

In Touch



Care & Repair
Gofal a Thrsio

Summer 2018

Improving homes, Changing lives



Care & Repair joins forces with Elderfit

Elderfit, an organisation that specialises in developing exercises for older people, has joined forces with Care & Repair Cymru to help reduce falls by encouraging older people to take up strength and balance exercises.

With support from the Big Lottery Fund and ITV's The People's Project, Elderfit has produced a fitness DVD aimed at older people with easy-to-follow exercise routines. The workouts, which can all be completed at home, focus on improving strength and balance which can help to reduce the risk of falls.

Neil Williams, Head of Agency Support & Development at Care & Repair who is chair of the National Falls Task Force in Wales, said:

"Being active is important no matter what your age and it's never too late to start. We're delighted Elderfit has given us 700 copies of their new DVD to distribute to our clients, many of whom are not able to get out to local exercise classes."

If you would like a copy of the exercise DVD contact your local Care & Repair Agency on 0300 111 3333.



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NEWS IN BRIEF



Jolene and Molly's crazy idea!

We'd like to give a special thank you to Jolene and Molly, two of our caseworkers from Care & Repair Cwm Taf, after they raised a fantastic £740 for their sponsored skydive.

"We had this crazy idea to agree to jump from a plane to raise money for older people, primarily homeowners, to help them remain safe, warm and independent in their own homes.

"Older people matter! We'll all get there one day and when we do, it gives us peace of mind to know that an amazing charity like Care & Repair will be there, ready and waiting to help".

"We really enjoyed this challenge and are so pleased that we managed to raise £740 a fantastic amount for Care & Repair at the same time".



Blaenau Gwent and Caerphilly Care & Repair scoops entrepreneurial award

Congratulations to Blaenau Gwent and Caerphilly Care & Repair for being recognised as Social Enterprise of the Year at Blaenau Gwent's inaugural Business awards.

The ceremony celebrated the achievements of entrepreneurial individuals and SMEs based in Blaenau Gwent, and the agency came out ahead of tough competition from the Aneurin Leisure Trust and Llanhilleth Miners Institute.

Pat Jones, CEO at Blaenau Gwent and Caerphilly Care & Repair, said: "We were thrilled to be recognised for the work that we do at this year's awards."

"Our aim is to help older people live in warm, safe and well-maintained homes independently in their own communities and we hope this award will help to raise our profile and hopefully encourage our partners and funders to invest more in our services."

How we're working to keep older people safe across Wales

This summer we will be focusing on continuing to help older people stay safe and warm in their own homes with the development of an official tradesperson's quality charter.

Every day in Wales 137 older people contact Care & Repair in need of help. Whether they need assistance accessing additional funding, minor home repairs such as grab rail fittings or major home modifications like wet rooms and stair lifts, we're here to help.

Behind all of the Care & Repair agencies there is a bank of fantastic local tradespeople including plumbers, gardeners, builders, electricians, specialist fitters and many more. Most are local contractors we have formed close working relationships with and the quality of their work is assured by our technical officers.

Between them we have home maintenance, adaptation and improvement covered.

We know how hard it can be to find a trusted tradesperson, but to make it a little easier we're working on an official quality charter with the support of the Dunhill Medical Foundation.

Our charter will be unique in putting older people firmly at the centre of our contractors' work, making it easier for older people across Wales to find a tradesperson they can trust.

We're committed to developing a resource which will prioritise the needs of older people, so if you would like to join our panel of consultees or would like to know more, please contact juliet.morris@careandrepair.org.uk or keep an eye on our dedicated twitter account for updates: [@Charter_CRCymru](https://twitter.com/Charter_CRCymru)

South Wales Business Awards

Thank you to the South Wales Business Awards for its donation of £500, which was generously raised in aid of Care & Repair Cymru at this year's awards.

Chris Jones, CEO at Care & Repair Cymru, attended the ceremony in June at the Bear Hotel in Cowbridge and was given the opportunity to showcase the great work Care & Repair does across Wales.

Chris said: "We were delighted to be the awards' nominated charity and I would like to thank all those who attended for their generosity. The funds raised will help us to continue helping older people to live independently and safely in their own 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 or contact Sheleagh.llewellyn@careandrepair.org.uk and ask for a postal application.

OUR PROJECTS AND CAMPAIGNS

Join the Care & Repair Bucket List Challenge

Are you interested in taking on a new challenge or trying something you never thought you would? Why not take the plunge while raising vital funds and join the Care & Repair Bucket List Challenge? Whether it's a skydive or a marathon, the sky is, quite literally, the limit!



Struggling for ideas? Do some brainstorming and write down your ideas, then chose the most exciting one – we'd also recommend going for something you could achieve within the next six months.

Once you've committed it's time to get planning! Start by setting up an online donations page so you can share your story with friends and family. We believe fundraising is a great way to stay motivated, so why not get started today?

If you're interested in joining the Care & Repair Bucket List Challenge and would like some advice on fundraising, get in touch with Sheleagh, our fundraising officer, at: fundraising@careandrepair.org.uk.

Good Luck!

Leaving a Gift to Care & Repair

Making a will is so important and gives you the peace of mind to know your loved ones are cared for and your wishes will be met. If you'd like to, it's also a great opportunity to make a difference to those in need by leaving a gift to your chosen charity.

We know just how valuable these donations are, and thanks to the generous last wishes of a client who chose to leave a gift in her will, West Wales Care & Repair has been able to improve the services it offers to older people in the area.

The client had experienced a house fire which caused extensive damage to her home and left her in hospital for several weeks. As her property was no longer safe, she was placed in residential care when she was finally discharged. Sadly, she also did not have home insurance to cover the damage caused by the fire and smoke.

After a family friend contacted West Wales Care & Repair, our caseworker secured a Local Authority emergency repairs grant and funding for a level access shower. Benevolent funding from the local Tesco was also provided to help with replacing white goods and soft furnishings. The Agency Hardship Fund and a Handyperson grant helped to fund further repairs.

As a result of this assistance from West Wales Care & Repair the client was able to return home. When she passed away, the client kindly left part of her estate to the agency to make sure the team can continue helping older people in need.

By deciding to remember Care & Repair in your will, you can help us to continue caring for future generations for years to come.

Speak to us on **0300 111 3333** or email enquiries@careandrepair.org.uk
www.careandrepair.org.uk

LLOYDS BANK FOUNDATION
England & Wales

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