



# Life Times

age connects **cardiff & the vale.**

Winter 2024 Edition

Look after your eyes • Ways to stay cosy and well this Winter



Meet Darran, he's here to help you save on your energy costs...  
Book your **FREE** energy assessment appointment today to save  
money and stay warm. *Find out more on page 6.*

Connect with us! Search 'ACCardiff' on Instagram, Facebook and Twitter

# Welcome

As we look ahead to 2024 and the opportunities and challenges that may lie ahead, Life Times aims to bring you top tips and suggestions on how to stay ahead of the game.

We're pleased to tell you about the free LEAP energy advice scheme that you can take advantage of to keep your home warm and save much needed money. Meet Darran our Energy Advisor on page 6 and find out how to arrange a free visit for advice and help.

We also look at getting your affairs in order and ensuring you have a Will in place so that you can start the year with peace of mind. Focus on keeping your eye health at it's best and we've got lots of keep you busy whilst staying indoors away from the wintery weather outside.

We hope you will find this edition useful and informative. If you'd like to contribute to future editions of Life Times. Please get in touch and if you know someone who would like to receive their free copy of the magazine - let us know.



Just email: [marketing@ageconnectscardiff.org.uk](mailto:marketing@ageconnectscardiff.org.uk) or call Karen on 02920 683 604.

## 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)



# Have you made your Will yet?

Passmores Solicitors are here to help.

Every adult in the United Kingdom should consider making a Will. Here are some of the reasons why:

- Without a Will, the State directs who inherits your Estate so the people you wish to benefit may get nothing.
- Without a Will, if you are married you may think that your Estate will pass to your spouse in any event, but this is not necessarily the case.
- If you are not married to your partner, the law does not automatically recognise partners as having the same rights as husbands, wives and civil partners and your partner may get nothing.
- If you have children, there may be uncertainty about who will look after or provide for them should you die.
- Several persons could make a claim on your Estate if you have no Will because they may depend upon you financially.
- Inheritance Tax issues may arise if not addressed in your Will.



Wills should be kept up to date and renewed upon any change of circumstance, for example, marriage, divorce, separation, upon having a child or upon the death of a loved one.

Excluding certain beneficiaries in your Will may also cause potential difficulties as they may have the right to make a claim against your Estate. Special care is therefore needed if you exclude persons who might expect to benefit under your Will.

Ensure that you have a Will in place and that it is up to date to avoid any undesired consequences and complications.

Age Connects are pleased to be working in partnership with Passmores Solicitors. They have a wealth of experience and expertise and can advise you on making a Will in terms that are easy to understand. They have committed to offer a reduced rate of £125 plus vat for a single Will and £165 plus vat for mirror Wills. (This is based on a basic Will, complex Wills may cost more).



Carli Evans is a Solicitor with Passmores Solicitors and a member of Solicitors for the Elderly, a specialist panel of solicitors dealing with elderly client matters. Home visits are available throughout Cardiff and the Vale of Glamorgan.

Contact: 01446 721 000.

# Care & Repair:

## Preparing your home for Winter

Ensuring your home is prepared before the cold weather sets in is an important task and we have some useful tips to help ensure you and your home are warm and safe this winter:

### 1. Get your boiler serviced

Ensure your heating system is fully functional by having an annual service. This ensures the system is running efficiently and more importantly it is safe to use. Ensure you use a Gas-Safe registered engineer. If you need support with finding an engineer in your area, please give us a call as we hold a list of reputable tradespeople in Cardiff & the Vale.

### 2. Check your radiators

Checking your radiators are working efficiently is also important. To do this put your radiator on and run your hand over it feeling for any cold spots. If there are cold spots, then the radiator may need “bleeding”. You can do this by using a radiator key on the valve and slowly turning releasing some of the excess gas out. If you are not confident in doing this, we recommend you use a trusted tradesperson or family member/friend to help you out.

### 3. Be aware of Carbon Monoxide Risks

In the cold weather people tend to use gas appliances more often which increase the risk of carbon monoxide leaks if air vents were to become blocked. Having a carbon monoxide detector/alarm in every room with a gas appliance is recommended.

### 4. Be prepared for Power Cuts

Call 105 during a powercut for up-to-date information. Have an emergency kit accessible for times where there may be power cuts. Keep a battery-operated torch and spare batteries where you can find them easily. Also make sure your mobile phone is always fully charged so you can use it in an emergency. Make sure you are listed on the free of charge Priority Services Register (PSR) so if you are reliant on electricity to power items such as a stairlift or oxygen then your property will be flagged in a power cut. You can be added to the PSR by calling our offices and we will gladly help you. Anyone who is of pensionable age or has medical conditions is eligible to be added.





## 5. Preventing slips, trips and falls

Cold weather can bring a greater risk of falls due to ice around your property. Use grit on steps and paths around your property where possible. You may need to enlist the help of a neighbour or family member to help.

Also consider additional grab rails at entry/exit points if your mobility is reduced to give you additional support in these hazardous areas.

## 6. Prevention is always better than remedy

No-body wants to find out their roof has a leak in the middle of a storm so checking your home prior to bad weather setting in is always worthwhile. Check your roof for any loose tiles, guttering etc.. Trimming back bushes/trees can prevent loose branches/leaves from blowing off and clogging up guttering.

## 7. Tackle Draughts

Ensure that there are no draughts around your doors and windows that let out the heat. Draught proofing can often be bought cheaply and easily fixed by using self-adhesive insulating tape or using home-made draught excluders.

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**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.



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

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



# LEAP:

## The free Energy and Money Saving Service

If, like many of us, you or someone you know is being affected by pressures caused by the cost-of living increase, we have a **FREE** service that can help. Age Connects Cardiff and the Vale is pleased to be working in partnership with LEAP (Local Energy Advice Partnership).

### The free LEAP service can:

- Save you much needed money on your energy bills
- Provide **FREE** equipment & 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.



**Meet Darran Goodwin, our LEAP Energy Advisor. Darran aged 52 is married with 3 children and 2 grandchildren. A rocker at heart, Darran is a keen drummer and motorbike enthusiast.**

If you decide to arrange a free energy assessment appointment, you'll be in safe hands with Darran... As Mrs H from Canton found.

*"I can't recommend enough taking advantage of this free service. Mainly because I'm now enjoying a much warmer home! I find it baffling to get my head round what help is available to older people like myself and how to*

*access it so when Darran arrived with all his knowledge and advice and made it all so simple I was delighted. He contacted my energy supplier with a meter reading and to check I was on the best possible tariff and gave me some good tips about keeping my home energy efficient and how to use my central heating more economically. Even advising me which setting to have my tumble dryer on to save money was something I had no idea about.*

*The free draught excluders, LED bulbs and radiator foils have made a massive difference and helped me get my energy bills under control. Darran went to great lengths to make sure I was happy with everything. I'd highly recommend applying to LEAP if you meet the criteria".*

Darran concludes; "Get in touch today and arrange an appointment. I'm here to help."

Call today on **0800 060 7567** to find out more.

# Bring nature indoors

Instead of our usual gardening feature, we felt that with the atrocious weather out there why not look at ways we can bring nature to you in the comfort of inside your home.

- Buy flowers or potted plants for your home.
- Collect natural materials. For example, leaves, flowers, feathers, tree bark or seeds. Use them to decorate your living space or in art projects.
- Arrange a comfortable space to sit. For example, by a window where you can look out over a view of trees or sky.
- Grow plants or flowers on windowsills. See the Royal Horticultural Society website for tips on planting seeds indoors.
- Take photos of your favourite places in nature. Use them as backgrounds on a mobile phone or computer screen. Or print them and put them up on your walls.
- Listen to natural sounds. You could use recordings or apps that play birdsong, ocean waves or rainfall.
- Watch videos of nature. You could try virtual walks or livestreams of wildlife.



Source: Mind

## Telecare Cardiff

Advertorial

**Helping to keep you independent at home. From only £2.70\* per week.**

Our Telecare Alarm service provides many couples, and those that live alone, with someone to call for help if you find yourself in difficulty. Simplicity is at the heart of our 24-7 Telecare alarm service, allowing customers across Cardiff to remain confident and secure in their homes.

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.

To find out more call **02920 537 080** or email: [Telecare@cardiff.gov.uk](mailto:Telecare@cardiff.gov.uk)



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

\*\*Criteria and location applies

# Facts About Feet as you Age



- Over time, the foot and ankle lose their previous range of motion, leading to stiffer motions.
- It's common to lose balance when walking as you age.
- The natural padding at the bottom of your heel thins out over time.
- As you age, your foot can actually become longer and wider, so it's not just your imagination that your shoes don't fit the same.
- It is typical for you to lose some of your arch through mild settling as you age, this causes a flattening of the foot.
- When you lose fat in your feet over time, as mentioned above, this can lead to foot pain because the shock absorption is gone.
- Blood flow issues, which is typical with blood clots, peripheral neuropathy, and diabetes can make foot pain worse as well. It also has a lot to do with wound and tissue healing.
- Calluses, corns, fungal infections, hammertoes, plantar fasciitis (basically inflammation on the bottom of your heel) and bunions, are more common as you age.
- Though your feet are the most often used part of your body, if you are like most, you neglect proper foot care.

**Did you know that Age Connects Cardiff & the Vale provides a simple nail cutting service administering basic foot care services and information on foot wear to older people?**

The service is provided by our nail cutting assistants, who are trained by the Cardiff & Vale University Health Board. There is a cost of **£20** for nail cutting at our clinics. Home visit nail cutting is available in Dinas Powys, Penarth, Cowbridge, St Athan and Barry town at a cost of **£30**. Nail cutting is available on an appointment basis.

To book or discuss, please call **02922 331 113**

## Clinics in the Vale of Glamorgan:

- Murchfield Community Centre, Dinas Powys
- Highlight Park Medical Practice, Barry
- St Paul's Community Centre, Penarth
- Cowbridge Health Centre
- The Gathering Place, St Athan

## Clinics in Cardiff:

- Ely Caerau Hub
- Grange Medical Practice
- Llanrumney Library Hub
- Rhydypennau Library Hub
- Splott Star Centre Hub
- Llandaff North Gabalfa Hub



# 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.



## Shopping Service\*

Are you unable to do your own shopping? If you have no local family or friends and are in financial hardship, our shopping volunteers can help.

**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 provision of information on social activities and other topics.

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



## Nail Cutting Service



We provide a basic toenail cutting service at our clinics or through a home visit (in certain areas):

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

(Cardiff - Barry, Cowbridge, Ely, Grangetown, Llanrumney, Llandaff North, Rhydyppennau, St Athan, Tremorfa Vale - Penarth)

**£30** for a **home visit**

(Vale - Barry, Cowbridge, Penarth, St Athan)

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

## Community & 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 & the Vale and can take referrals from residents or care home staff. We also provide community advocacy support to clients in their own homes in the Vale and can accept a limited number in Cardiff.

**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



**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!

# What's On - Age Connects Wellbeing Centre

Age Connects Cardiff and the Vale has a Wellbeing Centre located on Holton Road, Barry. It is open each weekday morning, with activities\*, information sessions, health screening and a café. It's also a designated warm space and works with the Alzheimer's Society as a dementia friendly community. Come along, join one of our groups or simply enjoy a delicious cuppa and make some new friends.

## Monday

- **Café open** 10am-12noon
- **Stitchers Group** 10am-11.30am
- **Warm Space with Free Cuppa, Soup & Roll** 12pm-1.30pm
- **Health screening by a qualified nurse offered once a month** 10am-11.30am

## Tuesday

- **Café open** 10am-12noon
- **Information and Support sessions appointments available:**

Tax Advice, Legal Surgeries from Passmores Solicitors, Care & Repair and others at the centre.

Please ring **01446 747 654** to find out dates & book a time slot.

## Wednesday

- **Café open** 10am-12noon
- **Warm Space with Free Soup & Roll** 12pm-1.30pm

## Thursday

- **Café open** 11.15am-12noon
- **Tai Chi** 10.30am-11.15am. Limited spaces so booking essential.

## Friday

- **Café open** 10am-12noon
- **Bingo** 11am-11:45am - All welcome.

## Additionally

- **AbilityNet offer free IT support.** Lessons are by appointment so please ring the café to book. For more information and to book any of these sessions please call: **01446 747 654.**



\*costs may apply to some activities





# The Big Dementia Conversation

Join The Big Dementia Conversation  
at our next event:

## Let's talk about dementia

### **Llys Cyncoed care home**

**Thursday 8th February,  
11am - 12.30pm**

Learn more about the lesser-known symptoms of dementia and what you can do to support a loved one. Our expert team will be on hand to answer any questions you may have.

## Understanding dementia

### **Llys Herbert care home**

**Thursday 29th February, 2pm - 4pm**

Join us to hear Dr Nori Graham, Vice President of the Alzheimer's Society, cover a number of topics to help you understand what it might be like to live with dementia, as well as offering practical advice.



Trusted to care

To attend please call  
**0330 162 9874**

**care UK** 

# Focus on your eyes

**Having problems with your vision doesn't just make day-to-day life more difficult - it can also put you at risk of falls, driving accidents, and incorrect use of medications. The best way to make sure your eyes are healthy is to have regular eye checks. Many eye diseases can be treated successfully if they're detected early.**

Certain eye diseases are more common as we age. These include: Glaucoma, Cataracts and Age-related Macular Degeneration (AMD)



During an eye test, your optician doesn't just check to see whether you need glasses - they also check the health of your eyes. They can detect eye diseases at an early stage, often before you've noticed any changes yourself. And some eye diseases don't always cause obvious symptoms. This is why it's important to have regular eye tests.

You should have an eye test every 2 years or as often as your optician recommends. If you notice any changes in your vision, get your eyes checked as soon as possible. An eye test checks your vision straight ahead, as well as your side vision (called 'peripheral' vision). Lots of opticians provide free NHS eye tests if you're eligible. If you're unable to leave the house, you may also be able to get a free mobile eye test, where the optician comes to your home.

## **What aids can help me at home if I already have a visual impairment?**

There are a number of optical aids and gadgets that can assist your vision and help you stay as independent as possible for as long as possible. You're most likely to need different aids for different activities, such as reading a book or watching television. The simplest optical aids are special magnifiers, which can help with tasks such as reading a newspaper. You can get hand-held magnifiers, or magnifiers with their own stand or ones that may be built into your glasses.

Other aids include:

- Computer screen magnifiers
- Big button telephones
- Large-print books and newspapers
- Talking books
- Large-print board games and card games
- Screen readers
- Talking watches.

For advice on optical aids, ask your doctor or eye specialist to refer you to a low-vision clinic, where specialist staff can assess which aids would help you most and suggest ways to make the best possible use of the sight you have. They can usually loan any equipment to you to try out. If you register as blind or partially sighted, your local authority should contact you for an assessment. The British Wireless for the Blind Fund can supply free radios and audio equipment to people who are registered as blind or partially sighted and receive a means-tested benefit. Royal National Institute for the Blind has a range of newspapers and magazines in a variety of different accessible reading formats in their online 'Newsagent'.



# Acorn Stairlifts

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

They offer straight, curved and outdoor stairlifts with a one hour home survey, FREE quote and next day installation availability for all of their customers.

## Acorn Stairlifts provide:

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



**After receiving her copy of the Autumn 2023 edition of Life Times, Mrs Williams from Barry read the stairlift article and made contact with Acorn Stairlifts. She spoke to us about her experience...**

*"I live in a first floor flat that is accessed by a steep external staircase. I have lived her for over 20 years and can't face the thought of having to move house as I am settled here and love my home. Since lockdown my confidence has been affected and as I age I want to ensure I am able to safely access my house. My family also had concerns about my safety so knowing that Acorn stairlifts will be fitting an outdoor stairlift for me gives us all peace of mind. The process with Acorn has been smooth and I am happy with the service I have received."*

Like Mrs Williams, Age Connects can't recommend using **Acorn Stairlifts** enough and urge you or anyone you know that is in need of their products to call Acorn on **08000 169 400** 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.



# Recipe: Winter one-pot sausage casserole

This rib-sticking one-pot casserole is a great winter warmer on a cold evening.

- Prep: 20 mins
- Cook: 40 mins
- Serves: 2-4

## Ingredients

- 1 tbsp oil
- 6-8 pork sausages (depending on how many people you're feeding or how hungry you are!)
- 1 red onion, diced
- 2 cloves of garlic, minced
- 1 red pepper, cut into large chunks
- 1 tsp chilli powder
- 1 tsp paprika
- 400g chopped tomatoes
- 1 tbsp tomato puree
- Glug of Worcestershire sauce
- 200ml beef stock
- 1 small can (210g) butter beans
- Salt and pepper to taste
- 1 tbsp gravy granules (optional)

## Method

**STEP 1** - In a large saucepan, heat the oil and add the sausages. Cook on a medium heat for about 5 minutes or until browned on the outside. Don't cook through. Remove the sausages from the pan and set aside.

**STEP 2** - Reduce the heat and gently fry the onions and garlic in the remaining oil until soft. Add the chilli powder and paprika to the onion mixture and cook for another 2 minutes. If you like your food spicy, you could add a sprinkling of chilli flakes too.

**STEP 3** - Add the chopped tomatoes and tomato puree. Then pour in the beef stock and stir well. The mixture will look quite liquid - don't worry, it'll reduce. Add the red pepper chunks and Worcestershire sauce.

**STEP 4** - Return the sausages to the pan, bring to the boil then cover. Reduce the heat and simmer for around 20-30 minutes, stirring occasionally.

**STEP 5** - Drain the butter beans and add to the pan. Season with salt and pepper to taste. Cook for a remaining 10 minutes. If the sauce isn't as thick as you'd like, or you'd prefer a meatier taste, add 1 tbsp of gravy granules.

**STEP 6** - Serve with mashed potatoes, rice or crusty bread.

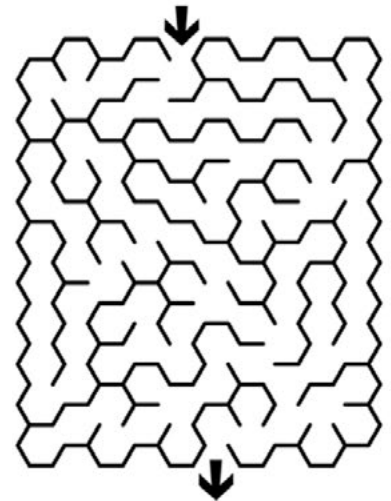


# Bumper Boredom Buster Puzzle Section

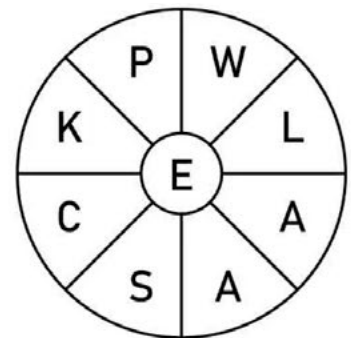
## BOARD GAME WORD SEARCH

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C O N N E C T F O U R J U E E M A S N  
B A L D E R D A S H V I E Y D J E S D

BACKGAMMON	CHESS	MOUSETRAP	RISK
BALDERDASH	CLUE	OPERATION	SCRABBLE
BATTLESHIP	CONNECT FOUR	OTHELLO	SORRY
CANDYLAND	CRANIUM	PARCHES	STRATEGO
CHECKERS	MONOPOLY	PICTIONARY	TRIVIAL PURSUIT



## WORD PUZZLE



HOW MANY WORDS CAN  
YOU MAKE OUT OF THE  
LETTERS ABOVE - WORDS  
MUST CONTAIN THE  
LETTER IN THE CENTRE.

## SUDOKU

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

### Across

- 1 - Spring back (6)
- 5 - Work of creativity (3)
- 7 - Noble gas (5)
- 8 - Forgive (7)
- 9 - Arms and legs (5)
- 10 - Forms of payment (8)
- 12 - Farmer (6)
- 14 - Tall structures (6)
- 17 - Moan (8)
- 18 - Connective tissue (5)
- 20 - Robbers at sea (7)
- 21 - Unpleasant giants (5)
- 22 - Male offspring (3)
- 23 - Chooses (6)

### Down

- 2 - Space shuttle (7)
- 3 - Educational institutions (8)
- 4 - Hero (4)
- 5 - Excite (7)
- 6 - Thin papers (7)
- 7 - Dares (anag) (5)
- 11 - Bodily (8)
- 12 - Chats (7)
- 13 - Belief (7)
- 15 - Clothing (7)
- 16 - Great successes (5)
- 19 - Thin cable (4)

## CROSSWORD

1	2			3			4		5		6
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18				19							
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		21									
22						23					



# Wales: Interesting facts you might or might not know...

## History

- The first town in Wales to get electricity was Cardiff in 1885.
- Wales used to have four capitals, representing the four corners of Wales: Carmarthen, Caernarfon, Denbigh and Brecon. Today, the capital is Cardiff.
- In 1842, the town of Blackwood held about one pub for every five people.
- Wales had enough chapels to seat half of the population in the 1800s. It is estimated that a chapel was completed every eight days between 1801 and 1851.



## People, Places, and Things

- Anglesey is the largest island in both England and Wales.
- Mount Snowdon is the tallest mountain in Wales, measuring 3,560 feet.
- St. Patrick, the saint we celebrate on St. Patrick's Day, was actually Welsh.
- Sir Anthony Hopkins, known for his electrifying performance as Hannibal Lector, was born in Wales.
- Mount Everest is named after a Welshman: Sir George Everest!
- World-famous author Roald Dahl was born in Cardiff in 1916. His books have sold more than 250,000,000 copies world-wide.
- Wales has more castles per square mile than any other country in the world!
- Rugby is the national sport of Wales. The first international game took place between Wales and England in 1881. Wales went undefeated from 1907 to 1910.



## Language

- The first Welsh words were recorded in 700, but it is possible that the language extends further back to 600.
- In the 1930s, there were a reported 100,000 people living in Wales who only spoke Welsh.
- There is an area in Wales known as Y Fro Gymraeg, or "Welsh-speaking region" where four-fifths of the population speaks Welsh.
- The Welsh village of Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogogoch is the longest place name in Europe, and the second longest place name in the world. It means St. Mary's Church in the hollow of the white hazel near to the rapid whirlpool and the Church of Saint Tysilio of the red cave.

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# 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 & Shopping Service:**

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**

Age Connects Cardiff & the Vale, Sbectrwm Centre, Bwlch Rd, Fairwater, Cardiff CF5 9EF

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

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