



# Life Times

age connects cardiff & the vale.

50th Anniversary Special

Summer 2024 Edition

We look back on 50 years of Age Connects supporting the local older community. Plus, how to age happily and cool Summer recipes to keep you refreshed!



age connects  
cardiff & the vale.

*Celebrating 50 Years*

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# Welcome

Hello and welcome to this latest edition of your Life Times magazine which also celebrates 50 years of our charity supporting older people in Cardiff and the Vale of Glamorgan! For almost half that time Life Times has been dropping onto your doormats bringing you the stories, features and lots of useful local information and updates and we hope you've enjoyed reading as much as we've enjoyed creating it for you.

Sadly, while we love creating this free publication for our readers, it does come at a cost and these costs have risen quite considerably over the years.

Our wonderful advertisers have supported us to help cover these costs: Home Instead, Telecare/Meals on Wheels, Care UK, Passmores Solicitors and Care, Acorn Stairlifts and Repair Cardiff and the Vale.

We thank them but unfortunately it is still not enough to cover our print and postage costs each quarter. Therefore, we have made the decision to cut from four editions per year down to two - a Spring/Summer edition and an Autumn/Winter edition.

We hope that you will understand and continue to show your support and enjoy Life Times when it arrives twice yearly! There's lots crammed into this edition so happy reading and please do get in touch with your thoughts and suggestions.

[marketing@ageconnectscardiff.org.uk](mailto:marketing@ageconnectscardiff.org.uk)

If you would like to make a donation to support our work, please visit [www.ageconnectscardiff.org.uk/donate](http://www.ageconnectscardiff.org.uk/donate) or call **02920 683 684** or postal donations can be sent to the Fairwater address on the back page.





Helping to keep people independent in their own homes.

Telecare Cardiff is a **24-hour** Alarm Receiving Centre and Mobile Response unit that allows you to stay safe and independent in your home.

Serving customers across the city since 1990, this vital service is a lifeline to many people living on their own as well as couples and families.

Simply pressing the button on your pendant or response unit will connect you directly to our friendly team who will be able to speak to you through the loudspeaker on the unit. The team will take immediate action to help you, 24 hrs a day, 365 days a year. This could include contacting a family member, a doctor, a carer or the emergency services. Telecare Cardiff is more than just a push button.

24/7  
Response

Direct  
call outs

Assistive  
Technology

To find out more about our services, please call our friendly team on 02920 537 080 or email [Telecare@cardiff.gov.uk](mailto:Telecare@cardiff.gov.uk)

\*Subject to terms and conditions. Package and equipment costs may vary.

# Care & Repair:

## Controlling Condensation in Your Home

### What is Condensation?

Condensation in your home is caused by warm vapour-laden air meeting a cold surface such as windows, mirrors, cold walls and tiling etc. When the air cools it can't retain the moisture, and some of it condenses into small droplets of water on these cold surfaces. You can see this happening on the bathroom mirror when the room is steamed up with hot water from a running bath or shower.

Modern features such as double glazing and loft insulation are important to keep our homes warm, but they can also cause problems associated with poor air circulation. Where there is inadequate ventilation, condensation and stale air can result.

With the relatively high cost of heating, we don't want to keep our windows open, particularly when it's cold outside. So we need to minimise the problem as much as possible.



### Steps to minimise condensation

1. When cooking, cover pans and avoid leaving kettles on the boil.
2. When washing clothes, it's better to dry them outside wherever possible. If this is not possible, put them in the bathroom, with the door closed and the bathroom fan on (if fitted) and leave the window open. If you have a tumble dryer, run the vent pipe outside (unless it is a self-condensing type). You can adjust the vent pipe to run outside, with a simple DIY kit.
3. It is important to make sure your home is properly ventilated. There will always be some moisture present in the home and you should have some form of ventilation available - such as via air bricks (which must never be covered over).
4. When using the bathroom or kitchen, keep the door closed whenever possible. This will help to contain the moist or stale air in that room.
5. Where furniture (such as cupboards) are against the wall, try to keep a small distance between the back of the cupboard and the wall, particularly if the wall is generally cold, and some form of ventilation in any cupboards is a good idea, to keep the air circulating.

6. Whilst it is a good idea to draught-proof your home, it is important to remember not to block airways that will prevent air circulating.
  - Don't block fixed ventilators such as air bricks or chimneys completely
  - Don't draught-proof rooms where there is a problem with condensation or mould
  - Don't draught-proof the kitchen or the bathroom
7. As we have already mentioned, it is cold air that causes the problems associated with condensation. Wherever possible, particularly in cold weather, you should try to keep your home warm with some sort of background heating, even if you are not in the home. This applies in particular to bedrooms and especially in flats and bungalows.

**Care & Repair Cardiff and the Vale** is a charity whose mission is to support older people to repair, adapt and maintain their homes.

Our vision is that all older people are able to live in safe, secure, warm and comfortable homes which suit them and their lives and maximises their independence.

For more information on the services we can provide please contact us on: **02920 473 337** or email us at [careandrepair@crcv.org.uk](mailto:careandrepair@crcv.org.uk)

Registered Charity Number 1162083



Care & Repair Cardiff and the Vale  
Gofal a Thrwsio Caerdydd a'r Fro



Award  
winning care  
homes

**care UK**

We're proud to be recognised for our excellence in care, winning more awards than any other provider in the last three years.

If you're considering a care home, call **0330 1629 874** or visit [careuk.com/cardiff](https://careuk.com/cardiff)



Trusted to care

**Llys Cyncoed, Cyncoed**  
**Llys Herbert, Lisvane**



# THE GARFIELD MOVIE

ONLY IN CINEMAS



**WIN A LASAGNE-LOVERS TRIP TO ROME!**



SCAN TO ENTER  
OR VISIT [BURNSPET.CO.UK](https://burnspet.co.uk)

# LEAP: Energy Advice Service

## Handy tips to keep cool this Summer!

Keep curtains closed to keep cool, fill a hot water bottle with cold water... these are just a few of the handy tips to keep cool this Summer that our free LEAP service can share with you.

### What's more, LEAP can:

- Save you much needed money on your energy bills
- Provide FREE equipment and improvements to make your home energy efficient (including LED bulbs, draft excluders, radiator reflectors)
- Help access a benefit check, if needed
- Give you energy saving tips and advice

### This service is available to anyone:

- With a household income below £31k or in receipt of a range of benefits.



**Positive feedback for Darren, our LEAP Energy Advisor, keeps coming in from happy customers who he has helped... Here, Mr Evans shares his appreciation**

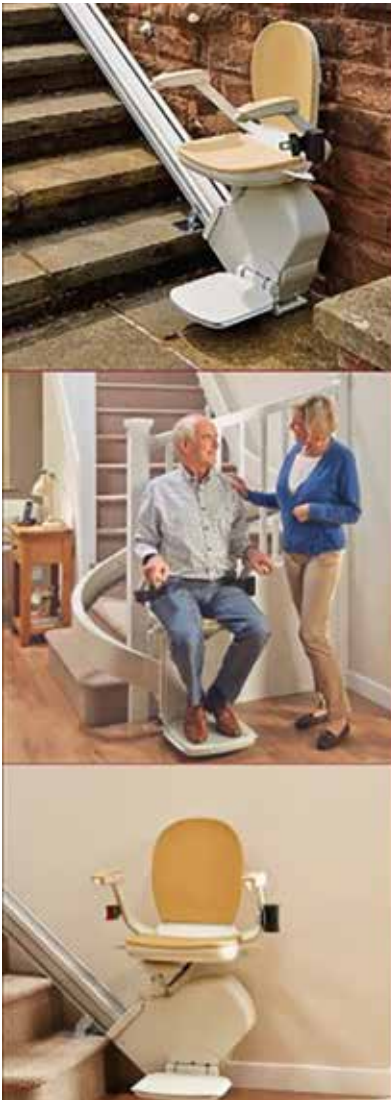
*"I wish to thank you for your immense help and support. Darren attended my home on 7/3/2024 and offered me excellent advice on how to reduce my energy costs, and in making this vital step forward in the conservation of our environment.*

*During his visit he ensured that internal doors were draught-proofed, this has made a vast improvement to an issue that I didn't realise existed.*

*I am disabled and also in the very early stages of recovery from three major spinal surgeries, and at this moment in time my mobility is very much restricted, so I am mostly confined to my home. Darren immediately recognised that I would benefit from the use of the Heated Throw Over Blanket. This has provided me with personal warmth and comfort and also ensured I was able to vastly reduce the heating in my room.*

*Darren was extremely helpful, and he was armed with a vast knowledge in how to reduce and conserve vital energy, and how to achieve the maximum in home and personal body heating, as well as saving on unnecessary heating, and most of all addressing the global issues that affect us all. This was a most delightful experience in first class customer services on a major environmental issue. My most sincere thanks."*

Call today on **0800 060 7567** to find out how LEAP can save you money and offer helpful advice.



**STRAIGHT  
OR NARROW  
STAIRCASES**



**LANDINGS  
OR CURVED**

**OUTDOOR  
OR INDOOR**



**Did you know Acorn can install a stairlift as soon as the next day?! They offer straight, curved and outdoor stairlifts with a 1 hour home survey, FREE quote and next day installation availability for all of their customers. Even the most complex stairlift configurations can be fitted on site by their skilled engineers in just a few hours.**

Age Connects continues to work in partnership with Acorn Stairlifts to offer older people in our local communities the opportunity to regain independence.

**Acorn Stairlifts provide:**

- Home survey takes just 1 hour
- Next day installations
- Local service and support
- FREE no obligation survey and quotation
- Comprehensive 12-month warranty
- Nationwide call-out within 24 hours



We can't recommend using Acorn Stairlifts enough and neither can happy customer Mrs Williams from Barry (pictured). Thanks to her new outdoor stairlift she can safely access her first floor flat and this gives her and her family much needed peace of mind. If you or anyone you know would like to find out more, call Acorn on **0800 016 9400** for your free survey (quote ref 87900) or for more information call Karen at Age Connects on **02920 683 604**.

With every purchase, Age Connects Cardiff & the Vale receives a donation to support our vital services - at no extra cost to the customer.



# What's On - Age Connects Wellbeing Centre

Age Connects Cardiff and the Vale has a Wellbeing Centre located at 38 Holton Road, Barry. It is open each weekday morning, with activities, information sessions, health screening and a café. Come along, join one of our groups or simply enjoy a delicious cuppa and make some new friends.

## What's coming up at the centre...

- **3rd June** Health Screening i.e. BP, weight - No appointments needed.
- **4th June** Passmores Solicitors Legal Clinic - Booking essential.
- **4th June** Soroptimist free craft afternoon taking place at Golau Caredig. 2pm - 4.15pm.
- **11th June** Benefits Advice - No appointment needed. 10am - 11.30am.
- **17th June** Health Screening i.e. BP, weight - No appointments needed.
- **24th June** Afternoon Tea. Please ring 01446 747654 to book.
- **2nd July** Passmores Solicitors Legal Clinic - Booking essential.
- **15th July** Health Screening i.e. BP, weight - No appointments needed.
- **23rd July** Tax Advisor - 10am. Booking essential.
- **6th August** Passmores Solicitors Legal Clinic - Booking essential.
- **19th August** Health Screening i.e. BP, weight - No appointments needed
- **3rd September** Passmores Solicitors Legal Clinic - Booking essential.
- **16th September** Health Screening i.e. BP, weight - No appointments needed.
- **1st October** Passmores Solicitors Legal Clinic - Booking essential.
- **21st October** Health Screening i.e. BP, weight - No appointments needed.
- **22nd October** Tax Advisor - 10am. - Booking essential.

For further information please call Nicola on **01446 747 654**.



# 50 years of Age Connects

Can you believe it? Our local charity has been supporting older people in Cardiff and the Vale of Glamorgan for half a century! Today our mission is as clear as it was back then... to live in a society where older people are respected and enabled to meet their aspirations.

2024 also marks the year that Jeff Hawkins retires from his role as our charity Chief Executive Officer (CEO). After 37 dedicated years service Jeff has decided it is time to step down and spend much deserved time with his family. Taking over from Jeff, we have recently welcomed our new CEO Maxine Johnson.



Speaking of her new role, Maxine commented:

*“I am so humbled and excited to be appointed as CEO for such a vital and trusted local charity. I am passionate about reducing loneliness and isolation amongst older people and understand how this can affect people’s mental and physical health, reducing quality of life dramatically. I am committed to continuing and developing the amazing work that Jeff and the team have achieved over all these years and building on this success moving forward.”*

Prior to this appointment, Maxine had been working as Head of Wales at Cruse Bereavement Support for the last three years, involved in the provision of compassionate and professional support to people who are grieving. She has 20 years experience of working in the third sector including a Team Leader position at Barnardo’s, where she oversaw the delivery of services for children and families affected by abuse, neglect, and trauma. Outside of work, Maxine enjoys spending time with family, her grandchildren and being in the great outdoors.

Throughout 2024, we have much planned to celebrate this amazing milestone.

Follow our social media to see what’s coming up @ACCardiff.



Jeff Hawkins



Maxine Johnson

# Our History

From the 1970s onward many of the local voluntary groups gradually began to use the name **Age Concern**.

**Good Neighbour Schemes** developed across Cardiff offering help and support in a person's own home.

The Ageing Well Senior Health Shop is established in Barry.

Additional Good Neighbour schemes established in Cardiff and the Vale.

A pilot Residential Home Advocacy Service is set up in the Vale of Glamorgan.

Placement Advisors Project developed. Ageing Well Programme rolled out throughout Cardiff.

Development of ongoing partnership projects with local Age Concerns across South East Wales.

Age Connects Cardiff and the Vale celebrates 50 Year Anniversary! Jeff Hawkins retires from role of CEO and Maxine Johnson takes over.

1974

The organisation is officially registered as **Cardiff Council for the Elderly** by the Charity Commission.

1980

The area of benefit of the charity is extended to cover the Vale of Glamorgan as well as Cardiff to align with the South Glamorgan county boundaries.

1983

1986

The charity adopts the name **Age Concern South Glamorgan**.

1990

1991

Llantwit Major office opens covering the Vale of Glamorgan.

1995

1994-98

The Vale Advocacy Service established.

1999

2000

A Welfare Rights Service is set up covering Cardiff and the Vale.

2001

2004

Cardiff and Vale Broker Service begins

2009

2011

Age Concern Cardiff and the Vale of Glamorgan changes it's name to Age Connects Cardiff and the Vale to differentiate from Age UK and Age Cymru charities.

2013

2024



# Guide to Age Connects Services

## Friendship and Practical Help



**Do you go days without seeing anyone?  
Need help to resolve minor problems?**

If so, our volunteers may be able to provide conversation and friendship, or help by answering questions, reading letters or completing simple forms. In the Vale, we can also help with transport to essential appointments.

**To find out more:**

**02920 683 600** for **Cardiff**

**01446 795 549** for the **Vale of Glamorgan**

## Broker Service



Our Broker Service works pro-actively with health and social care teams to maximise patient independence in their own home. It's a one-stop shop, person-centred service that aims to keep frail older people independent for as long as possible.

Our Community Liaison Officers will pull together a range of third sector, private, or statutory services which have the scope to provide the required support.

This can be help needed with advocacy issues, benefit entitlement, and other financial issues, loneliness and isolation, shopping, transport, condition specialist issues, housing, and the provision of information on social activities and other topics.

For more information call: **07964 974 401**



## Nail Cutting Service



Do you need help cutting your toenails? If so, Age Connects provides a basic toenail cutting service at our clinics or through a home visit (in certain areas):

**£20** for nail cutting at **our clinics**

(Cardiff - Ely, Fairwater, Grangetown, Llanrumney, Llandaff North, Rhydypennau, Tremorfa)

**£30** for a **home visit**

(Vale of Glamorgan - Barry, Cowbridge, Penarth, Dinas Powys, St Athan)

To access this service, please call: **02922 331 113**

## Community and Care Home Advocacy Service



We provide Independent Professional Advocacy services in care homes and community settings.

Our qualified advocates regularly visit care homes across Cardiff and the Vale and can take referrals from residents or care home staff. We also provide community advocacy support to clients in their own home in the Vale.

**For more information call:**

**02920 683 600** or via the **Cardiff & Vale Advocacy Gateway** on **08088 010 577**

## Cardiff and Vale Welfare Rights Service



Our Welfare Rights Service provides support to older people aged 60+ to maximise their income through benefit entitlement and to answer general benefit enquiries.

Benefit applications are completed by phone or at home for more complex cases or where a phone service is not possible.

**For more information call:**

**02920 683 682** for **Vale of Glamorgan** enquiries

**07483 098 812** for **Cardiff** enquiries

## Wellbeing Centre



If you live in the Barry area and need some support or want to meet people why not visit our Wellbeing Centre at 38 Holton Road, Barry. Our Wellbeing Centre provides great services, information, activities and a café. Open weekday mornings, 10am-12noon.

**For more information call: 01446 747 654**

(answerphone facility 9am-5pm, Monday-Friday) or turn the page to find out more!

# Summer Wordsearch

B A R B E C U E O C E A N Z  
R E B L D G A L A H U M I Q  
H O T H N S C G E J P O O L  
K C S U N G L A S S E S Z C  
S S S V A C A T I O N U H Q  
V H O S W S A I X D R Q D S  
F Z E G L V A R L F Y L E B  
L Y I L C U E N M M U L B S  
S A P O L M F D D F T N E C  
H S C A M P I N G S A F A T  
O O C U G L R S A O N Q C S  
R T S Y G Q H C B D D U H O  
T E U N D W A T E R P A R K  
S N L N B R N F F U B U G R

WATERPARK  
SHELL  
SAND  
SHORTS  
CASTLES  
OCEAN  
SUN  
CAMPING  
HOT  
FUN  
POOL  
BARBECUE  
SUMMER  
VACATION  
SUNGLASSES  
BEACH

## Home Instead® - Professional Home Care Services in Cardiff, Penarth & Barry

Advertorial



Letting someone provide care for you in your own home is a very personal experience, therefore ensuring you or your loved ones receive the best standards of care is highly important. This is why at **Home Instead** we take pride in making sure the standards of care we deliver are outstanding.

We pay attention to your specific needs when providing you with our professional home care services. We consider what your individual requirements are and offer a range of services including: companionship, home help, meal preparation and specialised dementia care.

### You will see the same caregivers every time

We strongly believe in the benefits of relationship-led care, so we'll ensure that you see the same familiar faces every time. This means that not only can you build trust and establish a friendly relationship, but **your Care Professional** will be able to monitor changes that might affect your health or even prevent worsening health conditions.

**Ready to find your Care Professional?** Get in touch with us and we will help you get started:

T: **02920 569 483** or visit: [www.homeinstead.co.uk/cardiff](http://www.homeinstead.co.uk/cardiff) or [www.homeinstead.co.uk/penarth](http://www.homeinstead.co.uk/penarth)

# Passmores Solicitors Guide to Understanding Probate

Dealing with a person's estate following their passing can be a daunting and stressful experience. There is generally a great deal of paperwork to deal with and this can seem even more burdensome mixed with feelings of grief and distress. This article aims to give you a basic understanding of the probate process to assist in alleviating the fears of administering an estate.



The first task is to establish whether the person whom has died has left a valid Will and secondly what assets the person held and whether a Grant of Probate would need to be obtained in order to deal with those assets. As well as knowing the extent and the value of the estate, the liabilities would also need to be established and later discharged from the estate.

A Will may be held with the Solicitor that drew up the Will or in a safe custody box with a Bank. A Personal Representative is usually appointed in the Will to deal with the deceased person's Estate, also known as an Executor. If no Will was held, the position is slightly more complicated. We at Passmores are able to act on behalf of an Executor to carry out this role and responsibility, whether there is a Will or not and to take steps to protect you against any future liability.

If needed, a Grant of Probate is issued by the Probate Registry which gives the Personal Representative authority to deal with the deceased person's Estate and allows them to access money held in banks, building societies or other investments. It also authorises the Personal Representative to sell the deceased person's home. In respect of small estates of nominal value, sometimes the Grant of Probate is not needed. Once all funds have been collected in and all commitments have been paid, the Personal Representative may distribute the Estate to the beneficiaries as set out in the Will or if no Will, then in accordance with the rules of Intestacy, which we are able to help you with. The Personal Representative may also have to deal with the payment of Inheritance Tax if the Estate exceeds the current threshold. Recent changes in the law may mean that an estate can take the benefit of an additional allowance which increases the threshold further, meaning that no or little tax will have to be paid. Other responsibilities may include defending a claim against the Estate, should this arise. Our team of experts can assist with this complex process whether proceedings have been issued at Court or are still in the early stages.

If you are an Executor and require advice on administering an estate or indeed any of the above issues, then our qualified solicitors with a wealth of experience in this area will be able to properly and comprehensively advise you in a face to face meeting whether that is at our Barry or Cardiff offices or at another convenient location of your choice. We at Passmores are also very competitive and unlike others, do not charge a percentage of the estate. We can provide you with a quotation upfront which reflects the work which you would like us to carry out on your behalf. Passmores offers a sympathetic and efficient service when dealing with probate and Estate Administration.

If you live or work in Barry, Cardiff or the Vale of Glamorgan and would like further information then ask to speak to one of our specialists, Carli Evans on **01446 721 000** today or by email [ce@passmores.com](mailto:ce@passmores.com)

# The Secrets To Growing Old Happily

**A study\* of 1,000 Brits over 60 reveals the secrets to happiness in later life, with banishing boredom, striving for achievement and new friendships amongst the pearls of wisdom shared. Getting outdoors, laughter, and socialising are key ingredients to happiness for people over 60.**

**However, arguments, politics and DIY should be avoided. The advice comes as over two in five say their later years have been the happiest of their lives, with our early 80s being the "golden era"**

Aside from maintaining a healthy lifestyle, the research reveals that happiness in later life is rooted in our sense of self and community. Socialising is key and having a purpose increases wellbeing.

Here at Life Times, we love the advice that those questioned said they would give to those worried about getting older:

- "Maintain and nurture your loving and friendly connections."
- "Make new friends wherever possible."
- "Refuse to take offence - it'll hurt you more than them."
- "Make sure you have things lined up before you retire, such as charity work or spending time on hobbies, with family. Boredom is the enemy of happiness."
- "Keep a pet, encourage wildlife, grow plants. Be positive."
- "Follow your instincts, be true to yourself, be considerate of others."
- "Try and stay positive. If you have an off day, there is always tomorrow which will be better, and the sun will shine."
- "Remember your achievements but look to the future."
- "Treat every day as an opportunity to learn something new."
- "Do the things that make you happy regardless of what other people may think."
- "Don't worry about things that you can't change."





Many studies have shown the importance of purpose or “ikigai” a Japanese concept which means a “reason for being”. If we can all strive towards opportunities for achievement and purpose as we grow older, we can embrace an enriched and happy later life.

With this in mind, we have come up with our own local ideas and suggestions for you to find your personal “ikigai” ...

**Keep in touch:** Either with structured and spontaneous visits and activities with friends and family who live nearby or via letter, messages or video calls with those further afield.



**Spend time with people:** This can prevent you from feeling lonely or anxious. Our Age Connects Wellbeing Centre in Barry is a perfect example of the positive difference being connected makes. Why not pop along for a warm welcome. (See page 9 for details).

Check out other groups available within Cardiff and the Vale too. Maybe ask at your local community centre, church or check out [www.renengage.org.uk](http://www.renengage.org.uk) as a good place to start.

**Engage in an activity that is meaningful to you:** Engaging with media you enjoy - whether that’s music, television, books, newspapers, crafting, fixing, crocheting, knitting, playing a musical instrument, baking, puzzles, brain games, reading or listening to audio books or podcasts - there is so much to enjoy.



**Develop new hobbies and interests:** Try something new from the list above or anything you fancy. As they say - a change will do you good!

**Don’t stop learning:** Stimulate your mind and your senses by learning new things. It’s never too late to start a new skill such as a language, craft, topic or brushing up on new technology. Look online for help or contact your local library or college. The University of the Third Age (u3a) is also worth contacting - [cardiffu3a.org](http://cardiffu3a.org).

**Volunteer:** If you think you could give something back as a volunteer, we’d love to hear from you. If you are able to get out and visit an isolated older person or if not, perhaps a telephone link volunteer, please contact us as we are always in need of wonderful volunteers to help us help. Contact Liz on **07870 988 376**.



**Get outdoors, enjoy nature:** Connecting with nature and enjoying the fresh air is an effective way to instantly boost mental wellbeing. Just sitting out on a bench and listening to the birds gets you out of the house and is all you need, or a light walk if you can. There are many wonderful places that are easily accessible in Cardiff and the Vale of Glamorgan so why not plan a little visit? Turn the page for some inspiration...

# What's On this Summer?!

## IN CARDIFF:

### Black Tower Tales

Discover the Black Tower Tales at Cardiff Castle, an exciting new experience re-telling the story of Llywelyn Bren, a forgotten hero of medieval Welsh history. Meet the ghosts of long ago at this immersive attraction bringing history to life in a way you won't soon forget. Book at the Cardiff Castle office.



### Bute Park

Bute Park is the green heart of the city. Discover natural play features and trails, a visitor centre, three cafés as well as a wealth of horticultural and wildlife interest.

Explore a superb tree collection within an extensive area of mature parkland. Bute Park is a Green Flag site and CADW Grade I listed historic park and garden.

### Cardiff Food and Drink Festival - 5th-7th July, 11am - 10pm

One of the most popular events in the city's summer calendar returns to its regular venue in Roald Dahl Plass, Cardiff Bay with a host of regular stallholders and plenty of new ones, all offering a spectacular range of local produce and delicacies from around the world.

## IN THE VALE:

### Glamorgan History Walks

Enjoy a good walk? Beautiful Welsh countryside? Local history, folklore and legends? The company of like-minded people? You're going to love these! £10 per walker per walk. Information & tickets - [www.glamwalks.co.uk](http://www.glamwalks.co.uk) or telephone **07711 118 826**



### Penarth's Summer Festival & Downhill Derby returns on Saturday 13th July 2024

Taking place on Penarth's famous seaside Esplanade, and featuring the thrills of the Downhill derby soapbox race, with plenty of entertainment, street-food, games and live music!

### Summer Fayre at St Donat's Castle on Saturday 8th June 2024, 10am - 5pm

A great day out for the whole family, you can browse a wonderful collection of food, drink and craft stalls, enjoy live music entertainment or book onto activities available throughout the day.

### The Llantwit Major Food Festival returns Saturday 8th and Sunday 9th June

Enjoy two days of street food and bars, cookery demos, live music, entertainment and story telling. The free event takes place in the Llantwit Major Town Hall car park, from 10am each day.

# Summer Recipes

Enjoy these long, sunny days sitting in the back garden with homemade frozen treats. Stay cool and refreshed on even the hottest afternoons.

## Berry good ice lollies

Makes 10 small lollies, depending on the size of your moulds!

Incredibly easy to make and boasting plenty of vitamins as well as all of the health benefits of natural yoghurt, these are some of the most satisfying summer treats around.

1. Mash 100g of blueberries with two teaspoons of honey in one bowl and do the same with 100g of raspberries and two more teaspoons of honey in another.
2. Choose a 300g pot of healthy, flavoured Greek yoghurt - vanilla or coconut are ideal - and scoop a spoonful into each of your lolly moulds. Layer with alternating spoonfuls of blueberries and raspberries, being sure to add yoghurt between each fruit layer.
3. Place wooden lolly sticks or the plastic bases that came with your mould in the mixture and leave in the freezer overnight. To serve, run a small amount of warm water over the mould.



## Strawberry Mousse

This brilliant strawberry mousse recipe is a lighter alternative to ice cream and is perfect for the summer months.

Whip it up in advance and chill until ready to serve.

Serves: 4 Prep time: 10 minutes Cooking time: 1hr chilling

### You'll need

- 200g strawberries, plus a few for decoration
- 2 egg whites
- 30g caster sugar
- 100ml double cream

### Method

1. Puree the strawberries to a smooth consistency and set aside.
2. Whisk the egg white to stiff peaks, sprinkle in the sugar and continue to whisk until you have a stiff, glossy meringue.
3. In a separate bowl, whisk the cream to a soft peak then fold into the meringue mixture until completely incorporated.
4. Fold and swirl the strawberry puree leaving a few pink streaks visible. Spoon into serving glasses or bowl and chill for an hour. Add a few strawberry slices to serve.



# How Can We Help?

## **Advocacy Service:**

02920 683 600 or via the Cardiff & Vale  
Advocacy Gateway on 08088 010 577

**Cardiff & Vale Broker Service:** 07964 974 401

## **Friendship & Practical Help:**

02920 683 600 for **Cardiff**  
01446 795 549 for the **Vale of Glamorgan**

**Nail Cutting Service:** 02922 331 113

**Products:** 02920 683 604 (eg Will making,  
Lasting Power of Attorney, stairlifts)

**Volunteering:** 02922 400 030

**Vale Welfare Rights Service:** 02920 683 682

**Cardiff Welfare Rights Service:** 07483 098 812

**Wellbeing Centre, Barry:** 01446 747 654

**LEAP - Free Money and Energy Saving Service:**  
0800 060 7567.



## **How we can help each other**

To continue our work, we are dependant upon generous donations from public and corporate bodies. This can be through one-off and regular donations, gifts in a Will, organising your own fundraising activity or attending one of the events that we run throughout the year.

However, you can also help us in your everyday life, as well as those of your family and friends. We work with many reputable local and national companies and organisations that support our work. If you need to prepare a Will or Lasting Power of Attorney, or purchase a stairlift, Age Connects Cardiff & the Vale can advise you on trustworthy providers who may be of interest to you or people that you know. What's more, if you decide to go ahead, then our charity will receive a much-needed donation at no extra cost to you.

## **Why wouldn't you?**

To find out more, please contact:

**Karen on 02920 683 604**

or visit:

**[www.ageconnectscardiff.org.uk](http://www.ageconnectscardiff.org.uk)**

### **Copyright information**

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To be added to or removed from the *Life Times* mailing list, then please Email:

[karen.fletcher@ageconnectscardiff.org.uk](mailto:karen.fletcher@ageconnectscardiff.org.uk) or Tel: 02920 683 604

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