

# ANNUAL REPORT - 2019

## RHONDDA CYNON TAF 50+ FORUMS



### Tribute to Brenda Williams

2018 was a sad year for RCT 50+ Forums we lost one of the founder members Brenda Williams. Brenda was an amazing woman a true ambassador for the forums, she was a member of many groups and travelled all around the country, and even went to the United Nations World Assembly on Ageing which was held in Madrid in 2002. Brenda always said that if she had not been a member of RCT 50+ Forums she would not have had the privilege to represent Older People in this way. She was a very modest woman and we did not know until her funeral that she had sat next to Nelson Mandela, Brenda liked to talk, so you can be sure he was told all about RCT 50+ Forums.



No words can really express all that Brenda did for the forums she always had information that had either been sent to her by email or she had read in the newspapers.

Brenda's mantra was '*Age is just a number*' and she lived by this, anyone who asked her age was firmly put in their place by her saying 'Please forgive me for not telling you, if I forgive you for asking'.

In her life she had been a Manager in a Building Society which was an achievement in itself most Managers at that time were men. She was an accomplished musician, and also a keen gardener. Her mind was very active but over the last few years her body was not. The Forums will miss her '*Gone but never Forgotten*'.

## 50+ Showtime-2018

Another successful 50+ Showtime event was held this year at Tylorstown Sports Centre with approximately 120 people attending and some non-members as well.



Geoff Bell acted as MC again this year but sadly we are losing Geoff he is leaving us to go and live in Cumbria. **We all wish him well and he will be solely missed.**

**Maybe we will have to move our Showtime to Cumbria next Year!!!**

### PROGRAMME OF THE EVENT:

#### WELCOME:

*Angela Tritschler Chair of Rhondda Cynon Taf 50+ Forums - OPAG*

#### INTRODUCTION

*Geoff Bell – Master of Ceremonies (MC) Vice Chair of OPAG*

#### PERFORMERS FROM THE FORUMS:

<i>Pat Wright</i>	<i>“Decades”</i>	<b><i>Upper Rhondda</i></b>
<i>Irene Pearce</i>	<i>“My Mother”</i>	<b><i>Upper Rhondda</i></b>
<i>Kathleen Evans</i>	<i>“Albert and the Lion</i>	<b><i>Upper Rhondda</i></b>
<i>Jean Morris</i>		<b><i>Taff Ely</i></b>

#### GOLDIES CYMRU:

*Sing along to 10 popular hits from the 1950's onwards with Goldies Programme Leader, Rachel Parry*

#### INTERVAL – TEA/COFFEE

#### “HIMS AND ARIAS” MALE VOICE CHOIR-“A CHOIR FOR ALL OCCASIONS”

Sit back and enjoy the guys—led by Musical Director, Meryn Williams B.Mus.Hons, as they start their programme with a strong Welsh connection and move on to maintain the theme of popular music from the 1950's onwards.

Special thanks to Rhondda Cynon Taf County Borough Council for the financial support we receive and the administrative support we receive from Age Connects Morgannwg.

**All the support we receive enables and inspires us to achieve the Objectives we set ourselves with the aim of ‘Enabling Older People to live longer, healthy and better lives’.**

**Throughout the year the officers of OPAG have attended many events representing the RCT 50+ Forums these are just a sample:**

**Events:**

- January Public Health Conference Sophia Gardens Cardiff
- January GTFM local radio talking about the Forums
- February Supporting ACM at the WCVA awards ceremony
- March Celebrating Communities – Event organised by Ageing Well in Wales
- April Web Site Training
- May Representing the forums in Pontypridd manning a stall to support Dementia Action Week
- July Visiting Gilfach Goch OAP Committee to inform their members about the work that the RCT 50+ Forums do.
- September Attended the RCTCBC Scrutiny Committee
- November Meeting with Melanie Warburton Equality Officer for RCTCBC
- November Meeting with Heather Tyrrell looking at Citizens Social Work Supervision
- November Public Health Forums – members of the forums attend these throughout RCT.

We also get involved in many Consultations throughout the year these are just a sample that we have been involved with:

**Consultations:**

1. Public Toilets
2. All Wales Mandatory Concessionary Bus Travel Scheme
3. Health service boundary change
4. Welsh Government Connected Communities -Tackling -Loneliness and Isolation
5. Pavement cafes
6. Alcohol and drugs exclusion areas
7. Council Budget
8. Public Rights of Way
9. Mobile Libraries.
10. Proposed changes to community transport services
11. Day Care Services
12. Residential Care for Older People

We are continually looking at innovative ideas to ensure that our members voices are heard and also that we are informed and kept upto date of any projects or services that affect Older People.

## Chair's Report to OPAG Annual General Meeting - January 2019

We have had another challenging year, I am grateful to my fellow officers and to you all for your continued commitment and support. Lynda Corre, our Secretary, has worked impressively hard on our behalf once again. Ann Davies, our Treasurer, has had the difficult job of keeping me in order as well as the OPAG finances. It is with regret that we are having to say goodbye to Geoff Bell our Vice Chair as he is heading back to Cumbria, we are sorry to see him go but family comes first and we all thank him for everything he has achieved for the forums. Our thanks must also go to our eagle eyed auditors Anna Brown and Anne Ivey for their valued contribution. Sadly we lost our oldest member Brenda Williams in July after a period of ill health, she was an absolute font of knowledge and will be greatly missed by all who knew her.

Our thanks go to Hannah Watson, our Health and Wellbeing Improvement Officer for all her help and support and the useful information she provides on all matters relating to older people. Special thanks go to Chris Davies for all his help and support, he always goes that extra mile for OPAG members and ensures we are made aware of all local authority consultations.

We thank our Older People's Champion, Councillor Geraint Hopkins, for representing older people at local authority committees and at public events and providing us with relevant information from these meetings. We continue to work alongside the local authority and the health authority and hope to continue participating in the various consultations.

We continue to have valuable administrative support from Age Connect Morgannwg and thank the staff, especially Yvette Davies, for making sure our members get timely information about the forums.

We continue the IT classes in some areas assisting members with further tablet training. Our website training still needs progress, I think the Facebook pages are more successful at the moment. A new Older People's Commissioner, Helena Herklots, CBE was appointed last June. She has accepted our invitation to speak at our May OPAG meeting, she will be able to update us then on her progress after almost a year in office. We hope to hold another concert this year to follow on from our second successful concert last June which saw members of the forums displaying their various talents, Geoff will have to come back for that!!

There are changes galore in the Welsh Government with most of the parties electing new leaders. It remains to be seen whether they will be supportive to older people in Wales. The National Assembly debated the proposal for an Older People's Rights

Bill on 23<sup>rd</sup> January 2019 and sadly it was rejected 27 votes to 21 with 2 abstentions. The voting was predictably on party lines. The Government were supportive of the principles of the Bill but rejected the opportunity to legislate now saying “When we do legislate , we should do that holistically for the whole of society and in a way that identifies the needs of all disadvantaged groups”

The Older People’s Commissioner has issued a statement to say she is extremely disappointed that the proposal to take forward new legislation to protect and promote the rights of older people in Wales was voted down following the Welsh Government’s decision to oppose it. The results of the vote represent a missed opportunity to make rights real for Older People. The Commissioner has written to the First Minister to express her disappointment and her concerns about the Welsh Government’s commitment to older people’s rights and will closely scrutinise their alternative proposals to ensure they will deliver meaningful improvement for older people.

From April 1<sup>st</sup> 2019 our Cwm Taf Health Board will take over patients from the Bridgend area so changes there too. I can see we will be involved in more consultations in the future, whoever said retirement was all about putting up your feet and relaxing!!

*Chairperson: Mrs Angela Tritschler*

## Secretaries report OPAG AGM – January 2019

This year has seen the loss of one of our founder members Brenda Williams. Brenda was a true ambassador for RCT 50+ Forums she will be missed, her motto was 'Age is just a Number' and she lived by this.

We are also losing Geoff Bell who is leaving us to go back to his roots in Cumbria we all wish him well.

Throughout the year I have represented the 50+ Forums at 49 conferences and meetings they have hopefully raised the profile of the RCT 50+ Forums.

In some of the meetings I have attended you occasionally get someone who will ask, why do you belong to a forum this is my definition and one that I know RCT 50+ Forums adheres to:

*'Older people's forums are means of enabling older people and their organisations to meet together at a local level, share their views, develop their own agenda and influence their own environment. Forums identify the issues about which their members are most concerned and work to improve local services across the statutory, voluntary and private sectors. They are concerned with all issues that affect the quality of life of older people in their locality.'*

*Forums offer a valuable source of advice to local authorities and to health bodies on older people's issues. Many of them are involved in formal consultation mechanisms with these bodies. Forums are also campaigning organisations trying to get public authorities to pay attention to the issues they consider important to older people.'*

Throughout the year any information that I receive regarding the lives of older people or any consultations that we should be getting involved with are either sent by email to the members of OPAG or I obtain hard copies to ensure that this information gets to all the forums.

Here's to another successful year for the RCT 50+ Forums.

**Secretary: Mrs Lynda Corre**

# Treasurers report OPAG AGM - January 2019

## RCT Older People's Advisory Group Balance Sheet Year ending December 31st 2018

### Expenditure

balance brought forward		£	798.59
date	cheque		
05/01/2018	283	£	16.79
04/05/2018	421	£	40.00
09/08/2018	422	£	25.00
		£	716.80

### Income

date	no		
23/01/2018	50072	£	324.00
		£	1,040.80

date 9-1-2019  
signed S. Davies  
Treasurer  
Auditor A. Brown, checked correct.  
Auditor M. Lacey

**Treasurer: Mrs Sheila Ann Davies**

**Rhondda Cynon Taff 50+ Forums**

# **Annual Reports**

**2018**

**Upper Rhondda**

**Rhondda**

**Cynon Valley**

**Taff Ely**

**Llantrisant**

## **Annual Report for Upper Rhondda 50+ Forum 2017/18.**

At the AGM in October, 2017, Kenneth Davies was re-elected as Chairman : Mal Toghil as Vice Chairman : Anna Brown as Treasurer : Barbara Doughty as Secretary. Meirion John, Sian Thomas, Susan Griffiths were re-elected and Sheila Murray was welcomed as a new member to the Management Committee.

At the Open Meeting held immediately after the AGM Members were reminded to attend at the Treorchy Boys' and Girls' Club later in the month to vote for the Wind Fund Grant for the Upper Rhondda 50+ Forum, this time we were applying for two grants and we were successful.

In October a successful Fund Raising Concert was held at the RAFA Club.

The Meeting in December was held at the Ty Newydd Country Hotel followed by a pleasant Festive Lunch, there were Raffle Prizes, Christmas Carols, songs and stories, a good time was had by all.

Guest Speakers during the year have included Neil Cooper (Cwm Taf Health Board) Amy John, Pharmacist (Mis-use of Antibiotics.) Dilys Jouvenaux (Women Against State Pension Injustices – WASPI WOMEN) : Information on Wills and Lasting Power of Attorney : Welcome to Our Woods and Walking Groups : Recycling in RCT : Sharron from a newly opened Charity unit in Ynyswen *Boomerang*. Chris Williams of RCT Consultation has spoken with Members regarding queries over Council projects. He was asked about a *Rapid Response Unit in conjunction with the LIFELINE PROJECT* as neighbouring Counties, namely Cardiff and Bridgend have such an unit in operation, and we in Upper Rhondda have enquired about a similar system for a number of years without avail.

Dennis Stallard, a local author, visited us and had on display the book he had written regarding his adventures with local Amateur Theatrical Groups.

A successful Fund Raising Concert was held at the RAFA PUB in Treorchy in November.

We have also heard about the project to erect a Monument regarding the Bombing Raid on Cwmparc, which , per capita and acreage, is recorded as the worst Bombing Raid on Main land Britain in World War 2.

We have received information regarding changes and charges to Licensing for drivers of Community Transport and a letter was signed and forwarded to the local MP expressing our concerns.

Members have attended IT Classes at Treorchy Library, Show Time at Tylorstown Leisure Centre.

Information has been passed to Members regarding, Free Swimming : Local Craft Fair : Walking Football : Tea Dances : Discount available at local stores advertising on Stagecoach Transport, and of course the Discount Card is available for the 50+ Forum.

Information has also been received regarding Meetings for Older People in the RCT Area, but unfortunately most of them are at venues and times quite unsuitable for folk who rely on Public Transport to attend. Organisers do not seem to realise that it takes one hour and thirty minutes

to travel to Pontypridd by Public Transport from the Upper Rhondda, and to travel to LLantrisant, folk need to change buses in Tonypany. As for Meetings in Merthyr – that is a change of bus in Pontypridd and onward travel.

During the Refreshment period at our Open Meetings fresh fruit is served in conjunction with our *Healthy Eating Project*.

In October we held our AGM and the Chairman and Committee were unanimously re-elected.

In December we once again travelled over the misty mountain to hold our Meeting at the Tynnewydd Country Hotel followed by a Festive Lunch.

We look forward to Meetings in 2019 with interesting Guest Speakers and Socialising.

# **RHONDDA 50+ FORUM 2018 ANNUAL REPORT**

## **JANUARY 17<sup>th</sup> 2018**

### **Speakers:**

1. Hannah Watson Health and Wellbeing Improvement Officer (Older People)
2. Meriel Gough Community Co-ordinator
3. Howard Thomas and Marlene Thomas South Wales Fire and Rescue Service
4. Catherine Davies and Jack Murphy RCTCBC Trading Standards

**Speaker:** Hannah Watson told us about a Joint Event with Ageing Well In Wales which will be held on the 12<sup>th</sup> March at Abercwmboi RFC. A registration form was filled in by members.

**Speaker:** Meriel Gough spoke about sustaining the Tea Dance that Communities First were organising there have been a few meetings with the Rhondda 50+ Forum and other organisation to try and get the Tea Dance up and running in March.

**Speakers:** Howard Thomas and Marlene Thomas: Howard wanted our opinion on a survey that the Fire Service are doing to help improve the service. Marlene spoke about the home fire safety team and how they can help people. She told us about the many dangers you have in the house like using double plugs, having air fresheners, and using deep fat fryers. She also told us about devices that the hard of hearing can get through the local fire service.

**Speakers:** Catherine Davies and Jack Murphy informed members about a device called True Call Secure, this will protect you from nuisance phone calls and scams. These will be on a 6 months trial and they are free.

45 Members Attended 21 Apologies.

## **MARCH 21<sup>st</sup> 2018**

### **Speakers:**

1. Hayley Pugh – Primary Care Development Manager Cwm Taf UHB
2. Kelly Gwilym and Beth Scott Cwm Taf Care and Repair

**Speaker:** Hayley Pugh spoke about starting a Lindsay Leg Club in the Rhondda. At the club at least 2 or 3 people can have their legs washed and treated by specialist nurses. It is run like a social club where people can make friends it is volunteer run and community led.

**Speakers:** Kelly Gwilym and Beth Scott. Kelly spoke about the services that Care and Repair offer to help older people stay independent in their own homes. A lot of information was given to members on their service. Beth Scott explained that she deals with people who have sensory loss. She also helps people who are lonely and isolated and will refer them to a befriending scheme.

46 Members Attended 16 Apologies

## **May 16<sup>th</sup> 2018**

### **Speakers:**

1. Lloyd Constance – RCTCBC Leisure Services
2. Leanne Wood AM

**Speaker:** Lloyd Constance wanted our opinion on what we would like to receive from the Leisure for Life Team, forms were handed out to members they were asked to either post them back in the envelopes provided or hand them in to the Secretary who would deliver them to Ystrad Sports Centre.

**Speaker:** Leanne Wood AM introduced herself and told us about the work that she does with the WG. She answered many questions put to her by our members.

38 Members Attended 23 Apologies:

## **JULY 18<sup>th</sup> 2018**

### **Speakers:**

- 1 Julie Pritchard Jones Citizens Advice Bureau

2. John Codd Rowan Tree Cancer Care
3. Nia Doherty RCTCBC Strategy Public Relations Department

**Speaker:** Julie Pritchard Jones talked about the CAB and also about the role of the volunteer. A lot of very interesting information was given to members about CAB.

**Speaker:** John Codd spoke about the role of the Rowan Tree Cancer Care and how it provides emotional and practical support to families living in RCT whose lives have been touched by Cancer.

**Speaker:** Nia Doherty wanted feedback on how views about living in RCT. Members were told if they had any further comments to see Nia during the break.

45 Members Attended: 11 Apologies:

## **SEPTEMBER 19<sup>th</sup> 2018**

### **Speakers:**

1. Richard Maioarano – Dementia Friends Co-ordinator
2. Isobel Jones – Welsh Ambulance Service

**Speaker:** Richard Maiorano spoke about the work of the Alzheimer's Society and how they are working locally to make a difference to support people with Dementia. He also told us about Dementia Friendly Communities and how they can make a difference. Dementia Friends training was offered to our members.

**Speaker:** Isobel Jones spoke about the basic things to do if someone is choking she had a training apparatus with her called Resus Annie she explained and showed us many things to help people and also children.

40 Members Attended: 14 Apologies:

## **NOVEMBER 16<sup>h</sup> 2018 AGM**

### **Speakers:**

- 1: Cllr Geraint Hopkins Cabinet Member for Adult Community Services & Welsh Language
2. Terry Walton – Talking about his allotment
- 3: Steve Huxton Ageing Well in Wales

**Speaker:** Cllr Geraint Hopkins talked about the national debate regarding adult social care and the current situation in RCT. Cllr Hopkins also told us that the LA will be doing a consultation on the renewal of the Care Homes in RCT and they would like the Forum to be involved.

**Speaker:** Terry Walton spoke about his life on the allotment, and also about how he came to be on the Jeremy Vine show. Terry answered many questions put to him by our members.

**Speaker:** Steve Huxton informed us of a consultation document on Loneliness and Isolation that he would like the forum to get involved with either as individuals or as a group.

The reports were read out from the Chairperson, Secretary and Treasurer. There was no voting on the committee this year and all the committee are staying in post. We have had the sad loss of Susan Bryant who was on our Management Committee so there is now a vacancy for a new member. Dilys Jouvenat was welcomed onto our Management Committee. Opag representatives stay the same.

48 Members Attended: 14 Apologies

**After the AGM members enjoyed an Information and Advice event with 34 organisations in attendance. There was also over 20 members of the community that benefited from the event. A buffet lunch was arranged and we were also fortunate enough again to be donated cakes from Greggs.**

### **Information and Advice**

**This is just a sample of the information and advice that has been given to our members throughout the year.**

My local Pharmacy app ordering repeat prescriptions: Managing your infection: Time is running out antibiotics will stop working if we don't act now: Celebrating Communities information: RAF

St Athan Event information: Evaluation form for the 50+ Calendar: Analysis of Questionnaire regarding Public Toilets: Medical Information card: A pocket guide to help you deal with loneliness: A pocket guide to being dementia supportive: Putting things right- raising a concern about the NHS: Gutter & UPVC Cleaning Antibiotics will stop working if we don't act now: Diamond Home Support: Serenity Support Services Ltd: Superfast Broadband discover how to make your life super: Your health information there when it's needed: Choose Well – your guide to choosing the right NHS service: Staying in control when you're older: Sequence Dancing information: Contact 999 by SMS text: Age Cymru Thermometers: 999 How we respond to calls: A guide to staying steady – Get up + Go:

Joint Care programme – information for patients. Information about Local Community Co-ordinators:

Warm Wales Cymru: CISWO Personal Welfare Services: Wheelchair accessible vehicles: Reducing your water bills: Information about the Local Health Forums: Welsh Water information about bogus callers

Age Cymru Community Calculator: Ageing Well In Wales Cards for Older People: What's on at Canolfan Pentre: Suspect a Stroke act FAST call 999: Swap it don't stop it 'Change 4 Life'.

### **Events:**

**A brief overview of some events the Rhondda Forum have been involved with over the year.**

January 2018 an analysis of the Public Toilet Provision in the Lower Rhondda Fawr and Rhondda Fach was undertaken by forum members. Quite a few members helped with the survey the results being that most felt that the toilets were quite good.

12<sup>th</sup> March 2018 – Celebrating Communities members attended Abercwmboi RFC this event was organised by Ageing Well in Wales.

5<sup>th</sup> June 50+ Showtime this year it was held in Tylorstown Sports Centre again a really enjoyable event with Forum members showing us their talents.

11<sup>th</sup> June Management Committee met with representatives from the Big Lottery to discuss the Awards for All Grant that the Rhondda Forum had been unsuccessful in obtaining, this meeting was enabled through the help of Mr Chris Bryant MP. For many years the forum has had an AFA grant which enabled the members to go on an Educational Trip this year we were refused. We were made aware that there has been changes to the criteria and this makes it more difficult to obtain grants although the grant has been raised up to £10k from £5k. Although we were unsuccessful with the lottery grant we were successful in getting funding from Greggs Foundation which will allow us to have our Educational Trip to Llancaiach Fawr Manor on the 6<sup>th</sup> December 2018.

In our July meeting our forum members were asked if they would like to get involved in a project by knitting squares which would then be sewn together to make blankets for people in residential/nursing homes, also members were asked if they would like to knit hats for premature babies. At our September meeting many members had knitted some squares and also baby hats we also involved community members in this project. In our October officers meeting we had 23 blankets some had been croqueted and there was enough squares to make another 2 more so we had 25 blankets in total. We also had 4 fiddle blankets . It was decided that we contact 5 residential/nursing homes which would allow us to issue 5 blankets to each of them. After our October meeting more croquet blankets have been made which allowed us to include another care home to distribute the blankets to making the total blankets 34. We have also given fiddle blankets to the Ambulance service this will help when they have Dementia patients that need hospital care.

We have also sent a detailed response to the Welsh Government regarding the consultation on the Mandatory Concessionary Fares.

Throughout the year the Rhondda 50+ Forum has organised Tea Dances for Community Members and Forum Members. We have also been involved in helping a forum member set up a Carers

Group. The name of the group is Care2Chat and the first meeting will be held on the 10<sup>th</sup> January 2019 at Canolfan Pentre 2.00-3.00pm.

We have had quite an eventful year with many interesting speakers we have had another successful 50+ Showtime and also many Older People have benefited from the blankets that have been made for them. Also neo-natal babies have also benefited from the hats that have been delivered to Prince Charles Hospital.

## **ANNUAL REPORT FOR CYNON VALLEY 50+ FORUM 2018**

### **MEETING HELD ON JANUARY 16<sup>TH</sup> 2018**

Everyone was welcomed by Mrs. Delma Hill, chairperson. Mrs. Delma Hill was voted back on as chairperson, Mrs. Audrey Prince as secretary and Mr. Mike Green as treasurer. Mrs. Val Rowlands stood down as deputy chair due to ill health but will still attend the meetings. Mrs. Marina Harries will take over as deputy.

The balance sheet was presented and accepted.

Two members of Gadlys O.A.P. were invited to join our group meeting as we had a speaker from Trading Standards to speak about call blockers for the telephon . Apologies were noted and.

Members attended were 36.

Sadly this year 2 members passed away.

The annual dinner was held at Aberdare Golf Club on Tuesday 23rd January. 34 people attended, thirty four pounds was collected for the staff. Everyone enjoyed the meal, the entertainment and transport were provided.

Date and venue for the next meeting will be Tuesday February 20<sup>th</sup> at St. Mair's Day Centre.

Speaker is to be confirmed.

### **MEETING HELD ON FEBRUARY 20<sup>TH</sup> 2018**

Mrs Hill opened the meeting and read the prayer apologies were noted.

19 Members were present at this meeting due to other commitments, apologies were received.

Speakers this meeting were from Bobath Cymru, Emily who is the coordinator and Susan who is a volunteer fund raiser and Knits for the group and has raised a lot of money over the years. They spoke about the centre and showed a film about the work they do which gave an insight to the progress made with the people who attend the centre. Gifts were bought by members and the girls were thanked for a very interesting meeting.

Date and Venue for the next meeting will be Tuesday March 20<sup>th</sup> 2018 at St. Mair's Day Centre.

The speaker will be from 'Too Good to Waste' in Aberdare.

### **MEETING HELD ON MARCH 20<sup>TH</sup> 2018**

Mrs. Hill welcomed everyone and read the prayer. 20 members attended and there were no matters arising.

Shaun England and Katy Blake were the speakers for the meeting they were from Too Good to Waste. Shaun spoke about the number of years the company has been running and it has now been running in Aberdare for 25 years but there is also a place in Treorchy. The company collects furniture, electrical items, china, bedding and other household items. Everything is fully tested and checked before being placed on sale. The showroom in Aberdare is open seven days a week and is closed on Bank Holidays. As well as waste minimising the company provide opportunities for volunteers to gain work and skill experience and develop social skills. Everyone was invited to visit both showrooms.

The meeting closed and the dates for a summer trip were discussed.

Date and venue for the next meeting will be held on Tuesday 17th April 2018 at St. Mair's Day Centre and the speaker will be Wiltshire Farm Foods.

### **MEETING HELD ON APRIL 17<sup>TH</sup> 2018**

Mrs. Marina Harries deputy chair opened the meeting. Mrs. Val Rowlands returned to the group after her illness.

Apologies were noted and 20 members attended the meeting.

The speakers for the meeting were Sarah Mason and Chris Roff from Wiltshire Farm Foods which are based in Bulth Wells. The company was formed 27 years ago and they have both been working there for 18 years.

They brought meals and cake for forum members to try. The meals could be kept in the freezer and cooked from frozen in the microwave, there were different size meals which could be ordered and would be delivered in a few days, small orders would be accepted. Mrs. Harries thanked the speakers and booklets were given out for the selection of meals.

Date and place of next meeting Tuesday May 15<sup>th</sup> 2018 at St. Mair's Day centre. Speaker will be Nerys Hughes from Care and Repair.

#### MEETING HELD ON MAY 15<sup>TH</sup> 2018

Mrs. Hill read the prayer and the minutes were handed out in the meeting.

Apologies were noted and 15 members attended.

The speaker was Judith from Care and Repair, as Nerys had another engagement. She spoke about the support that can be given to people who want to remain in their own homes. Work can be carried out on a range of jobs such as handrails, also bathroom conversions. They give a free home visiting service home safety checks to help you manage hearing and sight loss some services are based on benefit checks. Bags and leaflets were given out, Mrs. Hill thanked Judith for her very informative talk and advice.

Detail of the show in Tylorstown and the annual conference and rally in Porthcawl were given out.

Date and place of next meeting Tuesday June 19<sup>th</sup> 2018 at St. Mair's Day Centre. The speaker for the meeting will be Christine Moore from HEN DY CWRDD in Trecynon.

#### MEETING HELD ON JUNE 19<sup>TH</sup> 2018

Mrs Delma Hill opened the meeting and read the prayer apologies were noted 18 members attended due to holidays.

Mrs. Christine Moore was the speaker for the meeting and spoke about the restoration of chapels in the Cynon Valley. She showed us a film on one of the chapels and explained that there was still a lot of work to be done. They had a number of chapels on the list but it would take a long time to raise funds to do the renovations.

Members who attended the Showtime in Tylorstown and the Rally and Show in Porthcawl had two very enjoyable days, it is hope that more will attend next year.

The meeting was brought to a close and the day trip to Tewksbury was discussed.

Date and place of next meeting Tuesday JULY 17<sup>TH</sup> 2018 at St. Mair's Day Centre. The speakers will be from Bowel Screening, a notice was put up to invite non members to attend this meeting.

#### MEETING HELD ON JULY 17<sup>TH</sup> 2018

Mrs. Delma Hill opened the meeting and read the prayer, apologies were noted and 25 members attended.

Speakers for this meeting were from the local health CWM TAFF HEALTH BOARD who spoke on Bowel awareness. Sarah spoke on how different food and drinks can upset the bowel and bladder system, also what signs to look for. They brought information for both men and women, they said that the bowel should be empty after using the toilet and if not give some tips on what to do to assist this. Medication should not be stopped if bowel problems persist but advice should be discussed with a nurse. There are also aids to assist with problems and leaflets were given out. Mrs. Hill thanked the girls and tea and coffee was offered to members if any questions needed answers.

The meeting was closed and the day trip to Tewksbury was discussed.

Date and place of next meeting to be held on Tuesday 18 September 2018 at St. Mair's Day Centre. The speaker will be Alan Hargreaves on Power of Attorney.

MEETING HELD ON TUESDAY SEPTEMBER 18<sup>TH</sup> 201

Mrs. Delma Hill opened the meeting and read the prayer, apologies were noted and 16 people attended this meeting.

Mr. Alan Hargreaves spoke about wills and the right that the families have to claim after the loss of a loved one if no will was left. Members asked a lot of questions and he said consultations could be arranged if problems occurred.

Everybody enjoyed the day out in Tewksbury .

Date and place of next meeting Tuesday 16<sup>th</sup> October 2018 at St. Mair's Day Centre. The speaker will be Lyn William from Heatwise.

MEETING HELD ON TUESDAY OCTOBER 16<sup>TH</sup> 2018

Mr. Mike Green opened the meeting and read the prayer, apologies were noted and 16 people attended unfortunately Mrs. Williams could not attend the meeting as she had car problems so the meeting closed early. Mr. Mike Green collected the draw tickets for the rotary club, more people are now having meals as the centre has now changed to CYNON LINC.

DATE AND PLACE OF NEXT MEETING TUESDAY NOVEMBER 20<sup>TH</sup>2018 at St. Mair's Day Centre. Speaker to be confirmed.

MEETING HELD ON TUESDAY NOVEMBER 20<sup>TH</sup> 2018-12-09

Mrs Delma Hill opened the meeting and read the prayer, apologies were noted and 25 members attended.

The speaker for the meeting was Dafydd Snelling who spoke about Breast Screening for men and women. He said that it was important to be screened and after 70, people could request to be screened as there are both mobile units for men and women. He gave out leaflets with information on how to contact the doctor or unit if you had a problem a small number attended.

DATE AND PLACE OF NEXT MEETING TUESDAY JANUARY 15 2019 at St. Mair's Day Centre.

MEETINGS I HAVE ATTENDED:

MARCH 12<sup>TH</sup> ABERCWMBOI RUGBY CLUB AGING WELL IN WALES CELEBRATION

MONDAY MAY 21<sup>ST</sup> WELSH SENATE MEETING AT THE FUTURE INN IN CARDIFF.

JUNE 5<sup>TH</sup> TYLORSTOWN FUN AFTERNOON.

JUNE 6<sup>TH</sup> ANNUAL CONFERENCE PORTHCAWL.

MEMBERS WHO HAVE RETIRED THROUGH ILL HEALTH: Mr. ALAN EVERETTE

MEMBERS WHO PASSED AWAY:

Mrs. STELLA GOUGH

Mrs. BLOD THOMAS

Mrs. JULIE PRYERTH

MR. FRED DANIELS

SINCE APRIL I HAVE BEEN IN CONTACT WITH TONY RICHARDSON AND HAD WIRE PUT UP IN THE BUS STATION IN ABERDARE TO DETER THE BIRDS.

## Annual Report from Taff Ely for 2018

January.

There were 48 members and 8 apologies.

The speakers today were Wayne Burnett and Clive Wilson who came to update members on the Dewi Sant Site. They explained what was going to be on the site then a Q&A session followed. This was a very heated session with members very concerned about lack of parking facilities and limited bus service. They promised to come back and bring answers to the questions.

2<sup>nd</sup> speaker was Meinyr Evans who talked about Power of Attorney and deprivation of Liberty. Very informative and members asked many questions.

March

There were 56 members and 9 apologies

Chair welcomed all to meeting. Our speaker today was LAURA PERRY from Trivallis who wanted members to say what they would like to happen within their areas regarding activities and provision for 50+. These were collated on post it notes and Laura will report back to us later with the results and whether they will be able to help with any provision of activities. We look forward to her return next year.

May

There were 36 members and 22 apologies.

First Speaker was Hannah Hitchens. [Hannah](#) gave the members information on the NHS Digital Storytelling Project. It involves looking for stories that the community may have relating to 70 years of the NHS. Some members spoke to Hannah and volunteered.

2<sup>nd</sup> speaker was Sarah and Sorrel from the Bladder and Bowel Service of Cwm Taf University Healthboard. They gave an informative outline of the service they provide and brought a range of products available for clients. Members were invited to speak to them privately to discuss any concerns. There are male and female nurses available. They can be contacted on TEL: 01443 443 752/756

Final Speaker was Morwenna from Pontypridd Museum in collaboration with Catrin Hanks local artist who are hosting Pentre Perffraith... Perfect Welsh Village. It is a community engagement project which invites local community groups to reflect on our cultural heritage and shared values, and in so doing express our aspirations, hopes and dreams for the future. Question to ask... What elements of historical Pontypridd would we want to keep? What would we like Pontypridd to be like in 100 years? By bringing together multi-generational and diverse members of the community to share conversation and explore these questions. It is hoped that with visual and imaginative exercises we can design the Perfect Welsh Village. With maps and blueprints, painted visions onto documentary photographs, model villages and puppets it is hoped to bring the story to life. Workshops designed to develop skills and support community engagement will work with a range of community groups active in Pontypridd. Each phase allows one community group to fully engage with a creative exercise or art form.

A bring and buy table was available for members and Ann presented Dementia Friends with £53 proceeds from her Forget-Me Not flowers she crocheted for them

July

There were 45 members present and 21 apologies.

Speakers: Heather Tyrell( seconded to RCT Adult Services). Heather is looking at how RCT are dealing with the S/S Health and Wellbeing Act 2016. Legislation is affecting S/S and changes the way Social workers have conversations with clients regarding their care. i.e those needing help.

The emphasis is on what matters most to the individual and ways to provide it. This could be from a large range of services—from voluntary or other groups. Heather explained how the Local Authority and Social Services manage the evidence of how well care is assessed.... They should work with people not for them.

Shaun England The Chief Executive from TOO GOOD TO WASTE. Shaun explained how this venture was developed from an idea from Linda Davies who started the Charity from a £50 grant from the Prince of Wales trust in 1995. It has grown now to outlets on 2 sites, one in Ynyshir, Rhondda and one in Abercwmboi, Aberdare.

Both excellent and interesting speakers.

## September

There were 44 members and 21 apologies.

Speaker was Julia Burgess from Care and Repair who explained their current remit. They provide help to the older, disabled and vulnerable people in their own homes (not those from council run homes or Trivallis) over 60 years of age. This was a very interesting talk and Q & A followed.

## November

There were 51 members present and 14 apologies.

Voting took place for position of vice-chair and Marion Hubbard was unanimously elected. Marion accepted the position and thanked members for voting for her. Angie gave her report for the year. Treasurer's report was given and report was verified. Members had a Christmas Quiz and the winners had 19 out of 20. The January meal was finalised and then we all enjoyed festive refreshments.

We started off the year with our annual lunch in the Atlantic Hotel in Porthcawl with an excellent lunch and entertainment from a local singer. Also, from January, we held armchair yoga and armchair exercise sessions after receiving a small grant from the local authority. The sessions were well received by members, most of whom had mobility issues. These sessions helped members with their balance so trips and falls might be avoided, the yoga was especially helpful to relax the mind as well as the body. We are continuing to hold the classes this year. We had an educational Summer trip to the Dean Valley Railway in June, a nostalgic journey remembering our younger days on steam trains and ending with a lovely cream tea.

Our Secretary Ann Davies knitted and crocheted the Forget-me-Not badges in support of Dementia Friends and we donated the money raised to the local branch. We also supported Pontypridd WI to produce a magnificent display of knitted poppies outside the museum to commemorate Armistice Day, where Ann contributed Over 500 poppies along with poppies from other members of the forum.

We held some IT tablet training for members and intend to hold more classes if we can find a suitable venue with WiFi. We were all stunned by the sudden closure of the Muni which is an iconic building and was well used by members. The committee have expressed our strong concerns to the local authority and to our MP and hope to have a favourable update soon.

Our website page is a work in progress and we have had some training but need help, we are considering approaching local colleges for assistance from students. Our Facebook page is much more successful and we are able to use it to inform members of local news and consultations.

Our membership continues to grow, however we are in short supply of male members. We hope to attract more men in the coming year.

## LANTRISANT & DISTRICT 50+ FORUM

### Chairman's Report – October 2017 to October 2018

The Forum had 71 members who paid their annual subscription of £5.00 in the year. We were delighted to have a number of new members join us during the year – but very sad to lose some of our members and friends.

This report attempts to provide a summary of our year – commenting on our regular meetings and the other activities we have enjoyed between meetings. We meet at 10.30a.m. on the first Thursday of February, April, June, August, October and December at Pontyclun Athletic Club – with committee meetings being held on the first Thursday of the other months in the year, again at Pontyclun Athletic Club.

I would like to record my thanks to and appreciation of the work carried out by fellow officers – Ann Walby, Secretary, who continues to organise our meetings and arrange many of the Speakers so efficiently, as well as taking the Minutes of meetings – Jan Davies, Vice-Chair, who I know I can rely upon if I am not able to attend a meeting – and Pauline Davies, Treasurer, who is a vigilant custodian of our funds. My thanks also to committee members who ensure that we have a representative group of our members involved in the running of the Forum. In Joyce and Pat we have two ladies who do an excellent job at every meeting in collecting the raffle money which covers the cost of the refreshments for our meetings. Thank you both for your dedication and efficiency.

#### Forum Meetings

December 2018 – Members ( 48 in attendance) enjoyed the Christmas Buffet at the December 2017 meeting – and the carol singing accompanied by the very talented Meryn Williams B.Mus.Honours.

February 2018 – There were 49 members present. Unfortunately, the scheduled Speaker from the Welsh Ambulance Service Trust could not attend due to severe work pressures. Chairman, Geoff Bell, led a discussion on the proposal that the Cwm Taf University Health Board ( CTUHB) boundary should be extended to include the Bridgend Local authority area – which includes Princess of Wales Hospital in Bridgend. It was agreed that Geoff should respond to the Consultation stressing the importance of services to residents of Rhondda Cynon Taf should not be adversely affected by the proposed boundary change – in either the short or long term.

Members were reminded of the Ageing Well in Wales event – and of our Annual Lunch at the Atlantic Hotel, Porthcawl.

April 2018 – The Speaker at our April meeting was Ann Roberts – a member of the Community Health Council (CHC) for Cwm Taf. Members were made aware of the role of the CHC and its members – and were particularly interested in the Advocacy service provided to support members of the public/patients making formal complaints to Cwm Taf UHB – or indeed any other Health Board – in respect of health services.

June 2018 – We had two Speakers . Lynn Williams from RCT Local Authority, Energy Services, update members on the services and potential grants available. Lynn provided a contact number for the local authority “Energy Hub”.

Heather Tyrell is leading a Quality Assurance Framework project for RCT council . She is working with citizens and staff to develop the framework with people who use council services and the staff involved in delivering adult social services. Chairman, Geoff Bell, had already agreed to be involved.

The new Public Address system was used for the first time – with both the Speakers using the microphone and a “roving Mic” being used by members to ask questions.

August 2018 – The Speakers were Victoria Cannon and Lauren Roche from the law firm “Full Stop Law”. Lauren led an inter-active session on Probate and members found the session informative and well presented.

### Other Activities

Our Annual Lunch was held on 15<sup>th</sup> February with 35 members attending. The quality of the food and the service was agreed to represent very good value.

Secretary Ann and Treasurer Pauline did an excellent job in obtaining raffle prizes from local traders and the local branches of national companies – and Joyce and Pat sold the raffle tickets as efficiently as ever.

A number of members attended the “Celebrating our Community” event at Abercwmboi Rugby Club on 12<sup>th</sup> March as part of “Ageing Well in Wales”. There were a range of Speakers and a number of stalls with information on health and wellbeing topics. Transport was provided to members for both the Annual Lunch and the Ageing Well in Wales event.

In February and March training courses were held for those members interested in learning about the benefits of Tablets and Smart Phones. The novices and refresher courses were a follow-up to the major technology training organised by OPAG ( Older People’s Advisory Group) in 2016/17 across RCT.

Some members also attended FREE Self Management Courses held in February and March, which brought to the attention of those who attended a number of ways to improve health and wellbeing by taking small actions which can have a positive effect.

A number of Forum members attended an Event held on the 15<sup>th</sup> May to recognise the contribution made by Older People’s Commissioner, Sarah Rochira over the 6 years she held office. A number of Welsh Government Ministers , including First Minister, Carwyn Jones, praised Sarah’s work. We were pleased to note that we were the best represented 50+ Forum at the Event.

The second annual “ 50+Show Time” event was held on 5<sup>th</sup> June at Tylerstown Leisure Centre. Over 100 Forum members from across the five Forums in RCT attended – with Llantrisant Forum well represented. There was a common view that the “Goldies Cymru” sing-along and the performance by “Hims and Arias” male voice choir were the highlights of the event.

Sarah Rochira’s successor, Helena Herklots was appointed in June and took office in August. We wish her well for her 4 year term.

Former Chair, William Hopkin, Secretary Ann Walby and Chair Geoff Bell have represented Llantrisant 50+ Forum on the RCT 50+ Forums “Older People’s Advisory Group (OPAG) throughout the year and have reported to Forum members on OPAG activities and projects.

Geoff Bell

Chair - October 2018.

**Aim:**

To Enable Older People to live longer and better lives.

**Objectives:**

To :

1. become the recognised and unified voice of the over 50's in Rhondda Cynon Taf.
2. Influence the development of strategies, policies and plans in the United Kingdom and beyond which impact on the lives of all people, or any group(s) of people over the age of 50 – and to monitor the implementation of and outcomes from such strategies, policies and plans
3. work in partnership with local and other agencies / organisations on issues concerning older people.
4. promote and raise awareness of the abilities and experiences that older people have to offer society.
5. to promote encourage and support:
  - i) any activities which seek to maintain the independence of people over 50.
  - ii) any activities which reduce the loneliness of people over 50.
  - iii) a high standard of treatment and care which respects the individual's need and also the dignity of people over 50 during their lifetime – including end of life care.
  - iv) the educational needs of people over 50 by providing them with information which will help them to improve their general health and wellbeing, maintain their independence, improve their personal safety and the safety of their property and possessions.