

Fforwm 50+ Ceredigion 50+ Forum

Minutes

**Monday 21 July 2014
Council Chamber, Penmorfa**

Present:

Aberaeron: Denise Hicks, Adrian Thomas
Aberteifi: Dr Carol Byrne Jones, Ken Rathbone
Aberystwyth: Megan Jones, Anne Ellin
Tregaron: Mari Morgan
Llandysul: Roger Couch

In support:

Cllr. Catherine Hughes Cadeirydd ac Aelod Cabinet
Gweneira Raw-Rees Strategaeth Pobl Hŷn
Geoff Davies Cyfranogi 50+

Apologies:

Aberaeron: Malcolm Sumner
Tregaron: Bill Messer, Cheryl Bulman
Llanbedr PS: Ann Davies
Llandysul: John Davies

Documents distributed in the meeting

- Strategy for Older People in Wales – *Living Longer Ageing Well*
- *The Importance and Impact of Community Services within Wales* – report by the Commissioner for Older People
- Overview of the Ageing Well in Wales programme and a letter from the Commissioner for Older People
- Summary of the Strategy in Ceredigion and 'Who's Who'
- Ceredigion 50+ Forum Terms of Reference and Meeting protocols
- Questionnaire to identify the priorities of older people in order to inform the development of the Ceredigion Strategy for Older People

- Questionnaire to inform the development of Ceredigion

ACTION:

- **Forum members to consider the Terms of Reference for the next meeting.**

<p>Consultation on the priorities of people aged 50+ in order to develop a Ceredigion 50+ Strategy</p>

Following a short presentation on the background of the 50+ Strategy in Wales from Gweneira, the forum considered the priorities of older people:

Social

- Winter is frustrating for older people in terms of being able to socialize. We should look at encouraging and developing a 'whole year' approach to enable people to participate throughout the year.
- Newcomers want to improve communities but often receive a negative response from local people. Another member added that there is a Welsh tradition of not being 'dominant' - for cultural reasons and possibly for reasons relating to a lack of confidence (not doing well in school maybe) and that newcomers often have different ambitions.
- Need to plan rural regeneration - to prevent rural depopulation
- Places of worship remain important in rural areas. For example in Aberaeron approximately 50-70 go to church. The ritual of shaking hands, the tea and coffee afterwards, the birthday celebrations all contribute to ensuring that the elderly feel part of the community. The elderly rely on others to take them. There is a need to utilise various networks and for all ages to ensure effective dissemination of information
- Census and County Councils lists could be used for mailings

Environmental

- Public transport has improved in Aberaeron with later and Sunday buses which allow older people to go to chapel/church
- There was agreement that toilets were a priority and that there was a need for a highly visible sticker to show the public which businesses were part of the scheme to offer public conveniences
- The closure of rural buildings eg schools, chapels, libraries etc
- In Cei Newydd you have to pay for parking to attend a chapel service– which is a real concern for older people

- A lot of small problems affect older people – eg the crossing in Aberteifi which hasn't worked for some time and which is a real issue for the disabled in particular.

Financial

- Rural poverty – people living in rural areas depend on their cars
- Technology – to ensure that older people get the best deals they need to learn how to use a computer. The proposed cuts to adult community learning services is a worry.
- The cost of purchasing and running a computer is too high for many people
- Many older people use a mobile phone but fear computers – this technology should be looked at

ACTIONS

- **Look into getting stickers for businesses who provide toilets for public use (not just customers)**
- **Investigate the problem with the crossing in Aberteifi**
- **Gweneira to distribute the questionnaires electronically to enable members to respond**

<h2>Consultation on development priorities for Ceredigion</h2>

What are the issues that face your communities?

- Losing beds in Aberteifi hospital. Patients have an hour's journey to get to Glangwili, Haverfordwest and Bronglais – and that is the most important hour in cases of severe trauma, stroke or heart attack for example. The changes to health services are a huge worry to people across the county. Pharmacies often try to fill the gaps.
- The shortage of carers in rural areas. It was noted that there were new providers in the south of the county.
- On line GP appointments systems. Older people are worried because if you are ill you can't access libraries or other places to use a computer to make an appointment.

Adding value to local identity, cultural and natural resources:

- There is a need to bridge the gap between migrants and locals
- People are concerned about over development and the wrong development spoiling rural areas. Care should be taken and every business and project plan properly evaluated. Another member gave an example of a project which had not been considered properly – the cycle route near Aberystwyth running from the Glan yr Afon industrial estate to Capel Bangor. The narrow single lane is

dangerous to cyclists due to its use by fast vehicles yet it is still being promoted as a cycle route.

If your community had £5K to spend on benefitting your community – what would you spend it on?

- Consolidate the money into one large pot that would make a difference. Ensure input from all communities by using various networks and publicity mechanisms such as community papers.
- Use the money to visit older people in the community
- Pay for toilets, computers, libraries
- County Council mini buses formerly took social groups on trips but it came to an end due to funding
- Following the closure of London House in Aberaeron, perhaps the money could be used to pay for a venue once a month. The Chair added that the Aberaeron library was now used as a meeting place but if it wasn't working she wanted to know.

Gweneira added that the Big Lottery Awards for All fund offered grants of up to £5K and that she supported social groups with their funding applications. Usually they wanted money to pay for trips but they also bought equipment to support social activities such as film screens etc.

ACTIONS

- **Invite Gill Davies, Hywel Dda County Director and Commissioning to talk to the Forum about the future of health services in Ceredigion**
- **Gweneira to distribute the questionnaire electronically**

Agenda of the next meeting - 8 September 2014

- Terms of Reference
- Health Services in Ceredigion - Hywel Dda

Meeting dates 2014

- **2pm Monday 8 September 2014**
- **2pm Monday 8 December 2014**

Meetings will be held in the Council Chamber, Penmorfa, Aberaeron

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