



Help us create an age friendly Wales

Consultative Forum Information Pack
February 2023

Welcome

Thank you for your interest in becoming a member of Age Cymru's Consultative Forum.

We are looking for new members who are willing to share their experiences and to contribute to Age Cymru's policies. We are particularly interested to hear from people living in North Wales.

Covid-19 led to an increase in demand for services and support from older people. Besides the risk of Covid-19, the restrictions imposed in response to the virus impacted on the well-being of many older people. Loneliness resulting from isolation is distressing and has a detrimental effect on health and well-being.

We have seen unprecedented demands on health and social care services. Some routine health checks and treatment were suspended during the emergency. We expect that once we get back to normal, many needs hidden during the pandemic will come to light.

In response to these challenges, Age Cymru has adapted the way we provide help and support. Our team has been imaginative and what are normally in-person activities have often been adapted to an online environment.

Importantly, Age Cymru has responded to the need that we all have for human contact. Check in and Chat and the Friend in Need services provided support for many older people. Age Cymru Advice continues to be a heavily used resource providing confidential, impartial, and high-quality information and support.

We appreciate the positive feedback on our work from older people, their families and carers. We have made a difference to the lives of many older people and their carers in Wales.

Besides the many services we provide, we have continued our influencing role on behalf of older people. We work with others to influence and inform policy makers and politicians on the effect that Covid-19 has had on older people, and in many other policy areas.

As we come out of the pandemic, we will continue to ensure that the rights of older people are respected, promoted and protected. The Consultative Forum plays a key role in ensuring Age Cymru effectively navigates through these challenging times.

Do you have the passion and experiences to help us? If so, we want to hear from you.

Your application

Thank you for your interest in applying to be a member of Age Cymru's Consultative Forum. On the following pages, you will find lots of information about the Charity, our work and the impact we have on older people in Wales. We hope this will encourage you to join us.

If you have any queries or you would like an informal discussion about the Forum, please contact Harriet Horn on 02920 431533.

To apply please send us:

- An outline of your experience and the qualities that you think you will bring to the Consultative Forum
- A short covering letter telling us why you are interested in getting involved

Please send your application by email to harriet.horn@agecymru.org.uk

About Age Cymru

Our vision and mission

Age Cymru is the national charity for older people in Wales. We work to develop and deliver positive change with and for older people.

Our vision is an age friendly Wales and our mission is to make life better for older people.

There are 800,000 older people living in Wales. A growing number are living in poverty and while as a population we are living longer, many older people are living with poor health. The last year has been incredibly difficult for older people, particularly those who have been shielding or who may have lost loved ones. The lockdown has led to increased isolation and loneliness and waiting lists for health and care services have increased. Many older people don't know where to turn when

they need help and because older people are not a homogenous group, different solutions will be appropriate to meet their needs.

In short, there is a huge agenda where Age Cymru can make a difference for older people around income, care and the barriers or enablers for older people to live the best lives they are able as we create an age friendly Wales.

The overarching challenge for the Charity is to identify and deliver the actions that will have the greatest impact because we simply can't do everything. This means working to influence change, providing the information and advice older people need and working to create the conditions and provide support for our partners to deliver.

Our age friendly goals

The agenda for Age Cymru is broad, to ensure we maximise the impact of our efforts we have identified four goals to encompass the change we will drive to create an age friendly Wales. The goals are expressed as the outcomes we seek to achieve for older people.

Rights and participation

In an age friendly Wales we have the information and support we need to feel empowered to exercise our rights and to participate in all areas of society.

Community

We have meaningful and purposeful relationships; the transport we need to get out and about and we can live without environmental or social barriers preventing our inclusion.

Wellbeing

We have access to the care and support we need to for our wellbeing and to age as actively as we are able.

Financial inclusion

We have enough money to meet our needs and have a good quality of life.

Values

Our values shape and guide the way we will seek to achieve our goals:

- We are caring, we put people at the heart of what we do
- We are determined, we take responsibility for and pride in making a positive difference
- We are effective, we strive for the best
- We are empowering, we enable people, build confidence and provide practical support, and
- We are inclusive, we work together and involve others.

Our work

To deliver our age friendly goals:

- We provide information and advice
- We deliver wellbeing programmes
- We provide independent advocacy
- We support carers
- We campaign and research

The Consultative Forum

Age Cymru puts older people at the heart of what we do and for this reason, we have developed the Consultative Forum to assist and advise the Board of Trustees on the development of policies and the activities of the Charity.

“The opportunity to consider issues affecting older people in Wales and helping influence government policy is what drove me into seeking membership of the Consultative Forum. Our regular meetings where we debate topical issues and help develop Age Cymru policies are very enjoyable and I feel worthwhile.”

“I have been on the Consultative Forum for a number of years and have always appreciated the fact that as members we have the opportunity to be involved with consultation on the issues that really matter for the well-being of older people. The forum allows for information sharing between different areas of Wales and will be especially important going forwards as we recover from Covid. As representatives of the voice of older people we need to ensure that our voices are heard and become the drivers of decision-making, particularly with building Age Friendly Communities.”

“I joined the Consultative Forum in 2010 and I have been very impressed by its strategy and continuous achievements towards the welfare of older people in Wales. I feel proud to be a part of it. I enjoy the meetings with fellow members and Age Cymru staff; it's one of the most successful forums I have ever come across.”

The Consultative Forum:

- Ensures that the work of Age Cymru is informed and influenced by older people
- Provides guidance in relation to the key activities of the Charity
- Contributes to Charity events and activities, including conferences, policy development, publications, etc
- Offers feedback about the direction and activities of the Charity.

The Consultative Forum has a wide and diverse membership to ensure that a range of views and experience is available to Age Cymru. The membership ensures involvement of organisations, groups and individual older people from across Wales and includes people who can make contributions from national, regional, local and individual perspectives. The Consultative Forum will not exceed 40 members.

What you will gain

- The opportunity to be involved in improving the lives of older people in Wales
- The opportunity to shape the direction of a national charity
- The chance to use your experience to create new opportunities for Age Cymru
- The opportunity to be part of a dedicated team, developing our mission and having a positive impact on older people across Wales.

Consultative Forum meetings

There are meetings two or three times a year and the agenda includes one or two major policy issues, chosen by the Charity. These meetings may require preparation time prior to the Forum meetings to read papers.

Meetings take place online and in-person, and reasonable expenses are reimbursed.

Forum member duties

- To attend meetings when required
- To discuss, debate and provide guidance on issues that affect older people
- To contribute to the Charity's events and activities including conferences, policy development, publications, etc
- To promote Age Cymru's objects

Person specification

We welcome and value the life experience that each individual brings to the Forum. We are looking for:

- A commitment to the aims and values of Age Cymru
- The ability to work as part of a group
- Good communication skills
- The ability to consider all aspects of issues relating to older people at a national level

Age Cymru is committed to diversity. We welcome applications from everyone who feels they have a contribution to make, in particular

- Welsh speakers
- People from ethnic minority groups
- People from LGBTQ+ communities
- People living in sheltered accommodation or supported living facilities

Commitment

The term of appointment of Consultative Forum members is four years.

A retiring member may be reappointed but cannot serve more than two consecutive terms.

Reasonable out-of-pocket expenses will be paid.