



**Beyond 50 Newsletter**  
**October 2024**

To our readers,

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

A new season is already upon us, and as we head into autumn and winter, it's important to prepare for the months ahead, and keep yourself busy. From exciting events to fun classes and activities, and lots to explore on your doorstep, there's so much to get excited about this October, November and December.

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 is for you too.

We'll be sharing listings and information on local events from across Swansea, Neath Port Talbot and Bridgend over the coming months. We hope you find this go-to guide helpful in making new connections and maintaining those you've already established.

This issue is all about making the most of getting older. Head to pages 1-3 to read about the discounts on offer to help you explore by railway, or head to page 6 for suggestions on how to winter-proof your home, and keep reading for guest features on dance therapy to keep you moving, and what your Local Area Coordinators can do for you.

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](#)**

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## 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.



# Explore by Rail - At a Discount

**Are you looking for a great day out that won't break the bank? Eve Sherratt, Community Rail Officer for South West Wales Community Rail Partnership, rounds up some great ways to explore the region by rail.**

South West Wales has numerous wonderful days out to offer. Whether you fancy a promenade stroll or a meander through a historic town discovering boutiques and cafes, our rail network can get you there.

Going by rail is a stress-free option that allows you to unwind and enjoy the views on the way - and it can save you money, thanks to a range of discounts covering not only your journey, but also access to certain attractions.

## Rail passes

Transport for Wales (TFW) offers a variety of Rover and Ranger tickets to save you money when you explore the region by train:

### Explore South Wales Pass

This Rover ticket is valid for four days of travel within an eight-day period. It enables you to explore South Wales by train, and you can also use it on selected bus services.

### Explore Wales Pass

This Rover ticket is valid for four days of travel within an eight-day period. You can use it to go anywhere in Wales by train (and into the Borders), and it's valid with selected bus operators.

### Explore West Wales Pass

This Ranger ticket is valid for one day, providing unlimited travel in West Wales between Carmarthen, Pembroke Dock, Milford Haven and Fishguard.

The following railcards will enable you to buy the above Rover and Ranger tickets at a discount:

- Senior Railcard
- Disabled Persons Railcard
- HM Forces Railcard
- Veterans Railcard

To find out more, visit your local railway station, use the Tfw app, or search "[Tfw Rovers and Rangers](#)" online.

## Discounted access to attractions

When you're out and about, you can use your rail ticket to get [2 for 1 or discounted access](#) to certain attractions, including Plantasia Tropical Zoo and Penderyn Swansea Copperworks Distillery in Swansea, and Cadw attractions that charge an entry fee, such as the stunning Kidwelly Castle. For more information, search "[TfW Big Days Out](#)" online.

## The Heart of Wales Line

The beautiful Heart of Wales Line begins in Swansea and travels to Llanelli before heading out of the region into Mid Wales. From October 1 to March 31, if you have a Concessionary Travel Pass from a Welsh Local Authority, many journeys on this line are free. Search "[TfW rail concessionary travel](#)" online for more information. Throughout the year, you can also get discounted travel on this line with a Heart of Wales [Railcard](#). Search "[TfW railcards](#)" online for details.

## Reaching places in Pembrokeshire with no rail station

Some beautiful destinations in Pembrokeshire, such as St Davids and Solva, sadly don't have a railway station, but are still accessible using TfW's [Fflecsi](#) service, which enables you to book a flexible bus journey much as you would a taxi service. Search "[TfW Fflecsi](#)" online to find out more.

## Accessibility and assistance

If you're concerned about accessibility, you can check out the facilities at each railway station online. Search "[TfW Station Accessibility](#)" to find the web page. If you need extra help to travel, you can book assistance via TfW's [Passenger Assist](#) service. Search "[TfW Passenger Assist](#)" online for more information.



## Need inspiration?

At South West Wales Connected Community Rail Partnership, we want to help people get the most out of travel on our rail network, so if you're looking for ideas on where to visit, check out our South West Wales Without a Car travel guide, which is available at railway stations or visit our website [www.southwestwales.co](http://www.southwestwales.co) to view online.

The guidebook also provides information on bus services, enabling you to continue your journey by bus once you arrive at a railway station. For example, you could hop on a bus from Swansea Station to Mumbles to enjoy the promenade, shops, restaurants, castle, pier, and big wheel.

## Free days out for community groups

If you're a member of a community group, our Joy of the Journey scheme could offer your group a free day out! Designed to build confidence about rail travel and showcase what our rail network has to offer, these trips have helped many people fall in love with train travel. Contact me at [eve@southwestwales.co](mailto:eve@southwestwales.co) if you'd like to know more.

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  
**01792 589 999**

# Access Financial Support and Benefits

As we age, navigating the complexities of financial support can become increasingly challenging, and following the recent news that Winter Fuel Payments will be cut for around **10 million** pensioners this winter, you may be wondering how you can tighten the purse strings.

For older people, particularly over 65, understanding what benefits are available and how to access them is helpful for maintaining financial stability and enhancing quality of life. Many lose out on unclaimed benefits because they're not aware that they're entitled to any. So if you're not currently claiming any benefits, or haven't had your benefits checked in the last two years, get in touch with us at Age Cymru West Glamorgan for a comprehensive Full Benefits Check service from a trusted and accredited source.

The Full Benefits Check is a free and confidential service that provides tailored advice to help you identify the benefits you may be entitled to. Our expert team are dedicated to ensuring that you receive the maximum benefits possible, helping you to make the most of your income and resources.



## How does it work?

Our team will take the time to understand your unique circumstances, including your health, living situation, and financial needs. This allows us to provide you with specific recommendations that are relevant to your situation. Whether you are looking for help with housing costs, healthcare expenses, or daily living support, we can guide you through the options available.

## What support is available?

The benefits landscape can be complex, with various forms of support available, including Pension Credit, Housing Benefit, and Attendance Allowance, among others. Our team are well-versed in the eligibility criteria and application processes for these benefits, ensuring that you receive accurate information and assistance. We can help you to complete application forms, gather necessary documentation, and even appeal decisions if needed. Our goal is to empower you to navigate the system with confidence, so if you're not sure whether you're entitled to anything, get in touch and we can check for you.

If you're not already receiving Pension Credit, but are eligible, this could mean that you could be one of the **700,000** set to miss out on the crucial Winter Fuel Payment who are eligible for it. Don't miss out, get in touch today by calling 01792 648866.

## How else can Age Cymru West Glamorgan support you?

In addition to financial benefits, the Full Benefits Check can also connect you with other valuable resources and services in the community. Age Cymru West Glamorgan is committed to promoting well-being and independence for older adults. By accessing our benefits check, you may also discover additional support services, such as social activities, health and wellness programs, and volunteer opportunities that can enrich your life and foster connections with others.

To take advantage of the Full Benefits Check, contact us via phone on **01792 648 866** or email us on [enquiries@agecymruwestglamorgan.org.uk](mailto:enquiries@agecymruwestglamorgan.org.uk) to find out more and schedule an appointment with one of our friendly advisors.





# Winter-Proof Your Home

Winter can be a challenging time for older adults, especially when it comes to keeping your home warm and energy efficient.

Winter-proofing your home is essential to stay safe, healthy, and comfortable, and make your finances stretch even further.

Here are some practical tips to help you protect your home during the colder months:

- 1. Draught-proofing:** One of the simplest ways to prevent heat loss is by sealing any gaps in doors, windows, or chimneys. Use draught excluders, door sweeps, or thermal seals to keep cold air out.
- 2 Insulation:** Ensure that your loft and walls are well-insulated. Proper insulation helps retain heat, reducing the energy needed to warm your home. If insulation is old or insufficient, consider having it upgraded. There are schemes available to cover or contribute to the cost of insulation upgrades. Our [Warm Homes](#) project will support you to explore this as an option.
- 3 Boiler maintenance:** Schedule an annual boiler service to ensure it runs efficiently throughout winter. An energy-efficient boiler not only keeps your home warm but also helps reduce heating costs.



**4. Pipes protection:** To avoid burst pipes during freezing temperatures, insulate pipes in unheated areas like lofts, garages, and basements. In case of severe cold weather, keeping the heating on low overnight or when you're out and about can prevent pipes from freezing.

**5. Thermal curtains and rugs:** Use thick, thermal curtains to block out draughts from windows and add rugs to floors to reduce heat loss through the floor.

**6. Smart heating controls:** Installing a smart thermostat can help older adults manage heating more efficiently, ensuring homes are kept at a comfortable temperature without wasting energy.

For more detailed advice and support, including financial help for improving energy efficiency, Age Cymru West Glamorgan's [Warm Homes](#) service provides valuable guidance, as well as free home energy checks and can install energy savings devices for free. Our friendly team can provide information on how to access grants, make energy improvements, and stay warm during the winter. For residents across Swansea, Neath Port Talbot and Bridgend, help is available to ensure no one struggles in the cold.

Stay warm and safe this winter!

Get in touch today by calling [01792 648 866](tel:01792648866) or email us on [enquiries@agecymruwestglamorgan.org.uk](mailto:enquiries@agecymruwestglamorgan.org.uk) to find out more.

A close-up photograph of a person's hand adjusting a white radiator control knob. The hand is positioned on top of the radiator, and the knob is being turned. The radiator is white and has a textured surface. The background is a plain, light-colored wall.

**SIGN UP!**

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

# Digital Support for Over 50s

Interested in getting online, and learning how to navigate the internet? Join our **FREE Digital Champions sessions** for help to:

- Master your devices (phone, tablet, laptop, Alexa)
- Enjoy hobbies, films, music and games
- Connect with friends and family
- Access online health services
- ... and more

We offer group sessions or one-to-one sessions in your own home. To find out more, get in touch with our friendly team by calling **01792 648866** or email [enquiries@agecymruwestglamorgan.org.uk](mailto:enquiries@agecymruwestglamorgan.org.uk).

## What's On in Your Local Area

There are lots of exciting events, classes, and dates to mark in your calendar this autumn and 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.



# Local Dementia Support

If you are living with dementia or caring for someone with dementia, there are lots of groups and organisations that can provide you with advice and information.

These services include:

- Information and Advice
- Help at Home
- Housing Adaptation and Repairs
- Support and Guidance for Unpaid Carers and At Home Respite for Carers

Find out more [here](#) and get in touch today by calling 01792 277 778

There is also support available through the Dementia Support Service across Swansea and Neath Port Talbot, a partnership between five key organisations.



**Gwasanaeth Cefnogi  
Dementia  
Support Service**  
Swansea | Neath Port Talbot  
Abertawe | Castell-nedd Port Talbot

## In partnership with:



## Funded by:



Partneriaeth  
Ranbarthol  
Gorllewin  
Morgannwg | West  
Glamorgan  
Regional  
Partnership



# Slow Cooker Bolognese Recipe

Slow cookers are considered to be one of the most energy efficient kitchen appliances. Using a fraction of the energy of traditional ovens and hobs, cooking in a slow cooker means that you can leave the slow cooker on all day, save money, and put less effort into an equally delicious meal.

This slow cooker bolognese recipe from [BBC Good Food](#) serves 12 so you can freeze multiple servings to see you through the cold nights.



## Ingredients:

- 4 tbsp olive oil
- 6 smoked bacon rashers, chopped
- 1½kg lean minced beef (or use half beef, half pork mince)
- 4 onions, finely chopped
- 3 carrots, finely chopped
- 4 celery sticks, finely chopped
- 8 garlic cloves, crushed
- 500g mushrooms, sliced
- 4 x 400g cans chopped tomatoes
- 6 tbsp tomato purée
- 2 tbsp dried mixed herbs
- 2 bay leaves
- large glass red wine (optional)
- 4 tbsp red wine vinegar
- 1 tbsp sugar
- cooked spaghetti, to serve
- parmesan, to serve

## Method:

1. Heat the oil in a large pan and fry the bacon and mince in batches until browned. Add to the slow cooker.
2. Add the onions, carrots, celery, garlic, mushrooms, tomatoes, tomato purée, herbs, wine (if using), vinegar, sugar and seasoning to the slow cooker. Cover and cook on Low for 6-8 hours, then uncover, turn to High and cook for another hour until thick and saucy.
3. Serve with cooked spaghetti and grated or shaved parmesan.

# Can 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

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# Moving and Grooving

Guest Feature By Vicky Hole, Wholeness Dance Therapy

**The Mumbles Movers, Clydach Cockles, Gorseinon Groovers and Cwmafan Chicks & Chaps are all falls prevention dance groups, primarily targeted at over 60s.**

We incorporate all the key components of fitness for this age group through dance and movement. What makes us unique is that we enhance this experience with the use of colourful props, sing alongs and we incorporate Tai Chi and meditation. Most importantly, we have a great laugh!



Although the classes focus on aerobic fitness, balance, strength and agility for older people, we do not turn anyone away. There are several participants using wheelchairs and also participants with special needs who attend with their carers or parents. Body-mind awareness is key to the sessions, and we make it inclusive to all.

Around a third of people aged 65 and over, and around half of people aged 80 and over, fall at least once a year. Stronger muscles and joints mean less falls, resulting in less hospitalisations every year for people over 60.

The groups are funded by the National Lottery, Swansea Bay Foundation, Mumbles Community Council and Mynydd Gwair Wind Farm. We are incredibly thankful for this support in order to ensure older people can stay fit, prevent falls and combat loneliness.



We undertake simple fitness tests at the start of the year and then at three monthly periods to assess improvements of each participant. The tests measure an individual's agility, balance and leg strength. Falls are also monitored for each participant during the year in relation to the previous year.

Most importantly, after dancing, we sit together and have a cup of tea or coffee, biscuits and a great chat!

**We can be found on Facebook and Instagram at WholenessDT or can be contacted on 07795295409 for more information.**

- Clydach Cockles – Mondays - Forge Fach - 10.30am
- Mumbles Movers – Mondays - Ostreme Centre - 3pm
- Gorseinon Groovers (Movement 4 Health) –Tuesdays - The New Lodge - 10.30am
- Cwmafan Chicks & Chaps- Cwmafan Community Centre- Wednesdays – 1.30pm





# Local Area Coordinators

Guest Feature by Rónán Ruddy, Swansea Council

**“All people live in welcoming communities that provide friendship, mutual support, equity and opportunities for everyone”.**

That is the Local Area Coordination vision of our society and the belief that underpins the work of Swansea’s team of Local Area Coordinators who are based in communities across Swansea.

Each Local Area Coordinator is an accessible point of contact in their community who can provide community information, as well as long term support. They can be found in their community; in places like cafes, community centres, food banks, warm hubs, or libraries, anywhere that people meet. They can also be contacted by phone, email or on Facebook.



When introduced to someone, a Local Area Coordinator will have a strengths-based conversation, asking the person what they are good at and what they are interested in; what skills they have and what they would like to achieve. This forms the basis of that person’s ‘good life’ and sets some goals that can be worked on together. The person may want to get out of the house more, meet some new friends, build a new hobby or exercise more. They may want to gain confidence around socialising, or shopping, or they may want to look for work, or to volunteer. There is no one size fits all, and that is why a Local Area Coordinator can work with people on almost everything and anything.

Sometimes people need specialist support, whether they have issues around housing or benefits, or they need to access a social work or carer’s assessment, or they may be dealing with a bereavement or a mental health problem. Whatever comes up for someone, when that specialist support is required, the Local Area Coordinator will help someone access it from the right team or organisation.

Local Area Coordinators are also involved in helping communities build up their local resources.

Maybe someone wants to start a walking group or needs a venue for a coffee morning. Maybe someone has a great idea for a local project, or they want to form a peer support group around a particular issue. These are all things that a Local Area Coordinator can help with.

The team are recent recipients of the Safer Communities Award for Equalities, Inclusion and Cohesion. The award underlines the pivotal role the Local Area Coordination team plays in facilitating the growth of safe and cohesive neighbourhoods and the work they do alongside individuals in those communities, who, as a result, grow in confidence and resilience and who therefore rely less on formal services.

One of the thousands of people that have been alongside a Local Area Coordinator over 9 years of operation had this to say:

“Life’s getting better with Jon’s help and support, I’m involved with a men’s group, English and Maths course and just completed a mental health first aid course. I live with complex illnesses and it’s not easy to support me and Jon hasn’t given up on me.”

If you would like to find out more about Local Area Coordination, or get in touch with your Local Area Coordinator to find out more about your community, or what informal or service support is available to you, you can find their details online at <https://www.swansea.gov.uk/localareacoordination>



# Can Age Cymru West Glamorgan Help You?

We have a range of services available through Age Cymru West Glamorgan, and if you need support, advice or practical help to enjoy later life, we are here for you.

## INFORMATION AND ADVICE SERVICE

Age Cymru West Glamorgan provides information and advice on a range of issues in Swansea, Neath Port Talbot and Bridgend.

We can advise you on your rights and entitlements, local services and support available to you and those who care for and support you.

Call us on **01792 648 866**  
or email us at [enquiries@agecymruwestglamorgan.org.uk](mailto:enquiries@agecymruwestglamorgan.org.uk)

## FREE DEMENTIA SUPPORT

A dementia diagnosis can completely turn your world upside down, but we can offer support, help and guidance to anyone affected by dementia in Swansea and Neath Port Talbot with our free Dementia Support Service.

If you think that you, or someone you care for, could benefit from our free Dementia Support Service, please call us on **01792 346377** or email us at [dementia@agecymruwestglamorgan.org.uk](mailto:dementia@agecymruwestglamorgan.org.uk)

## FEATURE IN OUR NEWSLETTER

Are you a charity, organisation or a service provider and would like to be included in our next issue?

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



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