

# In Touch



Care & Repair  
Gofal a Thrsio

Christmas 2018

Improving homes, Changing lives

## Happy Christmas

As we approach the end of 2018, it is a good time to share some of the year's achievements, to remind ourselves of why we do what we do and of how Care & Repair makes a difference for older people in Wales.

Care & Repair provides a vital service which supports the wellbeing of older people. By focussing on how to make their home warm and safe we are helping older people to live independently in their own home, reducing the risk of trips and falls, preventing hospital admission due to cold, damp housing and helping our clients to apply for unclaimed benefits.

Every year we helped over 40,000 older people to stay living independently in their own home. But there is so much more we need to do. At the end of November The Office of National Statistics published last winter's excess winter deaths. In Wales the increase, compared to the previous year, was 83% to 3,400. Many of these deaths could be avoided. Last year Care & Repair helped over 1,186 older people make



their homes warmer and more affordable to heat. We also helped 1,112 people to increase their household income, with a total of £5,339,514 including unclaimed benefits.

It is thanks to our many supporters and friends that we are able to do so much and to improve the lives of so many older people across Wales. Together we can, and do, make a real difference.

Thank you for being a Friend of Care & Repair and for supporting our vision of a Wales where all older are able to live independently in homes that are safe, warm and suitably adapted.

We'd like to wish you a very Happy Christmas and best wishes for the New Year from all at Care & Repair.

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## Helping older people stay warm & safe

**A BIG “Thank You” to everyone who supported the Care & Repair Big Give Christmas Challenge 2018.** We have raised £4,491 for our Healthy Homes for Older People Hardship Fund. This will provide 15 older people with grants of approximately £300 to fix heating or do repairs that reduce cold and draughts. People like Lloyd aged 79:

Lloyd contacted us after falling and his arthritis made getting in and out of the bath was increasingly difficult. His state pension was only just covering his living costs, and his money wouldn't stretch far enough to cover repairs around his home. His gas cooker had been condemned, his microwave was broken, and the central heating boiler was faulty.

We helped Lloyd to claim all the benefits he was entitled to. Applied for a grant which paid for a new shower room with hand rails and our Healthy Homes for Older People Hardship Fund paid to service his boiler and to buy a new microwave.

“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.”

## Dementia Friendly Builders in Cwm Taf

Dementia is a growing concern for us all, and we're keen to do as much as possible to tackle it head on. The average age of our clients is 77-years-old, but with more of us living for longer, they are more likely than ever to develop dementia – one in five 80-year-olds receive a diagnosis.

Unless you have known someone with dementia it can be difficult to understand the disease and its impact on day-to-day living. Consequently, we ensure many of our Care & Repair Cymru staff receive Dementia Friends training when working for us.

In an additional move, Cwm Taf Care & Repair are now encouraging their approved contractors to become Dementia Friends. The training helps their contractors to show that they care when they do a repair, and it has been very impactful, providing a better, more understanding service to clients.



## Happy 30th Anniversary Care & Repair Powys!

Care & Repair Powys serve the biggest county in Wales, which already has the highest proportion of people over 60-years-old, and a population that is ageing at a higher rate than anywhere else in the country.

In August, over 40 supporters and friends joined Anna Orton, Chief Officer, and her team at Ystradgynlais Community Centre, to celebrate the organisation's 30th anniversary.

Anna spoke of her team's superhero qualities, including their strength, durability, and flexibility. She is immensely proud of her team's ability to stretch resources to cover the great geographical expanse of Powys, while offering the same level of service, irrespective of where people live.

Most impressive is their reputation for having the fastest handrail service in Wales.

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