

In Touch



Care & Repair
Gofal a Thrsio

Spring 2018

Improving homes, Changing lives

Why prevention is so important



This spring we will be focusing on raising awareness of the importance of preventative care for older people.

As you know, we help older people to access the help they need to allow them to live full and independent lives. This often includes working closely with healthcare professionals and supporting people with their return home after periods of time in hospitals.

One of the important things we do is in adapting homes so that people can live safely. We found that nearly 80% of the work carried out through our Rapid Response Adaptation Programme, which is part of ENABLE Support for Independent Living, prevented hospital admissions from happening.

We know that taking steps to prevent accidents and falls and making sure people have warm and safe homes can reduce the pressures on our healthcare system and free up vital resources for older people.

Over the next few months, we will be running a campaign across our social media channels to raise awareness about why preventative care is so important and what action we can all take to make a difference.

Because by improving homes, we know that we really can change lives for good.

INSIDE...

Raising funds through music

• We need to talk about falls

• Time to reminisce whilst de-cluttering

Our Big Give Christmas challenge success

Thank you to the Moondance Foundation, Waterloo Foundation, Western Power, Pat Jones and the 20 individuals who supported our Big Give Christmas challenge which raised £3,331.68 for Care & Repair Cymru's vital fuel poverty hardship fund.

We would also like to thank the Screwfix Foundation who donated an additional £5,000. This support will make a huge difference to the lives of hundreds of older people in Wales.



Raising funds through music

On Saturday 20th March, John and Gill Winton from St John's Parish Church volunteered their time to host a charity night for Care & Repair headlined by Elina Piras performing a set of Gaelic and European folk songs.

The evening was then brought to life by Laura Bradshaw and her community choirs who rose to the occasion by dressing up in builders outfits and performing their own interpretation of Amazing Grace, rewritten as 'Amazing to repair our homes, keep us safe and warm with Care & Repair'.

The event was also supported by local businesses who donated to the raffle. Special thanks go to Oriol Jones for the sausage hamper, The Apothecary for the amazing cake, Laura's Fruit & Veg for the huge vegetable box, James Blythe for the flying trip, Corinna Nichols for her Reflexology voucher and Radiocraft for the ice cream maker.

In total the event raised £518.15.

Promoting our important work across Wales

Local Care & Repair agencies have been teaming up to promote awareness of Care & Repair throughout Wales.

A grant from the Prince of Wales Foundation paid for transport to bring over 100 older people to Abercwmboi Rugby Club for a celebration of all the work around Wales that helps to make our communities good places to grow old.



Cwm Taf Care & Repair teamed up with Ageing Well in Wales to organise the event where attendees were able to hear about all the great work we are doing to make a difference to the lives of older people in Wales.

The grant also paid for Care & Repair celebration events in Maesteg, Ebbw Vale and Blackwood.

OUR PROJECTS AND CAMPAIGNS

We need to talk about falls. They are not an inevitable part of growing old.

Back in February, Care & Repair Cymru, Age Cymru, and Age Connects Wales all joined forces to mark Falls Awareness Week.

With more than half of the over 85s and a third of the over 65s in Wales suffering a fall each year, it has become the biggest cause of injury related deaths and hospital admissions for older people.

At Care & Repair we believe it is the responsibility of all of us to take action and raise awareness about the danger and wider impact of falls. We saw Falls Awareness Week as an important opportunity to encourage people to share their experiences of falls and urge older people not to let the fear of losing their independence stop them from talking to someone.

The campaign also coincided with the coldest and most extreme weather of the year so far, which only further emphasised the need for communities to take responsibility and check on older and vulnerable neighbours.

Rita donated her books to Insole Court, Cardiff



Time to reminisce whilst de-cluttering

Sorting through possessions can bring back a lot of memories and letting go of them can be challenging.

The Attic Project is an innovative new partnership project between Care & Repair and VCS Cymru. The project supports older people to organise their personal possessions so that they can live as independently as possible.

Having the opportunity to record and talk about the stories behind possessions can be an empowering process, reducing feelings of social isolation and improving wellbeing. Our specialist volunteers and caseworkers support

older people through the de-cluttering process and help them to reminisce in a supportive and stress-free environment.

With more space and less clutter, key adaptations and repairs are then able to happen which means that people can stay warmer and safer in their own homes. It also means people feel more able to move to a more appropriate home, reducing the stress associated with downsizing.



Embracing new challenges

Well done to Powys Care & Repair for organising a brilliant event to promote good health, happiness and long life at Brecon Leisure Centre on Tuesday 20th March.

Over 100 people attended and tried their hand at different activities which included adapted bicycles designed to make cycling accessible for all, geocaching, boccia, bowls and taster fitness sessions.

A wide range of organisations were also on hand to provide information on volunteering, walks of different levels, falls prevention and other services available to older people in Powys.

The day was organised in partnership with the Brecon Beacons National Park Authority, Freedom Leisure and Powys Integrated Sports, with the help of a grant from the John Lewis Community Fund.

The key message of the event was that physical activity and taking on new personal challenges can play a very valuable and fulfilling role in later life.

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.Ilewellyn@careandrepair.org.uk and ask for a postal application.



Inspiring others from up above

Our Care & Repair Cymru patron, Dilys Price OBE, currently holds the Guinness World Record as the oldest female skydiver at age 86. She did her first skydive when she was 54, and from that moment her life began a whole new chapter.



She says: “Life can be fun, challenging and have a purpose no matter what your age. You mustn’t let people’s prejudice about ageing stop you from having a go at something a bit different.”

It took Dilys 54 years to discover that skydiving would become her passion and enable her to inspire people to feel the fear and do it anyway.

Are you interested in taking on some new challenges or trying out an activity you never thought you would be brave enough to do? Why not take the Care & Repair Bucket List Challenge and discover your inner Dilys? Your efforts could raise vital funds to help others live independently and change the lives of older people across Wales every day.

For more information contact Sheleagh.Ilewellyn@careandrepair.org.uk

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

LLOYDS BANK FOUNDATION
England & Wales



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