

Age Alliance Wales

*working together to support older people in Wales.
cydweithio i gefnogi pobl hŷn yng Nghymru.*



Welcome to the 19th Age Alliance Wales e-newsletter - February 2017

Where possible, briefings will be bi-monthly, so if you have an item you would like included in the next newsletter, please send it to Coralie Merchant by the end of April.

Age Alliance Wales (AAW) Activity

AAW welcomes Coralie Merchant at the new Age Alliance Wales Officer

Coralie joined Age Alliance Wales at the start of January and is looking forward meeting all of the members and continuing the excellent work of the alliance. While continuing to co-ordinate the alliance's work she will have a focus on monitoring and recording the implementation of the Social Service and Well-being Act (Wales) for the alliance members. If you have any thoughts or contributions to this work please contact Coralie.

Recent activity:

During 2016 AAW highlighted the importance of having effective national third sector representation on Regional Partnership Boards. This work resulted in successfully ensuring that there is representation on 6 of the 7 Regional Partnership Boards in Wales. Work continues in ensuring this representation remains consistently effective in communicating the priorities of the national third sector.

Following his attendance at the CEO summit in September AAW are continuing to engage and work with Andrew Goodall. The alliance have been sharing examples of local services achieving effective outcomes and continue to meet with Andrew exploring the development of further good relations between the third sector and health board commissioners.

Dates for diary:

March 8th: AAW meeting with Andrew Goodall 2pm-3pm Action on Hearing Loss

March 22nd: AAW Chief Executive's summit 10am-1pm, Age Cymru

Falls Awareness February 2017

Age Cymru in conjunction with partners Care & Repair Cymru, RNIB Cymru, Royal Pharmaceutical Society and Chartered Society of Physiotherapy forms a National Taskforce on Falls Prevention. The Taskforce is launching a campaign 'Steady On...Stay SAFE' on Monday 6th February at Boots, Queen Street, Cardiff as a National Community Pharmacy Public Health Campaign. The campaign will run for four weeks through all 716 community pharmacies in Wales and signpost people to these organisations that offer all important services, to help people reduce their risk of a fall.

The campaign is being formally launched by the Health Minister Rebecca Evans and the Deputy Older People's Commissioner for Wales, Kelly Jones.

Monday 6th February 12pm - Launch of 'Steady On ... Stay SAFE'
Boots, Queen Street, Cardiff

A national community pharmacy public health campaign run in conjunction with the National Taskforce for Falls Prevention.

Falls Awareness Week 6th February 2017

Every year, around one in three over-65s and one in two people aged over 85 will have a fall. Age Cymru, Care & Repair Cymru and Age Connects Wales are joining forces to raise the profile of falls as a major health issue affecting up to 460,000 older people in Wales each year by launching their annual 'Falls Awareness Week' 6th February 2017 in conjunction with the launch of 'Steady On...Stay SAFE'. Falls prevention is important for healthy ageing and enjoying quality of life in later years. Falls Awareness Week along with 'Steady On...Stay SAFE' is an opportunity to share knowledge of risk factors that contribute to falls and simple ways we can all reduce our risk of falling and stay steady on our feet.

Partner Events

Age Cymru, Care & Repair Cymru and Age Connects Wales are co-hosting events across Wales. The events will be a drop-in event for everyone, the public and professionals alike, as we would like to make falls everyone's business and responsibility and share a key message: 'That falling is not an inevitable part of growing older. Falling is preventable.'

North Wales:

Tuesday 7th February 2017 from 10.30am – 2pm

At: Conwy & Denbighshire Care and Repair Unit 10/11 St Asaph Business Park, Ffordd Richard Davies, St Asaph LL17 0LJ

South Wales:

Thursday 9th February 2017 from 10.30am – 2pm

At: The Widdershins Centre, East Avenue, Griffithstown, Pontypool, NP4 5AB

To find out more about how **Care and Repair** you can call **0300 1113333**

Falls Awareness Week 6th February 2017

There are many factors that contribute to risk of a fall, multiple medication use, changes in eyesight and muscle strength and function.

Here are just a few of Age Cymru's 'top tips' for reducing your risk of a fall.

Strength & balance: Keep Active

Being too sedentary and sitting for too long could lead to muscle weakness of lower limbs and contribute to an increased risk of falls. Keep those muscles working; move often, either seated or standing. Age Cymru offers three programmes of physical activity and can offer a 'taster session' of each; [Nordic Walking](#) , [LIFT](#) (Low Impact Functional Training) a programme of gentle seated and standing exercises and now Tai Chi.

Keep Warm

Cold weather and cooler temperatures could be a risk factor for falling. A drop in temperature in your home, may contribute to the potential for more serious health concerns including falls. Regular movement is a great way of regulating heat, but a chilly home environment is also a risk. What temperature to keep your home can impact how you move and how well your muscles work.



Age Cymru has produced a room thermometer card in partnership with Western Power Distribution and Choose Well Wales to raise awareness of a safe and stable temperature for your home, so make sure you **know the magic numbers!**

21°C/70°F is the ideal temperature for your **living room**.

18°C/65°F is the ideal temperature for your **bedroom**.

The rest of the **house** should be heated to at least **18°C/65°F**.

For a free room thermometer contact **Age Cymru Advice** freephone on **08000 223 444**.

Manage your medication

We all respond differently to medication, some of us will experience side effects, such as dizziness, changes to our blood pressure, salt and hydration levels. Feeling faint or unsteady could lead to a fall. Speak to your pharmacist if you experience any symptoms that are unusual to you. The answer could be simple – a change to dosages or a change to medication. Taking more than one medication could mean that these symptoms become worse and could lead to a fall.

Look after your feet

Long toe nails, dry cracked skin, corns, calluses and swellings can have a major impact on how we move and how steady we are on our feet. Keeping your feet in check, and toe nails trimmed gives added comfort and safety to our movement.

Get your eyesight checked

Your vision plays an important role in your sense of balance and movement, as well as identifying slip, trip and fall hazards so it's important to get your eyes checked regularly, at least every two years. Regular sight and eye health checks can identify any changes early on.

Nutrition and hydration

What we eat and drink can affect us in many ways – our blood pressure for one. Poor nutrition and dehydration can lead to low blood pressure which can leave us feeling weak, faint and dizzy. Drink plenty of water based drinks (hot or cold) and try to eat a diet rich in fruit, vegetables and protein. Speak to a pharmacist before taking any dietary supplements or over the counter remedies – particularly if you are already taking prescribed medications.

RNIB Cymru —‘Being There’ means more than being there!



Yn cefnogi pobl â cholled golwg
Supporting people with sight loss

The essential role of Eye Clinic Liaison Officers

On the 18th January RNIB Cymru launched their *‘Being There—Developing understanding of the essential role of the Eye Clinic Liaison Officer in Wales’* report. This report sets out evidence of how important the Eye Clinic Liaison Officer service is to people with sight loss, including the positive difference this support can have in people’s lives.

Eye Clinic Liaison Officers (ECLO) provide emotional support to eye clinic patients; accessible information on their condition and treatment; referrals to community, health and social care support services; information about the certification process and registration process; referrals to specialist services such as welfare rights, employment, education and transitions; support for families, carers and friends; and, awareness training and organising patient support groups.

Ceri Jackson, Director of RNIB Cymru said: “In RNIB Cymru’s view, the true value of the ECLO service really lies in its benefit, on a one to one basis, to people who are given the type of news that none of us would wish to hear. News regarding sight loss that is devastating. But the ECLOs across Wales have the training which enables them to provide some life-saving hope and encouragement, and support for patients who are often struggling to find their way through a frightening and complex sight loss journey.”

Thanks to RNIB Cymru and funding from the Big Lottery Advantage programme, Betsi Cadwaladr University Health Board and Cwm Taf University Health Board, there are now twelve ECLOs covering Wales.

Being There
Developing understanding of the essential role of the Eye Clinic Liaison Officer in Wales
Prepared by Rebecca Colclough and Puja Joshi

RNIB Cymru
Yn cefnogi pobl â cholled golwg
Supporting people with sight loss

ARIENIR GAN Y LOTERI
LOTTERY FUNDED

Dr Andrew Goodall, Director General of Health and Social Services/Chief Executive, NHS Wales said: “Really good patient care requires everyone to work together to provide seamless services across health and social care. By using patients’ stories, this report showcases how ECLOs do that every day in some of the busiest hospital clinics around Wales. ECLOs deliver the principles of prudence, partnership, integration and collaboration. I would encourage everyone to embrace their local ECLO service and consider, each step of the way, whether their input would improve the care you can provide to your patients or clients.”

For more information

National Helpline telephone number: 0303 123 9999
RNIB helpline weblink: helpline@rnib.org.uk
RNIB Cymru website: www.rnib.org.uk/wales

Age Cymru—Age Friendly Transport network for Wales

Age friendly transport networks will combat isolation.

In December experts gathered at the Senedd to discuss how to make Wales' transport system meet the needs of our aging population. Assembly Members; representatives from the transport industry; charities; local authorities and older people all discussed age friendly transport.

The event, organised by Age Cymru, also launched its 'EnvisAGE – Towards an age-friendly Wales' report. "Age Cymru wants to create an age friendly Wales where older people are able to live the most fulfilled lives possible" explained Ian Thomas, Chief Executive of Age Cymru.

He went on to say that "An age friendly transport network - which will link up communities and give older people freedom and independence by providing them with access to the essential services and amenities they need, is a key part of creating an age friendly Wales. An age friendly transport network will also help stop older people from feeling and becoming isolated and cut off from society, but we all need to work together - government, the public and private sectors, charities and wider society, to achieve this."

The event was about bringing together experts from across the country to begin conversations about how they could work together to deliver an age friendly transport infrastructure for Wales.

Dr Charles Musselwhite from the Centre for Innovative Ageing at Swansea University talked about 'Developing an age friendly transport system in Wales.' Emphasising how any development of age friendly communities must have age friendly transport at its heart.

Further information and details about an EnvisAGE and an age friendly Wales can be found [here](#)



Big Lottery Funding for Rural Wisdom Project



Shaping rural communities to support older people.



Volunteering Matters, as part of a consortium, have been awarded £975,370 from The Big Lottery Fund to develop the Rural Wisdom project to run for 5 years. The project is a consortium between [Outside the Box](#), [Volunteering Matters Cymru](#) and [National Development Team for inclusion](#).

The project aims to develop how rural areas can be improved for older people in light of a historic focus on urban areas. With rurality exacerbating problems commonly associated with ageing it is vital to

recognise that wellbeing can only be brought about by working with older people.

With an increasing older population in rural areas as younger generations move away, the project hopes to address not only rural issues for older people but also to encourage and support older people into directly impacting their communities. This movement would help establish a volunteer base – allowing for reduced isolation and increased well-being.

To do this the project has, for the past year, been speaking to older people in rural Scotland and Wales to discover their issues and how they are intensified by rurality. More information about this research can be found <http://otbds.org/older-people-shaping-rural-communities>

Over the next 5 years, the project will be sharing their learning and actions across the UK in the hope that it aid rural communities across the country to be able to work as well as they can for older people.

Natasha John, Business Development Manager for Wales at Volunteering Matters said: “We are thrilled with the award of the Big Lottery Fund grant for our Rural Wisdom project and are excited to build on all the excellent work Volunteering Matters has already achieved for older people in Wales over the last few years by helping them to have a stronger voice, developing sustainable volunteer-led solutions at a local level and putting older people at the heart of decision making. Together with our UK partners, Outside the Box and the National Development Team for Inclusion, we have a real opportunity to share our learning more widely, helping to shape rural communities across the UK.”

More information about Volunteering Matters in Wales can be found [here](#)

Gwanwyn Festival



Gwanwyn is a month-long national festival held across Wales in May each year celebrating creativity in older age.

Gwanwyn, which means spring in Welsh, celebrates older age as a time of opportunity for renewal, growth and creativity. Our aim is to offer opportunities for greater participation by older people in the arts, whether visual arts, drama, storytelling, music, literature, photography, dance or film. Every year the events get bigger, better and more ambitious. If you would like to be part of the festival this year then please get in touch.

Getting involved in Gwanwyn 2017 is easy.

Are you planning an art or creative event with older people during May 2017? Are you looking at ways to increase participation of older people in your current arts programmes?

You can either complete an [event form](#) online or get in touch with the Gwanwyn team. Gwanwyn can support you, whether through [funding](#), advice, and promotion via our national networks, including authorised use of Age Cymru and Gwanwyn branding.

There are a few limitations in Gwanwyn. We've seen everything from ukulele orchestras to Parkour workshops, and stand up comedy to yarn bombing.

So whatever your plans are, and whatever you would like to do for Gwanwyn 2017, please get in touch!

For more information please contact Gwanwyn on 029 2043 1555 or email mail@gwanwyn.org.uk.
www.gwanwyn.org.uk



Get immersed, get inspired, get involved!

SAVE THE DATE! - 6 April 2017 Arts and Older People Conference 2017: 'Grow old along with me! The best is yet to be'

Location: Royal College of Welsh Music and Drama, Castle Grounds, Cathays Park, Cardiff CF10 3ER

Come and learn about the role of the arts in creating age friendly communities and the contribution of creative activity in supporting older people to live well and enjoy later life.

The day will examine the role of the arts in creating age friendly communities and the contribution of creative activity in supporting older people to maintain their independence. It will demonstrate how effective arts activity can help achieve improved well-being; mitigating isolation and loneliness in older people and contributing to the outcomes sought through the Social Services and Well-being Act.

Organised by Age Cymru and Arts Council of Wales with support from the Baring Foundation. Further details will be issued shortly, but for now, please save the date!

Diary Marker

Carers Week 2017 - Raising Awareness of Caring

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges that carers face and recognising the contribution they make to families and communities

Carers Week 2017 will take place from 12th to 17th June sign up for our free newsletter to keep updated with our plans and how you can get involved.

<http://www.carersuk.org/news-and-campaigns/newsletter>



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