

# Circulation

Highlighting and Promoting Healthy Ageing Work in Wales

Autumn 2009



**Ageing Well in Wales is a health promotion programme that promotes better health in later life.**

The aim is to improve the health and wellbeing of older people through investing in community and older people's groups and recognising the importance of older people in the design, development and delivery of health enhancing programmes.

By encouraging older people to lead a healthy lifestyle, Ageing Well in Wales aims to improve the quality of these extra years and to ensure that **adding years to life means adding life to years.**

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## Autumn 2009

Welcome to the latest edition of "Circulation", the quarterly Ageing Well newsletter that offers up to date information on health promotion initiatives and activities for older people in Wales. This newsletter highlights the innovative work of Ageing Well groups throughout Wales, as well as providing updates on new programme developments promoting healthy lifestyles and wellbeing for older people. It also offers Ageing Well groups the opportunity to showcase and celebrate their work.

There are lots of exciting developments covered in this edition, including the new LIFT programme which is an ideal model for engaging older people in increasing their fitness through gentle and fun exercise.

I hope that you will find this edition interesting and inspiring, and that you will use the newsletter as a forum for spreading the word on health promotion, peer support and wellbeing for older people. Please contact me with potential articles, ideas, comments and suggestions for topics of focus for future editions. The deadline for submission of articles for the Winter edition is 4 December 2009.

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## Creative Wellbeing Conference Update

Following the cancellation of the Age Concern Cymru and Help the Aged in Wales Creative Wellbeing Conference due to take place on 27/28 October 2009 a new one day event addressing themes within a healthy ageing framework is being planned for January 2010.

If you or your organisation would be interested in taking part in the event, running a plenary session or workshop, for example, or being an exhibitor then please contact Claire Bottomley, Healthy Ageing Manager at Age Concern Cymru and Help the Aged in Wales on 029 2043 1555 for further information.

## Pensioners working to reduce falls

Every year, more than 700,000 older people in the UK attend accident and emergency after a fall and falls are a leading cause of death for the over-75s.

But thanks to the work of older couple Dorothy and Geoffrey Atkinson, who have dedicated themselves to educating their peers about falls, one primary care trust in Lancashire has reduced its falls rate by around a quarter.

The couple go to homes and sheltered accommodation in a bid to protect the occupants by pointing out hazards that could cause them to trip or fall.

Dorothy, 75, said: "Because we are their age group we can deal with them man-to-man or woman-to-woman and they don't feel we are putting any pressure on. They feel it is helpful having us deal with them and they are not frightened of talking to us.

"We warn them about taking care of their footwear and how medication can cause you to have dizzy spells. We tell them to have eyesight tests and to keep themselves fit, but above all lack of concentration plays a big part, and getting over-tired."

The couple are part of a falls team from East Lancashire PCT who go into the community to try and promote safety with a range of methods including Tai Chi and working with the ambulance service to highlight fall hotspots.



# Big LIFT for older people's physical activity in Wales

Older people across Wales will soon be able to benefit from a tailor made physical exercise programme called LIFT – Low Impact Functional Training.

LIFT is a new and innovative programme developed by Age Concern Cymru and Help the Aged in Wales on behalf of the Welsh Assembly Government, offering older people the chance to take part in a series of low impact activities and games which they can do either standing or sitting.

The LIFT programme will be led by specially trained older people in local venues such as community and village halls.



LIFT Volunteers training in Rhayader

Programme Co-ordinator, Glenn Little explains: "We have designed a programme that will encourage as many older people as possible to become involved. By having the programmes led by older people themselves, and by placing them in local community settings, we hope to encourage people to come along who would not normally consider attending a typical exercise class. The programme is designed for people who are able to take part in a physical activities session but have not yet had the opportunity to join one locally.

"We have also designed the activities so they not only improve older people's health and fitness safely but are also lots of fun with opportunities for people to socialise with their 'classmates'."

## Training the volunteers

The volunteers and staff leading the LIFT programmes will attend a series of four day workshops to provide them with the information, skills and understanding necessary to motivate and guide older adults through the LIFT programme.

The first workshops for potential LIFT Leaders took place at Rhayader Leisure Centre in Powys on 8 and 9 September, with further training taking place before the end of the month. If you would like to join a LIFT programme in the Powys area please contact Helen Anderson at Age Concern Powys on 01982 553436.

Over the next few months further LIFT Leader training workshops will be held at different venues throughout Wales. For more information contact Glenn Little on 029 2043 1546 or email [glenn.little@accymru.org.uk](mailto:glenn.little@accymru.org.uk).

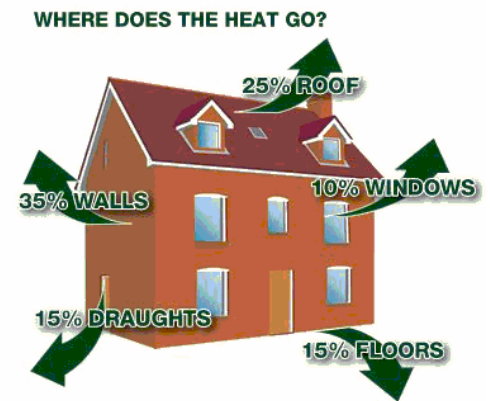
**LIFT**  
**Low Impact Functional Training**  
Physical activity for older people  
taking place in community venues.  
Contact Age Concern Cymru and  
Help the Aged in Wales for more information

# Age Concern Cardiff & the Vale of Glamorgan launch energy month

Age Concern Cardiff & the Vale of Glamorgan will be giving a warm welcome to members of the local community with an energy month.

The events and activities will provide information to advise people how they could save money while conserving energy over the coming winter months.

Age Concern staff will be at hand to speak to people in person and provide help on a range of key issues important to older people when the temperature begins to drop.



To find out more contact Age Concern Cardiff & the Vale on 029 2052 7190 or visit their office at 93 Caerphilly Road, Cardiff.

The Keep Well this Winter campaign also provides information and resources about home energy, reducing your fuel bills and financial help that may be available to older people to heat their homes. For more information please visit [www.kwtw.org.uk](http://www.kwtw.org.uk) or contact Age Concern Cymru and Help the Aged in Wales on 029 2043 1555.

Age Concern and Help the Aged also work with E.ON to provide tailored energy deals for older people. The Age Concern tariff could reduce the cost of gas and electricity and provides great customer service. For more information visit [www.ageconcern.org.uk/energy](http://www.ageconcern.org.uk/energy) or call 0800 404 5010.

## Wellbeing Wales e-bulletin

The Wellbeing Wales Network launched a new e-bulletin service for registered members starting in August 2009. To register for this new and informative service, please visit [www.wellbeingwales.org](http://www.wellbeingwales.org). The Network is supported by the Welsh Assembly Government's Health Challenge Wales Voluntary Sector Grant Scheme.



The Wellbeing Wales Network aims to be the catalyst that makes Wales a world leader in achieving wellbeing. In order to do that, the Network wants to be the forum that shares, listens and learns about wellbeing. If you have something to share, email [information@wellbeingwales.org](mailto:information@wellbeingwales.org)

Wellbeing Wales are also striving to help organisations integrate wellbeing into their future plans and activities. In order to do that, the Network has the tools to help the voluntary sector inform the developing wellbeing agenda in Wales. Email [information@wellbeingwales.org](mailto:information@wellbeingwales.org) to find out how you can get involved.

# Record-breaking Nordic Walking event takes place in the Brecon Beacons

On 15 August, over 70 older people from across the country came together in the Brecon Beacons to take part in the largest Nordic Walking event ever to take place in Wales.

Age Concern Cymru and Help the Aged in Wales, together with the Brecon Beacons National Park Authority, held a free Nordic Walking taster session for older people and their families at the National Park Visitors Centre near Libanus in Powys. The day began with an introduction to the Nordic Walking technique before participants ventured into the national park with their poles for a series of walks led by Age Concern Cymru and Help the Aged in Wales' volunteer instructors and walk leaders.

The charity's Nordic Walking Co-ordinator, Glenn Little, was pleased that the second event proved even more successful than the first which took place in July and involved over 50 older people. He said: "We were delighted with the turnout especially as many of the participants were trying out Nordic Walking for the first time. They all said they thoroughly enjoyed the event and that the social aspect was just as enjoyable as the actual walk!"



Walkers, walkers, everywhere...and not a drop of rain!

Nordic Walking involves using two specially designed poles to enhance the normal walking experience. This helps to reduce the impact on joints, burns up to 40% more calories than conventional walking, and uses 90% of your muscles. It is also a great way to release tension in the neck and shoulders, improve posture, and strengthen the body's main muscles.

The 50+ Nordic Walking programme is specifically designed for people aged 50+ and is suitable for people of all fitness levels and abilities, including people who may be overweight or suffering with conditions such as diabetes or asthma.

Age Concern Cymru and Help the Aged in Wales currently have over 20 volunteer Nordic Walking instructors and walk leaders delivering Nordic Walking sessions throughout the country. To find out more, to discuss the potential for a similar event in your area, or to book a place on a course, please contact Glenn Little on 029 2043 1555 or email [glenn.little@accymru.org.uk](mailto:glenn.little@accymru.org.uk).

## Molly's Story

Molly, who is 71 years old, recently attended a Nordic Walking course and said this about her experience:

"I found that I have improved each week. My hips and back are greatly improved and the benefits to my heart and lungs are also becoming obvious to me. My breathing has improved and I am walking much more upright, for longer periods and with more confidence and with better balance too. I am also able to stand for longer. Nordic Walking is a great fun activity and also a good way of getting out, meeting new people and making new friends. You also always feel safe because you're with an experienced instructor. Even my friend who doesn't 'do exercise' is now eager to start as she has seen such an improvement in me."

**It's clear to see the positive impact Nordic Walking has made on Molly so why not give it a try yourself?**

# Digital divide means older people are missing out

New research shows there is a digital divide in Britain between pensioners and non-pensioners when it comes to bagging bargains online, and pensioners are missing out financially as a result.

Research from the Institute for Financial Studies commissioned by Age Concern and Help the Aged shows that non-pensioners increased their spending on communications technology at two and a half times the rate of pensioners in the past twelve years.

This comes on the back of new research from the Office for National Statistics revealing that more than 64% of people over 65 have never used the internet.

Pensioners who aren't online are missing out on hundreds of pounds in potential savings by shopping around and can also often miss out on the best interest rates for savings accounts

Nancy Johnson, Technology & Digital Inclusion Development Manager at Age Concern and Help the Aged, said: "Missing out on the best savings rates or being able to compare prices online can cost older people dearly. The internet isn't a luxury any more but a necessity to ensure you get the best information and the best deals."

"In addition to its commitment to provide broadband to all, Government needs to actively promote training courses that are specifically tailored to meet older people's needs. As part of our efforts to bridge the digital divide, local Age Concerns throughout the UK regularly run IT events to encourage older people to get online and learn basic computer skills."

To find out more about local IT activities for older people, contact your local Age Concern Organisation. For more information about Age Concern and Help the Aged's Digital Inclusion Network, which can provide support and resources for developing IT projects for older people, please contact 020 8765 7231 or email [diginetwork@ace.org.uk](mailto:diginetwork@ace.org.uk).

## My Home Life Wales Conference 2009

My Home Life Wales are holding their first Conference on the 19 November 2009 at Cefn Lea Park Conference Centre near Newtown.

The conference will focus on the many examples of good practice in care homes in Wales, reflecting on our work carried out in our eight pilot homes across Wales and how they have benefited from being involved in the programme. It will encourage all partners including providers, commissioners, residents, relatives and staff to work together to ensure that the best possible services are provided.

Key speakers for the event will be Gwenda Thomas AM, Deputy Minister for Health and Social Services and Sarah Stone, Deputy Older People's Commissioner.

Workshops and seminars will be held on key issues currently affecting care homes throughout Wales and how good practice and working together can make a difference.

If you are interested in attending or would like further information please email [myhomelifewales@helptheagedwales.org.uk](mailto:myhomelifewales@helptheagedwales.org.uk) or contact Laura Jones on 029 2043 1565.



More than 60% of people aged over 65 have never used the internet

## Over 55s 'less aware on cancer'

A new survey by YouGov has found that people aged over 55 are less aware than young adults about factors that increase the risk of cancer such as poor diet, being overweight and drinking alcohol.

The World Cancer Research Fund, which commissioned the survey, said there was convincing scientific evidence that all lifestyle factors featured in the survey were associated with the risk of cancer and that it was concerning that so many people were not aware of this.

Lisa Cooney, WCRF head of education, said: "We need to get the message across that it is never too late to start thinking about cancer prevention. People need to know what increases and reduces cancer risk so they can make informed choices about their lifestyle."

Health information officer at Cancer Research UK, Jessica Harris, said: "Living a healthy life can have a real impact on cancer risk so we want everyone to know about the positive steps they can take reduce their risk of cancer."

"It's worrying to see that awareness of these risks is lower among older people, especially since three-quarters of cancers are in people aged 60 or over."



Poor diet and alcohol can increase the risk of cancer

## Participation Cymru announce new training programme



These new courses aim to build the skills and capacity of managers and deliverers of public services in the public, third and private sectors to achieve better public engagement in the design, development and delivery of citizen-centred services for the people of Wales.

Participation Cymru are running a number of courses that range from introductory courses for those that are new to citizen engagement and participation, to courses on planning, methods and evaluating data. The courses available in the first round before Christmas are:

- 5 and 6 November - Facilitation skills and tools, Gwynedd
- 18 November - Using data from participative events and focus groups, Carmarthen
- 19 and 20 November - Difficult conversations, Newport
- 2 December - Running participative focus groups, Caerphilly
- 8 December - Methods for involving young people, Aberystwyth

Participation Cymru will also be running Participatory Budgeting courses. The dates will be released as soon as possible, but please contact us for the latest information.

Further information on the courses and how to apply is available from [www.participationcymru.org.uk](http://www.participationcymru.org.uk), by emailing [participationcymru@wcva.org.uk](mailto:participationcymru@wcva.org.uk) or calling WCVA's Helpdesk on 0800 2888 329.

# Diary dates for coming months

## November

**World Vegan Day: 1 November 2009**

**World Diabetes Day: 14 November 2009**

**World COPD Awareness Day: 18 November 2009**

## December

**World Aids Day: 1 December 2009**

**International Day of Disabled Persons: 2 December 2009**

## Digital TV Switchover Dates

**Llanddona (North West Wales): 21 October 2009**

**Moel y Parc (North East Wales): 28 October 2009**

**Long Mountain (Parts of East and Central Wales): 4 November 2009**

For further information about Digital TV Switchover in your area, contact Digital UK on 08456 505050 or visit [www.digitaluk.co.uk](http://www.digitaluk.co.uk)

If you know of an event that should be included in our diary dates section, please send details by email to [claire.bottomley@accymru.org.uk](mailto:claire.bottomley@accymru.org.uk) or telephone 029 2043 1555.

## Winter Newsletter

If you have any potential articles, ideas, comments and suggestions for the next edition of Circulation then we'd love to hear from you.

Please contact Claire Bottomley, Healthy Ageing Manager, on 029 2043 1555 or email [claire.bottomley@accymru.org.uk](mailto:claire.bottomley@accymru.org.uk).

The deadline for the next newsletter is Wednesday 18 November 2009.

**The Editor reserves the right to alter submitted articles.**

## Useful Contacts

The following people/organisations are either running Ageing Well projects or are directly involved in the development of Ageing Well in Wales. For further information about starting an Ageing Well project contact Claire Bottomley on the contact details below.

### **Claire Bottomley, Healthy Ageing Manager**

#### **Age Concern Cymru and Help the Aged in Wales**

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### **Mathew Coffin, Age Concern Cardiff & the Vale of Glamorgan Ageing Well Team**

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### **Lee Jones, Ageing Well Co-ordinator, Ceredigion Day Centre Project**

Age Concern Ceredigion, London House, Alban Square, Aberaeron, SA46 0AJ.

Tel: 01545 570055.

### **Sue Brosnan, Feeling Good Project**

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Tel: 01495 712 927; Email: [feelinggood@ageconcerngwent.org](mailto:feelinggood@ageconcerngwent.org)

### **Gill Webber, Wellbeing Regeneration, Llanelli**

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Tel: 01554 744896; Email: [gill@wellbeingregeneration.org.uk](mailto:gill@wellbeingregeneration.org.uk)

### **Margaret Davison, Ageing Well in Montgomeryshire**

Age Concern Montgomeryshire, 11 & 12 Market Street, Newtown, Powys, SY16 2PQ

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### **Eric Williams, Sure Feet, Wrexham**

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Tel: 01928 824517; Email: [ewilliams@acnew.org.uk](mailto:ewilliams@acnew.org.uk)

### **Tracey Jones, Widdershins Centre, Torfaen**

Age Concern Torfaen, East Avenue off Greenhill Road, Sebastopol, Pontypool, Torfaen, NP4 5AB,

Tel: 01495 769 264; Email: [tracey@ageconcerntorfaen.org](mailto:tracey@ageconcerntorfaen.org)

### **Eryl Daniels, Venture Out Bridgend**

Bridgend County Borough Council – Leisure Services, Garw Valley Leisure Centre

Tel: 01656 872 491; Email: [eryl.daniels@bridgend.gov.uk](mailto:eryl.daniels@bridgend.gov.uk)

### **Karen Butler, Active Ageing, Pembrokeshire**

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(Continues over...)

## Useful Contacts (cont.)

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### **Ralph Lewis, Swansea's Senior Citizens Pavilions**

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### **Chris Lazo, Healthy Ageing in Merthyr**

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Tel: 01443 490678; Email: [Chris.lazo@acmorgannwg.org.uk](mailto:Chris.lazo@acmorgannwg.org.uk)

### **Helen Ellis, Age Well Anglesey**

Age Well, Canolfan Byron, Parc Diwydiannol Mona, Gwalchmai, Ynys Mon, LL65 4RJ  
Tel: 01407 721497; Email: [Helen@ageconcerngwynedd.co.uk](mailto:Helen@ageconcerngwynedd.co.uk)

Age Concern Cymru and Help the Aged in Wales have joined together to form a single new charity (registered charity number 1128436) dedicated to improving the lives of older people.

## Working together for older people



**HELPTHEAGED WE WILL**

Help the Aged yng Nghymru  
Help the Aged in Wales