

Bywyd newydd yn ...
Life begins at ...

CARMARTHENSIRE
SIR GÂR

50+

A magazine for the 50+ in Carmarthenshire



50+ partnership

As a member of the 50+ forum, a very warm welcome to the first edition of the magazine aimed at keeping you 'in the know' about things that are happening in Carmarthenshire.

This magazine is intended to be a useful source of information that may be of interest to you and we welcome any suggestions or ideas for articles you would like to see in future editions. We will also be keeping you up to date on the information we gather from our recent survey.

As you are aware, the purpose of the Forum is to get residents aged 50+ involved in consultations and discussion groups and generally have a voice in helping to shape the future of our local public

services, such as police, health and local authority. Membership of the 50+ Forum is free and you can be involved as little or as much as you like.

In addition to the Forum we have a 50+ Partnership which has been formed to drive forward important issues for the 50+ in Carmarthenshire. Its membership comprises a mixture of council officers, representatives from partner organisations, and two 50+ representatives plus the 50+ Champion putting your viewpoint forward. The partnership meets on a quarterly basis.

To find out more about what's on the agenda, what's discussed and generally keep up to date, look at the web site:

www.thecarmarthenshirepartnership.org.uk

50+ partnership

If you want to be more involved, there is an opportunity for you to put yourself forward to sit on the 50+ Partnership and work with the group in setting the direction that public sector and other organisations need to take. Other opportunities for getting more involved could include assisting with the magazine and taking part in face to face meetings to discuss service improvements. If this sounds 'right up your street', please write to us using the address below. Please include your name, address, phone number (and e mail address if you have one) together with a few words on what you think you can contribute to the work of the 50+ partnership.
Address: Ruth Lake,
Chief Executives Dept, Town Hall, Llanelli.



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



Meet the Champion for 50+



Kevin Madge has been elected by Carmarthenshire County Council to oversee the work of the 50+ Strategy. As the 'Champion' he will ensure that the work of the 50+ Strategy and the views of this important age group influence the planning of services across the Council and influence the

partnership arrangements we have in place with a wide variety of organisations across the County.

•• My past experience as the member with responsibility for social services has helped me understand the pressures on services and the challenges facing us all if we are to lead long, healthy and active lives. Being the Champion, I intend to ensure that the work of the 50+ Partnership and the voice of the Forum is heard inside and outside of council. My aim is to break down stereotypes about this age group and ensure that people are acknowledged as vibrant, active and experienced people not only within the world of work, but within their communities and within their family life. However, this can only be achieved by working closely with a range of partner organisations, working for you and with you... and you doing your bit also! I am very pleased to be the Champion and look forward to working with you closely and keeping you informed of progress ••

Kevin Madge

Want to find out more? 25th June 2008 50+ Forum event

'Drop in' at an open event which is being held for people 50 and over. It's an opportunity to find out what's on offer from a range of organisations and will take place at St Peter's Hall, Carmarthen on the 25th June.

The Minister for Older People Gwenda Thomas from the Welsh Assembly Government will be joining us for the event from 9 until 10 in the morning. Following this, there will be a 'drop in' session from 10.00 until 3.00 pm where information stalls will be available in the Hall. There's no need to book, just come along on the day. So go on, join us for a warm welcome on the 25th June. Tea and Coffee will be available.



01267 234567

direct@carmarthenshire.gov.uk

www.carmarthenshire.gov.uk

opening hours Monday - Friday 8:30am - 6pm

Did you know?

Assisted refuse collection.

If you are elderly, infirm or disabled and require assistance to place your refuse at the kerbside for collection, we can make arrangements to collect your waste from the doorstep or any location you feel you can get your refuse to. You will be asked to complete an application form and we may ask you for some proof of disability. Unfortunately, we cannot provide assisted refuse collections on private roads.

For further information please contact Carmarthenshire Direct on 01267 234567 or e mail direct@carmarthenshire.gov.uk



Free home fire checks



Requesting a Home fire safety check for yourself or a dependent relative is so easy. So why not reduce the risks to yourself and your home?

The Mid and West Wales Fire and Rescue Service has embarked upon an ambitious programme of Home Fire Safety Checks in order to reduce the number of accidental dwelling fires within its area.

Firefighters and community fire safety staff from the Service will on request visit domestic properties to

provide home fire safety advice and will supply and install smoke alarms free of charge. A home fire safety check, including fitting smoke alarms takes less than an hour to complete by two Fire Service representatives.

You can request a home fire safety check for yourself or a dependent relative by contacting the Service on 0800 169 1234 or by sending an e mail request via www.fflachtan.org. or www.fireflash.org

You can also make enquiries on behalf of another person, but unless you are responsible for that person, you will need to obtain their permission before you proceed. A Fire Service representative will then contact you to arrange an appointment.

Business advice

Have you thought of starting a business and wondered what grants are available? Well they are available for a variety of projects but each individual scheme will offer funding for a specific purpose. Whether you qualify for a grant can also depend on factors such as the type of the business you run, the size of your business and whether the project will create jobs and where it will be located. Businesses throughout Carmarthenshire are benefiting from a free business information and signposting service funded by the Welsh Assembly Government. Business Eye is part of the new Welsh Assembly Government Flexible Support for Business Service and anyone requiring help can telephone the **National Contact Centre on 03000 6 03000**, or visit www.business-support-wales.org.uk . Face to face contact is also available at your local Centre at Parc Amanwy, New Road, Ammanford.

Clinical waste collection service

The Council provides a free clinical waste collection and disposal service for householders within the county. Clinical waste is any waste which consists wholly or partly human or animal tissues blood or other bodily fluids, excretions, swabs or dressings, syringes or needles. Collections can be arranged on a weekly, fortnightly or monthly basis. To request a collection, please contact Carmarthenshire Direct on 01267 234567 or e mail direct@carmarthenshire.gov.uk

New Services, Activities and Dates for your Diary

Learning for your Health

Learning Carmarthenshire is promoting healthy living for the over 50's. New courses will be starting in September, including various exercises and other healthy living courses.

Courses are reasonably priced, with a concession for those over 60. Courses will run in various venues across Carmarthenshire. Come along to Keep Fit, Yoga, Tai Chi, Tone and Stretch, Chi Gung, Pilates or join in one of our other courses to learn new skills and make new friends. If there is a course you'd like to do that's not currently available, please let us know.

Look out for the brochure advertising the courses which will be delivered to everyone in Carmarthenshire in August or telephone one of the Community Education Centres between 9 am and 4 pm weekdays for further details.

Carmarthen Community Education Centre 01267 235413

Felinfoel Community Education Centre 01554 774072

Glanaman Community Education Centre 01267 823162

Llandeilo Community Education Centre 01558 822729

Bid to boost volunteering

An exciting new project launched this month encourages the over 50s to get involved in their community!

Launched by the charity PRIME-Cymru the "Rural Challenge Project" will help people over the age of 50 to find volunteering opportunities.

Carmarthenshire co-ordinator Rebecca Thomas said, "Volunteering has a real impact on people's lives and the community around them, it could be for an hour a month or for a day a week, but everyone has something to offer".

If you would like any more information, about the charity or the project please contact Rebecca on 078111 03639

Interested in sharing your skills and knowledge?

Home-Start Carmarthenshire-Llanelli is a national charity, which supports families with young children going through difficult times. Our volunteers span all ages from young mums to infinity! We have many 50+ volunteers who can offer families a mature outlook and perspective on their problems and in many cases provide a grandparent figure which is often missing from young families today. If you can spare 2 hours or more a week we would love to hear from you. In return you will receive an informal and fun preparation course, regular support and supervision, reimbursement of travel expenses and the opportunity to meet new friends.

For more information, call Tracey 01267 224220

Footcare and More

'Wellbeing Footcare' service is currently available in Llanelli and Ammanford. NHS Podiatrists hold fortnightly assessments to ensure suitability for our treatments; those who need medical intervention will be fast-tracked to the NHS, so it's a win-win situation.

Mind-the-Gap helps to deal with difficult experiences eg employment difficulties, illness, lifestyle change. Wellbeing Clubs organise activities to help you make friends, laugh and enjoy yourself!

For information on Wellbeing's range of activities contact them on Tel 01554 777447 or by e mail at info@wellbeingregeneration.org.uk

Carers Week 9th – 15th June



Are you looking after a relative, friend or neighbour on a regular basis who could not manage without your help? Do you need more information on where or how to get support?

A large number of people over 50 have caring responsibilities and many are not aware that there is help available.

The aim of Carers Week from 9th to the 15th June is to make sure people do know what help is available.

During the week, Carmarthenshire Carers Alliance are holding information days in Carmarthen, Llanelli and Ammanford. Local Assembly Members are due to join us during the days to hear any concerns you may have.

For more information please contact the Carers Project on 01267 236436 or email carers@cavs.org.uk

Vulnerable? need peace of mind?

Llinell Gofal Careline

Careline provides a dedicated service for elderly, disabled and vulnerable people in the community, giving them and their families the peace of mind in knowing that help is always at hand 24 hours a day, seven days a week, every day of the year.

The cost of the alarm and service depends on many factors. Contact us for a free consultation.



“It is so easy and reliable, by pressing the pendant the careline team know exactly who I am, where I live and who they should contact to help me. The reassurance for my family is worth its weight in gold.”

Golfing Offer from Garnant – 20% off

Monday to Friday:

18 holes **£17.00** 9 holes **£12.00**

Weekends & Bank Holidays

18 holes **£23.00** 9 Holes **£16.00**

Early Bird Golf: 7am to 9am

Monday to Friday **£10.00**

Twilight Golf

(after 5.30 pm Monday to Sunday). **£10**

Memberships available from £30.00 per month. If you bring this advert you can benefit from a **20%** discount on 9 holes pay as you play.



01558 824283



www.carmarthenshire.gov.uk

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Huw's Corner Consumer Advice



"I allowed a salesperson into my home and subsequently signed a contract. Can I cancel the contract?"

In some circumstances, yes. If the contract was signed as the result of an 'unsolicited' visit, ie a visit that you have not requested and is over £35,

you have a seven day period during which you can cancel without any financial penalty. You have to be given a cancellation notice and Trading Stan-

dards can prosecute the trader if the salesperson fails to provide the notice. You also have cancellation rights if you sign a credit agreement in your home regardless of who invited the salesman to call. The law allows you a cancellation period of five days, which begins when you receive a second copy of the finance agreement through the post.

If you contacted the trader and asked him to call, and were going to pay cash for the goods or services, then you have no cooling off period.

For further information about your rights as consumers contact Consumer Direct Wales – 08454 040506 (Advice in English), or 08454 040505 (Welsh)

Looking after your patch

As we move to the middle of summer with the vegetable garden planted out, there can be a tendency to sit back and wait until the harvest... that would be a mistake!

Now is the time to be especially vigilant. At this time of year a pest outbreak can ruin a crop really quickly.

I have just pinched the tips out of our broad beans.

This will help control the black aphids that congregate here and will force all the plant's energy into the beans, which will allow me to get in a second crop, such as winter brassicas, that much earlier.

Throughout the summer continue to sow spring onions, radishes and lettuce at two to three week intervals. Try to sow non-hearting or cut and come again varieties of lettuce as these are less likely to bolt.

Now is also a good time to prune trained fruit-trees, such as fans or espaliers. As a rule of thumb, with apples and pears reduce any of this seasons growth, that is at least nine inches long, back to three leaves or two to three inches above the basal cluster. This will

encourage the formation of fruit spurs.

Always prune stone fruits such as plums and cherries in spring or summer to reduce the risk of infection by silver leaf and bacterial canker. Plums, in particular, need much less pruning than other fruit, thinning out weak, dead or broken branches is enough and always disinfect your secateurs after each tree.

Finally in hot weather, keep your vegetables well watered. A weekly drenching is much more effective than a little every day.

Enjoy the fruits of your labour!!

Malcolm Berry

Horticulturist

Double-walled Garden

National Botanic Garden of Wales.



Picture: Carl Stringer

The Growth Business

The Nurseries, Cwmffrwd, Carmarthen, SA31 2LS

Tel: 01267 236971 Mobile 07817 401670

Supplier of quality trees, shrubs & perennials at affordable prices.

You'll find our prices very competitive, but produce this advert and receive a 10% discount!

Directions

Head out from Carmarthen on the A48 towards Swansea and turn right after 2 miles. Keeping right, follow the road for ½ a mile and the Growth Business is on your right.

Open

Monday – Thursday: 9am-4pm

Friday: 9am-3pm

Saturday: 10am-2pm

Sunday: by appointment