

**Welcome from Abbe, Isa, Rebecca & Sue**

## **Public Health Wales Update: Coronavirus (covid-19)**

**Stay local and keep Wales safe:**

- always observe social distancing
- wash your hands regularly
- if you are meeting one other household, stay outdoors and stay local
- work from home if you can

**Stay at home if you or someone you live with has either:**

- a high temperature
- a new, continuous cough
- loss of smell or taste (anosmia)

## **Basic Computer Skills**



**Learn My Way'** is a website of free online courses for beginners, helping them develop digital skills to make the most of the online world. <https://www.learnmyway.com/subjects>

### **Topics**



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**Do you have any unpaid caring responsibilities? If so, be part of a listening event.**

A joint national project between Age Cymru and Carers Trust Wales, funded by Welsh Government is hosting listening events during August. If you're aged 50 or over and caring for someone, including caring for someone living with dementia, or caring for someone who has since moved into a residential or nursing home, then please share your views. Carers are being asked to get in touch with the project to let us know about their experiences of caring and to help us shape our support.

This event will help us:

- Gather views and feedback
- Help develop a national survey for unpaid carers aged 50 and over
- Develop discussion for future feedback
- Your caring experiences during Covid-19 to gather feedback/information on your caring responsibilities.

These regional events will take place online via Zoom on the following dates:

South Wales: Tuesday 4 August 10-11:30am or Thursday 6 August 2-3:30pm

West Wales: Tuesday 11 August 10-11:30am or Thursday 13 August 2-3:30pm

Mid Wales: Tuesday 18 August 10-11:30am or Thursday 20 August 2-3:30pm

North Wales: Tuesday 25 August 10-11:30am or Thursday 27 August 2-3:30pm

If you have any questions about these events or would like to be part of the conversation then please contact [danielle.welsh@agecymru.org.uk](mailto:danielle.welsh@agecymru.org.uk) or call 0798 915 2529

Age Cymru and Carers Trust Wales are working in partnership to develop person-centred service models to identify, and better meet the needs of older carers and carers of people living with dementia, funded by the Welsh Government Sustainable Social Services Third Sector Grant.

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## Goldies Cymru – Sing and Smile



In March 2020 Golden-Oldies Charity had to temporarily close its 220-daytime fun 'Goldies' singing sessions across England and Wales.

Every Tuesday and Thursday at 11am, you can enjoy a Goldies session in your home led by Rachel on Tuesdays and Cheryl on Thursdays.

The sessions are recorded and go 'live' on the channel YouTube (see below pic) so you can watch as many times as you like. The SONG WORDS are on the screen so you can join in and Sing & Smile in your own homes.

A screenshot of the GoldiesLive YouTube channel page. At the top, there is a navigation bar with 'HOME', 'VIDEOS', 'PLAYLISTS', and 'CHANNELS'. Below this is the channel's profile picture, which is the GoldiesLive logo, and the channel name 'GoldiesLive' with '23 subscribers' and a 'SUBSCRIBE' button. The 'Uploads' section shows three video thumbnails, each with the GoldiesLive logo and a 'PREMIERE' badge. The first video is titled 'GOLDIESLive – Songs &amp; Smiles in your home! 30 Jul...' and premieres on 30/07/2020. The second video is titled 'GOLDIESLive – Songs &amp; Smiles in your home! 21 Jul...' with 26 views and was uploaded 23 hours ago. The third video is titled 'GOLDIESLive – Songs &amp; Smiles in your home! 28 Jul...' and premieres on 28/07/2020.

<https://www.youtube.com/channel/UCktq1e5exyOOqhfAfdlburg/featured>

## Pension Credit – Are you missing out?

More than a million people are missing out on a Government benefit known as Pension Credit. But what exactly is it and who can claim this money?

The good news is that it would mean keeping a free TV licence if you are aged over 75.

Free TV licences for the over-75s will be scrapped on August 1st as the BBC's new policy comes into effect. The change had been due to start from June 1 but has been delayed by two months because of coronavirus. It means three million households will be asked to start paying the £157.50 licence fee.

Putting in a claim for Pension Credit is one way around the sudden change - and could mean extra discounts on the costs of living as well as still getting a free TV licence.

Pension Credit is an income-related benefit available to those who have reached pension age.

### It's made up of two parts: Guarantee Credit and Savings Credit

Your circumstances	Guarantee Credit per week	Savings Credit per week
Single people	Top up to £173.75	Up to £13.97
Couples	Top up to £265.20	Up to £15.62

**The Guarantee Credit** element tops up your weekly income if it's below £173.75 (for single people) or £265.20 (for couples). You could still be eligible if you have savings, a pension or your own home.

If you get Guarantee Credit you will also qualify for other benefits such as Housing Benefit, Council Tax Reduction, Cold Weather Payments and help with the costs of NHS services.

### Eligibility

You must have reached state pension age to qualify for Pension Credit.

If you're in a couple you can start getting Pension Credit if either:

- you and your partner have both reached State Pension age
- one of you is getting Housing Benefit for people over State Pension age

- Your partner is your husband, wife or civil partner (if you live with them) or someone else you live with as if you were married.

## **Working out your income**

When you apply for Pension Credit your income is worked out this includes:

- State Pension
- other pensions
- most social security benefits, for example Carer's Allowance
- savings, investments over £10,000 - for these £1 is counted for every £500 or part £500
- earnings

If you're entitled to a private or workplace pension, the amount you'd expect to get is calculated as income from the date you were able to get it, if you had claimed it.

## **How to claim**

You can start your application up to 4 months before you reach state pension age.

You can claim any time after you reach State Pension age but your claim can only be backdated for 3 months. This means you can get up to 3 months of Pension Credit in your first payment if you were eligible during that time.

## **You will need:**

- your national insurance number
- information about your income, savings and investments
- your bank account details, if you're applying by phone or by post

If you're backdating your claim, you'll need details of your income, savings and investments on the date you want your claim to start.

## **Pension Service helpline**

Telephone: 0800 731 0469

Textphone: 0800 169 0133

[Relay UK](#) (if you cannot hear or speak on the phone): 18001 then 0800 731 0469

Monday to Friday, 9.30am to 6pm



## Meet our Volunteer



Hello, my name is Danny. I'm a sixty-something widower who has been an Age Connects volunteer since 2016. I would like to share with you some of my experiences in that time.

After some initial training, nothing too difficult, I started visiting care homes with a coordinator and a co-volunteer taking various crafting, games and musical activities. That was great fun; it enabled me to rediscover some abilities that I had thought lost, not least the same empathy with residents that I used to have with customers in my working life.

In time I found my way into other activities such as telephone befriending, physical support and "buddying" at the Perennials Garden, and a variety of I.T. tasks. Along the way I have traded stories with some lovely people, refreshed existing skills, learned new crafting skills (not all great but that's okay, you don't have to be great at everything) discovered some skills that I didn't know I had, and best of all made some lasting friendships, both in the field and in the Denbigh office.

At Age Connects I have interacted with people across the age spectrum from a staff member in their late 20s to a centenarian. While the people we support are 50 plus age group (as am I!) the staff and volunteers are of mixed ages, so whatever age you are - and whatever your talents - there might well be something for you. I for one am pleased and proud to be part of the team.

Age Connects North Wales central relies on the dedication of volunteers to assist us in helping older people throughout Conwy and Denbighshire who need our advice and support, ensuring that their rights as citizens are upheld.

All we ask for is your commitment, enthusiasm and expertise. In return, we offer training, travel, materials and volunteer support.

### **Types of projects that may interest you:**

Forums, fuel poverty and welfare benefits, fundraising, general administration, Information and Advice and Social Media.

If you are interested in any of these areas and have time to help us, please get in touch on 0300 2345 007.

## Lock down Recipe

# Carrot & Coriander Soup



Everyone loves this super healthy soup, perfect for an easy supper

**PREP: 15 MINS**

**COOK: 25 MINS**

Freezable & Vegetarian

Serves 4, Easy

1 [onion](#), chopped

1 [potato](#), chopped

450g [carrots](#), peeled and chopped

2l vegetable or chicken stock, heat 1 tbsp vegetable oil in a large pan, add 1 chopped onion, then fry for 5 mins until softened.

Stir in 1 tsp ground coriander and 1 chopped potato, then cook for 1 min.

Add the 450g peeled and chopped carrots and 1.2l vegetable or chicken stock, bring to the boil, then reduce the heat.

Cover and cook for 20 mins until the carrots are tender.

Tip into a food processor with a handful of coriander then blitz until smooth (you may need to do this in two batches). Return to pan, taste, add salt if necessary, then reheat to serve.

## Where to find help and support during the Covid-19 crisis

There are lots of different organisations / charities providing help and support for citizens living in Denbighshire. Our Information and Advice Team is an excellent first contact as they are able to provide you with information, advice and sign-post you to the relevant service.

### Age Connects North Wales Central:

Advisers are able to provide you with Information, Advice and Assistance on where to get the right support.

Telephone: 0300 2345 007 (Monday to Friday 9am-5pm)



### Denbighshire County Council Resource Pack:

Denbighshire County Council has collated a list of resources offering support during the current Covid-19 crisis. Information listed includes food deliveries, grocery services and support agencies.

Further Information is on their website:

<https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/community-resources.aspx>

Telephone Denbighshire Single Point of Access on 0300 456 1000 and select on Option 2



**To receive copies of this newsletter directly via post or email please contact:**

**Age Connects North Wales Central**  
15 Bridge Street, Denbigh LL16 3LF

**Tel: 0300 2345 007**

**Email:** [Abbe.williams@acnwc.org](mailto:Abbe.williams@acnwc.org) or [enquiries@acnwc.org](mailto:enquiries@acnwc.org)



age connects  
**canol gogledd cymru**  
**north wales central.**

Our Older People's Forums are funded by Denbighshire County Council



Content of this Newsletter was accurate at the time of publication