

Cynon Valley January 2014

Mrs. Delma Hill was re-elected as forum chairperson. Mrs. Val Rowlands was re-elected as vice chairperson. Mrs. Audrey Prince was re-elected as secretary. Mr. Mike Green was re-elected as Treasurer. Two members were elected onto the Management Committee, Mrs. Marina Harries as Deputy Secretary and Mrs. Olive Karwecki as Deputy Treasurer.

It was decided to have a Health check day in the February meeting and various groups have been invited to check blood pressure, pharmacy, diabetic group and more.

Tony D'Anna said his role as forum support officer would probably end in April due to lack of funding.

Mrs. Prince has booked 'Age Concern' for the March meeting, to speak on changes in the pension service.

A final list of names for the dinner at Aberdare Golf Club was taken and the buses were booked.

Date and time of next meeting: February 18th at 1 pm in St Mair's Day Centre.

Cynon Valley – March 2014

Mrs Delma Hill read the prayer and welcomed everyone to the meeting. In our prayer we were asked to remember two loyal members who had passed away. Mrs Brenda Hopkins who had been a member but had spent a long time in hospital due to her illness, condolences were expressed to her husband. Also, Mr Cullen Morris from the Rhondda Valley, who attended regularly. Two new members attended this meeting, Mr Ian Caulfied with his guide dog and Mr Gordon Manning. Eleven people who had signed to join did attend but may do so on the next meeting. As no minutes were sent out last time, the minutes were read out. Mrs Prince apologised for the mistake as the cancer nurse Samuel Clements was from Prostate cancer and Mrs Prince mixed the age limit for prostate cancer testing was seventy four but for Bowel screening there is no age limit.

Mr Mike Green gave Mr D'Anna a bottle of Penderyn Whisky from the group as he will no longer have the post of Forum officer but said he would still like to attend meetings.

The speaker for the afternoon was Yvette Davies from Age Connect who spoke about the pension service and the changes for the future in the benefit service. She also gave out leaflets about the different services that Age Connect offer, they include insurance services, will writing, holiday insurance. The office is situated in Taff Street Pontypridd also at the 'One 4 All' Centre, Rock Grounds, Aberdare. Mrs Hill thanked the speaker for a very interesting talk. Date and place of next meeting: 15th April 2014. Speakers will be Rhian Dash from the Rowan Tree Cancer Support and Gareth from the Ambulance Service.

Cynon Valley – May 2014

The first speaker of the afternoon was Matt Baker from Boots Pharmacy he gave us a very interesting talk about the medication that gets wasted, last year 350 million was wasted due to people either taking the wrong medication or ordering medication they no longer needed. Once that has left the pharmacy if it goes out through the door, it has to be destroyed if it is handed over before you leave the counter it can be put back into stock.

He also asked if people had a tablet check by their pharmacist which can take place to check your medication and how you take it instead of going to the doctor, he gave out leaflets for members to take away he also said he would be pleased to talk to members if they went into Boots.

The second group was from crime prevention they spoke about house security about not leaving windows open for the cat and if someone comes to the front door make sure that the chain is on before you answer it also make sure that your back door is locked,

They did not have any leaflets as their budget has been cut, but said if you have a problem with a broken lock they will repair it at a lower rate than you would pay to get a locksmith out.

Mrs Hill thanked both speakers. Next meeting June 17th speaker Gareth Phillips St Johns Ambulance.

Cynon Valley – July 2014

The first speaker was Richard Barrett from 'Keep Wales Tidy'. He explained about the organisation, which is a charity, part funded by the Welsh Government. Its aim is to help local communities take responsibility for their local environment and support 'clean-up' programmes. They support schools, local communities and Government in improving the environment and can offer help if people needed assistance to keep their gardens tidy.

The second speakers were Laura Hanks Jonathan Cushen and Alison John from Environmental and Public Health. They gave us a very interesting talk on food hygiene, they spoke about the spread of campylobacter and if you washed your meat it could be spread so in future it is not advisable to wash your chickens, as it could cause contamination. All surfaces should be washed after handling a chicken which includes chopping boards and raw and uncooked vegetables should be kept separate in the fridge. Raw chickens should be stored in the bottom of the fridge so that there is no fear of any juices dripping onto any other food all members had a leaflet and a fridge thermometer. Mrs Hill thanked all the speakers for a very interesting afternoon. Mrs. Hill closed the meeting and names for the Tenby trip were taken.

The forum tapestry was completed by Mrs. Hill and has been collected by Rhian for display at the Sobel Centre on Wednesday 2nd July.

Cynon Valley September 2014

The speaker for the meeting was Steve Else from South Wales Fire and Rescue Service. He gave a very interesting talk about electrical appliances being left on standby and about not overloading extension sockets. He also mentioned 'plug in' type air fresheners, as some people leave them switched on after they are empty, which could be a potential fire hazard. Another potential hazard mentioned was electric toasters left below wall cabinets when in use, as the heat could cause damage to the cabinet. He told the forum that they had been allocated funding to provide home fire safety inspections, ash trays, safety extension leads and deep fat fryers.

Mrs. Hill thanked Mr. Else for a very interesting afternoon.

Date of next meeting: Tuesday 21st October 2014 at St. Mair's Day centre, Aberdare.

Speakers: Jason Tynan from 'Interlink' and Helen Parry from Community Care, R.C.T. C.B.C.