

Spring 2019

Improving homes, Changing lives

## Meet Dafydd, the best builder in Wales

### My name is Dafydd, the best builder in Wales.

I was brought to life by Barbara from the Taff Knitters group in Cardiff. She spent hours knitting me, and once I was finished she gave me to Care & Repair Cymru. My job is to help raise awareness of the fantastic services on offer at local Care & Repair agencies.

My first challenge is to travel across Wales, and visit all 13 local Care & Repair agencies. In January I popped over to Caerphilly and Blaenau Gwent Care & Repair where I met Nigel Williams, who has worked there for the past 12 years.

Nigel and his team are making a real difference to the lives of hundreds of older people. No matter how small the job, Nigel and his team are there to fix it - from changing tap washers, fitting door chains, to fixing windows. What I've learned is that a friendly handyperson will never be replaced by a computer, that's for sure!

Catch up with my tour by following my [#DafyddtheBestBuilderinWales](#) hashtag on Care & Repair social media or check me out at: [www.careandrepair.org.uk](http://www.careandrepair.org.uk).



Nigel meets Dafydd in Abertillery

## Power Partnership Supports 800 People

In December, we celebrated one of our most successful partnerships at the Senedd, in Cardiff Bay, sponsored by Dr Dai Lloyd AM, which has seen us support – in the past two years – over 800 people in vulnerable circumstances.

It is a power partnership, where we joined forces with Wales & West Utilities to ensure the most vulnerable in society received better support and improved access to both organisations' services. Wales & West Utilities' People & Engagement Director Sarah Hopkins says of the partnership: "We're committed to keeping the communities we serve safe and warm. Our partnership with Care & Repair is helping us to further reach older and vulnerable people that we wouldn't be able to otherwise."

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Chris Jones, the Chief Executive, at the Senedd with Sarah Hopkins of Wales & West Utilities and Dr Dai Lloyd AM.

Chris Jones, the Care & Repair Chief Executive, agrees:

“We are helping people across the country to see if they are entitled to additional support regarding gas and home safety, energy efficiency home upgrades, tariff switching, income maximisation and debt advice.”

#### The project has:

- fitted over 820 audible carbon monoxide alarms;
- helped nearly 730 vulnerable people sign up to the Priority Services Register to receive appropriate support during a gas or electricity supply interruption; and
- increased awareness of the dangers of carbon monoxide poisoning to 69 per cent.

“So many older people we visit are being told they don’t need CO alarms if they have a new boiler, but Wales & West Utilities awareness training has provided caseworkers across Care & Repair with the knowledge and confidence to issue the alarms and raise awareness of the advantages of signing up to the PSR.”

Kelly Watkins,  
Care & Repair Caseworker

# Happy First Birthday to the Attic Project!

In January last year the Attic Project began supporting older people to live more comfortably at home, which sees a dedicated team of volunteers assist them to make space and reminisce at home.

To celebrate their one year anniversary, they want more volunteers as their birthday present! A range of volunteering roles are on offer: from directly supporting people to sort through their belongings at home to recording people’s memories and helping people to get online.

Over the last year, our volunteers have helped 29 older people sort through their possessions. They’ve removed 380 boxes in total from people’s homes across Cardiff, Newport & the Vale of Glamorgan; a great achievement for the new service.

Catherine, Reminiscence Project Coordinator, said “the support of a volunteer allows people to regain control of their homes and their lives. For many people letting go of items can be hard but the volunteers’ encouragement has made a difference for many people.”

Janice, who has volunteered from the very start of the project, said “if you are thinking about volunteering for The Attic Project just give it a go, it’s very rewarding for the volunteer and client.”



Interested in volunteering?

Go to: [www.vcscymru.org.uk](http://www.vcscymru.org.uk) or contact Catherine on 07934 531 001

## NEWS IN BRIEF

### Co-op Love

This year, Co-op Members raised an amazing £19 million for over 4,000 causes across the UK. This Co-op Local Community Fund has chosen Care & Repair Cardiff and the Vale, as one of those local charities, and has been given over £2,000.

Julia Folland Operation Manager said: We’re thrilled as this will help us help more older people across Cardiff and the Vale with small repairs and emergency heaters this winter, to try and ensure that no older person is cold in their own home”.

# OUR PROJECTS AND CAMPAIGNS

## A Care & Repair Christmas

Every Christmas, our Care & Repair agencies ask their local contractors and partners to donate items for small food hampers, which are then delivered to clients who are likely to be alone over the festive period.

Danielle Hankey, Caseworker from Conwy and Denbighshire Care & Repair said:

“A great many of our clients who live alone find Christmas a particularly difficult time. But for those living on a low income, many of those extra Christmas treats, which so many of us take for granted, are simply not within their reach. It was lovely to bring a bit of Christmas cheer again this year.”

**A big thank you to Walters Shoes in Porthcawl and Hair 4 You in Cardiff for selling the Christmas puddings, knitted by Claire and Vera, at Care & Repair Cymru, raising £162 for the Healthy Homes for Older People Hardship fund.**



**Hampers and Christmas Puddings**



## 15 People Warmer Due to Big Give Challenge

**A BIG thank you to every single person who supported our Care & Repair Big Give Christmas Challenge 2018. You helped raise £4,491 for our Healthy Homes for Older People Hardship Fund, which means we can provide 15 older people with £300 grants to fix their heating or minimise draughts.**

This has made all the difference to the life of 79-year-old Lloyd, who has arthritis. When we first met him, he had recently fallen and was finding it increasingly difficult to get out of the bath. His gas cooker had been condemned, his microwave was broken, and his central heating boiler was faulty. With his state pension barely covering his living costs, his money wouldn't stretch to repairs.

Our £300 grant paid to service Lloyd's boiler and for a new microwave. We also helped him claim all of the benefits he was entitled to and applied for a grant to pay for a new shower room with hand rails.

Lloyd says: “The help I received from Care & Repair means I can live independently in my own home, which is a lot safer for me now. I'm absolutely over the moon with their service.”

# Raising a Beaujolais Glass

Cardiff's Radisson Blu Hotel chose us as their charity partner for their Beaujolais Nouveau 2018 celebrations last year, raising £1,800 in total.

One hundred guests enjoyed a French inspired luncheon menu and copious bottles of the new wine, followed by entertainment and a raffle.



Jean Marc Poumel, General Manager at the Radisson Blu, said: We are thrilled to be working with and supporting Care & Repair Cymru. The charity is very much at the heart of the community looking after members of our society who have given so much to it, yet find themselves in difficult situations, often being too proud to ask for help. Care & Repair Cymru provides them with much needed help and support to allow them to live in warm, comfortable homes.”

## Join Friends of Care & Repair and help us keep older people safe, warm and independent

Did you know that Care & Repair is a registered charity?

We do far more for people in our community than many people realise. We are able to deliver most of our services completely free of charge thanks to the generous support of our donors and funders.

Whether you or someone you know has benefitted from our support, or you just want to help – please become a **Friend of Care & Repair**.

You can sign up at [www.careandrepair.org.uk](http://www.careandrepair.org.uk) or contact [Sheleagh.Ilewellyn@careandrepair.org.uk](mailto:Sheleagh.Ilewellyn@careandrepair.org.uk) and ask for a postal application.



## GPs Asked to Take Two Minutes: Falls Awareness Week

Care & Repair Cymru, Age Cymru and Age Connects have again joined forces to promote Falls Awareness Week, which takes place between 18 to 22 February. It aims to reduce the risks of falling, led by a conversation, self-assessment and advice.

This year we are asking Primary Care professionals, particularly GP surgeries, to take two minutes to talk to their older patients about their risk of falling.

Falls cost the NHS £2.3bn every year and an older person dies in the UK every five hours following a fall. In many instances, the risks associated with falls can be lowered by some very simple, low cost changes to our behaviour.

Falls are not an inevitable consequence of growing older. There are many simple actions we can all take to prevent a fall and if you are worried about falling talk to someone about your concerns.

For more information about falls, go to: [www.ageingwellinwales.com/falls](http://www.ageingwellinwales.com/falls)

- Keep your home clutter free, especially the hall, stairs and landing.
- Look out for trailing wires
- Wear well-fitted slippers and avoid open backed slippers
- Make sure you have a regular eye test

Speak to us on **0300 111 3333** or email [enquiries@careandrepair.org.uk](mailto:enquiries@careandrepair.org.uk)  
[www.careandrepair.org.uk](http://www.careandrepair.org.uk)

find us on



Care & Repair Cymru is a registered charity: Charity number 1163542