



Age Alliance Wales Directory of Services 2017

Age Alliance Wales

Tŷ John Pathy
13/14 Neptune Court
Vanguard Way
Cardiff
CF24 5PJ



Age Alliance Wales (AAW) was set up in 2003 and is funded by the Welsh Government. It is a powerful alliance of 21 national voluntary organisations committed to working together to develop the legislative, policy and resource frameworks that will improve the lives of older people in Wales. Collectively AAW member organisations possess extensive service development and service delivery knowledge in a range of policy areas. All organisations also act at a strategic, as well as an operational level, and many are membership based.

Age Alliance Wales aims to:

- represent the concerns and further the interests of older people in Wales to policy makers, strategic planners, and funders,
- maximise the ability of each member organisation to fulfil their role of promoting the well being of older people, and
- work with, and for, older people through the co-operative use of the knowledge and expertise contained within the membership of Age Alliance Wales.

The following organisations represent Age Alliance Wales:

- | | | |
|--------------------------------|-------------------------------|---------------------------------|
| • Action on Hearing Loss Cymru | • Care & Repair Cymru | • RNIB Cymru |
| • Age Connects Wales | • Carers Trust | • Royal Voluntary Service Cymru |
| • Age Cymru | • Carers Wales | • Sense Cymru |
| • Alzheimer's Society Wales | • Contact the Elderly | • The Stroke Association Wales |
| • Arthritis Care in Wales | • Cruse Cymru | • Volunteering Matters Wales |
| • British Red Cross in Wales | • Deafblind Cymru | |
| • British Lung Foundation | • Disability Wales | |
| | • Learning and Work Institute | |
| | • PRIME Cymru | |

Contact details:

Coralie Merchant
Age Alliance Wales Officer
029 2043 1547
Coralie.merchant@agealliancewales.org.uk

website: www.agealliancewales.org.uk

 @agealliancewal

Action on Hearing Loss

Ground Floor
Anchor Court (North)
Keen Road
Cardiff
CF24 5JW



Services offered:

We are experts in providing a wide range of services and support for people with hearing loss and tinnitus. We offer practical advice to help people protect their hearing; campaign to change public policy around hearing loss issues; signpost to local organisations and support groups, supply communication services and training; provide day-to-day care for people who are deaf and have additional needs; support research into an eventual cure for hearing loss and tinnitus.

Current areas of work:

Hear to Help Powys– Volunteer-led support to help people within Powys get the best use of their hearing aids.

Information & Advice – We provide a comprehensive service in Wales, dealing with enquiries, giving talks & signposting to relevant organisations to meet people’s needs.

Care & Support – We personalise our service to every individual, so that people who are deaf, deafblind or have a hearing loss and additional needs can live everyday life the way they want.

On Line Today – We are able to support people with a hearing loss to get online and feel confident using technology in their every day lives.

Live Well with Hearing Loss – Volunteer-led project with a focus on supporting people with a hearing loss or who are deaf with assistive equipment in their own homes.

Employment Service - The Employment Service for people who are D/deaf and have hearing loss in Wales; assisting jobseekers, assisting employers and supporting D/deaf or hard of hearing service users to find work.

Recent publications:

- **Supporting people with sensory loss - 2017**
- guide for social services professionals
- **Hearing Matters - 2015**
- Why urgent action is needed on deafness, tinnitus and hearing loss across Wales.

Key statistics:

- 575,500 people in Wales have hearing loss, this is set to raise due to an aging population.
- The World Health Organisation predicts that by 2030 adult onset hearing loss will be in the top 10 disease burdens in the UK.
- 71% of people over the age of 70 have a hearing loss.
- 351,000 people in Wales would benefit from using hearing aids – one in ten.
- People take an average of 10 years to seek help for their hearing loss.

Contact Details:**Strategic:**

Richard Williams
02920333034
r.williams@hearingloss.org.uk

Information:

Cardiff office general enquiries
029 2033 3034
wales@hearingloss.org.uk

 @hearinglossCYM

Communication Services

Tel: 0845 685 8000
Email: communication.services@hearingloss.org.uk

Care and Support

Cath Booth
Tel: 02920 333034
Email: cath.booth@hearingloss.org.uk

Age Connects Wales

Age Connects Cardiff
c/o Principality House
rear of Taff Street
Pontypridd
CF37 4TR



Services Offered:

Age Connects Wales is a social enterprise made up of six local, independent Age Connects organisations with over 40 years' experience. Together, our member organisations support in excess of 45,000 clients directly and many more through our marketing and outreach delivery strategies.

The number of older people living in Wales continues to increase, and by 2020 there will be almost 700,000 people aged over 65. Our ability to work across the country with those that share our aims and objectives ensures that we are able to respond to this increasing need, whilst at the same time taking proactive measures to campaign and influence to improve the lives of all older people in Wales. We currently have over 570 active volunteers throughout Wales. Recent years have seen the volunteer team regularly dedicate in excess of 118,000 hours of support which carries an in-kind economical value of over £1.6 million.

Our philosophy is to make our services as accessible as possible, so we offer differing levels of support across 11 of the 22 local authority areas in Wales. Each organisation provides our core services in addition to services that are specific to their own geographical area of benefit.

Our core services include the following:

Independent Information and Advice

This confidential service offers a wide range of information and advice to help people live independently, stay in their own home and maximise their income.

Independent Advocacy

Our staff and volunteers will help with various advocacy matters, including safeguarding issues involving abuse or neglect.

Volunteering

Volunteering is essential to Age Connects Wales members and we can offer a wide range of opportunities. Currently we have over 570 active volunteers throughout, Wales and their value cannot be underestimated.

Befriending

Our befriending services aim to reduce loneliness and isolation for those with little or no social networks. Volunteer led group befriending schemes encourage the formation of friendship groups and offer reciprocal and on-going support. For those unable to participate in community activities, we provide a telephone befriending service.

Nail Cutting

This convenient and chargeable service is available at various outreach locations, with home visits available for those with mobility problems.

Activities

We deliver a range of self-sustaining activities which improve physical and emotional health and well-being. These programmes encompass skill building, volunteering, learning, physical and social activities that keep people connected in their community and help them remain independent.

Activities are delivered through a structured programme or allow participants to express their 'Voice and Choice' through service user consultation. Programmes are delivered through a number of channels which include Age Connects Wales Centres, community facilities, day units, evening clubs and residential homes.

Looking ahead

Drastic cost cutting measures throughout the third sector has led to huge reductions in the availability of funding/resources, and comes at a time when demographic trends and statistics indicate a pressing need for better solutions for older people. The number of older people living in Wales has been increasing for the past 25 years. Age Connects Wales' ability to work across the country with those that share our aims and objectives ensures that we are able to respond to this increasing need for services and support, , whilst at the same time taking proactive measures to campaign and influence to improve the lives of all older people in Wales.

Local Contact Information:

Age Connects Cardiff and the Vale

Head Office: 4 Cleeve House, Llanbournne Crescent, Llanishen, Cardiff, CF14 5GP
Tel: 02922 400 029
Email: HAP@ageconnectscardiff.org.uk
Web: www.age-concern-cardiff.org.uk
B@ACCardiff

Age Connects Morgannwg

Head Office: Principality House, Rear of 31 Taff Street, Pontypridd, CF37 4TR
Tel: 01443 490650
Email: information@acmorgannwg.org.uk
Web: www.acmorgannwg.org.uk
B@ACMorgannwg

Age Connects Neath Port Talbot

Head Office: 37-38 Alfred Street, Neath, Neath Port Talbot, SA11 1EH
Tel: 01639 617333
Email: info@acnpt.org.uk
Web: www.acnpt.org.uk
B@AgeConnectsNPT

Age Connects North East Wales

Head Office: Lewis House, Swan Street, Flint, CH6 5BP
Tel: 08450 549969
Email: info@acnew.org.uk
Web: www.acnew.org.uk
B@agenewales

Age Connects North Wales Central

Head Office: 15 Bridge Street, Denbigh Denbighshire, LL16 3LF
Tel: 01745 816947
Email: enquiries@acnwc.org
Web: www.ageconnectsnwc.org
B@AgeConnectsNWC

Age Connects Torfaen

Head Office: The Widdershins Centre, East Avenue, Griffithstown, Pontypool, NP4 5AB
Tel: 01495 769264
Email: widdershins@ageconnectstorfaen.org
Web: www.ageconnectstorfaen.org
B@ageconnectstorf

It is important to us that each of our six parts remains independent and with community at their core. Each organisation will continue to focus their efforts on delivering outstanding services for older people in their local area – but together we have the ability to stand as one as we work with government, local authorities, fellow charities and organisations to improve services for older people in Wales.

For more information on any of our services and/or a list of geographically specific services that are provided by local Age Connects Organisations, please get in touch.

Contact Details:

Strategic:

Jeff Hawkins
jeff.hawkins@ageconnectscardiff.org.uk

Information:

Tel: 0845 305 4134
Email: enquiries@ageconnectswales.org.uk Web: www.ageconnectswales.org.uk



@AgeConnectWales

Age Cymru

Tŷ John Pathy
13/14 Neptune Court
Vanguard Way
Cardiff
CF24 5PJ



Services offered:

For 70 years we've been making a positive difference for older people.

Age Cymru is **the** national charity for older people in Wales. Our vision is an age friendly Wales and we invite you to join us on the journey.

We work with our independent local Age Cymru partners across Wales to improve life for older people. We provide life-enhancing services and vital support to tackle isolation and loneliness. Our practical services help maintain independence, promote health initiatives and celebrate the positive aspects of ageing. Our policy, influencing and campaigning work makes a real impact with those in positions of power.

Current areas of work:

Please visit our website to understand the breadth of our work.

www.agecymru.org.uk

Core service

Together with our independent local partners we are committed to providing the foremost information and advice service to older people in Wales - always confidential, impartial and expert. We're here for older people, families, carers and professionals delivering these services on the telephone, in person, through our publications and online.

Our national telephone service is **Age Cymru Advice (08000 223 444)** a fully bilingual service – so wherever you live in Wales, we can offer support on a wide range of issues.

Recent publications:

- Creating an age friendly Wales
- Envisage (annual journal)
- Advocacy Counts
- Impact report
- Life on a low income
- More money in your pocket
- Winter wrapped up

Newsletters

- E-Newsletters:
- The Loop
- Gwanwyn

Contact details:

Strategic:

Chief Executive
Ian Thomas
029 2043 1550

ian.thomas@agecymru.org.uk

Other:

Director of Influencing:
Victoria Lloyd
029 2043 1550

Victoria.lloyd@agecymru.org.uk

enquiries@agecymru.org.uk
Facebook Age Cymru
#afWales

 @AgeCymru

Alzheimer's Society

16 Columbus Walk
Brigantine Place
Atlantic Wharf
Cardiff
CF10 4BY



Services offered:

Alzheimer's Society Cymru works to improve the quality of life of people affected by dementia in England, Wales and Northern Ireland. Our local services include day care and home care for people with dementia, as well as support and befriending services to help partners and families cope with the demands of caring. From Dementia Café's and innovative 'Singing for the Brain' sessions to memory-book projects and group outings, our services provide both practical support and an essential point of human contact. We provide training for health and care professionals and publish a wide range of training materials and books. Alzheimer's Society campaign for the rights of people with dementia and those who care for them through a combination of detailed policy analysis, lobbying, influencing and direct action.

Current areas of work:

Advocacy
Befriending Dementia Friends
Dementia Support
Dementia Friendly Communities

Recent publications:

- Dementia in Rural Wales (Alzheimer's Society 2016)
- Diagnose or Disempower? (Alzheimer's Society, 2015)
- Dementia 2014: Opportunity for change (Alzheimer's Society, 2014)
- The Hidden Cost of Dementia (Alzheimer's Society, 2015)
- Dementia 2014: Opportunity for Change
- Dementia 2013: The hidden voice of loneliness (Alzheimer's Society, 2013).
- Dementia 2013: The hidden voice of loneliness (Alzheimer's Society, 2013)
- Your handy guide to selecting a care home (Alzheimer's Society, 2013)
- This is Me (Alzheimer's Society supported by the Royal College of Nursing, 2013)
- Low expectations: attitudes on choice, care and community for people with dementia in care homes (Alzheimer's Society, 2013)
- Mapping the Dementia Gap (2012) a study produced by Alzheimer's Society
- Support. Stay. Save. Care and support for people with dementia in their own homes. (Alzheimer's Society, 2011)
- My name is not dementia: people with dementia discuss quality of life indicators (Alzheimer's Society, 2010)
- Counting the Cost: caring for people with dementia on hospital wards (Alzheimer's Society, 2009).

Key statistics:

- There are currently 850,000 people with dementia in the UK including over 17,000 younger onset dementia .
- There are over 25,000 people with dementia from black and minority ethnic groups in the UK.
- There are over 45,000 people living with dementia in Wales
- There will be over a million people with dementia by 2021.

Key statistics continued...

- Delaying the onset of dementia by 5 years would reduce deaths directly attributable to dementia by 30,000 a year.
- The financial cost of dementia for Wales is £1.4 billion per year, with an average cost of £31,300 per person per year.
- One in three people over 65 will develop dementia.
- Family carers of people with dementia save the UK over £8 billion a year.
- 80% of people living in care homes have a form of dementia or severe memory problems.
- Two thirds of people with dementia live in the community while one third live in a care home.
- Only 46% of people with dementia in England, Wales and Northern Ireland receive a diagnosis.

Contact details:

Strategic:

Sue Phelps
029 2075588
sphelps@alzheimers.org.uk

Other:

Morgan David-Griffith (Policy Officer)
029 2075586
M.Griffith-David@alzheimers.org.uk

 @AlzSocCymru

Arthritis Care Wales

One Caspian Point
Pierhead Street
Cardiff
CF10 4DQ



G O F A L A R T H R I T I S
A R T H R I T I S C A R E

Services offered:

Arthritis Care is the UK's largest charity working with and for all people living with arthritis. We work across Wales, supporting people living with over 200 different forms of arthritis, including their families, friends and carers. We are here to help people get their lives back, stay active, independent and connected. We achieve this through a range of information resources, peer networks and self management services that provide people with the tools, skills and support they need to take a proactive role in managing their health and wellbeing. We also campaign to improve services and ensure the voice of people living with arthritis is heard and acted on.

Current areas of work

- Living Well with Arthritis Hubs promote early intervention approaches via flexible community based services either 1-1 or in group settings which supports individuals to
 - ◇ make positive life changes
 - ◇ enhance self-management skills and be more informed
 - ◇ participate in shared decision making and become more confident
 - ◇ reduce isolation
- Get Active for Arthritis Project in mid and north wales promotes the benefits and opportunities to increase physical activity and live a healthy active life. Addressing gaps in current service delivery the project takes a mentoring-based approach supporting individuals to take control of their condition, reduce isolation and become more active, healthier and enjoy a more fulfilling life.
- A Helpline team open 5 days a week offering confidential support.
- Peer support through a network of peer volunteers, branches, groups and online forums
- Campaigning for greater awareness of the needs of everyone with arthritis
- Putting public policy at the core and using it as a driving force for statutory service develop-

Recent publications:

- A wide range of information booklets and fact sheets can be found on our website at www.arthritiscare.org.uk along with the following Arthritis Care reports
- Gout Nation 2014 – understanding the impact of Gout
- Arthritis Nation 2014 – Pain survey results
- OA Nation 2012 - Detailed snapshot of the wide-ranging physical, emotional and financial impact of osteoarthritis

Key Statistics

- 1 in 4 people aged between 60 and 70, and 1 in 3 of the over 70s are being treated for ar-

Contact details:

Strategic:

Mary Cowern
01554 705 001
MaryC@arthritiscare.org.uk

Information:

Alex Rees
029 2044 4155
Alexr@arthritiscare.org.uk, wales@arthritiscare.org.uk

Facebook: facebook.com/ArthritisCareWales

 [@ac_wales](https://twitter.com/ac_wales)

British Lung Foundation

One Caspian Point
Pierhead Street
Cardiff
CF10 4DQ



Services Offered:

Wales has a proud and rich industrial heritage, and is characterised by the spirit of its people and the togetherness of its communities, but it also suffers disproportionately from lung disease – that’s where we come in. The British Lung Foundation (BLF) was established in 1985 and works for the one in five people across the nation affected by [lung conditions](#) and their families. People with poor lung health are always at the heart of everything we do. Not only do we fight for them, we offer them support through our [Breathe Easy groups](#), our [Helpline](#), [health information](#) and [online web community](#). Our Breathe Easy groups offer friendship and support to anybody affected by a lung condition, and also to those who are [looking after somebody who is](#).

Current Areas of Work:

How we help:

Support and information

Getting the information you need when you need it can make all the difference. Recently diagnosed with a lung condition and looking for information? Are you a carer looking for support? Or perhaps you want information on treatment and diagnosis?

We provide reliable, up-to-date and easy to understand information to help answer your questions about lung health.

Our support services include our:

- Helpline Tel: **03000 030 555**
- Breathe Easy Support Groups
- Web community
- Singing Groups
- BLF Professionals

To find out more visit our website <https://www.blf.org.uk/Page/Support-for-you>

Raise awareness:

We raise awareness of lung disease at a local and national level.

Campaigns in Wales:

We are campaigning to improve services for the people of Wales, and make tackling lung disease a national priority:

Respiratory Health Delivery Plan

In 2014, the Welsh Government launched its strategy for improving respiratory services: ‘Together for Health – A Respiratory Health Delivery Plan’. Since that time we have worked locally and nationally to see the plan become a reality.

Smoking in cars:

Wales was the first country in the UK to vote for a ban on smoking in public places, and the first to stand up for the rights of the child through introducing a Children’s Commissioner. Both these measures drew support from all the political parties in Wales.

Exercise

For many people with lung disease exercise can be very beneficial. In particular, pulmonary rehabilitation programmes can increase a persons' ability to stay active and exercise, with all-round benefits to their health. BLF Wales are campaigning for better access to pulmonary rehabilitation programmes, and a more integrated approach between NHS, local authority, the third sector and people with lung conditions.

Research

Our groundbreaking, world-class research programme is making big improvements to lung health. Funding research into understanding, treating and preventing lung disease is a vital part of our work. Since the British Lung Foundation was founded, we have invested more than £22 million in supporting research into all lung conditions.

Recent Publications:

- National Plan for Respiratory Services in Wales - <https://www.blf.org.uk/Page/National-Plan-for-Respiratory-Services-Wales>
- The Respiratory Health Delivery Plan – one year on
- Shining the Light on IPF (Idiopathic Pulmonary Fibrosis) <https://www.blf.org.uk/Page/Shining-a-light-on-IPF-the-patient-experience-in-Wales-report>

Key Statistics:

- Somebody dies from lung disease in the UK every 5 minutes
- About 10,000 people in the UK are newly diagnosed with a lung disease every week
- Approximately one in five people in the UK has ever developed asthma, COPD (Chronic Obstructive Pulmonary Disease) or another long term respiratory illness
- Lung diseases are responsible for nearly 700,000 hospital admissions and over 6 millions in patient bed-days in the UK each year
- Research supports that there are an estimated 15,000 people currently living with IPF (Idiopathic Pulmonary Fibrosis) in the UK and that around 5,000 people die of it every year
- Figures suggest that the number of people developing and dying of IPF in the UK is rising each year
- The average life expectancy of someone with IPF is 3 years after diagnosis

Contact Details

Strategic :

Joseph Carter
Head of Wales / Pennaeth Cymru
Joseph.carter@blf.org.uk

T 03000 030 555 (x 1701)

Information:

www.blf.org.uk/regions/wales



@blfwales @blfjoseph

British Red Cross

British Red Cross
9 Village Way
Greenmeadow Springs Business
Park
Tongwynlais
Cardiff



Services Offered:

We have three core service delivery programmes in Wales; Crisis Response; Resilience; and Independent Living.

We help people in Wales to prepare for, respond to and recover from emergencies.

Our volunteers and staff help people in crisis to live independently by providing support at home, mobility aids and transport. We also teach first aid skills.

Current Areas of Work:

In Wales, we have 665 independent living and crisis response volunteers and 128 independent living and crisis response staff who last year supported over 12,000 people in crisis.

Within our independent living programme, we provide support at home, transport and mobility aids to help people when they face a crisis in their daily lives. These services are integrated to support independent living, help facilitate hospital discharge and prevent unnecessary admissions.

Support at home – We offer short term practical and emotional support at home to help people regain their independence.

Mobility aids – We lend wheelchairs and other independent living aids.

Transport support – We offer support to people affected by crisis by providing transport for medical appointments and essential daily needs.

Hand, arm and shoulder massage – We offer hand, arm and shoulder massage to promote well-being for people who need support at home to relieve stress in emergencies.

Recent publications:

- Exploring the Difference made by Support at Home - 2013
- A Study of Signposting at the British Red Cross - 2015
- Trapped in a Bubble - An Investigation into Triggers for Loneliness and Isolation - 2016

Contact Details:

Strategic:

Chris Hopkins
029 20695759
CHopkins@redcross.org.uk

Care & Repair Cymru

2 Ocean Way
Cardiff
CF24 5TG



Care & Repair Cymru

Services offered:

Care & Repair Cymru (CRC) is a registered charity, and the national body for Care & Repair in Wales. Our vision is ***“A Wales where all older people can live independently in warm, safe and accessible homes”***. Our role is to ensure that Care & Repair across Wales:

- is consistently delivered, efficient, value for money, and high quality
- doesn't stand still, but innovates new approaches and services
- helps inform debate, policy and action on meeting older people's housing needs
- is delivered in an integrated way by collaboration with third sector and the statutory sector
- works to promote the role of housing in better health, and develop closer relationships with Health services.

We represent older people in housing need and Care & Repair Agencies (CRAs). We work to publicise Care & Repair services, and promote and protect the brand and reputation of Care & Repair, ensuring it is recognised and trusted by older people

We provide leadership and support to the 13 CRAs across Wales, who deliver core front line services, handy-person services, Rapid Response Adaptations, the Managing Better scheme, Warm Homes Prescription and many other local projects. CRCs support includes policy and best practice briefings, performance evaluation, training and networks, management and co-ordination of a national database, PR and communications, and supporting CRA Boards to achieve good governance We also generate funding for front line services by raising money for hardship funds, general fundraising and income generation activities.

Through our work, and close relationship with the 13 CRAs, we listen to the needs and desires of older people and articulate this to policy makers at Welsh Government. This advocacy work helps inform thinking on older people Housing Policy, and wider Health and Social Care policy which is intrinsically linked to appropriate, good quality housing.

Key statistics:

The Living in Wales Survey 2008 reported 29% of Welsh housing has Category 1 hazards-likely to cause accidents, and falls, and that older people are more likely to live in these properties. 25% over 80s live in damp homes.

Cold, poorly insulated, energy inefficient homes contributed to 1800 excess winter deaths in Wales in 2015/16, and Wales has 17% more winter deaths than other months. Older people over 65 are disproportionately affected by excess winter mortality. Some of the main underlying causes are circulatory disease, respiratory disease, and dementia and Alzheimers disease. 140,000 pensioner households in Wales are in fuel poverty. 53% of single pensioner households, and 27% of married pensioners in Wales cannot afford to pay their fuel bills.

Falls and accidents. 50% people aged over 80 will fall in their home this year. An older person falls every 6.5 seconds. Falls have a devastating impact on older people's lives in terms of injuries sustained, loss of confidence, fear of falling again, reduced activity and repeat falls. There is an estimated £67 million annual cost to NHS from falls.

Housing Adaptations and Independent Living. In 2013/14 Disabled Facilities Grant (DFG) average waiting time was 239 days. Delays can lead to falls, loss of independence, residential care admissions, admission to hospital, delayed transfers of care, and poor quality of life while waiting. Timely delivery of a DFG can prevent residential care for an average of 4 years, saving around £100,000 per case if you compare the cost of the adaptation with the cost of residential care.

In 2015/16, Care & Repair delivered the following services and outcomes across Wales, all of which promoted health, well-being and independence.

- **28,723** older and/or disabled people helped to live safer, warmer more independent lives
- **£12.6m** value of home improvements completed
- **12,097** older/disabled households helped with works to prevent falls
- **1,728** households helped with works to make their homes warmer
- **713** household helped with works to tackle dampness and mould
- **5,810** helped with home safety and security work
- **1,044** people helped increase their household income by a total **£4,820,425**, at an average of **£4,617** per year per household
- **£506,136** raised as charitable income to help improve housing conditions
- **16,421** older/disabled people helped with Rapid Response Adaptations.

Contact details:

Strategic:

Chris Jones
029 2067 4830

chris.jones@careandrepair.org.uk

Information:

Heather Dungey
029 2067 4835

Heather.dungey@careandrepair.org.uk

Care & Repair services:

0300 111 3333

 @CRCymru

Carers Trust Wales

Floor 3
33/35 Cathedral Road
Cardiff
CF11 9HB



Services offered:

Carers Trust Wales is part of Carers Trust, a major new charity for, with and about carers. We work to improve support, services and recognition for anyone living with the challenges of caring, **unpaid**, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

Together with our Network Partners, we provide access to desperately-needed breaks, information and advice, education, training and employment opportunities – working with over 20,000 carers a year in Wales. Our network partners benefit from the provision of grants, advice documents and reports to improve carers' services. We give carers and young carers avenues to speak to someone and make their voices heard, offline via our carers' services and young carers' schemes and online via our interactive websites.

Our vision is a world where the role and contribution of unpaid carers is recognised and they have access to the quality support and services they need to live their own lives.

Recent Publications:

- Caring Wales: A manifesto to promote, protect and recognise all carers (2015)
- A Carer's Guide to Managing Medicines (2015)
- Time to be Heard Wales: A call for better support for young adult carers (2015)
- Supporting Students with Caring Responsibilities (2015)

Key Statistics:

- There are at least 370,000 people caring, unpaid, for a friend or family member
- Wales has the highest proportion of older carers and the highest proportion of carers under 18 in the UK
- There are 12,000 carers under the age of 18 in Wales
- Young adult carers are four times more likely to drop out of further or higher education

Contact details:

Strategic:

Simon Hatch—Director
029 2009 0087
SHatch@carers.org

Information:

Kieron Rees—Policy and Public Affairs Manager
07824567813
KRees@carers.org

www.carerstrust.wales

Facebook: Carers Trust Wales

 @CarersTrustWal

Carers Wales

Unit 5,
Ynys Bridge Court,
Gwaelod-y-Garth
Cardiff
CF15 9SS



Services offered:

6.5 million people in the UK are caring. Caring can take its toll on your finances, your health, your career and your family and your social life. Carers can fall out of paid work and many rely on low-level benefits, forcing them into poverty. Yet without unpaid carers our NHS would collapse and the country would face an £119 billion care bill it cannot afford. Carers Wales supports carers and provides information and advice about caring. We campaign to make life better for carers. We influence policy makers, employers, and service providers to help them improve carers' lives.

Current areas of work:

- Improve understanding of caring, giving carers a stronger voice and secure improvements in policies affecting carers;
- Develop and extend our advice and support to carers;
- Increase and improve engagement with carers including through partnerships.

Recent publications:

- Carers Rights Guide
- Carers Allowance
- Disability Living Allowance
- Attendance Allowance
- Personal Independence Payment
- Help with Council Tax
- Bedroom Tax

Key statistics:

- 370,000 carers in Wales.
- Over 100,000 care for more than 50 hours per week.
- In Wales, the value of carers' contribution is £7.7 billion p.a.
- Carers provide 97% of all community care in Wales.

Contact details:

Strategic:

Keith Bowen
029 2081 1370
keith.bowen@carerswales.org

Other:

Beth Evans
029 2081 1370
beth.evans@carerswales.org

info@carerswales.org

 [@CarersWales](https://twitter.com/CarersWales)

Contact the Elderly

National Office

2 Grosvenor Gardens,
London

SW1W 0DH

registered charity in England and Wales (1146149) and in Scotland (SC039377) Company number (07869142)



Services offered:

Founded in 1965, Contact the Elderly is the only national charity solely focussed on tackling one of the greatest challenges facing society: loneliness and isolation among our rapidly ageing population. Supported by a volunteer network, the charity organises monthly Sunday afternoon tea parties for small groups of older people in the homes of volunteers across England, Scotland and Wales.

Once a month, each older guest is collected from their home by a volunteer driver and taken to a volunteer host's home, where they join a small group for tea, chat and companionship. The group is warmly welcomed by a different host each month, but the drivers remain the same. This ensures that over the months and years, acquaintances turn into friends and loneliness is replaced by companionship.

As a National Charity we have 718 groups helping 5506 older guests with the help of 9,968 volunteers. In Wales we now have 60 groups supporting over 600 older people with the help of 630 volunteers.

Many older guests have social care needs, due to mobility issues and hearing and visual impairments, and cannot leave their homes without the assistance provided by the charity's volunteer network.

With the number of people aged more than 80 years projected to almost double by 2030 (Richard Cracknell – 2010), the issue of loneliness is only set to grow worse. The Campaign to End Loneliness says it has significant links to a range of chronic conditions, including hypertension, depression, and dementia – increasing the risk of developing Alzheimer's disease by 50%.

With almost 50 years experience Contact the Elderly knows that its regular friendship links provide a real solution to a complex problem: benefiting isolated older people and helping to keep them living independently and out of hospital. Winning the WCVA Third Sector Cymru Health, Social Care and Wellbeing Award 2013 and The Queen's Diamond Jubilee Volunteering Award 2012 is recognition of the organisation's work in tackling this issue over the past 48 years.

Contact details:

Marion Lowther (**South Wales—part time**)

01792 862702

marion.lowther@contact-the-elderly.org.uk

Mary Robinson (**North/Midlands/Wales**)

01535 632592

mary.robinson@contact-the-elderly.org.uk

Sian Llewellyn (**Wales Support Officer—part time**)

01597 822351

sian.llewellyn@contact-the-elderly.org.uk

Freephone 0800 716 543 / info@contact-the-elderly.org.uk

 Contact_teas

Cruse Bereavement Care Wales

Tŷ Energlyn
Cwrt Llanfabon
Caerphilly
CF83 2TT



*Rhywle i droi pan fydd rhywun wedi marw
Somewhere to turn when someone dies*

Services offered:

Cruse Bereavement Care delivers support and counselling to bereaved people across Wales. Cruse delivers its support services through a network of Areas (see below).

Cruse is committed to breaking the stigma around grief and ensuring that everyone, no matter how old or young, can access the highest quality support following a bereavement.

Cruse provides a National telephone helpline, website and awareness raising material. Cruse Bereavement Care Wales has over 400 highly trained Bereavement Volunteers who provide a range of support through face-to-face support, support over the telephone, support by e-mail and support in groups.

Cruse Bereavement Care Wales provides support to Children & Young Peoples' and are currently working with other agencies to increase the capacity of services on offer to Children & Young People in Wales.

Children and Young People can visit the Cruse website www.RD4U.org.uk - a helpful support tool with information available to help Children to understand their journey through their own grief. The website has an interactive message board to enable Children & Young People to share stories and support each other in a similar situation.

Contact/Referral numbers:

Cardiff & Vale	02920 226166
Merthyr Tydfil RCT	01685 876020
Morgannwg	01792 462845
Gwent	01633 251982

Contact/Referral numbers:

North Wales Area	0844 561 7856
Powys	01686 610220
West Wales	
Pembrokeshire	01437 891006
Carmarthenshire	01267 235 130

Key statistics:

- Cruse Bereavement Care is the UK's largest bereavement charity and in 2011/12 we gave information and advice to 39,162 people, we gave one to one support to 38,922 people.
- We helped 5343 Children & Young People (up to 25 years of age) which included 381 children under 5 years old.
- Our 5738 Bereavement Volunteers contributed 516,733 hours in helping bereaved people.

Contact details:

Strategic:

Janette Bourne
029 2088 6913 or Mob: 0753 202 6582
janette.bourne@cruse.org.uk
www.cruse.org.uk
www.RD4U.org.uk

Deafblind Cymru

National Centre for Deafblindness
John & Lucille van Geest Place
Cygnet Road
Hampton
Peterborough
PE7 8FD



Services offered:

Deafblindness is a unique disability that affects a large and growing number of people across the UK. Defined as “a combined sight and hearing loss causing difficulties with communication, access to information and mobility”, deafblindness ranges from people with some residual sight and hearing to those with profound loss who rely on touch to communicate.

Deafblind UK champions the rights and interests of all people who have a combined sight and hearing loss and deliver quality services to give these individuals autonomy and control over their lives. Through our work we support equality, independence and choice.

Deafblind Cymru, a part of DBUK (Deafblind UK), is the only national charity whose main focus is on acquired dual sensory loss. We are the longest established national charity providing practical support for individuals who have difficulty with their sight and hearing. By drawing on the learnings from our long and rich history (since 1928) we've developed a set of services that meet the changing needs of the people we support. All our services focus on unlocking the person behind the disability and on how we can work with deafblind people to achieve their aspirations, no matter how simple or how adventurous. We work with individuals who are 18+, their families and carers.

We are a membership organisation and offer the following services, all of which are **free to access** by calling **0800 132 320**:

1. Our Information and Advice Line provides members with emotional support and practical advice on a wide variety of topics.
2. We make regular outbound calls to members, as well as send out birthday and Christmas cards.
3. Through our home-visit outreach service we provide face-to-face, bespoke support, working with our members to address any issues they might be facing.
4. Volunteer befrienders provide companionship and light touch support at home that enables members to do everyday things such as shopping, going for walks, meeting friends.
5. Our advocacy service supports our members when more complex things go wrong.
6. Support and social groups bring deafblind people together for companionship, to enjoy activities, share advice and tips with each other, and to have fun together (subs may apply).
7. Bespoke digital technology support helps deafblind people who have some residual sight or hearing to use devices through audio commands and magnification, in the way that best suits their level of sensory loss.
8. A quarterly members' magazine (Open Hand) in accessible formats keeps members informed and involved.
9. Members have a voice in shaping our services at our regional and national forums.
10. Access to our holiday caravan gives members a welcome break in a deafblind friendly environment

Contact details:**Strategic:**

Lesley Allen
lesley.allen@deafblind.org.uk

Information:

Helpline: 0800 132 320
info@deafblind.org.uk

 @DeafblindUK

www.deafblind.org.uk

Disability Wales

Bridge House
Caerphilly Business Park
Van Road
Caerphilly
CF83 3GW



Services offered:

We are a national association of disabled people's organisations, striving to achieve rights, equality and independence for all disabled people in Wales, regardless of physical, sensory or neurological impairment, learning difficulty or mental health condition. We recognise that many disabled people have many identities and can face multiple-discrimination. We aim to develop and support the work of organisations led by disabled people; be an effective advocate for the views, priorities and interests of our Members; influence policy and decision makers at all levels; and develop and deliver services that benefit disabled people.

Current areas of work:

- Framework for Action on Independent Living.
- Access to Rail.
- Accessible Housing.
- Blue Badge Scheme.
- Way to Go: Planning for Inclusive Access in Wales.
- Domestic Abuse of Disabled Women.
- Disability Hate Crime.
- Welfare Reform / Cuts Watch Cymru.
- Wales Alliance of Citizen Directed Support.

Recent publications:

- Cap in Hand? The impact of welfare reform on disabled people in Wales (2013).
- Know Your Rights, Use Your Rights, Live Your Rights Pack publication (2013).
- Planning for Inclusive Access in Wales – Good Practice Guidance Toolkit (2013).
- Manifesto for Independent Living (2011).
- Words to Wales: Disabled People Write Their Lives (2010).
- Streets Ahead Campaign Report (2009).

Key statistics:

- Over half of people aged over 55 in some areas of Wales are disabled.
- About 1 in 3 people report having a long-term illness which affects their daily lives.
- The income of disabled people or people with a long-term illness is lower than that of other people.

Contact details:

Strategic

Rhian Davies
029 2088 7325

rhian.davies@disabilitywales.org

Information

 @DisabilityWales

Learning & Work Institute



Floor 3
33/35 Cathedral Road
Cardiff
CF11 9HB

Services offered:

We bring together over 90 years combined heritage and history from the 'National Institute of Adult Continuing Education' (NIACE) and the 'Centre for Economic and Social Inclusion'. We want everyone to have an opportunity to realise their ambitions and potential in learning, work and throughout life.. We promote the interests of adult learners with a particular focus on those who are least skilled, most disadvantaged and whose motivation, economic and social circumstances present barriers to engaging in learning.

Learning and Work Institute aims to improve the quality and quantity opportunities for adult learners in Wales across all sectors through

- Running high profile campaigns such as Adult Learners' Week,
- Delivering high quality research, development and evaluation work;
- Supplying expert consultancy, advice and support services;
- Engaging policy makers and those who implement policy;
- Supporting networking with practitioners, policy-makers and researchers;
- Publishing leading books and journals;

Current areas of work:

Being the UK's National Co-ordinator for the European Agenda for Lifelong Learning
Advising Welsh Government on a new Employability Policy and new Adult Learning policy

Recent publications:

<http://www.learningandwork.wales/>

Key statistics:

- Nearly 1 in 4 people in further education and nearly 1 in 10 in higher education are over the age of 50.
- The proportion participating in adult learning declines with age in Wales as it does in the rest of Britain. 65% of 18-24 year olds and 50% of 25-44 year olds participate, compared to 35% of 45-64 year olds and around 10% of those aged over 65.

Contact details:

Strategic:

Contact:

Wendy Ellaway-Lock

029 2037 0900

wendy.ellawaylock@learningandwork.org.uk

 @LearnWorkCymru

PRIME Cymru

Mile End House
9 Broad Street
Llandovery
Carmarthen
SA20 0AR



The Prince's Initiative for Mature Enterprise in Wales

Services offered:

A member of HRH The Prince of Wales' group of charities. PRIME Cymru provided support throughout Wales to economically inactive people aged 50 and over, helping them to return to economic activity through self-employment, employment, training and volunteering as a stepping stone to more formal economic activity.

Key statistics:

- There are over 240,000 people between 50 and state pension age in Wales who are economically inactive.
- An unemployed person over the age of 50 is 5 times less likely to find job than a person between the age of 16 and 24.
- PRIME Cymru has helped over –
 - 1,600 individuals to start their own business.
 - 2,700 people to secure employment.
 - 1,500 people take-up volunteering.

Contact details:

Strategic:

David Pugh
01550 721813
david@prime-cymru.co.uk

Information:

Hayley Ridge-Evans
01550 721813
hayleyre@prime-cymru.co.uk

 @PRIMECymru

RNIB Cymru

Jones Court
Womanby Street
Cardiff
CF10 1BR



Yn cefnogi pobl
â cholled golwg
Supporting people
with sight loss

If you're blind or partially sighted, or supporting somebody who has lost their sight, we can offer a whole range of services to help you.

Services offered:

Rights and Information

We can check to see that you are getting all the benefits and concessions you're entitled to receive and what support you can get where you live.

Call: 0333 323 0227 Email: RAISE@rnib.org.uk Text Relay: 1800103333230227 SMS: 07860 031200

Digital Technology

We can help you to get online and make the most of digital devices like tablets, smartphones, laptops and e-readers.

Call: 029 2082 8518 Email: onlinetodaycymru@rnib.org.uk

Young People

We can give you advice and support on education and we also organise social activities for blind and partially sighted children and their families.

Call: 029 2082 8500 Email: cymruchildrensteam@rnib.org.uk

Transitions and Employment

We help young people aged 14-25 moving from school, to college or on to jobs.

Call: 029 2082 8500 Email: cymru@rnib.org.uk

Work

We can help you if you are looking for work or, if you've recently lost your sight, we can help you stay in your job.

Call: 029 3082 8500 Email: employmentrnibcymru@rnib.org.uk

Hospital

We have Eye Clinic Liaison Officers (ECLOs) working in many hospitals across Wales and they can give you practical and emotional support and advice after you've been diagnosed with sight loss.

Call: 029 2082 8500 Email: cymru@rnib.org.uk

Transcription

We can create books and other print materials in all kinds of accessible formats – braille, large print, e-text, audio and tactile images.

Call: 029 2082 8500 Email: cardifftranscription@rnib.org.uk

Radio

Insight Radio is especially for blind and partially sighted people and broadcasts 24 hours a day seven days a week on **Freeview Channel 730** and online at insightradio.co.uk

Campaigns

We work with politicians and policy makers to influence legislation, policy and practice at a local and national level to achieve positive change for people with sight loss. Our Campaign Supporters Network offers people an opportunity to become involved.

Call: 029 2082 8500 Email: cymrucampaigns@rnib.org.uk

Where you live

We work with organisations across Wales who have groups and social activities for blind and partially sighted people. They also offer **Finding your Feet** courses that give you practical skills, hints and tips about how to adjust to life with sight loss.

Cardiff Institute for the Blind – Cardiff, Rhondda Cynon Taf, Merthyr Tydfil, Swansea, Neath and Port Talbot

Call: 02920 398900

North Wales Society for the Blind – based in Bangor

Call: 01248 353604 Email: admin.nwsb@btconnect.com

Vision Support – based in Rhyl.

Call: 01745 338914 Email: twamley@visionsupport.org.uk

RNIB Helpline

Our Helpline is your direct line to the support, advice and products you need from RNIB to remain independent.

Call: 0303 123 9999 Email: helpline@rnib.org.uk

RNIB Shop

We sell a range of products to assist everyday living from our online shop and at our resource centre based in Cardiff.

Call: 0303 123 9999 Visit: rnib.org.uk/shop

RNIB Reading Choices

We offer several reading choices, giving you access to books, newspapers and magazines in a variety of different formats.

Key statistics:

- An estimated 100,000 people in Wales have sight loss
- The number of people with sight loss is expected to double over the next 25 years
- 1 in 9 people over the age of 60 is living with sight loss
- 1 in 5 people aged 75 or over in Wales has sight loss, this rises to 2 in 5 for people aged 85 and over

Contact details:

Strategic:

Ceri Jackson
029 2045 0440
ceri.jackson@rnib.org.uk

Information:

029 2082 8500
cymru@rnib.org.uk

 @RNIBCymru

Royal Voluntary Service Cymru

Cardiff Gate
Beck Court
Pontprennau
Cardiff
CF23 8RP



Services offered:

The Royal Voluntary Service (formerly WRVS) aims to make Wales a place where every older person has the choice and opportunity to live the life they want. We offer older people a wide range of services that are delivered through the power of volunteering to make Wales a great place to grow old.

In Wales, we have over 3,000 volunteers in around 150 services right across the country. Our services include good neighbour schemes, community transport, meals on wheels, befriending schemes, hospital-based services and lunch/social clubs.

Our services improve the health and wellbeing of older people within their communities, and in doing so develop community resilience so that older people in Wales are able to help each other and become more inter-dependent as well as independent.

Current areas of work:

We remain committed to working with Assembly Members and the Welsh Government to improve preventative services which help older people to retain their independence and quality of life. We are particularly interested in services which focus on their social needs – such as befriending schemes, community transport and good neighbour services. We want to ensure that the Social Services & Wellbeing Bill mainstreams services which are most strongly valued by older people when it comes to quality of life and social wellbeing.

We are always happy to meet with politicians, civil servants and commissioner to talk about the work we do, and the positive impact it has on older people's lives. In the months ahead, we hope to develop research around the nutritional needs of older people at a time when services such as meals-on-wheels and lunch clubs are often being cut back. We will also be showcasing the latest findings from our Shaping Our Age project which explores the importance of social connectedness to older people.

Finally, the Royal Voluntary Service Cymru is an active member of the Welsh Reablement Alliance which is lobbying the Welsh Government for improvements to reablement services.

Recent publications:

- WRVS (2013) [Going nowhere fast: impact of inaccessible public transport on wellbeing and social connectedness of older people in Wales](#), Cardiff: WRVS.
- Bridges, E. & James, V. (2012) [Getting Back On Your Feet: reablement in Wales](#), Cardiff: WRVS.
- WRVS (2012) [Loneliness amongst older people and impact of family connections](#), Cardiff: WRVS.
- WRVS (2012) [Falls: measuring the impact on older people](#), Cardiff: WRVS.
- WRVS (2011) [Shaping Our Age: voices on wellbeing; a report of research with older people](#), WRVS / Big Lottery / Brunel University / De Montfort University

Key statistics:

Last year, across the UK, we:

- Undertook 90,000 community transport and other journeys to get older people to the shops or to hospital appointments;
- Served 2 million Meals on Wheels;
- Helped over 100,000 older people;
- Delivered over 134,000 books to older people unable to get to their local library.

Contact details:**Strategic:**

Sam Ward - (Director West England and Wales)

07714898602

sam.ward@royalvoluntaryservice.org.uk

Information:

0845 608 0122

 @RoyalVolService

Sense Cymru

TouchBase Wales
Caerphilly Business Park
Van Road
Caerphilly
CF83 3ED



Services Offered:

Sense is a national charity that supports people who are deafblind, have sensory impairments or complex needs, to enjoy more independent lives. Our expertise in supporting individuals with communication needs benefits people of all ages, as well as their families and carers. We provide information and advice, offer a wide range of flexible services and campaign passionately for the rights of the people we serve.

Founded in 1955 by a group of families affected by rubella, Sense developed specialist skills and knowledge in supporting people to communicate, express themselves and grow in independence. This experience now enables Sense to help people with a much wider range of disabilities.

Our specialist services are built around the wishes and needs of the individual, supporting people to be as independent as possible. Our services include a range of housing options, resource centres, educational support, short breaks and arts, sport and wellbeing programmes.

Our expertise in communication means that we can support children and adults with a diverse range of needs and abilities, including:

- People who are deafblind
- People with sensory impairments
- People with complex needs.

We also provide support and guidance to families and carers.

Recent Publications:

- Resource Leaflets and information can be found on the Sense website here: <https://www.sense.org.uk/publications>
- Information and advice for Professionals can be found on the Sense website here: <https://www.sense.org.uk/content/further-sources-information-professionals> or <https://www.sense.org.uk/content/information-and-advice-service>
- Information for Individuals and families can be found on the Sense website here: <https://www.sense.org.uk/content/deafblind-person> or <https://www.sense.org.uk/content/information-and-advice-service>
- Policy Responses can be found on the Sense website here: <https://www.sense.org.uk/content/policy-responses>

Services Provided

One-to-one support in the community

Communicator Guides

Communicator Guides are trained to provide specific support with communication, mobility and access to information for people who develop sight and hearing loss – known as acquired deafblindness. While regularly visiting a person's home, or helping them to get out and about, Communicator Guides act as the eyes and ears of the person with sight and hearing loss, supporting and facilitating communication in different situations.

Services Provided

Their role is to support the person to maintain their independence, participate in their local community and to enhance their quality of life. Our flexible, personalised service allows individuals to purchase communicator guide support privately or through using Direct Payments.

Intervenors

An intervenor provides one-to-one support to a child or adult who has been born with sight and hearing impairments – known as congenital deafblindness.

The intervenor promotes the person's personal and social development, encourages their independence and support their communication. Their role is to enable the individual to experience and join in the world around them as much as possible.

This support may be provided in someone's home, their local community, in an educational or work setting – or a combination of these.

Our intervenors receive specialist training in how to support individuals who have dual-sensory impairments, often combined with other disabilities.

Vision Service to identify people who have a dual sensory impairments, often combined with other disabilities.

Outreach services

We offer outreach support to children, families and deafblind adults in their own homes and in the community. This involves providing advice and assistance to people about their condition, referral to specialist services and signposting to useful contacts and services they can access in the community. Our Optimise project works in partnership with high street optometrists that are part of the Wales Low Vision Service to identify people who have a dual sensory loss. Sense Cymru are then able to provide a core offer of outreach support to these individuals to enable them to maintain their independence and to thrive in their community.

Children's Specialist Services

Children's Specialist Services is a team of specialist teachers, and children and family support workers who work in partnership with families and professionals to help children and young people who are deafblind. This is a unique service, which offers support from early childhood until the young person moves into adulthood.

We provide services for children with both congenital and acquired deafblindness and multi-sensory impairments, including those with additional disabilities. These may include those with a significant single sensory impairment alongside other social and educational challenges.

We also offer training and support to carers and professionals working with these children.

We can provide:

- Help when your child is first diagnosed, including giving you practical ideas about how to develop your child's skills, and advice on suitable play activities.
- Assessments that look at your child as a whole – which focus on what your child can do.
- Opportunities to meet other families, share information and get support
- Support with significant periods of change for your child (transitions) – such as starting school and moving into adulthood

Sense Cymru helps young people, their families and carers to plan for the move from childhood to adulthood.

Being Me! is a Big Lottery Funded project that aims to improve the experience of transition from school into adult life for deafblind/multi-sensory impaired young people living in South East Wales and Cardiff. It provides a wide range of activities for young people as well as specialist support to parents/carers, young people and their families when considering where will the person live; what support will they need; and what interests would they like to pursue.

TouchBase Wales

TouchBase Wales is Sense Cymru's first community support base for adults with a multi-sensory impairment, or a single-sensory impairment with additional needs. We provide a range of person-centred programmes that include sensory, creative, leisure and sports activities to support people to develop their communication and living skills. There are opportunities to meet others, develop friendships and connections, and to have a sense of belonging. We focus on people's abilities, supporting them to have fun and achieve the things they want. TouchBase Wales also serves as a community resource, providing space to offer sessions to meet the needs of older people and families.

Contacts:

Strategic:

Simon Carnell, Head of Operations Wales

Phone: 0300 330 9280

Email: Simon.Carnell@sense.org.uk

Twitter: [@simonsensecymru](https://twitter.com/simonsensecymru)

Information

Email: cymruenquiries@sense.org.uk

Phone: 0300 3309280

Web: www.sense.org.uk; <https://www.sense.org.uk/content/sense-cymru-touchbase-wales>

 [@sensetweets](https://twitter.com/sensetweets); [@SenseCymru](https://twitter.com/SenseCymru);

The Stroke Association

Stroke Association
Unit 8, Cae Gwyrdd
Greenmeadow Springs Business Park
Tongwynlais
Cardiff
CF15 7AB



Services offered:

At the Stroke Association, we want to see a future where fewer people have strokes and those who do are given the treatment and support they need to enjoy life, be active in their communities, and contribute to society.

Through our support services, we help stroke survivors and their families and carers to make the best recovery possible and build a life after stroke. We also campaign to improve services by working with health and care professionals, the Welsh Government, AMs, and MPs to find solutions to issues faced by stroke survivors.

Recent publications:

Please refer to: www.stroke.org.uk/information for frequently updated publications.

Key statistics:

- Stroke is a devastating condition. It strikes in a moment, but its effects can last a lifetime. In Wales, around 7,000 people every year have a stroke, while nearly 65,000 people are living with the long term effects of stroke.
- Stroke kills twice as many women in the UK as breast cancer and more men than prostate and testicular cancer combined.
- Fortunately, more people now survive stroke, but this brings its own significant challenges in terms of rehabilitation and long-term care; stroke is the largest single cause of complex adult disability, and half of all stroke survivors have a disability.
- Despite this, research into stroke treatment and care lags very far behind other major conditions. For every cancer patient in the UK, £241 is spent each year on medical research compared with just £48 a year for every stroke patient.

Contact details:

Strategic:

Ana Palazon
mob: 079 0872 8151.
ana.palazon@stroke.org.uk

Information:

029 2052 4400
info.cymru@stroke.org.uk
 @StrokeWales

Volunteering Matters Wales

12 Drake Walk
Brigantine Place
Cardiff
CF10 4AN



Services offered:

Volunteering Matters Cymru engages more than 3,000 volunteers a year, who support more than 10,000 beneficiaries in many diverse communities across Wales. Our volunteer programmes help to address some of the key challenges facing older people in society today and we have developed lots of activities with this in mind.

Our vision is of a strong and inclusive society in which everyone can play an active and fulfilling role. Our volunteers are a big part of this, committing their time, expertise and knowledge to help their own communities become stronger and healthier places to live.

Projects include:

RSVP Wales

RSVP (Retired & Senior Volunteer Programme) is our volunteer-led programme of activity across Wales. We support a wider network of over 60 volunteer organisers, who are leading on community activities, including knitting, local history, gardening and work with schools.

Welcome Friends

A progressive befriending scheme that uses a person-centred approach to reduce social isolation amongst those over 50. We engage older people as volunteers, provide one-to-one befriending home visits, support people to take up activities or join groups, and set up new volunteer-led social groups where there are unmet needs.

Learn Together Cymru

Learn Together Cymru boasts over 500 Learning Volunteers who give a couple of hours a week of their time to help children and young people one-to-one with their reading, maths, languages or other subjects and activities, in schools and in family and community learning settings across Wales. A key focus is to recruit older volunteers, encouraging and strengthening positive intergenerational relationships.

Newport Support Partnership

We are working with other experienced organisations as part of the Newport Support Partnership to provide volunteer-led help for isolated people and carers living in the Newport area.

Cars for Carers

A Pembrokeshire based social car scheme that provides transport for unpaid carers via volunteer drivers. Carers can redeem one journey per week permitting volunteers are available. These journeys can be for any reason such as; shopping, socialising, or just a trip into town.

Contact details:

Strategic:

Natasha John
Business Development Manager for Wales
Tel: 07769 883695
Natasha.john@volunteeringmatters.org.uk

Information:

Tel: 029 20464004
rsvpwales@volunteeringmatters.org.uk