



CWMBRAN 50 PLUS FORUM

**Tuesday 24th September 2019, 2-4pm at the Library,
Cwmbran Town Centre**

AGENDA

1. 2:00pm Refreshments registration and subscription money to be paid to Roslyn
Availability of minutes for collection (at rear of room for members collection- those who have not received by post)
2. 2.20pm Guest Speaker: Building a Healthier Gwent – AB UHB 10 Year Plan Julia Osmond
3. 2:40pm Welcome & Apologies, August 2019 minutes review and acceptance
Matters arising from the minutes
AGM
4. 3:00pm Reports: Treasurer, Secretary, Delegates, Chairman, Correspondence
5. 3:30pm Age Connects Torfaen - information
6. 3:40pm Draw raffle, any other business / Have your say
7. 3:55pm Date of next meeting – Tuesday 22nd October 2019
8. 4:00pm Close of meeting – Chair

Date: Tuesday 27th August 2019

Venue: Cwmbran Library

Present:	Chair : Patricia Parsons (PP) Vice Chair: Toni Hayes (TH) Secretary: Walter Harris (WH) Treasurer : Roslyn Chamberlain (RC) Bridget Barnes Dawn Bevan Carol Briffett Rosemary Butler Irene Gunningham Paul Davey Mary Davey	Jane Dorsett Audrey Donoghue Sheila Gummery Maureen Guppy Richard Guppy Roger Hayes Sylvia Hoad Olive Jenkins Jean Jones Delene Leak Ann Parish Barbara Parry	Dorothy Phillips Muriel Price Evelyn Trumper Pat Walkley Avril Weaver Kit Welbirg Maureen Williams Janet Vaughan
In attendance:	Age Connects Torfaen - TCBC Engagement Support Coordinator, Age Cymru	Melanie Faulkner David Daniels Kathy Lye	
Apologies:	Steve Honeywill (TCBC) Angela Day Bryan Day Verlie Crandon Don Jones	Bryan McDowell Shirley McDowell Margaret Oleman Doreen Smith Margaret Stubbington	

Agenda item	Minutes	Action
1.	Welcome and apologies for absence Chair called the meeting to commence at 2.20pm. PP welcomed all, confirmed that subscriptions had been paid and that raffle tickets had been given to participating members. PP also welcomed new member, Janet Vaughan, David Daniels, TCBC and Guest Speaker, Kathy Lye from Age Cymru. David Daniels, TCBC introduced himself as the new Older Peoples Champion at TCBC. He has previously been a member of Adult Services and Housing within TCBC. His new role is to oversee services, take opinions and highlight issues from older members of the Community.	
2	Guest Speaker: Kathy Lye, Engagement Support Coordinator, Age Cymru Chair welcomed Kathy to the Forum. Kathy began her presentation by introducing herself as Engagement Support Coordinator for Age Cymru based in Cardiff. She went on to explain that Age Cymru is a national charity for older people in Wales. They were formed from the merger of Age Concern Cymru and Help the Aged in Wales during 2009. Their aim is to work to develop and deliver positive change with and for older people with a vision for an Age Friendly Wales and a mission to make life better for older people; no barriers, good health, no discrimination, independent living. Age Cymru work with their partners across Wales and the UK. Local Age Cymru partners deliver direct services to older people throughout Wales. These partners are six local concerns; Age Cymru Ceredigion, Age Cymru Gwent, Age Cymru Gwynedd a Môn, Age Cymru Powys, Age Cymru Sir Gâr and Age Cymru West Glamorgan. Age Cymru Enterprises sell products and services specifically designed to support older people. These are:- 1. Insurance – home insurance, travel insurance, car insurance, breakdown cover. 2. Independent living – stairlifts, personal alarms, hearing aids, bathing	

adaptions, adjustable beds, incontinence products.

3. Financial services – funeral plans, equity release, legal services.

Age Cymru Enterprises can be contacted on 0800 652 9221. They cover the whole of Wales and there is no upper age limit.

Age UK, Age Scotland and Age NI join with Age Cymru to develop policies and priorities that are consistent across the UK. All the partner organisations work under a common brand.

Age Cymru offer an Information and Advice line that is a free, bilingual telephone service providing confidential and expert advice. They are open from 9am to 5pm Monday to Friday and can be contacted by calling 08000 223 444. Alternatively, an email enquiry can be made via advice@agecymru.org.uk. More than 100 bilingual guides and fact sheets on a wide range of age-related topics are published by Age Cymru.

Kathy then outlined Age Cymru's work.

Policy - which works alongside the Welsh Government and Local Authorities:-

1. Creating an age friendly Wales.
2. No-one should have no-one – tackling loneliness and isolation in Wales.
3. Policy statements and consultation responses.
4. Policy publications.
5. Policy networks and partnership working with WASP and Age Alliance Wales.

Engagement - Kathy advised that Age Cymru work with the following organisations:-

1. Welsh Senate for Older People – umbrella organisation for any older people's group in Wales.
2. National Pensioners Convention Wales – Region of NPC UK, members can be older people's groups or individuals.
3. Active Wales – Branch focused organisation established in the 1930's, membership is made up of local social groups.
4. Pensioners Forum Wales – Forum for representatives of retired members groups, unions and national pensioner organisations such as Trade Unions and transport "Freedom" passes. The Forum have also provided a booklet of useful contact numbers for Information and Advice Services and Kathy advised that these were available for collection after the meeting.
5. Cymru Older People's Alliance (COPA) – an alliance of representatives from local 50+ campaigning Forums.

Healthy Ageing

1. Low Impact Functional Training (LIFT) – a series of activities and games designed to get older people taking part in physical activity in their local community.
2. Nordic Walking – one of Europe's fastest growing forms of physical activity and a great way of staying healthy.
3. Tai Chi – found to improve health and well-being and is an activity that involves the mind, breath and movement to create a calm and natural balance of energy. It also helps to loosen joints and strengthen joints and muscles. Tai Chi also helps to rejuvenate body, mind and spirit, improve concentration as well as helping with blood pressure problems and improving balance.
4. Ageing Well in Wales – helps people over 50 make positive lifestyle choices and stay healthy and active. They run annual campaigns such as "Spread the Warmth", falls awareness, flu jabs and shingles.
5. Gwanwyn – Age Cymru's national Spring Festival celebrating older age as a time of opportunity for renewal, growth and creativity. It offers older people the opportunity to participate in the Arts. Fifty grants of £500 are issued each year to local organisations across Wales.
6. CARTrefu – an innovative art participatory project involving 122 care homes and their staff, residents and families aiming to improve access to arts experiences. This project has been shown to have a big impact on Dementia

suffers.

7. Project 360° - A Wales wide partnership project involving Age Alliance Wales and the veteran's charity Woody's Lodge. It supports older veterans from any of the armed forces including reservists or those from the merchant navy who were part of a military operation. The project began in 2017 and is funded by the Aged Veterans Fund until March 2020. The overall aim is to improve health and social services for military veterans through the project partners.
8. Golden Thread Advocacy Project – Advocacy means having a voice and having representation. The Golden Thread Advocacy Project is funded by the Welsh Government and is being delivered in partnership with Age Connects and Diversity Cymru. Golden Thread supports local authorities in implementing Part 10 (Advocacy) of Social Services and Well Being Wales Act 2014. Golden Thread covers advocacy for all adults over 18 to engage in the development of their own well-being. They also organise the National Network for Advocacy in Wales promoting a quality service for people in Wales.

This completed Kathy's presentation and she opened discussions up to the Forum for any questions.

Question: Is there any contention between Age Cymru and Age Connects Torfaen?

Response: We do not work in competition but in partnership. If Age Cymru were attending an event also attended by ACT they would advise them of this and vice versa.

Question: There has been some confusion around what action needs to be taken when renewing bus passes. I have been asked to complete forms and then told that I don't need to as the pass will be renewed automatically.

Response: If this is connected with the change to contactless passes, I believe it depends on each local authority. Please don't worry, you should receive information from your local authority in September.

Question: Do you have links with the Older People's Commissioner?

Response: Yes, we work very closely with the Commissioner.

Question: Are bus passes going to be stopped.

Response: No, there was a consultation and it was decided that the fairest way to proceed was to link bus passes with the pensionable age. This age will not change for those who already have bus passes. There was previously talk that the House of Lords had considered taking away all older peoples benefits but this did not progress.

Question: Is it because there are more people in the Country now?

Response: It is a combination. People are now living longer. All sorts of things have to be taken into consideration.

Comment: I am worried that having had the free TV licence taken away that this will open the gates for other companies such as energy providers to do the same with heating etc.

Response: There have been consultations regarding the TV licence issues. Around the subject of Celebrity salaries, these are not actually a large amount against the BBC's budget and are sometimes paid by the Production Company. The free TV licence should not be controlled by the BBC but the Government and treated as a State Benefit.

Comment: In a Government Manifesto of 2025 a pledge was made to keep the free TV licence for older citizens, but this has not been adhered to .

PP then raised the subject of the Survey on Public Toilets which Kathy had brought with her and noted that there had been no responses from Torfaen. The surveys were circulated to the Forum for members to complete and return to Kathy at the end of the meeting. Kathy explained that each local authority should have published a public toilet strategy by 31 May 2019, but some had not been completed. When they are received the Welsh Senate will compare the resident's input against the local authorities.

This concluded Kathy's talk and Chair thanked her for her interesting presentation.

<p>3</p>	<p>Matters arising from the minutes of the previous meeting The Minutes from the previous meeting were confirmed and seconded as correct by Jane Dorsett and Bridget Barnes with the following amendments.</p> <ol style="list-style-type: none"> 1. Muriel Tanner is named as Price. Amend to correct surname of Tanner. 2. Sylvia Hoad is named as Sylvia Hood. Amend to correct surname of Hoad. 3. The guests named as Elizabeth and Kath/Kathy to be amended to Dr Liesbeth Beeckman who is undertaking a Welsh Government Leadership Graduate Programme hosted by Torfaen Public Services Board. Liesbeth is not a member of the PSB and does not represent them. Cath Cleaves is the Strategic Engagement Officer for Torfaen CBC. Rosie Seabourne is the Environment Volunteer Coordinator within TCBC's Neighbourhood Services department and not from Keep Wales Tidy although she does work closely with them. <p>PP then moved the meeting on by asking all members if they had a voting slip for the AGM and confirmed again that everyone was registered and had a raffle ticket if required.</p> <p>AGM Votes for the offices of Chair, Vice Chair, Secretary and Treasurer were made and handed to Melanie Faulkner, ACT to be counted. She was assisted by Kathy Lye. The votes were recorded as:- Patricia Parsons as Chair – 28 Toni Hayes as Vice Chair – 32 Walter Harris as Secretary – 30 Roslyn Chamberlain as Treasurer – 29 All will continue in their current roles until the next AGM.</p>	
<p>4.</p>	<p>Chairs Report: Patricia Parsons PP advised that she had experienced a very enjoyable and interesting as Cwmbran 50+ Forum Chair. They had all worked well as a good team and steering group. The following had been achieved during the year:-</p> <ul style="list-style-type: none"> • Bank signatories have been changed, • The Constitution has been rewritten. • There has been a change in the order of the meetings. • Grants have been applied for and received. • Socially, a good Christmas meal had been enjoyed as well as a successful trip to Duffryn House and Gardens. Cowbridge had been enjoyed by all and it was hoped another visit could be organised in the future. The Forum had welcomed a variety of Speakers and the first steps had been made to integrate with the Youth Forum. <p>For the future PP hoped for the following:-</p> <ul style="list-style-type: none"> • To continue to enjoy a variety of speakers and any suggestions for these were welcomed. • To plan the next Christmas lunch. • To plan future outings and PP suggested support of the Congress Theatre matinees. <p>Chair thanked all members for being such a strong Forum. She also thanked Steve Honeywill TCBC and Melanie Faulkner, ACT for their support. Paul Davey then wished to make a vote of thanks to the Chair and the Group.</p> <p>Treasurers monthly report – July Subs - £26.00.</p>	

	<p>Rent - £20.00. Raffle Prize - £5.00. Refreshments - £2.48 Cwmbran Community Council Grant £380.00 Bank Business - £1006.54 (includes 17p interest). Bank Current - £2434.53 Total in Bank - £3441.07. Cash in Hand - £34.82</p> <p>Treasurers end of year report - Grants received - £1130.00 Raffle money and subscriptions - £314.00 Money towards the trip - £245.00 Expenditure:- Raffle prizes - £55.00 Refreshments - £20.50 Library Rent - £200.00 Christmas Meal - £639.50 Trips - £659.30 RC thanked Roger for his help in auditing the accounts and PP for being a really good Chair. She then asked the Forum if there were any questions regarding the accounts. There were no questions. Secretary's Report: Walter Harris WH advised that he has emailed local MP, Nick Thomas-Symonds on 15th August 2019 regarding the TV licence fee and is waiting for a reply. It was suggested that he also contact the MP for Monmouth and WH agreed that he would forward the email correspondence as appropriate. Delegates Report There will be an open morning for Pontypool RNTB on 28th August. This will be held in their quarters next to Pontypool Museum. Chair advised that she, RC and Cath Cleaves have attended the Senate and she can advise the following:-</p> <ul style="list-style-type: none"> • It was noted that on 9th July the person who opened the meeting remarked that attendance was low. Kathy Lye advised the Forum that a new Chair was now in place and was working to actively get more members involved. • Steve Huxton on behalf of Helena Huxton advised they were concentrating on a) ending ageism; b) stopping abuse of older people and c) ageing well. • Steve Huxton is also encouraging members to complete the Older Peoples Commissioners Survey on Transport to Health Services. • Helena Herklotts has expressed concerns around fuel poverty and is working with the Senate on this. <p>Correspondence – none.</p>	WH
5.	<p>Age Connects Torfaen - information: None.</p>	
6.	<p>Draw Raffle, Have your say</p> <p>The raffle was drawn, and the winning ticket was 286.</p> <p>Comment: I have been receiving a lot of scam calls lately. One said that they were the Bank and that money had been taken out of my account. Another said about there being problems with Broadband in my area.</p> <p>Kathy Lye advised that BT can stop nuisance calls to a point. There is a preference service, but this is only used by legitimate companies and not scammers. It also does not cover calls from abroad. However, there are screening services available</p>	

	that tell you who is calling and give the opportunity to take the call if you want to. PP asked Kathy if she had any advice for dealing with scam calls and Kathy advised that there were several options. You can report the call to the Trading Standards or to the Police. If you are not sure simply hang up or offer to call them back. If the call is legitimate, they will not have a problem with you doing so. Leaflets on Scamming were made available for collection	
7.	<p>Any Other Business</p> <p>None.</p> <p>Chair advised the date of the next meeting, Tuesday 24th September 2019 and that the Guest Speaker would be Julia Osmond from AB Health Strategies.</p> <p>Chair thanked all for attending and for their votes at the AGM. She also thanked Melanie Faulkner for taking the Minutes, Toni and Roger for organising the raffle and Pat and Rose for providing the refreshments. The meeting was then closed at 4pm.</p>	
9.	<p>Meeting closed at 4pm Next meeting: 24th September 2019, 2-4pm.</p> <p>Meetings are always the 4th Tuesday of the month, 2pm-4pm.</p>	ALL
<p><u>Contact details for Age Cymru</u></p> <p>Age Cymru Mariners House Trident Court East Moors Road Cardiff CF24 5TD</p> <p>Tel: 029 2043 1555</p> <p>www.agecymru.org.uk</p> <p>enquiries@agecymru.org.uk</p>		