transport group. Members also, respond to other engagement activities, consultations & attend a range of seminars, conferences & working parties throughout the year.

The forum executive & other forum working task groups also contribute to engagement activities throughout the year.

Transport Consultation undertaken between Aug. 2018-Dec. 2018

- VoGC Draft Parking Strategy, completed online 17/08/18
- Penarth Consultation, from Penarth Town Council, including transport, completed online 21/08/18
- From Age Cymru, 'Community Calculator' Survey on public transport,

neighbourhood safety & local health & Social Services, completed online 28/08/18

- Drop-In Consultation @ Llantonion Hall, Llantwit Major on the Draft Parking Strategy, completed form again & gave feedback to officers, attended 5/9/18
- Public consultation on the Cardiff Airport Masterplan, viewing plans & submitting feedback @ Barry Library attended 7/9/18, consultation completed online 8/9/18
- First Cymru Buses X2 customer survey (from Marie Cronin operations Manager 1st Cymru) feedback emailed 10/11/2018
- WAG Connected Communities tackling Loneliness & Social Isolation (including transport) consultation completed posted Christmas 2018

(Continued on page 33)

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

Transport Meetings held between August 2018 - December 2018:

August 11th 2018: Clare Cameron who is: Cardiff Capital Region City Deal Project Development Officer gave an interesting presentation on 'Cardiff Metro System' plus a 'round robin' Q&A session.

October 9th 2018: Enfys Griffiths Community Transport Officer, Visible Services and Transport Vale of Glamorgan Council delivered an interactive powerpoint presentation about the latest information on 'Greenlinks & Community Transport in General'.

December 11th 2018: Following tradition we enjoyed a smashing Festive Lunchtime Meal & our chosen destination this year was the Brewers Fayre on the Barry Waterfront & members exchanged cards & presents.

Dates for your diary:

February 12th 2019: Our speaker will be Marie Cronin who is Operations Manager First Cymru East who will update us on the X2 survey & consult with us on how to improve their services.

Transport Group Trips to look forward to in 2019:

Boat Trip-We hope to board the Princess Katherine from Cardiff City to the Bay on the 90 seater Passenger boat. To enjoy the commentary & then tuck into breakfast/brunch at Wetherspoons before we separate to explore the Bay or meet up with friends.

Bus Trip-We hope to enjoy a day excursion to Brecon departing on the T4 bus, stay 4 hours & either visit the Welsh Regimental Museum, walk along the Brecon Canal & visit Brecon Cathedral, or have a great day shopping & sharing a meal with friends!

Looking towards the future we together, as a Transport Task Group Team, have ideas of some topics for speakers & will work hard to make this happen.

Finally, a big thank you to all the members especially the Chairs of the Task Groups for interlinking with the Transport Task Group. Also, Andrew Eccleshare-Passenger Transport Manager for his continued support.



If you like the sound of the Group, are 50+ & live or work (including volunteering) within the Vale & would like to become a member then please contact:

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



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Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Key improvements at University Hospital Llandough and future plans for Barry Hospital

University Hospital Llandough

During 2018, the following developments at the hospital have been progressed:

Rookwood Hospital

Rookwood Hospital is currently located in Llandaff, Cardiff and provides specialist rehabilitation services for serious head and spinal injuries. These services will be transferring to University Hospital Llandough once redevelopment work has been completed. This work will commence on the 7th January 2019 and will take approximately 20 months to complete once the new facilities are available.

The area to be used is the former Maternity Unit on the Westside of the Hospital near the Cardiff and Vale Orthopaedic Centre. This area will be totally redeveloped and include wards, a patient hydrotherapy pool, outpatients and a rehabilitation bungalow adjacent to the new unit. The cost of this work is approximately £30m which has been funded by Welsh Government.

Associated with the development will be a purpose built garden adjacent to the new unit which is being funded through a charity called 'Horatio's Garden'.

The development of this specialist garden is very exciting. It is recognised and acknowledged that outdoor space is important for encouraging and maintaining wellbeing and 'Horatio's Garden' will be an excellent facility for this purpose. This garden will provide wellbeing and therapeutic opportunities and plays an important part in patient care. People need external spaces where they can relax, exercise and socialize.

During 2018, we have been working with 'Horatio's Garden' to provide this purpose built garden to meet the specialist need of patients with spinal injury and provide much needed therapeutic space.

'Horatio's Garden' will provide:

- access to a controlled exterior environment with the emphasis on the positive characteristics of the natural environment.
- opportunities to seek privacy and experience a sense of control and harmony.
- opportunities for movement and exercise away from internal spaces.
- access to nature and other positive distractions.

Music to Our Ears Programme for the Hospital

Our experience has shown that providing live music activities can enhance well-being, reduce levels of stress, increase self-esteem and improve quality of life both for those being cared for, the staff and visitors to our hospital sites.

Our Music to our Ears programme aims to:-

- Promote and celebrate music to improve the experience of patients, staff and visitors
- Ensure a coordinated approach to providing live music to clinical areas
- Utilise music to create positive impact at celebration events
- Provide the opportunity for social interaction, physical activity and can, in some cases, enhance individuals' ability to communicate and/or ability to reminisce
- Improve the wellbeing of participants and engage participants in an interesting and inspiring musical activity

We have been working with a number of organisations to provide music for patients and these include Music in Hospitals, Llandough Hospital Community Choir, Welsh National Opera (WNO) and individual performers, as an integral part of our Music to our Ears programme.

Several successful patient concerts have been held at the hospital in 2018 and more are planned for 2019.

Community Pharmacy at the front of the hospital

The Health Board has been looking to change the way we deliver outpatient pharmacy services within Cardiff & Vale UHB. The outpatient pharmacy activity is approximately 250,000 items per year across University Hospital of Wales and University Hospital Llandough. The new way of working will be delivering outpatient pharmacy services with an agreed third party partner instead of providing it as an in-house service. We believe this will provide many benefits, most importantly an improved service to patients. This new pharmacy service will improve waiting times, allow the option of delivery of medicines closer to patients' home and release staff to patient for ward areas and aiming to reduce turnaround times for patient's waiting for medicines to allow them to go home.

The new community pharmacy will be located at the front entrance of the hospital near the Spar shop. Work to provide this new facility will commence in early 2019 and should be open early Summer 2019.

The Orchard

The Hospital owns considerable acres of land and the Health Board has supported the development of an Orchard on the West side of the hospital.

Gardening/ orchard projects have been utilised to assist with well being, issues of loneliness and poor mental health and the health board has work collaboratively with other partners to provide an innovative project.

The Orchard would not be an extension of the ward therapeutic space, unlike Horatio's Garden, but be an area of the hospital that can be utilised to promote well being

The aim of our Orchard space is to provide:

- access to a environment with the emphasis on the positive
- characteristics of the natural environment.
- opportunities to seek privacy and experience a sense of control and harmony.
- access to nature and other positive distractions.
- provide space for recreational and/ or leisure facilities
- opportunities to work with local community groups to develop the orchard.

Considerable progress has already been made with the Orchard e.g. removal of shrubs, opening of new space, planting of trees, involvement of local school children and businesses on specific projects, bee hives etc...

Further significant improvements in the Orchard are planned in 2019.

Barry Hospital

Since October 2018, I have taken responsibility for the Barry Hospital as the Hospital Senior General Manager along with my similar role for University Hospital Llandough.

I am delighted to have the opportunity to undertake this role, particularly as I was heavily involved with the planning, commissioning and opening of the hospital in 1995. The plan for the Barry Hospital is to make this a Health and Wellbeing Hub for the Vale of Glamorgan. This will involve closer working with the NHS, Local Authority, Third Sector and Voluntary parties. Whilst the planning work for this is progressed it is important that we look at the 'First Impressions' when you visit the hospital and I am delighted to inform you that a number of improvements will be progressed in 2019.

These improvements include:

- Improved External and Internal Signage
- Improvements to the front reception/lobby
- Redecoration of the ground floor in 'brighter' colours
- Improvements to the current floor covering at the main entrance and some waiting areas
- improve seating in the patient waiting areas
- Improving the appearance of 'internal' courtyard gardens
- Installation of Artwork, including local school and community art groups
- Refreshment facilities for patients / visitors / staff
- Changing the outpatient 'ticket system' for those attending Phlebotomy services and to introduce as a pilot Phlebotomy service for paediatric patients.

In addition the Mary Lennox meeting room on the ground floor is being fully refurbished, including improved seating, visual aids and artwork. When completed, the 'Mary Lennox Community Room' will be available for Third Sector and voluntary partners to use,

The other very important improvement towards the end of 2018 was the change in parking arrangements for patients and visitors visiting the hospital. The previous system required the users of the car park to register their car details on a terminal at the reception area. Many comments were received from the public that this system was not easy to use and caused

confusion. In September 2018, the system was changed to a number plate recognition system, using cameras that record the car arriving and leaving the car park – a similar system which has successfully been in operation for several years at University Hospital Llandough.

As a result of this change you no longer need to register your car at the terminal. This is only required if your stay is over 4 hours.

Early feedback from users has been positive and we will continue to closely monitor this during 2019.

In 2020, the Barry Hospital will have been opened for 25 years. This is a very important landmark and will be planning next year how this can be celebrated. If you have any ideas/ suggestions please let me know as we would like to hear from the community.

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



SPRING by Denise Worsfold

Spring is the season of greatest generosity
No coats today. Buds bulge on lime trees
The spring is not always green
Naked snowdrops and crocuses thrust up
A late spring is a great blessing for
New blossom cowslips, anemones and primroses
Dense drifts of bluebells, markers of ancient woodlands
A wilderness of flowers; violets, hyacinths and jonquils
The full tulip race is on. Showy bronze wallflowers, dancing narcissi
And carpets of buttery buttercups
Clouds of white blackthorn and the musty smell of May in full bloom
Gathering the May to decorate the house
But it is only when you can tread on nine daisies at once, that spring has come
And with the awakening flora come the insects
Mayflies, lace wings and springtails
Damsel flies, crickets and thrips
And on their tail the birds,
Skylarks, wagtails, pipets and waxwings
Warblers and siskins. And soon, gorged on this fare their fecundity is in no doubt
And in the spring a young man's fancy turns to thoughts of love
White dressed May Queens reign over revelries, dancing and drinking
So wild, so raucous, banned in 1644!
Spring is earth's most effervescent season

Helping older to reminisce and make space

The Attic Project is a new partnership between Care & Repair and VCS Cymru, funded by the Big Lottery Fund, it supports people to de-clutter and dispose of items with sensitivity and care for the environment.

The Attic Project is a free service currently operating in Newport, the Vale of Glamorgan and Cardiff helping people aged 60+ to make space in their homes.

Volunteers assist beneficiaries to declutter and re-organise possessions allowing them to live more comfortably in a safer home environment.

There are many reasons why people accumulate possessions or struggle to discard unwanted items. Making space can create room for much needed repairs and adaptations which keep people warm or improve accessibility in the home. It can also reduce the risk of falls or help with downsizing & hospital discharge.

Sorting through possessions can bring back a lot of memories and letting go of much-loved items can be challenging.

The volunteers support people through reminiscence. Having the opportunity to record and talk about the stories behind treasured possessions can be a valuable process that can also provide a legacy for family and community.



We are currently looking for volunteers to join our team to help. We are looking for volunteers who are empathetic, have a keen interest in people and their stories and have excellent communication skills. We ask volunteers to commit a minimum of two hours a week and full training and DBS checks will be provided.

If you would like to find out more about the service, please contact Care & Repair on 0300 111 3333, or if you are interested in volunteering contact Catherine on 07934 531 001.

Diverse Cymru is committed to supporting people

Diverse Cymru is a unique Welsh charity committed to supporting people faced with inequality and discrimination because of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation.

We offer a range of services to help us achieve our aims. These include our Advocacy Service for disabled adults in the Vale of Glamorgan. Through this we:

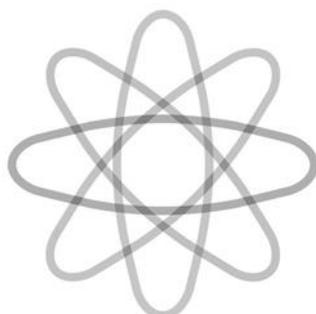


- Help people to obtain the community care that they need
- Support and represent people to get benefits such as: Personal Independent Payments, Employment Support Allowance, Pension Credit, Attendance Allowance, Carers Allowance
- Appeal decisions that people do not agree with, such as decisions about their benefits or care
- Support people to get accessible homes
- Make complaints about services
- Provide information on other organisations that may be able to offer support

Recently we launched an exciting new project on the experiences of Black, Asian or Minority Ethnic (BAME) people and dementia. If you are from a BAME background, have dementia or look after someone with dementia we would like to speak to you to find out if you are happy with the services, you receive. If not, what would you want to see? How can services make things better for you or your loved ones?

We launched this project because Black people in the UK are more likely to develop dementia than other ethnic groups but they are much less likely to be diagnosed and get support.

For information on any of the above please email shelagh.maher@diverse.cymru or call 029 2036 8888 ext 255 www.diverse.cymru



diverse
cymru

Promoting equality for all
Hyrwyddo cydraddoldeb i bawb

INTRODUCING YOUR VALE FORUM

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



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

VALE 50+ STRATEGY FORUM ***FORTHCOMING EVENTS***

May 2019: Celebrating Gwanwyn Festival :
October 1st: International Older People's Day event, celebrating ageing well.

Various events throughout the year will be advertised in the local press. The Forum is hoping to have coffee mornings throughout the Vale over the coming 12 months, look out for posters and local press

A full programme of the years executive and sub group meetings available by telephoning 01446 709779 or email OPF@valeofglamorgan.gov.uk



This publication has been designed by Glamorgan Voluntary Services (GVS)

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