

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

CARMARTHENSHIRE  
SIR GÂR

50+

# A magazine for the 50+ in Carmarthenshire

Summer 2009 • Issue 4



Llanelli cycle path

**Welcome to the second edition of 2009. The 50+ Forum has been through some changes since the last issue.**

We had a very successful and well attended first meeting of the new 50+ Forum Steering Group in County Hall, Carmarthen, in April, which looked at issues such as leisure, health and transport.

The steering group has been set up to develop the 50+ Forum and take forward issues of interest to its members.

Additional funds have been provided to a number of schemes benefiting older people in Carmarthenshire.

These include the Age Concern Sir Gar Garden Tidy Scheme, which has been extended from Llanelli across the county. The scheme uses young offenders to carry out supervised work on gardens for people aged 70 and over who cannot do it themselves and have no family members able to help.

Other schemes receiving extra funding are the Wellbeing Foot Care - a nail

trimming service now available for just £6 to anyone who needs help cutting their toenails or fingernails. The 50+ Strategy has given a boost to efforts to tackle delayed transfers of care from hospital – popularly known as bed blocking – through the Calon Elli scheme run by the British Red Cross to look after elderly people at home so that they can be discharged from hospital.

This issue provides advice on how to prepare for the Digital Switchover which will see analogue television switched off in Carmarthenshire later this year.

The third 50+ Survey looked at how healthily older people eat, how they do their shopping, travel and how they cut back when the budget is tight.

The results have led to the council commissioning research into the availability of food in the county, including home delivery services, and to a councillor-led review of poverty which will contribute to the development of the council's Anti-Poverty Strategy.

## Inside



Page 3  
Garden Tidy Scheme



Page 3  
Foot Care



Page 4  
Digital Switchover

This newsletter is  
printed on 100%  
recycled paper.



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

Cyngor **Sir Gâr**  
**Carmarthenshire**  
County Council

# 50+ Forum Steering Group



## We had a very successful first meeting of the new 50+ Forum Steering Group in April.

The steering group has been set up to develop the 50+ Forum, take forward issues of interest to members and advise on the newsletter.

At our meeting in Carmarthen, Bex Townley, from the council's Leisure Services, spoke to members about the importance of exercise to the health and wellness of people aged 50 and over.

She stressed that the council is striving to make sure there is provision for everyone, regardless of their degree of mobility.

She also said that efforts were being made to make sure exercise opportunities are available outside of leisure centres, in the

communities where people live.

Steering Group members were very pleased to hear about the GP referral scheme, where GPs can prescribe a course of exercise classes where this would help patients.

Following this, our transport manager Steve Pilliner described the public transport situation in Carmarthenshire. The group were interested to hear that the authority invests £1.8 million in subsidised routes, which wouldn't otherwise be operated.

Members were interested to hear that the council invests in Country Cars, to meet needs that cannot be met through the provision of buses. The Country Cars scheme, run by the WRVS, has about 125 volunteers, who use their own cars to help people with essential journeys.

A number of helpful suggestions were made by members on questions for future 50+ Forum surveys. These included the availability of broadband, public conveniences, knowledge of leisure services and the vitality scheme, and volunteering. I will make sure these issues that matter to people 50 and over are addressed in future issues of the survey.

The next meeting will take place in July and I look forward to being able to update the wider Forum in the next edition of this newsletter.

**Kevin Madge**  
50+ Champion

## Garden Tidy Scheme



**A scheme to give older people's gardens a one-off tidy up is being spread across Carmarthenshire – thanks to new funding.**

Age Concern Sir Gar runs the Garden Tidy Scheme which uses young offenders to carry out supervised work on gardens for people aged 70 and over who cannot do it themselves and have no family members able to help.

The project has been limited to the Llanelli area in recent years but the service can now be offered to people anywhere in Carmarthenshire following a £7,200 donation from the county council's 50+ Partnership.

The funding from the 50+ strategy will be used to buy new equipment such as mowers and strimmers.

Age Concern Sir Gar chief officer Ann Dymock said: "The Probation Service provides young offenders for two or three days a week from

April to October and they tidy about 6-8 gardens a week.

"They do work such as cutting back hedges and shrubs, and tackling the lawns. It is of great benefit to people who have not done anything to their garden for years because they have been unable to.

"Without the money from the 50+ Strategy we probably could not have run the scheme this year and we certainly could not have expanded it across the county. The help has been invaluable."

**Contact Age Concern on: 01554 784080.**

## Calon Elli

**The 50+ Strategy has given a boost to efforts to tackle delayed transfers of care from hospital – popularly known as bed blocking.**

A grant of £6,000 has been approved to the Calon Elli scheme to look after elderly people at home so that they can be discharged from hospital.

Calon Elli is run by the British Red Cross and receives funding from the county council and Local Health Board.

It enables elderly patients to be discharged from hospital by providing low level support at home for a period of six weeks. The project

also provides palliative care and housing related services for older people in the county.

Although the Calon Elli project is specific to the Llanelli area, it frees up capacity and resources to enable the local authority and LHB to deliver the same level of service across the rest of the county.

The major two-year scheme has been financially supported from a range of sources from April 1 this year.

The £6,000 from the 50+ Strategy enabled the Red Cross to launch the scheme a month earlier on February 1.

## Foot Care



**A project providing a nail trimming service for elderly people is expanding with the support of the 50+ Strategy.**

Wellbeing Foot Care - a nail trimming service run by Wellbeing Regeneration - is now available for just £6 to anyone who needs help cutting their toenails or fingernails.

The not-for-profit organisation works with and receives subsidised funding from the NHS and 50+ Partnership to offer an affordable option for people who require basic foot care.

The service is currently provided by experienced staff in community venues in Llanelli, Burry Port, Llandybie, Garnant, Brynaman and Pontyates. As long as people are able to travel to the venues, the service is open to anyone living in the county who has difficulty cutting their own nails.

A further £5,000 grant has been agreed to purchase equipment, and help the expansion of the service into areas not already covered by the service, including the Llandeilo area and some of those Communities First areas where service is not presently available.

**For more information on how to access the service or to make an appointment, contact the Foot Care team on 01554 744896**

**or visit the website:**

**[www.wellbeingregeneration.org.uk](http://www.wellbeingregeneration.org.uk)**

# Digital Switchover Heating Oil



## Are you worried about making the change to digital television? The Switchover Help Scheme can offer advice and assistance.

Analogue television will be switched off in Carmarthenshire in August and September this year.

The Switchover Help Scheme, run by the BBC on behalf of the Government, can help convert the television to digital for people who are aged 75 or over, or have lived in a care home for six months or more, or get (or could get) certain disability benefits, or are registered blind or partially sighted.

The scheme can help switch one of the TV sets to digital for people who are eligible. It will provide easy-to-use equipment that suits your needs,

will help with installation, and will be there to call for help.

For more help or information contact 0800 40 85 900 Monday to Sunday between 8am and 9pm, textphone users call free on 0800 40 85 936, email [info@helpscheme.co.uk](mailto:info@helpscheme.co.uk) or Freepost Switchover Help Scheme.

If you have any concerns or think you've been ripped off, call the Consumer Direct helpline (08454 04 05 06), and you can visit its website for advice.

If you prefer face-to-face help and advice go to one of the Council's Customer Service Centres or call Carmarthenshire Direct on 01267 234567. For independent advice contact your local Citizens Advice Bureau.

## Bogus callers

### Dyfed Powys Police are reminding the public to be on their guard against bogus callers who prey on vulnerable and elderly people.

These people will try to trick or con their way into your home in order to commit crime or steal money or valuables.

If you are not sure who is outside the door, follow the advice.

Do not open it.

If you have a safety chain put it on first.

If you have a viewing glass fitted, then look first.

If you're still not sure look through the window but do not open the door until you're happy.

If the caller is a genuine one then they will carry some form of identification please ask to see it again if you're not happy don't open the door.

Remember the phrase STOP, CHAIN, CHECK.

**If you would like security advice or would like to speak to the Bobby Van Coordinator, please ring the new all Wales non emergency number 101 and simply ask for who you need to speak to.**

## Do you want life made easier when it comes to ordering and paying for heating oil?

Do you want to ease the pain of paying to fill the tank in one go?

Forum members are advised to shop around for the best deal and look at all the issues such as obtaining the best price and easiest payment methods.

Some local suppliers have offers ranging from cheaper prices if customers order together as a syndicate, and monthly payment plans, to a computer tank monitoring system which will alert the supplier that a new delivery of oil is needed.

Bringing together as many of your close neighbours as possible in a syndicate is recommended as a good way of cutting costs, and spreading the cost over the year by monthly direct debit payments will make budgeting easier.

## Web addresses for the silver surfer generation

Looking for information on benefits, comparing prices, holidays or to find new friends? Below are a range of useful websites to help you search.

For a preliminary idea of benefits you might be entitled to go to [www.entitledto.co.uk/](http://www.entitledto.co.uk/)

For Information on public services go to [www.direct.gov.uk](http://www.direct.gov.uk)

A range of information, from travel, health and gardening, through to money and insurance is available at [www.saga.co.uk/](http://www.saga.co.uk/)

# 50+ Forum - survey three



**The latest 50+ Survey has revealed some interesting results about healthy eating, people's standard of living and transportation in the county.**

More than two thirds of people (64 per cent) reported having a cooked meal everyday, while 18 per cent said they had a cooked meal on most days. This shows that people are taking the time to consider and prepare their food.

Suggesting that some people aged 50 and over value convenience, 48 per cent said they did most of their shopping in supermarkets, although 25 per cent said they bought most of their food from local shops, including butchers, bakers and greengrocers. Three quarters used a car to go shopping.

To help increase the availability of healthy food in localities, 25 per cent of people thought food co-operatives would be a good idea. When asked what could be done to help people eat more healthily, there was an even split across a number of options, such as improving transport to shops, more community food initiatives and more advice on healthy eating. Interestingly, 14 per cent would like to see an increase in home delivery or mobile shops.

In these 'tight' economic times, survey three asked questions about people's standard of living.

A total of 56 per cent of people said that their income was just about enough to meet their basic needs, but 20 per cent thought it was less than what they required. Out of the people who answered the survey, 67 per cent sometimes

or often bought cheaper cuts of meat, or less meat.

Some of the statistics show that people cut back on social activity. For example, 49 per cent often or sometimes cut back on visits to the pub, and 61 per cent often or sometimes cut back on trips out. Worryingly, 47 per cent often or sometimes put up with feeling cold to save heating costs.

Finally, the survey featured questions about public transport. Despite free bus passes for pensioners, 39 per cent of people said they never used buses in the county and only three per cent used them nearly every day. The main reasons people didn't use buses regularly were the frequency of services (20 per cent) and the bus stop being beyond walking distance (19 per cent).

## Hamper Prize

Mrs Lesley Moore of the Llanelli area has won a fruit and veg hamper provided by the National Public Health Service for a prize draw.

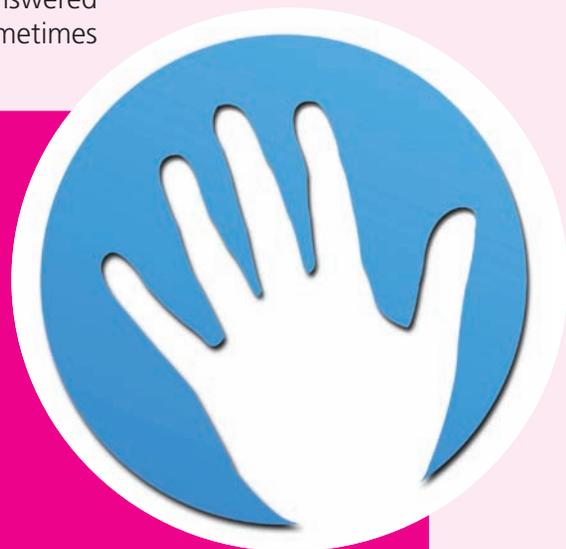
The hamper was donated by the NPHS as an incentive for people to answer questions about nutrition in the latest 50+ Survey.

## Action

Research has been commissioned to look at the availability of food throughout the county, including the availability of home delivery services, which can be invaluable for people less able to go to the shops.

The full results of the standard of living section are contributing towards a councillor-led review of poverty and will contribute to the development of the council's Anti-Poverty Strategy.

The council will continue to listen to views on how public transport can respond to people's needs, bearing in mind resource constraints.



Helping Hand Campaign, part of the Council's Anti Poverty Strategy

50+

## Did you know?

### Grandparents' Day

The National Botanic Garden of Wales is teaming up with Learn with Grandma, a new not for profit company set up by grannies Carroll Nunnerley and Valerie Wood-Gaiger MBE, to stage a special Grandparents' Day on Friday August 7. The aim is to get grandparents, and their grandchildren, playing and learning together. There will be a host of activities laid on - plenty of fun for people of all ages.

The day will demonstrate what Learn with Grandma is all about - creating lasting memories; learning from each other and having fun!

### RSVP

RSVP, the Retired Senior Volunteer Programme, is promoting volunteering opportunities for older people in Carmarthenshire through Friends in the Classroom and the Knitting Network.

Friends in the Classroom, which is part-funded by the 50+ Strategy, encourages volunteers to give a few hours each week to listen to children read in their local primary school. RSVP is keen to recruit Welsh speaking volunteers.

The Knitting Network provides the opportunity to volunteer from home. Volunteers get together to form

small social groups and use donated wool to make jumpers, toys and blankets which are in turn donated to good causes either locally or abroad.

**For more information, contact Project Development Worker Lynda Hill on 07901 551407 or at [lyndahill.rsvp@btinternet.com](mailto:lyndahill.rsvp@btinternet.com).**

### Grant Funding

Are you 50+ and live in the Taf, Tywi and Teifi areas of rural Carmarthenshire?

Are you part of a community group, voluntary group, social enterprise or community council?

Do you want to help older people have better Access to Services?

If so we could help you set up new, non-statutory services for the 50+ rural population.

**If you are interested, call Rachel 01267 242432 or Tina on 01267 242428 for more information.**

### Prize Draw Winner

Everyone who returns their 50+ survey is entered into our free prize draw.

Congratulations to Mrs P Morris from Rhydargaeau area for winning £50 in the survey three draw.

Don't forget to complete and return survey four for a chance to win next time.



MULTI AWARD WINNING

Pemberton's

# CHOCOLATE

Farm

Llanboidy, Carmarthenshire

BRITAIN'S ONLY CHOCOLATE FARM

Telephone: 01994 44 88 00  
[www.welshchocolatefarm.com](http://www.welshchocolatefarm.com)

This coupon entitles one person to half price entry.  
*Why not bring the grandchildren?*

Expires end 2009 (excludes the period 18th July to 30th August)

### Join the 50+ Forum

If you're reading this and are not a member, did you know you can sign up for free to receive each issue of this newsletter, direct to your door? We'll also send you a survey asking for your views. Please contact:

**01267 234567**

**[50+forum@carmarthenshire.gov.uk](mailto:50+forum@carmarthenshire.gov.uk)**