



age connects cardiff & the vale.

Products and Services

Ageing Well Programme (Cardiff & Vale of Glamorgan)

At Age Connects Cardiff & the Vale we know how important it is to keep fit & active. Why not come and join in one of our daily activities based in Barry, Llantwit Major, Ely, Fairwater and Llanrumney? In addition to our own programme, we can also help find the right activity for you with our extensive knowledge and information resources. The Ageing Well Programme encourages older people to participate in social and physical activities that promote good health and wellbeing. For more information phone: **029 2233 1113** for Cardiff and **01446 732385** for the Vale.

Nail Cutting (Cardiff & Vale of Glamorgan)

Do you struggle to cut your toenails? The Charity offers a nail cutting service by trained staff at venues across Cardiff and the Vale of Glamorgan. The nail cutting service costs £11 per session. Please note this is not a chiropody service and there are some medical restrictions. For more information phone: **029 2233 1113**.

Rural Connections (Vale of Glamorgan only)

Do you feel isolated and need help connecting with others in your area? The Rural Connections Project works with isolated older people and rural communities in the Vale of Glamorgan to establish self sustaining activities that reduce isolation. For more information phone: **01446 795631**.

Let's Get Out (Cardiff & Vale of Glamorgan)

Do you feel lonely and isolated and need some support to build up your confidence? The Lets Get Out project aims to reduce loneliness and improve confidence by providing short term support to bring people together to establish friendships and share interests throughout Cardiff and the Vale of Glamorgan. We can share our knowledge of what is available in your community and encourage and support you to become more involved. Perhaps there is a group or class you would like to join or you may want someone to walk with you to the local shop or visit friends until you have gained confidence. Our dedicated staff and volunteers can provide up to 6 months of support. For more information phone: **029 2068 3687** for Cardiff and **0758 434 6014** for the Vale.

Advocacy Service (Cardiff & Vale of Glamorgan)

Do you live in a care home and need help solving a problem? Our Advocates provide a free and independent service which identifies with and represents a person's views and concerns. It emphasises empowerment, enabling people to solve their own problems. This help has also been extended to people who live at home in the Vale of Glamorgan. If you need our support we can help individuals to write letters, make phone calls, or represent their wishes, and or negotiate with outside agencies. The Advocacy Service holds the Advocacy Quality Mark. Please note we are unable to offer any financial or legal advice. For more information phone: **029 2068 3683** for Cardiff and **01446 795 632** for the Vale.

Cancer, Older People Advocacy (Cardiff & Vale of Glamorgan)

This service in partnership with Macmillan and OPAAL provides independent advocacy for people affected by cancer. For more information phone: **029 2068 3683**

Healthy & Active Partnership – Keeping People Connected (Cardiff only)

Many older people are particularly vulnerable to social isolation or loneliness owing to loss of friends and family, mobility or income. "Keeping People Connected" aims to empower and enable older people to continue to live independently by providing access to services which reduce social isolation.

If you feel lonely or isolated the Keeping People Connected team will support you to be socially active and involved in your community in a way that is right for you. For more information phone: **029 2240 0029** or Email: HAP@ageconnectscardiff.org.uk

Good Neighbour Schemes (Vale of Glamorgan only)

Are you isolated, lonely or housebound and in need of help and support or company from time to time? We are here to help and can provide that little bit of extra support to help you maintain your independence. Our committed staff and volunteers provide:

- Regular befriending home visits or phone calls
- Information and answers to queries you may have
- Practical support - transport, light shopping, changing light bulbs, small DIY jobs, general correspondence, etc

For more information phone: **01446 795 549**.

Hospital Discharge Service (Cardiff & Vale of Glamorgan)

If you or an older person you know is discharged from hospital you could make contact with our Hospital Discharge Service. The service provides short term, flexible support for older people on discharge from hospital. Our experienced Settlement Aides make home visits and can provide practical support such as assist with personal care if required, prepare a meal, do a small shop, provide information and support and will contact other services on behalf of the older person. The Service is registered as a domiciliary care agency with the Care and Social Services Inspectorate Wales (CSSIW). For more information phone: **029 2068 3693**.

Safeguarding Programme

Do you know someone with dementia that may need someone to speak up for them? Our Safeguarding Project works specifically with older people who have a dementia it provides both instructed and non-instructed advocacy. The project employs a variety of advocacy

approaches and communication tools as required. The South East Wales Safeguarding Older People programme is a partnership of 4 local organisations, coordinating provision of independent advocacy to vulnerable and isolated older people. Funded by the BIG Lottery Fund, in Cardiff and the Vale of Glamorgan the Safeguarding Project supports older people with a dementia who are living in a care home setting. For more information phone: **029 2068 3683**.

Welfare Rights Service (Vale of Glamorgan only)

Thousands of pounds go unclaimed in benefits each year. Our Welfare Rights Service offers free benefit advice and assistance to people aged 60 or over. A member of our friendly team can arrange to visit you at home or you can visit us at our offices. Not sure of your benefit entitlement? Then give us a call today on: **029 2068 3682**.

Money Wise Service (Cardiff & Vale of Glamorgan)

Helping pensioners become money wise. Are you struggling to meet the rising costs of everyday living or baffled by bills? Do you need help to balance your budget? Then let us help you. For more information phone: **029 2071 6815**.

Volunteering (Cardiff & Vale of Glamorgan)

We offer a range of stimulating and interesting volunteer opportunities, for example we are looking for people to:

- help older people by visiting them weekly for a chat to reduce isolation
- encourage older people to get out of the house by supporting them to go to activities
- help older people by driving them to regular activities in your own car

For more information phone: **029 2240 0030**.

Advant~Age Products

The Charity has developed a range of products and services with the needs of the over 50's in mind but available to all ages. These include:

- Personal Alarms
- Funeral Plans
- Stairlifts
- Insurance Services
- Equity Release

For more information, visit www.ageconnectscardiff.org.uk or phone: **029 2068 3604**.

Do I have to pay for the service I receive?

Most of our services are free. However, as a charity, we are now dependent more than ever on donations to be able to provide our services. You can support us by:

- Making a donation
- Making a regular donation by standing order
- Leaving a legacy to us in your will
- Making "In Memory" donations to us instead of flowers
- Buying products such as Funeral Plans and Personal Alarms

For more information, visit www.ageconnectscardiff.org.uk or phone: **029 2068 3604**.