



age
connects
torfaen.

Independent • Local • Listening

Connections

Winter Edition / February 2016



Connections Radio – Here to Connect You with Your Community!

If you haven't listened to Connections radio show yet then you are missing out! The show is primarily led by volunteers over the age of 50 with an intended target audience of the same age. It is a great way to prevent loneliness and give somebody the chance to engage with their community from the comfort of their own home.

The show has featured a number of great guest speakers so far including; Wiltshire Farm Foods, local councillors and ordinary people recounting tales of their youth and we are always on the lookout for more guests. We feature a weekly segment on the different towns of Torfaen and the music is dictated by requests. The show is in conjunction with Able Radio and can be listened to via their website; www.ableradio.com every Thursday at 4pm and Sunday at 5pm. If you miss the show then it can always be found on;

www.ageconnectstorfaen.org/podcasts afterwards.

If you are interested in volunteering on the show or becoming a guest speaker then please call Lauren on;
01495 769264.



@ageconnectstorf



We believe we have a strong history and a bright future.

Age Connects Torfaen, Widdershins Centre, East Avenue, Sebastopol, Torfaen NP4 5AB
Charity Number: 1037278

A Young Girl's Dream

After viewing the John Lewis Christmas advert of an older gentleman alone on the moon, Maddy Fitzgerald-Wilkins of Pontypool decided that she wanted to make a difference. At 12 years old, Maddy couldn't bare to think of older people being on their own and feeling unappreciated so she set about a mission entitled 'Christmas Gift bag for the Elderly.' Maddy contacted Age Connects Torfaen to help in locating isolated people. Many organisations throughout Torfaen were then involved to act as 'drop off points' for anybody wanting to donate unused, quality items. People were so supportive of the campaign that these points expanded out of Torfaen and went as far as Cardiff and Swansea!



The bags were brought to the Widdershins Centre on December 22nd 2015 where a Christmas party was held.

ITV news came along on the day to record a segment on the campaign. Maddy, staff and clients were interviewed by Carl Edwards. This was then broadcast on the evening news, leaving a lot of people happy with their five minutes of fame! Most importantly though, the people at the party had a fantastic day with great food, entertainment and much needed company.



When it came to handing out the bags, players of Newport Dragons came along to help with the distribution. Charlie Davies, Ed Jackson, Nick Crosswell and Nick Scott all generously gave up their time to socialise and hand out the bags. The day and the campaign was a huge success with everybody so overwhelmed at how thoughtful Maddy had been and how generous the community had been with their donations. Some people were left speechless whilst one lady commented "I've never had so many Christmas presents. My sister has just passed away so I wasn't going to have anything. I really don't know what to say." We would like to say a huge thank you to Maddy for helping to raise awareness regarding loneliness and here is to carrying on the fight! If you know of anyone that is socially isolated and may need further support then please call us on **01495 769264**.

If you haven't been very active before it's never too late to start.

There's no doubt that keeping active makes us feel more energetic. But there are other more specific benefits, including helping to:

- manage high blood pressure and angina
- keep you at a healthy weight
- maintain regular bowel movements
- stimulate a poor appetite
- strengthen muscles and bones, reducing the risk of falls and fractures
- Ease discomfort if you have arthritis or Parkinson's.

Age Connects Torfaen offers a series of clubs and classes to help people get involved in physical activity but also find a new network of friends.

Nordic walking

Have fun while Nordic walking your way to health and fitness! The poles help your upper body get a work out and propel the walker along in a style of walking that gets the whole body moving. The social support of our friendly group and walking in the outdoors has a positive benefit on wellbeing and our moods. Beautiful walks include Bevan's lane to Pontypool Park and the Usk vale to Caerleon.

Extend Exercise

Extend Exercise is a 'gentle exercise' class for older people with easy dance steps to well-known music. You take things at your own pace in a relaxed and friendly atmosphere. The exercises are designed to allow all interested to participate by either sitting or standing.

Clubs & Classes

Monday	Sewing Class	10.00-12.00
	Extend Exercise	10.30-11.30
	Nordic Walking	12.30-13.00
	Jigsaw Club	13:00-15:00
Tuesday	Computer Class	10.00-12.00
Wednesday	Arts & Crafts	10.00-12.00
	Radio Club	12.30-14.30
Thursday	Friendship Group	10.00-13.00
Friday	Beginners IT Class	10.30-12.00



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Gwent House, Gwent Square, Cwmbran, NP44 1PL

Shepherd's Pie Potato

Prep: 10 mins Cook: 40 mins - 50 mins
Serves 1

A perfect supper for one or ten people

Ingredients

- 140g lean minced beef
- 250ml beef stock
- 1 tsp Worcestershire sauce
- 1 tbsp tomato purée
- 1 large jacket potato, baked
- small handful grated cheddar



Method

1. Heat oven to 200C/fan 180C/gas 6. Melt half the butter in a non-stick pan. Cook the onion for 3-4 mins, then increase the heat and add the mince. Fry for a further 3-4 mins until the beef has browned. Stir in the stock, Worcestershire sauce, tomato purée and some seasoning. Gently bubble for 15-20 mins until the mince is tender and the sauce has thickened.

2. To assemble, cut the jacket potato in half lengthways and scoop the flesh into a small bowl, leaving the skin intact. Mash the potato with the remaining butter and season well. Divide the mince between the potato skins, then cover with the mash. Transfer the potatoes to a baking dish, sprinkle with cheese, then bake for 15-20 mins until golden. Serve with your favourite veg.



The Bistro At Widdershins Centre

Our Bistro is a welcoming and comfortable venue in which to enjoy a cooked breakfast, a light bite, a hearty main meal or an afternoon tea. We offer daily specials that are always excellent value. We welcome bookings from groups for lunch or afternoon tea. Musical entertainment or a short information presentation can be arranged on request.

Outside Catering

The Bistro also caters for private events such as weddings, birthdays and funerals.

For further information on our catering services please call;
01495 769264

Stroke do you know the symptoms?

- 128,000 - The number of strokes that take place every year in England and Wales.
- 1 takes place every five minutes
- 900 people are admitted per year to the Royal Gwent and Neville Hall hospitals
- A stroke is the 2nd biggest killer worldwide

The main stroke symptoms can be remembered with the word **FAST: Face-Arms-Speech-Time**

- Face – the face may have dropped on one side, the person may not be able to smile or their mouth or eye may have drooped.
- Arms – the person with suspected stroke may not be able to lift both arms and keep them there because of arm weakness or numbness in one arm.
- Speech – their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake.
- Time – it is time to dial 999 immediately if you notice any of these signs or symptoms.

Recognising the signs of a stroke

If you or someone you care for is an older person, has high blood pressure or diabetes you can be at a higher risk. Knowing the symptoms is even more important.

Signs and symptoms vary from person to person but usually begin suddenly.

Further information and advice can be found on NHS Choices

DATES FOR THE DIARY

14th March 2016

Widdershins Centre

Pamper morning £35.00 pp, inclusive of 3 treatments and a light lunch.

15th March 2016

Widdershins Centre

Planning for the future; come and hear from our specialists in Pensions, Wills, Probate and Equity Release.

6th April 2016

Mount Pleasant Hall, Pontnewydd

An afternoon with the choirs featuring Tennovus Sing with Us, £5.00pp

11th May 2016

Widdershins Centre

Enjoy the truly British tradition of afternoon tea with musical entertainment, £8.50pp

19th May 2016

Cwmbran Workingman's Club, Oldbury Road.

An evening with Former Wales International John Hartson. £28.00 pp inclusive of a hog roast.

To book any of our events contact **01495 769264**