

NEWSLETTER

November 2015

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Mary, Ralph and Sarah walk for Alzheimer's !!

One of our fabulous carers, Mary Colwill, together with her husband Ralph and their daughter Sarah, recently completed the Memory Walk in Cardiff in support of the Alzheimer's Society

Mary, and Ralph, from Barry, attend our Western Vale Carers Support Group. Here, Sarah writes about her experience, what inspired her and what the cause means to her.



"We joined the Cardiff Bay Memory Walk to raise funds for the Alzheimer's Society. Apart from the obligatory sponsored silences and other events I'd taken part in at school, Brownies and Guides, the only fundraising I had ever done was giving to others for various charities.

The reasons for doing this walk, however, were very, very close to home. My Dad Ralph, 94 next Birthday, has this debilitating and degrading condition. Only 6 years ago he was still walking up to 10 miles twice a week, despite arthritis, pottering in the garden, delving deep into his pond, looking after his shoal of fish! Oh, and not forgetting, the home brewing....something he had done for as long as I can remember.

The day dawned dry and bright, thank goodness, and we set off down to Cardiff Bay. We joined a few hundred fellow walkers ready and eager to take on the challenge of a 4km or 10km walk around Cardiff Bay taking in the sights, such as Wales Millennium Centre, The Senedd, the Norwegian Church and the Barrage. The were all sorts at the walk; old, young, able, not so able, fit and not so fit ...myself and Mum included !

There was plenty of entertainment at the start line, even some warm up zumba. There were a couple of local Cardiff Blues (cont)

The Vale of Glamorgan Launches Webpage for Carers

The Vale of Glamorgan have launched a webpage especially for carers. The page provides carers with news, events and activities You can also view or download the current and past editions of Caring Times from the site.



The website address is: www.valeofglamorgan.gov.uk/carers

...(cont) lads, Dan Fish and Gareth Anscombe who came to start us off.

And so, at 11am we were off ! Mum and myself on foot and Dad, having the easy lift, sat in his wheelchair ! We started off along the boardwalk (which was a bit bumpy and provoked a choice comment or two from Dad about Mum's driving!), out of the Roald Dahl Plass and along Harbour Drive towards the Norwegian Church where Samba Gales were performing for our entertainment.

We stopped and watched for a while then continued on our way. We went up to Teigr Way and past the Dr Who Experience,,,the Time Lord wasn't in...apparently, he was off saving some distant planet from the Daleks or Cybermen or Weeping Angels or something!

We walked along Locks Road towards the barrage taking in the sights, sounds and smells of the bay and the Severn. We walked as far as the barrage and did an about turn and followed the route back towards the Millennium Centre and Roald Dahl Plass. Many of the walkers carried on along the Pont yr Werin and onto the barrage towards Penarth on the 10k walk. Unfortunately, this route took in flights of steps so we were unable to do this with Dad in his chair. Mum commented on the number of times that they walked across the barrage over the years.

We retraced our steps and made it back to Roald Dahl Plass after about 1 hour and 20 minutes. We were treated to another performance of the Samba Gales as we trundled up the walkway toward the Finish line.

Over the line we went and collected our medals!

I was glad to finish as I was feeling a little foot sore, but, at the end of the day it was worth it just to be able to say I did it and raised the grand total of £335 and all for a very worthy cause.

Alzheimer's is a devastating illness and the sooner the research finds a treatment to slow or ,better, still, halt the march of dementia the better. It steals so many memories from the sufferer and their families and turns lives upside down ,changing them forever.

I know because my family have been touched by this illness. I look at my Dad and miss him so much."

By Sarah Dimond-Garcia



Well Done Mary. Ralph and Sarah!!and thank you for sharing with us.

This event is expected to have raised over £100,000 for people with dementia and their carers.

The Alzheimer's Society are busy planning local walks for next September. If you would like to know more next years Memory Walks, they invite you to complete a form found on their website and they will get in touch with you in the coming months.

www.memorywalk.org.uk

COFFEE AND DEMENTIA

One cup of coffee a day could stave off Alzheimer's ...but, two cups may INCREASE risk of memory loss, say scientists.



Italian researcher scientists evaluated the effects caffeine had on 1,500 people. They found moderate levels of caffeine protects the brain against rogue proteins that destroy neurons leading to memory loss and cause mild cognitive impairment (MCI) - commonly the first sign of dementia.

They question whether the right amount of the stimulant could help sharpen alertness and boost the brain.

Scientists say that a cup of coffee a day really can stave off Alzheimer's disease, yet, having two or more cups or never touching the brew puts you at risk of the condition that causes early memory problems that sometimes lead to Alzheimer's.

Mentally healthy individuals who regularly drank one or two cups of coffee a day had a reduced rate of MCI compared to those who never or rarely consumed it.

No significant association was detected between those who habitually had more than two cups and the incidence of MCI in comparison with those who never or rarely indulged.

The study published in the Journal of Alzheimer's Disease also showed that increasing the amount of coffee consumption over time by more than one cup doubled the rate of MCI compared to those who reduced it by a cup.

The rate of MCI was also about one-and-a-half times higher than those with a constant habit of one cup-a-day.

Italian researchers found older people who never or rarely consume coffee, and those who increase the amount of coffee they have, have a higher risk of developing mild cognitive impairment.

Dr Vincenzo Solfrizzi and Dr Francesco Panza, of Bari Aldo Moro University in Italy, said: 'These findings from the Italian Longitudinal Study on Ageing suggested cognitively normal older individuals who never or rarely consumed coffee and those who increased their coffee consumption habits had a higher risk of developing MCI.

Therefore, moderate and regular coffee consumption may have neuroprotective effects also, against MCI, confirming previous studies on the long-term protective effects of coffee, tea or caffeine consumption and plasma levels of caffeine against cognitive decline and dementia.'

The researchers looked at the coffee drinking habits of 1,445 individuals recruited from 5,632 subjects aged 65 to 84 years from the Italian Longitudinal Study on Ageing (ILSA) who were followed up for an average of three-and-a-half years.

They said there is no drug to stop MCI so the identification and subsequent management of risk and protective factors is crucial. (Cont...)



Previous research has also suggested coffee, tea or caffeine consumption could prevent mental decline and dementia which affects 850,000 people in the UK alone.

Dr Solfrizzi and Dr Panza say caffeine could limit damage caused by rogue proteins in the brain that destroy neurons.

Caffeine was shown to limit the damage caused by rogue proteins in the brain that destroy neutrons.

They said moderate doses of caffeine improved performance in rodents whereas higher doses impaired it.

Biological effects of caffeine also improves insulin sensitivity so reducing the risk of type 2 diabetes - which is a strong risk factor for cognitive decline. Moreover caffeine could in part compensate the cognitive decline in older individuals because of its effects on vigilance and attention - mainly in situations of reduced alertness.

The researchers said: 'More sensitive outcomes such as findings from neuro-imaging studies should become available from experimental data so further explaining the mechanisms underlying the neuroprotective effects of coffee, tea and caffeine consumption.'

'Larger studies with longer follow-up periods should be encouraged, addressing other potential bias and confounding sources so hopefully opening new ways for diet-related prevention of dementia and Alzheimer's disease.'

Published:1 August 2015

MailOnline

Now
That's Funny!



Last night my wife sent me a text, saying she was in casualty. When I got home I watched all 50 minutes of it.....never saw her once. She still hasn't come home yet. I'm starving! :(

Allow Yourself

By Catherine Pulsifer

Allow yourself to dream
And when you do, dream big

Allow yourself to learn
And when you do learn all you can

Allow yourself to set goals
And when you do, reward yourself as you move forward

Allow yourself to be determined
And when you do, you will find you will succeed

Allow yourself to believe in yourself
And when you do, you will find self confidence

Allow yourself to lend a helping hand
And when you do, a hand will help you

Allow yourself relaxation

And when you do, you will find new ideas

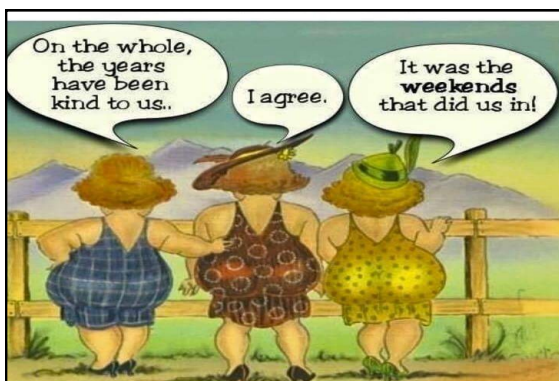
Allow yourself love
And when you do, you will find love in return

Allow yourself to be happy
And when you do, you will influence others around you

Allow yourself to be positive
And when you do, life will get easier.



Don't forget
to smile.





Our carers CAMEO group meets over lunch each month. Our valued group members have become firm friends and enjoy the understanding and support they receive from one another.

Our August meeting turned out to be even more 'friendly' than usual when a new member Eirlys Green joined the group and, by chance, was reunited with two very special people, Sandy and Val Davies, after losing touch with them over 30 years ago!!

Here, Sandy shares this incredible chance meeting.....

"During a recent visit to a CAMEO group lunch in Barry, I had the shock of my life! Over lunch I got talking to a lovely group of ladies about our past and present caring roles and experiences. One of the ladies, called Eirlys, recognized me and said "I'm your Godmother!"

I was shocked, but then, she explained she was married to Wally and lived in Rhoose. We lost contact and haven't seen each other for 30 years plus. Wally and my father, Wilf, were very close friends and worked at Aberthaw Power Station for many years.

As far as I can remember, as I was very young, I had very fond memories of visiting Eirlys, Wally and family. Immediately, I warmed to Eirlys and we chatted about Wally and Wilf and their lives. It was lovely to reminice and share, but, also sad to think they've both passed away recently.

Over the years, Dad never really stopped talking about Wally and the good old days, but they just lost touch. These fond memories and meeting Eirlys made me feel very warm inside. Mum (Val Davies) was also very excited and came in on our conversation with great delight!

The CAMEO Group and counselling run by Crossroads has helped and supported Mum and I during the last year. It has been the most difficult, tough and challenging time, however, Crossroads, alongside The Alzheimer's Society, has been there for us. I just wish we had had the courage to ask for support a lot sooner. It's easy to look back now, however, caring for a loved one during dementia takes all your energy. For me, personally, I don't know where I would be without the amazing support and love I've received from the awesome staff from Crossroads.

Its very special to meet people that knew Wilf, my Dad and for them to be my Godmother is a bonus. We would like to think that Wally and Wilf have met up and will be happy looking down at us meeting up and chatting about old times"

By Sandy Davies



Val & Wilf Davies



Reunited Sandy with her Mum Val and Godmother Eirlys



Eirlys & Walt Green








Wilf, Sandy & Val



Wilf

DID YOU KNOW



-  If the sun were the size of a white blood cell then the Milky Way Galaxy would be the size of the United States
-  A strawberry is NOT a berry, a banana IS a berry
-  The sentence "The quick brown fox jumps over a lazy dog" uses every letter of the alphabet
-  The Gower Peninsula was the first area of Great Britain to be declared an Area of Outstanding Natural Beauty in 1956
-  A single elephant tooth can weigh as much as 9lbs



age connects
cardiff & the vale.

FREE ENERGY ADVICE

Want help with your Energy Bills? Want FREE and impartial advice on cutting your energy Bills?

Find out if are eligible for Free Energy Home Improvement Grants through the Welsh Government NEST Programme?

Age Connects Cardiff and Vale are holding a surgery at The Senior Health Shop 38 Holton Road Barry on **Tuesday 24 November 2015** 10am to 12 Middyay when you can chat to one of the Nest Advisers from the scheme.

No appointment Is needed Contact 01446/732385 for further information. If you can't make the session and would like to request a home visit Contact **FREEPHONE 0808 8082244**

FIVE TIPS for caregivers

1

MANAGE YOUR STRESS LEVEL

Consider how stress affects your body (stomach aches, high blood pressure) – and your emotions (overeating, irritability). Find ways to relax.



2

BE REALISTIC

The care you give does make a difference, but many behaviors can't be controlled. Grieve the losses, focus on positive times as they arise and enjoy good memories.



3

GIVE YOURSELF CREDIT, NOT GUILT

It's normal to lose patience or feel like your care may fall short sometimes. You're doing the best you can. For support and encouragement, join ALZConnected.org, our online caregiver community.



4

TAKE A BREAK

It's normal to need a break from caregiving duties. No one can do it all by themselves. Look into respite care to allow time to take care of yourself.



5

ACCEPT CHANGES

Eventually your loved one will need more intensive kinds of care. Research care options now so you are ready for the changes as they occur.



WALES DEMENTIA HELPLINE

This helpline offers support, information and agency signposting for anyone caring for a family member or friend with dementia. Freephone: **0808 808 2235**

Text HELP followed by your question to 81066





How true is this ?

When things in your life seem almost too much to handle, when 24 hours a day are not enough, remember the cookie jar.....and the coffee..

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a large, empty cookie jar and proceeded to fill it with golf balls. He then asked the students if the glass was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar gently. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured in into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students replies with a resounding 'yes'.

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

'Now,' said the professor, as the laughter subsided, 'I want you to recognise that this jar represents your life'.

The golf balls are the important things - your family, your children, your faith, your health, your friends and your favourite passions: the things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter - your job, your house, your car.

The sand is everything else - the small stuff.

'If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

Pay attention to the things that are critical to happiness. Play with your children/grand children. Take time to get medical check ups. Take your partner out for dinner. Play another 18. There will always be time to clean the house and fix the tap. Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand.

One of the students raised a hand and inquired what the coffee represented. The professor smiled. 'I'm glad you asked. It just goes to show that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend.



YOUR NEWSLETTER

Crossroads Newsletter is about you.

We welcome your feedback.



If you would like to share information with other carers, make any suggestions or tell us what you think of our newsletter please contact Jayne:

Tel: 02920 700057 (option 3)

E mail: counsellor@crossroads-vale.org.uk

You can also keep up to date with news at Crossroads Care in the Vale on our website: **www.crossroads-vale.org.uk**

Should you wish to be removed from our Newsletter mailing list please let us know. Many thanks !

FREE WELFARE RIGHTS SERVICE

Are you living in Vale Glamorgan and need some help with Benefits such as Pension Credit, Attendance Allowance,, Housing Benefit or Disability Living Allowance [excluding Private Pension]?

Age Connects Cardiff and Vale run a FREE Welfare Rights Service which can help you with any of these issues. An Adviser from Age Connects Cardiff and Vale Welfare Rights will be able to chat to on any of these matters and help with that tedious form filling.

A session is being held on :

Tuesday 24 November 2015 9.30am to 11.30am at Senior Health Shop 38 Holton Road Barry

No Appointment is needed.

Contact **01446/732385** for further information or just come along Home visits can be arranged.



BARA BRITH

Bara Brith is a delicious, nutritious traditional tea bread enjoyed throughout Wales. In Welsh bara brith means 'speckled bread'

Preparation time: 10 minutes, plus overnight soaking

Cooking time: 1 1/2 hours

Serves: 10

Ingredients

450g/1lb dried mixed fruits

250g/9oz unrefined light muscovado sugar

300ml/11 fl oz warm black tea

450g/1lb self-raising flour

1 egg, beaten

2 tsp mixed spice



Method

1. Soak the fruit and sugar in tea and leave overnight.
2. The next day, preheat oven to 170C/fan 150C/gas mark 3.
Grease and line a 900g/2lb loaf tin.
3. Mix the remainder of the ingredients into the fruit, sugar and tea mixture. Beat well.
4. Spoon the mixture into the tin and bake for 1 1/2 hours or until an inserted skewer comes out clean.

Serve cold or warm with butter.

Enjoy !!!

QUOTE OF THE MONTH

Failure is unimportant. It takes courage to make a fool of yourself.

Charlie Chaplin





Help Yourself

www.eppwales.org

Free Health and wellbeing sessions
for people living with a long term health
problems and people **caring for a friend or**
relative.

learn how to:

- **Cope better with: Pain, Tiredness, Depression, Stress, Loneliness, Sleep, Frustration, Exercise and Healthy Eating**
- **Breathe properly**
- **Relax**
- **Improve pain levels**
- **Solve problems**
- **Plan and succeed**
- **Make lasting healthy changes**



**Please turn over for a list of courses running in
Cardiff and the Vale of Glamorgan**



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Carers Workshops

For Unpaid Carers looking after relatives or friends

Workshop 1 - Mental Health & Wellbeing+

Workshop 2 - Physical Health & Wellbeing

Tues 19 January 2016

Workshop 1 Barry Library 10.30—12.30

Tues 26 January 2016

Workshop 2 Barry Library 10.30—12.30

To book a place please e mail , phone or text:

Tel: 02920 335403

E mail: carol.young@wales.nhs.uk

Text "interested" and your name to 07976050178

Visit the EPP Cymru website: www.eppwales.org for more courses

12 Steps for Self Care

1. If it feels wrong, don't do it.
2. Say "exactly" what you mean.
3. Don't be a people pleaser.
4. Trust your instincts.
5. Never speak bad about yourself.
6. Never give up on your dreams.
7. Don't be afraid to say "No".
8. Don't be afraid to say "Yes".
9. Be KIND to yourself.
10. Let go of what you can't control.
11. Stay away from drama & negativity.
12. LOVE

Facebook.com/ChangeYourThoughtsToday



NEW SHUTTLE SERVICE AT UNIVERSITY HOSPITAL LLANDOUGH



A new courtesy shuttle service has launched at a local hospital to assist patients and visitors around the site.

University Hospital Llandough (UHL) has received funding from the Royal Voluntary Service (RVS) to run a 12 month pilot courtesy shuttle service to transport patients to and from the car parks and main entrances of the hospital site.

The volunteer led service will initially run **Monday to Friday between 9am and 11am** with a view to expand the times offered through the help of local volunteers.

Peter Welsh, General Manager at University Hospital Llandough said: “We offer free parking at UHL but as the site is quite large sometimes patients and visitors can be parked further away from the hospital entrances than they wish. In recognition of this we welcome the funding from the RVS which has enabled us to pilot this courtesy shuttle service to assist them around the hospital site.

“We welcome feedback from any users of the service which will help us to improve what is offered with a hope to extending the pilot next year.”

RVS has been working to coordinate a number of volunteers to help expand the service throughout the week. Any volunteers who would be willing to assist or would like to find out more should contact :

RVS on 02920 027855 or you can email cardiffvalehub@royalvoluntaryservice.org.uk

Volunteers will have to sign up with RVS and provide two referees and have a clean driving licence before any volunteering can commence. Times can be agreed in line with volunteers with the aim to enable the shuttle service to run until 4pm every weekday.

RVS is a registered charity founded in 1938 as the Women’s Voluntary Services for Air Raid Precautions. Today they work successfully alongside hospitals, local authorities and other organisations, providing much-needed support for older people – delivered with warmth and friendliness by our dedicated volunteers.

The RVS donated £13,000 to Cardiff and Vale University Health Board to provide the service at its UHL site. RVS and Cardiff and Vale UHB have worked in partnership on a number of initiatives starting in 1938.

Christmas Invitations

Do you anticipate spending Christmas time on your own ?

If so, Age Connect are inviting local residents from the St Athan, Boverton and Llantwit Major area to apply for a stay at the **RAF Association, Flowerdown Hotel in Weston-Super-Mare.**



The invitation is open to couples as well as those who live alone. Places are limited (30 people), therefore, applications will be accepted on a first come first serve basis.

Jane Platt at Age Connects

Tel: 01446 795631 E mail: jane.platts@ageconnectscardiff.org.uk

Christmas Lunch

Age Connects together with **Glamorgan Voluntary Services** are inviting local residents to a **Christmas Day lunch** in Llantwit Major for a limited number (30) of people over 60 who live alone and would benefit from some company.

They will provide a 3 course lunch with entertainment, a visit from Santa and finishing off with the Queens speech at 3pm.

For further information please contact:

Jane Platt at Age Connects

Tel: 01446 795631 E mail: jane.platts@ageconnectscardiff.org.uk

Linda Pritchard

Tel: 01446 741706 E mail: Linda@valecvcs.org.uk



**age connects
cardiff & the vale.**

Group Meetings for November 2015

CAMEO PAST CARERS' GROUP

For when the caring role has ended.

12—2pm Wednesday 4th November

Lunch at The Toby, Barons Court Penarth.

PENARTH SOCIAL GROUP

For carers and their dependent relatives.

Our talk will be "Poor Sissy", a story about marrying a prince

2pm—3.30pm Monday 2nd November

Meeting at Stanwell Road Baptist Church, Penarth

BARRY SUPPORT GROUP

For those currently in a caring role

2pm—3.30pm Monday 16th November

St David's Methodist Church, Colcot Road, Barry.

WESTERN VALE SOCIAL GROUP

For carers and their dependent relatives.

12.15– 2pm Wednesday 18th November

Lunch at The Blacksmiths Arms, Llanmaes

EVENING CARERS GROUP

For those currently in a caring role

6.30pm-8pm Thursday 26 November
meeting at

Crossroads Day Centre, St John Bungalow, Breaksea Drive, Barry

If you would like any further information about our Carers Support Groups please feel free to contact me Monday to Wednesday 9am to 4pm:

Jayne Hill, Counsellor & Group Facilitator 02920 700057 option 3
Email: counselor@crossroads-vale.org.uk



OUR APPEAL

You may have heard on the news that all charities are suffering in this time of austerity and this is particularly true for the small charities such as Crossroads in the Vale (Registered Charity No. 1061381).

In addition to the form below, we now have a **DONATE NOW** button on our website **www.crossroads-vale.org.uk** and we would be extremely grateful if you would consider contributing to the work we undertake to support carers and their loved-ones here in the Vale of Glamorgan.

If you would prefer to make a donation by post, please complete your details below and forward with a cheque payable to **Crossroads in the Vale (EMI) Ltd.** to Crossroads Care in the Vale (EMI) Ltd, West House, Stanwell Road, Penarth, Vale of Glamorgan CF64 2YG.

Name: _____ Amount: £ _____

Address: _____ - _____

If you are a UK taxpayer and would like to gift aid your donation, please tick here.

☐
