



Bringing people together through the power of Sporting Memories



SPORTING MEMORIES NETWORK
WELLBEING THROUGH REMINISCENCE

The **Sporting Memories Network** supports older people across the UK living with dementia, depression and loneliness by engaging them in social activities and helping them to recall memories of watching or playing sport.

By sharing memories and tapping into a passion for sport, Sporting Memories groups bring generations together through shared passions, and help unlock people's stories and memories of sporting events and activities.

Groups have been setup across England and Scotland, and the Sporting Memories Network is now working with potential partners including **Glamorgan Cricket Club** to help establish groups in Welsh communities. Each Sporting Memories group is different, but each is led by its members, through the support of materials, resources and ideas.

If you're interested in finding out more, you can contact the Sporting Memories Network at admin@sportingmemoriesnetwork.com.

Help make your community more Dementia Friendly – March events

We are organising two events in March to support those who are interested in making where they live, or work, more supportive of people living with dementia and their carers.

On Tuesday 7th March we'll be in Denbigh Town Hall, and then at Bridgend Life Centre the following week on Tuesday 14th March.

The events are free to attend, and provide an opportunity to share ideas, make new partnerships, and get specialist advice.

For more information, and to book a place, phone **02920 445 030** or email ageingwell@olderpeoplewales.com.

Ageing Well in Wales: Supporting the Welsh language

Here at Ageing Well in Wales, we are proud to support the use of Welsh throughout our work. All of our materials are produced bilingually, and we welcome correspondence and contributions to our events in Welsh.

To help us improve how we communicate with you, we'll be sending out a brief questionnaire to all network members in the following weeks, asking for your language preferences.

We'd appreciate if you can take a few minutes to complete the survey, and help us make sure that we can speak to you in the way you want.

We're also looking for Welsh speakers who are involved in community schemes and initiatives, who are willing to talk about their experiences at future Ageing Well in Wales events. If you're involved in a project relevant to the aims of Ageing Well in Wales, and would be interested in speaking at one of our future events, please let us know.

Steady On... Stay SAFE and help us prevent falls

On Monday 7th February, we were proud to launch **Steady On... Stay SAFE**, our falls prevention awareness campaign in conjunction with **Community Pharmacy Wales**.

Throughout February, over 720 pharmacies in Wales helped us spread the message that falls are not a natural part of ageing, and that there are simple things you can do to reduce your risk of falling:

- Stay active and stay strong
- If you fall, tell someone
- Watch your step – be aware of trip hazards

The campaign is a collaboration between partners including **1,000 Lives**, **Age Cymru**, **Care & Repair Cymru**, the **Chartered Society of Physiotherapy**, **Public Health Wales**, **RNIB**, and all Health Boards in Wales.

Supporting the work taking place in pharmacies, Age Cymru, Age Connects and Care & Repair also launched the Falls Prevention Awareness Week, engaging with communities and partners throughout Wales.

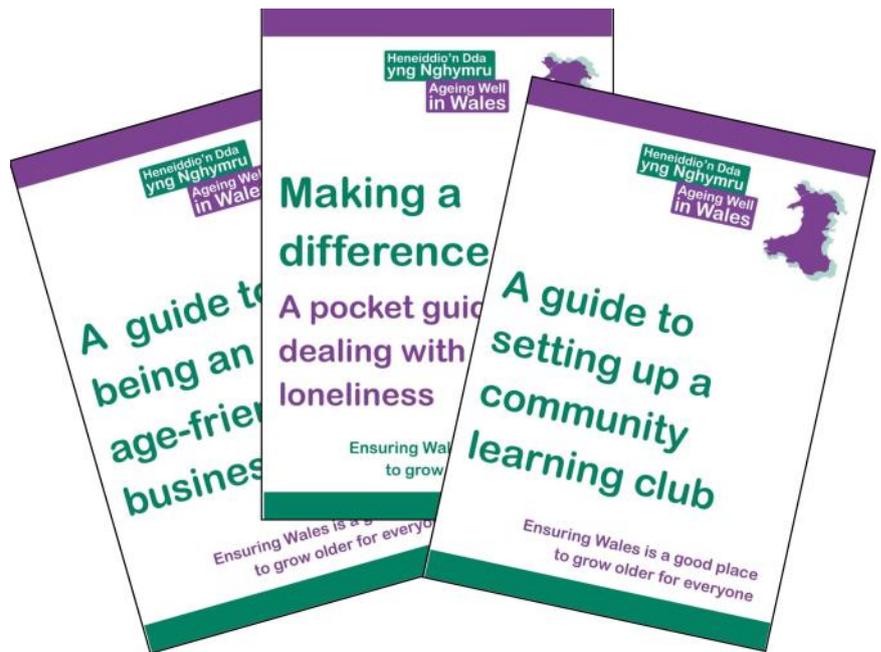
For more information, visit www.ageingwellinwales.com/steadyon or call **02920 445 030**.



New Ageing Well in Wales publications

We're currently putting the final finishing touches to a number of new guides and booklets which we'll be launching soon.

A Guide to being an Age-Friendly Business makes the business case for being age friendly, and gives some practical hints and tips on how businesses can be more inclusive and made more welcoming for older customers.



A Guide to Setting up a Community Learning Club has been produced for people interested in setting up local schemes to bring people together to learn for fun and to share skills.

Making a Difference: A Pocket Guide to Dealing with Loneliness gives ideas on how to tackle feelings of loneliness. It is also designed to help you start conversations about loneliness with friends, family or colleagues. The guide is based on the work of Dr. Deb Morgan at Swansea University.

The guides have been produced with the support of Ageing Well in Wales partners including **British Red Cross, CADR, COPA, Learning & Work Institute, RVS and U3A.**

We'll be publishing more guides to support the development of Age-Friendly Communities in Wales in the Summer. Watch this space for more details soon. Also, don't forget that we maintain an online directory of useful resources relating to each of the themes of Ageing Well in Wales, which can be accessed at www.ageingwellinwales.com/en/resource-hub.

What does an ageing population mean for housing?

An expert group, put together by the Welsh Government to look at what an ageing population meant for housing, has submitted its report for consideration by the Cabinet Secretary for Communities and Children.

Take a look at the report here: <https://goo.gl/2MOxtl>

Community pharmacies: A prescription for sharing information

Community Pharmacies Wales represents over 720 pharmacies throughout Welsh towns, villages and cities. As part of their commitment to public health, most

pharmacies have an information section to help signpost people to local services and activities. Community Pharmacy Wales have extended an invitation to Ageing Well in Wales network members to make use of this service.

If you're involved in a local project or scheme related to the wellbeing of older people, why not pop into your local pharmacy and ask if they can help with the promotion of local resources. Many pharmacies are happy to display posters and leaflets, and are keen to help support community activities.



Launching the Age-Friendly Culture Network for Wales

The Age Friendly Culture Network is a new national initiative being launched in collaboration with **Age Cymru**, **Ageing Well in Wales**, **Arts Council Wales**, **Gwanwyn** and **Amgueddfa Cymru - National Museum Wales**.

The network will bring together individuals and organisations from arts, culture and heritage sectors from all over Wales to share skills, knowledge and good practice. It will develop innovative and practical ways to better engage with older people, and improve their quality of life and wellbeing.

The network will build upon the work of the UK-wide **Age Friendly Museums Network**, which has helped develop age and dementia friendly projects with Welsh museums.

We will be running a series of networking events throughout Wales in 2017, as well as developing online resources to promote partnership working and to share ideas and good practice.

For more information, contact us at ageingwell@olderpeoplewales.com or on **02920 445 030**.



Ageing Well in Wales: Celebrating Communities

In November and December of last year, we held two large scale events to celebrate some of the fantastic work going on in Welsh communities by Ageing Well in Wales network members.

Over 300 people attended events in Bangor and Cardiff, sharing their experiences, finding new partners to work with and helping us shape our future priorities.



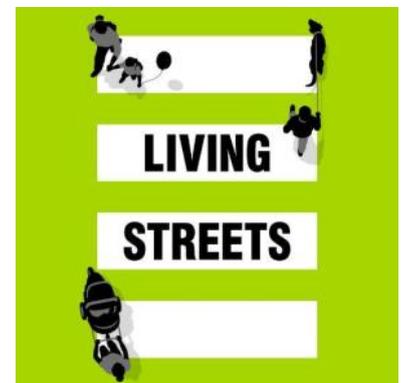
It was really inspiring to meet so many passionate people and to have the opportunity to be involved in your discussions on how we can make Wales a good place to grow older in.

We'd like to thank everyone who took part and supported the events, particularly our co-hosts the **Wales Audit Office Good Practice Exchange**. We're looking to running similar events around Wales in the coming months, and look forward to meeting many more of you in 2017.

How walkable is your neighbourhood?

We've had a fantastic response to the launch of our **Age-Friendly Streets** survey we're carrying out in conjunction with **Living Streets** and **CADR**.

We want to collect responses from as many different areas in Wales as possible, and in order to do this, we need your help. If you can help promote the questionnaire where you live or work, please visit www.ageingwellinwales.com/streets or call 02920 445 030 for more information.



Following feedback from people who've already taken part, we've also created an online version of the questionnaire, which you can find at

- <https://goo.gl/forms/3Tc8J6tw3GFgcVJQ2> (English)
- <https://goo.gl/forms/vQmRQ1WVZmV1ttFR2> (Welsh)

Later in the year, we'll be compiling all the responses we receive to create a snapshot of the experience of older people walking in their communities – highlighting common features which help or hinder people in getting out and about where they live.

Help COPA shape the future strategy for older people in Wales

To make sure that the *Older People's Strategy for Wales* stays relevant, COPA (Cymru Older People's Alliance) have been asked to gather the views of older people on the current strategy, on behalf of the Welsh government. They

want to find out what the priorities for the Strategy should be, and although not every person over the age of 50 will identify as being older, we are all ageing, and one of the great challenges for us all is to enable people to stay as healthy and involved as possible throughout their lives.

You can access the survey here:

- <https://goo.gl/forms/1ApFpcZhqYun4auT2> (English)
- <https://goo.gl/forms/DGORLVEe0xjEbJfx2> (Welsh)



Homeshare: Helping people live independently for longer

Homeshare is a scheme which matches someone who needs a small amount of help to live independently in their own home, with someone who has a housing need, and can help out in return for a room within the home. They will help out around the house with activities such as cleaning, cooking, shopping, providing company etc (but are not there to replace personal care).

Ategi, which is a provider of support services, has created a survey to see if homeshare is something the people of Cardiff would like available:

Have your say here: <http://www.ategi.org.uk/homeshare.html>

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.