



Life Times

age connects cardiff & the vale.

September 2020 Edition

Update on Age Connects Services

Maintaining our brain health

Indoor gardens

Meet Ronald and Leonard

Planning for the future

Eating for a healthy life



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Welcome Back...

Welcome to the September edition of *Life Times*.

Since our last edition (June) many of us have been easing ourselves out of lockdown and meeting up again with family and friends. It's proving to be a difficult time and so we hope our magazine provides an interesting read, helpful information – and some inspiration!

How can we help?

We're really keen to hear from you. How do you feel that we can help you more effectively, now and in the future? Everyone who responds will be entered into a free draw to receive one of our Boredom Buster packs - full of books, puzzles, magazines and other goodies for you to enjoy. Please get in touch...

Email: marketing@ageconnectscardiff.org.uk or Tel: 07964 974404

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



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CARDIFF CAERDYDD

A Day In The Life Of...

Nona Hexter Ageing Well Project Coordinator



Hello all, I'm Nona Hexter, Coordinator of the Ageing Well project, based at our Senior Health Shop in Barry. I came into post 23 years ago and have loved every minute working alongside the most wonderful team of volunteers. Added to that, we have had the joy of meeting hundreds of clients over the years and the satisfaction of knowing that together we have made a positive difference to so many lives.

Our overriding aim has been simple, to improve the health and wellbeing of older people (50+) across the Vale of Glamorgan. Up until the Coronavirus pandemic we provided a café, information service, health checks, exercise classes, craft and social classes.

Then the virus struck, which meant the Senior Health Shop had to temporarily close. During that period I worked from home, helping to organise our shopping service, taking on new volunteers and answering calls from older vulnerable people seeking advice and reassurance. Naturally, some calls were very long, as we sought to provide detailed, relevant information as well as support – perhaps when a loved one had been hospitalised or a caller had experienced bereavement. Such situations have been particularly hard at this time, when so many older people have had to be separated from family and friends. One of the joys of working at Age Connects Cardiff & the Vale is sharing the care that staff have for one for another, so that after a hard morning, there is always a listening ear!

The café is smaller, but it has been so lovely to see the centre come alive again.

We were very excited to reopen the Senior Health Shop on 17th August and to welcome visitors back. In preparation, we looked at Health & Safety regulations and re-organised the layout and staffing of the centre, with volunteers now running the café behind the safety of our newly installed sneeze screens. The café is smaller, with only three tables, but it has been so lovely to see the centre come alive again.

As we move forward, we look forward to re-introducing information and exercise sessions. Please know that we are here for you. You all matter to us and we are here to help. For more information please call: 01446 732 385

Our Services - An Update

As lockdown and other restrictions ease, we are able to reopen some of our facilities and services.

Please find an update on our services as we went to print (September 2020). Further information is available on our website: ageconnectscardiff.org.uk

Volunteer Support Services

Whilst things are not yet back to normal, most of our services that had to stop during the pandemic have now started back up.

Shopping Service

Shopping is one of the few services that did not stop during the pandemic and in fact increased massively. We went from organising 30 shops a week to well over 300 at our busiest. Now that 'shielding is paused' most of the clients who needed help are now going out to shop for themselves, but we continue to provide over 100 shops per week for those who still require the service.

If you, or someone you know requires this service, please call:

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

Good Neighbours and Befriending Services

Volunteers can now restart their home visits to isolated clients who do not have family or friends visiting.

To access this service, please call:

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



Nail Cutting Service

Our toenail cutting service has now restarted and we are providing appointments either in one of our clinics or as a home visit. A clinic appointment costs £14 and a home visit costs £20. To book an appointment, please call: **029 2233 1113**

Senior Health Shop

Our café in Barry has now reopened and whilst we have had to reduce the number of tables available, in order to ensure that customers can socially distance, if you are in the area please come and visit us. The Holton Road café is open each morning, Monday – Thursday.

Tel: **01446 732 385**

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 of the care homes we visit and have accepted referrals for individual residents, but this support has been provided remotely as has our community and hospital advocacy.

We are now responding to care home referrals differently by offering virtual conversations with residents via What's App or Zoom. We are 'visiting' care homes remotely with the help of staff including Activity Coordinators and attend residents' meetings virtually. We have also started socially distanced garden visits and continue discussions with all colleagues as to how we can best support residents and patients during this time.

We have also introduced socially distanced garden and limited home visits for community advocacy where no other methods of support are possible.

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

Welfare Rights Service

The Vale Welfare Rights Service continues to operate remotely with the appropriate benefits forms requested from the DWP and sent direct to the client's home. The Adviser completes each application by phone with the client or a relative. Alternatively, a supply of forms is held by the Adviser who completes the form with the client by phone before it is sent to the client for signing.

In both cases the completed form must be signed by the client before it is sent to the DWP.

We are now undertaking socially distanced garden and limited home visits to complete benefit forms with clients where no other way of helping with form completion is possible.

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



Alongside physical health, brain health should be one of our top priorities if we strive for long, purposeful and fulfilling lives. So how can we maintain the health of our brain?

1. Take Some Exercise

Physical exercise can help ward off cognitive decline. Regular exercise improves cognitive function in people who already have memory problems. Even gentle exercise can bring your brain a breath of oxygen-rich air. Walking is best for this and is gentle on the joints.

2. Manage your diet

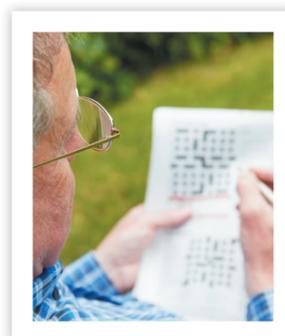
A Mediterranean diet emphasizes fruits, vegetables, whole grains, beans, nuts, seeds, and olive oil, and includes moderate amounts of fish, poultry and dairy products, while limiting red meat. This eating pattern promotes cardiovascular health, lowers the risk of certain cancers and can also contribute to protecting against cognitive decline.

3. Get sufficient sleep

Getting consistent, good-quality sleep is known to improve overall health and prevent cognitive decline. 7 – 8 hours a night is recommended for a variety of essential functions. Good sleep strategies include regular bed and wake times and a good pre-bedtime routine.

4. Ensure regular mental stimulation and keep on learning

Researchers believe the key to a healthy brain is the habit of staying mentally active: reading, writing, crossword puzzles, board or card games, group discussions and playing music all help. Developing new skills, learning new information and remaining curious can all help towards reducing cognitive decline.



5. Reduce anxiety

Anxiety is known to be harmful to the brain. Working towards minimizing your stress - through methods such as mindfulness - can benefit your brain health.

Final thoughts...

The brain is an important organ and needs our support! Making some changes to old habits, and incorporating new ones, can pay us great dividends in terms of brain health.

Pam Kingsland is an HCPC Registered Psychologist and an Accredited Master Coach with a specific interest in Brain Health and Mental Wellness.

For more information visit:

www.restless.co.uk/leisure-and-lifestyle/healthy-mind/

McClure Solicitors, in conjunction with Age Connects Cardiff & The Vale, are hosting a Live 'Planning for the Future' Talk at 12.30pm on 6th October 2020. Join this FREE talk from the comfort of your living room and get your Will written or reviewed for FREE.

To register, please visit www.ageconnectscardiff.org.uk or call 029 2068 3604.

We can help with how to join the video link if this is new to you.

Around 36% of people over the age of 55 in the UK do not have a valid Will. Wills are important legal documents and without them, everything you accumulate throughout your life may go to the wrong people in the event of your death. Take this opportunity to get your Will written or reviewed for FREE – and help support our local charity work at the same time (all we ask is that you consider a donation to Age Connects, however small).

McClure don't just provide ordinary Wills; they produce estate planning Wills if required and specialise in protecting your assets so that future generations of your family can benefit. Taking your instructions, McClure can discuss with you what effect inheritance will have on your children or other beneficiaries.

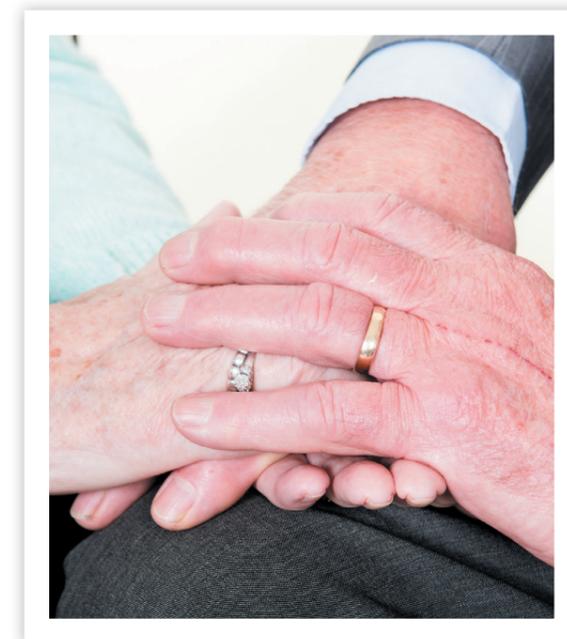
This often means that a Will is not enough. You might need a Trust as well. This could be a Trust in your Will or, better still, a separate Lifetime Trust.

McClure will also consider where your estate is likely to go next, for example, you might leave your estate to a son who gets divorced and part of your estate goes outside your blood relatives. This is avoidable.

If you already have a Will - is it correct and up to date? Research shows that one in four Wills are defective in some way. McClure carries out free safety checks and, if necessary, will update or correct your Will for FREE.

To find out more, join us at our Live Talk on 'Planning for the Future' on Tuesday 6th October at 12:30pm.

To make an appointment to write or review your Will, telephone McClure Solicitors on **Freephone 0800 852 1999**, or email: contactus@mcclure-solicitors.co.uk and quote 'Age Connects Cardiff & The Vale'.





We know that eating the right food is essential for a healthy life, but just like smiling improves our well-being, deriving pleasure from the food we eat improves our digestion and the absorption of essential minerals and vitamins. To get the most from our food, these principles can help:

- Drink a cup of hot water first thing each morning. It wakes up your metabolism and gets your body ready for the day.
- Your eyes and nose activate your digestive juices, so try for a variety in colour and texture on your plate
- Healthy cells look plump under a microscope so plump your cells by drinking frequently, preferably hot water with fruit or herbal leaves but teas and coffee are also fine.
- Eat one calcium-rich food each day – milk, yogurts, cheeses, cereal and leafy green vegetables.
- Eat 'brown' foods for regularity - nuts, wholegrain cereal, wholegrain bread and pasta, brown rice and brown bread are high in fibre.
- A banana or bowl of prunes twice a week boosts our potassium helping our bones, kidneys and blood pressure.
- Make Monday your Magnesium Day. Magnesium is crucial in keeping your heart, immune system and bones strong. Aim to have meals with whole grains, nuts, fresh fruit and vegetables.
- Healthy snacks can increase your metabolism and appetite, aiding digestion and improving absorption of nutrients. Fruit, biscuits, cheese and fortified cereal bars are all good.
- Meat is the greatest provider of important minerals like iron and zinc and vitamins like B12. Eat a small piece of meat or fish daily or take supplements if your meat intake is irregular or if you're vegetarian or vegan.
- Many older people suffer from low weight rather than an over weight issue. Good fats foods like nuts, seeds and fish are essential to ensure a rich calorie intake. And use full cream milk in your drinks and normal butter rather than low fat spreads.
- Avoid processed food as it's just feeding your stomach, heart and other internal organs with trans fats, which are bad for everyone! Sorry to say these include lots of yummy treats like cakes and biscuits so keep them down to a minimum.
- This is all much easier if you live independently and cook your own food, but often that isn't the case. So, if you need advice on your food intake, speak to your GP or those caring for you.

Doing Good Catering is a sustainable catering business set up by Emily and Steen 20 years ago. They live in Cardiff and have two grown up children.

A great recipe whether you live independently or in supported living. It's an easy snack to prepare, highly nutritious, very filling and costs around 50p per portion. This recipe makes 4 portions so you can have a couple each day. I make several at a time for my family and leave them in the fridge as they last up to 3 days. Note: grains are heavily farmed with pesticides so if you can buy a bag of organic oats, that would be better for you.

Ingredients (makes 4)

- One cup oats soaked overnight in orange juice (fresh or carton)
- Couple of large spoons of plain yogurt
- Some muesli or dried fruits – apricots, sultanas, coconut flakes, walnut pieces, crystallised ginger
- Some fresh or tinned fruit – strawberries, blackberries, blackcurrants, banana, pineapple, pears, apples, satsumas or tangerines
- Sprinkle of bee pollen (if not allergic)
- Small square of plain chocolate grated (optional)

Method

- Soak the oats overnight
- Divide the oats between 3 or 4 bowls
- Spoon in a large dollop of yogurt
- Sprinkle some dried fruits or muesli on top
- Spoon on some fresh or tinned fruit
- Spoon another dollop of yogurt on top
- Sprinkle in your bee pollen (super-food healthy) or grated chocolate
- Chill for 5 minutes before eating or cover and pop in the fridge

Healthy Tip

- Drizzle Rose Hip syrup or Manuka Honey over the top for an extra health boost!
- Allergens: Some people are allergic to bee pollen, so only use it if you are certain you are not allergic.



Doing Good Catering Offer

We produce a range of over 20 balanced nutritious meals, frozen and ready to reheat in a microwave, oven or stove top. You can buy 5 meals for £25 with free delivery. Call Emily today on 07888 747338 for a brochure or check online at www.doinggoodcatering.com/seniormeals

Crafting is an activity enjoyed by everyone. Beyond nostalgia and helping to pass the time, crafts come with a variety of health benefits for older people including:

- Improved cognitive ability and motor skills
- Stress reduction and lower blood pressure
- Strengthened immune system
- Decreased risk of cognitive impairment

Popular crafts proven to improve well-being include:

Knitting and Crocheting

Did you know that knitting and crocheting are proven mood boosters? They also enhance dexterity and improve visual-spatial and hand-eye coordination skills.

Painting

The beautiful thing about painting is that there are dozens of styles and surfaces to choose – from fine art to painting-by-numbers, from canvas to pottery to rocks. It's a top stress reducer as the repetitive motion of making a stroke with a paintbrush calms the mind and improves focus.

Colouring

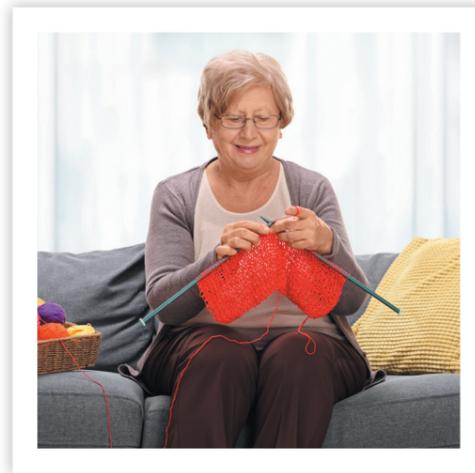
Colouring is recognised as one of the most useful activities for practising mindfulness. And the repetition, pattern, and detail involved in colouring prompt positive neurological responses, which lower stress and anxiety levels. These benefits can also lower the blood pressure levels and heart rates of some participants. Choosing pictures and colouring books is also part of the creative process and a fun activity in itself.

Scrapbooking

Collecting and arranging photographs, memorabilia, quotes, and snippets of art is an enjoyable way to spark memory sensors and create nostalgia. The creative act of scrapbooking helps decrease anxiety and improve self-esteem, all the while producing a book filled with creative expression. Since scrapbooking is often so personal, it is also a way to help maintain a sense of identity and independence.

For more information visit: www.makersguildwales.org.uk or www.greatseniorliving.com/articles/crafts-for-seniors

Happy crafting!



At Home Instead Senior Care, we work with you to provide flexible, personalised home care based on your specific requirements and when you need it. You'll get to stay in your community and live under your own roof, surrounded by your own things and continue to live by your own rules. Our home care services span home help, companionship, personal care and dementia care.

We will match you with the perfect person

Our CAREGivers are hand-picked for their character and values and are expertly trained to support older people and their families. We do this to ensure we can closely match their interests, hobbies and personality with yours and they can become the friendly faces you'll grow to know and trust. Our CAREGivers truly believe in what we do and that's why 96% say they are proud to work at Home Instead. Our visits are a minimum of one hour and often longer - this provides plenty of time for quality care whilst still leaving time to chat and build a real relationship.

Let us plan your home care

To us, it's personal. We'll work with you to create a care plan that takes into account your background, daily routine, lifestyle, preferences and needs. We understand that your needs change over time, which is why our dedicated Care Manager will continue to monitor and reassess your plan to make sure it is suited to your individual requirements.

Do not hesitate to contact us to learn more about home care or book a free consultation to let us assess your needs and give you appropriate support.

Call us on **029 2056 9483** for a friendly chat to explore options

www.homeinstead.co.uk/cardiff

A Match Made In Heaven



Chef Nikki started shopping and 'looking out for' brothers Leonard (94) and Ronald (86) at the beginning of lockdown when she was furloughed. It was a match made in heaven; Nikki found the brothers a delight to support and the brothers increasingly looked forward to Nikki's visits. Their story is a reminder of the very real difference our services make – to both clients and volunteers.

Brothers Leonard and Ronald are Cardiff (Grangetown) born and bred and very proud of their heritage. Their time serving in the armed forces is particularly important to them. Leonard served in the Royal Army Service Corps during World War 2 while Ronald served in Egypt with the Royal Air Force in the early 1950s. Their father had served in the Royal Garrison Artillery during World War 1.

They were just 21 and 13 when their mum passed away and are the only surviving siblings of six (brothers Alfie, Tommy and Charlie and sister Lily). They never married and when questioned why, describe themselves as 'single and happy'. Having shared a home for a number of years (Leonard does the cooking!), the brothers have an incredibly strong bond.

Their connection to the area is just as strong and they have witnessed many changes in the development of Cardiff over the years. Their father worked in Cardiff Docks during the 1930s and when the brothers left the armed forces they took employment in transport and engineering in the local area. Their sister Lily worked in one of Grangetown's longest surviving businesses, the JR Freeman cigar-making factory.

'We've seen so many changes in Cardiff over the years. From the time our father worked in the Docks through the bombings and rationing of WW2 and on to the development of Cardiff as a really modern city. Living together, we have our ups and downs but are very happy – and we have a little garden which we love.'



Volunteer Nikki started shopping for the brothers at the start of lockdown: 'It was an instant match! We have so much in common - our love of gardening, being involved in the armed forces, sport, travelling, our sense of humour... I feel privileged to be part of their lives. They have lived through so much, and have so many stories. They make me think and learn which I enjoy very much. I love the bond they have as brothers - it's great to see and they look out for each other and even me now. I call us "the tripod".'

Not surprisingly, the feeling is mutual. Leonard explains: 'Seeing Nikki is the highlight of our week. She is so bubbly and takes a great interest in the stories we tell of our past. We love gardening but find it difficult to manage now. Nikki has an allotment and so shares our gardening passion. She's been looking after our garden (with our advice and top tips of course). We now have a pretty, quiet spot to sit in and enjoy. Nikki has been an incredible support and is now a great friend.'

'Thank you Nikki!'



We're open to new residents

We're excited to welcome new residents into our home and can't wait to meet you.

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Sunrise of Cardiff
127 Cyncoed Road,
Cyncoed, Cardiff CF23 6AF



Residential and
dementia care home



One third of all UK homes don't have an outdoor garden. However, even a few plants on a windowsill can be beneficial to our wellbeing – particularly so if you have mobility issues as you're essentially bringing nature indoors.

Here, **The Guardian's** former gardening editor, **Jane Perrone**, provides some useful advice on creating indoor gardens.

A beginner's approach

- Do your research - don't just go and buy the first houseplant you like the look of. Plants have different needs, so what might thrive in one environment may struggle to do so in your home.
- Start slowly with one or two plants and get the knack of looking after them before you expand your collection.
- To create a striking indoor garden, simply find a nook or cranny with good natural light and fill it with plants.
- A dedicated area for your houseplants will feel more like a garden and look more appealing. Use different stands and multi-level stools or side tables to display your plants, as this will add interest and depth.
- If you have a pet that likes to nibble, check whether plants are toxic to them before buying. Visit www.asPCA.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants

Top plant tips:

- If you have mobility issues or are looking for low maintenance plants, choose something that doesn't need a lot of fuss or regular repotting. Moth orchids are a good choice.
- Gesneriads (which includes African violets) - are not only easy to grow, they're beautiful and they flower too. Of this plant family, try Primulina or Petrocosmea.
- You can have an indoor element of 'grow your own'. Grow pea shoots, microgreens, compact varieties of chillies or tomatoes on your windowsill - as well as herbs too of course. Make sure you start small and only grow what you like to eat!



Listen to Jane's podcast 'On The Ledge' to find out more tips and tricks for growing plants indoors at www.janeperrone.com/on-the-ledge

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 029 2068 3604

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

Pause for Thought

A star has 5 ends.
 A square has 4 ends,
 A triangle has 3 ends.
 A line has two ends.
 But the circle of friendship has no end.

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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- Community Volunteer Support Programme: **029 2068 3600**
- Nail Cutting Service: **029 2233 1113**
- Products (Funeral Plans, Equity Release, Stairlifts etc): **029 2068 3604**
- Senior Health Shop, Barry: **01446 732 385**
- Vale Good Neighbour Scheme:
Western Vale: **01446 795 549**
Eastern & Central Vale: **01446 747 654**
- Vale Shopping Service: **07507 416875**
- Vale Welfare Rights (Benefits): **029 2068 3682**
- Volunteering: **029 2240 0030**



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**

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

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