



Help us reduce falls in Wales

Every year in Wales between 230,000 and 460,000 older people fall. Too often these falls blight the lives of older people, resulting in serious injury which can lead to loss of confidence, loneliness and isolation.

It doesn't need to be this way, with many falls being preventable.

Together with partners including Public Health Wales, Age Cymru, RNIB, Care & Repair and Welsh Government we are launching **Steady On ... Stay SAFE**, our national falls awareness campaign.

The campaign highlights three simple ways of how you can reduce the risk of falling for yourself, your friends, your family and your neighbours:

- Stay active and stay strong
- If you fall, tell someone
- Be aware of trip hazards in and outside the home

We want to spread these messages as widely as possible, making a real difference to the lives of thousands of older people in Wales. To do this, we need your help. If you're happy to talk to local groups and organisations about how we can prevent falls, or if you're already involved in an activity or service that helps keep people active and reduces their risk of falling, please get in touch so we can send you a Steady On ... Stay SAFE campaign pack.

The packs contain everything you need to raise awareness of falls locally, and to help you promote useful local activities and services.

For more information, visit www.ageingwellinwales.com/SteadyOn, email us at ageingwell@olderpeoplewales.com, or phone us on **02920 445 030**.



Dydy cwmpadau ddim yn rhan anochel o fynd yn hŷn

Er mwyn lleihau eich risg o gwmpo:

- Cadwch yn heini
- Os ydych chi wedi cwmpo, rhowch wybod i rywun
- Byddwch yn ofalus

I gael rhagor o wybodaeth, ewch i www.ageingwellinwales.com/wl/atal

Gwnewch wahaniaeth - rhanwch y neges hon

Falls aren't an inevitable part of growing older

Reduce your risk of falls:

- Stay active
- If you have fallen, tell someone
- Watch your step

For more information, go to www.ageingwellinwales.com/falls

Make a difference – please share this message

Tackling ageism

The Older People's Commissioner for Wales is providing a free training course, entitled **Tackling Ageism and Raising Awareness**, exploring unconscious prejudices and the ways that these can affect the design and delivery of services for older people.

The schedule for upcoming courses is listed below. If you'd like to attend one of the courses, please complete the online booking form at <http://goo.gl/forms/TSG13YPurEsJEaPr2> or contact the Commissioner's office at ask@olderpeoplewales.com or on **02920 445 030**.



Spaces are limited at events, and will be allocated on a first come, first served space.

Date	Venue
27/07/2016 - 10am-4pm	Committee Room 3, Civic Centre, Swansea
26/08/16 - 10am-4pm	Aeron room, Penmorfa, Aberaeron
14/09/2016 - 10am-4pm	Bridges Community Centre, Monmouth
21/09/2016 - 10am-4pm	The Hub, RCT Homes, Pontypridd
27/9/2016 - 10am-4pm	Glasdir, Llanrwst
28/09/2016 - 10am-4pm	Greenfield Business Centre, Flintshire
19/10/2016 - 10am-4pm	The Hub, Barry YMCA
26/10/2016 - 10am-4pm	North Wales Police Headquarters, St Asaph
2/11/2016 - 10am-4pm	Pavilion, Royal Welsh Showground, Builth Wells
2/12/2016 - 10am-4pm	Baglan Community Chyrch, Baglan

Stay In Touch with Ageing Well in Wales

Phone: 02920 445 030

Email: ageingwell@olderpeoplewales.com

Twitter: [@ageingwellcymru](https://twitter.com/ageingwellcymru)

Together we will make Wales a good place to grow old for everyone.

Happy Birthday to the Campaign to End Loneliness!



The **Campaign to End Loneliness** is five years old. We work really closely with the Campaign here at Ageing Well in Wales, and they have been key partners in helping us develop our work on loneliness and isolation.

If you are interested in the topic of loneliness, and want to learn more about how we can tackle it in our communities, we highly recommend the Campaign to End Loneliness website: www.campaigntoendloneliness.org. As well as great reports and guidance, you can also join their Learning Network, so that you'll be kept up-to-date on the Campaign's work, and find help in tackling loneliness in your community.

We'd like to wish everyone at the Campaign to End Loneliness a very happy birthday, and we look forward to the next five years of working together.

Get Involved

For Ageing Well in Wales to be a success, we need your help. If you're doing something in your work or community related to the aims of Ageing Well in Wales, we would love to hear from you.

Membership of the Ageing Well in Wales network is free and open to everyone. It provides an opportunity to make connections to others committed to improving the wellbeing of older people in Wales, to find help and support, to promote and share ideas, and to influence our society for the better.

You can contact us by email at ageingwell@olderpeoplewales.com, on Twitter ([@AgeingWellCymru](https://twitter.com/AgeingWellCymru)) or by phone on 029 2044 5030.

Together we will make Wales a good place to grow older for everyone.

Age-Friendly Communities: How walkable is your neighbourhood?

For many of us, the main way we get to the shops, visit the GP or pharmacy, and stay connected with friends and family is by walking. Little things which can make walking in our neighbourhoods easier or harder can have a huge impact on older people, helping or hindering their ability to get around and lead the lives that they want to.

Together with **Living Streets**, the UK charity for everyday walking, and **CADR**, the Centre for Ageing and Dementia Research, we have developed a short questionnaire to collect older people's views and experience of walking in their neighbourhoods.

We want to build up an overview of how different people from around Wales perceive walking locally, identifying those aspects which make walking easier or more difficult for older people.

If you would like to take part, or would be willing to collect the views of older people where you live, please get in touch at ageingwell@olderpeoplewales.com or on **02920 445 030**.

Chwarae Teg: Career development for older women

Our friends at Chwarae Teg have launched Agile Nation 2, designed to help women in Wales reach their full potential. The predecessor to this year's programme, Agile Nation 1, helped over 2,900 women.



This year's programme is offering free training to women aged 54 and over in the workplace, helping to provide the knowledge, confidence and skills needed to get ahead.

If you'd like the opportunity to improve your salary, benefits and pension prospects, go to www.agilenation2.org.uk/next-year and see what you can achieve in a year!

Become a champion in your own community

Over the past 18 months, the Ageing Well in Wales network has grown to almost 1,200 individuals. We have been staggered by the response we've received from people wanting to get involved, and make Wales a good place to grow older for everyone.

Increasingly, we are being asked by network members how they can best turn the aims of Ageing Well in Wales into a reality where they live and work. In response to this, we are developing the **Ageing Well in Wales Champion** volunteer programme, to give network members the information and support to go out and make positive change in their own communities.

Over this Summer and Autumn, we will be recruiting our first Ageing Well in Wales Champions, helping them to make the changes they want to see where they live. Champions will be supported to go and speak about Ageing Well in Wales to local organisations and groups, help us develop and promote future network events around Wales, and support us with our national activities, such as our new falls prevention campaign, Steady On ... Stay SAFE (see above).

We'll be providing some ideas about what Champions can do in their communities, but our main goal is to support Champions with their own ideas and projects – helping them find partners to work with, and making sure that they get the advice and support they need to make a difference.

To find out more about the Ageing Well in Wales Champion volunteer programme, contact us at ageingwell@olderpeoplewales.com or on 02920 445 030.

Welsh Ambulance: A promise to older people

Welsh Ambulance are developing a list of things that they will promise to older people who use any of their services.



Gwasanaeth Ambiwylans *Cymru*
Welsh Ambulance Service

They are seeking to hear the views of older people, asking what they would like to see in this list of promises. To have your say, visit <http://bit.ly/2awzhKb>, email ppi.team@wales.nhs.uk, or phone **01792 311 773**.