

# THE HERALD



Information and Inspiration – For Over Fifties – Vale of Glamorgan

S\*P\*R\**i*\*N\*G E\*D\*i\*T*i*\*O\*N

April 2017, No. 26

## Gwanwyn Festival, celebrating creativity in older age, is back this May!



Gwanwyn is a month-long festival, which celebrates older age as a time for renewal, growth and creativity - hence the name Gwanwyn, which means springtime in Welsh. Gwanwyn provides opportunities for older people to take part in the arts – from painting, photography, music, drama or storytelling to literature, dance, film and much more!

Gwanwyn has been growing in both breadth and ambition since it began in 2007 and has a strong audience base, Emma Robinson, Age Cymru's Arts and Creativity Programme Manager writes 'I feel strongly that arts relating to older people shouldn't automatically default to reminiscence work about the past. Older age is a time for trying new things, for getting immersed, involved and inspired with arts and creativity celebrating the here and now. I hope that this year's festival will encourage more older people to try something new, get creative and that the festival continues to challenge preconceptions on what it's like to grow older in Wales.'

As a national festival, groups across Wales are all gearing up to offer wonderful events during May to encourage older people to take part. From a writers' festival in Anglesey; donkeys sparking creativity in care homes in Snowdonia; photography in West Wales, dance in Valley and Vale and quilting in Treherbert, there'll be something for everyone. There's poetry train rides in North Wales, video making in the Rhondda and local legend walks in Conwy and that's just for starters. **The Vale 50+ Strategy Forum Gwanwyn Festival event is on the 16 May 2017 at Barry Library from 10am - 3pm.**

**For more information on the complete programme for this year's festival, please get in touch or visit the website – [www.gwanwyn.org.uk](http://www.gwanwyn.org.uk) or join in the fun on Facebook (Gwyl Gwanwyn Festival) and Twitter (@GwanwynAgeCymru). The Gwanwyn Festival is run by Age Cymru with support from the Welsh Government and the Arts Council of Wales.**

# Welcome to the Spring 2017 edition

Lynda Wallis, Executive Chairman, Vale 50+ Strategy Forum

I would like to welcome you to the new look Herald which will be heralding the spring each year from now on. We are pleased to announce that we will now be producing our magazine in both Welsh and English; and we welcome our Welsh speaking readers and hope you enjoy the spring Herald. Due to the bi-lingual magazine naturally adding some additional cost and editing work to its production, The Herald will now be published annually not bi-annually. We look forward to welcoming the spring with a vibrant and informative read for all of the over 50's in the Vale.



We have a new management team who have some new and exciting ideas for the future of the Herald and I certainly hope that you will enjoy reading it as much as we have enjoyed putting it together. We shall still bring you as much up to date information as we can and with some new pages of humour and fun.

There are many changes happening within Local Government and the Health Boards which will affect the services you require and we hope to help you through some of the maze of information out there which can sometimes be quite confusing. Wellbeing is the important word at present, with Wellbeing at the centre of the new Social Services and Wellbeing (Wales) Act which came into legislation in April 2016. Changes in the way the Health Boards and Social Services work so that their services are people centred and giving you the opportunity to tell your side of things and what it is that you want, not to be told what it is you need but to have an opinion of what you believe you need. This is quite a change from the way things worked previously and it will take some time for things to change.

I hope that you will enjoy the new look Herald and although we will only be publishing once a year now, we will try to ensure that the information that we include is relevant to you and your life.

## Heralds of Spring

Of all the joys the seasons bring  
My favourite has to be the spring  
The snowdrops are first to show their heads  
So white and green, they fill the beds

And then the crocus come to the fore  
In lovely colours that I adore  
Purple, yellow and creamy white  
So bright and cherry, a happy site

Then daffodils are the next to come  
Yellow, cream and white are some  
Orange centres, sparkle in the sun  
Now you know spring has begun

They dance and wave in the breeze  
And the blossom is coming on the trees  
Oh spring how wonderful to see  
Such lovely colours which happily

Spring forth from gardens everywhere  
I have to often stop and stare  
At such beauty and natures wonders  
To see these flowers in such numbers

Oh what a season of growth anew  
All there to enjoy for me and you  
Spring is a time that heralds the sun  
Of summer and sunshine and plenty of fun

That is why spring is special to me  
The birth of new life and hope we can see

*Lynda Wallis*



# 45th Anniversary of "RVS Friday Lunches" in Dinas Powys

It was way back in 1972 when local members of the Royal Voluntary Service (RVS) first started serving hot Friday lunches to some of the older residents of Dinas Powys - a wonderful tradition that continues today, 45 years later. But along the way there have been many changes to how and where all these thousands of meals were cooked and served.

Currently the meals for each "RVS Friday Lunch" are served at 12 noon in Lee Hall - on every Friday, except when schools are not in session. The price of each roasted meal is only £4.00. Both the friendly volunteers and the regular attendees create a warm and welcoming social atmosphere for newcomers. Mini-bus transportation is provided by the Dinas Powys Voluntary Concern (DVPC).

But for the first 15 years or so, volunteers delivered "Meals-on-Wheels" directly to people's homes, instead of serving the lunches at Lee Hall (as they do now). Back in those early days, the food was prepared by the first volunteer team at various area sites over the years. Then when the cooking was finished, a second volunteer team would deliver the meals to the homes of up to 35 older residents of Dinas Powys village, Murch and Eastbrook. Finally, a third volunteer team would clean up the cooking site.

A volunteer who was involved almost from the very beginning is Eileen Reynolds, now 77 and a life-long resident of Dinas Powys who helped serve these meals for 40 years. Eileen also grew food herself, as a member of an extended farming family in the area.

"When we would deliver the meals," remembered Eileen, "we would carefully place the food directly onto the kitchen plates of the older people we were serving in their homes. And sometimes we'd also sit and chat with them for a while, which they were always very grateful for."

Eileen also said that no matter how busy she was with farm work, she would almost always

show up as a Friday lunch volunteer - because it was a treat for herself. "At the end of each meal day, I felt very uplifted and rewarded to be working with the other volunteers, while also helping older people. Those busy and friendly volunteer Fridays always re-charged my batteries."



But by about 1987, the process of cooking meals in one location before delivering them to various Dinas Powys homes became too complicated and time-consuming. So about 30 years ago, the lunches were moved permanently to the Lee Hall site- where fellowship became an added spice. Today these Friday lunches are prepared just up the road at the kitchen of St. Andrew's C/W Primary School, and then easily transported down to Lee Hall.

Val Turner, who co-ordinates the lunches with Jill Gaskell, explained the big effort that is still involved. "During a single month, at least 30 volunteers are involved in various rotating teams and tasks to serve our Friday lunches." This work includes preparing the hall, transporting attendees, picking up and serving the food, and cleaning up afterwards. "And sometimes after the meals," Val said, "our guests have some special fun - such as bingo, an entertainer, or Christmas carols sung by local primary school children. But it takes a lot of planning and work by many caring people to make all this happen month after month, year after year." Val explained further that "these days our emphasis is on the social aspect of the lunches. New members are always welcome to join us and share food, fun and friendship."

**RVS Friday Lunches**  
**Lee Hall, Britway Road, Dinas Powys**  
**Val Turner (Co-Ordinator)**  
**For reservation and transportation, call**  
**the DPVC on 029-2051-3700**

## **‘A Place to Call Home?’: Care Home Review Follow-Up work**

In 2014, I published the findings of my formal Review into the quality of life and care of older people living in care homes in Wales, the biggest Review of its kind ever undertaken in Wales.

My Review found that, whilst there are many examples of excellent care being delivered across Wales, too many older people living in care homes had an unacceptable quality of life. The evidence showed that care home residents were often unable to do the things that mattered to them and in many cases had little meaningful choice and control over their lives.

Following the publication of my Review report, ‘A Place to Call Home?’, in November 2014, all of the statutory bodies subject to my Review submitted action plans that set out how they would deliver the improvements needed within care homes and across the wider care home system in Wales.

I was clear that the commitments made by these bodies were the beginning of a longer term process of change and that I would be undertaking a programme of follow-up work to seek further assurances that the change older people told me they want and need to see in care homes is being delivered.

I have therefore requested information from Health Boards, Local Authorities, the Welsh Government and Care and Social Services Inspectorate Wales (CSSIW) to assess whether the action they have taken against a number of the Requirements for Action set out in my Review report has been sufficient and is making a positive difference to the lives of older people living in care homes across Wales.

This follow-up work will include a particular focus on issues such as falls prevention, dementia training for care home staff, the inappropriate use of anti-psychotic medication, continence care, inspection processes and workforce planning.



In addition to this scrutiny, I am also keen to highlight the good practice and innovations implemented since the publication of my Review report in 2014 that could be rolled out more widely across Wales, and have written to a wide range of organisations working with and for older people, asking them to share examples with me that could be included in my follow-up report, which will be published in November.

Older people living in care homes across Wales, who are often amongst the most vulnerable in society, deserve not only to receive the highest standards of care, but also to have the best possible quality of life. Much work is already underway to deliver change across the care home sector to make this a reality, but it is essential that momentum is not lost and that improvements continue at all levels. I will continue to play my part as Commissioner, but I also expect our public bodies to deliver upon their commitments to ensure that care home residents across Wales can live in a place that is truly a ‘home’.

**For further information about the  
Commissioner’s Care Home Review,  
visit: [www.olderpeoplewales.com](http://www.olderpeoplewales.com)**

## Older People's Champion Cllr Stuart Egan

As you may well know I will be retiring from public office at the end of my Mayoral term on the 23rd of May. This means that it is with sadness that I will no longer be able to take the mantle of Older Peoples Champion. It was with great pleasure that I was able to negotiate continuing as the Champion for an additional year along with my role as Mayor of the Vale of Glamorgan. The needs of older people have always been close to my heart and I am proud that I was able to actively support those needs over the last four years.



Cllr Stuart Egan invited the Arts, Craft and Leisure group to afternoon tea in the Mayor's parlour. Pictured right: Cllr Stuart Egan stands down as Older People's Champion in May 2017

Working closely with the members of the Vale 50+ Strategy Forum (V50+SF) has been a positive experience. I have been continually impressed with the V50+SF members level of commitment to improving the lives of others. Their engagement with organisations and governors, offering them informed responses to local and national consultations, is to be commended. I have tried to attend as many forum meetings as possible and hope I have been able to offer them support through my own contributions and experience. People have come to appreciate the regular forum events include fashion shows, sing-along sessions, and question-time debates. The popularity of forum events is reflected in the rush for agencies to attend as stall holders, over 40 at the last International Older People's day celebration. I hope the relationship with the forum will continue into the future.

I have enjoyed my duties as the Mayor this last year, not least was the work on my two chosen charities, The Penarth and District Lesotho Trust and the Llandough Orchard Charity Project. I wish to thank all those who have contributed monies and have supported our fundraising events including suggesting new and innovative activities. We have had lots of fun together in this undertaking and we should all be proud of what we are achieving.

Thanks to all those who sacrificed their secret family recipes to produce a fantastic cookbook titled "It's a lot more than just Welsh Cakes". The call for recipes has been a great success, with 35 people contributing their prized delicacies. The book will be available for a suggested £3 donation from St David's Day.

**The Vale 50+ Strategy Forum would like to formally thank Cllr Egan for his involvement as Older People's Champion over the past four years. His support has been invaluable and we wish him well for the future.**

# Find out more about the Welsh Senate of Older People

**The Welsh Senate of Older People is made up of delegates from over 50 local older people's groups from all parts of Wales and four national pensioner organisations**

Affiliation is open to any bona fide older people's group in Wales and provides older people in Wales with a unified voice in relation to:

- Representing and protecting their interests in relation to general policy matters which may impact on areas such as age discrimination, income and prosperity, housing, health and social care, transport, security, life-long learning, leisure and general well-being
- Working with other organisations to improve the services available for older people through better overall co-ordination of the efforts of those who are involved
- Promoting better and closer co-operation between different existing older people's organisations and improving channels of communication between them.
- Monitoring the implementation of the Strategy for Older People in Wales and its key aims

You can find us on **Facebook** by searching for **Welsh Senate of Older People** follow us on **Twitter** where we use the **@Welsh Senate** we'd love to connect with you through social media.

The Welsh Senate has identified the following as priorities for 2017.

- To improve the quality and access of domiciliary care in Wales. We want to identify good practice, to understand local government policy and find out about the experiences of older people
- To combat the recent poor image of older people following the EU Referendum. We want to highlight the challenges faced by older people and celebrate their positive contributions to society
- The Senate will review the Ageing Well in Wales national programme 2014-2019. It brings together individuals and communities with public, private and voluntary sectors to develop and promote innovative and practical ways to make Wales a good place to grow older for everyone. We will review the plan and confirm the current position against promises made and the future programme to ensure that it is implemented and achieves its targets

The Senate has established sub-groups to take this work forward and would like its affiliate groups to get involved and provide a local viewpoint. If you or your groups have any information or experience of the above topics please contact us.

**Secretariat Welsh Senate of Older People, Tŷ John Pathy, 13/14 Neptune Court,  
Vanguard Way, Cardiff CF24 5PJ**

**Email [wsop@agecymru.org.uk](mailto:wsop@agecymru.org.uk)**

**Facebook Welsh Senate of Older People   Twitter @WelshSenate**

**Telephone 07891 834 230 Secretariat (Helen Shaw)**

## Dementia Friendly Vale

A pilot scheme has supported Barry to work towards being dementia friendly since November 2015. We, a partnership of agencies, businesses and not least community volunteers, have formed a steering group to take forward this important agenda. We meet bi-monthly to share the workload of promoting the dementia friendly community ethos at a local level. The initiative is an Alzheimer's Society project and like the dementia friends work aims to involve communities across Wales.

We are working from an action plan kindly given to us by Cardiff South East Dementia initiative who had established a dementia friendly community from 2014 to 2015. To become dementia friendly, a community needs to embrace the dementia friend's initiative. We are encouraging agencies, community groups and businesses to have members who are Dementia Champions rolling out the friends programme after attending a one day course, or for members, staff and volunteers to attend dementia friends briefing sessions, a commitment of about one hour. In return all friends and champions are given a fine blue flower lapel badge to wear with pride.

We have produced a Kite Mark for agencies, businesses and community groups to attain dementia friendly status. To do so those wishing to attain status need to follow a simple seven step checklist. Once this is achieved they will receive a certificate of merit and a window sticker to show they are dementia friendly. There is an obvious return for all, especially businesses as their customer base is sure to include those experiencing dementia and their carers. We have the following Strapline: Enabling people affected by Dementia to continue to live fulfilled lives in Barry. Also a Vision: Our vision is for Barry to become a community that is committed to supporting and respecting the



needs of people with dementia and their carers. We are attempting to break down stereotypes and show that people are not defined by dementia; rather they are individuals who should be an active member of their community.

Being a dementia friend only requires you to be more aware of dementia and alert to supporting those who are experiencing dementia. My father who set up the first ever paramedics in Wales eventually died from vascular dementia. In his mid-stages of the condition he used to attend a day centre to offer his partner some needed respite. The unit was secure but dad who was fit worked out a great escape and slipped past a visitor and headed off at great speed. Several police patrol cars and my wife and I failed to locate him. Eventually an anonymous citizen informed the police that they had found my father in a confused and distressed state. They drove him to Mc Donald's bought him a coffee and asked the staff to keep an eye on him until the police arrived. So it's not rocket science both the concerned citizen and the Mc Donald's staff were dementia friends that day.

The exciting news is that this pilot is now expanding to become a Dementia Friendly Vale initiative. Cowbridge, Penarth and Dinas Powys wish to attain friendly status if you are interested please see the Alzheimer's Society website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk).

If you wish to transform your community you are welcome to any of the resources we have developed.

*John Porter Older People's Strategy  
Coordinator Vale of Glamorgan Council*

## **Innovative Health Initiatives presented to Health Sub Group**

During the latter part of 2016 we welcomed excellent speakers to our bi-monthly meetings, keeping members informed of local health developments and broader health issues. In July Ian Wile, Director of Operations, Mental Health, in the University Health Board, outlined changes to mental health service for older people, including rearranging the wards at Llandough Hospital to improve the environments for people with dementia and developing stronger services to support those with mental health needs in the community.

In September, Alicia Roberts, from Ovarian Cancer Action, explained the problems in the diagnosis of ovarian cancer and the symptoms which should lead to women consulting with their GP. In 2014 there were 238 deaths from ovarian cancer in Wales. Ovarian Cancer Action supports research to develop an accurate test for ovarian cancer which could lead to an affective screening programme and also to spread a much greater awareness about ovarian cancer. The meeting benefited from the testimonies of several members who had had personal experience and shared this with the group.

Steve Huxton, from the Older People's Commissioner's Office led a very lively meeting in November and outlined the Older People's Ageing Well programme and the Steady on-Stay Safe Falls Prevention initiative. The Forum has championed falls prevention for several years and warmly welcomes this Wales-wide initiative which in 2017 will include a greater involvement by pharmacies. Falls are a major cause of short and long term incapacity for older people and reducing their incidence will give older people added years of good quality life.

In January this year a group member, Anthony Atkins, shared his experience of having had polio as a young child and how it has affected his life.



He showed photos of the callipers children had to wear and of children in an iron lung. Although the Salk vaccine eradicated new cases there are still many older people living with the effects of polio and the Post Polio Society seeks to offer information and support. Our health service is needing to adapt to the fact that there are many long term conditions which formerly would have led to a shortened life but now, through medical advances, can be managed as people can expect a normal life expectancy.

In June 2016, the group organised an open meeting for Forum members and the public to consider the future of Barry Hospital. Senior planners from the University Health Board outlined preliminary plans and ideas followed by open discussion. Barry Hospital is a major health resource for the Vale and we need to ensure it plays a full part in locating more health services closer to local communities. We hope to organise a follow up meeting during 2017.

In addition to members work in relation to dementia and falls prevention, several more are to be trained as "screening champions" to encourage older people to respond positively to screening for bowel, breast, cervical cancer and abdominal aortic aneurysm.

The Health group welcomes new members which helps people to be better informed about health issues, particularly those affecting health in the Vale of Glamorgan.

*Ron Walton, Chair,  
Health and Equalities Group*

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

16 May 2017 - Granwyn Festival event at Barry Library from 10am - 3pm

12 June 2017 - Elder Abuse Awareness Day event at Barry Library from 10am - 3pm

21 September 2017 - Vale 50+ Strategy Forum Annual General Meeting at Civic Offices, Barry  
from 9.30am - 12 noon

TBA October 2017 - International Older People's Day event at Memorial Hall, Barry  
from 10am - 3pm

## **Passing Water**

"Do you have trouble passing water?" — my GP  
asked one day.

"I once had a turn on Ely Bridge," was all that I  
could say.

On my way home it bothered me, whatever made her  
think it?

I've no truck with "Adams' Ale", I seldom even drink it.

Fountains do not bother me; I've sailed upon the Rhine.  
I take my tuna in spring water, and my sardines steeped in  
brine.

I hear Handel's "Water Music" and never turn a hair;  
Not like Mrs Jones next door — turn round and she's not there!

She's standing in a lengthy queue, outside the  
you-know-what.

She hops around from foot to foot, just like a  
turkey trot.

It simply isn't British, it really isn't cool.  
You'll never see *me* act that way, or ever play the fool.

Still, I've no more time to waste here, chattering to you.  
It's been all of thirty seconds, and I really need the loo!

*By Deborah Stuart*

## **Write a poem!**

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

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

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

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

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

*By Chris Collins*



# Cardiff and Vale Credit Union

The Cardiff and Vale Credit Union is a locally based, not-for-profit, mutual organisation that offers ethical savings accounts and affordable loans.

Account holders are members of the organisation and enjoy both voting rights and a share of the profits. The profit made by the organisation is distributed to members each year in the form of a dividend. We offer accounts to working and non-working people and children.

Our products and services include:-

- Adult savings accounts
- Junior savings accounts
- School savings club at participating Vale schools (including Barry Island and Cadoxton primary schools)
- Child Trust Fund accounts

Members can deposit money via Post Office, Paypoint, Standing Order or payroll (including Vale of Glamorgan Council and NHS staff).

## We provide the following services

- Low cost loans from £150 to £15,000
- Prepaid debit card
- Rent Protect Scheme for tenants to manage payments to their private/social landlord (subject to the housing provider signing up to the scheme)

Cardiff and the Vale Credit Union is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Our FSA Firm Reference Number is 213467.

Team Leader: Chrissi Williams, two locations:-

21 Holton Road, Barry,  
Vale of Glamorgan CF63 4HA  
Monday to Friday – 09.30 to 2.30pm

Central Library Hub, The Hayes,  
Cardiff CF10 1FL  
Monday to Wednesday – 09.30 to 4.30pm  
Thursday – 10.00 to 4.30pm  
Friday – 09.30 to 4.00pm

Telephone – 029-208-2373 Website – [www.cardiffcu.com](http://www.cardiffcu.com)

Follow us on Facebook and Twitter

## RIP (I WISH)

I can hear voices  
of people as they pass  
The ladybirds and beetles  
The movement of the grass.

The creaking of the tree trunks  
The rustling of the bushes  
Everyone's so busy  
Everybody rushes.

I hear the sound of birdsong  
Soaring through the sky  
I hear the sound of washing flapping  
Hanging out to dry

I'd hoped to get some peace at last  
I knew I should have waited,  
I wish this box was soundproof  
I should have been cremated.

*By Linda Chamberlain*



## My Sweet Bett

Our house is missing its heartbeat, a heartbeat I know as my Bett.  
She's in a care home – not far away with the best of care she can get.  
Caring for her was easy and she tried hard to understand,  
And when we took our daily walk she'd always hold my hand.

Then one day her balance failed her – her legs had become too weak,  
Our days in our home were numbered as help I had to seek.  
So a care home became the answer and for us both – peace of mind,  
She has her own en suite room and staff who are friendly and kind.

But our house still misses its heartbeat, the beat it knows as my Bett,  
Her presence is all around me, her absence filling each void – and yet  
I'm content in the knowledge that I love her and I'm loved by my Bett.

*By Bryan Lewis*



## **Woody's Lodge - A New Veterans' Support Hub near Sully**

12 years in the wishing. 15 months planning. Six months cleaning and painting, and then Woody's Lodge had its biggest month ever during January 2017. It quietly opened its doors for business, and then held a successful publicity launch at the Wales Senedd, with 100 supporters in attendance. So January has been a great start for this new way to help our military veterans!

The concept for Woody's Lodge is simple. It's a welcoming space created under one roof where veterans can meet each other, while also getting the help they need from support agencies. Staff from these various agencies can meet there to discuss ways to help veterans. And in the same building, veterans themselves can meet up, relax, share memories, and help each other feel better.

As we say at Woody's Lodge, "Pull up a sandbag and have a brew."

The original idea came from local military veterans themselves – from age 25 to 95, and from all the military and emergency services. These veterans include airmen and women who have served in the UK's armed conflicts since World War II including serving from Suez to Afghanistan, Aden to Northern Ireland, and Korea to the Falklands. Conflicts that may for many have faded into history and are often forgotten by those not affected or informed.

The "Woody's Lodge" project commemorates Paul "Woody" Woodland, a Penarth-born Royal Marine and member of the Special Boat Service. Woody died in 2012 at age 32, during a training exercise accident prior to his planned return to Afghanistan.



Woody's Lodge is located in one of the former houses for officer lodging on the grounds of HMS Cambria (the Royal Naval Reserve unit at Hayes Point near Sully). The converted former bedrooms upstairs in the building now provide free office and meeting space for various veterans' support agencies – including charities, local government and the NHS.

Meanwhile, the ground floor has been converted into a free social area where veterans can meet up, have a brew and share a laugh. It's also a great place for veterans to try new activities – such as painting pictures, creative writing and playing the guitar. Veterans can even do gardening on the wider grounds of this beautiful site.

HMS Cambria, which is still an operational naval station, has pleasant grounds overlooking the Bristol Channel and offers a peaceful and reflective space, with free car parking as well. It's far from the hassle and expense of city centre journeys and meetings.

*(Continued on page 13)*

Although just opened, Woody's Lodge already has a loyal band of local veterans from both Cardiff and the Vale of Glamorgan. In the Vale alone, there are an estimated 12,000 military veterans (about 10% of the county's population) – with 60% of them over 65 years of age. In addition, there are many more veterans who live in Cardiff and other nearby counties.

All these veterans (both male and female) are welcome to visit and enjoy this wonderful new facility – and bring their families too. Currently, funding is being sought to create free transport to the site for those who can't travel there on their own.

Woody's Lodge is a new and unique concept – and hopefully this idea will spread to other counties throughout Wales and the rest of the United Kingdom.

\* \* \* \* \*

"You okay mate?"

"Yeh! Just thinking of times and friends passed."

"No problem. Want a brew?"

"That'd be great. Helps to have friends to listen and laugh with."

That's Woody's Lodge for you.



## Woody's Lodge

Open Monday to Thursday, 10am to 2pm

HMS Cambria, Hayes Lane, Sully, Penarth CF64 5XU

Tel: 07731-417-974

E-mail: [info@woodyslodge.co.uk](mailto:info@woodyslodge.co.uk)

Website: [www.woodyslodge.co.uk](http://www.woodyslodge.co.uk)

# Spring Fayre



10.00 am - 12 Midday on Thursday 27<sup>th</sup> April 2017

Venue: Age Connects Cardiff and Vale, Senior Health Shop, Holton Road, Barry

### A local dignitary to open the Fayre

Various stalls with bargains for all! Cakes, books, bric-a-brac, crafts and much more. Spring Prize Draw, tickets 20p with great prizes! Refreshments will be available. Free admission and all proceeds to go to Age Connects Cardiff and Vale.

## Spreading the warmth

As part of Age Cymru's national campaign 'Spread the warmth' Age Cymru's Health Initiatives Officer, Angharad Phillips, explains how keeping warm can reduce your risk of a fall.

During colder weather it's not uncommon for us to want to spend more time at home and indoors, some people may feel that they have little or no choice in the matter, but sitting for long periods whilst hibernating from the cold and wet weather outside can be bad for our health and could be a risk factor for falling. Our top tips below, explains why.

### Top Tips

**Keep Active** - Being too sedentary and sitting for too long could lead to muscle weakness of lower limbs and contribute to an increased risk of falls. Keep those muscles working; move often, either seated or standing. Take up a balance training class that includes exercises to strengthen the muscles of your legs and body. Age Cymru has a number of physical activity programmes you can sample, Nordic Walking, LIFT (Low Impact Functional Training) and now Tai Chi.



**Keep Warm** – A drop in temperature in your home, may contribute to the potential for more serious health concerns including falls. Regular movement is a great way of regulating heat, but a chilly home environment is also a risk. What temperature to keep your home can impact your mobility and how well your muscles function.

Age Cymru has produced a room thermometer card in partnership with Western Power Distribution and Choose Well to raise awareness of a safe and stable temperature for your home, so make sure you **know the magic numbers!**

- **21°C/70°F** is the ideal temperature for your **living room**
- **18°C/65°F** is the ideal temperature for your **bedroom**
- The rest of the **house** should be heated to at least **18°C/65°F**

**'D' during daylight** - Try and take some time outdoors each day, during daylight hours, particularly if there is sunshine, whether this is a stroll around your garden, neighbouring streets or in a local green space. Spending too long indoors could lead to vitamin D deficiency because of lack of sunlight exposure. Many of us will be deficient in Vitamin D, particularly during winter. Speak to a medical professional before taking any supplements.

### A February Free of Falls

February 2017 sees three leading older people's charities come together, Age Cymru, Care and Repair Cymru and Age Connects to give a critical message - 'Falling is not an inevitable part of aging'. For a free room thermometer contact **Age Cymru Advice** freephone on **08000 223 444**. For more information on 'Spread the warmth', falls awareness and prevention contact Age Cymru's Health Initiatives Officer, Angharad Phillips, [angharad.phillips@agecymru.org.uk](mailto:angharad.phillips@agecymru.org.uk)

# Vale 50+ Strategy Forum: Arts Crafts And Leisure (ACL) Group Report: Spring 2017

ACL is a member led interest group that endorses a positive ageing agenda. Most of the members have a creative talent and are actively involved in either fine arts and crafts, or performing, dramatic and musical arts within the Vale of Glamorgan and beyond. (ACL) has links to Art Central based at Barry Library, Vale of Glamorgan Artists (VOGA), The Memo Arts Centre Barry, and Penarth Esplanade Arts. In western Vale both, Ewenny Arts and Atlantic College at St. Donats have contributed to member meetings. The group meets at Barry Library six times annually and supports all Library functions when convenient.



## Meetings held from March 2016 to November 2016

**March 2016:** Steph Power: Editor of the Wales Arts Review. Steph gave a varied musical presentation which informed members of the upcoming Vale Music Festival to be held during May. Venues would include locations throughout the Vale and Cardiff. Members were given discounted tickets for certain performances.

**May 2016:** Annual Social Event: This was to celebrate the fifth Birthday of the formation of ACL (2011). Two ACL members were also toasted during the party to celebrate their special birthdays.

**July 2016:** As we were unable to secure the Phillip John Room for this meeting, Cllr Stuart Egan, Vale Mayor and Older Persons Champion kindly invited us to his chamber. The Mayor made a presentation to the group outlining one of his Mayoral Charities, the Llandough Orchard Project. He was ably assisted by Cllr Nigel Gibbs his consort. We also enjoyed tea, and photographs were taken.

**September 2016:** Xarifa Cooper a member of Barry University of the Third Age (U3A) gave the group an edible demonstration of the History of Chocolate. This dated from the earliest use of the cocoa bean to the current craze of chocolate consumption. Members were later quizzed on their knowledge of popular branded chocolate goodies.

**November 2016:** Musical pre Festive Celebration. Mark, an ACL member, and his wife Pauline Collard delighted the members with a duet from their Ty-Hapus collection. Ty Hapus, a Barry charity, supports younger local residents with dementia. Mark also sang solo from his latest album "Waiting for Blue". Members then enjoyed the traditional pre Festive tea which has become a feature of the last meeting of the year.

*Gilly Davies,  
Chair Arts Crafts and Leisure*

# What is Health?

This may seem a strange question to ask. A dictionary defines health as “the state of being vigorous and free from bodily or mental disease”. It is worthwhile pursuing this as it leads to the question of “what are the functions of a health service?”.



In Wales as in other parts of the UK the statistics of the annual number of GP visits, visits to A and E, hospital operations, outpatient appointments, calls for ambulances, and people with long term conditions would lead us to conclude that there are very few healthy people. We are a nation of unhealthy people addicted to medical intervention. A more practical definition of health might be “a permanent condition of bodily and mental malfunction, alleviated by a combination of self-regulatory mechanisms (including doing nothing and self treatment), risk reduction and medical intervention”.

Our past approach to health has been primarily to provide medical intervention , administered by doctors and nurses in hospitals and GP surgeries, to the neglect of self regulating mechanisms and risk reduction. The future health services will look very different. What should we be looking for in this re-designed health service?

- Population wide health literacy; knowledge of how the body works; common minor ailments; simple self-treatment guidance.
- Reducing the risk of ill health;exercising body and mind; avoiding harmful behaviours.
- Protection against disease through vaccination.
- Early detection; screening programmes; GP and easy access monitoring clinics.
- Scientifically validated medical treatments.
- Creating health promoting environments; housing, road safety, clean air, people- friendly community spaces.
- Legislation to protect people from harmful products and risks in in the environment and workplace.
- Moving to a society with less inequality in income and resources.

Rebalancing the shape of our health services will be a decades long process. It will be more achievable if we abandon the utopian ideal of a perfectly healthy society composed of completely disease free individuals and settle for creating a less unhealthy society. This will be a world in which we will respect and use the expertise of medical staff but play a much larger part in taking responsibility for our own health.

The Vale 50+ Strategy Forum is firmly committed to participating in the reshaping of health services through its support of public health measures such as Falls Prevention, Vaccination and Screening Programmes. We work in collaboration with other organisations to promote communities in the Vale which value and are responsive to the needs of older people and people with dementia. The Forum is also apart of the network of bodies providing information to older people in the Vale and provides a continuing focus on health issues through its Health Group.

*Ron Walton, Chair,  
Health and Equalities Group*

## 25<sup>th</sup> Anniversary of Age Connects “Senior Health Shop”

During 2017, the Age Connects café on Holton Road in Barry will be celebrating its 25<sup>th</sup> anniversary – as it continues its tradition of helping older people, while being based in the same familiar location for the entire time. But actually it’s much more than just a well-established café. Known as the “Senior Health Shop (SHS)”, this centre aims to help the Vale of Glamorgan’s 50+ residents in three ways:-

- **Café** – A low-priced restaurant where cheerful volunteers serve drinks, snacks and light meals.
- **Activities** – A lively social centre where elderly people can make friends, share their interests, take courses, exercise for health, play bingo, etc.
- **Information Centre** – A reliable source of advice, personal support and referral information about a wide range of subjects. For example, health topics, advocacy services, welfare rights, housing issues, tax and finance questions, AM and MP surgeries, one-on-one computer training, legal matters (such as making a will) – and even how to get your toenails cut professionally and almost everything there is FREE – except for the food and toenails, of course.

“We are a little café with a very big purpose,” said shop manager Nona Hexter, who has worked there for over 20 years. “I want our centre to continue being a place where older people can learn, relax and enjoy themselves. And it’s also easy for them to travel here, with a bus shelter smack outside our front door.”

Gay Fifield, the organisation’s administrative volunteer, added that over the years “Many older people have told me that our staff and centre have been a true LIFELINE when they desperately needed friends, guidance and support. We’re very proud of that and in September 2016, the café was even the site of a wedding celebration.” The fun will continue during 2017 when the Senior Health Shop will once again hold its two big annual celebrations – a “Spring Fayre” (April 27) and a “Christmas Fayre” (November 28). And the special theme of this year’s Christmas Fayre will be celebrating the centre’s 25th anniversary. In addition, the Senior Health Shop provides administrative support for “Barry Good Neighbours”, who work with vulnerable older people living alone in their own homes. Also, the SHS centre is home to a large social group called “Friends and Neighbours”.

In Llantwit Major, Age Connects also provides an “Advocacy Service” and a “Good Neighbours Service”, which offer advocacy support, shopping trips, and weekly telephone calls to house-bound seniors. Shop manager Nona added that, “All these projects are there for older people to use, and we welcome their visits, enquiries and participation.”

<p><b>SENIOR HEALTH SHOP</b></p> <p>38 Holton Road, Barry Nona Hexter (Shop Manager) E-mail: shs@ageconnectscardiff.org.uk Tel: 01446-732-385</p>	<p>Monday: 0930-1200 Stitch and Bitch</p> <p>Tuesday: 0930-1300 Information Morning</p> <p>Wednesday: 0930-1030 “Extend” Exercise Class Wednesday: 1045-1200 Café is open</p> <p>Thursday: 0930-1200 Computer Sessions</p> <p>Friday: 0930-1200 Bingo</p>
---	---

## Shelter Cymru's "Take Notice" Project

Have you ever listened to a former homeless person talk about the struggle they went through to successfully change their lives? And do you feel compassion for homeless people – no matter how they got there?

Well, Shelter Cymru is in the final year of delivering a 3-year project called "Take Notice" (funded by Big Lottery), which helps former homeless people tell their stories to audiences who care and can help. About 30 formerly homeless people have been recruited from all over Wales to speak to a wide variety of audiences. These audiences have included youth groups, business leaders, volunteer organisations, conferences, and service providers (such as homelessness teams at local authorities).

In order to educate both service providers and the general public, our "Take Notice" speakers have shared their personal experiences of homelessness and housing crises, encouraged the use of workshops, and highlighted the benefits of active service-user involvement in solving problems and improving services. In addition, our speakers hope to educate the wider public about the real causes and impact of homelessness on individuals and families, while dispelling myths and stereotypes.

"Take Notice" believes that people who have had personal experience of being homeless can contribute special insights about how these services should be designed and delivered in the future. By listening to this constructive feedback, service providers can ensure that their clients are put at the centre of service delivery.

Specifically, "Take Notice" has delivered eight service evaluations to help local authority homelessness teams to review the elements of their service delivery and improve their service for future users. Also, housing

managers have been advised about how to create improvements and highlight good practice.

Another success has been the short film that "Take Notice" members created during 2016 to share the circumstances in which they found themselves homeless. This film has been widely distributed and shown at several film festivals. An accompanying booklet called "Leaving The Myths Behind" has also been produced.

"We are very pleased with the feedback we have received so far," said Carey Hill, who is the project's South Wales Coordinator. "The voice, skills and experiences of people who have been homeless themselves are being listened to. We believe that this successful project is helping to create true cultural change in delivering homelessness services across Wales."

Our "Take Notice" project fits with Shelter Cymru's mission statement that safe, secure and suitable housing is a fundamental human right and essential to the health and wellbeing of individuals, families and communities throughout Wales. Every year Shelter Cymru helps thousands of people who are struggling with homelessness and bad housing – through legal representation, specialist support, and free advice delivered by telephone, internet, and face-to-face meetings.

Preventing homelessness is central to Shelter Cymru's work. Every year we help thousands of individuals and families across Wales with their housing problems. And we campaign for new ways of eliminating homelessness and housing need through changes in legislation, policy, practice and awareness.

**Shelter Cymru**  
**Carey Hill (South Wales Coordinator)**  
**Email: [careyh@sheltercymru.org.uk](mailto:careyh@sheltercymru.org.uk)**  
**Tel: 01792 483 074**  
**[www.sheltercymru.org.uk](http://www.sheltercymru.org.uk)**

# Vale 50+ Strategy Forum Housing Group Report: Spring 2017

I had the pleasure of chairing the Housing Sub Group for a few meetings in Jim's absence and we had some very interesting speakers. Firstly we had Carey Hill from Shelter Cymru who brought along Craig, who had been homeless and living on the streets until he was helped by Shelter to turn his life around. He now goes to groups and tells them of his story, how in a very short time he lost his job, his home and his life. The help he got from Shelter Cymru gave him the opportunity to change his life and he now has a home and a job and his life is looking good again. To hear directly from someone who has experienced the work first hand of Shelter Cymru was very enlightening.

We had a talk from Newydd Housing about a new scheme called Rooms4U which is to match up people who are homeless with homeowners, council tenants or housing association tenants so that empty rooms can be put to good use by housing those who are in need of a room and those that have the space to house them. People are carefully matched so that they have things in common, it could well help older people who have empty rooms now the family have all gone, and can bring in some much needed rent for their empty bedrooms. This is a very new scheme and we will be watching how it develops over the months to come.



Julian Loach is now returning to the Housing Sub Group and I believe he has some very interesting plans for the coming year.

*Lynda Wallis,  
Vice Chairman Housing Sub Group*

## **The Housing Group welcomes back its Chairman**

I would like to thank everyone for their support during my recent sabbatical, particularly Lynda who stepped into my shoes at such short notice. I understand Lynda introduced some excellent speakers to the Group.

I was pleased to be back in the chair for our March meeting. Our speaker was Richard Thomas who is the Agency Manager of Care and Repair Cardiff in the Vale and he explained the changes that have recently occurred in the Agency and the future developments. I think exciting times.

The Falls Prevention aspect of the group is beginning to increase, LIFT exercise with additional classes commencing in Barry Library, these will be on Wednesday's PM, times to be confirmed, and will be followed by Tai Chi. These classes in addition to the classes that Jack Hawkins presents means, conservatively, there's 50/60 people enjoying an exercise session per week.

I look forward to being back with you again.

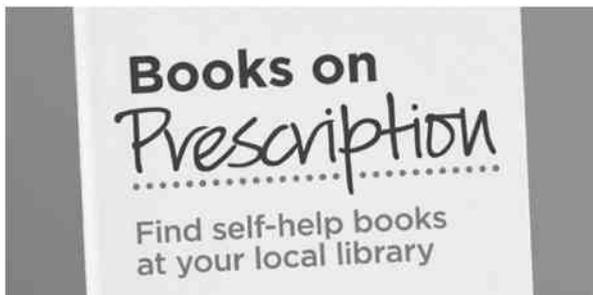
*Julian Loach, Chairman Housing Sub Group*

# Health and Wellbeing – How books can really help you!

In the Vale of Glamorgan we are keen to promote well-being among our residents and we think making use of the local library adds to people's feeling of wellbeing.

Research carried out for The Reading Agency found that there is strong evidence that reading for pleasure can increase empathy, improve relationships with others, reduce the symptoms of depression and improve wellbeing throughout life. ('Literature review: The impact of reading for pleasure and empowerment'. BOP Consulting, 2015.) If further proof were needed, just ask your friends and neighbours what they get from visiting the library and choosing books!

As well as a huge range of fiction and non-fiction to suit most tastes the Vale of Glamorgan also have a number of specific collections of books and services which may be of interest to you:



## **'Books on Prescription' and 'Child and Family Bibliotherapy'**

'Books on Prescription' is a scheme that aims to help people with mild to moderate emotional problems to make use of high quality self-help books. All Vale of Glamorgan Libraries hold a set of these useful and popular books. If you are given a book prescription by a GP or other health professional you can bring it to your local library and the staff will locate the book for you. An essential feature of the 'Child and Family Bibliotherapy' scheme is that it offers self-help books to the family, so that the family can help the child. Some of the books are also suitable for a child to read.

## **Mood-boosting Books**

'Mood boosting' books are a selection of uplifting novels, non-fiction and poetry

recommended by readers in the UK.

Everybody likes a good book, so look out for the symbol below on our library books and you can be sure of a satisfying read.

## **Home Library Service**

Can't get to the library? Then we will come to you! Vale of Glamorgan Libraries run a Home Library Service where volunteers will deliver books to people in their homes. This free service is ideal for anyone who can no longer get to a library themselves because of caring responsibilities or other issues. Books can be delivered to both the carer and to the person being cared for. Every four weeks a volunteer will drop off a bag of books for the reader and collect the previous month's books.

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

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

## **Online resources**

In addition to all the services described above, through Vale of Glamorgan Libraries you can also access a wide range of online services from the comfort of your own home.

**eBooks and eAudio Books** - we subscribe to several eBook and eAudio services. Choose from hundreds of titles to download, from popular best sellers and children's books, to biographies and travel. Once you have registered and created an account you will have instant access to the collections. More details can be found on the Vale Libraries section of the Vale of Glamorgan Council website. With these services you have 24/7 access to thousands of book and audio 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** - Choose from over 250 top magazines to read online – again, all for free!

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.

For more information about these and the many other services we provide, visit the Library's website at [www.valeofglamorgan.gov.uk/libraries](http://www.valeofglamorgan.gov.uk/libraries) or contact your local library.

## Vale 50+ Strategy Forum Transport Task Group Report: January 2017



The Transport Task Group first met in January 2007. Today the Chairperson is Anne Marie Little; Vice Chair is Don Read; Secretary is Ellie Lewis; and the Photographer is Richard Jones.

We meet every 2 months at the Civic Offices in Barry and the group is thriving.

### Transport Group Meeting Dates

**(1.30 - 3.30pm, Civic Offices, Barry)**

Tuesday 11<sup>th</sup> April 2017

Tuesday 13<sup>th</sup> June 2017

Tuesday 8<sup>th</sup> August 2017

Tuesday 10<sup>th</sup> October 2017

Tuesday 12<sup>th</sup> December 2017

(Christmas meal)

### Community Transport Services for Cardiff and the Vale

#### Dinas Powys Voluntary Concern:

Provides a transport service especially for the elderly and disabled people. Telephone: 029-2051-3700 Email: [dpvc@btinternet.com](mailto:dpvc@btinternet.com)

#### East Vale Community Transport:

Provides transport for local organisations – mainly for elderly and disabled people in the East Vale area. Telephone: 029-2070-5138 Email: [eastvale.ct06@virgin.net](mailto:eastvale.ct06@virgin.net)

#### Greenlinks:

Serves residents of the rural Vale for shopping trips, social visits, day trips and hospital visits. Telephone: 0800-294-1113 Email: [greenlinks@valeofglamorgan.gov.uk](mailto:greenlinks@valeofglamorgan.gov.uk)

#### Hospital Transport Services:

Provides help to certain patients to get to their hospital or clinic appointment. Telephone: 0800-328-2332.

#### Voluntary Emergency Service Transport (VEST):

Provides a comprehensive transport service for those residents of Cardiff and the Vale of Glamorgan who (because of age, illness or disability) have difficulty using conventional public transport. Telephone: 029-2049-0335.

#### Finally.....

We hope this newsletter has been interesting and helpful, enabling you to make informed choices.

If there are any additional items you want us to include in this Transport Newsletter, then please let us know.

# “National Principles for Public Engagement In Wales”

The Vale 50+ Strategy Forum engages with organisations and public bodies. In order to give the fifty plus a voice on many issues, please see the engagement principles below.

- 1. Engagement is effectively designed to make a difference**  
Engagement gives a real chance to influence policy, service design and delivery from an early stage.
- 2. Encourage and enable everyone affected to be involved, if they so choose**  
The people affected by an issue or change are included in opportunities to engage as an individual or as part of a group or community, with their views both respected and valued.
- 3. Engagement is planned and delivered in a timely and appropriate way**  
The engagement process is clear, communicated to everyone in a way that's easy to understand within a reasonable timescale, and the most suitable method's for those involved is used.
- 4. Work with relevant partner organisations**  
Organisations should communicate with each other and work together wherever possible to ensure that people's time is used effectively and efficiently.
- 5. The information provided will be jargon free, appropriate and understandable**  
People are well placed to take part in the engagement process because they have easy access to relevant information that is tailored to meet their needs.
- 6. Make it easier for people to take part**  
People can engage easily because any barriers for different groups of people are identified and addressed.
- 7. Enable people to take part effectively**  
Engagement processes should try to develop the skills, knowledge and confidence of all participants.
- 8. Engagement is given the right resources and support to be effective**  
Appropriate training, guidance and support are provided to enable all participants to effectively engage, including both community participants and staff.
- 9. People are told the impact of their contribution**  
Timely feedback is given to all participants about the views they expressed and the decisions or actions taken as a result; methods and form of feedback should take account of participants' preferences.
- 10. Learn and share lessons to improve the process of engagement**  
People's experiences of the process of engagement should be monitored and evaluated to measure its success in engaging people and the effectiveness of their participation; lessons should be shared and applied in future engagements.

These Principles were developed by Participation Cymru working with TPAS Cymru, under the guidance of the Participation Cymru partnership. Endorsed by the then First Minister of Wales, The Right Hon. Carwyn Jones AM on behalf of the Welsh Government. March 2011 Website: [www.participationcymru.org.uk](http://www.participationcymru.org.uk)

## Now is the time to get online!

Digital Champions from Newydd Housing Association, Barry Communities First and the Vale of Glamorgan Council have set up a number of free and friendly drop-in sessions across the Vale of Glamorgan to help you get online.

We can help you:

- Learn new or improve current skills
- Look for a job
- Shop online
- Save money
- Keep in touch with family and friends

And much more!

Come along to one of our digital drop-in sessions, tell us what you want to learn and let us help you!



**For more information call Scott  
on tel: 07584 501 216.**

### Drop-in sessions in the Vale of Glamorgan

**Barry Library:**

Mondays 10am - 12pm

**Dinas Powys Library:**

Mondays 10am - 12pm

**Castleland Community Centre:**

Mondays 1pm - 3pm

**Aberaeron Community Hub, Barry:**

Tuesdays 9.45am - 11.45am

**Llantwit Major Library:**

Tuesdays 10am - 1pm

**Margaret Alexander Community Centre,**

**Barry:** Wednesdays 1pm - 3pm

**Age Connect Cafe, Barry:**

Thursdays 10am - 12pm

**Penarth Library:**

Thursdays 10am - 1pm

**Rhoose Library:**

Fridays 10am - 1pm

**Cowbridge Library:**

Fridays 2pm - 5pm

## If your home is hard to heat, call Nest

The Welsh Government Warm Homes Nest scheme is here to help you keep warm and save money on your energy bills. Nest is open to all householders in Wales and provides advice on saving energy, money management, energy tariffs, and benefit entitlement.

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

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

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

# Anne Marie shares Forum Members Favourite Easy Recipes

(500 Recipes cooking for Two by Katie Stewart)

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



## Beef and Bean Bake

### You will need:

- 1 onion, finely chopped
- 1oz. butter OR margarine
- 1 11oz. tin stewing steak
- 1 8oz. tin baked beans in tomato sauce
- half teaspoon made mustard
- 1 teaspoon Worcestershire sauce

### For the crumble topping:

3oz. plain flour

2oz. butter OR margarine

2oz. finely grated Cheddar cheese

Lightly fry the onion in the hot fat for about 5 minutes to soften.

Add the stewed steak, removing top layer of fat first from the tin, baked beans, mustard and sauce. Bring slowly to the boil, stirring only to blend ingredients.

Draw the pan off the heat and pour the mixture into a 1-1 and a half pint pie or casserole dish. Prepare crumble topping.

Sift the flour into a mixing basin and rub in the fat. Add grated cheese and mix lightly with a fork.

Sprinkle the crumble over the beef and bean mixture. Place the casserole in the centre of a hot oven (400E-Gas Mark 6-200C) and bake for 30 mins or until top is crisp and contents bubbling hot.

Serve with grilled tomatoes.

## Mushroom Eggs Benedict

### You will need:

- 2 slices bread
- butter
- 2 thin slices ham
- 2 eggs
- salt and pepper
- 1 tin condensed cream of mushroom soup
- half soup can water
- little chopped parsley

Toast the bread on both sides and butter while hot.

Top each slice with ham and arrange on a serving plate

Lightly poach the eggs in salted simmering water, drain and arrange on top of the ham. Season with salt and pepper.

Meanwhile measure the soup and water into a small saucepan and stir over low heat until blended and almost boiling

Draw the pan off the heat, stir in a little chopped parsley and pour over the eggs. Serve at once.

## Pears in Red Wine

### You will need:

- 4 small medium-ripe pears
- 6oz. castor sugar
- a third pint of water
- small piece stick cinnamon
- a quarter pint red wine

Peel the pears but, leave whole and with the stalks intact. Place close together in a small saucepan.

Add the sugar, water and cinnamon stick. Bring slowly to the boil then simmer gently covered with a lid for 15 minutes.

Remove the lid, add the red wine and cook gently for a further 15 minutes.

Lift the pears from the cinnamon and continue to boil the syrup rapidly, until reduced to a light syrup.

Spoon over the pears and then put to chill for several hours before serving. Serve with cream.



## Support for voluntary groups and volunteers

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.

We deliver an array of quality services to meet the needs of voluntary groups. Membership of GVS could be free for voluntary groups but is dependent on income.

### CONTACT US

GVS (Glamorgan Voluntary Services)

Barry Community Enterprise Centre, Skomer Road, Barry CF62 9DA

Tel: 01446 741706 E-mail: [enquiries@gvs.wales](mailto:enquiries@gvs.wales)

Website: [www.gvs.wales](http://www.gvs.wales)

Social Media: [@GVolServices](https://www.instagram.com/GVolServices)

Glamorgan Voluntary Services is a Registered Charity No. 1163193  
and a Company Limited by Guarantee No. 9517850

# Update on University Hospital Llandough

Thank you for the opportunity to provide an update on developments at University Hospital Llandough plus other University Health Board news.

## **New In-Patient Dental Suite**

The University Hospital Llandough is shortly to be the beneficiary of an in-patient Dental Suite. This Dental Suite is part of the Peripheral Hospital Dental Service (PHDS) whose clinical objective is to deliver high quality Special Care Dentistry for inpatients including Mental Health service users within the Cardiff & Vale University Health Board. The PHDS provides Special Care Dentistry defined as being, *“concerned with providing and enabling the delivery of oral care for people with an impairment or disability”*.

There are two distinct groups of Special Care patients who will be treated at this Dental Suite:-

- Mental and Behavioural disorders;
- Mental Health Services for Older People.

Typical treatments include dentures, pain relief, fillings and extractions.

The new Dental Suite at University Hospital Llandough is currently under construction and due for completion at the end of March 2017 and planned to go into operational use in May 2017. This new facility is ideally located on the ground floor in the centre of the hospital, in the former Coffee shop next to the Dining Room. The Dental Suite comprises of a Dental Treatment Room, X-Ray Room, Waiting Area and Dental Office.

## **Rookwood**

Currently we are still planning the service transfer from Rookwood to University Hospital Llandough, information will be provided later in the year.

## **Llandough Orchard Project**

It is recognised and acknowledged that outdoor space is important for encouraging and maintaining wellbeing. Useable outdoor space within a hospital can provide wellbeing and therapeutic opportunities; access to external space plays an important part in the care pathway. People need external spaces where they can relax, exercise and socialize; this will have a significant role in their recovery.

Some people might dismiss the use of outdoor space as having little place in a modern, healthcare system. But this is far from being the case, as reflected in various research projects. Those who are involved in the wealth of activity across the country have amply demonstrated the tangible benefits of gardens/plants and health. Hundreds of research projects, organisations and individuals are showing that plants/gardens are an integral part of the quality of the services we provide. They reveal the effectiveness and value of plants/gardens and health initiatives, and the benefits they bring to patients, service users, staff, carers, visitors and communities.

University Hospital Llandough has an aspiration to be a centre of excellence for rehabilitation and recovery. As such the hospital needs aspects to its environment where patients, service users, staff and carers (who are often at the hospital for longer periods) can find space in which their

*(Continued on page 27)*

recovery can be addressed. We have now identified land within the hospital boundaries to be developed as the orchard, using charitable funds.

The aim of the Orchard space is to provide;

- access to an 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

### **Traffic Management**

Leaving the University Hospital Llandough site has had its difficulties over the past few months. We are pleased to say that with the help of the Vale of Glamorgan Council this has now been addressed and the situation has now eased through changing the timing of the 'green traffic light' at the front of the hospital to allow greater time to get out of the hospital.

### **The HeARTh Gallery**

Last year The HeARTh Gallery opened at the front of the hospital. We are pleased to announce the following forthcoming exhibitions:

Exhibitions:-

- April 4<sup>th</sup> – May 3<sup>rd</sup> **617 Group – Veterans Making a Difference**
- May 8<sup>th</sup> – May 31<sup>st</sup> **Bloom: Wellbeing and Creativity in Age**, part of the Gwanwyn Festival and incorporating a series of free workshop sessions in the gallery.
- June 7<sup>th</sup> – July 7<sup>th</sup> **Sustainable Design**. Textile artworks from Cardiff School of Art and Design
- July 13<sup>th</sup> – August 31<sup>st</sup> **Open Summer Exhibition**

**Autumn Exhibitions** – Industrial Heritage, Photography Exhibition by Caroline Jones and an exhibition by Kidney Wales

### **Easter Bunny Fun Run**

9<sup>th</sup> April 2017 10.30am 1k and 5k run/walks this in a charity event in aid of the Cystic Fibrosis 'Better Life Appeal' and the Breast Centre Fundraising Charity. This is a family fun filled morning with stalls, face painting and loads of fun filled activities every child entering into the 1k will receive an Easter Egg. Everyone is welcome and meet at the main entrance.

### **Easter Concert**

13<sup>th</sup> April 2017 1.30pm in the Dining Room University Hospital Llandough. This event is open to all so why not come along and hear the Llandough Community Choir sing and we also have a special performance by 'Calan' a Welsh Folk Group. All are welcome.



# What exactly are Men's Sheds? And what could they mean to you?

**Every shed is different but we can talk you through the many ways you can set one up and the many different ways you can keep one going!**

A Man's shed has, for generations, been a place for him to escape the stress and strains of life; a safe haven to gain much needed sanity; to be surrounded by his own, useful things; a place to think, to make things, to mend things, to invent and be at one with the world.....and men the world over have done this largely on their own.

There is now a new way for men to pursue their interests, develop new ones, belong to a unique group, feel useful, fulfilled and a sense of belonging....The Men's Sheds movement has arrived in Wales.

'Men's Sheds' are social groups or enterprises set up in local communities for the benefit of men. They are self-governed, self-supported and sustainable with a small committee; their own individual constitution, their own income and eventually their own premises. How each individual shed looks and the activities that take place in them depend entirely on the skills and interests of the group. You'd be forgiven for thinking a man's shed is all about making things out of wood. While many are wood-working groups there is also a huge array of other activity on offer. Shedders are artists, collectors, storytellers, amateur radio enthusiasts, train spotters, model makers.....Anyone is welcome and any interest, skill or project is given equal consideration, especially if it could attract new members or gain valuable income to support the development of the entire group.



The idea originated in Australia 11 years ago and was developed by the health board to tackle growing concerns of social isolation amongst their male population. They identified that high numbers of men had time on their hands (due to retirement, unemployment, illness etc) and these things often manifested themselves in boredom, men suffering in silence with declining mental health and in the worst cases suicide .While various groups and charities do exist to support men, it has been proven that they are less likely to access and accept support. The Men's Sheds movement is based on the understanding that men are more likely to help themselves and attend something they have set up or have some control over. While they might struggle to talk face to face, men do talk shoulder to shoulder when engaged in some form of activity or shared task.

There are now over 2000 Men's Sheds in Australia and the idea soon spread to Ireland with over 200 sheds established in the last four years. Now the movement has arrived in Wales. Men's Sheds Cymru, a Big Lottery

*(Continued on page 29)*

funded project has been created to help communities across the country to set-up their own Men's Shed. Two Regional Advocates have been appointed and are now busy responding to the huge amount of interest coming from Welsh communities. **For up to date information please visit our website at [www.mensshedscymru.co.uk](http://www.mensshedscymru.co.uk)**



Mark Bond, Regional Advocate for South Wales said: "It really is a very exciting time for the Men's Sheds Movement in Wales. Everyone who hears about what we're doing instantly recognises the need; grasps the potential and invariably knows someone close to them who would relish the chance to join or set up their own shed. What

amazes me is the wealth of skills and experience among our older male population... everyone has something unique to offer and sheds are the perfect opportunity to share what you know with peers and future generations."

## S4C and Subtitles

It's a little known fact but over 80% of S4C's programmes are subtitled in English, 5% have subtitles in Welsh, 5% are signed with British Sign Language and 10% have audio description. In addition many programmes – especially sport – have an English language commentary option via the "red button". Subtitles are available if you watch the programme live via Freeview, Sky, Freesat or Virgin Media and if you watch via catch-up using S4C's own player "Gwyllo" or the BBC iPlayer.



In addition to award winning programmes for children S4C broadcast a wide range of sport (Pro12 and Principality Premiership rugby, Welsh Premiership football, international football and rugby, WRC rallying), drama, music (Aled Jones and Bryn Terfel were just two stars that appeared on S4C over Christmas) and of course events. S4C provide extensive coverage of the Urdd National Eisteddfod (with Red Button commentary and explanation), the Llangollen International Eisteddfod, the Royal Welsh Agricultural Show and the National Eisteddfod.

S4C's viewers' hotline can help with accessing the subtitles, with programme times and a host of other information relating to S4C and are available 09:00am until 10:00pm via telephone 0370 600 4141, email [Gwifren@s4c.cymru](mailto:Gwifren@s4c.cymru) or social media (Twitter and Facebook).

**Give it a go – you don't know what you're missing!**

# **British Heart Foundation Cymru highlights how more research is needed into heart conditions that can cause sudden devastation to families**

The British Heart Foundation (BHF) has pioneered life- saving research for over 50 years that continues to transform the lives of people living with heart and circulatory conditions. In Wales, BHF Cymru currently invests over £7 million pound into pioneering research through 23 projects across four Welsh Universities.

BHF Cymru recently launched a new campaign that raises awareness of the sudden devastation caused by heart disease. We know that each month in Wales, 375,000 people are living with cardiovascular disease and 750 people will lose their lives this month because of a heart or circulatory disease.

Darren O'Brien, is 51 and lives in Barry, Vale of Glamorgan. A train driver and a Royal Navy Reservist, Darren suffered a cardiac arrest, suddenly, at home, without any warning, whilst brushing his teeth and getting ready to take part in the Remembrance Sunday parade in Cardiff in November 2015. His wife Ruth and daughter Zoe were at home at the time and vividly remember hearing a shampoo bottle and toothbrush falling to the floor. They rushed to the bathroom to find Darren collapsed and immediately rang 999.

Darren said: "Zoe had never done any training in CPR but she called for an ambulance and the operator talked her through how to do CPR, counting the breaths with her. I was dead for 7 minutes, my daughter is the reason I am still here. The paramedics arrived and it took another 30 minutes to restart my heart". Darren has since been diagnosed with an inherited heart condition called Brugada Syndrome. Because of this, all of Darren's three daughters have been tested and are clear of the condition. Darren has had a defibrillator implanted and his family are still now coming to terms and adjusting to life with the knowledge and impact of his heart condition.

Inherited heart conditions can affect people of any age and each child of someone with an inherited heart condition can have a 50 per cent chance of inheriting it. For many families, the first sign there's a problem is when someone suffers a cardiac arrest suddenly with no obvious cause or explanation.

BHF Cymru is committed to undertaking life-saving research to develop effective diagnosis and treatment of inherited heart conditions like Darren's. We can only do this through raising vital funds. All of the funds that BHF invests into research are raised through public donations.

BHF Cymru Fundraising Groups and Branches are the face of the British Heart Foundation in our local communities across Wales. The BHF Cymru Barry Fundraising Group is a vibrant, active group that volunteer to raise vital funds for our life-saving research. For more information on how to join the group, please contact:



**Joshua Guy - Fundraising Manger South East Wales, British Heart Foundation**

**Email – [guyj@bhf.org.uk](mailto:guyj@bhf.org.uk) Mob: 07471 902414**

## **Dinas Powys WI donate public access defibrillators to village**

During 2016 the Dinas Powys WI wanted to do something for the village to celebrate the Centenary of the Women's Institute so they decided to raise money to buy a public access defibrillator so that if anyone should have a cardiac arrest there would be a piece of lifesaving equipment available for the public to use and hopefully save lives.

The WI ladies started with a coffee morning at the Parish Hall and were overwhelmed by the response by the residents of the village who filled the hall, and the generosity of some of the members of the public who donated in memory of those they had lost to heart disease.

Following this success the WI decided to hold a fashion show to increase the funding and once again the village turned out to support the fundraising and the Community Council and the Rotary added donations to the fund. After the fundraising events it was realised that there would be enough to buy three defibrillators through a scheme with the British Heart Foundation should they be found eligible. A member of the WI who was also involved with British Heart Foundation approached them and was emailed an application form which, with the assistance of the Welsh Ambulance Trust, was filled in and sent on and luckily the WI was allocated the full three defibrillators that they had asked for. The next step was to buy the boxes that they are stored in to keep the defibrillators at the correct level of temperature so after further discussions with the Welsh Ambulance Trust the recommended boxes were applied for and were delivered.

The final job was to find where to place them so that they would provide the optimum assistance to the village. One was then

placed in the centre of the village on the wall of Potter and Co next to the Star public house, the second outside Peter Mulcahy estate agent on the Cardiff Road and third will be placed by the Murch shopping area as soon as a suitable place is found.



The WI held a launch on 27<sup>th</sup> January when local dignitaries, representatives of the Dinas Powys Community Council, British Heart Foundation, Rotary, Welsh Ambulance Trust and WI members gathered to cut the ribbon on both of the two defibrillators that have been installed. There is to be a continuing training programme for the village on the use of defibrillators and CPR so that members of the public will know how to use these lifesaving methods should the need arise.

The WI are very grateful for the support they have had from the public in the village as well as the many organisations who have helped to make this achievement possible.

# ***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 like to join the Forum or find out further information please contact John Porter, tel: 01446 709779, e-mail: [jporter@valeofglamorgan.gov.uk](mailto:jporter@valeofglamorgan.gov.uk), website: [valeopf.webplus.net](http://valeopf.webplus.net)**

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](mailto: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.

## **TeleV: Telecare Alarm Services**

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

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

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

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

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

In addition we would ask that you test your alarm every 4-6 weeks by putting through a test call. You need not do this if your alarm has been activated during that period either accidentally or in an emergency. Installation usually costs £59.50 and there’s a weekly charge of £5.20.