

LOVE LATER LIFE

Age Cymru Powys | Newsletter | Winter 23/24



**WINTER
WELLBEING**



**SIMPLY NAILS
FOOTCARE**



FARMING SUPPORT

AND MUCH MORE INSIDE...

FREE COPY

Season's Greetings to you from myself and the team at Age Cymru Powys

As the weather gets colder and the days grow shorter, it's time to reflect on the past year and look forward to the year ahead.

This year has been a challenging one for many people, and thanks to the support of our donors, volunteers, staff and partners, we've been able to continue providing essential services to those in need.

Sadly 220,000 older people in Wales say they feel lonely. Right now, older people with disabilities or ill-health are facing unprecedented challenges as they struggle with spiralling fuel and food costs.

Equally challenging is the stigma some older people feel about applying for support which they're entitled to. An estimated £200 million of pension credit goes unclaimed each year in Wales.

We're committed to helping our older Powys residents stay warm, safe, and healthy. So I am very pleased to launch our new Winter Wellbeing programme.

Winter Wellbeing offers a variety of services, including face-to-face or telephone friendship, Home Energy Checks, help with the Cost-of-Living, and advice and support on any matter that may be affecting your quality of life.

Whether you feel inspired to get involved as a Winter Wellbeing Volunteer, or if we can help you in any way during the colder months - then we would love to hear from you.

We are here for you in Powys this winter.

Gail Colbridge
Chief Officer,
Age Cymru Powys



CONTENTS

Welcome.....2

Winter Wellbeing.....3-4

Smart Meters.....5

Home Energy Check.....6-7

Mamwlad.....8-9

Simply Nails Footcare.....10-11

Get in touch.....12

Age Cymru Powys
supporting older
people across
Powys

Registered charity
1174222

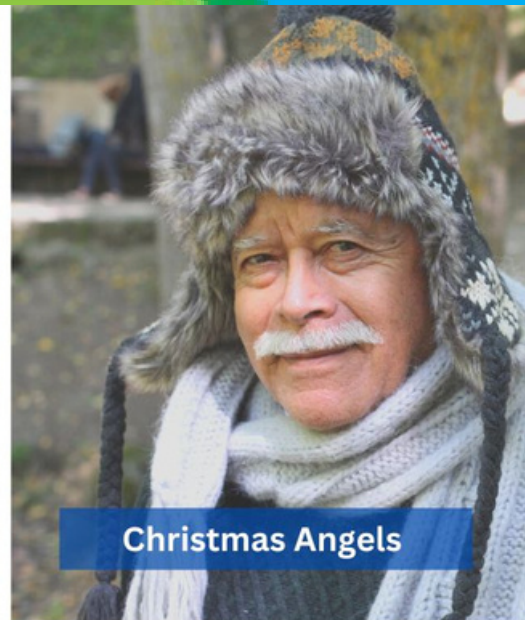
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Home Energy Checks



Friendship



Christmas Angels



AGE CYMRU POWYS

Winter Wellbeing Programme

*New holistic initiative for older
Powys residents*



Advice & Support



Cost-of-Living Help

We are here for you in Powys this winter

Support to stay warm & well this winter

01686 623707

enquiries@acpowys.org.uk

Registered charity 1174222



Powys Winter Wellbeing Volunteers Wanted!

Winter is the loneliest time for many older Powys residents who come to us for help. Often they have no family or no-one living close by.

Do you live in Powys? Could you spare only 1 hour per week to help a local older person stay connected during the colder months?

If you've never volunteered before, now is the perfect time to start – as no experience is necessary and we are looking for volunteers of all ages. All we ask is that you're reliable, friendly, and willing to make a difference in someone's life.

Our Winter Wellbeing programme helps older people feeling lonely and isolated during winter. We have a wide range of rewarding volunteering opportunities available, on the telephone or face-to-face, with something to suit everyone.

Gina & Eric tell their story...

Gina: "I would recommend volunteering and in particular befriending as meeting Eric has enriched my life. I volunteered as I lost my Mum in Covid and really felt that if I could help just one person in any way it would aid my grief process. Fortuitously Eric became my client. A man of mature years, great intelligence and life experience. I feel through the befriending scheme we have become real friends."

Eric: "I think Gina is a marvellous person to have tolerated me for so long (58 visits); she is just wonderful. I would recommend this service as it has taken years off me."



Signing up as a Winter Wellbeing Volunteer is easy – give us a call and we'll do the rest!

Age Cymru Powys

Call: 01686 623707

Email: enquiries@acpowys.org.uk

Want to know the facts about smart meters?



**Call the Age Cymru Powys
Information & Advice Team on:**

T: 01686 623707

E: enquiries@acpowys.org.uk

Age Cymru Powys supporting
older people across Powys.

Registered charity 1174222



Stay ahead of the **chill** this winter

Are you and your home ready for the cold weather?

If you find it difficult to keep your home warm in winter, contact Age UK for a **home energy check**.

We can help by making sure your home is energy efficient.

One of our experienced handypersons can visit you in your home to provide useful tips on saving energy and install practical equipment in your home.



For a free* home energy check, contact:

Age Cymru Powys

01686 623707

enquiries@acpowys.org.uk

www.agecymru.org.uk/powys



**PAUL COLBRIDGE & STEVE CADWALLADER-JONES,
ACP HOME ENERGY OFFICERS**

*This service is free, however funding is limited to older people who are at risk of cold related illnesses.

Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798). The registered address is Age UK, 7th Floor, One America Square, 17 Crosswall, London, EC3N 2LB. ID204855 07/22



We offer
immediate
practical support
for older people in
Powys.

Warm & Well in Winter

Free Home Energy Check

In Richard's words...

"Whilst visiting the Age Cymru Powys Simply Nails footcare clinic recently, I met their Home Energy Officer, Steve Cadwallader-Jones.

Steve explained about the free Home Energy Check offered by Age Cymru Powys to help reduce energy bills, which sounded useful with winter on its way.

When Steve visited me at home to conduct the Check, he was very helpful, taking the time to suggest lots of improvements to increase my home's energy-efficiency.

Everything was explained clearly in detail. Steve highlighted the importance of preparing for winter, and also regularly checking the temperature in the house to ensure it is warm enough.

Various energy-saving equipment was available as part of the assessment. Steve and I agreed that the radiator reflector panels and energy-efficient lightbulbs would be useful for me, thus Steve supplied and fitted them free of charge.

I feel more confident in saving energy now that I've had practical tips from Age Cymru Powys and I know where to come for further advice.

This is an excellent service, and I would recommend it to anyone who would like to keep warm and save energy this winter."

Free service to stay warm at home for over-65s in Powys

To book your appointment, call Age Cymru Powys on 01686 623707 or email enquiries@acpowys.org.uk.



Funded by the Welsh Government, Mamwlad is delivered by Age Cymru Powys and Care & Repair in Powys.

Mamwlad helps people aged 50+ in the farming community whether a farmer, farm worker or retired from farming, to stay living at home safely and independently and to tackle loneliness and isolation.

Both Care and Repair in Powys and Age Cymru Powys are trusted sources of information, advice and support for older people across Powys.

Mamwlad was developed through first-hand local farming knowledge of what goes on behind the scenes for our hard-working farmers to supply food to our tables, whatever the weather, at whatever the cost.

We have changed farmers' lives for the better by them simply picking up the phone to see how we can help.

We cover the whole of Powys and can visit you at home for a face-to-face conversation.

The next person we help could be you - please contact us to get your Mamwlad journey started.

**Age Cymru Powys
Call: 01686 623707
enquiries@acpowys.org.uk**



Tailored Support for the Farming Community in Powys aged over 50

Does your home meet your current mobility needs?

Grab Rails or half steps = Safety and independence

Could you be missing out on entitlements?

Pension Credit or Attendance Allowance = extra money in the bank

Help is available through our Mamwlad project



Care & Repair in Powys

Care & Repair in Powys offers a FREE home visit to assess the following:

- Falls, trips and slips prevention
- Fire Safety Check
- Energy Efficiency
- Home Safety and Security

Age Cymru Powys

Age Cymru Powys offers a free home visit to:

- Check 'Means' and 'Non' means-tested benefit eligibility and help to apply
- Befriending services

THE FARM, YOUR HOME, YOUR LIFE

Last year 2022-2023:

- We assisted 353 clients.
- Total of £380,724 raised in welfare benefits.
- Total value of major adaptations and home improvements carried out for clients and funded by grants or benevolent funding equals £99,496.75.





SIMPLY NAILS FOOTCARE



Simply Nails is a simple chargeable toenail cutting service for people in Powys aged 50+ who have difficulty cutting their toenails for any reason.

Keeping mobile is important and cutting your toenails can be hard to manage. Our trained staff and volunteers will cut your toenails and have you feeling on top of the world again.

Age Cymru Powys works in conjunction with Powys Teaching Health Board Podiatry (PTHB) offering an affordable solution to maintain good foot health. There will be a small fee for each appointment and you will have to purchase your own footcare kit from us.

We operate 8 footcare clinics across Powys in Welshpool, Ystradgynlais, Newtown, Llandrindod Wells, Presteigne, near Crickhowell, Builth Wells and Brecon.

Simply Nails is not for profit, so every time you pay for a service with us, you're supporting our charitable work across Powys.



**Book your
Simply Nails
appointment:
01686 623707**

LOOK AFTER YOUR FEET AND THEY WILL LOOK AFTER YOU!



We offer
immediate
practical support
for older people in
Powys.

From Simply Nails client to Befriending volunteer

**Looking forward to visiting older
people in Powys at home**

In Peter's words...

"I've been having my nails cut at the Age Cymru Powys Simply Nails clinic for several years and being left-handed it's always been difficult to cut my toenails on both feet. Katrina is very friendly and the service is very efficient.

I would recommend it to anyone who struggles to cut their toenails for any reason, such as bending down or eyesight problems, as it's been a great help for me.

I worked in homecare in Birmingham before moving to Powys, and whilst chatting to staff at the clinic recently, I decided to volunteer with Age Cymru Powys as a Befriender, as they told me they have a lot of older people on their waiting list for befriending visits.

It was quick and easy to register as an Age Cymru Powys volunteer and I'm looking forward to using my homecare experience to help older people in my local area by visiting them at home."

Simply Nails Footcare

Simply Nails is a toenail cutting service for people aged 50+ who have difficulty cutting their toenails for any reason.

Age Cymru Powys also provides a Wellbeing Hub at the clinics, offering help and support on many issues, such as maximising income, falls prevention, social care, loneliness and home energy advice.

To book your Simply Nails appointment, call Katrina on 01686 623707 or email enquiries@acpowys.org.uk.

GET IN TOUCH

We are your local independent charity supporting older people and their families and carers in Powys since 1995.



"I cancelled my carer as I was trying to stay warm.

I can afford my carer now with the extra money you've got for me."

Robert, 79, Brecon



Age Cymru Powys
Old Warehouse, Parker's Lane
Newtown, Powys SY16 2LT

Call: 01686 623707

Email:
enquiries@acpowys.org.uk

Website:
www.agecymru.org.uk/powys

Donate:
localgiving.org/charity/age-cymru-powys/

www.facebook.com/agecymrupowys

Each year we secure over £1million of unclaimed benefit payments for older Powys residents.

Age Cymru Powys delivers quality - accredited advice and support, reduces poverty and social isolation, and improves quality of life.

We want everyone to be able to love later life.

We are here for you in Powys.