

Ageing Well in Ceredigion!

A Newsletter for the 50+ of Ceredigion

Issue 1—March 2016

Welcome! to the first edition of 'Ageing Well in Ceredigion' a positive newsletter for the 50+ of Ceredigion. These online newsletters will be full of relevant and helpful information, to ensure that you, as the 50+ of Ceredigion remain as informed as possible with regards to various activities, events, news and issues happening across Ceredigion. We welcome any suggestions for articles that you would like to see included in future editions to ensure that the newsletters are relevant to you.

As well as being available online, paper copies of 'Ageing Well in Ceredigion' newsletters will be available in Ceredigion libraries, doctors surgeries and Leisure Centres.

For more information or to send us suggestions and ideas for articles for future newsletters please contact:

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01545 574 137

If you wish to receive an electronic copy of the Newsletter directly to your e-mail, please contact us, and we can add your name to our electronic Network.

The 50+ Forum

This forum has been in place for a number of years and with a number of representatives from communities in the county, it provides an opportunity to help inform the 50+ strategy for the county and identify ways to make Ceredigion a good place to grow older.



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Who's Who?

Older Persons Commissioner for Wales

Sarah Rochira

The Older Persons Commissioner for Wales is an independent voice for older people across Wales. Her work is driven from what matters most to older people. The Commissioner works to make Wales a good place to grow older, not just for some, but for everyone!



Our Older People's Champion

Cllr Catherine Hughes

As your Older People's Champion for Ceredigion, Cllr Catherine Hughes will ensure that your wishes, needs and preferences are taken into account and will support and defend the corner of the 50+ within Ceredigion:



catherine.hughes@ceredigion.gov.uk

Visit the Ceredigion 50+ webpage where you will find a variety of directories to local services, information as well as the most recent consultations and strategies: [Ceredigion 50+](#)



Ageing Well in Ceredigion

The Ageing Well in Ceredigion Strategy and Delivery Plan demonstrates how Ceredigion County Council plan to take forward the Ageing Well in Wales programme, through working with our communities, partner agencies and organisations to make Ceredigion a better place to grow older.

The Ageing Well in Ceredigion Delivery Plan will focus on 5 main themes, as identified by the Ageing Well in Wales programme. These are:

1. Age Friendly Communities
2. Dementia Supportive Communities
3. Falls Prevention
4. Opportunities for employment and new skills
5. Loneliness and Isolation.

The Ageing Well in Ceredigion delivery plan will endeavour to tackle these 5 main themes head on in order to ensure that Ceredigion is a great place for growing old, with the needs and requirements of older people taken into full consideration.

[Ageing Well in Ceredigion](#)

[Ageing Well in Wales](#)

[The Strategy for Older People in Wales 2013-2023](#)

A Word from our Older Peoples Champion.....

"It is a pleasure and a privilege to welcome you, through this new Newsletter for the 50+

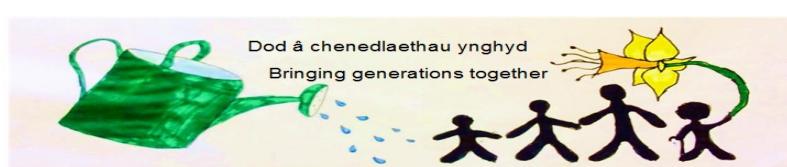
Since I was appointed as Cabinet Member and Champion for Older People, I have learned a lot, and met many of you across the past few years. We are living in changing and challenging times, and the wealth of experience and knowledge that you as older people have to offer the community is essential. Everyone knows that Ceredigion is a brilliant place to grow old and so we must recognise the fact that the older people have an extremely important place in our society.



As your Champion, I am required to ensure that I am aware of your needs as older people. Through working together through the 50+ Forum and organizations, together, we can ensure that Ceredigion is a place that appreciates and respects its older people." - **Catherine Hughes**



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Did you know?

Read on to discover information about just some of the services that are available to you as a 50+ resident in Ceredigion!.....

Out and About? Bwcabus!

Whether you need to access health care services, leisure services, or simply want to visit family or friends, Bwcabus can assist! The service enables people to travel between local towns and villages within the Bwcabus zone or connect to the main line bus services to travel further afield to places such as Aberaeron, Aberystwyth, Cardigan and Carmarthen.



The service operates from 7am-7pm Monday-Saturday.

Passenger's have stated the following about Bwcabus:

"It is convenient and easy to use"

"Bwcabus has given me my independence and I can depend on it being there"

Bwcabus runs some fixed route timetable services as well as demand responsive journeys where passengers indicate their travel requirements to book a journey ahead of the time. Simply pick up the phone and speak to our call agents for more information:

01239 801 601 / feedback@bwcabus.info

* Passengers holding a concessionary bus pass travel for free



Home Fire Safety Checks

Community Fire Safety staff, as well as Firefighters now visit domestic properties to deliver home fire safety advice and information, as well as install a smoke alarm for you free of charge!

If you are uncertain about the safety of your home and are concerned about specific fire risks call: 0800 169 1234 to talk about the possibility of a home safety visit. Alternatively you can complete an online form or request a free Home Fire Safety Assessment. You can request a home fire safety check for yourself or for a dependant relative/friend, however you will need to obtain their permission if you are not responsible for that person.

This service will hopefully contribute towards reducing deaths and injuries that are caused by accidental fires.



Dysgu Bro

Dysgu Bro aim to provide learning opportunities for the people of Ceredigion in their community which will encourage them to develop new interests, work towards gaining a qualification or improving their skills for the workplace. Read on to find out more about up-coming courses in your area...

Cyrsiau ym mis Ebrill		Courses in April		
Achrediad ar gael am tâl ychwanegol		Accreditation available for an additional fee		
Day Courses				
Venue	Course	Time	Date	Fee
Penparcau	Photographic trip to North Wales	TBC	08/04/2016	TBC
Penparcau	Multimedia	10-3	15/04/2016	£20
Penparcau	Photo restoration	10-3	22/04/2016	£20
Penparcau	Cloud Computing	10-3	29/04/2016	£20
Aberaeron	Windows 10	10-3	15/04/2016	£20
Aberaeron	Photography and photo editing using an i-Pad	10-3	27/04/2016	£20
Tregaron	Windows 10	10-3	13/04/2016	£20
Tregaron	Photography and photo editing using an i-Pad	10-3	20/04/2016	£20
Various	Be Safe Online	10-3	TBC	£20

Short Courses				
Aberaeron	Multimedia	10-12 – 13/05/2016	13/04/2016	£25* / £32
Llanilar	Photography and photo editing using an i-Pad	12.30- 2.30 – 13/05/2016	11/04/2016	£25* / £32
Cardigan	Let's Get Digital	3-5 – 11/05/2016	12/04/2016	£25* / £32
Cardigan	I-Pad	10-12 – 11/05/2016	13/04/2016	£25* / £32
Cardigan	Let's Get Digital	1-3 – 11/05/2016	13/04/2016	£25* / £32
Penparcau	Let's Get Digital	1-3 – 12/05/2016	14/04/2016	£25* / £32



Short courses continued...

Penparcau	ECDL (computer course)	9.30- 11.30	11/04/2016 – 20/04/2016	£46* / £60
Cardigan	Family History	10-12	12/04/2016 – 21/06/2016	£46* / £60
Cardigan	Beginners IT	1-3	12/04/2016 – 21/06/2016	£46* / £60
Aberaeron	Family History	1-3	13/04/2016 – 22/06/2016	£46* / £60
Aberaeron	Spreadsheets	6-8	13/04/2016 – 22/06/2016	£46* / £60

*Concessionary fee: For more information please contact: admin@dysgubro.org.uk/

01970 633540 / 633542

Simon Says Pension Credit Challenge!

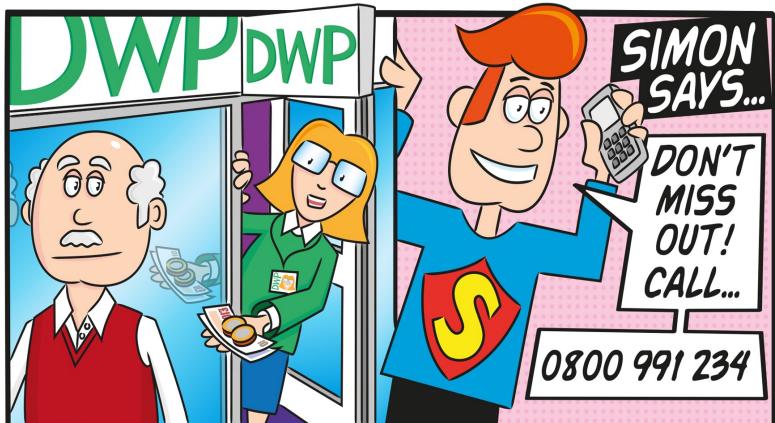
Ceredigion County Council are supporting Caerphilly's 50+ 'Simon Says' Campaign

Simon Says Pension Credit Challenge,
Have you made the call?

94,000 pensioners are not claiming 'Pension Credit' when they should be! They think they are getting everything they are entitled to when that is often NOT the case.

So we are supporting this Caerphilly 50+ Positive Action 'Simon Says Challenge' to try to get more people to double check with the DWP Pension service.

ARE YOU ONE OF THE 94,000 PENSIONERS NOT CLAIMING YOUR £34 PENSION CREDIT?



Don't miss out ...find out! It's really easy, simply call this Free phone number **0800 991 234**.

Go on please make that call for yourself or for your parents/ grandparents and then pass this challenge on to your friends and neighbours via Facebook, over a cuppa or even a chat over the garden fence as long as you pass the message on!

Also remember if it turns out you/they are entitled to pension credit that will also mean you/ they could be entitled to an additional reduction in council tax as well.

SO PLEASE MAKE THAT CALL!



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Assisted Refuse Collection

If you are elderly, infirm or disabled and require assistance to place your refuse at the kerbside for collection, we can make arrangements to collect your waste from the doorstep if no other able-bodied adult person lives at your property. In order to request an assisted collection speak to your local health professional such as a GP to provide a letter of support.



For further information please contact us on 01545 572572 or email technical.services@ceredigion.gov.uk



Be Scam Aware!

Dyfed-Powys Police Aberystwyth Neighbourhood Policing Team wish to provide the following advice to all Ceredigion residents

Bogus callers prey on vulnerable people in our communities attempting to con them out of money for unnecessary and overpriced work. Cold callers will knock your door unannounced and try to sell a product or service. Many are genuine but some are scams.

If in doubt, keep them out. Consider fitting a door chain and use it. Ask for ID and phone the company to check. Report bogus callers to 101 or 999 if they become aggressive or you're a victim of a distraction burglary.



More information can be found on the following webpage or by calling 01545 572105:

<https://www.ceredigion.gov.uk/English/Business/Trading-Standards/Consumer-Advice/Scams/Pages/default.aspx>



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Ceredigion Carers Unit



Do you look after someone?

If you regularly care or provide support for a relative, friend, or neighbour who could not manage without your help, then you could be a **Carer**. Whether you are a husband, wife, son, daughter, friend or neighbour, if you are providing unpaid care to a friend or loved one you need to recognise yourself as a Carer in order to seek the right Information, Advice, Guidance and support for your circumstances.

Ceredigion Carers Unit is a small team within Ceredigion County Council that works to support Carers in Ceredigion in the following ways:

- We are supporting the development of the **Ceredigion Carers Forum**: bi-monthly Meetings for Carers to meet and discuss issues relevant to them while also getting handy information about Carers issues. We work with charities in Ceredigion to bring you services that can support Carers to carry out and maintain their own wellbeing while caring, namely:
- **British Red Cross Carers Support Service** offer practical and emotional support to Carers.
- **Crossroads care Mid and West Wales** offer practical support in the home to Carers including respite and short breaks.
- **Hafal's Seibiant Service** offers support to Carers of people experiencing Mental Health issues.
- Action for Children's **Young Carers Service** offers one to one support to children and young people between the ages of 8 to 18.

We also provide information specific to Carers in the following ways:

- Carers **Jigsaw magazine** (available within all Carers Packs, from all GP's surgeries in Ceredigion and on the Support for Carers Council Webpages. The **Support for Carers** Council Webpages <https://www.ceredigion.gov.uk/English/Resident/socialcare/carers/Pages/default.aspx>

We work with Social Services staff in relation to Carers Assessments and to provide the Carers Information Packs (you can request a **FREE Carers Information pack** from the Single Point of Access on: 01545 574000).

We also work regionally with the Hywel Dda University Health Board and their **Investors in Carers Scheme in GP's surgeries** to help Carers get the right information and support at their local GP surgeries and to raise awareness of Carers issues within the Local Authority and Hywel Dda University Health Board workforces.

If you're not sure if you could be a Carer, or for more information on any of the above services, ways to access them are given above or you can contact the **Single Point of Access** on:

Telephone: 01545 574000, **Minicom:** 01545 574002, **Fax:** 01545 574002

Social Services and Wellbeing (Wales) Act 2014

The Social Services and Well-being (Wales) Act comes into force on 6 April. It is the new law for improving the well-being of people who need care and support, and Carers who need support. To find out more go to: <http://gov.wales/topics/health/socialcare/act/?skip=1&lang=en>



Wellbeing of Future Generations (Wales) Act 2015

The implementation of the *Social Services and Wellbeing Act* in 2016 coincides with the introduction of another Act called the *Wellbeing of Future Generations (Wales) Act 2015*. In summary, the idea behind this Act is to encourage public bodies to take a longer-term approach to planning of services. To find out more go to: <http://gov.wales/topics/people-and-communities/people/future-generations-act/>



Groups and Events!

Read on to discover just some of the events and activities that are happening in your local area.....

A New Friendship Group! Save the date!

We are pleased to announce that a new Friendship Group will be launched in Aberystwyth on the 29th of April 2016. **Aberystwyth Friendship Group** will be an active social group targeting those over 50, although the group will be open to all over the age of 18. The main aims of the group will be to offer friendship and support, arrange a varied programme of social activities and outings, provide interesting guest speakers amongst much, much more! Aislinn Knight, the founder and secretary of AFG says:

"The main goal is to provide a safe and secure creative environment where the offer of friendship and support is the first priority and so establish a hub that beats as a strong heartbeat in the centre of Aberystwyth"

The friendship group will be holding a Forum on the 18th of March 12,00pm to discuss future events for the Aberystwyth Friendship group— all welcome!

The official launch will be held on the **29th of April, 12.00pm, Baker Street Aberystwyth**. The group will be officially opened by Mayor Councillor Dr Endaf Edwards and guest speakers will include our Older People's Champion Cllr Catherine Hughes and our local MP Mark Williams. A warm welcome to all!

Follow the group's progress on their blog: <http://aberystwythfriendshipgroup.blogspot.co.uk/> or follow them on their Facebook page: <https://www.facebook.com/Aberystwyth-Friendship-Group-1736591019905175/?fref=ts>



The Culture Vultures!

The 'Culture Vultures' are a group of 50+ from Aberporth and the surrounding areas and their aim is to **enable housebound people to get out of their homes, to access local cultural events and entertainment as well as promoting wellbeing by conversation and companionship and to provide relevant information "from source"**.

The group has been running for 4 years, and now have monthly Monday Meetings, at Gorslywd Farm , Tanygroes where members can enjoy guest speakers from different agencies and cultural outings to see live shows, the latest films, and an annual Christmas meal, in which the group support local eateries in the Cardigan area as much as possible. Transport from door to door is provided.

Fundraising

In order to ensure that the 'Culture Vultures' can continue to provide these activities and outings, local businesses such as Tesco's and Aldi's are always supportive with donations which are gratefully received. This year, the 'Culture Vultures' will be holding a **fundraising, homemade lunch at St Mary's Church Hall, March 15th, 12.00—1.30pm for just £5!** A friend of the 'Culture Vultures' will also be running in the Cardiff St David's day run to raise money.

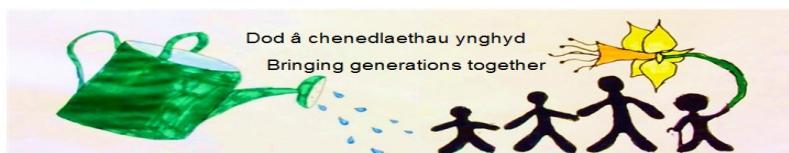
If you would like to find out more or would like to receive the latest programme, please contact: **Alison and Ursula on 01239811136 or ujs2011@hotmail.com**



Picture: The Culture Vultures group enjoying their annual Christmas Meal.



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Big Welsh Month

Do something Welsh
and fundraise for older people across
Ceredigion this March.
* Wear your Six Nations colour!
* Have a welsh cake bake-off!
* World Half Marathon!

Get in touch for a fundraising pack and
support from the team!

01239 615777
01970 615151
www.agecymru.org.uk/ceredigion

Registered charity: 1155813



Age Cymru Ceredigion are asking the people of Ceredigion to do something Welsh to celebrate our country and raise money to help our older people.! You can download a fundraising pack from [Age Cymru Ceredigion](#) for ideas. If you like to knit, Age Cymru Ceredigion also need knitted Daffodils! Every daffodil will be sold for £2 and all the money will go towards supporting older people in Ceredigion. To find out more call: 01239 615 777/ 01970 615 151.

60 + Fitness Testing Workshop (MOT)

Free Health & Fitness Check-up and Activity Advice



In partnership with Aberystwyth University/
Age Cymru Ceredigion:

The event is free of charge and will consist of information and advice about healthy

This information package is aimed at providing a description of the assessments that will be available as part of the 'functional fitness workshop'. The workshop aims to assess your ability to perform various daily tasks, referred to as 'functional assessments'. You are not required to complete all components, but we recommend you complete as many as you can in order to give you an overall view of your health and functional fitness status.

What will the event consist of?

The event will take place on Wednesday 20 April 2016. You are required to book your attendance, and you can request a specific starting time if available. Time slots to start the Fitness Testing Workshop are available between 10am and 2pm, starting every 15 minutes. Please call [01970 615151](tel:01970615151) if you want to check for availability of times and to book your place. Completion of the Fitness Testing Workshop will take a maximum of 2 ½ hours. The assessments are organized in a circuit design and you will be supervised throughout the day in small groups. We will give you the opportunity to have refreshments and to take a break at your convenience. You can depart at any time, but please report to the registration desk when departing where you will be provided with additional information regarding local opportunities to maintain health and wellbeing. You will receive your overall scores of the functional assessments including any other health check.



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In the next issue.....



Cymdogion Cynnes



Support in the home - Older Peoples Service: Financial support/repairs/adaptations!

Energy saving tips tricks, and advice on staying warm in your own home!

Fit at 50+! NERS, LIFT exercises, Falls Prevention

Aber Tea Dance with Age Cymru Ceredigion

Fuel Syndicates/ Oil Clubs– Can help you save money, connect to your community and reduce carbon emissions. [Ceredigion Oil Clubs](#)

And much more! We welcome any suggestions for articles that you would

like to see included in the next issue - Please contact Naomi McDonagh:

Naomi.McDonagh@ceredigion.gov.uk OR Diane Davies: Diane.Davies2@ceredigion.gov.uk

What you think.....

We are keen to provide relevant news and information tailored to your specific wants and needs. Please see the following topics and rank them in order of importance to you from 1-10 (1 being the most important topic, 10 the least important)

Importance (1-10= 1 most important, 10 least important)	
What's On	
Crime, Security and Legal activities	
Financial Information	
Health & Wellbeing	
Home & Local Services	
Leisure, Learning & Work	
Shopping and Consumer Advice	
Travel & Transport	
Voluntary, Support & Community	

Please return to: Diane.Davies2@ceredigion.gov.uk / Naomi.McDonagh@ceredigion.gov.uk
OR return to: Diane Davies/Naomi McDonagh, Lifestyle Services, Ceredigion County Council, Neuadd Penmorfa, Aberaeron, SA46 0PA



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