



Chair's Report

During the last year the 50+ Forum in Carmarthenshire has made progress in several ways that have sharpened its focus and built some momentum. A number of things have come together to help move things forward and they are:-

- Work done by the Steering Group to develop a Carmarthenshire 50+ Strategic Plan and Operational Plan. These have further clarified the purpose of the 50+ Forum, defined the direction of travel and the operational processes necessary to deliver that purpose.
- Clear messages from members of the 50+ Forum that were articulated in the 2018 survey. Review of this feedback has enabled the 50+ Forum to define priorities for activities going forward.
- Reaching out to members and other organizations has resulted in Steering Group members planning and delivering 50+ presentations to 8 community groups in Carmarthenshire this year. Those meetings and discussions have helped clarify more of the challenges that people aged 50+ face daily.
- Responses to requests in the 50+ Newsletter has enabled several new members to join the 50+ Steering Group in 2019, increasing work capacity and bringing in a more diverse set of skills and experience.

This year's 50+ AGM and Annual Event at the National Botanical Gardens features themes based on the priority issues raised in the 2018 Survey and subsequent mini-surveys. So, our members have set the agenda for the day where there will be items on:-

- mobility and access to transport
- banking accessibility and staying safe on the internet
- digital help for Health and Wellbeing, preventing loneliness and social isolation
- help with Ancestry Research
- Exhibitors and Workshops that fit with the priorities members have highlighted

We welcome all of our Members to the Annual 50+ Event and AGM and trust that you will all have a thoroughly satisfying, enjoyable and engaging day. Tell all your friends and acquaintances about it and encourage them to join 50+ Forum. It will make our voice stronger if we have more members in the Forum.

Thank you to everyone who has made 2018/2019 such a good year for Carmarthenshire 50+ Forum – community groups, individual members, the 50+ Steering Group and our solid support from colleagues at Carmarthenshire County Council. Thank you all!

Wyn Llewellyn

Interim Chair

Carmarthenshire 50+ Forum

TREASURERS REPORT

In financial year 2018/19 ending on 31st March 2019 the 50+ Forum received a grant of £2,019.75 from Carmarthenshire County Council. This was used to support the activities of the forum and enabled the forum to contribute to the costs of the annual event and AGM in September 2018.

The costs of the annual event in September 2018 were shared equally between Carmarthenshire County Council, the Carmarthenshire is Kind project and 50+ Forum. The Forum contribution was £1,302.90.

One of the main projects of the 50+ Forum is Walking Well Carmarthenshire which encourages people to enjoy walking for exercise and social interaction. The service is co-ordinated and supported by Andy Kurzfeld with a number of group and walk leaders.

The 50+ Forum is keen to support inter-generational work and Walking Well Carmarthenshire was successful in gaining grant funding of £5,000 from Hywel Dda University Health Board to run a project aimed at encouraging mums and mums-to-be to walk for their own health and that of their children. The project was named Bumps, Babies and Buggies. It was a very successful project engaging with over 20 organisations including 4 family centres and resulted in setting up of several walking groups. The project is now finished but many of the walking groups are still in action.

At the beginning of financial year 2018/19 the 50+ Forum had an opening balance of £18,669.59. During the year the grant income totalled £7,019.75. Total expenditure for all 50+ activities including those run by Walking Well Carmarthenshire was £6,453.35 giving a surplus of £566.40 and a closing balance of £19,235.99.