



# Age Alliance Wales E-Bulletin

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

**20th Edition: April 2017**

## Age Alliance Wales News

Following the publication of the Welsh Audit Office report 'Local Authority Funding of Third Sector Service' Age Alliance Wales issued a response 'The changing role of the third sector'. Following on from this AAW will be working in partnership with the Welsh Institute of Health and Social Care and WCVA to explore the relationship between the third and public sector.

AAW are continuing to link with national third sector representatives on the Regional Partnership Boards for discussions.

AAW are supporting the Jo Cox Commission on Loneliness [www.jocoxloneliness.org](http://www.jocoxloneliness.org)

## This Edition:

**AAW 'The changing role of the third sector'**

**Cruse Bereavement in partnership with Alzheimer's Society**

**Loneliness and Isolation: Age Cymru Manifesto and Jo Cox Commission on Loneliness**

**Welsh Government: Volunteer approaches to tackling loneliness and isolation**

**Stroke Association: Lower your risk of stroke**

**Age Cymru Arts for Older People: Gwanwyn & cARTref**

## Diary Dates

**Wednesday 24th May 2017** - Andrew Goodall Meeting (AAW members only) 15.00pm - 16.00pm

**Tuesday 6th June 2017** - Age Alliance Wales Annual General Conference, Future Inns, Cardiff bay 9.30am - 16.00pm (Invitation only)

### The changing role of the third sector

Local authorities are “not making the best use of the third sector” according to a report published by the Welsh Audit Office (WAO).

Recent legislative changes and the ongoing impact of austerity have impacted on the internal and external landscape for local authorities and the third sector. With Welsh Government envisaging a growing role for the third sector in delivering services, and with changing expectations, the WAO report acknowledges that the current climate presents the third sector with both opportunity and risk.

As the third sector faces changes to its role, remit, funding and status these risks need to be carefully managed. Age Alliance Wales believes that the changing role of the sector must be seen as more than providing ‘cost effective’ service delivery through improved commissioning, or ‘plugging gaps’ left by public sector cuts. The real change needs to be greater engagement with the third sector in strategic design and delivery of public services at a national and local level.

Within the landscape of shrinking budgets and the increased reliance on third sector provided services, the sector should not compromise its autonomy and independence. The third sector is uniquely placed to provide insight, expertise and direction in strategic discussions, and also bring knowledge and understanding of the individuals supported. It must strike the difficult balance between service delivery and representing voices, and maintain independence from Government. This cannot be done alone. To meet the aspirations of Welsh Government and the needs of individuals, the third sector, local authorities and public bodies must create effective and sustainable partnerships. While Age Alliance Wales agrees with the report’s call for local authorities to develop corporate-wide strategies, to integrate funding approaches across departments and to prioritise preventative services, we would emphasise the need for an increased role for the third sector in supporting, participating and contributing at a strategic level.

Further to the WAO report there is now a critical need and opportunity for all sectors to engage in honest and open dialogue that increases understanding and collaboration. In their recent report ‘Commissioning in Crisis’ Lloyds Bank Foundation identified that to bring about changes needed, increased understanding is vital for effective commissioning and co-production. Age Alliance Wales will be working in partnership with the third sector and with the Welsh Institute for Health and Social Care to facilitate a proposed series of discussions between the third sector, local authorities and public bodies. These debates will help inform understanding and the importance of strategic roles. Proactive discussions will ensure more than a service delivery role or capacity building of the third sector. It will provide opportunities for the best return on investment, better public services and enable positive outcomes for older people.

Mitigating risks and enhancing current opportunities will only be realised by embedding sustainable strategic relationships between the third and public sector.



# Cruse Bereavement in partnership with Alzheimer's Society to support Loss, Bereavement, and Dementia.



**Losing someone you love through bereavement may be one of the hardest things you will ever face.**

Bereavement and loss affects people differently and can be devastating. People with dementia, and those close to them, can experience bereavement at different stages from diagnosis through to a person's death, and beyond. For some people, they may even experience feelings of loss and grief before diagnosis, as symptoms appear. Cognitive difficulties can also create unique challenges for people with dementia when a loved one dies.

It's so important that support is available to help people cope with such a complex and emotional experience. That's why in Wales, Alzheimer's Society Cymru and Cruse Bereavement Care Cymru have united to support the bereavement needs of:

- People with dementia who have lost a loved one or carer
- People bereaved by someone with dementia.

The pioneering three year project, funded by Welsh Government, aims to raise awareness of bereavement and how it impacts mental and physical health, improve access to support for bereaved people affected by dementia, and encourage self-help and peer support.

The new service will be delivered across Wales by 120 specially trained volunteers providing face to face and telephone support for people affected by dementia who are bereaved. In addition to this, we will be offering training in bereavement support and dementia awareness to care homes, hospices, hospitals and other health and social care settings, along with a resource pack.

The first phase of volunteers have now completed their training and have begun to support people. However, we need to recruit more volunteers from across Wales to join the project over the next two years. The role is suitable for people over 18 and is flexible with a minimum commitment of two hours per week.

If you live in Wales, are affected by dementia and bereaved, you can refer yourself to the service or be referred by your GP, Alzheimer's Society Cymru or Cruse Cymru.

For more information about this new service or volunteering opportunities with the project, please contact the project manager Maxine Norrish on [maxine.norrish@cruse.org.uk](mailto:maxine.norrish@cruse.org.uk) or 02920 886913.



Ariennir gan  
**Lywodraeth Cymru**  
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# No one should have no one: Tackling loneliness and isolation



## **Age Cymru launch their manifesto ‘No one should have no one’: tackling loneliness and isolation in Wales**

Loneliness and isolation are a daily reality for many older people; 75,000 older people in Wales have reported ‘always or often’ feeling lonely.

Feeling lonely has many detrimental effects on older people, and there is increasing evidence of the negative impacts on physical and mental health. There is strong evidence that loneliness can increase the pressure on a wider range of local authority and health services. Equally, there are practical actions that can be taken to address the issue.

Poor transport, an inaccessible environment, a lack of local amenities and facilities and digital exclusion can cause isolation and feelings of loneliness. Removing these barriers to create an age friendly Wales will increase opportunities for older people to pursue an interest, join in and have a role in their communities.

Older people in Wales have told us about the ways they would seek to ease loneliness in local communities.

- 70 per cent said lunch clubs and social clubs for older people
- 70 per cent said free or subsidised transport to and from social events.
- 70 per cent said regular visits from a friendly face
- 50 per cent said a regular weekly phone call.

**Age Cymru believes loneliness should be recognised and treated as a public health priority. We propose that local authorities take the following steps.**

- Create safe, accessible built environments with places to meet that are easily accessible by integrated local public and community transport
- Involve older people in identifying and developing solutions to isolation
- Work with housing, transport, health, care, voluntary sector organisations and GP’s to deliver practical and emotional help to tackle loneliness.
- Provide services that prevent or manage loneliness and isolation at life stages which are likely to increase loneliness, such as bereavement, having to stop driving, or moving to a new home or residential care.
- Agree specific local actions to reduce loneliness and monitor and evaluate their im-



## **The Jo Cox Commission on Loneliness: ‘start a conversation’ in your community**

The Jo Cox Commission on Loneliness is a cross-party initiative designed to increase the public’s awareness of loneliness and encourage us all to aske to tackle it. Jo Cox MP was passionate about the issue of loneliness and started the Commission before her murder in June 2016. Age Cymru is working with Age UK and a wide range of charities and Parliamentarians to honour Jo’s legacy through the Commission’s work.

The Commission is asking us to all ‘start a conversation’ about loneliness in our communities and what we can do about it. Loneliness not only makes life miserable but is terrible for our health.

Why not show your support for the Commission and tell your story of how you’ve started a conversation in your community? Use #happytochat on twitter or facebook

# Volunteer-led Approaches to Tackling Loneliness and Isolation (Sometimes known as Compassionate Communities)



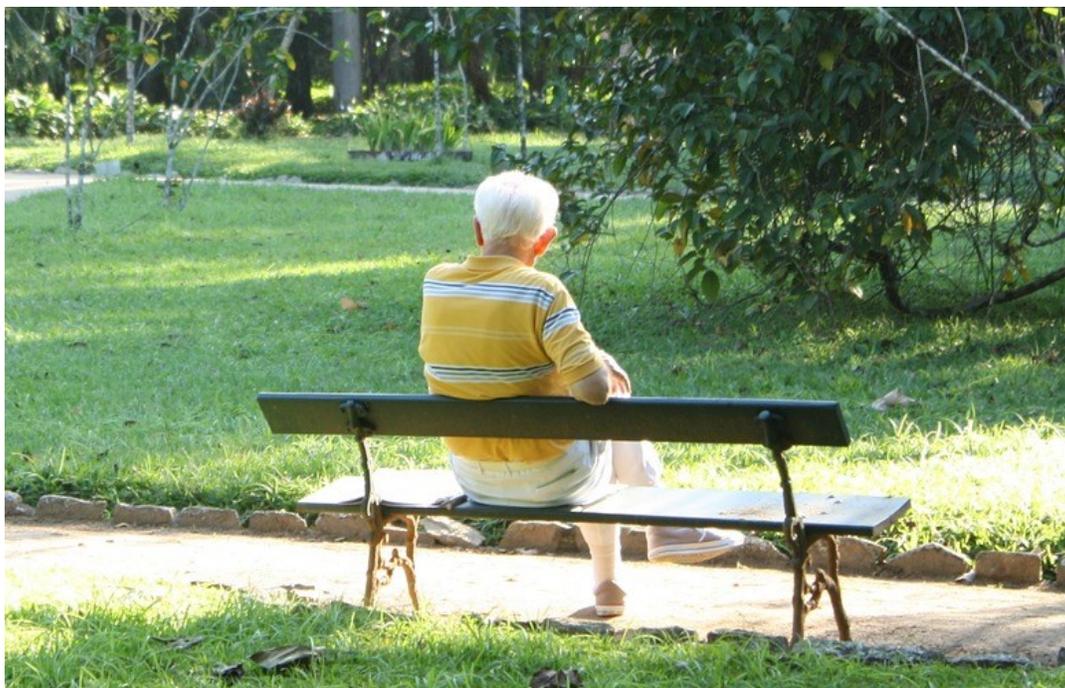
The Welsh Government has recently appointed Wavehill Ltd to undertake a review of the basic principles of sustainable community based volunteering approaches to tackling loneliness and social isolation among older people.

The research will have a particular focus on the process, role and models of best practice of volunteer led community engagement for tackling loneliness and social isolation across Wales and the impact they have had. The research will also review available literature and map current befriending services and the mechanisms/protocols used to access them.

It is intended that this work complements the wider work being undertaken by Public Health Wales to review the evidence of the impacts and benefits of structured mechanisms to link people to wellbeing services. (Social prescribing)

The research findings will be published in September 2017 and used to inform the development of further community led volunteer models for tackling loneliness and social isolation among older people across Wales in 2017/18 and 2018/19.

If you would like more information or are aware of any projects or initiatives that match the description of the research outlined above, then please contact Helen Chapman at [helen.chapman@wales.gsi.gov.uk](mailto:helen.chapman@wales.gsi.gov.uk)



# Do you know how to lower your risk of stroke?

The Stroke Association recently ran a Wales-wide campaign aimed at reducing the number of strokes across the country.

Three specific risk factors put people at an increased risk of having a stroke. The charity's *Lower your risk of stroke* campaign will raise awareness of the number of strokes caused by high blood pressure, Atrial Fibrillation (AF) and Transient Ischaemic Attacks (TIAs), also known as mini-strokes.

Ana Palazón, Director Cymru of the Stroke Association, said "By taking action on three of the biggest stroke risk factors, we could reduce the number of strokes across Wales by up to 50%. We are asking people to do three simple things:

1. Get their blood pressure checked once a year
2. Check their pulse for any irregularity
3. Seek medical attention immediately should they experience any stroke symptoms such as facial weakness, arm weakness or slurred speech."

**High blood pressure** is one of the biggest risk factors for stroke, contributing to 54% of strokes. High blood pressure does not have any symptoms so the only way to know if you have it is to have your blood pressure measured regularly.

**Atrial Fibrillation** (also known as AF) is the most common heart disorder in Wales. People living with AF are five times more likely to have a stroke and strokes caused by AF are more likely to lead to death, or leave the survivor with high levels of disability.

The third biggest risk factor is a **Transient Ischaemic Attack** which happens when the brain's blood supply is interrupted for a short time only. Although the symptoms may not last long, a TIA is still very serious. It's a sign that a person is at risk of going on to have a stroke. That is why a TIA is often called a warning stroke yet too many people are unaware of the link between TIA and stroke and they are not getting the services and support they need. Often, people dismiss the symptoms of a TIA as a "funny turn"; however doing so could endanger life as more than 25% of people who have a stroke have had a previous stroke or TIA. All stroke symptoms should be treated seriously, no matter how quickly they pass. People should look out for facial weakness or drooping, loss of mobility down one side or problems with speech. The Act FAST message is vitally important; Face, Arm, Speech and Time to call 999. The sooner people get medical help, the better their outcomes and the lesser their disability. Don't ignore funny turns, call 999 immediately.

## Top 5 things we want you to do:

1. Get your blood pressure and pulse checked.
  2. Learn the FAST test.
  3. Share the FAST test with your friends, family and co-workers.
  4. Show your support for the campaign by using the hashtags #StrokeRisk and #Lleihaustrôc on your social media channels.
- Facebook and Twitter.

For more information about the campaign contact the Stroke Association on 02920 524400 or email [in-fo.cymru@stroke.org.uk](mailto:info.cymru@stroke.org.uk).



The infographic features the word 'FAST' in large, colorful letters. Below it, four icons represent the components: a face for 'Facial weakness', an arm for 'Arm weakness', a speech bubble for 'Speech problems', and a clock for 'Time to call 999'. To the right, a purple box titled 'Lower your risk of stroke' contains three key messages: 'Know your blood pressure', 'Check your pulse', and 'Don't ignore symptoms which pass'. At the bottom, it provides contact information for the FAST test and the Welsh Government logo.

**FAST**

Facial weakness | Arm weakness | Speech problems | Time to call 999

Learn it. Share it. You could save a life.

**Lower your risk of stroke**

- Know your blood pressure**  
Get your blood pressure checked and take steps to control it. High blood pressure is a contributing factor in over half of all strokes.
- Check your pulse**  
Atrial Fibrillation (AF) is a type of irregular heartbeat that can increase your risk of stroke by up to five times.
- Don't ignore symptoms which pass**  
Treat any stroke symptoms as a medical emergency, over 25% of people who have a stroke have had a previous stroke or TIA.

For more information on the FAST test visit [stroke.org.uk/FAST](http://stroke.org.uk/FAST)  
For more information visit [stroke.org.uk](http://stroke.org.uk) or call our helpline on 0303 3033 100.

Amenr gan Lywodraeth Cymru funded by Welsh Government

cymdeithas  
**Strôc | Stroke**  
association

If stroke has affected you or a family member please ring the Stroke Association's helpline on 0303 3033 100.

# Arts for Older People



## Funding secured for another two years of cARTrefu: Age Cymru's arts in care home project (the largest scale project of its kind...probably!)



cARTrefu, Age Cymru's artist in residents programme, which improves access to quality arts experiences for older people in residential care, has secured funding from Arts Council of Wales and the Baring Foundation to continue delivery into 2019. Between 2015 and 2017, the 20 cARTrefu artists have delivered over 1,000 workshops to over 125 care homes across Wales.

Findings from the preliminary evaluation results demonstrate that cARTrefu is having a huge impact on life in care homes; residents are feeling better and staff are more confident and more inclined to take part in the arts outside of work. Attitudes are changing too; there are now higher levels of hope for people living with dementia after taking part in a cARTrefu residency than before.

Age Cymru is now on the search for a new team of artists and over the next two years will be exploring more opportunities to showcase the wonderful work created to the wider community.

<http://www.ageuk.org.uk/cymru/health--wellbeing/cartrefu/>

## Gwanwyn clubs; 'and now for something completely different'!

Building on the success of Age Cymru's national festival celebrating creativity in older age, Gwanwyn will introduce Gwanwyn clubs to explore how taking part in arts and creative activity can reduce feelings of loneliness and social isolation amongst older people.

Gwanwyn clubs will be full day arts clubs for the over 50s that offers a programme of weekly events to create opportunities for people to meet new friends and try out a whole range of new creative activities and experiences.

Gwanwyn has been inspired by other clubs across the UK. *Meet Me at the Albany* in London has been described as 'the kind of stereotype-smashing thing that sticks two knitting needles up at anyone who dares assume a day centre for older people is about flower arranging and endless cups of tea.'

Gwanwyn would like to offer this refreshing attitude to people in Wales and will be piloting weekly sessions over a period of six months from May 2017 in both Aberystwyth and Caernarfon, working with our local Age Cymru partners (Gwynedd a Mon and Ceredigion) and the local arts community to offer something refreshingly different!

For more information please contact Emma Robinson, Arts and Creativity Programme Manager on [emma.robinson@agecymru.org.uk](mailto:emma.robinson@agecymru.org.uk) or call

02920 431540

[www.gwanwyn.org.uk](http://www.gwanwyn.org.uk)





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