



Age Friendly Cardiff Newsletter

Outdoor Spaces and Public Buildings

Museums Inspiring Memories

Museums Inspiring Memories is a 3-year project led by a partnership between Amgueddfa Cymru - Museum Wales and Alzheimer's Society Cymru. Funded by the National Lottery Community Fund, the project will focus on developing and delivering practical ways to engage with and to improve the quality of life of people affected by dementia, through access to museum resources and sites. To achieve these aims, work will involve establishing a 'Dementia Voice in Heritage Group' to help steer and shape the project over the next 3 years, and to raise awareness of the benefits to engaging with culture and museums for those affected by dementia. The work will also include the development and delivery of training sessions for carers/care staff and heritage staff, and also the development of a programme of activities for years 2 and 3.

If you would like to be included on an emailing list (which will be used to promote future opportunities to get involved), or would like to learn more about the work, please feel free to contact Gareth who is the Dementia Voice Lead for this project: gareth.rees@museumwales.ac.uk



Transport

Cardiff Bus - going the extra mile!

Dementia is a syndrome that is caused by one or more progressive brain diseases. People with dementia can face challenges with memory, thinking, concentration and language. This can make it difficult for them to do everyday tasks that we might take for granted, such as taking the bus. Being able to travel by bus can be a key factor in helping people with dementia retain their independence and live well.



Recently, Age Friendly Cardiff have become increasingly aware of some very positive feedback of bus drivers from Cardiff Bus who are already very dementia aware and go the extra mile for their customers who are living with dementia and travelling around the city. We are looking forward to working with Cardiff Bus who have expressed interest in becoming a Dementia Friendly Business and of developing their current extensive training programme for bus drivers in Cardiff with an ambition of all their bus drivers becoming Dementia Friends.

Housing

New Well-being Village for Older People

Cardiff Council's housing development team, in partnership with Wates Residential, are set to deliver a brand-new Well-being Village on the site of the former Michaelston College in Ely. This exciting proposal will deliver much needed modern accommodation for older people, complementing a range of new homes for sale and establishing a high-quality environment for a mixed-age community.

Facilities will include a council hub and community space, alongside potential new health facilities and a café. There is also a focus on providing excellent external spaces to further support well-being. A further local engagement event is due to take place before the submission of the proposals to the local planning authority.





Community Support and Health Services

ACTIF in Wales – The Active, Connected, Engaged study

The Active, Connected and Engaged study (ACTIF in Wales) is a low-cost programme taking place across three sites in the UK, including Cardiff. The study involves older volunteers (55yrs +) supporting older people (65yrs +) to improve their mobility by becoming more active within their communities. Together, they choose some local activities to try out, which could include joining a choir, walking group or a knit and natter group.

In Cardiff, researchers led by Professor Diane Crone have been working with Llandaff Village surgery, Llan Healthcare and community organisations to recruit participants. So far, 50 people are taking part in Cardiff, however they still require more people to sign up.



The ACTIF research team are inviting older people to join the project as participants and peer volunteers. If you are 55 years or older and interested in taking part or have any questions, please contact the ACTIF research team by emailing zszekeeres@cardiffmet.ac.uk or calling the research team on 07442 943718. You can also sign up online here: [RSVP 1 – Active Ageing Research](#).

Communication and Information

Icon booklet for smartphone users

A research project that took place between 2020 – 2021 called 'Adapt Tech, Accessible Technology' led by Dr Deborah Morgan, has resulted in a useful resource aimed at older people who use (or would like to use!) smart devices. The 'icon booklet' illustrates various common app icons that are often found on smartphones, together with details of the purpose of the app.

Older people came up with the idea and then worked with the research team to create it. The team included experts and specialists from in ageing, computer science and psychology from three universities (Swansea University, The Open University and Northumbria University) alongside partners, Digital Communities Wales and Digital Voice for Communities in the North East of England and older people from Wales and the North East.

Welsh and English copies of the icon booklet are available for free in Cardiff Hubs and Libraries – please feel free to pick one up!



Civic Participation and Employment

Cardiff Citizen's Panel

Are you satisfied with the Council services you receive? Do you want to make a difference to how services are delivered in Cardiff? Cardiff Council has its own Citizen's Panel, made up of over 5,000 residents across the city who have signed up to share their views through a range of surveys and consultations across the year.

Currently, only about a third of the Panel are aged 55 or over, and there aren't enough responses from over 75s to properly represent the number of residents in that age group. Hearing from a range of residents means that the Council are better able to know what people need, which in turn helps them to improve services.



You can join up by filling in the form online or picking up a paper copy at your local Hub or library. Anyone living in Cardiff is welcome to sign up, but the team particularly want to hear from residents aged 75 or over.

Panel application form:
<https://wh1.snapsurveys.com/s.asp?k=159852495198>

Social Participation

Cardiff celebrates joining global age-friendly network

We were extremely proud when Cardiff was accepted into the World Health Organization's Global Network for Age-friendly Cities and Communities in March this year. The positive news was a result of extensive collaboration with stakeholders across the city.

To celebrate this fantastic achievement, a launch event took place at Cardiff Castle at the start of June. A sense of celebration filled the grounds during the event which featured joyful performances from Only Men Aloud, Rubicon Dance and the school choir from Millbank Primary School. The event was officially launched by the Lord Mayor and attendees heard speeches from the Cabinet Member for Adult Services, the Deputy Minister for Social Services, the Older People's Commissioner for Wales and the World Health Organisation.

Most importantly, we were honoured to be joined by many day centre attendees who had a wonderful time, dancing and singing along to the music. Having a mix of ages present, including school children and those from older generations, was truly in keeping with the spirit of an age-friendly community.



Respect and Social Inclusion

Age-positive image library

The Centre for Ageing Better has compiled a library of images that depict older people in authentic ways. The image library comprises positive and realistic images of people over 50 and was developed in a bid to challenge negative and stereotypical views of older age. The library contains over 2000 images and offers a wide selection of images to choose from and download for free.

The collection incorporates various themes and settings, including older LGBTQ+ people, older and disabled people getting active, digital inclusion and housing. The latest collection, entitled 'We care: A snapshot of older unpaid carers', aims to capture the lives of unpaid carers in a more naturalistic and broad way than is often the case.

The Age Friendly Cardiff Team look forward to making good use of this fantastic resource as we move forward in the development of our website.

The Centre for Ageing Better would like to encourage you to use the image library for your own communications – please also spread the word to others!

Access the library here:
<https://ageingbetter.resourcespace.com/pages/home.php>

Other News

The Lodges residential homes use council grant to improve the lives of residents

Ty Draw and Wentworth Lodge, a pair of residential homes in Roath, have made fantastic use of a council grant recently awarded to them. Part of the grant was used to purchase an interactive touch table which features a variety of applications that can be used to engage and entertain residents, including those with dementia. The multi-purpose tool can be used for sing-alongs, quizzes, fitness activities, puzzles, crosswords and reminiscing by watching old films or listening to favourite songs. The table also facilitates video calls between residents and their loved ones, enabling them to stay connected.

The Lodges also used their grant to fund a new vehicle with a wheelchair ramp which has made it possible to organise day trips to various locations. So far, the residents have enjoyed visiting the Oystercatcher Pub in Penarth for a lovely lunch, the cliff tops at Penarth for walks and coffees, and Barry Island for fish and chips.



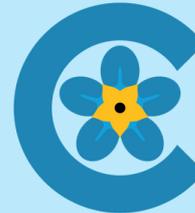
Dementia Friendly Volunteer Programme launches on World Alzheimer's Day

A new Dementia Friendly Volunteer Programme was launched in Cardiff on 21st September, in line with the Welsh Government's commitment to building Dementia Friendly Communities across Wales.

The scheme will recruit and train Dementia Friendly Ambassador Volunteers to support local shops, businesses, and organisations across the city to work towards becoming Dementia Friendly. The aim is to help people affected by dementia live better, more fulfilled lives, remaining active and part of their community. Organisations will be supported to recognise the impact of dementia, understand how it changes customer needs and consider how to support those affected by it.

If you are an individual who is interested in applying to become a volunteer or an organisation that would like to work towards becoming Dementia Friendly, please get in touch with Chloe (Dementia Friendly Volunteer Coordinator): chloe.gifford2@cardiff.gov.uk (07855980955)

Caerdydd
sy'n Deall
Dementia



Dementia
Friendly
Cardiff

AskSARA

Cardiff Council have launched a new online guided self-help tool called AskSARA to help people who may need support in carrying out daily living activities. AskSARA has been designed to complement Independent Living Services, providing an additional avenue for information and advice that is available 24 hours a day, 7 days a week. The service can be used by citizens, families, carers and staff to help themselves and others live independently in their own homes.

AskSARA can make life easier in three simple steps; choose a topic, answer some questions and get advice. At the end of the survey, potential solutions to any identified problems are recommended including suggested devices or equipment that can aid independent living.

AskSARA can be accessed via mobile phone, PC and tablet and is consistently updated. This fantastic tool is available in English and Welsh, and can be accessed here: <https://cardiff.livingmadeeasy.org.uk>



This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg

Contact the team: agefriendly@cardiff.gov.uk



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Caerdydd Sy'n Dda i Bobl Hyn / Age Friendly Cardiff