



Age Alliance Wales E-Bulletin

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

22nd Edition: August 2017

Age Alliance Wales News

Following the launch of the Age Alliance Wales React to the Act survey in May the survey for both older people, their families and carers and professionals has now been closed. A full report based on the findings will be produced and shared in the autumn.

The second roundtable with the Welsh Institute of Health and Social Care and WCVA was held with Andrew Goodall and Albert Heaney in July. This was a productive and dynamic meeting which has further progressed this discussion. Welsh Institute of Health and Social Care will produce a final summary of this work later in the year.

AAW continue to have dialogue with Andrew Goodall and will be producing a brief based on the recent feedback shared by AAW members.

Following the AAW Annual Conference the AAW steering group have met with Keith Moultrie for discussions around our ongoing work. Meetings have also been arranged for further discussions with Chris Stevens from Welsh Government and Nick Selwyn from the Wales Audit Office.

Diary Dates

Wednesday 27th September 2017 - CEO Summit, Age Cymru Office 10.00am - 1.00pm

This Edition:

**Age Cymru:
Screening for Life**

**RNIB: Look after your
eyes**

**Care & Repair: The
Big Cwtch**

**Volunteering Matters:
The Rural Wisdom
Project**

**Arthritis Care: Get
Active for Arthritis**

**Stroke Association:
Golf Development
Wales**

Screening for Life



During July Public Health Wales launched its fifth annual 'Screening for Life' campaign to raise awareness of the free national screening programmes offered by the NHS here in Wales.

The month-long campaign aimed at encouraging eligible men, women and children across Wales to take up free NHS screening.

In support of this campaign Age Cymru's would like to remind the public of the four adult screening programmes which target specific groups.

Sgrinio am oes
Screening for life

Dewch i wybod sut y gallwch **chi gael eich sgrinio am ddim gan y GIG**

Find out how **you can get free NHS screening**

ewch i visit:

www.screeningforlife.wales.nhs.uk

			
Bron Brawf Cymru Breast Test Wales	Sgrinio Serfigol Cymru Cervical Screening Wales	Sgrinio Coluddion Cymru Bowel Screening Wales	Sgrinio Ymlediadau Aortig Abdomenol Cymru Abdominal Aortic Aneurysm Screening Wales

 **GIG Cymru NHS Wales** | **Inddyd Cylweddus Cymru Public Health Wales**



Key messages for the campaign this year:



Breast Test Wales are encouraging women being invited for screening for the first time to take up their screening invitations.

Bowel Screening Wales are asking men, who tend to engage with the programme less than women, to consider returning their test kit.



Wales Abdominal Aortic Aneurysm Screening Programme are targeting men eligible for screening who are still working and encouraging men eligible for screening who are still working and to take time out to attend their appointment.

Diabetic Eye Screening Wales encouraging people eligible for screening who are at work to make sure they attend.

Cervical Screening Wales are calling on younger women who have been for a smear test to talk to their older relatives or friends about the importance of attending. A new screening 'z card' resource is now available. The pocket sized resource contains signposting information on all of the national screening programmes.

The resource is ideal as a quick reference guide for professionals, and for handing out to people wanting to find out more about the services available.

It can be confusing to know which programmes you are eligible for, and how to go about them.

We know that some people ignore their screening invitation. But we'd like to remind everyone that Screening REALLY CAN SAVE YOUR LIFE and we would urge everyone invited to have a good look at the information that is sent to them from Public Health Wales' Screening Division to seriously consider attending for screening.

For more information about each of the adult screening programmes visit:
<http://www.ageuk.org.uk/cymru/health--wellbeing/screening-for-life/>

“Look after your eyes”



yn cefnogi pobl ddall ac
â golwg rhannol
supporting blind and
partially sighted people

This is the eighth year of **National Eye Health Week (NEHW) which will take place from 18 – 24**

September 2017. Once again, eye care charities, organisations and health professionals from Wales and across the UK are joining together to promote the importance of eye health and the need for regular sight tests for all.

These are some top tips for looking after your eyes:

When did you last get your eyes checked?

- Research shows that more than 1 in 10 of us have never had our eyes tested. Sight is the sense that people fear losing most yet many of us don't know the best way to look after our eyes.
- One of the most important things you can do is make an appointment with your local optician (optometrist) and have a sight test.
- Many people think a sight test is just about checking whether your vision needs correcting with glasses or contact lenses. But it is much more than that and there are other important reasons to have a sight test.
- A sight test is a vital check on the health of the eyes and can detect a range of common eye conditions which with early detection and treatment can avoid potential sight loss.

Did you know:

- Nearly half of sight loss can be avoided with early detection and treatment.
- Most people should have their eyes examined by an optometrist every two years – although it could be more often depending on your age and family or medical history – an optometrist will be able to provide advice on this.
- A regular sight test can help detect eye conditions before you notice the effect on your vision, and can identify health conditions such as diabetes, high blood pressure, raised cholesterol and increased risk of stroke.
- You might be entitled to a free eye test - NHS eye tests are free for children up to 16 years and up to 19 years if they are in full-time education, people aged 60+ years, for those on income-related benefits and if you have a family history of eye disease

Other ways to “look after your eyes”:

- Eating a healthy diet rich in fruit and vegetables
- Not smoking
- Protecting your eyes by wearing sunglasses in strong sunlight. Your sunglasses should have the CE mark on to ensure that are providing you with the right level of ultraviolet protection.
- If you wear contact lenses, make sure you look after them properly and follow the guidelines given to you by your optician.
- If you use a visual display unit (VDU) at work, such as a computer or a monitor, you may be able to get free regular eye examinations through your employer. Also, make sure you take regular breaks to keep your eyes feeling fresh and bright.

Every day in Wales nearly 3 people lose their sight but nearly half of sight loss is avoidable with early detection and treatment.

People with sight loss are 90% more likely to have a fall and are more likely to live in poverty, suffer from depression, be unemployed and have problems with everyday life such as going out, cooking and reading.

The most important thing people can do to look after their eyes is to go for regular sight tests.

Safe warm homes for older people

Most people dream of a long happy retirement, but sadly every year in Wales around 2,000 older people die prematurely due to the impact of fuel poverty. A further 224,000 suffer a fall in the home of which 7,000 result in a serious injury. Inadequate and unsuitable housing is a problem that can be solved.

This is why Care & Repair Cymru is applying to take part in this year's Big Give Christmas Challenge, the UK's biggest online match funding campaign. We're hoping to raise vital funds for our project THE BIG CWTCH – Safe Warm Homes for Older People.

Sheleagh Llewellyn, Fundraising Officer at Care & Repair Cymru said: "As part of our application to the Big Give we need to find supporters to make promises of funding, called 'Pledges'. These will be used as match funds to double online donations made to The Big Cwtch during the campaign.

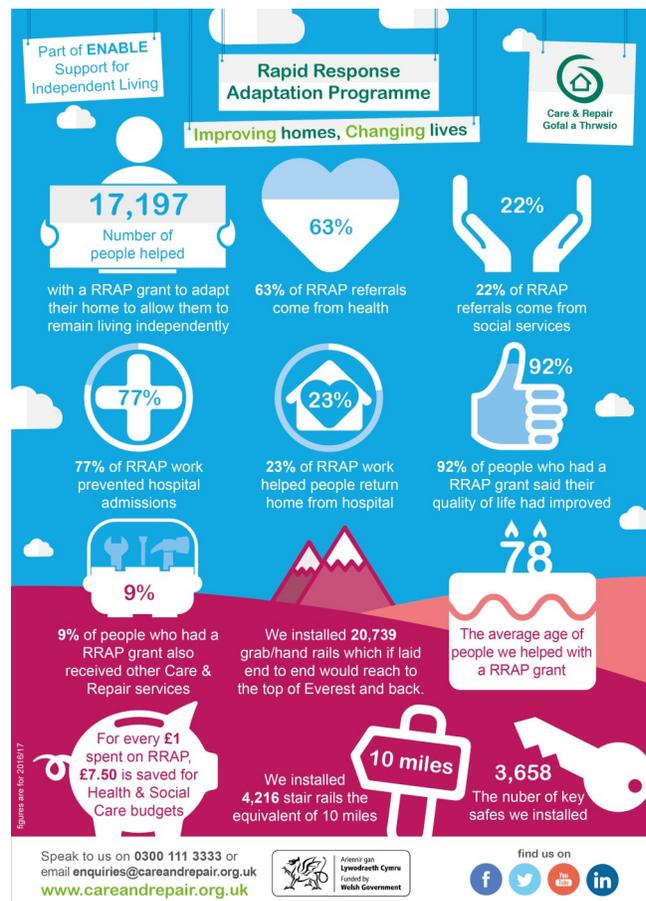
"To take part in the Big Give Christmas Challenge we need to raise a total of £12,500 in pledges by 1st September. Which is why we are calling on Welsh businesses to help us by making a pledge? And together we can make a difference to the lives of older people across Wales this coming winter.

To make a pledge please complete this online form by the deadline of 5pm, Friday 1st September.

With a little bit of Care and Repair accidents at home, hospitalisation and premature death from the cold can be avoided.

To find out more about The Big Give Christmas Challenge visit

www.thebiggive.org.uk



The Rural Wisdom Project and Volunteering Matters

VOLUNTEERING MATTERS FOR OUR
COMMUNITY

(Rachel Evans, Senior Project Worker, Volunteering Matters)

Masterminded by Outside the Box in Scotland and funded by the Big Lottery Fund, Volunteering Matters is delighted to be the delivery partner for the Rural Wisdom project in Wales. Using an age-friendly approach, the project encourages older people to make small, easy changes in their community to improve life for all.



A number of communities in both Scotland and Wales are benefiting from the valuable resource of project workers dedicated to those areas, and in Wales we are starting off in Milford Haven in Pembrokeshire and Leeswood and Pontblyddyn in Flintshire. In addition, our colleagues at the National Development Team for Inclusion are helping us to evaluate our work and are guiding each community towards its vision for change.

Rural Wisdom is all about communities identifying the small, achievable changes or improvements that could make a great difference to local lives. Each participating community has its own project worker to help realise its vision, giving people the confidence to run with their ideas, knowing that the back-up is there.

For example, in Milford Haven Jackie had been thinking about how much a luncheon club is needed and how she could start one without carrying the considerable organisation and running of it by herself. However, knowing that she now has support behind her, Jackie is busy getting everything arranged and will be calling on the extra manpower when she needs it. Colin dearly wanted to see a local Milford amenity used more, and had thought about a weekly social group where neighbours could come and enjoy themselves. Homing in on Colin's vision, Rural Wisdom has been able to provide the legwork to promote a weekly group to local people. We are looking forward to our first get-together on the 9th August.

We welcome a new colleague, Shereen Devine, who has just started her work as Volunteering Matters' Rural Wisdom Co-ordinator in Leeswood and Pontblyddyn. Shereen will be working with an incredibly motivated community, whose activists are already surveying those living in the villages about what is important to them.

We look forward to bringing you up to date later on in the year with news of how things are developing.

Please find out more by visiting the partner's websites:

<http://ruralwisdom.org/>

<https://volunteeringmatters.org.uk/search/rural+wisdom/>

<http://otbds.org/>

<https://www.ndti.org.uk/>

“Get Active for Arthritis” Programme



GOFAL ARTHRITIS
ARTHRTIS CARE

Supporting people with arthritis to live well

Funded by the Big Lottery for 3 years, Get Active for Arthritis aims to help people in North and Mid-Wales to take control of their arthritis, and lead healthier, active and more fulfilling lives by. Addressing gaps in current service delivery, Get Active is both unique to Arthritis Care and the wider MSK community in Wales and helps overcome barriers to getting more active and staying active.



Delivered via a mentoring-based approach, Volunteer Activity Champions help give people the skills and techniques they need to be more physically active, be in charge of their own care as much as possible, and provide the information they need to explore new activities. This may include accompanying people to local exercise activities they are interested in or finding exercise classes and activities that are supportive of people with arthritis.

Alongside this we provide Self-Management workshops, designed to help people become experts in their own condition, and overcome

barriers to living with pain and other symptoms they may have.

The programme offers a range of services including:

One to One Mentoring – offering 1-2-1 sessions with an experienced activity mentor, who will help find local activities and support to help individuals in getting moving.

‘Getting Active’ – a mini-course delivered in a group setting giving individuals the opportunity to try out a number of different activities, to see what suits them and to give them the tools to self-manage their arthritis.

‘Staying Active’ – once a participant has found an activity on our ‘Getting Active’ course, we then offer support in helping them find a regular session in their local area.

‘Activity Support Groups’ – These social groups provide opportunities to meet other like-minded people, provide emotional support, reduce isolation and try out fun activities.

For more information on Getting Active and what’s available you can contact us via getactive@arthritiscare.org.uk. If you are interested in becoming a referral partner please contact Laura Talbot, Get Active for Arthritis Project Manager at LauraT@arthritiscare.org.uk.



ARIENNIR GAN Y LOTERI
LOTTERY FUNDED



Stroke Association and Golf Development Wales

cymdeithas

Strôc

Stroke
association



The Stroke Association in Wales are working in partnership with Golf Development Wales to give stroke survivors and their carers the confidence to get out and get active.

Almost 65,000 people are living with the long term effects of stroke in Wales. The Get Into Golf initiative aims to help improve the survivors'

physical fitness and coordination as well as combatting feelings of social isolation.

So far, taster sessions and lessons have been run by Golf Development Wales' New2Golf programme in Rhyl and Newport. Further opportunities will be offered in golf clubs across Wales.

Denise Bulloch experienced a severe stroke nine years ago which left her with substantial muscle weakness down one side of her body. Despite having never played the game before the taster session at Rhyl Golf Club in July, Denise has been inspired to continue perfecting her swing.

"As quite a few of us are disabled, there are a lot of things you can't get involved in because the facilities aren't there," said Denise.

"But this was magic. It's a great idea because it can really help with people's physicality."

Joe Vickery, the Golf Development Wales professional golfer who has been leading the sessions at the Parc Golf Club in Newport has very much enjoyed everyone's enthusiasm.

"One gentleman is going out twice a week without me now," said Joe.

"I've had to adapt a lot of my coaching as some can only play with just one arm, for example. So I've made tasks a little simpler to start with to build up confidence.

"I say come along - try it out."

The sessions are free and all equipment is provided.

For more information about Get Into Golf, call the Stroke Association in Wales on 02920 524400 or email info.cymru@stroke.org.uk



Care & Repair Cymru Annual Conference



Improving Homes, Changing Lives it's what we do

Wednesday 20th September, The Mercure Hotel, Newport Road, Cardiff.

Join us at our annual conference where we will be discussing the vast range of topics in housing, facing our challenges together with inspirational speakers & thought provoking workshops, for further information and booking forms visit

<http://www.careandrepair.org.uk/en/events/conference/>

Key speakers include:

- Prof. Keith Moultrie, Director the Institute of Public Care, Oxford Brookes University
- Tracey Cooper, CEO of Public Health Wales
- Sarah Rochira, the Older People's Commissioner
- Richard Tynen, Director of the Funding Centre
- Ian Govier, Academi Wales
- Dilys Price, the oldest female skydiver in the world!

Social Care Wales Survey



Social Care Wales will be running expert classes on co-production later this year, focussing specifically on developing social enterprises, user led services and co-operatives that provide care and support to people. The classes are aimed at local authorities, health boards, third sector and those in the community looking to set up a group or service in their community. We'd like your views on what should be included in these classes.

We would be grateful if you could take a few minutes to complete our short survey. **Could you also please pass this on to anyone you think may be interested.**

<https://www.surveymonkey.co.uk/r/SCWcopro>

Byddwn yn cynnal dosbarthiadau arbenigol cyd-gynhyrchu yn ddiweddarach eleni, gan gan-olbwyntio'n benodol ar ddatblygu mentrau cymdeithasol, gwasanaethau dan arweiniad defnyddwyr a chwmnïau cydweithredol sy'n darparu gofal a chymorth i bobl. Mae'r dosbarthiadau yn cael eu hanelu at awdurdodau lleol, byrddau iechyd, y trydydd sector a'r rheiny yn y gymuned sydd am sefydlu grŵp neu wasanaeth yn eu cymuned. Hoffem eich barn ar yr hyn y dylid ei gynnwys yn y dosbarthiadau hyn. **Plis, allwch hefyd anfon hwn at unrhywun gyda diddordeb.**

Byddem yn ddiolchgar pe gallech gymryd ychydig funudau i gwblhau ein harolwg byr.

<https://www.surveymonkey.co.uk/r/SCWcopro>



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