



 West Glamorgan  
**age Cymru**

**Beyond 50 Newsletter**  
January 2025

To our readers,

Welcome to the latest edition of Age Cymru West Glamorgan's Beyond 50 Newsletter.

A new year is upon us, and as we step into January, February, and March, it's a wonderful time to embrace new opportunities and stay engaged in your community. From exciting events to fun classes and activities, there's so much to enjoy and explore in the months ahead.

Throughout this newsletter, we'll bring you the latest news, information and resources, for anyone with an interest in ageing well. You may be a carer or relative of an older person, or perhaps even a doctor, nurse, community care worker, support or community group facilitator, this newsletter has something for you too.

We'll be sharing details of local events and activities happening across Swansea, Neath Port Talbot, and Bridgend this winter. We hope this guide helps you stay connected and discover new opportunities to connect with others.

This issue is all about starting the year with a fresh outlook. Head to page 1 for tips on staying mobile during the winter, page 5 for a look into how Virtual Reality is supporting carers, or page 8 for support with setting up a Lasting Power of Attorney. This is just a taste of what's included in this month's issue!

Thank you to everyone who sent us feedback on our last issue and suggestions for topics. We'd love to hear what you'd like to see in future issues! Send your feedback to [communications@agecymruwestglamorgan.org.uk](mailto:communications@agecymruwestglamorgan.org.uk).

Many thanks and happy reading!

From the Age Cymru West Glamorgan Team

**Don't miss out!**

[Sign up here to receive the next issue of our Beyond 50 Bulletin](#)

# Contents

Stay Mobile This Winter.....	1
Move with Day's Mobility.....	3
Virtual Reality for Older Carers.....	5
What's On in Your Local Area.....	7
Plan for Peace of Mind.....	8
Looking for a New Hobby in 2025?.....	10
Our 2024 Roundup.....	11
Thank you for Supporting Us.....	12
Help Us Support Even More People .....	13
Help for Over 50s to Secure Work.....	14
Ageing Well in Neath Port Talbot.....	16

## PAID ADVERTISEMENTS

\*Please note, this issue contains paid advertising from local businesses or services. This does not mean that we recommend this particular service or product, but their kind contribution enables us to further support our readers and everyone who needs us.



# Stay Mobile This Winter

**Winter can be challenging for staying active, but maintaining mobility is essential for health, independence, and wellbeing—especially as we age.**

Here are some practical tips to help you stay mobile and safe during the colder months:

## 1. Stay Active Indoors

Winter weather doesn't have to mean staying still! Find gentle exercises to do at home, like stretching, yoga, or chair-based workouts. Activities such as walking laps around your home or using a stepper can also keep your joints moving and improve circulation. Winter is also the perfect time to join indoor classes or activities, like gentle dance or tai chi sessions. Many local centres host age-friendly exercise groups, keeping you active and social, whilst staying warm.

Take a look at our [What's On Guide](#) for upcoming events and groups in your area.

## 2. Invest in Proper Footwear

Slippery pavements can make walking outside risky. Invest in sturdy, non-slip shoes or boots to reduce the chance of falls when temperatures drop and you're venturing outside.

## 3. Winter-proof Your Home

Ensure your home is winter-proofed for mobility. Install handrails, non-slip mats, or grab bars in key areas. Keep walkways clear of clutter and well-lit to avoid tripping hazards.

As part of the Warm Homes programme, anyone over 65 can also receive a free home energy check to address any signs of energy inefficiency with free installation and energy-saving equipment such as light bulbs, draught excluders, radiator foil panels, and more.

Get in touch with our team today by calling us on **01792 648866** or email [enquiries@agecymruwestglamorgan.org.uk](mailto:enquiries@agecymruwestglamorgan.org.uk) to find out more.

#### 4. Dress Warmly

Cold muscles are stiffer and more prone to injury. Layer up when heading outside and wear gloves to keep your hands warm and ready to grip walking aids.

#### 5. Take Care of Your Health

Stay hydrated, eat a nutritious diet, and make time for regular check-ups. Winter wellness supports overall mobility and energy.

By staying proactive, you can keep moving, feel confident, and embrace winter with ease.

#### 6. Make Use of Mobility Aids

If mobility is more challenging during winter, consider using aids like a walker, cane, or mobility scooter. They can provide much-needed support and help you get around safely, especially on uneven or icy surfaces.

**SIGN UP!**

Click [here](#) to receive the next edition of our Beyond 50 Newsletter



# Move with Day's Mobility

**Maintaining your independence is essential at any age, and that's why we've teamed up with Day's Mobility who offer an exciting range of mobility products designed with older adults in mind.**

This partnership is about more than just products – it's about empowering people to live confidently and independently in their homes and communities.

## **What's on Offer?**

Day's Mobility has decades of experience helping individuals find solutions that suit their lifestyle. Whether you need a lightweight wheelchair for outings, a mobility scooter to visit your favourite places, or a sturdy walker to use at home, there's something for everyone. Not sure what's right for you? Their team of experts is ready to offer personalised advice and support.

If you're in the market for mobility aids like scooters, wheelchairs, or walking frames, now is a great time to explore your options. Day's Mobility offers high-quality, easy-to-use products at competitive prices, and with every purchase, up to £150 is donated directly to Age Cymru West Glamorgan. That means your investment in better mobility also supports vital services for older adults and carers in our local community.

PAID ADVERTISEMENT

## TIME TO MAKE LIFE EASIER



**The thing we hear the most in  
Day's Mobility is...**

**'I wish I'd done it sooner'**

**DAY'S MOBILITY**

The Specialist Company for Mobility Aids

## Why This Matters

As we age, mobility can become a challenge, but it doesn't have to mean giving up the activities you love. Products like those from Day's Mobility are tailored to help older adults maintain their freedom, dignity, and independence. By choosing items from this collaboration, you're not just investing in your own wellbeing - you're also helping Age Cymru West Glamorgan continue its vital work in supporting the over-50s across Swansea, Neath Port Talbot, and Bridgend.

*"This partnership is about much more than products - it's about ensuring older people have the confidence and tools to live life to the fullest."*  
- Connor James, Chief Officer, Age Cymru West Glamorgan

Ready to explore your options? Visit [Age Cymru West Glamorgan's mobility page](#) or head to [Day's Mobility](#) for more details.

## Mobility Awareness Training

To further support our partnership with Day's Mobility, our Age Cymru West Glamorgan team visited the fully stocked showroom to learn more about the products on offer, their uses, and how to best support our clients in their mobility.



Let's make 2025 the year of staying active, connected, and independent! Whether it's a new scooter or a simple walking aid, take the first step towards better mobility today.

# Virtual Reality for Older Carers

Caring for a loved one can be a rewarding experience, but it often comes with emotional, mental, and physical challenges.

For older carers, these pressures can be even greater. Enter virtual reality (VR) – an innovative tool offering a wealth of benefits to support older carers in ways that traditional methods may not be able to.



Here's how it can help:

## Stress Relief and Relaxation

Caring for someone often leaves little time for self-care. Virtual Reality offers a unique opportunity for carers to escape their day-to-day responsibilities. Through immersive experiences, carers can take a “virtual holiday,” exploring calming beaches, lush forests, or bustling cityscapes - all from the comfort of their own home. This can help reduce stress and provide a mental break, boosting overall wellbeing.

## Emotional Support and Connection

Feelings of isolation are common among carers, but VR can help bridge that gap. Many VR platforms allow users to connect with others through virtual environments. For older carers, this might mean attending support groups like our digital drop-in sessions within the community, or simply chatting with people in similar situations. These experiences foster a sense of connection and can help reduce loneliness.

## Promoting Physical Activity

Some VR experiences are designed to get users moving. Programmes that include gentle exercises or interactive games can help carers stay active, even when venturing further afield isn't an option. This is particularly beneficial for older carers, helping them maintain strength and mobility.



## Cognitive Stimulation

For older carers who may experience cognitive fatigue, VR can provide engaging and stimulating activities. From puzzles and memory games to interactive storytelling, these experiences promote mental sharpness and creativity.

## Looking Ahead

As technology advances, VR is becoming more accessible and user-friendly, making it an exciting tool for older carers. Whether it's offering a moment of peace, a way to connect with others, or practical training, VR has the potential to transform caregiving by supporting carers in their journey. With the right tools, carers can not only care for others but also care for themselves, leading to a healthier and more balanced life.

Find out more about VR and our Digital Services on our website [here](#).



# What's On in Your Local Area

There are lots of exciting events, classes, and dates to mark in your calendar this winter. We've put together some of our favourites to help you get out and socialise, including local book clubs, knitting and crocheting, yoga classes, group walks and much more.

Find our full [What's On Guide](#) for Swansea, Neath Port Talbot, Bridgend and surrounding areas, on our website.

PAID ADVERTISEMENT

## TY CONWAY ADULT DAY CENTRE



1, Brenig Rd  
Penlan,  
Swansea  
SA5 7BW

Our qualified staff and volunteers provide a **warm and inviting environment for the person you are caring for** whilst you have some time to yourself. Staff are on hand to **take care** of a wide range of individual needs.

**Lunch and refreshments are provided** along with a variety of activities. All staff and volunteers are **fully trained** and subject to an enhanced DBS check.

**£56  
per day**

**FEES:** We offer a number of places per day, on a direct fee paying basis. We undertake our own assessment of the person with care needs; there is no financial assessment or social worker assessment required.



**To find out more contact:  
01792 578158**



# Plan for Peace of Mind

As we grow older, planning for the future becomes more important than ever. A Lasting Power of Attorney (LPA) is a powerful tool that can provide peace of mind by ensuring that trusted individuals can manage your affairs if you're unable to.

Whether it's due to illness, injury, or diminished capacity, an LPA allows you to appoint people you trust to make decisions about your finances, health, and welfare.

## Why an LPA Matters

Many people believe their next of kin can automatically make decisions for them, but this isn't the case without an LPA. Without one, legal hurdles could prevent loved ones from managing your bank accounts, paying bills, or deciding on your care arrangements. An LPA allows you to retain control over who acts on your behalf, ensuring your wishes are respected.

There are two types of LPAs:

- 1. Health and Welfare:** Covers decisions about medical care, living arrangements, and day-to-day wellbeing.
- 2. Property and Financial Affairs:** Deals with managing money, property, and financial decisions.

You can choose to create one or both types, depending on your needs.

## How Age Cymru West Glamorgan Can Help

Navigating the process of setting up an LPA can feel overwhelming, but we offer a professional, affordable service to guide you through it. Our advisors explain each step, ensuring the forms are completed accurately and tailored to your circumstances.

As part of the service, we'll help you:

- Understand the role of attorneys and how to choose the right people.
- Complete the legal forms required.
- Ensure your LPAs are registered with the Office of the Public Guardian, so they're ready if needed.

This comprehensive support ensures you feel confident about your decisions and that the process is hassle-free.

The earlier you act, the more control you have over your future. Setting up an LPA now prevents stress for you and your loved ones later. It's a step that protects your independence while providing reassurance to your family.

If you're over 50 and want to secure your future, get in touch with our friendly team today to arrange a free consultation by calling **01792 648866** or emailing [enquiries@agecymruwestglamorgan.org.uk](mailto:enquiries@agecymruwestglamorgan.org.uk), or find out more on our website [here](#).



## Feature in our Newsletter

Are you a charity, organisation or a service provider and would like to be included in our next issue? We'd love to hear from you!

Get in touch today at [communications@agecymruwestglamorgan.org.uk](mailto:communications@agecymruwestglamorgan.org.uk)

# Looking for a New Hobby in 2025?

As we step into the new year, why not make a resolution to give back to your community? Volunteering with Age Cymru West Glamorgan is a rewarding way to make a difference in the lives of older people within your community.

Whether it's providing companionship, helping with administrative tasks, or supporting vital community services, your time and skills can have a profound impact. Volunteering is also a great way to meet new people, learn new skills, and create a sense of purpose.

Whether you can spare a few hours a week or are looking for something more regular, there's a role for you.

Start the year with an act of kindness - become a volunteer and bring warmth and connection to those who need it most. For more information, visit our website [here](#) and discover how you can get involved.

## Become a Trustee

Our Board of Trustees brings together a wealth of experience across a huge range of sectors, skills, and backgrounds, with a unique insight on how to best support thousands of local people to age well, with the resources we have. We're looking for individuals, particularly with lived experience, to join our board which takes overall responsibility for the strategic direction for the organisation to achieve its mission of promoting wellbeing, helping people to age well.

Interested? Email [enquiries@agecymruwestglamorgan.org.uk](mailto:enquiries@agecymruwestglamorgan.org.uk) to register your interest, or find out more and apply via our website [here](#).

**SIGN UP!**

Click [here](#) to  
receive the next  
edition of our Beyond  
50 Newsletter

# Our 2024 Roundup



We supported 2115 people last year  
with 8219 contacts



## Information and Advice

We assisted 1,685 people by effectively  
addressing 3,291 enquiries.



## Information and Advice

£545,280 in benefits were secured for  
our clients in Swansea, Neath,  
Port Talbot, and Bridgend.



## Dementia Pathfinder Project

The Dementia Pathfinder project has positively  
impacted 189 people by providing personalised  
support plans that enhance independence,  
improve care, and promote well-being.



## Warm Homes Project

As part of the Warm Homes programme,  
we've supported 90 clients by providing free  
home energy checks and installing  
energy-efficient equipment, such as light  
bulbs and reflective radiator panels, to help  
reduce heating costs and make their homes  
more comfortable.



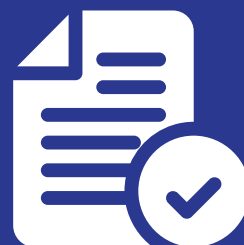
## Dementia Support Service

We delivered over 900 hours of free in-  
home support to 52 individuals, promoting  
their well-being in a familiar environment  
while offering crucial respite for carers.



## Footcare

In collaboration with  
Swansea Podiatry, we  
assisted 180 clients in  
accessing a  
HCPC- registered  
footcare service.



## Lasting Power of Attorney

Our service empowered  
114 individuals to appoint  
trusted decision-makers  
ensuring their wishes  
were respected and  
providing peace of mind  
for themselves and their  
loved ones.

# Thank You for Supporting Us

**SIGN UP!**

Click [here](#) to receive the next edition of our Beyond 50 Newsletter

This year we've had a fantastic reception from local businesses and organisations who have reached out to support us in so many ways. Here's just a few who have allowed us to help everyone to age well across Swansea, Neath Port Talbot and Bridgend in 2024.

**Mrs. Buckét Commercial Cleaning** provided gift bags with essentials and treats, to help spread festive cheer to those who use our services and may not have received any other gifts at Christmas.

A local **Knit and Natter** group recently donated an impressive 300 handmade blankets which were packaged up by our team and distributed to clients within our communities as part of our Warm Homes project.



Earlier in this issue, you'll have read about our new Mobility Services partnership with local, family-run business, **Day's Mobility**. This partnership will help to improve mobility services for older people, with the added bonus of donations going directly back into supporting Age Cymru West Glamorgan, at no cost to the customer. Day's Mobility are also our Beyond 50 Newsletter sponsor, and to them we say a huge thank you!

# Help Us Support Even More People

Age Cymru West Glamorgan is a local, independent charity dedicated to promoting wellbeing and helping people age well and enjoy life.

We support some of the most vulnerable individuals in our community, often those who have no one else in the world.

We listen to everyone who needs us. We support people at crisis. We empower them to live life on their own terms. We help people to enjoy life.

You can support us and help us help more people within our communities by donating to our charity, or by joining our team of volunteers.

## Here are several ways you can donate:

### Online Donations

Donating online is quick and secure. Visit our website or our JustGiving page to make a direct donation, it's never been easier to show your support.

### Telephone Donations

If you prefer to donate over the phone, you can call 01792 648866. A representative will assist you in making your donation securely.

### Standing Orders

Setting up a standing order is an excellent way to provide ongoing support. Information on how to establish a standing order can be found on our website.

### Cheque Donations

If you would like to write us a cheque, please make it payable to Age Cymru West Glamorgan.

### Our address is;

Age Cymru West Glamorgan  
250 Carmarthen Road, Swansea,  
SA1 1HG

**SIGN UP!**

Click [here](#) to  
receive the next  
edition of our Beyond  
50 Newsletter



# Help for Over 50s to Secure Work

Guest feature by Prime Cymru

At PRIME Cymru, we are inspired every day by our talented and resilient clients.



We work with people aged 50 plus who need help to secure work. Our team of Development Officers and Volunteer Mentors offer one-to-one support with things such as CV writing, interview preparation, business planning and confidence building.

Workers aged 50 plus generally find it more difficult than other age groups to find new employment, often due to age-related discrimination. However, there are many benefits to having an age diverse workforce, such as skill diversity, increased productivity and opportunities for mentorship.

We strongly believe that age is just a number, and it is never too late to achieve a goal. One example is client Huw Blacker from Swansea. Huw had always loved painting and studied Fine Art but ended up working in youth work.

It seemed like art was always going to be just a hobby, until a redundancy presented Huw with the opportunity to finally pursue painting professionally.

PRIME Cymru's Tracy Eynon was able to support Huw with his business plan and funding applications, and he is now successfully running his fine art and mural business – Huw Blacker Art.



Huw said: “Tracy has helped me to access really crucial funding, which has given my business a really positive start and is a big step forward for me. I wouldn’t have known about the funding otherwise, so a huge thank you to her.

*“I’m really pleased with my decision – I’m doing something that I love.”*

For many of our clients, they have not been through the recruitment process for many years and need a confidence boost.

Client Richard Allen needed some extra support to secure a job. Development Officer Michelle Rydell assisted Richard with his CV, job application and interview preparation.

*He said: “This made a huge difference to me. Michelle made me feel at ease and was always very realistic.*

*“PRIME Cymru really listen and as an individual you feel invested in.”*

**For anyone needing a helping hand to secure work, contact PRIME Cymru on 01550 721813 or email [enquiries@primecymru.co.uk](mailto:enquiries@primecymru.co.uk).**



# Ageing Well in Neath Port Talbot

Guest feature by Neath Port Talbot CVS

**Are you aged 50 or over and a resident of Neath Port Talbot?**

Are you aged 50 or over and a resident of Neath Port Talbot? Do you want to play a part in celebrating and improving the lives of our Aged 50+ community?

Neath Port Talbot Ageing Well Network are looking for community members to join the network and have a say in what matters to them.

We meet on a monthly basis and your input will direct us to play a part in enhancing the lives of our 50+ communities across Neath Port Talbot.

Together we are striving to achieve the World Health Organisation's Ageing Well Cities and Communities Membership accreditation.

If you are interested in joining us, please email or phone our older persons engagement officer, Daniel Garnell.

# Heneiddio'n Dda yng Nghastell-nedd Port Talbot

**Ydych chi'n 50 oed neu'n hŷn ac yn byw yng Nghastell-nedd Port Talbot?**

Hoffech chi chwarae rhan mewn dathlu a gwella bywydau ein cymuned 50 oed ac yn hŷn?

Mae Rhwydwaith Heneiddio'n Dda Castell-nedd Port Talbot yn chwilio am aelodau o'r gymuned i ymuno â'r rhwydwaith a mynegi eu barn am yr hyn sy'n bwysig iddyn nhw.

Rydym yn cwrdd bob mis a bydd eich mewnbwn yn ein helpu i chwarae rhan mewn gwella bywydau ein cymunedau 50 oed ac yn hŷn ar draws Castell-nedd Port Talbot.

Gyda'n gilydd rydym yn ymdrechu i gyflawni achrediad Dinasoedd a Chymunedau Croesawgar i Bobl Hŷn Sefydliad Iechyd y Byd.

Os oes gennych ddiddordeb mewn ymuno â ni, e-bostiwch neu ffoniwch ein Swyddog Ymgysylltu Pobl Hŷn, Daniel Garnell.



[d.garnell@npt.gov.uk](mailto:d.garnell@npt.gov.uk)



07966 916 340



**Swansea Carers Centre  
Canolfan Gofalwyr Abertawe**

# Hwb

## **ARE YOU AN UNPAID CARER?**

**The Carers Hwb is a service offered by different agencies across Swansea who support Carers.**

### **What happens when you as a Carer contact the Hwb for the first time?**

- You can phone our office on any weekday and an appointment will be arranged for you with a member of our team.
- We will use this time to explore any challenges that you are facing and provide you with easy access to information and advice.
- We will create a support plan that is tailored to your needs.
- We will follow up with you to review the progress of your support plan.
- You will receive ongoing support and will be able to continue to access all of our services.

Bethesda Chapel, Prince of Wales Road, Swansea, SA1 2EX

Contact Georgia for more information  
[georgia@swansecarerscentre.org.uk](mailto:georgia@swansecarerscentre.org.uk)  
or call **01792 653344**



**Cyngor Abertawe  
Swansea Council**

**This issue is  
sponsored by**



The Specialist Company for Mobility Aids



Healthcare Products For You

