

# In Touch



Care & Repair  
Gofal a Thrsio

Summer 2019

Improving homes, Changing lives



## Warm Homes Save Lives

**We have heart-warming news of a hearth-warming year ahead, having just been awarded a £74,000 grant from the Energy Redress Scheme for our work to tackle fuel poverty.**

Most of the money will be spent directly on turning cold, damp, draughty, poorly heated houses into homes that will keep their vulnerable older occupiers safe, warm and well.

Additionally, we will be spreading the warmth throughout our local Care & Repair Agencies' teams, exploring and learning about the many practical and creative solutions that are being deployed to tackle cold, fuel poor homes. We want to make sure that older people, wherever they live in Wales, get the very best of Care & Repair's collective expertise.

Coincidentally, Welsh Government is turning up the heat on its own fuel poverty plan. We will be sharing our understanding of the particular vulnerability of older people and practical experience of what needs to be done. We want to ensure Welsh Government's new fuel poverty plan delivers tangible action that transforms the quality of older people's homes, and lives, across Wales.

## INSIDE...

New Dementia  
Support Service

A Smarter Way of  
Using Your Energy

Great Success of Falls  
Awareness Week

## NEWS IN BRIEF

### Saz's Swap Shop

A big thanks to Care & Repair Cymru trustee Saz Willey for raising over £460 at the Great Care & Repair clothes swap. A charity clothes swap is a fun way to share clothes with friends, clear out the things you are no longer wearing and raise much needed funds for a cause you believe in.

Saz told us: "Every-one who came along to our clothes swap really enjoyed the event. If more of us were to buy clothing second hand instead of new, millions of kilograms of CO2 could be prevented from going into the atmosphere. It was great to have the staff from the Attic project taking



part, giving people advice about how to de-clutter, accessorise an outfit or talk about the memories that your favourite clothes can hold for you. I am a big supporter of Care & Repair and I am really delighted to fundraise for such a worthwhile cause."

If you would like to organise a clothes swap for Care & Repair contact [Sheleagh.llewellyn@careandrepair.org.uk](mailto:Sheleagh.llewellyn@careandrepair.org.uk).

### Dafydd to run the Cardiff Half

Dafydd, the Best Builder in Wales is very excited that he's going to run in the Cardiff Half Marathon this October. His running buddy is Ray Sherry, who has been a supporter of Care & Repair since his Mum received help with handrails and adaptations when she came out of hospital. Ray says,

"It's a fantastic service and it really helped my Mum feel more confident about coming home. I am looking for more runners to join me. I would like to form a Care & Repair team and help to let people know that Care & Repair is a Welsh charity that helps thousands of older people every year. Since people are living longer we need to all get behind Care & Repair so they can keep up the good work."

### New Dementia Support Service

Cwm Taf Care & Repair have been commissioned by Rhondda Cynon Taf County Borough Council & Merthyr Tydfil County Borough Council to provide a dedicated support service to clients living with dementia.

Julia Burgess who will lead the service across Cwm Taf said: "We're very excited to be developing this new service and will work closely with Cwm Taf Morgannwg University Health Board & the Alzheimer's Society to ensure clients living with dementia, and their carers, receive the support they need to keep them independent and safe at home."



Cwm Taff caseworkers Julia, Jemma and Beth who will be delivering the new service

# OUR PROJECTS AND CAMPAIGNS

## A Smarter Way of Using Your Energy

Care & Repair across Wales is joining forces with Smart Energy GB to help inform our clients of the benefits of having a smart meter.

Smart meters are the new generation of gas and electricity meters that are replacing the traditional meters in our homes. They measure how much gas and electricity you're using, as well as what it's costing you and display this on a handy in-home display.

The smart meter captures a digital meter reading and automatically sends the reading to your energy supplier at least once a month, so you will receive accurate, not estimated bills.

It is also another way of helping the environment. By being aware of how much energy you are using, you will know what little things you can do to reduce your energy usage to save money for you and help the environment.

Head of Business Development for Care & Repair Cymru, Vera Brinkworth said: "With any new technology older people can be nervous or



wary about how it works. But with 86% of people who have had a smart meter installed saying they have changed how they use energy in their home and saved them money, helping our clients understand how Smart Meters works, what the advantages are and how they can help them take control of their energy use is really important."

To find out more information about Smart Meters call your local Care & Repair Agency on 0300 111 3333 or visit: <http://bit.ly/2XlUVTQ>

## Success of new service

An innovative new service 'Hospital to Healthier Homes' delivered by Care & Repair, ran from ten hospitals across Wales over the winter period.

The scheme aimed to support vulnerable older people to be safely discharged from hospitals to their homes, with a focus on preventing re-admissions by assessing the 'health' of people's homes – and enabling improvements to be made to support their health and wellbeing.

Funded by the Welsh Government, the pilot received over 600 referrals between mid-January and the end of March, providing 628 home improvements and facilitated 320 means tested benefit assessments.

Following the emerging success of the scheme, the Minister for Health and Social Services, Vaughan Gething has approved an extension to the pilot.

Mr Gething said: "I am delighted to be able to announce the extension of the scheme. The service has shown to have an immediate and positive impact on patients, relatives and staff.

"Supporting older people to be quickly discharged and made comfortable safely in their own homes, allowing them to live as independently as possible is of benefit to all individuals and services involved."

# Great Success of Falls Awareness Week

Falls Awareness Week 2019 has again proved to be a great success in highlighting the important message that falls are not an inevitable part of growing older.

The week was organised by three national charities in Wales, Care & Repair Cymru, Age Cymru and Age Connects, and supported by Public Health Wales and the Welsh Government.

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 and even eliminated by some very simple, low cost changes to our behaviour.

Neil Williams from Care & Repair Cymru who Chairs the National Prudent Healthcare Falls Prevention Taskforce said: "This year we asked Primary Care professionals, particularly GP surgeries, to take two minutes to talk to their older patients about their risk of falling.

"The Take Action Today campaign posters were delivered to every GP surgery across Wales to promote the message and highlight important information to the public, that they may not have considered about how to prevent a fall.

Neil continued: "We've had a very positive response from many GP practices who are promoting the falls awareness messages and how to take action."

Antonia Higgins, Practice Manager at Brynderwen & Minster Surgeries in Cardiff said: "The Falls Awareness campaign was excellent as it reminded the whole Primary Care team of the part, they can play in falls reduction.

"This campaign acts as a reminder to everyone in Primary Care that we can all play a part in keeping patients out of hospital and injury free by ensuring they are aware of the risks and dangers of falls. Prevention is far better than cure for us all and takes just a couple of quick questions to the patient!"



## 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.



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)

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