



Scams Awareness

Protect yourself against becoming a scam victim.



Make March Count

Help Age Connects support local older people with our latest fundraising campaign.

@ Life Times

Winter Edition 2019



Help us
Make
March
Count

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EDITORIAL

A note to our lovely readers...

Dear readers,

Christmas is over, but it is definitely still winter!

Get yourself comfy and warm and relax for while with your new copy of *Life Times* for a good read.

There's plenty to keep you informed and entertained. From health topics and scams awareness, to lifestyle tips and a yummy, quick and easy recipe for you to try as well as a whole page of puzzles to get the brain going.

As always, please get involved and write to us with your stories, feedback and questions. We always welcome the opportunity to hear from our valued readers!

If you have benefitted from the services that Age Connects offers and would be interested in supporting us with on-going donations, then we have included information about setting up a standing order, as well as a form to fill in.

Big thanks to everyone who has contributed to our magazine. We hope you are enjoying the new look. Please remember to keep your comments coming so we can continue to improve.

Thank you!

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FUNDRAISING

EVENTS TO GET INVOLVED WITH IN 2019

- **SUNSET PEN Y FAN HIKE PLANNED FOR A WEEKEND DAY IN APRIL**
£30 for your place on this guide led walk.
- **QUIZ AND CURRY NIGHTS**
Our annual quiz and curry nights take place on the 15th and 22nd May 2019 at the Juboraj in Rhiwbina. £15 per ticket to include curry buffet and quiz participation.
- **BINGO AND FISH & CHIPS FUNDRAISER PLANNED IN JUNE**
Venue and date TBC.
- **WINE TASTING 'CALL MY BLUFF' ON AUGUST 16TH**
£15 per ticket, to include tasting wines and buffet. This will be our third event of this kind and takes place at Llandaff Rugby Club.
- **CARDIFF 10K SUNDAY 1ST SEPTEMBER 2019**
Sign up and we will provide you with support, a branded running top and a fundraising pack.
- **CARDIFF HALF MARATHON SUNDAY 6TH OCTOBER 2019**
Just pay a small contribution towards your place on the Age Connects charity team. We will provide you with support, a branded running top and a fundraising pack.
- **CHRISTMAS GALA DINNER**
At the Copthorne Hotel on Friday 29th November. Tickets are £50 and include welcome drink, 3 course meal, half bottle of wine, DJ etc.

Please spread the word and register your interest for any of these events with Karen Steele on tel: 02920683 604 or email: karen.steele@ageconnectscardiff.org.uk

Preventing Hospitalisation

A number of hospitalisations in older people could be prevented if the appropriate preventive steps are taken.

How our CAREGivers can help keep you safe and well at home.

- Encourage older people to follow their GP's advice
- Be alert to symptoms
- Reduce risks of falls and accidents
- Help clients to stay active physically and mentally
- Help clients to maintain a healthy diet

homeinstead.co.uk/cardiff
02920 569483

Home
Instead
SENIOR CARE®
To us, it's personal.

TECH REVIEW

Gadgets to assist dementia sufferers and their carers...

Advanced GPS Tracking Watch - From £329.95

If you're looking for a dementia GPS tracker, this is the ideal solution. Accurately track your loved ones or people under your care on the tracking map, no matter where they are. When they're outdoors, you can track them with an average accuracy of 10m² to 15m². You can also call the wearer at any time!

This GPS watch has 'Emergency Tracking Mode' where location will be updated every 120 seconds



Digital Day & Date Clock - From £54.95

Ideal for Dementia or Alzheimer's, this simple digital clock gives a clear indication of the day, time and date on a large 8" screen, with a built-in stand or it can be wall mounted.

Simple Music Player - From £99.95

Simple Music Player for Dementia/Alzheimer's. Enjoy favourite songs and encourage cognitive activity through nostalgia. Very easy to operate and cannot be accidentally adjusted by the user.

Its design deliberately mimics the function associated with record or vinyl players from the era most Dementia sufferers grew up in.

The user simply lifts the lid to play music, presses the only button to change the music (next track), and closes the lid to stop the music. It's that simple!



Photo-Dial Landline Phone - From £39.95

This Landline Phone for Dementia means that regardless of problems with hearing, dexterity or memory, loved ones are just a button away.

All products can be found at www.techsilver.co.uk



Make your own Bird Feeder

This simple and easy to make bird feeder will keep garden birds well fed during the winter months.

1. Turn a clean yogurt pot upside down and make a hole in the middle of the base using a knife.
2. Keeping the pot this way, thread through a length of string so there is a length left at the top and at the bottom of the pot.
3. Cut cubes of suet or lard (at room temperature) into a large mixing bowl.
4. Add good-quality bird feed - peanuts, sunflower seeds and dried fruit such as raisins to the suet or lard using one-third fat to two-thirds mixture, or until the fat holds the mixture together.
5. Fill the yogurt pot to the brim with the mixture, being careful to ensure the string remains in the centre of the pot.
6. Tie a knot in the string at both ends of the yogurt pot and then again, adding a small twig to the end of the string – this will become a perch for visiting birds to sit on while feeding.
7. Place in the fridge for an hour or until the mixture is hard.
8. Cut away the yogurt pot, and then hang the feeder upside down with the perch at the bottom.

www.countryliving.com/uk

NOW SERVING RESIDENTS IN THE EASTERN VALE

Cardiff Council's Meals on Wheels service is **EXPANDING!**

The team is now delivering hot, nutritious meals to customers across Cardiff and the Eastern Vale, 365 days a year! Customers can now self-refer to the service or be referred by family, friends, and neighbours without the need to contact Social Services.

This affordable service caters for people of **ALL** ages and you can order meals as a one-off, temporarily, or for often as you would like them.

Our service isn't just about delivering food, it provides social interaction and a caring welfare check.

If you meet one of the following criteria you can receive the service:

- > Having difficulty preparing a meal safely
- > Unable to shop for food
- > Liable to self-neglect or would eat an inappropriate diet without the service
- > Have a mental or physical disability
- > Needing support due to recovery from hospitalisation or illness, carer illness or holiday, or bereavement.



EASTERN VALE AREAS INCLUDE:

Dinas Powys
Sully
Llandough
Penarth
Wenvoe



Contact our friendly team today on: **029 2053 7080**
mealsonwheels@cardiff.gov.uk





DRIVING

As you get older

You may have been driving for many years, but there are some things that you need to take into consideration as you get older and your circumstances change.

You and your Driving Licence

Can I ever be too old to drive?

There are over 4 million drivers who are over 70 years old. As there are no laws set in place as to when you have to stop driving, it really depends on your health and ability to drive. In consultation with your GP, you should have regular check-ups to see if you're still up for the demands of the road. There is no upper age limit for driving a car. However, all drivers have to renew their driving licence when they reach the age of 70 and every three years from then on. The renewal form will be sent to you automatically by the Driver Vehicle Licence Agency (DVLA) 90 days before your 70th birthday. You can also renew your driving licence online for free any time from 90 days before your 70th birthday.

When completing the form you will need to declare any medical conditions you have and confirm that you meet the eyesight requirements for driving.

Visit olderdrivers.org.uk for more details on the eyesight requirements for driving.

Driving Safely For Life is a guide from RiDC (www.ridc.org.uk), which may help you when filling out the form.

Am I fit enough to drive?

Each of us is personally responsible for making sure that we are fit to drive. Some physical or medical conditions must, by law, be reported to the DVLA. They will then send you a confidential medical form, asking you to describe your medical condition in greater detail, and to agree to getting a medical report from your GP. The latest General Medical Council guidance is that disclosure of personal information about a patient without consent may be justified in the public interest if failure to disclose may expose others to a risk of death or serious harm. This means that although it is your responsibility to disclose your health to the DVLA, your GP may believe that it is in the public interest to disclose that information. Doctors should still seek the patient's consent to disclosure if practicable and consider any reasons given for refusal.

There are also some prescription drugs and over-the-counter medicines that can have an effect on the skills needed to drive safely, so you should check with your GP or pharmacist that it's still safe for you to drive.

Having a disability or medical condition does not necessarily mean that your driving licence will be affected. In some cases, however, your licence may be restricted, withdrawn or refused if you are applying for the first time. You may need to have a medical or driving test, both of which will be free.

The things to think about are:

- Frailty and how an accident could affect you
- Tiredness – don't have long journeys at times you get the most tired and after meals

How to stay safe as an older driver

According to data gathered by the Older Drivers Task Force, "drivers over the age of 70 are less likely to be involved in crashes involving speed, loss of control or alcohol". Despite these encouraging signs, there are extra steps you could take to further extend and enjoy your driving life, such as:

- Making modifications to your car to assist any visual or physical ailments
- If you have difficulty while walking you may qualify for a Blue Badge which gives you access to accessible parking
- Having regular medical and driving assessments
- Telling the DVLA about any medical conditions that may affect your ability to drive

www.informationnow.org.uk



PRE-PAID FUNERAL PLANS – BEAT INFLATION RATES AND PEACE OF MIND FOR YOU AND YOUR FAMILY

As the cost of dying continues to increase, Age Connects are urging people to take advantage of a pre-paid funeral plan. Nobody wants their family to face money worries in the future. With a funeral plan in place you fix the cost of the funeral director services in your plan at today's prices. So no matter how much the cost of these services rise in the future, your family will have nothing more to pay.

Judith from Thornhill explains why she felt it a sensible option to invest in a pre-paid funeral plan.

“My husband passed away suddenly five years ago and I had to make the necessary funeral arrangements at what was a very upsetting time. He didn't have a funeral plan in place and we only had a vague idea of his wishes as we had not really spoken about it whilst he was alive. Many people don't talk about their funeral requests, I wish my husband and I had spoken in more detail to be sure that I was doing right by him. With this in mind, it was my priority to make my own less stressful and cost free for my family. I have two sons, so I decided there and then to purchase a pre-paid funeral plan to reduce the pressure on them at a time when pressure is the last thing they will need. Also, it means I get the funeral I want and not one my family think I'd want. With everything now in place, it will be one less thing for my family to worry about when the time comes.”

Funeral costs are going up every year. You might be surprised to hear that, while the average cost of a funeral in 2004 was £1920*, today it's £3,897. That's an increase of 103% - more than double – and well above inflation. At this rate, in another ten years the average cost of a funeral could be more than £7000**.

Golden Charter is the UK's largest Funeral Plan provider. They work with our charity to offer guaranteed acceptance, payment options, a choice of local funeral directors and an opportunity help support your local Age Connects at no extra cost to yourself.

Why not make life easier by taking out an advant~age plan from Golden Charter today?

- * You can choose exactly the funeral you want, deciding everything in advance if you wish, even down to the kind of music you'd like
- * By taking out a plan now, the funeral director's services are frozen at today's prices, saving money
- * Your investment will be protected until the time of when the funeral occurs
- * When the time comes, one simple phone call is all it takes to activate the plan

To find out more or request a free, no obligation, home visit simply call: 02920 683 604.

*SunLife Cost of Dying Report 2016.

**Projections by Golden Charter based on SunLife Cost of Dying Research.

LET'S MAKE MARCH COUNT!



HELP US TO INCREASE REGULAR DONATIONS

**'loneliness and the feeling
of being unwanted is the
most terrible poverty.'**

Mother Teresa

**Age Connects wants to ensure that we Make March Count by increasing
the number of regular donations we receive... Can you help?**

Age Connects has been providing befriending services for over 30 years, but due to changes in our funding streams we have had to go to other sources to secure funding for this vital work.

It's our aim to raise £50,000 in the next year. That's why your donations and your participation in the fundraising events that we run are so important.



£2 PER MONTH PAYS FOR A VOLUNTEER BEFRIENDER TO VISIT AN ISOLATED OLDER PERSON IN THEIR HOME FOR CHAT AND A CUP OF TEA.

£3 PER MONTH PAYS FOR 10 HOUSEBOUND OLDER PEOPLE TO PARTICIPATE IN OUR TELEPHONE BEFRIENDING SCHEME.

£4 PER MONTH PROVIDES A VOLUNTEER TO ESCORT FRAIL OLDER PEOPLE TO ATTEND ACTIVITIES OR APPOINTMENT THAT ARE IMPORTANT TO THEM.

Too many people living in Cardiff and the Vale of Glamorgan do not have the support of family and friends and face the uncertainty that old age brings all alone. This is why local charity, Age Connects, is determined to make the month of March count this year! All of our staff and volunteers are appealing to you to show your support during March by getting in touch with us to give any amount you can each month to help us make a difference!

As you're reading our charity magazine, *Life Times*, then maybe our local charity Age Connects Cardiff and the Vale has been of some help or support to you or someone you know or care about. If the answer is yes, then could you help us reach out to even more older people in need by making a regular monthly donation to our work?

All donations and support towards our local charity work is hugely appreciated. However, the regular

monthly donations we receive provides the peace of mind that comes with reliable revenue, which is so important to a small charity such as ours.

Your monthly donation will go towards our Community Support Volunteer Programme providing befriending and practical help for local older people who do not have family and friends nearby and many of whom would consider themselves to be housebound. Our team of volunteers do a range of things: taking people to appointments or activities in the community, collecting shopping, assisting with correspondence as well as taking the time to spend a couple of hours a week to sit and chat to someone who would otherwise would not have any visitors.

So, every penny that you help us raise each month will support this project and the life line it brings to hundreds of older people.



Don't just take our word for it... here's what one lady supported by the project said...

"I've no family - no brothers or sisters and I'm lonely for company and it's made a difference having weekly visits from Keana. The loss of my partner 5 years ago has made it at times a very lonely existence with no one to talk to."

Your donation, however large or small makes a real difference...

If you feel you could help, then why not donate £2, £5, £10 or £20 per month and we can help even more people with your regular donation.

Thank you in advance for any support you can offer.

Simply contact us by calling: **02920 683 604**
or email: **karen.steele@ageconnectscardiff.org.uk**

or you can set up a direct debit via our website at:
www.ageconnectscardiff.org.uk/make-march-count

or simply complete the standing order leaflet enclosed within this edition of your *Life Times* magazine.

LIVING WITH INCONTINENCE

People of all ages can have a problem controlling their bladder or bowel, and this can have a real impact on their daily lives. Some people avoid going out or need to plan their activities around a toilet.

People can be reluctant to talk about bladder or bowel problems, but in most cases the problem can be cured or managed so it doesn't interfere with your everyday life.

What is incontinence?

What causes incontinence?

Causes of urinary incontinence may include:

- weak pelvic floor muscles
- changes in the nerves controlling the bladder or pelvic floor
- overactive bladder
- enlarged prostate (for men)

Causes of bowel incontinence may include:

- weak bowel muscles
- changes in the nerves controlling the bowel
- diarrhoea

What are the symptoms of incontinence?

The symptoms differ from person to person. Some people have the occasional leak, while others can completely lose control of their bladder or bowel.

Symptoms of urinary incontinence:

- leaking urine when coughing, sneezing, laughing or exercising
- leaking urine before getting to the toilet
- passing urine frequently
- urgent need to pass urine
- difficulty starting to pass urine
- wetting the bed when asleep
- a feeling that the bladder doesn't empty completely

Symptoms of bowel incontinence:

- leaking from the bowel
- urgent need to open bowel
- being unable to control wind
- straining or difficulty emptying bowel

How is incontinence treated?

Managing a weak bladder or bowel is an individual thing and sometimes more than one treatment is needed. Treatments include:

- exercises to help strengthen the muscles surrounding the bladder (pelvic floor exercises) or bowel
- bladder or bowel training
- medications
- surgery may be an option if other treatments haven't worked.

How can incontinence products help me?

The right incontinence products will help you manage the problem and carry on with normal life. Products include:

- washable products such as re-usable pads, which often come as part of a pair of pants
- disposable pads which are held in place by close-fitting pants
- disposable pants, or all-in-one pads with a plastic backing and adhesive patches to seal the sides
- bed or chair protectors in the form of disposable or washable pads
- for men, there are a range of products that fit over the penis and collect urine into a bag strapped to the leg

You can buy most of these in pharmacies and supermarkets, but please seek professional advice before using them permanently.

To qualify for free incontinence products provided by the NHS, you'll need to meet criteria set out by your local NHS.

Contact your local NHS continence service or clinic for a location in your area and check if you need to be referred by your doctor.

A specialist nurse may need to assess if you are eligible and will then arrange your supply of products.



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Scams target people of all backgrounds, ages and income levels. There's no one group of people who are more likely to become a victim of a scam, all of us are vulnerable to a scam at some time.

Scams succeed because they look like the real thing and catch you off guard when you're not expecting it. Scammers are getting smarter and taking advantage of new technology, new products or services and major events to create believable stories that will convince you to give them your money or personal details.

Protect yourself

- **Be alert to the fact that scams exist.** When dealing with uninvited contacts from people or businesses, whether it's over the phone, by mail, email, in person or on a social networking site, always consider the possibility that the approach may be a scam. Remember, if it looks too good to be true, it probably is.
- **Know who you're dealing with.** If you've only ever met someone online or are unsure of the legitimacy of a business, take some time to do a bit more research. Do a Google image search on photos or search the internet for others who may have had dealings with them. If a message or email comes from a friend and it seems unusual or out of character for them, contact your friend directly to check that it was really them that sent it.
- **Do not open suspicious texts, pop-up windows or click on links or attachments in emails – delete them:** If unsure, verify the identity of the contact through an independent source such as a phone book or online search. Don't use the contact details provided in the message sent to you.
- **Don't respond to phone calls about your computer asking for remote access – hang up** – even if they mention a well-known company. Scammers will often ask you to turn on your computer to fix a problem or install a free upgrade, which is actually a virus which will give them your passwords and personal details.
- **Keep your personal details secure.** Put a lock on your mailbox and shred your bills and other important documents before throwing them out. Keep your passwords and pin numbers in a safe place. Be very careful about how much personal information you share on social media sites. Scammers can use your information and pictures to create a fake identity or to target you with a scam.
- **Keep your mobile devices and computers secure.** Always use password protection, don't share access with others (including remotely), update security software and back up content. Protect your WiFi network with a password and avoid using public computers or WiFi hotspots to access online banking or provide personal information.
- **Choose your passwords carefully.** Choose passwords that would be difficult for others to guess and update them regularly. A strong password should include a mix of upper and lower case letters, numbers and symbols. Don't use the same password for every account/profile, and don't share your passwords with anyone.
- **Review your privacy and security settings on social media.** If you use social networking sites, such as Facebook, be careful who you connect with and learn how to use your privacy and security settings to ensure you stay safe. If you recognise suspicious behaviour, clicked on spam or have been scammed online, take steps to secure your account and be sure to report it.
- **Beware of any requests for your details or money.** Never send money or give credit card details, online account details or copies of personal documents to anyone you don't know or trust. Don't agree to transfer money or goods for someone else: money laundering is a criminal offence.
- **Be wary of unusual payment requests.** Scammers will often ask you to use an unusual payment method, including preloaded debit cards, gift cards or iTunes cards.
- **Be careful when shopping online.** Beware of offers that seem too good to be true, and always use an online shopping service that you know and trust. Learn more about online shopping scams.

WHAT'S ON

Cardiff

Stay Steady Clinics

If you're 65 or over and have trouble with your balance, getting up from a chair or are worrying about falling you could benefit from a Staying Steady Clinic fitness assessment.

Clinics take place in leisure centres and hubs all over Cardiff.

For more information, or to book a slot, please contact 02920 234234.

Walking Football

3pm - 4pm, every Thursday.

Cardiff City (House of Sport), Clos Parc Morgannwg, Cardiff, CF11 8AW.

£3 for 1 hr or £4.50 for 1.5 hrs. Contact Josh on 07538 813049

Thornhill Meeting Point

1.45pm - 3pm, every Monday.

If you are feeling lonely or isolated - Thornhill Meeting Point is a friendship club which meets at Thornhill Church, Excalibur Drive, Thornhill, Cardiff, CF14 9GA.

£1.50 with tea / coffee included. Please contact Mrs Dinah Ball on 029 2075 9995 for information.

The Vale

Goldies Sing & Smile Cymru - Singalong

10am - 12pm, second Thursday of each month.

Cowbridge Library, Old Hall, High Street, Cowbridge, CF71 7AH.

£2 donation for each session, which goes towards the work of the Goldies charity.

Dementia Memories Group

10am - 12pm, every Thursday.

Dementia Cafe, at Age Connects Senior Health Shop, 38 Holton Road, Barry, CF63 4HD.

Please contact the group on 01446 732385 for more information.

Llantwit Major FREE computer classes for seniors

2pm - 4pm, every Wednesday.

UWC Atlantic College, St Donats Castle, St Donats, Llantwit Major CF61 1WF.

Please contact Christine Mak at Atlantic College 01446 799000 for information.

EXTEND exercise classes

Extend exercise is a gentle but stimulating exercise for the over 60's.

Available at various locations across the **Cardiff & the Vale of Glamorgan**, on various days.

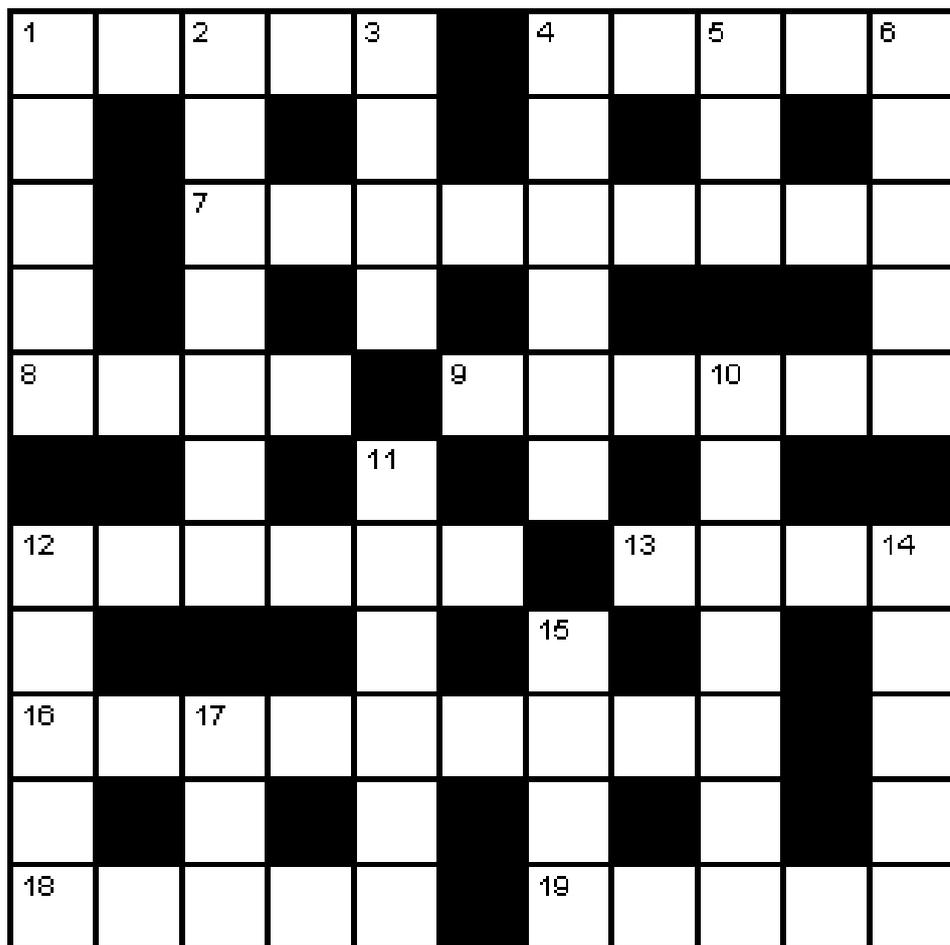
For more information please visit www.extend.org.uk

Would you be interested in attending a FREE LEGAL & FINANCIAL ADVICE SEMINAR?

The many experts Age Connects work with are keen to hold seminars locally in **Cardiff and the Vale of Glamorgan**. Receive FREE advice on a range of topics such as Will making, Lasting Powers of Attorneys and financial planning. To register your interest to attend an event – please contact Karen Steele on tel: 02920 683604 or email karen.steele@ageconnectscardiff.org.uk

PUZZLES

Crossword



ACROSS:

1. Snake (5)
4. Saying (5)
7. Villainous (9)
8. Way out (4)
9. Bee house (6)
12. Maelstrom (6)
13. Desiccated (4)
16. Allowed (9)
18. Trench (5)
19. Indigent (5)

DOWN:

1. Obscure (5)
2. Wicker basket (7)
3. Prevalent (4)
4. Precipitous (6)
5. Fuss (3)
6. Composition (5)
10. Abbreviate (7)
11. Gusto (6)
12. Lacking taste (5)
14. Journal (5)
15. Stupefy (4)
17. Furrow (3)

Anagrams

Can you work out the name of each river or country from the following anagrams? Name lengths are shown in brackets.

RIVERS:

1. TRUE SHAPE (9)
2. POLO IMP (7)
3. IS GRIT (6)
4. LINE (4)
5. GET ZANY (7)
6. TRIBE (5)
7. HAS MET (6)
8. A UBEND (6)
9. SUMO IRIS (8)
10. DRAGON IRE (3,6)

COUNTRIES:

1. ULTRA ASIA (9)
2. BIG MULE (7)
3. COLD ANTS (8)
4. NEAR GYM (7)
5. NICE LAD (7)
6. SLENDER THAN (11)
7. ANY ROW (6)
8. A SNIP (5)
9. NEAR GIANT (9)
10. LIZARDS WENT (11)

RECIPE

SUMMER-IN-WINTER CHICKEN

Ready in 25 minutes.

Serves: 4



Ingredients:

- 1 tbsp olive oil
- 4 boneless skinless chicken breasts
- 200g pack cherry tomatoes
- 3 tbsp pesto
- 3 tbsp crème fraîche (half fat is fine)
- fresh basil, if you have it

www.bbcgoodfood.com

Method:

- Heat the oil in a frying pan, preferably non-stick. Add the chicken and fry without moving it until it takes on a bit of colour. Turn the chicken and cook on the other side. Continue cooking for 12-15 mins until the chicken is cooked through. Season all over with a little salt and pepper.
- Halve the tomatoes and throw them into the pan, stirring them around for a couple of minutes until they start to soften. Reduce the heat and stir in the pesto and crème fraîche until it makes a sauce. Scatter with a few basil leaves if you have them, then serve with rice and salad or mash and broccoli.

Our FREE priority service is there when you need it



Sometimes power cuts can happen for reasons beyond our control. We know that this can be particularly worrying if you rely on electricity for medical equipment, or if you are elderly, very ill or disabled.

If you join our FREE Priority Service Register there are a number of additional services that we can provide that are designed to help put your mind at rest in the event of a power cut.

FOR MORE INFORMATION AND HOW TO REGISTER:

Simply call 0800 096 3080
or register on our web site at
www.westernpower.co.uk/priority-service-register

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Please give your support

Vulnerability, isolation and poverty affect many older people and if we wish to live in a society where older people are respected and enabled to meet their aspirations then these issues must be addressed.

In order to continue our work, we are dependant upon the generous donations received from public and corporate bodies. If you can help us improve the quality of life for older people, please support our vital services and products.

There are many ways in which you can support us such as making one-off or regular donations, leaving a legacy in your will, purchasing a funeral plan or any of the products that we can help provide. Your generous donation will make all the difference and directly help older people.

If you would like to donate or find out more, please contact Age Connects on
029 2068 3604
or visit:
www.ageconnectscardiff.org.uk



**age connects
cardiff & the vale.**

Advocacy Service

Tel: 029 2068 3683

Community Volunteer Support Programme

Tel: 029 2068 3600

Home First Support Service

Tel: 029 2068 3693

Nail Cutting Service

Tel: 029 2233 1113

Products: Tel: 029 2068 3604

(Funeral Plans, Equity Release, Stairlifts)

Senior Health Shop

Tel: 01446 732385

Vale Good Neighbour Scheme

Tel: Western Vale: 01446 795549

Central Vale: 01446 747654

Vale Welfare Rights

Tel: 029 2068 3682

Volunteering

Tel: 029 2240 0030