

RHONDDA 50+ FORUM 2018 ANNUAL REPORT

JANUARY 17th 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 12th 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 21st 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 16th 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.

Members Attended:38 Apologies: 23

JULY 18th 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.

Members Attended:45 Apologies: 11

SEPTEMBER 19th 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.

Members Attended: 40 Apologies: 14

NOVEMBER 16^h 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.

Members Attended: 48 Apologies:14

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.

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

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

11th 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 6th 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 10th 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.