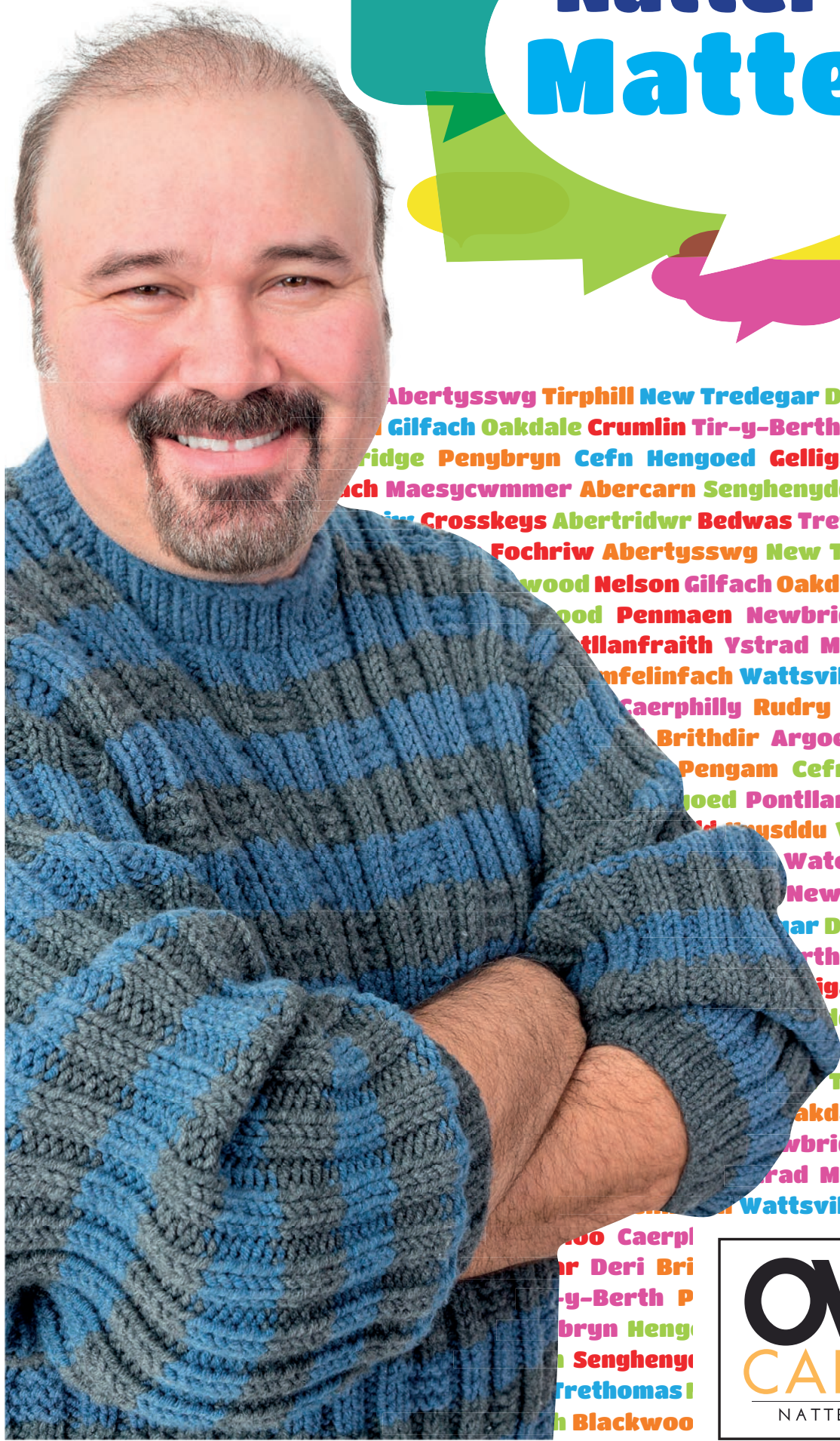


# Natter that Matters

Autumn 2016



Abertysswg Tirphill New Tredegar Deri Brithdir Markham  
 Gilfach Oakdale Crumlin Tir-y-Berth Pengam Cefn Fforest  
 Bridge Penybryn Cefn Hengoed Gelligaer Hengoed Argoed  
 Maesycwmmwr Abercarn Senghenydd Llanbradach Machen  
 Crosskeys Abertridwr Bedwas Trethomas Ynysddu Risca  
 Fochriw Abertysswg New Tredegar Tirphill Deri  
 Blackwood Nelson Gilfach Oakdale Crosskeys Crumlin  
 Blackwood Penmaen Newbridge Nelson Gelligaer  
 Pontllanfraith Ystrad Mynach Maesycwmmwr  
 Llanfelinfach Wattsville Crosskeys Bedwas  
 Caerphilly Rudry Rhymney Pontlottyn  
 Brithdir Argoed Markham Bargoed  
 Pengam Cefn Fforest Blackwood  
 Hengoed Pontllanfraith Cefn Hengoed  
 Ynysddu Wattsville Llanbradach  
 Waterloo Caerphilly Rudry  
 New Tredegar Newbridge  
 Deri Brithdir Markham  
 Berth Pengam Cefn Fforest  
 Gelligaer Hengoed Argoed  
 Llanbradach Machen  
 Trethomas Ynysddu Risca  
 Tredegar Tirphill Deri  
 Oakdale Crosskeys Crumlin  
 Newbridge Nelson Gelligaer  
 Ystrad Mynach Maesycwmmwr  
 Wattsville Crosskeys Bedwas  
 Waterloo Caerphilly  
 Deri Brithdir  
 Tir-y-Berth Pengam  
 Penybryn Cefn Hengoed  
 Senghenydd  
 Trethomas  
 Blackwood

**OVER50**  
**CAERPHILLY**  
 NATTER THAT MATTERS



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Caerphilly Over 50





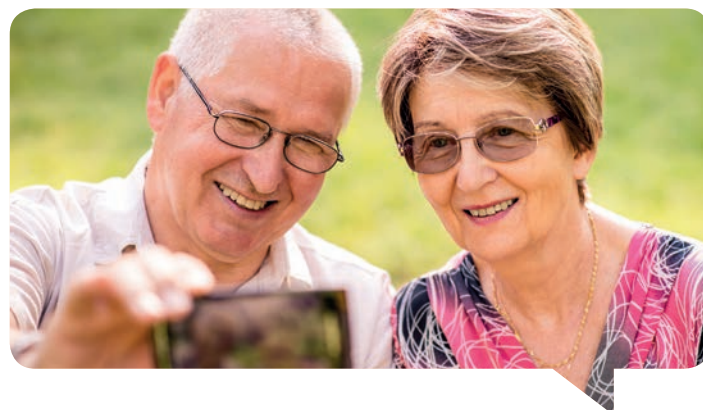
# A note from our Chairman

Well, here we are again. Welcome to our Autumn 2016 edition of the **Caerphilly County Borough forum 50+ Plus Forum Newsletter**.

## Members of the Steering Committee have been busy on your behalf:-

- We have presented a comprehensive response to the Expert Committee established by the Welsh Government about "housing for an ageing population in Wales."
- We supported the Review of GP Practices carried out by the Commissioner for Older People by posting on our Facebook page; this added a significant number of responses to their questionnaire.
- One of our committee members sits on the Gwent citizen panel that reviews progress of the introduction of The Social Services and Well-being (Wales) Act. He is now to become the panel Chairman.
- Another of our committee members is helping to establish a revitalised COPA (Cymru Old People's Alliance), getting charitable status and will be one of their Trustees.

While we are doing our best to represent your interests, we really need you to get involved! It can be as simple as sending us something to post on our Caerphilly Over 50 Facebook page or our website; like sharing your favourite recipes or you could tell us some of the things you do that prove Age is Just a number! Or maybe your festive top tips and jokes, but keep them clean! 😊 You name it we are sure there are other people across the borough would like to hear about it ... go on give it a go; send us something to [50plusforum@mail.com](mailto:50plusforum@mail.com)



Remember your views count and if you had a little time on your hands the forum gets lots of consultations sent to us in fact you name it and we have probably been asked about it! I know it is widely held view that "they never listen" but we have found that really isn't the case.

 [www.caerphillyover50.co.uk/](http://www.caerphillyover50.co.uk/)  **Caerphilly Over 50**

## Don't leave yourself in the cold this winter

### ■ "Do I qualify for any help with my heating costs?"

Contact your local Age Cymru for a **benefits check**, to find out what financial support is available and to see if you're eligible for any help.

**SPREAD  
THE  
WARMTH**

Visit [www.agecymru.org.uk/stw](http://www.agecymru.org.uk/stw) or contact Age Cymru Advice **08000 223 444** for more information










# Bees Educating Everyone!

Have you ever wanted to know more about bees or even fancy keeping Bees yourself then this may well be for you! Sirhowy Valley Honeybee Company has an interactive bee hive house in the school grounds of Ynysddu Primary School. The hive house is split into two sections, an interactive working area where people can work with the bee hives and a viewing area where people can sit and watch without having to wear a bee suit.



## Bee workshop sessions will take about 1 hour, and include: (For groups of up to 6 people)

-  Why bees are important ...
-  About pollination ...
-  About honey, how it is made and extracted ...
-  How to approach a bee hive, wearing a bee suit ...
-  About life in the hive, how the bees work and live ...
-  How to prevent swarming, develop new colonies ...
-  How to rear queen bees.

A one hour workshop session for 6 people would cost approximately £10 per person. Workshops can only be run during March, April, May, June, July, August, September and October and are weather dependant.

Everyone attending a workshop will need to bring and wear wellies - this is for safety reasons. They will also need to wear trousers, as they will have to put a bee suit on over their clothing.

Please contact Lorne East, Sirhowy Valley Honeybee Company at [svhchoney@gmail.com](mailto:svhchoney@gmail.com) or on **07507 108563** to book a workshop or to find out more about the bee hive house.





# Simon Says – Have you made the call? Attendance Allowance

Are you one of the estimated **50%** pensioners not claiming between **£55 – £82** Attendance Allowance they are entitled to?

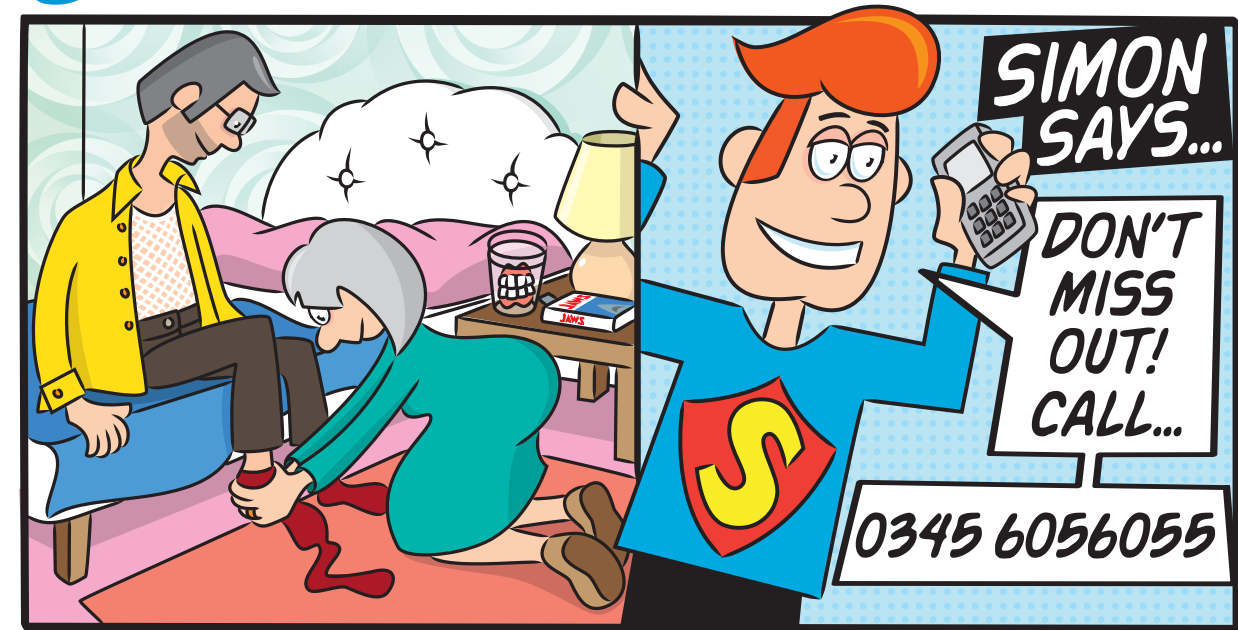
You can claim this if you're over 65 and need regular help with your personal care. It is NOT means tested, so you can claim it whatever your income or savings.

**Please Don't miss out... Find out! It's really easy, simply call 0345 605 6055**

*We are supporting the latest #Caerphilly 50+ Positive Action #Simon Says campaign to try to get more people to phone and double check with the DWP Works & Pensions to see whether they are entitled to claim Attendance Allowance.*

**50+**  
Positive ACTION  
GWEITHRED Bositif

IS SOMEONE CARING FOR YOU? THEY MAY BE ENTITLED TO ATTENDANCE ALLOWANCE WHICH IS NOT MEANS TESTED OR INCOME RELATED.



## Didn't We Do Well!

### European E-inclusion Awards: 'I am part of IT' by Joy Matthews

One warm day in June the phone kept ringing. PPI, solar panels, some were 'number withheld' which is either the council or the hospital but several were 'International call, out of area'. Now I always ignore those but at half past 5 I was a bit fed up so I picked up and snarled 'Waddya want?'

A lady with a foreign accent introduced herself as being from the European e-inclusion team telling me that I had been shortlisted for an award and I was invited to an award ceremony in Brussels. I was obviously sceptical but then I remembered Mandy Sprague had suggested I entered the E inclusion awards, after my success

with digital storytelling with the 50+ forum, so I realised it was genuine. I was invited to bring a friend so I chose Mandy; after all she had got me into this.



They paid for our flights and provided a car and finally we arrived at Brussels Parliament building, that entrance

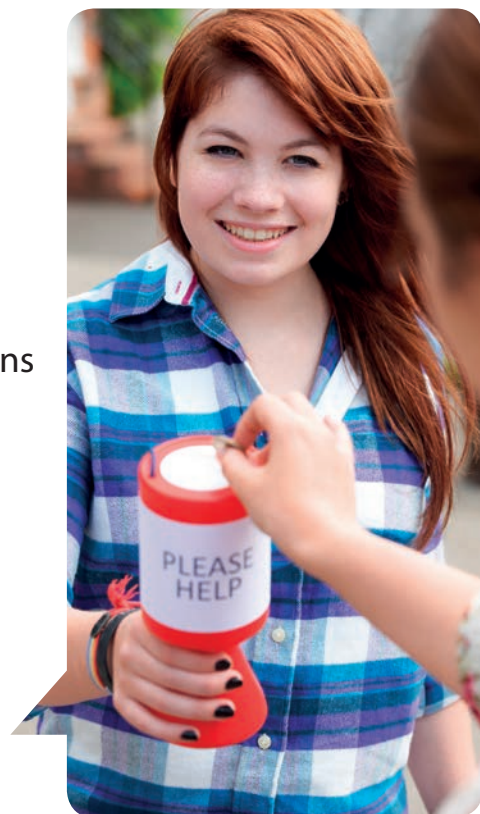
one sees on the TV with all the flags, the award ceremony was in the afternoon in the main auditorium, also as seen on TV, impressive décor the lot. There was even a buffet lunch where we met the other entrants, amazing people from all over Europe.

I was very pleased to come third in my category. I also got a round of applause for being the oldest entrant. What a claim to fame. It was a wonderful experience but I am still not sure what I did to deserve it. Maybe it's because I have this dream that every older person who wishes to be computer literate should have every encouragement to achieve this.

## Bogus Street charity collections

### Before deciding to give charitable donations on the street or at the door:

- Ask to see their licence for Street Collections and House to House Collections from the Local Authority as they should have one.
- Check that a Landline is included in any material, not just a mobile number.
- If you are concerned you could check directly with the Charity to see if they are collecting in your area or with Caerphilly County Borough Council licensing department.
- Any buckets, tins etc for cash donations should be secure and tamper proof, and again show the purpose of the collection.
- If you wish to set up a Direct Debit, we suggest you don't do this on the street or on your doorstep. Simply contact the Charity directly yourself to make these arrangements.



**You can improve your digital skills at your local library with 'Digital Fridays'**



## Greater Gwent Citizen's Panel



### What is the Panel?

The Gwent Panel was formed in July 2015 and meets every six weeks. The Panel is made up of representatives of citizen's organisations from across Gwent. Members were drawn from a wide range of groups, including Over 50 Forums, Parent's Network, People's First, the Stroke Association, Disability Wales and many more organisations. The Panel regularly invites speakers from the broad field of Social Services to address key issues, gathers citizen's views and sends representatives to the Regional Partnership Board.

### The Welsh Government introduced the Social Services and Wellbeing (Wales) Act on 6th April 2016.

Welsh Government were keen from the outset to hear the views of citizens about the new law and how it is working, so a number of Citizen's Panels have been developed. The role of the Citizen Panel is to collect, collate and pass on the views of people affected by the Act to the Welsh Government.

The Panel rotates its meetings around Gwent to make attendance easier and is keen to attract new members. Any individual can join if they have experience of using, or working with, Health and Social Services. If you are interested in joining, contact Chris Hodson (Chair) at [chrishodson3@gmail.com](mailto:chrishodson3@gmail.com)

## You should have rights!

**The United Nations Principles for Older Persons sets out the interests and rights of older people but does not provide individual older people with actual rights.**

Wales has also published a Declaration of Human Rights for Older People (<http://gov.wales/topics/health/publications/health/strategies/rights/?lang=en>) but that is aspirational and has no legal status. Essentially there is no single comprehensive, enforceable human rights instrument for older people in Wales.

The Commissioner for Older People in Wales is

concerned that human rights are often not seen as relevant or applicable by service providers and that the rights of too many older people are diminished as they get older.

The Commissioner has therefore committed to creating a single piece of legislation for Wales to protect older people's rights and address any gaps that are identified. Creating a rights based approach in law to public service delivery in Wales is essential to ensure that the rights of older people can no longer be overlooked or ignored. The findings of an expert group the Commissioner has set up will be presented to the Welsh Government in Autumn 2016.

## We think you should know about Housing for an ageing population

**With an increasing number of older people living longer in Wales, the supply of suitable and appropriately located housing for people over 65 has become a crucial issue to address. It is an important contributory factor to health and wellbeing for older people.**

The Welsh Government's Expert Panel on housing for an ageing population in Wales has consulted widely over the summer and Caerphilly County Borough 50+ Forum has provided support by "road testing" a questionnaire and by responding to the consultation.

The main issues being addressed include:

**Do we have enough of the right homes suitable for older people?**

■ Will these homes support people to live independently for as long as possible?

■ Is moving a real choice for older people in Wales & if not, why not?

The Group will conclude its work by the end of the year. A decision about whether to move home in later life is never easy but there is practical help available.



**A self-assessment form for people wondering whether or not to move home and seeking information on options has been produced with support from The Housing Corporation**

[www.housingcare.org/downloads/kbase/1621.pdf](http://www.housingcare.org/downloads/kbase/1621.pdf)



[www.caerphillyover50.co.uk/](http://www.caerphillyover50.co.uk/)



Caerphilly Over 50



# SCHOOL INTERGEN CLUBS

**Caerphilly was the first borough in Wales to establish School Intergen clubs and they can continue to flourish and contribute to communities generate mutual respect between different generations.**



Schools also provide excellent refreshments ranging from afternoon tea to a subsidised cooked dinner.

There are currently a total of eleven term time clubs in Caerphilly borough covering a range of Primary and Secondary schools.

The Caerphilly county borough Intergen Clubs are school based and are an excellent opportunity the 50+ and young people to share skills, socialise and enjoy a range of activities. Such activities include board games, IT initiatives, reading, cooking, scrabble, bingo, to name but a few.

A warm welcome is extended to anybody wishing to attend although it is always advisable to contact schools beforehand as arrangements sometimes have to change. If you would like to find out if there is a club in your area either contact your local school or call **01443 864277**

## Getting to Know Us

**Do you belong to an organisation, society, club or group?**

If so, would you like us to come along and give a talk about the 50+ Forum in Caerphilly Borough and how it could be relevant to your organisation or your individual members?

As well as telling you about the Forum, the things we have been doing and what we might do in the future, we would love to have a discussion about what you would like us to do.

Hopefully, this would enable us to forge links that would continue in the future and enable you to provide us with feedback and concerns that develop in the future.

**We would like to thank Caerphilly 50+ Positive Action for their help and support in producing this newsletter and the Welsh Government who have funded the cost of the printing as part of their Well-being engagement work supporting Strategy for Older People in Wales.**



**If you would like to advertise to thousands of over 50s in Caerphilly County Borough you can do so by sponsoring the next edition of this Newsletter or any of the forums events.**

**Please contact us via the website 'get in touch' section or email:**

**[spragm@caerphilly.gov.uk](mailto:spragm@caerphilly.gov.uk) or call**

**Mandy Sprague on 01443 864277**