



Life Times

age connects cardiff & the vale.

January 2021 Edition

Celebrating Dilys Price

Cardiff – Fascinating Facts

Update On Age Connects Services

Top Tips For Beating Tiredness



Winter Nutrition Tips!

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Welcome Back...

Welcome to the January 2021 edition of **Life Times**.

As we welcome in a New Year, we look forward to health, happiness and being able to share precious time with family and friends. We hope this edition provides plenty to keep you informed, entertained and inspired - from health and lifestyle tips, a celebration of inspirational Dilys Price and an update on our services. Happy reading!

Your Opinions Are Wanted – Engagement Project

Our Engagement Officer, Kelly, needs to talk with you about how you are coping, how your life has changed during the Covid-19 pandemic and to work with you to find ways that can help. If you live on your own with limited support from family PLEASE get in touch with Kelly:

Email: kelly.brightman@ageconnectscardiff.org.uk or Tel: 07485 325989

Post: Kelly Brightman, Age Connects Cardiff & the Vale, Cleeve House,
Lambourne Crescent, Llanishen, Cardiff CF14 5GP



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Stanley T.
– Stanley T.
Client

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or call **02920 569483**

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A Day In The Life Of...

Kelly Brightman, Engagement Officer



Hi there, I'm Kelly and I'm the newest member of the Age Connects Cardiff & the Vale team. I started at the beginning of November as Engagement Officer. It's been quite strange starting a new job in 2020 and whereas I would usually be out in the community engaging with clients, instead I'm working from home and adapting as best I can. I have big hopes that once spring arrives I will be able to have lots of face-to-face visits with as many of you as possible.

Working across Cardiff and the Vale, my role is to listen to you about your life during the Coronavirus pandemic and as you look forward to life post-Covid and to work out what help you may need to move forward. For many clients, life has been pretty tough

over the last 12 months. I will be offering big ears and an open heart, whether that's through one-to-one conversations in person, by telephone, in small groups in our Senior Health Shop café in Barry, or even on-line via Zoom – however you're most comfortable.

My role is to listen and help clients move forward

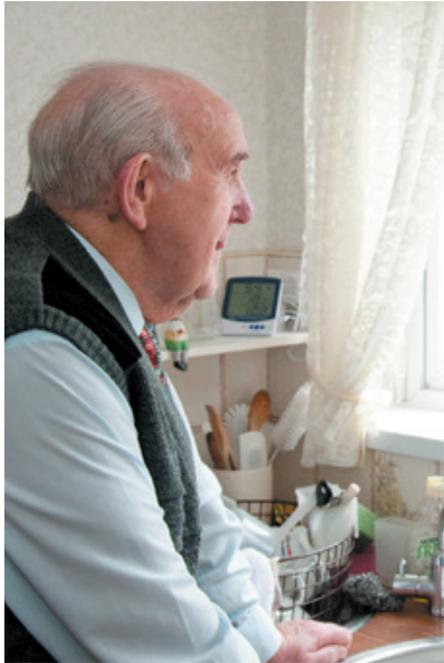
Through our conversations, we can explore any concerns and issues you have. These could include feelings of isolation and loneliness, managing your money, health and wellbeing as well as issues around power of attorney, housing, transport, family, ageing without the support of family and getting back to life post-Covid – whatever is important to you.

As well as engaging with clients, I will also be actively encouraging professionals and volunteers, with their wealth of knowledge and experience, to be part of the project. It's my job to make sure that we listen to all relevant groups, that we take the time to help you identify your concerns and that we work together to address them.

I'm extremely proud to be involved in this important project and very much look forward to meeting you soon. Thanks so much!

For information or just to have a chat please call me on **07485 325989** or email me at kelly.brightman@ageconnectscardiff.org.uk

Our Services - An Update



Please find below an update on our services as we went to print. Be assured, our services operate in line with strict organisational protocols plus health and government coronavirus regulations and guidelines.

Shopping Service

If you are struggling to do your shopping let us take the strain from you. Our shopping volunteers can give you and your family peace of mind that someone is looking out for you. Note: There is currently a £5 per delivery fee for this service.

To access this service, please call:

- **029 2068 3600** for Cardiff
- **07507 416875** for the Vale of Glamorgan

Good Neighbours and Befriending Services

Older people are especially vulnerable to loneliness and social isolation. Our committed volunteers might be able to provide: Befriending (conversation and friendship by phone or in person); information and help to resolve minor issues; help with reading letters or filling out forms.

To access this service, please call:

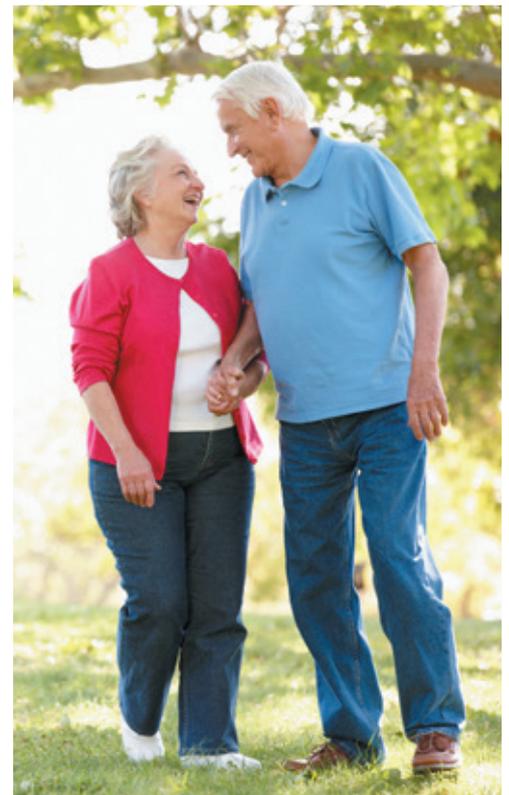
- **029 2068 3600** for Cardiff
- **01446 747 654** for the Eastern & Central Vale
- **01446 795 549** for the Western Vale

Nail Cutting Service

Our nail cutting service provides basic footcare services and information on footcare to older people. Due to the Covid-19 pandemic, we have had to increase our prices for 2021:

- £15 for nail cutting at our clinics
- £22 for a home visit – Cardiff & Penarth only

To access this service, please call: **029 2233 1113**



Senior Health Shop, Barry

The Senior Health Shop incorporates both a café and an information desk. The café is open on Monday, Tuesday and Thursday mornings for beverages and light refreshments. We also have staff available to help you with any information and enquiries either in person or by phone.

Please call: **01446 732 385** (answerphone facility out of hours)

Community & Care Home Advocacy Service

We provide advocacy services in care homes, hospitals and community settings. Throughout the Covid-19 pandemic, we have kept in regular contact with all care homes we visit and have accepted referrals for individual residents and provided support remotely. We respond to care home referrals through virtual conversations with residents (WhatsApp or Zoom) and attend residents' meetings virtually too. We liaise with care home staff, residents, their family and friends as to how we can best continue to provide support. Community referrals are also being supported remotely at the present time.

For more information call: **029 2068 3683**

Welfare Rights Service

The Vale Welfare Rights Service continues to operate remotely with benefits forms requested from the DWP and sent direct to the client's home. Our Adviser completes applications by phone with the client or a relative and ensures the client signs forms before being sent to the DWP. We have undertaken some home visits where no other option is possible but are not able to do so when lockdown restrictions apply.

For more information call: **029 2068 3682**

Discharge Support Service

Our Discharge Support Officers work within the Integrated Discharge Service (IDS) in Cardiff and the Vale to assist hospital patients over the age of 60 and their families with discharge planning.

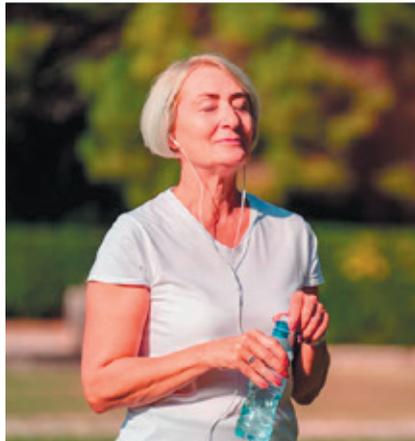
For more information call: **07983 705568**

Broker Service

Our Vale Broker Service works in partnership with Cardiff Community Resource Teams, C1 Vale Contact Centre, Tŷ Jenner and the Vale Community Resource Team to support vulnerable individuals, their families and carers with hospital discharge and to avoid hospital admissions. Delivery of this service has continued during the Covid-19 pandemic through home visits and virtual contact.

For more information call: **07964 974401**

Nine Ways To Beat Tiredness



At times we can all feel overwhelmed and exhausted and it can be easy to assume you're simply not getting enough sleep but there are lots of other reasons why you might have low energy. Here are some top tips to beat tiredness.

Get a good night's sleep

Most adults need between seven and nine hours of sleep to function at their best.

Eat a healthy, balanced diet

When you're tired, avoid sugary foods. To improve energy levels, eat whole plant foods and unrefined carbs – plenty

of fruit, vegetables, wholegrains, legumes, nuts and seeds.

Drink plenty of water

Dehydration has a negative impact on energy levels and can also harm your sleep quality.

Find ways to manage stress with relaxation

Stress can impact on our mental and physical energy. Weave relaxing activities into your day: meditation, yoga, journaling, going for a walk, taking a bath, or chatting can all help.

Reduce alcohol consumption

Alcohol is a toxin that can throw our body off balance and affect the quality of our sleep.

Make exercise a habit

Regular exercise can reduce symptoms of tiredness, leading to better-quality sleep.

Increase your iron intake

Take an iron supplement or make sure you eat plenty of iron-rich foods – leafy green vegetables, fortified cereals and bread, beans, peas, lentils, nuts, whole grains, meat and liver.

Cut down on caffeine

While drinking more fluids can help beat tiredness be mindful of what you're drinking. If you drink plenty of coffee, tea, cola or energy drinks, seriously reduce consumption – or even cut them out completely.

Eat smaller, more frequent meals

One very effective way of keeping energy levels high throughout the day is to eat smaller meals and healthy snacks every three to four hours

Final thoughts

Often, a simple change to our routine or diet may be the best way to increase energy levels and vitality. However, chronic tiredness can be a symptom of an underlying health problem. If your tiredness has persisted for a while, make an appointment to see your GP.



'An excellent and caring home which has dealt with the past few months in a hugely professional and caring manner, putting the health and safety of residents first at all times. Great staff that go out of their way to help residents and their families'

Daughter of resident at **Sunrise of Cardiff**.

The health, welfare and social wellbeing of our residents continues to be of the utmost importance to us at **Sunrise of Cardiff** and we're always developing creative new ways to help our residents safely maintain meaningful contact with loved ones.

Here is what you can expect when you join us:

- Comprehensive Infection Control procedures for all visitors and team members
- PPE available for all team members and visitors upon arrival
- A Safe Visit Room to support face-to-face visits with loved ones
- Enhanced Visiting for residents who display clinical indicators of vulnerability or frailty that show they need close family support
- Nominated Person protocol in place to allow physical meeting and holding of hands
- Full schedule of daily activities for all residents including socially distanced dining and entertainers in our garden
- A safe move-in process using a two test approach to minimise the risk of infection
- Regular testing of residents and team members with reliable tracking of results
- Monitoring of local infection rates to enable us to plan accordingly

Sunrise of Cardiff is also proud to announce the opening of our newly refurbished Reminiscence floor. Light and airy, modern and elegant, it truly is a wonderful place to live.

For further information, visit [SunriseCardiff.co.uk](https://www.sunrisecardiff.co.uk) or call **029 2167 2244**.

Winter Nutrition Tips by Doing Good Catering



With the pandemic minimising contact with friends and family and restricting movements, many of us have reduced immunity due to stress, lack of sunlight and reduced food quality. Good winter nutrition is more essential than ever. Here's a few tips on staying strong:

- Vitamin C improves our immune system function. Good sources include citrus fruits, berries, broccoli, sweet potatoes and red, green or yellow peppers.
- Zinc can help ward off infections. It's found naturally in fish, dairy, eggs, spinach, red meat, poultry and some cereals. Or consider a zinc supplement.
- Increase iron intake with red meats, lentils and green leafy vegetables. If you're not getting all your iron from food sources then taking a natural iron supplement can help.
- Probiotics play an important part in the function of the immune system and help keep the gut healthy by repopulating stocks of good bacteria. Fermented dairy products such as live yoghurt, kefir and sour cream plus fermented foods such as sauerkraut, miso soup, tempeh and pickled vegetables are all high in probiotics.
- If you're feeling depressed, have bone and/or joint pain and fatigue, you may have a lack of Vitamin D. Eat more oily fish such as salmon, herring and mackerel, egg yolks, beef liver, fortified cereal and milk, or consider a supplement. Note: because Vitamin D is fat soluble, it needs dairy if it's to be properly absorbed, so also eat healthy fats like virgin olive oil, butter, nuts and seeds.
- Eat lots of vegetables and seasonal fruits. Those high in essential nutrients and readily available during winter include pumpkin, butternut squash, beetroot, courgette, rocket, samphire, marrow, mushrooms, potatoes, leeks, parsnips and apples,
- Eat good winter carbs to help regulate blood glucose and energy levels. Healthy options include homemade soups made from root veg with lots of garlic and ginger as well as wholegrain breads and pastas, brown and wild rice, legumes, quinoa and whole oats.
- Start your day with a healthy slow-release breakfast like porridge with sprinkles of nuts and seeds or fruit.
- Omega 3 fatty acids such as flax seed, avocado or walnuts are known to reduce inflammation, help curb heart disease, arthritis and even cancer. Break down your flax seed in a food processor or with a pestle and mortar and add to cereals, yoghurt, homemade breads and soups.
- Add calories without extra volume with sauces, gravies and grated cheese to meals and honey to cereal.
- Add a source of protein to every meal or snack

NOTE: Please discuss with your GP or Community Health Advisor before adding supplements to your diet as there may be some implications if you are taking medication.

Butternut Squash Soup

Versatile, quick and easy to make. Squashes are naturally rich in fibre, vitamins A & C, magnesium and potassium, which can help keep blood pressure in check. The great thing about soups is that nutrients are undiminished by the cooking process (if you don't overcook your veg). Squashes are quite low in calories so if you need healthy fats in your diet, ensure you use a good dollop of cream! If you prefer, use carrots instead of butternut squash, adding orange juice to the stock to make a lush carrot and orange soup.

Ingredients (serves 4)

Salt & pepper for seasoning
2 tablespoons of butter
A couple of small onions, finely chopped
1 butternut squash (about 1lb in weight) peeled, seeded and cubed
2 pints of chicken or vegetable stock
8oz potatoes, cubed
Pinch of paprika
125ml pot of cream
Cream, yoghurt and green herbs (coriander, chives or parsley) for serving



Method

Melt the butter in a heavy pan. Add the onions and cook for 5 minutes until they are soft.

Add the squash, potatoes and stock. Bring to the boil and then simmer until all the veg is soft.

Take off the heat and taste – add salt and pepper to your taste.

When cooler, blitz in a blender or with a masher.

Return to heat very gently, adding the cream slowly and stirring it in. **DO NOT BOIL.**

Pop in a bowl and pour on a spoonful of cream or yoghurt.

Sprinkle your choice of green herbs on top, add a pinch of paprika and serve with any bread.

Doing Good Catering

...is a sustainable catering business set up by Emily and Steen over 20 years ago. For more information on balanced, nutritious meals or to order a brochure, visit www.doinggoodcatering.com or call Emily on 07888 747338.

Celebrating Dilys Price



In October 2020 the passing of Dilys Price OBE at the age of 88 saddened all of us at Age Connects Cardiff & the Vale.

Dilys was a staunch supporter of our work supporting isolated and lonely older people in our local community. An extraordinary lady who inspired millions by living life to the full and helping others, Dilys lit up every room with her infectious energy. All those who met her came away feeling empowered and fearless.

Continually challenging views on ageing, former teacher Dilys Price, from Cardiff, was scared of

heights when she took up skydiving at the age of 54. She went on to complete over 1,139 solo jumps all over the world and set the Guinness World Record for the oldest female solo parachute jump at the age of 81. In 2018 Ms Price told BBC Wales: 'Skydiving is my passion, there you have the ultimate beauty of the sky... you just feel so free'

Ms Price also founded the Touch Trust charity championing art and creative movement programmes for disabled people. At 86 years old she became the face of global fashion brand Helmut Lang saying she wanted to inspire older people to keep active and stating that her mission was to 'tell older people like myself to keep a passion... to encourage older people to do just what they can'

'When you fall off your bike get back on and do wheelies'.

She was awarded an OBE for services to people with special needs in 2003 and was honoured for her work at the Pride of Britain awards in 2017. In 2018 she was included in a list of the 100 women who have most influenced Welsh life.

Constantly reminding everyone that 'we only get one shot at life' Dilys Price truly was a remarkable, amazing and inspirational woman.



'You Must be Mad' by Michael James

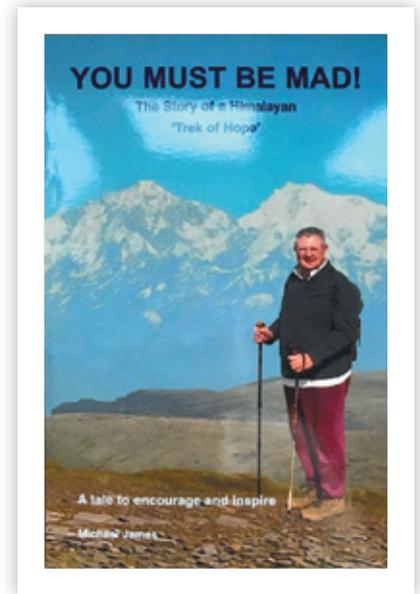
Continuing the theme of inspiration, 'You Must be Mad' by local author Michael James tells the story of his Himalayan 'Trek of Hope' and is a tale to encourage and inspire.

At the age of 75 and with underlying health issues, Michael undertook a challenging trek in the Himalayas to raise funds for two charities close to his heart – The Leprosy Mission and Rainbow of Hope (working among the homeless and disadvantaged in Cardiff).

Michael hopes his story will encourage other older people and those who daily face their own 'Mountains of Fear' to step out and do something that would not only benefit them but others too.

'You Must be Mad' is £7.99 and available from Michael's website: www.fatmantunepal.blogspot.com

All proceeds of book sales go to Michael's two charities.



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Fascinating Facts On Cardiff



Westgate Street used to be the river

It's hard to imagine now but if you walked from St Mary Street down the Golate in the 1830s, you'd be at the river (approximately at the point where the Queens Vaults and Brewdog pubs stand today).

This was the town quay, where ships would dock and unload goods. There were two other wharves on what is now Westgate

Street, (one by the Prince of Wales pub). These weren't small ships either: in 1835 a brig of 300 tonnes was built and launched here.

People are buried beneath your feet as you walk in the city centre

In the paving stones on the alleyway next to St John's Church you may have noticed several metal numbers. The numbers refer to burial vaults beneath the ground. The path that runs from the rear entrance of Cardiff Market to Working Street was built right through the church graveyard so people could access the market easily, gaining the nickname 'Dead Man's Alley'. It's uncertain whether the bodies remained in place or if they were moved to another part of the churchyard.

Cardiff has a second castle

Not many people know that Cardiff has a second castle. Known as Morgraig Castle, it is over 600 years old but was only rediscovered at the turn of the 20th century. It is near the Travellers Rest pub on the way to Caerphilly Mountain.

Entire neighbourhoods have disappeared

Cardiff has several lost suburbs. But all traces of the largest two have been completely wiped out. Temperance Town was a working class suburb built in the 1860s. Centred around Wood Street, which is named after Colonel Wood, who sold the land on which it is built. Wood was a staunch teetotaler and



made it a condition that no inns or public houses were to be built there. By the 1930s it was impoverished and overcrowded. The last two people to leave Temperance Town were Mr & Mrs Henry Arthur Hannam who lived at 32 Eisteddfod Street.

On the other side of the city centre, Newtown was once one of Cardiff's busiest suburbs and packed with large Irish Catholic families who had come to work in the docks. The terraced houses of Newtown (also known as Little Ireland) were demolished in the 1960s.

Cardiff used to have a zoo

Now one of the most popular parks in the city, Victoria Park was once home to Cardiff's zoo and full of exotic animals. Over the years the collection grew to include Wally the kangaroo, peacocks, gazelles, parrots, raccoons and a three-foot long alligator. It rivaled Bristol's zoo until the First World War following which, with shortage of money, Cardiff's zoo declined.

Hundreds of men died in a field on the edge of the city

There is nothing to mark the spot today but hundreds of men died in what is now just a quiet field on the edge of the city. The Battle of St Fagans was the largest battle ever to take place in Wales and the last big battle of the English Civil War between parliamentarians and forces loyal to King Charles I. On 8 May 1648, they met at this site between St Fagans National Museum of History and the A4232 link road. By the time the battle ended in victory for Parliamentarian forces, between 300 and 700 people were dead.

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CARDIFF CAERDYDD

Let's Talk



The Covid-19 pandemic has had a huge impact on our mental health and sometimes we need additional support to help us manage our stress and anxiety.

Recognising this, Age Connects Cardiff & the Vale have signed up to the Let's Talk service offered by BCS Mental Health Service providing access to counselling services at a reasonable rate – with a percentage of fees donated to support our charity.

Exclusively accessible to Age Connects clients, volunteers and staff members, if you need to access the Let's Talk service, please email: letstalk@bcscounselling.com, call **07483 130449** or visit www.bcscounselling.com. Online, telephone or home appointments are available (subject to Welsh Government guidance).



Wildlife Bingo!

With coronavirus restrictions still in place, many of us may be feeling lonely and isolated and missing the great outdoors. Even if we can't get out for long walks, there is still so much wildlife we can enjoy either in our own garden or spot through our lounge or bedroom window. Let's play – wildlife bingo!

How many of these can you spot?



Robin



Starlings



Squirrels



Fox



Blue tits



Hedgehog

Pause for Thought

'You are never too old to set another goal or dream a new dream.'

C S Lewis

Sudoku

Sudoku is really easy to play.

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

For the answer to this puzzle, please email marketing@ageconnectscardiff.org.uk or call 07964 974404

Additional Sudoku puzzles can be found at: www.puzzles.ca/sudoku

5	6		1		7			
	3							
						4		
		1				7		4
	9			4			8	6
	7		9	3				
				8	3	2	7	
			2				1	

Passionate about improving mobility and wellbeing

"Exceptional in every way. It felt as though we were dealing with friends who were determined to go the extra mile to ease the pressure on us in the early days of caring.

Thank you!" *- Anne Hughes*

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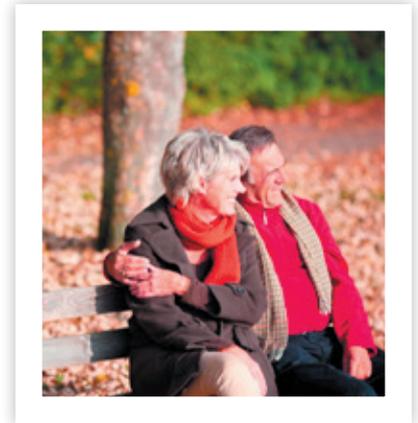
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How we can help you

- Advocacy Service: **029 2068 3683**
- Discharge Support Service: **07983 705568**
- Good Neighbours and Befriending Services
Cardiff: **029 2068 3600**
Eastern & Central Vale: **01446 747 654**
Western Vale: **01446 795 549**
- Nail Cutting Service: **029 2233 1113**
- Products (eg Funeral Plans, Equity Release): **029 2068 3604**
- Senior Health Shop, Barry: **01446 732 385**
- Shopping Service
Cardiff: **029 2068 3600**
Vale: **07507 416875**
- Vale Broker Service: **07964 974401**
- Volunteering: **029 2240 0030**
- Welfare Rights Service: **029 2068 3682**



How we can help each other

To continue our work, we are dependant upon generous donations from the 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 buy insurance, prepare a Will or Lasting Power of Attorney, purchase a stairlift or a pre-paid funeral plan, 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 **029 2068 3604**

or visit: **www.ageconnectscardiff.org.uk**

Copyright information

Age Connects Cardiff & the Vale

c/o 4 Cleeve House, Lambourne Crescent, Llanishen, Cardiff CF14 5GP.

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

Email: claire.sanders@ageconnectscardiff.org.uk or Tel: 029 2068 3604

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