

Ageing Well in Ceredigion!

A Newsletter for the 50+ of Ceredigion

Issue 4—Spring 2018



Welcome! To the fourth edition of 'Ageing Well in Ceredigion' a newsletter for the 50+ of Ceredigion. This newsletter is full of relevant and helpful information, to ensure that you as the 50+ of Ceredigion remain informed 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 all.

As well as being available online (www.ceredigion50.org.uk) paper copies of 'Ageing Well in Ceredigion' newsletters will also be available. Keep an eye out at your local library, GP surgery, leisure centre and community centre.

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

Ceredigion50@ceredigion.gov.uk

OR

Tel: 01545 572 105

If you wish to receive an electronic copy of the Newsletter directly to your e-mail address, please let us know.

If you are reading this Newsletter on your computer, click on the opposite pictures to enter the Ceredigion 50+, DEWIS or Infoengine website. If you are reading a paper copy of this newsletter please visit the links below.

<http://www.ceredigion50.org.uk/en/>

<https://www.dewis.wales/>

<https://en.infoengine.cymru/>



A word from our Older People's Champion Cllr Catherine

Hughes

Welcome to the most recent issue of the Ageing Well in Ceredigion Newsletter.



The winter months are going fast and spring is fast approaching, I hope that you are all keeping warm and well! As Older People's Champion I have been sure to receive my Influenza vaccination. I hope that many of you have taken advantage of the opportunity to have yours as well in order to stay healthy.

Please feel free to visit the Ceredigion 50+ website for the latest news. If you wish to improve your IT skills, get in touch with Dysgu Bro Ceredigion for more information, or I am sure that Diane will be willing to help you!

We are living in a digital age and there is a vast amount of useful information available online. If you wish to receive information on services, go to the Dewis Cymru website, this is the place to go if you need information or advice with regards to health and wellbeing. Dewis Cymru can help you think and decide about what's important to you. As well as DEWIS, InfoEngine is available to provide you with a directory of third sector services across Wales and highlights a wide variety of excellent voluntary and community services that are able to provide information and support so that you can make an informed choice.



Dewis Cymru
Have choice and take control

infoengine



What's been happening?

Porth Y Gymuned

Porth y Gymuned

Porth y Gymuned is a new service operated by Ceredigion County Council.

It will consist of trained staff, called Community Connectors. They will be able to assist residents of all ages in Ceredigion, by helping them to make connections to access support and opportunities in their area that could help maintain and improve their wellbeing.

Porth y Gymuned will enable individuals to have a 'What Matters' conversation with a Community Connector, who can then help and work together to identify targeted solutions that meet their needs.

The Community Connectors will support individuals and their families to access advice and assistance that is provided by the third sector, as well as identify appropriate services and groups, within their own communities, such as social groups that could help contribute to their wellbeing.

Dewis Cymru is an online directory that is available to all. It details opportunities, events and services in the community. Crucially, where Dewis is unable to be accessed for any reason such as lack of access to the internet, the Community Connectors will be able to assist.

Porth y Gymuned is being led by the Community Wellbeing Team within Lifestyle Services and will be in place by April 2018. To contact us call 01545 570881 or email porthygyuned@ceredigion.gov.uk



Aberystwyth Friendship Group

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

Aberystwyth Friendship Group continues to thrive, with various cultural outings, interesting talks and events as well as their popular Art Group. Outings have included a trip to St Fagan's, The Black Country Living Museum, Cadbury's World, and many more to come in 2018!

Keep an eye on the AFG blog to see what the group are up to: [http://
aberystwythfriendshipgroup.blogspot.co.uk/](http://aberystwythfriendshipgroup.blogspot.co.uk/)

Exciting News!

AFG now have public liability insurance so they can use the community room in Tesco!

Tesco AFG Coffee Morning 10.30 to 12.30. This will start 16th February. (Friday)

Tesco AFG Arts & Craft Coffee Morning 10.30 to 12.30. This will start 6th March (Tuesday)

The Tuesday sessions will be geared towards anything arts and crafts, sewing, embroidery, knitting etc. and Fridays more for just pop in for a chat.

The room has been booked for the next 12 months 10.30 to 12.30 every Tuesday and Friday morning, except when AFG have meetings in Morlan.



Meetings | Cyfarfodydd
Lunches | Ciniawau
Outings | Triplau
Events | Digwyddiadau
Talks | Anerchiadau
Art Classes | Dosbarthiadau Celf
Tai Chi
& more... | & mwy...

Meet us in The Morlan Centre
the first Friday of every month. All welcome!

Yn cyfarfod yn Morlan dydd Gwener cynta'r
mis. Croeso i bawb!

Aberystwyth Friendship Group

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

01970 627 833 aberfriendshipgroup@gmail.com

"Aberystwyth Friendship Group's first aim is to offer friendship and support to its members to help alleviate loneliness and isolation throughout Ceredigion. The goal is to establish a hub that beats as a strong heartbeat in the centre of Aberystwyth to serve and provide for the needs of local people in the community for generations to come."

CULTURE VULTURES– Good News!

2017 has been a very successful year for the CULTURE VULTURES! We have had some new members join us and to enable most of our members to take part in our activities we applied for funding to both TESCO BAGS OF HELP and BIG LOTTERY. Amazingly, both accepted our application and we received a total of just under £6000 which means free trips for a whole year! We have already been to the Attic Players in Newcastle Emlyn to see their autumn performance, at the beginning of December we went to Vincent Davies for a pre Christmas shopping trip and lunch and then on 15th December we had our annual Christmas meal at Cardigan Castle- much enjoyed by all!

As always we hired a minibus from Robin's Taxi in Cardigan and picked up our members from the front door and returned them safely back home.

We have an exciting programme for the early part of the year and will be going on a couple of daytime trips in the summer to visit Picton Castle and the Botanic Gardens. Every month we try to have an evening outing to the Mwdan in Cardigan or the Attic Players.

If you would like more information about the CULTURE VULTURES please contact us on 07538706423 or e-mail on uj2011@hotmail.com!

Ursula Safar and Alison Hemsley



Your 50+!



Aberystwyth U3A

Aberystwyth U3A ("University of the Third Age", but **not** a university!) is delighted to welcome anyone who is retired but not retiring! We have a range of interesting groups and are always happy to introduce more. There is a monthly meeting for high-quality general interest talks on the third Thursday of every month. Learn more at, and contact us via, <https://u3asites.org.uk/aberystwyth>

Cardigan U3A

Cardigan U3A (The University of the Third Age) is part of a UK-wide movement which brings together people in their 'third age' to develop their interests and continue their learning in a friendly and informal environment.

If you're wondering what we mean by the third age - it is a time after you have finished working full-time or raising your family and have time to pursue your interests or just try something new.

U3A has a 'university' of members who draw upon their knowledge and experience to teach and learn from each other but there are no qualifications to pass – it is just for pleasure. Learning is its own reward.

Formed over 30 years ago, there are now over 1,000 U3As across the UK, with thousands of interest groups between them and more than 400,000 members nationally - plus we're growing every day.

Cardigan U3A meets every month at the Catholic Church Hall, North Road, Cardigan SA43 1LT at 2pm on the fourth Thursday of the month. We have speaker or social event at this meeting.

In addition, we have a variety of Interest Groups including Astronomy, Wildlife, Afternoon Tea Group, Digital Photography, Ukelele, Local History and many more. These take place in a variety of locations throughout the month.

The annual subscription is £16 which covers all monthly meetings and however many Interest Groups are joined. There may be a small additional cost for some Interest groups to cover hire of a room.

Contact Chairman Helen Green through our website on contact@cardiganu3a.org.uk, or come along and try a meeting for free.



Your 50+!

Workways +

Workways+ is now fully operational in Ceredigion and taking referrals!

Based in Min Y Mor, Aberaeron the Ceredigion team are already working with participants and helping them overcome barriers to work. With our personal mentors, we provide a range of support to those looking for work and can pay for training, help with job searches/CV writing, and arrange a paid temporary job with a local employer.

To be eligible for support from Workways+ you must be aged over 25, be economically inactive/long term unemployed and have a complex barrier to work (i.e. low or no skills, a work limiting health condition, care or childcare responsibilities, from a jobless household, are from a BME (black Minority, ethnic) group, or aged over 54

If you know of anyone who could benefit from our support please give us a call (01545 574 193) and see the website for further information

www.workways.wales



Fun and Leisure at Theatre Felinfach!

The 'Fun and Leisure Club' at Theatre Felinfach is a fun and social session for those over 50 years old. The group meet every Wednesday during term time from 1.30pm-3.00 at the Theatre. Sessions differ from week to week with a number of exciting activities, including talks and presentations from guest speakers, trips to various interesting destinations light entertainments and a cup of tea and a chat at the end! There is a warm welcome to anyone who wishes to join us!

For further information please contact Teresa Price on 01570 470 697 or email Teresa.price@ceredigion.gov.uk.



Help and Support

Dewis Cymru

www.Dewis.Cymru

Cael dewis a chymryd rheolaeth



www.Dewis.Wales

Have choice and take control

Dewis Cymru: Have choice and take control

Do you help run a community resource such as a charity, sports club, community group or small business in Ceredigion that helps people's wellbeing?

If so, Dewis Cymru will be an effective way of getting the word out about the good work you carry out in the community. Dewis Cymru has an online Wales-wide directory that Ceredigion residents will be able to use to find a wealth of resources and opportunities in the county.

Even individuals and the smallest of community groups can upload their information on to Dewis Cymru. If you benefit from a valuable community resource, you could encourage the organisers to place their details on the directory.

Dewis Cymru is in the process of being implemented in Ceredigion and will be fully live by Spring 2018. **Now is the time to get your information on the Dewis Cymru directory. Uploading your information is free of charge.**

To learn more about Dewis Cymru, visit their website on www.dewis.wales. To learn more about Dewis Cymru in Ceredigion, contact Ceredigion County Council on 01545 570881 and ask for Cyra Shimell or email Cyra.Shimell@ceredigion.gov.uk



Cyngor Sir
CEREDIGION
County Council



Caru Love
Ceredigion



ECO AFFORDABLE WARMTH

(Energy Company Obligation – ECO)



This grant is available to people in private homes on low incomes, in hard to heat properties. A new element with this funding is called Local Authority Flexible Eligibility (LA Flex). The council has set the criteria of Energy Performance Certificates E, F & G rated properties as qualifying and those who are deemed Fuel Poor or vulnerable or suffering with health conditions related to cold homes. Also people without an EPC in hard to heat homes can apply using a form provided by the council. You can download a form by visiting the Ceredigion County Council website: <http://www.ceredigion.gov.uk/resident/housing/financial-assistance/eco-flexibility-funding/>

The aim of the scheme is to install energy efficiency measures in properties that qualify. Measures include central heating system, upgrades to the existing heating system and/or insulation measures. Measures are assessed through an inspection and technical appraisal of the building.

Ceredigion County Council qualify households based on the information supplied on the application form and will be issuing declarations for those who could benefit from improvements. The scheme has been advertised and a list of the companies who can deliver the scheme and install the energy efficiency measures in Ceredigion for qualifying households will be provided with the declaration. You can select an alternative organisation that can access the ECO funding but we would recommend you carry out your own due diligence to assess the quality of the companies. Funding is only available to owner occupiers and private rented tenants.

To be eligible for inclusion of LA Flex in Ceredigion:

1. Your home must be energy inefficient; and
2. Householder(s) is vulnerable to the effects of living in a cold property or living in Fuel Poverty

Once determined by the above criteria, qualifying households will receive a declaration from the Local Authority who can take this to an organisation of their choice.

The final decision on whether a household receives a measure under flexible eligibility or other ECO funding streams will be made by the organisation who you contact. Qualification and the Declaration by Ceredigion County Council does not guarantee installation of any measures, as the final decision will be made by the supplier.

If you would like further information on this scheme please contact Ceredigion County Council on 01545 572185

Help and Support

Investors in Carers

Do you look after a relative, friend or neighbour who is ill, frail, disabled or struggling with mental health concerns or drug or alcohol issues? Would they be able to manage without your help?

IiC

If so, you are one of the 370,000 unpaid Carers of all ages in Wales who provide 97% of care in the community, to a value of about £8 billion. Without this contribution the Health and Social Care services would be unable to cope.

Being a Carer can be rewarding but it can also be very challenging. Carers have a whole range of different experiences over time. There are times when circumstances can become overwhelming, having a huge impact on the health and general wellbeing of Carers both in the short and longer term.

Investing in the health and wellbeing of Carers is good for everyone, the Carer, the person they care for, Health and Social Care services and the wider population.

Many people who look after others do not see themselves as Carers and are unaware that there is a wide range of different help, advice and support available to them. Some are aware but are reluctant or choose not to use them for a number of different reasons.

Carers who do access information or support are invariably glad they did so and often wonder why they did not do so sooner.

The Investors in Carers scheme provides a structure and awareness raising for staff at GP Surgeries and many other locations to help them recognise and identify unpaid Carers. They can then be made aware of the types of support available and encouraged to find out more if they choose to do so.

To find out more please ask the staff at your GP surgery about registering as a Carer or contact:

Gareth Jones, Investors in Carers Development Officer, Ceredigion

Gareth.jones@cavo.org.uk Tel 01570 424526



Help and Support

Ceredigion Carers Unit.

Care and support in Wales is changing.

You may be considered a Carer if you are caring for a friend or family member due to illness, frailty, disability, mental health issues or an addiction who cannot cope without your support. Even if you are a relative, friend or neighbour, you are still recognised as a Carer. There is no upper or lower age limit to being recognised as a Carer. You are recognised as a Carer without having to prove you provide a 'substantial amount of care on a regular basis.'

I am a **Carer**, what does this mean for me?

- I am asked **what matters to me**.
- I have a strong voice when deciding what I need to achieve well-being
- I have the same right to be assessed for support as the person I care for.
- Assessment looks at what I can do, and what I can do with the help of friends and family, then arranges support for me to do what I can't.
- If the assessment confirms I have eligible needs'; I am entitled to my own support plan which sets out what the local authority will do to meet my needs.

Services will be available to provide the right support at the right time
More information and advice is available
Carers have an equal right to be assessed for support
If you would like an assessment for a service from Social Services
Contact 01545 574000

For further information phone: Ceredigion Carers unit 01970 633564

Other agencies that offer support to Carers include :-

Hafal Seibiant 01970 624 756

British Red Cross 01239 615 945

Action 4 Children 01437 761 330 (Ceredigion Young Carers Service or 07843 643 012

Hafal Crossroads 01970 627 966

The Carer's Forum

Carers Forum meets every other month for support , information and friendship...
21st March 2018 Ystwyth room Penmorfa 1:30-4:00pm

16th May 2018

18th July 2018

19th September 2018

30th November 2018

***Save The Date! ***

**Carers week 2018 will be run
through the 11th-18th of June
this year!**



Help and Support

Volunteering-Side by Side with people with dementia in Ceredigion



A local charity is seeking volunteers for a new service to help people with dementia to keep doing the things they love. Side by Side is a free service from Alzheimer's Society that provides one-to-one support, making it easier for people with dementia, who might sometimes feel isolated or find it difficult to leave their homes, remain active and feel part of their local community.

A survey by Alzheimer's Society found 40 per cent of people with dementia in Wales, England and Northern Ireland, have felt lonely recently (Dementia 2014). There is strong evidence that life satisfaction in general for older people is positively correlated with levels of activity. Social activity and social support are thought to be directly related to better physical and cognitive function and help slow down the rate of decline.

Cherry Evans Co-ordinator of the charity's 'Side by Side' service in Ceredigion, said: "This new service focuses on enabling people with dementia to lead more fulfilling lives and to continue to take part in the activities that they have always enjoyed and try new ones.

"We need more volunteers to enable people with dementia to continue with activities that they enjoy.

"By doing things like going for a walk, to a football match, or joining a local class together, our volunteers support people with dementia to take up hobbies and get out and about. What they do together is entirely based on what the person with dementia wants."

"Volunteers are crucial to the success of this service and can range from providing support once a week to once a fortnight at a time that works for the volunteer and person with dementia. It might be taking a walk in the park, a visit to a café or a chat over the phone, sounds simple, but it can make a huge difference to someone's life." said Cherry Evans. Training will be provided so that volunteers are confident about carrying out the role. Volunteering provides a great opportunity to learn new skills, share your hobby with others and enhance your CV in addition to supporting a person to live more independently with dementia.

If you are interested in becoming a Side by Side volunteer or would like further information with regard the service please contact Cherry Evans on 07825379515 or via email cherry.evans@alzheimers.org.uk



Help and Support

Stroke Association

If you or someone you know has suffered from a stroke, read on to find out more to see how you a friend or a relative could benefit from the stroke association.

Our service provides high quality information, practical advice and emotional support in the aftermath of a stroke. We begin working with a stroke survivor and their family immediately following a stroke, and will continue to provide the support people need– within their own homes and back into the community.

Contact Lisa Evans Life After Stroke Coordinator, Ceredigion

Telephone: 07534214856

Email: Lisa.evans@stroke.org.uk



Aberystwyth Shop Mobility Service...

Cymdeithas Gofal The Care Society provides a shop mobility service for Aberystwyth, running out of its charity shop at 27 Chalybeate Street. The scheme offers wheelchairs and scooters for hire to anyone who needs help getting round the town and the service is open to all. Prices start from £3 for wheelchairs and £6 for scooters and equipment can be hired for half days, full days or overnight for longer periods.

The shop is open 9.30-5pm, Monday - Saturday and bookings or enquiries can be made by e-mailing shopmobility@caresociety.org.uk or phoning on 01970 617176.



**One of our
Shopmobility
workers displaying
one of our scooters!**

Help and Support

OLDER PEOPLE SERVICE

Available to: People 50 years of age and over living in Ceredigion and North of Pembrokeshire.

Service: Support and Advice

Contact: Ann Harris, 01239 712031 / 01239 712000 - Ann.Harris@wwha.co.uk

This service is available to any older person regardless of the tenure; whether you rent or own your home. Our Supported Housing Officers provide a much needed housing related support service and the type of support/assistance provided are:

- to manage the upkeep of your home
- To access benefits
- In getting involved in the community
- At times of bereavement
- To access care services
- To set up alarm systems or assistive technology
- With advice about other housing options
- With accessing adaptations and equipment.

We can also make visits to hospitals/residential homes if there is a need. There is no time limit whilst support needs have been identified.

The service is available in both Welsh and English; whichever is the preferred language of the service user and is free and highly confidential.

Referrals for the service are taken from statutory services, self-referrals and voluntary sector agencies. Support Officers will visit you at home to assess your needs and see what assistance can be provided. They will deliver housing related support to you until you are happy that your needs have been met.

Support can be in your home or at a location of your choice such as a café or drop-in centre.



Help and Support

croesffyrdd
hafal
crossroads

GIVING CARERS A BREAK

Hafal Crossroads Monday Respite Club offers quality care and fun activities to people with dementia and memory loss and a break for their carers.

For more information call : 01970 627 966

Arts and Crafts, Games and Quizzes, Music, Reminiscence Activities and a chance to meet new people! *Please phone the Office for further information with regards to venue.

croesffyrdd
hafal
crossroads

**A Service for Carers
in Lampeter**

**Therapeutic
Activities for People
with Dementia and
Memory Loss**

**10:00 – 15:00 every
Monday**

Lunch provided



**CROESFFYRDD
HAFAL
CROSSROADS**

Fronheulog House Offices
Ithon Road
Llandrindod Wells
Powys
LD1 6AS
01874 610900

Reg Charity No : 1093747

croesffyrdd
hafal
crossroads

**A Service for Carers
in Cardigan**

**Therapeutic
Activities for People
with Dementia and
Memory Loss**

**10:00 – 15:00 every
Tuesday**

Lunch provided

Help and Support



British Red Cross Services for Independent Living in Ceredigion

Adult Carers' Service Ceredigion.

The BRC provides support to unpaid carers who look after an ill, frail or disabled family member, friend or partner.

Support includes:

- One to One support in their own home
- Information and Sign Posting
- Referrals to Social Services for Carers Assessments and County Newsletter
- GP Registration
- Referrals to other third sector agencies for additional support, including benefits checks, home safety checks etc.
- Raise awareness of carers issues

Carers support groups

The monthly Support Group meetings offer help and support to carers to which guest speakers are regularly invited. Groups meet once a month in Cardigan, Aberaeron and Tregaron areas.

Carers training opportunities

BRC provide training for carers to help with their caring role in the following areas:

- **Everyday First Aid** (BRC) these sessions give carers the opportunity to address specific issues that carers may experience within their caring roles.
- **Manual Handling** in partnership with the Local Authority (arrangements can be made for a joint visit to the carers' home in exceptional circumstances).

Home from Hospital – 3rd Sector Ceredigion Partnership

This is a low level service which provides support for people returning home after a hospital stay. Support is given for up to six weeks free of charge and provides:

- Help with light housework & laundry
- Help with shopping
- Collect prescriptions
- Transport you to attend follow up medical appointments

Help to access other local services or extra support including:

Information & Advice

Companionship

Access to rapid response small adaptations and home safety checks.

Volunteering opportunities within the Red Cross - For further information please contact the Cardigan Office: 01239615945.



Help and Support

Positive Steps in Ceredigion

People can slide, almost imperceptibly, into difficulties. A series of smaller life changes combine over time to create distressing and seemingly unmanageable personal situations. It could be dramatic events like illness and relationships change or may end or a partner or loved one dies. Children grow up and move away or are busy with their own lives.



However being lonely and isolated is just not nice and has been shown to be as bad for our health as smoking or being over weight, (Holt-Lunstad, 2015) .Many people struggle to see a way back when it happens to them.

Thankfully, Positive Steps service is offered by the British Red Cross and the Royal Voluntary Service. Positive Steps helps people over 50 years with practical and emotional support and advice to enable individuals to live independently.

The two organisations work together, along with those that they help, to put together and implement a plan of action based on an individual's challenges, needs, interests and aspirations. We help find solutions to transport and finding places to go. Sometimes showing the possibilities is enough and other times the company of a volunteer to get past the scary first steps makes everything happen.

Self-confidence is often the key to personal independence and Camau Cadarn Positive Steps volunteers have had tremendous success in helping people get back to living active and fulfilling lives

Camau Cadarn Positive Steps is available free in Ceredigion. The first 8 weeks is from British Red Cross and Royal Voluntary Service offer up to a further 12 months support where necessary. If you live in Ceredigion and think we could help you find your way back into engagement in the community and finding friends then contact us, 01239 615945



What's New?



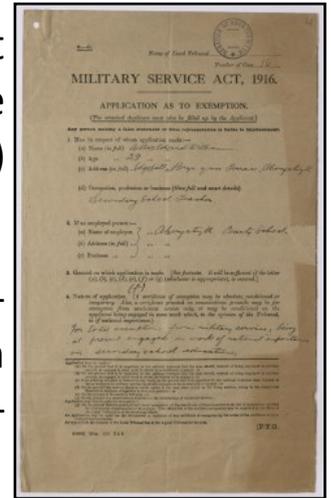
LLYFRGELL GENEDLAETHOL CYMRU
THE NATIONAL LIBRARY OF WALES



Help The National Library of Wales to 'Unlock the Hidden History of The Great War'

We need your support with an exciting new project that will make part of the First World War's secret heritage which is held at The National Library of Wales (NLW) accessible to the people of Wales and the world.

The project will focus on the Cardiganshire Great War Tribunals Records. These were the tribunals that dealt with appeals against conscription to the armed forces on personal, economic, moral or religious grounds.



In 1921, the Government ordered that all tribunal records should be destroyed; nevertheless the Cardiganshire records survived. Now the archive is completely unique in Wales, and one of the few of its kind that exists in the United Kingdom.

National Library staff are currently visiting groups within Ceredigion to give a short history of the Records and to train local people in how to use an online resource, recently developed by NLW, to transcribe and index the records so that they can be searched by name, address, date, etc.

If you'd like Library staff to visit your group, or for more information, please contact Gwyneth on:

Phone: [01970 632991](tel:01970632991)

E-mail: volunteering@llgc.org.uk



Funding raised by
The National Lottery
and awarded by the Heritage Lottery Fund

Cyllid a godwyd gan
Y Loteri Genedlaethol
ac a ddyfarnwyd gan Gronfa Dreftadaeth y Loteri



Alcohol and Ageing....Do you know your recommended weekly limits?

According to the 'Age Well, Drink Wise' programme, there is a pressing need for action to reduce alcohol related harm in older adults across the UK.



There are many reasons as to why older adults may be inclined to drink including: to relax, to help manage pain, to forget about every day problems, when feeling lonely or isolated, to be sociable, to help with sleep, or to help with life changing circumstances such as becoming carer or suffering bereavement.

Older adults also face different alcohol related risks compared to younger adults.

- Alcohol can exacerbate and accelerate age-related conditions such as falls and cognitive impairment
- Older adults are more likely to be taking medication, some on complicated medication regimes
- For these reasons falls and injuries are more likely to happen in older adults after even a small amount of alcohol
- There is also a generational difference regarding knowledge of alcohol units and recommended daily limits.

The recommended weekly guidelines suggest that we should drink no more than **14 units a week**. That is equal to.....

X6 glasses of Wine (175ml,13%) **X6** Pints of larger/Ale (568ml, 4%) **x14** 25ml of Spirits (10%)



For more information on safe drinking, your recommended weekly amount, units, and more, you can visit: Alcohol Concern: <https://www.alcoholconcern.org.uk/who-we-are>

Drink Wise, Age Well: Alcohol Use and the Over 50s in the UK <https://www.drinkwiseagewell.org.uk/wp-content/uploads/2016/01/Drink-Wise-Age-Well-Alcohol-Use-and-the-over-50s-Report-2.pdf>

If you are concerned about a friend or a relative who you think may be drinking excessively you can contact: DAN 24/7 : Freephone: 0808 808 2234 Or text DAN to: 81066

What's new?

Alzheimer's Society Cymru Ceredigion update!

NEW LOGO!!

What's new? The Alzheimer's Society in Wales has recently changed its name to Alzheimer's Society Cymru

We have now started **a carer's group** in Aberystwyth which runs on the first Monday of every month from 10.30-12.30. The venue is Waunfawr Community Hall, Aberystwyth.



Our Befriending service has now moved to **Side-by-Side**. This means our volunteers can work from 8am-late and at the weekends! This service is aimed at the person with dementia, helping them to re-connect with their communities, hobbies and interests. If you'd like any more information about this service, please contact cherry.evans@alzheimers.org.uk

Carer Information and Support Programme (CRISP)

The Carer Information and Support Programme is a series of workshops for people caring for a family member or friend with dementia. It provides an opportunity for you to talk in a friendly and confidential environment about your experiences and the impact they are having on you. The workshops aim to provide you with information and support. Topics will include:

- What is dementia?
- How you can support and care for someone with dementia
- The support services that are available
- Planning for the future

We are putting names on a waiting list at present, and when we get enough numbers, we are hoping to launch two in Ceredigion, early next year (one in the north and one in the south)

If you'd like your name on the waiting list, then please email caroline.smith@alzheimers.org.uk or phone:01269 597411.

We also have a **'Living well with Dementia'** programme.

This is a seven-session programme designed with and for people in the early stages of Dementia, it provides facilitated peer support and a shared learning experience. It also provides practical tools and information, including opportunity to understand more about dementia alongside others with lived experience. The programme is group-based for up to 8 people; it has a flexible structure which is facilitated in response to the person centred needs of participants.

When we obtain enough numbers for this programme, we are also hoping to launch one next year. If you'd like your name on the waiting list, then please email caroline.smith@alzheimers.org.uk or phone: 01269 597411.



Final Note.....

The Living Memory Scheme

The National Library of Wales (NLW) has recently piloted a new scheme - 'Living Memory' - with the Older Adult Mental Health wards of Hywel Dda Health Board. The aim of the scheme is to use the NLW's graphic and audiovisual collections (photographs, films, audio files, etc.) to stimulate memories for older people, and those living with dementia, leading to discussions and sharing of stories. The scheme also promotes the wealth of digital collections that can be accessed on the NLW website – www.llgc.org.uk and are suitable for reminiscence therapy.

The scheme evolved from a chat over coffee among some of the Library's volunteers who were volunteering on the photographic collection of Geoff Charles (a photojournalist in north and mid Wales from the 1940s onwards who recorded national and local events over a period of 40 years). There was general consensus that images such as those of Geoff Charles brought back personal memories that could lead to lively discussions and a sharing of stories.

Currently, the NLW is consulting with organisations who offer older people services throughout Wales to assess their interest and to establish what resources might be needed to expand the scheme. If there is sufficient evidence of interest in the scheme, the consultation responses will form the basis of an application for support to fund equipment and resources.

If you'd like to learn more about the scheme, please contact:

gwyneth.davies@llgc.org.uk

Phone – 01970 632991

Dementia Friends -Turning understanding into action!

There are now a number of trained Dementia Champions in Ceredigion. These champions are able to deliver Dementia Friends information sessions within the community, to various groups and organisations, in the workplace and to individuals. The information sessions will offer you with the opportunity to enhance your understanding of Dementia and how to help share your understanding within your community and change attitudes towards dementia. At the end of the session which lasts approximately 45 minutes—1 hour, you will receive a 'Dementia Friend' badge and will be given the opportunity to write down your 'action' showing how you intend to turn your new understanding into a positive action, to help and support someone living with dementia in your community. In order to find a session, please go to: <https://www.dementiafriends.org.uk/WEBArticle?page=what-is-a-friend#.WroMtU2WyUI>

If you cannot find a session locally, please contact Lindsay.jones@alzheimers.org.uk to request a session



Remember to keep an eye out for the next edition of the Ageing Well in Ceredigion 50+ Newsletter. If you wish to see anything included in the next issue such as any exciting new stories, or wish to receive any further information, please contact ceredigion50@ceredigion.gov.uk or call 01545 572 151.