

# Ageing Well in Ceredigion!

## A Newsletter for the 50+ of Ceredigion

**Issue 2**—October 2016

**Welcome!** to the second edition of 'Ageing Well in Ceredigion' a positive newsletter for the 50+ of Ceredigion. These 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:

**Naomi McDonagh: 50+ Strategy Co-ordinator:**

[Naomi.McDonagh@ceredigion.gov.uk](mailto:Naomi.McDonagh@ceredigion.gov.uk)

01545 574133

**Diane Davies: 50+ Engagement Officer:**

[Diane.Davies2@ceredigion.gov.uk](mailto:Diane.Davies2@ceredigion.gov.uk)

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.

### 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](mailto:catherine.hughes@ceredigion.gov.uk)



Diane has been busy working on the new Ceredigion 50+ webpage. To find out more search 'www.ceredigion50.org.uk'



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

It's wonderful to be able to welcome you once again to the second edition of the Ageing Well in Ceredigion 50+ Newsletter. We had a very successful launch to our first ever edition in March during an afternoon in the Feathers Royal Hotel, Aberaeron, as arranged by Naomi and Diane. Here everyone was given the opportunity to share their opinion on how we can move forward as a 50+ community. Your opinion is extremely important and we are grateful for any contribution you make in order to ensure that Ceredigion is a great place to grow older.



As 50+ , we have a lot to offer our communities, be it as volunteers, carers or workers, we all have an important role to play.

As we approach the autumn, the time to prepare for the cold winter months is fast approaching. Remember to contact us if you wish to receive information on keeping your home warm, or that all important influenza vaccination, it is important to remain as healthy as possible. Remember, more importantly than anything, we must keep in touch with each other! I hope that you will tell your friends/families and neighbours about Ceredigion 50+ and the opportunities that are available here in Ceredigion so that we can all age as well, and as healthy as possible.—**Catherine Hughes**

## What's been Happening?

### Living Well in Ceredigion 50+ Event

On the 15th of March 2016, Ceredigion County Council with the support from Welsh Government ran their first '50+ and Living Well' event for all residents of Ceredigion. This was held at the Feathers Royal Hotel, Aberaeron and a warm welcome was extended to all who attended. We were delighted to see so many come along to what proved to be an enjoyable and informative afternoon. Various organisations were present to offer advice and the arts and crafts, cookery and digital technology demonstrations were particularly popular as well as the introduction to Nordic Walking session. Members of the public who attended were also given the opportunity to see how Ceredigion is taking forward the Older People's Commissioner's priorities through our Ageing Well in Ceredigion plan. During an interactive session in the afternoon, everyone had an opportunity to express their opinion, which proved to be extremely helpful in finding the best way forward for Ceredigion 50+. Feedback clearly showed that those present would welcome an annual meeting, the publication of a Ceredigion 50+ newsletter twice a year, along with development of a wide 50+ online network where relevant information can be distributed. Other suggestions made during the afternoon included 'developing a specific Ceredigion 50+ website' We have been working towards this and the new site can be viewed through searching 'www.ceredigion50.org.uk'



The next Living Well in Ceredigion 50+ Event is currently being arranged for the 1st of March 2017, in the Guild Hall, Cardigan. We hope the event will provide a wealth of information on 'Financial Well-being', 'Online Safety' and 'Scam Awareness' For more information, please feel free to contact us at any time.



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# Help and Support this Winter

With the winter months fast approaching, you may already be starting to feel the chill. Ceredigion currently has one of the highest number of excess winter death rates in Wales, it is therefore vital that the most vulnerable people in our communities are aware of what support is available to them, and how to keep warm this winter. Read on to find out more....



## Club Cosy-Ceredigion Fuel Clubs

**Ceredigion Oil clubs can help you save money, connect to our community and reduce carbon emissions!**

An oil buying syndicate (run by community volunteers) enables people to join together to bulk purchase heating oil at a discounted price and can offer significant financial savings—in some cases in Ceredigion, people have saved up to a third on their fuel bill!

To find the details of your local oil club which covers your area and the community coordinator visit [www.ceredigion.gov.uk/fuelclubs](http://www.ceredigion.gov.uk/fuelclubs) to view an interactive map, or call **01545 572105**



## Ceredigion Citizens Advice has funding for Energy Best Deal Extra appointments!

The appointments covers issues such as, what to consider when switching gas/electricity/oil tariff or supplier, what is the best payment method for you, any billing issues, what help is there to reduce your bills, and all help available from the Energy suppliers, UK Government, and Welsh Assembly Government.



The appointments will also look at energy efficiency measures, grant help available with insulation, new boilers and central heating, as well as steps you can take to tackle condensation in your home.

We will also always consider if clients need referrals to the Bureau's specialist Debt or Welfare benefit workers, as well as to any appropriate partner organization.

If you would an Energy Best Deal Extra appointment, in one or of our offices, or outreach venues, or a home visit, please telephone the Ceredigion Citizens Advice office on 01239 621974 and ask for the Energy Best Deal Extra Team, or please email [enquiries@cabceredigion.org](mailto:enquiries@cabceredigion.org).



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# Cymdogion Cynnes

Organisations in Ceredigion have come together to develop the Cymdogion Cynnes document, in an attempt to ensure that residents in our communities do not have to endure living in cold conditions. These organisations include:



Ceredigion County Council, Ceredigion Citizens Advice, West Wales Credit Union, Care and Repair, Tai Ceredigion, Mid and West Wales Fire and Rescue Service, Mid Wales Housing, CAVO, NEST, Cantref, Hywel Dda University Health Board, and Age Cymru Ceredigion

The pack contains a variety of relevant information, such as winter warmth schemes to assist those most in need as well as funding opportunities available to householders - both from a national and local perspective, tips and tricks on keeping warm in your home this winter, as well as a directory of relevant services, including GP surgeries and Hospitals, to ensure that people don't have to live in cold conditions.

To download an electronic copy of the Cymdogion Cynnes pack, please visit:

<https://www.ceredigion.gov.uk/English/Resident/health/cymdogion> or for a presentation in your community, group or organisation, contact Naomi McDonagh on 01545 572105.

## "Online Today"

RNIB

Supporting people with sight loss

"Online Today is a free Big Lottery funded project helping people with sensory loss to stay or get online.

From one-to-one home visits and training, events, group sessions and demonstrations of products such as laptops, tablets, smartphones and eReaders, you will find how easy it is to gain or improve the skills and confidence in using digital technology.

We will help you find out how to get the most out of being online; such as staying in contact, browsing the internet, accessing services' websites, shopping, downloading audio or ebooks or just plain browsing.

We can give a talks or workshops so that people can see what is available to reduce the impact of sensory loss when using technology; or you can phone to arrange a one to one session.

Contact your local County Officer - Dafydd Ladd, who covers the whole of Ceredigion - 07525 909846, [dafydd.ladd@rnib.org.uk](mailto:dafydd.ladd@rnib.org.uk). The central contact number is 02920828518"

## DIGITAL FRIDAY

Need help with computers?

Free drop in sessions every Friday from 10am - 2pm at West Wales Credit Union office, 9 Chalybeate Street, Aberystwyth.

Let us help you get online; search the internet; Email; understand your Tablets & Smartphones; save money online; online shopping and more



# West Wales Credit Union

<http://www.wwcu.co.uk/>

01239 621 408



## Did you know? ...Fuel Budget Account

You don't have to pay for your heating fuel all in one go; a Fuel Budget Account can help you spread the cost:

Oil Prices and Interest Rates as at 14<sup>th</sup> April 2015:

300 litres through an oil syndicate cost £119.70  
Repay at 11 x £10.28 and 1 x £10.24; Total repayment £123.32  
Total Interest charged £3.62 APR 26.8%

500 litres through an oil syndicate cost £198.45  
Repay at 11 x £17.04 and 1 x £17.01; Total repayment £204.45  
Total interest charged £6.00 APR 26.8%

We encourage the setting up of a regular budget payment to include saving towards your next fuel order. Interest is calculated daily and there are no hidden fees. Loan subject to status.

## West Wales Credit Union Ltd



### Christmas Loan

Want to get your Christmas Shopping done Early?

Would an affordable, flexible loan help?

Example: Borrow £500 over 52 weeks from as little as £11.49 a week

Link your Christmas Loan with a Christmas Savings account and start saving for 2017. Round your weekly payments to £15 and have £180

Contact us for more details Tel: 01239 621408

[www.wwcu.co.uk](http://www.wwcu.co.uk)

Email us at: [loans@wwcu.co.uk](mailto:loans@wwcu.co.uk)

Working Together for Carmarthenshire, Ceredigion & Pembrokeshire



## Christmas Wrapped Up!

West Wales Credit Union are offering a Christmas Loan to help you with your Christmas shopping this year



For more information about the Fuel Budget Account/ Christmas Loan, or to find out more about what West Wales Credit Union have to offer, contact: 01239 621 408 or E.mail at: [admin@wwcu.co.uk](mailto:admin@wwcu.co.uk)



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## Services for Older People



Are you 50+ living in Ceredigion or North Pembrokeshire?

If yes, did you know that you are eligible for help and assistance from the Support Officers on a range of subjects at no cost to you? To include:

Making sure that you are claiming the correct benefits, assist with budgeting and financial matters, assist with correspondence, completing different kinds of forms and applications, ensuring you are living in adequate accommodation and, if required, assist with moving arrangements, seeking adaptations and equipment to meet your needs in your home, assist to interact within the Community, and discuss any other concerns you may have.

This service is available to home owners, private sector or to any housing association tenants.

For more information contact:



Telephone: 01239 712 000



E-mail: [Ann.Harris@wwha.co.uk](mailto:Ann.Harris@wwha.co.uk)

## Influenza Vaccination: Who will you do it for?!

Every autumn, thousands of people in Ceredigion receive a free NHS influenza vaccination from their GP or community pharmacist. This simple act helps to protect you from the potentially serious complications that influenza can bring. But did you know that your jab also helps protect others?



Influenza is a highly infectious virus that we can all carry and spread without even knowing it. The disease can attack anyone, but some of the most vulnerable members of our community are at the greatest risk. New-born babies, pregnant women, people receiving cancer treatment, and people with certain long-term health conditions, for example, may experience life-threatening complications if they catch influenza.

So even if you are fit and healthy, by having your vaccination you are helping to keep others safe as well as yourself.

Everyone aged 65 or over, people with certain long term health conditions, pregnant women, carers and some other groups of people are entitled a free vaccination.

This year's vaccine is arriving at surgeries now. To check if you are eligible and make your appointment just contact your GP surgery. Please encourage others to do the same.

**By this quick, free and simple act you are helping our community stay well. Thank you.—A message from Hywel Dda Public Health Board**

**TO DO: Ring GP surgery**

**Appointment date:**

**Time:**



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# Ceredigion Carers Forum



Is a meeting group for Carers in Ceredigion. It aims to provide opportunity for Carers to come together for information and support for one another and intends to fulfil a wide range of Carers needs in Ceredigion, including:

To provide generic information, advice and advocacy to Carers;

To provide specific advice, e.g. condition-specific, financial, housing, health, by means of presentations/surgeries at the Carers Forum meetings;

To act as a 'signposting' link between Carers and other support groups, such as befriending services in the county and online forums;

The forum becomes a 'voice' for Carers in Ceredigion on issues that affect them;

The Carers Forum could support and encourage the development of local support and social groups throughout the county.

## Future Ceredigion Forum Meetings

**November 16<sup>th</sup> 2016, 10:30am-12:30pm**

**January 18<sup>th</sup> 2017, 10:30am-12:30pm**

The Ceredigion Carers Forum is free and open to any person in Ceredigion who is an unpaid Carer i.e. anyone who is caring for or looking after a family member, friend or neighbour who is ill, frail, disabled, or living with Mental health issues or substance misuse or alcohol issues.

If you would like to become a member of the Ceredigion Carers Forum or even if you would just like to find out more please contact Catherine Moyle, Carers Unit Support Officer on 01970 633564 or email [carersunit@ceredigion.gov.uk](mailto:carersunit@ceredigion.gov.uk) or write to:

Carers Unit, Adult Social Services, Ceredigion County Council, Canolfan Rheidol, Rhodfa Padarn, Llanbadarn Fawr, Aberystwyth, Ceredigion, SY23 3UE.

# “Carers Forum”

**What for?**

**SUPPORT**

**INFORMATION**

**and FRIENDSHIP**

*Meets every other month*

Contact: Ceredigion Carers Unit  
 ☎ 01970 633546    ✉ [carersunit@ceredigion.gov.uk](mailto:carersunit@ceredigion.gov.uk)  
 🌐 [www.ceredigion.gov.uk/carersinformation](http://www.ceredigion.gov.uk/carersinformation)

## Ceredigion Disability Forum

Ceredigion Disability Forum is a platform to promote better understanding of the challenges facing the Disabled community in Ceredigion, and to explore how Ceredigion County Council policies and decisions can help to resolve, and sometimes create, problems for this community. The vision for the Forum is a coming together of disabled individuals and organisations working with the disabled community, to discuss issues of concern at Open Meetings of the Forum. Relevant members of the forum then meet with appropriate council officers to raise any identified issues and seek to resolve them. It is also a group that the council can consult with to discuss how its policies and procedures might affect the disabled community. The aim is to improve service provision for all. Open Meetings are held quarterly and are rotated around the county to ensure wide participation. If you inform us beforehand of any communication support or accessibility requirements you have we will attempt to meet these wherever possible to ensure that planning and forum meetings are inclusive.

The next open meetings will be held at:

**Wednesday, November 16<sup>th</sup>, 1-3pm Theatre Mwldan Cardigan**

**Wednesday, March 15<sup>th</sup>, 1-3pm Holy Trinity Church Hall Aberaeron**

For more information contact Chesca Ross 01570423232 or at [Chesca.ross@cavo.org.uk](mailto:Chesca.ross@cavo.org.uk)

## Befriending Service in Ceredigion

The Alzheimer's Society Befriending services is here to support carers and the person with any form of dementia. The service connects people with any form of dementia with a volunteer who has similar interests, enabling people with dementia to continue with hobbies and interests in their own home or local community, supported by the volunteer.



Volunteers also provide companionship for a person in the earlier stages of dementia and could include anything from having a cup of coffee and a chat, listening to music, enjoying shared interests, to accompanying them out into their local community, shopping, going to a museum, or even a walk in the local countryside. The social interest groups bring a small number of people together with shared interests, whereby volunteers assist them to engage with each other in whichever activity the group is doing. For carers, volunteers can telephone once a week to offer a listening ear, and the opportunity to off-load, or simply chat about day to day matters.

The Befriending service carefully matches the person with dementia and a trained volunteer who will offer friendship and support. Volunteers will have provided references, undergone training and successfully provided an enhanced DBS.



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## Aberystwyth Friendship Group

*"I get by with a little help from my friends....."*



Since their launch back in April, Aberystwyth Friendship Group have never looked back with a total of 70 members! After being successful in obtaining funding from the Big Lottery, AFG have been able to arrange a variety of activities, meetings and interesting social trips for the coming months. The group have already enjoyed a successful trip to Portmeirion:

*"On Thursday 21<sup>st</sup> July 19 members of Aberystwyth Friendship Group enjoyed their day out to Portmeirion. This was the first of six funded by their Big Lottery Awards for Wales project "Cultural Journeys into History". Aislinn Knight, founder and secretary of the group said she was pleased with how well their first outing went, especially as there were some concerns about the weather forecast earlier that morning. There was no need to worry though as it turned out to be a perfect day, a little cloudy but mostly warm and sunny and members were all happy and relaxed as they strolled around the beautiful Italianate village. A good hearty lunch at Caffi Glas was enjoyed by all, accompanied by Storyteller Peter Stevenson, who in his usual unique way told tales with fascinating insight into the history of the village and surrounding area"*

Aberystwyth Friendship Group have a varied and exciting programme of activities and outings in the coming months, including interesting talks on 'Mindfulness' and 'Planning For Later Life' Marbling and Landscape Drawing to outings including a trip to see The Birmingham Royal Ballet's Christmas matinee production of The Nutcracker!

If you would like to find out more about the group, please contact AFG Secretary Aislinn Knight:

aberfriendshipgroup@gmail.com or visit the Aberystwyth Friendship Groups website:

<http://aberystwythfriendshipgroup.blogspot.co.uk/>

*(Picture below: Members of Aberystwyth Friendship Group enjoying a successful trip to Portmeirion on the 21st of July)*



# Your 50+!

## Aberystwyth 50+ Forum

**Aberystwyth 50+ Forum was established to give people aged 50 and over a strong voice in the community on issues that affect their wellbeing.**

It aims to do this by:

providing opportunities for members to meet and discuss issues that affect them;

being an effective advocate for the views and concerns expressed, ensuring that they are brought to the attention of relevant authorities and organizations;

organising social events in order to attract a wide membership and provide a supportive social environment where members feel able to express their views.

The Forum aims to be an inclusive group and does not charge a membership fee. Anyone over 50 is welcome.

### **MEETINGS and OUTINGS take place on alternate months.**

Meetings are held on the last Wednesday of the month (with the exception of the month of August) from 2.00 until 4.00 pm at St. Pauls Methodist Centre. This is situated at the junction of Queens Road, and Bath Street, Aberystwyth. The Aberystwyth 50+ Forum have plenty going on in the coming months, and into next year, including interesting speakers, discussing issues that matter, and plenty of fun on various day trips.

Aberystwyth 50+ Forum's program for the following months include interesting speakers, activities such as Jam making and Outings to places such as the Boranic Gardens and Powys Castle. To find out more about the Aberystwyth 50+ Forum, please contact Mair Benjamin on [mairbenjamin@hotmail.co.uk](mailto:mairbenjamin@hotmail.co.uk) or 01970 615854



*Above left—members of Aberystwyth 50+ forum enjoying a trip to Cardigan Castle. Above right—Members of Aberystwyth 50+ forum enjoying a cup of tea at Nanteos Mansion*



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# Benefit From Sheltered Accommodation !

*In January 2016, Mr & Mrs Hastie started the New Year with a move that would change their lives.*



“There were a number of issues with where we lived which were affecting our health” said Mr Hastie. “We’d been looking to find an alternative locally then Mavis suggested we looked to move back to her home county and back to her family in Ceredigion”. She’d spent years working in the area and we’d spent many a happy hour visiting Aberaeron and thought it would be perfect to be reunited with family and friends once again.

In the summer of 2015 they looked into the possibility of sheltered accommodation in Ceredigion. By having a look online they saw the options available for sheltered accommodation. It is a great option for individuals and couples who still want to live independent lives but with the reassurance of support if it’s required. As Tai Ceredigion have 8 schemes through the county and they both got quite excited about the possibility of being rehoused and they submitted an application to the Ceredigion Common Housing Register (now online).

Less than 5 months later they got the call from Tai Ceredigion with an offer of a flat in Penrodyn, Aberaeron. “When we arrived, we were blown away by its location. Not many 5 star hotels have the luxury of having coastal views like this! We were greeted by Helen, one of the Housing Advisors who showed us to the flat and around the scheme. It had everything we could wish for. The cleanliness and quality was amazing and because the flats are unfurnished there was plenty of room for us to bring all our belongings” said Mr Hastie [adding that they did make the most of the opportunity to have a little de-clutter!]

Helen helped with all the paper work and Mr & Mrs Hastie were well on their way. They both love the fact that they have their own front door and that everyone in the scheme has the independence to come and go as they please. On the 21<sup>st</sup> of January they were able to move all their belongings into a lovely flat with the security of knowing that there is someone at the end of the phone to help if we need it.

We’re quite independent and the sheltered accommodation suits us down to the ground. The facilities such as the laundry room are great too as it meant we didn’t need our own washing machine and if we have any maintenance issues we can either pop down to the office to see the scheme coordinator or pick up the phone and someone will sort it out for us. There is even parking for our car!”

*Continued on next page.....*



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“It’s transformed our lives and is one of the best decisions we have ever made” said Mr Hastie. “We had no hesitation in signing on the dotted line and we settled in almost overnight. I honestly can’t fault our new home, or our new landlord in any way and we’ve been treated with respect every step of the way. The staff are so friendly and we’ve been welcomed by everyone. We were both pleasantly surprised by the social aspect of the scheme too– although there is no pressure to join in. There is always something going on or someone to have a chat to but at the end of the day we have our own front door so we can shut the world out if we need to!”

Family and friends are delighted that the couple have settled so quickly. “It gives us all peace of mind” added Mr Hastie. “You need to enjoy where you’re living so that you can make the most of your life” he added.

***Tai Ceredigion has 8 sheltered schemes across Ceredigion from Bow Street in the north down to Cardigan in the south. If you’re interested in viewing a property or finding out more about what’s on offer please give Helen or Chris a call on 0345 6067654.***

## The Culture Vultures !



The Culture Vultures had a glorious summer with 2 outings in July and August! July saw us descending upon Aberaeron for a culinary experience and we all enjoyed sampling delicious treats during the day as well as a bit of retail therapy- the minibus which we hire for daytime and evening outings took us home about 5pm. In August we had planned a trip to Caldey Island which was a big challenge for many of our members but they all enjoyed it, having conquered their worries about getting on the boat and travelling over to the island- we then had fantastic help from the staff on the island to get us all safely up to the the middle of the island and the cool shade, we had chosen one of the warmer days of this summer for our visit.

As we returned to Tenby hunger pangs got the better of us and we had to stop for a top-up at the local fish and chips followed by ice cream- then home by 8pm and again we all had a fabulous day out!

Our autumn programme includes Monday meetings with very interesting topics and activities as well as evening outings which include the ballet before Christmas.

For more information and a programme please contact Alison and Ursula on 01239 811 136.

## The Next Issue....

Remember to keep an eye out for the next “Ageing Well in Ceredigion” 50+ Newsletter, that will be published in time to welcome the Spring/Summer months! If you wish to see anything included in the next issue, or wish to receive any information at all, please contact Naomi or Diane : **Naomi McDonagh: 50+ Strategy Co-ordinator:**

Naomi.McDonagh@ceredigion.gov.uk

**Diane Davies: 50+ Engagement Officer:** Diane.Davies2@ceredigion.gov.uk



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