



Volunteering; the bread and butter of our organisation.

With volunteering support, Age Connects Torfaen is able to provide better services to older people living within Torfaen.



Age Connects Torfaen provides a range of volunteering opportunities for people of all ages. It is a great way for you to not only become a valuable member of the local community and feel good to help, but it can also improve your mental health and help you live longer.



Angela Reed, Chief Executive of Age Connects said, "Our organisation could not operate without volunteers. They are the local heroes that help us provide a vital service in the community. I want to publicly thank all our volunteers for their dedication and continued hard work"

Currently we have 50 volunteers who dedicate

their time throughout the week, their roles range from helping with the shopping service, helping on reception, serving in a lunch club and helping with our clubs and classes.

One of our long serving volunteers commented "Since I commenced my volunteering role with Age Connects Torfaen I have become thoroughly immersed in many aspects of volunteering from initially meeting and telephoning clients, to having group volunteering talks and attending promotional events. I feel that I play a very valuable role in the team which gives me a real 'buzz'"

As well as boosting an individual's confidence and providing access to employment, volunteering helps in an individual's own job search. It can make a person more authentic, allowing you to draw from your own experiences.



If you think that you have the skills to become part of the Age Connects Torfaen volunteering team, please contact 01495

769264 or visit our website to see the current vacancies we have available.



@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

www.ageconnectstorfaen.org



Help to Create Dementia Friendly Communities

Dementia is the health challenge of this and the next generation. Probably each and every one of us will be affected by dementia as it will either affect ourselves or someone close to us.

There are many ways you can help make your community dementia friendly:

- Becoming a Dementia Friends, you'll learn a little bit more about what it's like to live with dementia and the small things you do to make a difference to people affected.

Age Connects Torfaen has just been accredited as a Dementia Friendly Community. Therefore we have many things in place in order to make our working environment dementia friendly.

By becoming a dementia friendly community we are supportive and inclusive of anybody affected by dementia. We will empower people with dementia to have aspirations and feel confidence, knowing that they can contribute and live the life they want.

Leave a Gift In Your Will to Age Connects Torfaen

How can I support Age Connects Torfaen?

Leaving Age Connects Torfaen a gift in your will is one of the most valuable and lasting ways you can support us. It costs nothing during your lifetime but will have a powerful impact for years to come.

Why leave a legacy?

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How your support will help:

- £1.00 provides a donation to our Information & Advice Service resulting in generating on average £63.00 of income for older people in poverty
- £5.00 pays for a volunteers expenses to visit an isolated person in their own home
- £10.00 contributes towards providing reminiscence sessions to work with a person with dementia
- £10.00 pays for an emergency response service for older people when they are in times of need.

The Importance of Making a Will



From time to time we all give thought to making a Will, but somehow it gets put on the 'back-burner'. Some people think it will 'tempt fate'. Others think there is no point, or it is too complicated.

It doesn't have to be! Making a Will need not be complicated at all – as long as you obtain proper help.

By making a Will you are able to set out in black-and-white **what your wishes are**, and you can have confidence that your wishes will be respected. **You can choose** who you want to inherit, how much each of your children or grandchildren will be left, or even who will look after the cat! Especially if your family circumstances are complicated (for example, a second or third marriage) a Will can be a great way of ensuring that an inheritance is received by those who **YOU want** to receive it.

Wills are also a great way of **protecting vulnerable loved ones** – for example, children with learning difficulties. They can be drawn up to prevent an inheritance from affecting their benefit entitlements and ensuring that someone is able to look after the money for them if they are unable to do so themselves.

Wills can also be a useful tool to reduce our liability to tax and a number of other financial considerations.

Without a Will, a law made in 1925 sets out who gets what – and it is **often not as we would all expect!**

For a FREE No Obligation Quote, contact Damian Lines or Laura Selby (both pictured above) at your local QualitySolicitors Rubin Lewis O'Brien on 01633 867000. Or call into our offices with a copy of this article.



Address: Gwent House
Gwent Square
Cwmbran
Torfaen NP44 1PL
Tel: 01633 867000
Email: law@rlob.co.uk

Office hours:
Our office in Cwmbran is open from 9am to 5:30pm Monday to Friday and 10am to 2pm on Saturdays

A Snapshot of our Floating Support Service

Floating Support is a free service which supports you to live independently. The support is planned and reviewed with you. It is time limited with support being provided for up to two years. The support will come to an end once the original need for support is sorted out and you develop the skills and confidence to solve problems yourself.

Floating Support helps people tackle all kinds of issues; from rent arrears and benefits issues to engaging in activities that reduce social isolation. This support enables people to sustain their tenancies, find the services they need and build a better life for themselves within their community.

Each client is supported by an experienced support worker who helps them focus on their strengths, abilities and dreams for the future.

A referral for floating support can be made through our Information & Advice team by contacting **01495 769264**

The Jigsaw Club

Lots of us have jigsaw puzzles at home – possibly long-forgotten!

Why not dust off your favourite puzzle and bring it along to our new Jigsaw club and spend the afternoon with like-minded people.

The Jigsaw Club was the idea of a gentleman named Tony who is a keen puzzler himself and thought it would be a good way to share a hobby he enjoys and meet new people for a chat.

The club meets on Monday afternoons at our Widdershins Centre between 1.00 and 3.00 and is always looking for new members.

Do come along and give it a try. It is a lovely way to make new friends.

Bistro Specials

Every Wednesday

2 Course Roast Dinner
inclusive of a hot drink
£6.50

Available Every Day

All Day Breakfast **£4.25**
Light Breakfast **£3.00**
Breakfast Baguette **£3.00**

Monday or Wednesday

2-4pm Vintage Afternoon Tea
£8.50 (Booking only)

Open Mon-Fri, 9am - 4pm

Incontinence: It isn't a normal part of aging

- 80% of people who experience urinary incontinence are women.
- Certain medication can cause incontinence as a side effect
- Some foods and drinks promote incontinence by irritating the bladder, it is important to maintain a healthy diet and reduce your intake of caffeine.
- More than 2.5 million people over 60 in the UK suffer from some degree of urinary incontinence.

It is not always possible to prevent urinary incontinence, but there are some steps you can take that may help reduce the chance of it developing, such as:

- Controlling your weight
- Avoiding or cutting down on alcohol
- Keeping fit – in particular, ensuring that your pelvic floor muscles are strong

What should you do?

Although you may feel embarrassed talking to someone about your symptoms, it's a good idea to see your GP when your bladder problems start. Incontinence is often curable and always manageable.

Top Tips to Save with your Summer Spring Clean

1. For an effective cleaner mix together in a 50:50 solution white vinegar & water.
2. Clean your TV or computer screen by using a standard coffee filter (attracts less dust).
3. Clean microwave, mix 2 tablespoons of white vinegar with a few drops of your favourite essential oil with water put on high for 5 minutes to make it shine again.
4. Toast crumbs can be hard to clean up, use a pastry brush inside your toaster, sweep out all the bits, ensure the toaster is off and cooled first.
5. Clean dirt from your iron by putting it on the "no steam" setting and ironing some aluminium foil with rock salt on top.
6. Lampshades collect dust use a standard lint roller to clear away with ease.
7. Dirty bath with rings of soap scum, cut a grapefruit in half, sprinkle on some rock salt on top then scrub your tub. Sparkling and delicious smell.
8. Find matching bed sets by folding each set into a corresponding pillowcase so they're kept together, find with ease

Dear Kim

I'm 70, and I have been struggling with getting in and out of my bath, I find it difficult to undress on my own and keep up with my housework. I am also finding that I use taxi's more to get to appointments, such as visiting my GP due to my arthritis.



Answer;

Thank you for your question, you may be able to apply for Attendance Allowance; it is a tax free benefit and not just means tested. It is awarded based on your needs, not just on your medical condition. It helps with extra costs of long term illness or disability which can be either physical and/ or mental. At Age Connects Torfaen we can book you in for a Benefits Assessment, as you may be entitled to Pension Credit and other means tested benefits. The additional income will assist to promote your independence. Contact our Information & Advice team on **01495 769264**

If you have a question for Kim, get in touch and you could feature in the next edition.

DATES FOR THE DIARY

2nd Wednesday of the month

10.00am-11.30am

Only Men Allowed Breakfast Club

24th June 2016

National Afternoon Tea Day

Join us for Afternoon Tea

10th August 2016

2.00pm-3.00pm

Awareness of the Social Services & Well Being Act

7th September 2016

Magic of the Musicals inclusive of afternoon tea

£8.50pp

30th September 2016

10.00am - 11.30am at Widdershins

Mcmillan World's Biggest Coffee Morning

Join us to support the Mcmillan World's Biggest Coffee Morning

To book any of our events contact 01495 769264

Summer Mini Treats

Shellac Nails £12.00

During July, choose from 2 treatments for only £14.00