

# Older People's Newsletter

## Cylchlythyr Pobl Hŷn

*Information You Can Pick Up, Read, & Share.*

*Gwybodaeth Y Gallwch Eu Darllen A'u Rhannu'n Rhwydd.*



Sir Ddinbych  
CYMUNEDAU OED-GYFEILLGAR  
Denbighshire  
AGE FRIENDLY COMMUNITIES

**Prestatyn & St Asaph Forum members discussing Age Friendly Communities & Sion Wyn Evans Policy & Practise Lead with the Older Peoples Commissioner at the Denbighshire event in Prestatyn**



### **Older People's Forums (OPF) 2024**

Age Connects have attended the Age Friendly event in Trefnant earlier this year where Denbigh Forum Members were welcomed by the local community, other events followed, one in Prestatyn on 17<sup>th</sup> July and Corwen the 30<sup>th</sup> September.

The Age Friendly event at Trefnant coincided with the launch of their book Weaving the Threads – a project through Connexions and the Trefnant Community. This was an intergenerational project aimed at crossing barriers and making your community an Age Friendly Community. At this event people were asked "what makes your community age friendly".

Groups worked together on an Age Friendly project and copies of the book were shared during the event and all forth coming events. We have more in our office if you'd like to let us know "what makes your community age friendly" Prestatyn members heard from Children at a local school about the work they'd carried out with the extra care facility. Our members would like to see more intergenerational events in the community and be involved. We await the next chapter of Denbighshire becoming age friendly registered, we enjoyed providing questions and being part of the discussion.

Many organisations attended the events giving out information and advice and some members of the Corwen community had the opportunity to organise hospital transport and their hearing aids as the event was attended by the mobile audiology Van (see top of page 8 & where the van visits).

We have been visiting Groups and started our own consultation of members. Being part of our forum group gives you confidence & encouragement by being provided with information to enable you to act upon matters that concern you. We collate our forum members' feedback with some members completing a Welsh Government plan for supporting culture in Wales.

**Local Issues** raised which will be shared with the older peoples' champion

- Sandy Lane Prestatyn speeding – consideration for a speed camera?
- Parked cars restricting access to wheelchair users at bus stop in Clawdd Poncen Corwen. There is also concern, the latest position was found on the Corwen Community Council Minutes of their meeting on 11<sup>th</sup> November regarding this road: To Consider any Matters Arising from these Minutes a) A response has been received from DCC regarding decreasing the speed limit on the main road by the school. Unfortunately, DCC will not be decreasing the speed limit from 40 MPH to 20 MPH as there haven't been any accidents on that road. The CEO has responded to DCC saying that the matter is even more important now that the pump track has opened. Council also received a letter from a local resident stating how dangerous the road is. Action: Councillor G Hughes to speak to the school about it to see if they can create a video showing how dangerous the road is.
- Bins on pavements – Ruthin, someone on their mobility scooter not able to pass
- MPs not coming back or responding to issues
- Recycling why don't residents of housing schemes get free food bags?
- Winter Fuel Payment

## **January 2025**

Our next forums will be held over one week in January, We will keep in touch with members before and after these dates. We have a strong membership of people willing to get the word around and pass on information. If You would like to support us and become a member of our forums do please get in touch.

We are looking at ways of developing new forums and have been visiting established groups to ask their opinion about developing a forum element to their group. If you are interested we are now taking outreach bookings to visit groups or events to book some time with the Team: leave a message at 01745 508626 or email to [enquiries@acnwc.org](mailto:enquiries@acnwc.org).

We were delighted to be invited to The Salisbury Arms in Tremeirchion where we shared different experiences and was the perfect opportunity for us to provide information and to suggest ways they can connect.

## Older People's Forums - Fforymau Pobl Hŷn

<b>Corwen 2pm Tuesday</b>	28 <sup>th</sup> January	Archival
<b>St Asaph 11am Wednesday</b>	29 <sup>th</sup> January	Community Cohesion/ Archival
<b>Denbigh – 10.30am, Thursday Tenants only</b>	30 <sup>th</sup> January	Community Cohesion/ Archival
<b>Special event with Cllr. Elen Heaton will be held at Eirianfa Community Centre Denbigh</b>	1.30pm. 11 <sup>th</sup> February 2025	To hear about the work of our Forums and Elen's work as <b>Older Peoples Champion</b>

### Information shared at the Forums

#### Pension Credit

<https://www.gov.uk/pension-credit>

<https://www.gov.uk/pension-credit>

**TPAS** is the organisation (independent) for people that rent their home – get on their mailing list <https://www.tpas.cymru/ynghylch/pwls-tenantaid> **Need to talk? Call them on 029 2023 7303 or 01492 593046**

**LLAIS** Social & Health current emergency feedback or If you need to raise a concern about an NHS or social care service

<https://www.llaiswales.org/have-your-say> GET IN TOUCH **Telephone 01978**

**356178 / 01248 679284 Email [northwalesenquiries@llaiscymru.org](mailto:northwalesenquiries@llaiscymru.org)**

**Advocacy details for DEWIS cil Email [advocacy@dewiscil.org.uk](mailto:advocacy@dewiscil.org.uk)**

**Telephone 01492 588366 they cover Denbighshire & Conwy**

There are also interesting articles on our website where you can read a blog written by Alessandra Thomas <https://www.ageconnectsnwc.org/blog/>

Alessandra Thomas is our Conwy Forum/newsletter staff member who also did an interview on Bay Radio. It went out live <https://player.autopod.xyz/636865>

**Age Connects** north wales central (ACWNC) have been working on updating our information pack providing information on the services we deliver and the difference between Age connects & our community projects and Age Cymru which is the national organisation.

As a small charity we are reliant on voluntary donations. Age Connects prides itself on the amazing work being delivered throughout Denbighshire & Conwy for over 30 years! We are committed to being one of the most caring charities in Wales.

If you would like to help our organisation continue reaching thousands of citizens, please donate by sending a cheque to Age Connects North Wales Central, Eirianfa Community Centre, Factory Place, Denbigh, LL16 3TS. There is a page on our website: <https://www.ageconnectsnwc.org/donate/>. Or we can send you a copy.

**ACNWC Projects** where referrals are made via our Information and Advice and other outside organisations – these come via our [enquiries@acnwc.org](mailto:enquiries@acnwc.org) email or by telephone where we ask you to leave a message on 0300 2345 007 and we will get back to you:

**Information and Advice** – This project provides Information and Advice and meets the requirements of the Social Care and Wellbeing Act 2014 by increasing awareness of the number of services available in the community. The aim is to provide effective Information and advice to the older population. Reduce or delay support needs, helping to minimise the effects of disabilities and promote independence. We are not crisis but just as important we **prevent** our elderly population getting into a crisis.

There is a demand for support with the following:-

- Energy bills people not being able to afford new central Heating boilers
- Support with Attendance Allowance applications.
- Help around the house.
- People are experiencing loneliness and isolation.
- Pension Credit / Benefits
- Need help with sorting out paperwork
- Relatives concerned about family member with memory loss where to go to for help
- How can they get help with handrails /Telecare
- Transport to the hospital This can be a major problem in certain areas
- Housing Private landlords are serving eviction orders to enable them to sell the property due to the new regulations. People are struggling to find alternative accommodation
- Care Home Fees Partner goes into care home income drops significantly finding it hard to make ends meet. If partner wishes to sell property to either move nearer family or to a smaller place half of the money then has to go to pay care home fees leaving very little left to buy another property. Therefore they are in a dilemma as to what to do These situation can be very stressful.

Our other **services are**

**LEAP** Local Energy Advice Partnership Can check energy bills, refer for further funded improvements insulation and heating systems. Advice on energy saving measures and help with money problems / benefits Support with Attendance Allowance applications

**Home Life** Supports people living at home and remain independent offers Domestic Assistance, Companionship, Shopping, Attending medical appointments at a hourly rate charge.

**Community Navigator** their role is to connect people to community services to improve health and wellbeing. Callers admit they lack in confidence following a fall or loss a partner and become isolated and experience loneliness. This service can help people regain purpose and a sense of belonging enabling them to make new friends. (this is only available in Conwy county)

**Happy Feet** This is a toenail cutting service (a chargeable service)

**Practical Help List** - contact details of Gardeners/Cleaners /Chimney Sweeps /Plumbers Electricians Micro providers and more

### **Testimonials from citizens we have supported**

*"getting information about services, I knew nothing about I now feel reassured that there is an organisation like Age Connects that I can contact at any time for advice "*

*"Thank you for listening and for being honest "*

*"I feel so much better after speaking with you today Knowing there are people like you out there to help is very reassuring Thank you "*

*"I was getting pushed from one to another and nothing was getting done I have rang so many different organisations who have never got back to me." I am grateful to you for taking the time to listen and appreciate you keeping in touch"*

The Family member thanked staff for their honesty and had brought to light what they already knew She felt she knew what she had to do now to improve the situation.

**Age connects** were invited to a Brunch meeting at Llygadog in Corwen on Monday 29<sup>th</sup> July 2024

**Barod (Project Ready)** The project predominately supports young people/ people with complex needs and people suffering with their mental health to get back into the workplace however the project has also noticed an increase in supporting older people due to the cost of living crisis people are returning to work following retirement because they are finding it difficult to make ends meet Also older people who have worked in one place for some time are made redundant they are now having to acquire new skills to find alternative employment.

**Barod (Project Ready)** is a pilot project funded by the UK Community Renewal Fund. The project will establish a multi-agency team to join up a variety of services around people aged 16+ to address the variety of barriers to employment, raise aspiration, increase motivation and engagement with the labour market and mainstream DWP (Department for Work and Pensions) employment programmes:

### **Held every Thursday**

- **16- 24 years, 1pm to 2.30pm**
  - **Alternating between Rhyl Youth Centre and Denbigh Hwb**
- **25+, 3pm – 4pm.**
  - **Alternating between Rhyl Library and Denbigh Hwb**

**CONTACT Working Denbighshire for further information: Tel: 01745 331438 or e-mail [workingdenbighshire@denbighshire.gov.uk](mailto:workingdenbighshire@denbighshire.gov.uk).**

**Corwen Forum** Age connects has a long-standing relationship with the residents of Llygadog & the Clawdd Poncen estate having held Older Peoples forums there for many years. Age Connects and forum members have been working alongside the Community Wellbeing Officer who is there two days a week on the Clawdd Poncen Estate with the local community and with the residents who live in Llygadog. The Community Wellbeing Officer has been working in the Community Garden The Communal room is being used to hold events and open to the residents of Clawdd Poncen computers have been installed along with a pool table Discussion took place in a recent meeting with age connects to provide a Toe nail cutting service and looking into the possibility of using one of the rooms on the complex to accommodate this along with a hairdressing service.

There is a weekly programme of activities such as  
Bingo Seated Yoga Boccia Digital drop ins

The Community Cohesion Officer returned in December / the Community Engagement Officer for North East Wales Archives in January. **North East Wales**

**Archives** have linked in with Age Connects and visiting our groups to chat about activities as part of their Lottery funded consultation and how to develop their centre in Mold and hubs throughout Denbighshire.

Overview of what was discussed:

- North East Wales Archives, our collections and what we offer
- The future of our service, NLHF project and upcoming consultation

She brought along copies of archive material that the group can look through, involving our groups with their consultation and how to develop their facility. Our members were very interested in being a part of this project.

In August Age connects In collaboration with Nature for Health held a Community Engagement Event at Llygadog

**Nature for Health** delivering conservation projects in our green spaces, new allotment sites, arts, and craft sessions, walking sessions and trips to other areas. It is encouraging more people to enjoy the countryside for physical and mental well-being and to become more physically active. Weekly sessions take place in Rhyl, Prestatyn, Denbigh, Llangollen and Corwen. Information can be found on their Facebook pages or by contacting the Rhyl office on 01824 708313 or the Llangollen office on 01824 712774. This is part of the ongoing Nature for Health project, with many more events coming soon. The project is a collaboration between Denbighshire Countryside Service and Denbighshire Housing

**Denbigh Forum** in our October meeting members participated in an activity with the Community Cohesion Officer for Denbighshire & Flintshire about “what makes their community safe” and presenting other ways we can link in with this project. Keen to work with older people groups throughout Denbighshire & Flintshire.

### **Tips for a long retirement**

from a pensioner aged 102:

“Never eat anything that hasn’t been cooked in a chip pan

Never cross the threshold of a gym

Never partake in physical training – the last time he tried in 1941,  
they packed him off to fight in the war”



## Audiology Clinics throughout Denbighshire

Location	Venue	Day of the month	Time
<b>Prestatyn</b>	Prestatyn Library	4th Monday	10.30am –12.30pm
<b>Rhyl</b>	Rhyl Library	2nd Tuesday	10.30am –12.30pm
<b>Rhuddlan</b>	Rhuddlan Library	4th Friday	10am –12pm
<b>St Asaph</b>	St Asaph Library	2nd Wednesday	10am –12pm
<b>Llangollen</b>	Library, Castle Street	2nd Friday	10am –12pm
<b>Corwen</b>	Corwen Family Practice	3rd Friday	10am –12pm

## Library Services

Liz Grieve, Head of Housing & Communities Service said: “We have tried to choose hours that benefit each Library’s specific needs and create a balance between location and opening times. No Library within Denbighshire is closing its doors permanently through these changes, and the core Library services that our residents have come to know and love have been protected and are fully accessible during these new hours. We are looking forward to working with partners and community groups so that we can continue to keep Libraries at the heart of our local communities.” And don’t forget to visit

**Talking Points** at your library, appointments can also be made via **SPoA** call **0300 456 1000** or visit DEWIS on <https://www.dewis.wales/> Your Talking Points are held Every Monday (except bank holidays) - St Asaph Library, 9.30 – 12.30 Every Tuesday - Rhyl Library, 9.30 – 3.30 Every Wednesday - Denbigh Library and Llangollen Library, 9.30 – 1.00 Every Thursday - Rhuddlan Library, 2.00 – 4.30 Every Friday (except bank holidays) - Prestatyn Library and Ruthin Library, 9.30 – 1.00



**Single Point of Access (SPoA)** – **SPoA** is provided by the social services department of Denbighshire County Council. It is the first port of call for anything that may be about social and care issues, such as:

- Housing Adaptations
- Older People
- Physical disabilities and sensory impairment
- Learning disabilities
- Occupational therapy
- Care

This is a confidential service, and you will be asked questions about yourself, or the person you are ringing about, to understand which services best fit your needs. SPoA work with other agencies and local voluntary organisations, and will refer you if this is the best way to help. Call **SPoA on 0300 456 1000**.

<https://www.denbighshire.gov.uk/en/health-and-social-care/forms/contact-single-point-of-access.aspx> you can also submit a form online.

**Prestatyn Town Council is bringing back Warm Hubs**

Email [info@prestatyntc.co.uk](mailto:info@prestatyntc.co.uk) .

**The following dates are scheduled:**

**PRESTATYN TOWN COUNCIL  
CHAMBERS – 12PM-3PM**

**They started in NOVEMBER with  
further dates in**

**DECEMBER: 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>**

**JANUARY: 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>**

**DEVA CHURCH - 11AM-2PM**

**They started in NOVEMBER with  
further dates in**

**DECEMBER: 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>**

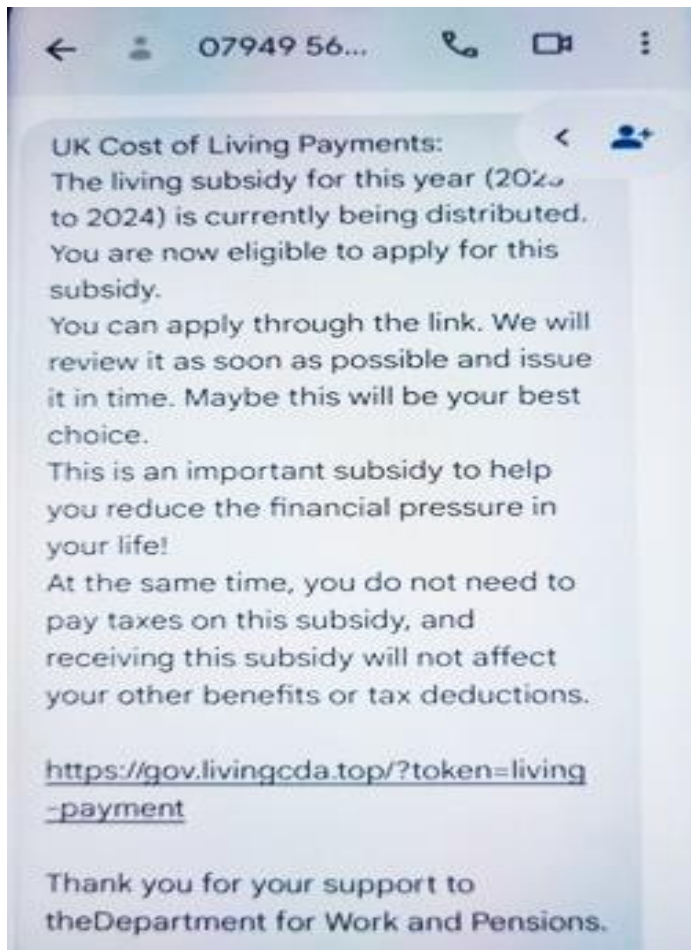
**JANUARY: 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>**

**MELIDEN COMMUNITY CENTRE – 12PM-3PM**

**They started in NOVEMBER with further dates in**

**DECEMBER: 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>**

**JANUARY: 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>**



**BIG scams TAKE FIVE** find out more [takefive-stopfraud.org.uk](https://takefive-stopfraud.org.uk)

and always report scams to

**ACTION FRAUD**

[www.actionfraud.police.uk](https://www.actionfraud.police.uk)

0300 123 2040

One of many scams, thanks to the older peoples commissioner to letting us know – don't click the link

**SCAM ALERT** We have been alerted to text messages claiming to be from the Department for Work and Pensions, offering a 'living subsidy'.

Thank you goes to **Rachel Roberts** Swyddog Diogelu Camdrin Ariannol | Financial Abuse Safeguarding Officer North Wales Police for sharing these links:

### Scam sharer tool

There's now a much easier way to make us aware of scams directly with our scam sharer tool. Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud.

**Scam sharer tool** <https://www.which.co.uk/tool/scam-sharer>

<https://signup.which.co.uk/wlp-scamalert-newsletter>

## Bogus Winter Fuel Payment ads

Scammers are promoting bogus 'Winter Fuel Payments' that don't exist. We've uncovered seven adverts on Facebook and Instagram that claim people of a certain age can receive a 'winter fuel payment' of £500 or £575 per person.

If you're eligible for the legitimate winter fuel payment from the government, you'll have received a letter in October, or will get one in November, saying how much your payment will be. In the meantime, [find out how to spot these scams on social media.](#)

[Fake ads to watch out for](#) <https://www.which.co.uk/news/article/beware-of-bogus-winter-fuel-payments-ads-on-facebook-and-instagram>

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## Avoid Black Friday scams

A fake offer isn't anything new, but the hype of the Black Friday and Christmas sales period, and all the advertising that's pumped out at this time of year, allows scammers to disguise their traps.

We reveal the latest Black Friday scams and show you [how to tell the genuine bargains from the dodgy deals.](#)

[How to spot a scam deal](#) <https://www.which.co.uk/news/article/how-to-avoid-falling-for-a-black-friday-scam>

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## Nuisance callers flogging appliance warranties

Rogue firms continue to bombard the public with misleading calls about appliance and white goods repair cover. We spoke to Sam, from Yorkshire, who believes he was deliberately misled during a phone call from HomeShield, when he inadvertently shared his bank details.

Using a recording of the call, we've transcribed Sam's conversation with HomeShield, [so you can understand what to watch out for.](#)

[Cold caller tactics revealed](#) <https://www.which.co.uk/news/article/who-will-put-a-stop-to-nuisance-callers-flogging-appliance-warranties>

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**And from North Wales Police -**

- \* Remember the NW Shop when buying your Christmas gifts**
- \* Enter ERA's prize draw to win a home security bundle over £200**
- \* We're proud to introduce our new partnership with Phonely, working together to keep you protected from scams**
- \* Making your lists and checking them twice... cybersecurity with Avast**
- \* SimpliSafe offer advice on keeping your home secure this Christmas, and how to have fun at the same time**
- \* LockLatch share recipes for festive homemade dog treats - don't forget to check out their PetLatch product!**
- \* The Master Locksmiths Association (MLA) help us stay safe over the festive period**

**[READ THE DECEMBER NEWSLETTER HERE. https://s-url.co/UOEYAA](https://s-url.co/UOEYAA)**

**Shoppers lost over £11.5 million to cyber criminals during last year's festive season.**

**Remember that criminals will post fake listings for all sorts of different products online and will**

**send genuine-looking emails and texts to lure victims to fake online shopping websites.**

**Warning signs to be beware of may be:**

- ⚠ The offer seems 'too good to be true'**
- ⚠ You're asked to pay by bank transfer only not via a secure payment option**
- ⚠ The website is only days/weeks old**

**Protect yourself while shopping online this Christmas by –**

- ✓ Researching sellers to check that they're legitimate.**
- ✓ Using a credit card or secure payment platform.**

✓ Only providing enough details to complete your purchase.

Here are some further top tips on how to shop online securely this festive season: <https://www.ncsc.gov.uk/guidance/shopping-online-securely>

#NWPCyberSafe



Also As part of #FraudAwarenessWeek, @tvlicensing is sharing its top tips for dealing with a suspected scam — including this one 📺

If you're not sure a communication is genuine, don't open it or click any links — just forward it to [report@phishing.gov.uk](mailto:report@phishing.gov.uk), and they'll investigate 🔍  
For more information on spotting and reporting scams, watch TV Licensing's helpful video ➡ [youtu.be/K-H9UREBvG8?si=UTDMLqIY5DDDLuZs](https://youtu.be/K-H9UREBvG8?si=UTDMLqIY5DDDLuZs)

Yn rhan o #WythnosYmwybyddiaethTwyll, mae @tvlicensing yn rhannu cyngor ar gyfer delio gyda sgamiau honedig 📺

Os nad ydych chi'n siwr a yw cyfathrebiad yn ddilys, peidiwch â'i agor na chlicio unrhyw linciau. Anfonwch at [report@phishing.gov.uk](mailto:report@phishing.gov.uk) i archwilio ymhellach 🔍  
Am fwy o wybodaeth ar adnabod a reportio sgamiau, gwylwch fideo defnyddiol Trwyddedu Teledu: ➡ [youtu.be/K-H9UREBvG8?si=UTDMLqIY5DDDLuZs](https://youtu.be/K-H9UREBvG8?si=UTDMLqIY5DDDLuZs)



## Welcome to the Bladder & Bowel Community

At the Bladder & Bowel Community, they help support the millions of people in the UK who are living with conditions that affect their bladder or bowel. Whether you have a condition yourself or are a relative, friend or carer of someone who does then you'll find all the support, information, guidance and help you need.

Worth at look at their website and they offer different types of support including the

<https://www.bladderandbowel.org/help-information/just-cant-wait-card/>

<https://www.bladderandbowel.org/help-information/just-cant-wait-card/>

<https://www.bladderandbowel.org/just-cant-wait-card/order-your-plastic-just-cant-wait-card/>

### Download your FREE

#### Digital Just Can't Wait Card

The Digital Just Can't Wait Card offers the following benefits:

- The Original Toilet Card – now Digital
- Access to toilets not normally available to the public\*
- Discreet, clear communication when you just can't wait to use a toilet
- Free of Charge
- Widely accepted at many cafés, shops, restaurants, entertainment venues and other businesses
- Available on your phone so you won't have to worry about losing your card\*\*

### Purchase a Plastic Just Can't Wait Card

The Original Just Can't Wait Card is now available to order online:

- The Original Just Can't Wait Toilet Card
- Available to UK residents only
- Wallet Sized
- Just £2.95 via secure online payment
- Durable plastic material – just like your other essential cards
- Delivered within 5 working days
- Cards are now Biodegradable

### **NEW! Get your Plastic Just Can't Wait Card for just £2.95, delivered**

Simply complete your name and a few details about your bladder or bowel condition so that we can suggest the right information and services for you. Your shiny new card will be dispatched via post, and should arrive within 10 days.





## MIND Vale of Clwyd

MIND Vale of Clwyd host a weekly walking group.

For more details contact MIND at [enquiries@valeofclwydmind.org.uk](mailto:enquiries@valeofclwydmind.org.uk)

Or tel:01745336787

**The days & locations you can visit the Doris Mind Bus for information & advice**

**Rhagfyr**

**December 2024**

**Contact Diane 07503676004**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 St.Asaph co-op 10.00 – 14.00	4 Llangollen Food share 12.00- 15.00	5 Ruthin Farmers Market 8.30 – 13.00	6
8	9	10 Denbigh Aldi car park 10.00 – 14.00	11 Corwen wreath making with Nature For Health 10.00- 14.00	12 St.Asaph Farmers Market 8.30 – 13.00	13
15	16	17 DORIS will be helping move to new premises in Denbigh	18 Watch this space for the opening date of the Butter market	19 Opening in the new year!	20
22	23	24 Christmas Eve Closed	25 Christmas Day Closed	26 Boxing Day Closed	27

<b>December 29</b>	<b>30</b>	<b>31 Closed</b>	<b>1 New Years Day 2025 Closed</b>	<b>2 Back out on the road! Ruthin Farmers Market 8.30 – 13.00</b>	
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**Ionawr**

**January 2025**

**Contact Diane 07503676004**

**Subject to weather conditions!**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
			<b>1 New Year's Day Closed</b>	<b>2 DORIS back out on road Ruthin Farmers Market 8.30 – 13.00</b>	<b>3</b>
<b>5</b>	<b>6</b>	<b>7 Denbigh Aldi 10.00 – 14.00</b>	<b>8 Llangollen Food share 12.00- 15.00</b>	<b>9 St. Asaph Farmers Market 8.30 – 13.00</b>	<b>10</b>
<b>12</b>	<b>13</b>	<b>14 Voel Coaches Open Day Dyserth 10.00- 15.00</b>	<b>15 Gwyddelwern 10.00 -12.00 Corwen 12.30- 14.00</b>	<b>16 Ruthin Farmers Market 8.30 – 13.00</b>	<b>17</b>

<b>January 19</b>	<b>20</b>	<b>21</b> <b>St.Asaph co-op</b> <b>10.00 - 14.00</b>	<b>22</b> <b>Llangollen Food share</b> <b>12.00- 15.00</b>	<b>23</b> <b>St. Asaph Farmers Market</b> <b>8.30 – 13.00</b>	<b>24</b>
<b>26</b>	<b>27</b>	<b>28</b> <b>Ruthin Tesco</b> <b>10.00- 14.00</b>	<b>29</b> <b>Prestatyn Tesco</b> <b>10.00-12.00</b> <b>Prestatyn Lidl</b> <b>12.30-14.00</b>	<b>30</b> <b>Ruthin Farmers Market</b> <b>8.30 – 13.00</b>	<b>31</b>

**Doris also attends ad hoc events as well as health professionals visiting the bus – January 8<sup>th</sup>, 9<sup>th</sup> & 30<sup>th</sup> they will also have the Stroke Prevention Team.**

**Digital Confidence Denbighshire** To learn of more dates or book your place on a training session, please call **0300 111 5050**, select **option 2** for digital support and then **option 1** for the Digital Confidence Denbighshire team. Alternatively, you can email at [dcdenbighshire@cwmpas.coop](mailto:dcdenbighshire@cwmpas.coop).

For those based in Corwen Llygadog will be holding digital drop ins, see the blackboard in the entrance lobby

**November Digital Drop-In (Denbigh Hwb) – Monday | 25/11/2024 | 1-3pm**

**December Digital Drop-In (Denbigh Hwb) -Monday – | 09/12/2024 | 1-3pm**

**Shopping and Saving Money Online (Denbigh Hwb) – Monday | 16/12/2024 | 1-3pm**

**Shopping and Saving Money Online (Festival Church Prestatyn) – Tuesday | 10/12/2024 | 10-12pm**

**2025**

**Digital Drop-In (Denbigh Hwb) – Monday | 27/01/2024 | 10/02/2024 | 24/02/2024 | 10/03/2024 | 24/03/2024 | 1-3pm**

## Essential Digital Skills Courses

Join us for 2 hours a week over 4 weeks to learn more about the essential digital skills needed to make the most of being online. Topics include: Getting started with your device, communicating online, problem solving online, shopping and saving money online, and online safety. You will receive a certificate upon completion of all four sessions.

**Denbigh (Denbigh Hwb)** – Wednesday | 04/12/2024 | 11/12/2024 | 18/12/2024 | 1-3pm

**Ruthin Library** – Tuesday | 03/12/2024 **1-3pm** | 10/12/2024 **1-3pm** | 17/12/2024 **10am-12pm** |

**Prestatyn (Prestatyn Town Council Chambers, 7 Nant Hall Road, LL19 9LR)**  
– Friday | 15/11/2024 | 22/11/2024 | 29/11/2024 | 06/12/2024 | 9.30am-11.30am  
**2025**

**Denbigh (Denbigh Hwb)** – Wednesday – 15/01/2025 | 22/01/2025 | 29/01/2025 | 05/02/2025 | 1-3pm

**Denbigh (Denbigh Hwb)** – Wednesday – 19/02/2025 | 26/02/2025 | 05/03/2025 | 12/03/2025 | 1-3pm

**Naylor Leyland Centre, Ruthin (DVSC)** – Friday – 17/01/2025 | 24/01/2025 | 31/01/2025 | 07/02/2025 | 10-12pm

**Naylor Leyland Centre, Ruthin (DVSC)** – Friday – 21/02/2025 | 28/02/2025 | 07/03/2025 | 14/03/2025 | 10-12pm

**Festival Church Prestatyn** – Tuesday – 21/01/2025 | 28/01/2025 | 04/02/2025 | 11/02/2025 | 10-12pm

**Festival Church Prestatyn** – Tuesday – 25/02/2025 | 04/03/2025 | 11/03/2025 | 18/03/2025 | 10-12pm

**Opf** are linking in with the project and whether any of our groups would like to be involved with the Digital Friends projects (if your group would like to be involved you would need one or two volunteers)

## FFRINDIAU DIGIDOL DIGITAL FRIENDS

Oes gennych chi ddi-ddordeb i fod yn Ffrind Digidol a fyddai'n gyfle i sbarduno sesiynau digidol dros banad a chacen yn eich hardal?

Cyfle anffurfiol ac hamddenol i ddysgu ar y cyd, datrys problem a chymdeithasu mewn grŵp o'r un anian.

Mae Cymunedau Digidol Cymru yn cynnig sesiynau ar-lein byr am ddim sy'n para ddim muyn na 1 awr a hanner i'ch rhoi ar ben ffordd i fod yn Ffrind Digidol.

Are you interested in being a Digital Friend which would be an opportunity to enable digital sessions over tea and cake in your area?

An informal and relaxed opportunity to learn together, solve a problem and socialize with a like-minded group.

Digital Communities Wales offers short free online sessions lasting no more than 1 and a half hours to get you started on your way to becoming a Digital Friend.

Ebostiwch am ragor o fanylion | Email for more info:  
ynysmôn@gmail.com



Cympass who run the digital sessions throughout Denbighshire are looking to train Digital Friends in areas all over Wales to facilitate potential digital sessions for older people which intend to be an informal space in a community hub to problem-solve with their devices, learn new skills and socialise over tea and cake.

Their offer includes taking part in the following events

- **Inspiring Digital Activities**
- **Réminiscence**
- **Digital tools to support people living with dementia**

including kit of iPads, laptops and VR headsets available for loan to organisations to support any digital inclusion work they undertake.

**Action for Happiness: Self-Care** from the Eden Project  
<https://actionforhappiness.org/>

We all need a little extra kindness right now, so take a look at the Action for Happiness Self-Care Calendar for daily prompts to nurture your wellbeing. Whether it's making time for yourself or helping others, these simple actions will help bring calm and connection to your day. As well as other useful resources.

**Information for Carers** – If Carers have received a Carers Needs Assessment from SPoA or NEWCIS. There is funding available for items of equipment to support the unpaid carers to continue in their caring role and keep the person they care for living at home for as long as possible. Key safes x10 (£105 each) Small grants x 50 (up to £200) The funding does need to be spent specifically on digital equipment e.g. GPS buddies, doorbell camera and Alexa type devices. It can't be spent on white goods e.g. washing machines etc because these sorts of equipment are outside of the funding criteria

**Reengage**

**Denbighshire**  
**GWEITHGAREDDAU GRŴP**  
**AM DDIM I BOBL 75+**

<b>DYDD LLUN</b> <b>PYTHFNOSOL</b> <b>10:30-12:30</b>	<b>GÊM BOCCIA</b> Hwb Rhuddlan RHUDDLAN
<b>DYDD</b> <b>MERCHER</b> <b>MISOL</b> <b>2 - 4yp</b>	<b>GÊM BOCCIA</b> The ASK Centre RHYL
<b>DYDD</b> <b>GWENER</b> <b>PYTHFNOSOL</b> <b>11 - 1 yp</b>	<b>GÊM BOCCIA</b> Canolfan Cymunedol Eirianfa DENBIGH

**Cofrestrwch ymlaen llaw yma:**  
**[www.reengage.org.uk/refer](http://www.reengage.org.uk/refer)**  
**0800 716543**

Oes gennych chi ddiddordeb mewn gwirfoddoli?  
 Cysylltu â  
[niwww.reengage.org.uk/volunteer](http://niwww.reengage.org.uk/volunteer)

@reengage

**Reengage**

**Denbighshire**  
**FREE SOCIAL GROUPS**  
**FOR PEOPLE AGED 75+**

<b>MONDAY</b> <b>FORTNIGHTLY</b> <b>10:30-12:30</b>	<b>BOCCIA GAME</b> Hwb Rhuddlan RHUDDLAN
<b>WEDNESDAY</b> <b>MONTHLY</b> <b>2 - 4</b>	<b>BOCCIA GAME</b> The ASK Centre RHYL
<b>WEDNESDAY</b> <b>FORTNIGHTLY</b> <b>11 - 1</b>	<b>BOCCIA GAME</b> Eirianfa Community Centre DENBIGH

**Please register in advance here:**  
**[www.reengage.org.uk/refer](http://www.reengage.org.uk/refer)**  
**0800 716543**

**Interested in volunteering?**  
**Contact us:**  
[www.reengage.org.uk/volunteer](http://www.reengage.org.uk/volunteer)

@reengage

**OPAAL** have Easy-to-use free checklists to enable positive conversations on important issues. To help us all better understand the vital role that advocacy plays in the health and social care system, there is also the National Institute of Care Excellence (NICE) Guidance on what you can expect if you or someone you care about would benefit from some form of advocacy, as they deal with the health and social care system.

This includes guidance on:

- how individuals and their supporters should be signposted to formal advocacy (where the advocacy is paid for by the health and social care system); AND
- informal advocacy, where a friend, family member or other interested party can help an individual speak up about their needs and wants. The resources below are designed to help those engaging in informal advocacy for older people.

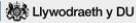

All checklists are also available in Welsh. Please email [admin@opaal.org.uk](mailto:admin@opaal.org.uk) for Welsh versions. Mae pob rhestr wirio hefyd ar gael yn Gymraeg. Anfonwch e-bost at [admin@opaal.org.uk](mailto:admin@opaal.org.uk) am fersiynau Cymraeg:

<https://opaal.org.uk/resources-for-individuals-finances/>



**You can Join Age Cymru in protecting struggling pensioners this winter by signing their petition** If you or a loved one would like to sign offline you can [print a template of the petition](#) or request one by writing to FREEPOST Age UK Campaigns. 0800 169 8787 [contact@ageuk.org.uk](mailto:contact@ageuk.org.uk) (our groups have been adding their names to the petition and Age Connects will forward these on)

We, like other organisations, are encouraged to circulate the following link for you to check your eligibility for Pension Credit, or please telephone

 <b>Dros oedran Pensiwn y Wladwriaeth?</b> Efallai y bydd gennych hawl i <b>Gredyd Pensiwn</b> a chael y <b>Taliad Tanwydd Gaeaf</b> .  Gwiriwch a ydych yn gymwys ar gyfer Credyd Pensiwn ar-lein.	 <b>Could you, or someone you know, be missing out on Pension Credit?</b>  Check your eligibility at <b>gov.uk/pension-credit</b> or by calling <b>0800 99 1234</b>
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**Comisiynydd  
Pobl Hŷn  
Cymru**  
**Older People's  
Commissioner  
for Wales**

if the Pension credit service is not working we encourage you to contact the older people commissioner

<https://olderpeople.wales/contact-us/>

Phone: 03442 640 670 Email: [ask@olderpeople.wales](mailto:ask@olderpeople.wales)

Opening hours: Monday to Friday, 9am to 5pm.

They want to hear about any issues you are facing.

***Could you or someone you know be one of over 850,000 pensioners that are missing out on Pension Credit? @tvlicensing has shared the reminder that if you are eligible to receive Pension Credit, and are aged 75 and over, you could be entitled to a free TV Licence 📺💡***



We once again thank **Nerys Affleck Cydlynnydd Hybu Iechyd / Health Promotion Coordinator**

**Tim Lleol y Gogledd/North Locality Team** for sharing this information:

Mae heneiddio yn ffactor risg hysbys sydd yn aml yn cael ei gamddeall ar gyfer salwch difrifol a sydyn mewn ymateb i'r oerfel. Mae dilyniant naturiol heneiddio yn golygu bod ein cyrff yn arafach wrth ymateb, nag yr oeddent ar un adeg, i hyd yn oed y newidiadau mwyaf cynnil mewn tymheredd. Oedolion hŷn a'r rhai sy'n byw gyda chyflyrau iechyd a meddygol gwael sydd fwyaf mewn perygl.

Er ein bod yn cydnabod yr amgylchiadau amhosibl y mae pobl ynddynt, rydym yn gobeithio, gyda gwell ymwybyddiaeth a dealltwriaeth o'r risg hon, y bydd pobl yn troi at Age Cymru am gymorth i baratoi i fyw'n gynnes ac yn ddiogel y gaeaf hwn.

Rydym am adeiladu gwytnwch ymhlith yr holl bobl hŷn, yn ystod cyfnod o risg uchel o niwed y gellir ei atal.

Mae gennym gyfrifoldeb ar y cyd i godi ymwybyddiaeth y cyhoedd trwy ein hymgyrch Lles Drwy Wres, bod cynhesrwydd yn angen dynol sylfaenol, ar gyfer yr iechyd gorau posibl ac ansawdd bywyd. Mae yna lawer o fanteision diogelu iechyd i gadw'n gynnes wrth i'r tymheredd ostwng.

Mae Lles Drwy Wres, yn tynnu sylw at y newidiadau bach y gallwn eu gwneud i baratoi ar gyfer yr oerfel ac i fyw'n gynnes dros y gaeaf.

Y neges allweddol yw bod cynhesrwydd yn eich cadw'n iach. Rydym am i bobl gydnabod, drwy gymryd gofal i gadw eu corff a'u cartref yn gynnes, y gallant leihau'r risg o'r nifer o afiechydon ataliol sydd â'r potensial i fygwth bywyd yr adeg hon o'r flwyddyn.

Gobeithiwn y bydd pobl yn teimlo eu bod yn cael eu hannog i fynd i'r afael â'r risgiau hyn nawr, gyda gofal a chynllunio priodol i'w galluogi i fyw'n gynnes, yn ddiogel ac yn iach yn ystod y misoedd oer sydd i ddod.

Diolch ymlaen llaw am eich cefnogaeth,

Dymuniadau cynnes,

Angharad (Phillips)

Swyddog Mentrau Iechyd, Rhaglen Heneiddio'n Iach

## **Sut y gall yr oerfel effeithio arnom: Risgiau iechyd o dymheredd oer:**

### **Mwy o berygl o hypothermia**

- Mae hypothermia yn digwydd pan fydd tymheredd y corff yn gostwng o dan lefelau arferol. Mae oedolion hŷn yn aml yn cael metaboledd arafach, llai o siopau braster, a gallant golli gwres yn gyflymach nag unigolion iau, gan eu gwneud yn fwy agored i oerfel.
- Mae gallu'r corff i reoleiddio tymheredd yn gwanhau gydag oedran, a gall cyflyrau meddygol penodol (fel diabetes neu broblemau thyroid) amharu ar y gallu hwn hefyd.

### **Straen cardiofasgwlaidd**

- Gall tywydd oer gyfyngu pibellau gwaed, sy'n gorfodi'r galon i weithio'n galetach i bwmpio gwaed. Mae hyn yn cynyddu'r risg o drawiadau ar y galon neu strôc, yn enwedig yn y rhai â chyflyrau cardiofasgwlaidd sy'n bodoli eisoes.
- Mae'r gwaed hefyd yn dod yn fwy trwchus mewn tywydd oer, gan gynyddu'r risg o geulo.

### **Problemau Anadlu**

Gall aer oer waethygu cyflyrau anadlol fel asthma, bronchitis, neu glefyd rhwystrol cronig yr ysgyfaint (COPD). Gall yr oerfel achosi broncosm neu achosi i'r llwybrau anadlu i dynhau.

- Mae'r fflwi, Covid-19, RSV a niwmonia yn fwy cyffredin mewn tywydd oer, ac mae oedolion hŷn mewn mwy o berygl o gael cymhlethdodau difrifol o'r heintiau hyn.

### **System imiwnedd wan**

- Wrth i bobl heneiddio, mae'r system imiwnedd yn dod yn llai effeithiol wrth ymladd heintiau. Mae tywydd oer a misoedd y gaeaf yn aml yn cyd-fynd â thymor y fflwi, gan gynyddu'r tebygolrwydd o ddal firsau.

Gall tywydd oer hefyd achosi i bobl aros dan do am gyfnodau hirach, gan gynyddu'r risg o drosglwyddo mewn mannau cyfyng.

### **Arthritis a Phoen ar y Cyd**

Gall tywydd oer waethygu poen a stiffwrwydd y cymalau yn enwedig i'r rhai ag arthritis. Gall tymhereddau oer leihau llif y gwaed i'r eithafion, gan wneud cymalau'n teimlo'n fwy stiff ac yn fwy poenus.

### **Damweiniau ac anafiadau**

- Mae dail a changhennau sydd wedi cwmpo, rhew ac eira yn creu amodau cerdded peryglus, gan gynyddu'r risg o lithriadau, teithiau a chwympiadau, a all fod yn arbennig o beryglus i oedolion hŷn oherwydd y posibilrwydd o dorri esgyrn ac adfer yn arafach

## **Iechyd Meddwl Cymdeithasol ac Emosiynol**

Gall Anhwylder Affeithiol Tymhorol (SAD), math o iselder sy'n digwydd yn ystod misoedd y gaeaf oherwydd llai o olau'r haul, effeithio'n anghymesur ar unigolion hŷn, yn enwedig y rhai sy'n llai symudol neu'n ynysig yn gymdeithasol.

Gall tywydd oer arwain at ynysu cymdeithasol, oherwydd gall oedolion hŷn osgoi mynd allan, gan gynyddu teimladau o unigrwydd ac iselder.

## **Dadhyradu**

- Mae pobl yn aml yn anghofio aros yn hydradol mewn tywydd oer. Efallai bod gan oedolion hŷn lai o syched eisoes, y gellir ei gymhlethu mewn amodau oer, gan arwain at ddadhyradu, sy'n effeithio ar iechyd cyffredinol.

Tynnwch sylw at yr ymgyrch drwy rannu gwybodaeth gyda'ch rhwydweithiau ac mewn digwyddiadau ymgysylltu.

## **Adnoddau**

Hyrwyddwch a chyfeiriwch bobl at:

Tudalennau gwe [Lles drwy Wres](#)

## **Canllawiau gwybodaeth a thaflenni ffeithiau**

Cefnogir yr ymgyrch hefyd gan ystod eang o ganllawiau a thaflenni ffeithiau eraill.

Gellir dod o hyd i'r rhestr gyfan o'n holl [ganllawiau a thaflenni ffeithiau](#) yma:

- Y teitlau sy'n arbennig o berthnasol i 'Lles drwy Wres'.

**[L57w: Winter wrapped up](https://www.ageuk.org.uk/cymru/our-work/promoting-health-and-wellbeing/spread-the-warmth/winter-wrapped-up/)** <https://www.ageuk.org.uk/cymru/our-work/promoting-health-and-wellbeing/spread-the-warmth/winter-wrapped-up/>

Budd-daliadau Lles, cymorth ariannol neu help gydag atgyweiriadau tai a all helpu gyda chostau gwresogi:

- **[Factsheet 1w: Help with heating costs in Wales](https://www.ageuk.org.uk/globalassets/age-cymru/documents/information-guides-and-factsheets/fs1w.pdf)** <https://www.ageuk.org.uk/globalassets/age-cymru/documents/information-guides-and-factsheets/fs1w.pdf>
- **[Factsheet 67w: Home improvements and repairs for older people in Wales](https://www.ageuk.org.uk/globalassets/age-cymru/documents/information-guides-and-factsheets/fs67.pdf)** <https://www.ageuk.org.uk/globalassets/age-cymru/documents/information-guides-and-factsheets/fs67.pdf>

- **Factsheet 82: Getting the best energy deal** <https://www.ageuk.org.uk/globalassets/age-cymru/documents/information-guides-and-factsheets/fs82.pdf>
- **IG30: Save energy, pay less** <https://www.ageuk.org.uk/globalassets/age-cymru/documents/information-guides-and-factsheets/ig30.pdf>
- **IG50: Pension Credit** <https://www.ageuk.org.uk/globalassets/age-cymru/documents/information-guides-and-factsheets/ig50.pdf>
- **L53w: More money in your pocket: How to claim the right benefits in later life** <https://www.ageuk.org.uk/globalassets/age-cymru/documents/information-guides-and-factsheets/age-cymru-mmiiyp---english.pdf>

Ffordd iach o fyw:

- **IG14: Staying steady** <https://www.ageuk.org.uk/globalassets/age-cymru/documents/information-guides-and-factsheets/ig14.pdf>
- **IG24: Byw'n Iach** <https://www.ageuk.org.uk/globalassets/age-cymru/documents/information-guides-and-factsheets/ig24.pdf>
- **IG56: Your mind matters (PDF, 2 MB)** <https://www.ageuk.org.uk/globalassets/age-cymru/documents/information-guides-and-factsheets/ig56.pdf>

## **Archebu adnoddau**

Cyfeiriwch unrhyw ymholiadau at Angharad Phillips [angharad.phillips@agecymru.org.uk](mailto:angharad.phillips@agecymru.org.uk)

**Mae ein hymgyrch yn cefnogi ac yn cyd-fynd ag ymgyrchoedd a mentrau presennol eraill, sy'n cael eu hysbysebu a'u harwain gan Lywodraeth Cymru ac Ymddiriedolaethau'r GIG.**

- **Helpwch ni ich helpu chi** <https://www.llyw.cymru/helpwch-ni-ich-helpu-chi>
- **GIG 111 Cymru** <https://111.wales.nhs.uk/?locale=cy&term=A>
- **Brechlyn fflw a phigiad hydref COVID-19 – Iechyd Cyhoeddus Cymru** <https://icc.gig.cymru/pynciau/imiwneiddio-a-brechlynnau/brechlyn-ffliw-a-phigiad-hydref-covid-19/>
- **National Energy Action Cymru (NEA Cymru)** – Helping to keep people warm, safe and healthy at home <https://www.nea.org.uk/wales/>

Byddwn yn hyrwyddo ein llinell gyngor drwy gydol yr ymgyrch i annog ymholiadau ynghylch budd-daliadau, hawliau ariannol, tai, a gofal ac ati. Anogwch bobl i wirio eu hawl i dderbyn budd-daliadau, a helpwch berson hŷn i wneud y mwyaf o'u hincwm a chwilio am help gyda chostau gwresogi.

Manylion cyswllt Cyngor Age Cymru:

Ffôn: **0300 303 44 98**

E-bost: [advice@agecymru.org.uk](mailto:advice@agecymru.org.uk)

## **Mynediad at adnoddau i'w defnyddio mewn digwyddiadau.**

Cysylltwch â mi i drafod unrhyw weithgaredd rydych chi wedi ei threfnu, ac i drafod pa fathau o ganllawiau gallwch ddosbarthu.

### **Cyfathrebu staff**

Rwy'n croesawu pob ymateb adeiladol ac unrhyw awgrymiadau ac ymholiadau [angharad.phillips@agecymru.org.uk](mailto:angharad.phillips@agecymru.org.uk)

Rwy'n awyddus i glywed yn uniongyrchol gan bobl hŷn a gweithwyr prosiect. Hoffwn glywed sut mae'r negeseuon hyn yn cael eu derbyn, eu defnyddio, a sut gellir ei wella.

### **Cefnogaeth ar y cyfryngau cymdeithasol**

Yn olaf, cefnogwch ein hymgyrch ar y cyfryngau cymdeithasol, a rhannwch y wybodaeth os ydych chi'n gallu gwneud hynny. Cymerwch ran a dilynwch yr hashnod #SpreadTheWarmth #WarmthKeepsYouWell #LlesDrwyWres

Diolch ymlaen llaw am eich amser a'ch cefnogaeth. Dymuniadau gorau Angharad

Ageing is a known but often misunderstood risk factor for severe and sudden illness in response to the cold. The natural progression of ageing means that our bodies are slower at responding, than they perhaps once were, to even the most subtle changes in temperature. Older adults and those living with poor health and medical conditions are most at risk.

Though we recognise the impossible circumstances people are in, we hope that with an improved awareness and understanding of these risk that people will turn to Age Cymru for support to prepare to live warmly and safely this Winter.

We want to build resilience amongst all older people, during a period of high risk from preventable harm.

We have a collective responsibility to raise public awareness through our **Spread The Warmth Campaign**, that warmth is a basic human need, for optimal health and quality of life. There are many health protecting benefits to keeping warm as the temperature drops.

**Spread The Warmth** highlights the often-small changes we can make to prepare for the cold and to live warm in Winter.

The key message is that warmth keeps you well. We want people to recognise that by taking care to keep their body and home warm, then they can reduce the risk of the many preventative illnesses which have the potential to threaten life at this time of year.

We hope people will feel encouraged to address these risks now, with proper care and planning to enable them to live warm, safe and well during the cold months ahead.



Thank you in advance for your support, Warm wishes, Angharad (Phillips) Health Initiatives Officer, Healthy Ageing Programme

## **How the cold can affect us: Health Risks from Cold temperatures:**

### **Increased Risk of Hypothermia**

- **Hypothermia** occurs when the body temperature drops below normal levels. Older adults often have a slower metabolism, reduced fat stores, and can lose heat faster than younger individuals, making them more vulnerable to cold.
- The body's ability to regulate temperature weakens with age, and certain medical conditions (like diabetes or thyroid issues) can also impair this ability.

### **Cardiovascular Strain**

- **Cold weather** can constrict blood vessels, which forces the heart to work harder to pump blood. This increases the risk of heart attacks or strokes, especially in those with pre-existing cardiovascular conditions.
- The blood also becomes thicker in cold weather, increasing the risk of clotting.

### **Respiratory Problems**

- Cold air can aggravate **respiratory conditions** like asthma, bronchitis, or chronic obstructive pulmonary disease (COPD). The cold can trigger bronchospasm or cause the airways to tighten.
- Flu, Covid-19, RSV and pneumonia are more common in cold weather, and older adults are at a higher risk for severe complications from these infections.

### **Weakened Immune System**

- As people age, the immune system becomes less effective at fighting infections. **Cold weather** and winter months often coincide with flu season, increasing the likelihood of contracting viruses.
- Cold weather may also cause people to stay indoors for longer periods, increasing the risk of transmission in confined spaces.

### **Arthritis and Joint Pain**

- Cold weather can exacerbate **joint pain** and stiffness, especially for those with arthritis. Cold temperatures can reduce blood flow to the extremities, making joints feel stiffer and more painful.

### **Falls and Injuries**

- **Fallen leaves and branches, ice and snow** create hazardous walking conditions, increasing the risk of slips, trips and falls, which can be particularly dangerous for older adults due to the potential for fractures and slower recovery times.
- Reduced muscle strength and poorer balance associated with ageing make falls more likely in cold and slippery conditions.

## Social and Emotional Mental Health

- **Seasonal Affective Disorder (SAD)**, a type of depression that occurs during the winter months due to reduced sunlight, can disproportionately affect older individuals, especially those who are less mobile or socially isolated.
- Cold weather can lead to **social isolation**, as older adults may avoid going outside, increasing feelings of loneliness and depression.

## Dehydration

- People often forget to stay hydrated in cold weather. Older adults may already have a reduced sense of thirst, which can be compounded in cold conditions, leading to dehydration, which affects overall health.

Available resources [Spread the warmth](https://www.agecymru.wales/our-work/promoting-health-and-wellbeing/spread-the-warmth/) webpage <https://www.agecymru.wales/our-work/promoting-health-and-wellbeing/spread-the-warmth/>

[spread-the-warmth-myth-busting-leaflet.pdf \(ageuk.org.uk\)](https://www.ageuk.org.uk/globalassets/age-cymru/documents/spread-the-warmth-myth-busting-leaflet.pdf)

<https://www.ageuk.org.uk/globalassets/age-cymru/documents/spread-the-warmth-myth-busting-leaflet.pdf>

The campaign is supported by a wide range of our [guides and factsheets](#). Our guides provide an overview of a particular topic, whilst our factsheets provide more detailed, in-depth information.

The full list of [guides and factsheets](#) are available free to download from our website. Hard copies are available to order from our Advice Line. <https://www.agecymru.wales/information-advice/information-guides-and-factsheets/>

The titles that are particularly relevant to 'Spread the warmth,' and theme of 'Be prepared,' are as follows:

### Home, heating and money:

- [Factsheet 1w: Help with heating costs in Wales](#)
- [Factsheet 67w: Home improvements and repairs for older people in Wales](#)
- [Factsheet 82: Getting the best energy deal](#)
- [IG30: Save energy, pay less](#)
- [IG50: Pension Credit](#)
- [L53w: More money in your pocket: How to claim the right benefits in later life](#)

### Healthy Lifestyle: [IG14: Staying steady](#)

- [IG24: Healthy Living](#)
- [IG56: Your mind matters](#)

Our messaging aligns with other national campaigns and initiatives, led by Welsh Government and Public Health Wales, NHS Trust.

- [Help Us to Help You | GOV.WALES](#)
- [NHS 111 Wales - Homepage](#) (Welsh Ambulance Service NHS Trust)
- [Flu vaccine and COVID-19 Autumn vaccine](#) – Public Health Wales
- [National Energy Action Cymru \(NEA Cymru\)](#) – Helping to keep people warm, safe and healthy at home.
- [careandrepair.org.uk/oldernotcolder/](http://careandrepair.org.uk/oldernotcolder/) - Older Not colder – Tackling fuel poverty among older people in Wales



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**Bangor University law students provide a free confidential and professional service. Our term time clinic provides free legal advice to the public.**

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Please contact us for dates and locations. Our clinic will be open during term time only.

For more information or to book an appointment contact:

**Email: [Bulac@bangor.ac.uk](mailto:Bulac@bangor.ac.uk)**  
**Call: 01248 388411**

**BANGOR UNIVERSITY LEGAL ADVICE CLINIC**  
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**Registration is now open! <https://just-helping.org.uk/>** Get in the festive spirit with Just Helping 🎄 Register your Christmas tree, make a donation, and help support incredible charities in your community. ✨ Together, we can make this season even brighter! ✨



## Christmas Tree Collection – by St Kentigern



**We welcome a donation and in exchange we will collect your Christmas tree, take it away and recycle it for you. No hassle, no waste and no needles in your car!** St Kentigern Hospice is a local charity providing vital care and support for people with a life limiting illness and their families. All monies raised ensures our services can continue and make a real difference to the lives of people in our community.

**What you need to know about this year's Collection** Our team of amazing volunteers will be collecting in your area on: Friday 10<sup>th</sup> & Tuesday 14<sup>th</sup> January 2025 – 8am to 8pm Registration closes at midnight on 6th January 2025

Remember to decant any decorations, take the tree out of the pot (if it has one) or remove the base. We cannot remove or recycle these.

Your tree must be ready to collect by 8am on Friday 10<sup>th</sup>, please note we cannot guarantee what time your tree will be collected.

Your tree must be left in a clear, unobstructed, and visible location. If possible, without causing obstruction - on the path in front of your property.

Due to Health and Safety policy our lovely volunteers are unable to, under any circumstances, enter your property (e.g. house, garden, gated driveway) or any confined or restricted space to access your tree.

If you would like to get involved with the collection, volunteer your time or help in any way to help please get in contact with us

Thanks to your continuous support, we can be there to help people when they need it most; be it through bereavement, coping with a diagnosis, help with medication and symptoms or end of life care, you make it possible.

On behalf of all of the staff, volunteers, the people and families in our care, thank you for your help and support. Great news - the team will be collecting Christmas trees between **Friday 10 January 2025 - Tuesday 14 January 2025**

**If you shop in Asda it's worth checking:** as from November "Asda have brought back its popular café 'winter warmer' £1 meal deal to support the over 60's this winter as they continue to face increased financial pressures during the colder winter months. In the first two weeks over 60,000 meals have already been served to pensioners showing how vital this deal is across this age group.

From 1st November until the end of February, Asda are offering people aged 60 and over the chance to enjoy soup, a roll and unlimited tea and coffees for just £1 in any of Asda's 205 cafes.

Asda's Community and Customer Champions are also inviting and encouraging many local over 60's group and individuals to come along to their store Chatty Café to use the £1 Winter Warmer meal as an opportunity to come and chat to others. Asda's new Christmas Community Report lays bare the lack of human interaction and conversations millions of older people suffer during the festive period, with **one in 10 not sure they will speak to anyone** between December 15th and January 1st and one in 10 over 60's said they'd gone to a supermarket simply to speak to another person. "

### **Have your say on funding for policing in North Wales**

How much the public will pay towards policing in the next financial year is the focus of a survey from North Wales Police and Crime Commissioner (PCC) Andy Dunbobbin running until 20 December. The PCC is asking the people of the region to say how much money they are prepared to pay for the work the police do to keep our neighbourhoods safe through the precept levied on their Council Tax.

The survey launched on 25 November 2024 and closes on 20 December 2024.

There are three key questions on the options for the amount spent on policing, as well as what priorities people want to see North Wales Police concentrate on.

Please visit the below link during the consultation period and fill in the short survey to make your voice heard. Paper copies of the survey, in Welsh and English, are also available at libraries and police stations across North Wales. You can also get the survey in Easy Read format. [https://www.surveymonkey.com/r/opcc\\_precept24](https://www.surveymonkey.com/r/opcc_precept24)

Alternatively, to receive a paper copy by post, contact the Office of the Police and Crime Commissioner in the following ways: Email: [OPCC@northwales.police.uk](mailto:OPCC@northwales.police.uk)

Phone: 01492 805486

Post: Office of the Police and Crime Commissioner North Wales, Police Headquarters.  
Glan y Don, Colwyn Bay, LL29 8AW

Dweud eich dweud ar gyllid plismona yng Ngogledd Cymru

Faint wnaiff y cyhoedd dalu tuag at blismona yn ystod y flwyddyn ariannol nesaf ydy canolbwynt arolwg mae Comisiynydd Heddlu a Throsedd (CHTh) Gogledd Cymru, Andy Dunbobbin, sy'n rhedeg hyd at 20 Rhagfyr. Mae'r CHTh yn gofyn i bobl y rhanbarth ddweud faint o arian maen nhw'n fodlon ei dalu am y gwaith mae'r heddlu yn ei wneud er mwyn cadw ein cymdogaethau'n ddiogel, drwy'r praesept sy'n cael ei osod drwy eu Treth Cyngor.

Agorwyd yr arolwg yn ar 25 Tachwedd 2024 a bydd yn cau ar 20 Rhagfyr 2024.

Mae tri cwestiwn allweddol ynglŷn â'r swm i'w wario ar blismona, yn ogystal â pha flaenoriaethau hoffai pobl weld Heddlu Gogledd Cymru yn canolbwyntio arnyn nhw.

Ewch i'r dolen isod yn ystod y cyfnod ymgynghori a llenwch ein harolwg byr er mwyn i'ch llais gael ei glywed. Mae copïau papur o'r arolwg, yn Gymraeg a Saesneg, hefyd ar gael mewn llyfrgelloedd a gorsafoedd heddlu ledled Gogledd Cymru. Gallwch hefyd gael yr arolwg mewn fformat Darllen Hawdd.

[https://www.surveymonkey.com/r/praesept24\\_schth](https://www.surveymonkey.com/r/praesept24_schth)

Er mwyn derbyn copi papur drwy'r post, cysylltwch â ni yn y ffyrdd canlynol: E-bost: [OPCC@northwales.police.uk](mailto:OPCC@northwales.police.uk)

Ffôn: 01492 805486

Post: Swyddfa Comisiynydd Heddlu a Throsedd Gogledd Cymru, Pencadlys yr Heddlu.  
Glan y Don, Bae Colwyn, LL29 8AW