LOVE LATER LIFE

Age Cymru Powys ¦ Newsletter ¦ Winter 26/27





NEW SUPPORT FOR CARERS AGED 18+



MEET ROB, OUR SERVICES MANAGER



FREE ENERGY KIT! FITTED AT HOME

AND MUCH MORE INSIDE...

FREE COPY

Welcome to the Winter 26/27 Age Cymru Powys Newsletter

Now the colder months have arrived, it's more important than ever to know that support is there when you need it. Winter can bring extra challenges, from keeping our homes warm and managing household costs to getting out and about and staying connected with others.

At Age Cymru Powys, we're here to help make life easier for older people and carers across Powys.

You'll notice a special focus on unpaid carers in this issue. We know how important carers are to families and communities across Powys, so thanks to our partnership with Carers Trust Wales, we're delighted to be able to offer more support than ever.

Our welfare benefits advice for unpaid carers aged 18+ has expanded into a dedicated specialist service, to help carers make sure they're receiving everything they're entitled to.

Get ready for adventure! Our new Coach Club for unpaid carers offers fun and sociable trips out. And our new At Home Respite service in partnership with Powys County Council offers unpaid carers a well-deserved break.

I'm very pleased to introduce Rob Luke, our excellent Services Manager, and I hope you enjoy his article on page 7, where he talks about the practical help, support, respite and companionship our services provide.

Would you like a Friendly Helper to help you do more of what you enjoy, and less of what you don't? I know I would! Get in touch with Rob whether you need an odd job doing or a regular friendly face.

Don't forget to check if you're missing out on money this winter – we can help, so please do give us a call. Wishing you a warm and peaceful winter.

Gail x

Gail Colbridge
Chief Officer,
Age Cymru Powys



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Age Cymru Powys supporting older people across Powys

Registered charity 1174222

Company number 08212122

innocent the big knit

Powys age Cymru

knit a helping hat

knit us a hat and we'll pop it on a bottle to help older people live well



30p goes to Age Cymru Powys

For more info and to get involved:
enquiries@acpowys.org.uk
www.ageuk.org.uk/cymru/powys

innocent gives 30p to Age Cymru Powys for every little hat knitted in Powys!



Powys age Cymru

CARERS TRUST WALES

Supporting a loved one?

You might be a carer – and we're here for you.

Specialist advice for unpaid carers living in Powys aged 18+. Talk to us about the financial support available to you.

advice quality standard

Call our free advice line

01686 623707

enquiries@acpowys.org.uk

This service is supported by the Carers Support Fund, funded by Welsh Government and delivered in partnership with Carers Trust Wales.

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

Get Ready for Adventure with Coach Club!



There's nothing quite like having a day out to look forward to, and Coach Club from Age Cymru Powys offers a relaxed, friendly way to enjoy new places and a well-earned change of scenery. If you're an unpaid carer aged 18+ living in Powys, why not join us?

Our Coach Club trips are all about enjoyable days out without the hassle. From scenic towns and historic attractions to gardens and popular destinations, each trip is carefully planned so you can sit back, enjoy the journey and focus on having a good day.

Travelling together also means shared laughs, friendly conversation and the chance to meet new people or catch up with familiar faces along the way. Whether you're rediscovering somewhere you love or visiting somewhere new, Coach Club offers a welcoming, supportive and sociable way to get out and about.

Thanks to Welsh Government funding, Coach Club is part of the Short Breaks Scheme, helping unpaid carers take a vital break from caring. The Scheme is coordinated by Carers Trust Wales. For more information please visit: www.shortbreaksscheme.wales



Who can join?

Coach Club is FREE for unpaid carers aged 18+ living in Powys.

Come along on your own, with a friend, or if suitable, with the person you care for.

Register now: Call 01686 623707
Email enquiries@acpowys.org.uk

Look out for upcoming trips!
www.ageuk.org.uk/cymru/powys
facebook.com/agecymrupowys

Powys age Cymru

CARERS TRUST WALES

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government



Friendly Helpers

Do more of what you enjoy, and less of what you don't!
No job too small. No question too big. One-off or regular.
A friendly face when you need one.

How can we help you?

- Flexible help for over 50s and unpaid carers of all ages
- Like a hand around the house or garden?
- Technology or paperwork problems?
- Want company to get out and about?
- Or just need a cup of tea and a chat?

Paid service from your trusted local charity in Powys

Contact Us

01686 623707
enquiries@acpowys.org.uk
ageuk.org.uk/cymru/powys

Powys age Cymru
Let's change how we age

This service is currently available in Newtown, Montgomery and Welshpool. Please get in touch if you would like the service in your area.

Practical Support For You - Interview with Rob

From Fire Station Commander to Services Manager

Q: Rob, tell us about your role?
A: I develop and manage services that provide practical help, support, respite and companionship for people aged 50+ and unpaid carers. My previous role was Station Commander in Mid and West Wales Fire and Rescue Service. I managed a team of inspecting officers responsible for enforcing legislative fire safety in Powys. Alongside responding to emergencies, I helped establish Home Fire Safety Checks. That showed me what a difference a friendly visit and practical support can make. I now carry out home visits myself, building support around what matters for local people.

Q: Which strengths from your Fire and Rescue career help you most in this role?
A: Skills such as leadership, problem-solving, assessing risks, the importance of prevention, active listening, respect, and community engagement have all helped me to develop safe, trusted services which are responsive to people's needs.



Call Rob on 01686 623707 or email enquiries@acpowys.org.uk

Q: Which services do you manage?
A: I manage Friendly Helpers, our paid service which started with help at home but has grown into much more, shaped by what older people and carers have asked us for. That can be anything from sorting paperwork or online shopping to collecting prescriptions, companionship or pet care. We've even had requests for help feeding wildlife, which inspired our new wildlife gardening project! I also manage our free At Home Respite service in partnership with Powys County Council, giving unpaid carers a much-deserved break.

Q: What support do the services offer?
A: Our Friendly Helpers make life easier. We help with everyday tasks, gardening and handyperson jobs, getting to appointments and social activities, hobbies and companionship, as well as technology and paperwork. But it really comes down to: what would make life easier for you? Even if it's something we haven't thought of yet, ask us! Support can be occasional or regular and is flexible around you. Families also value knowing someone trusted is there when they can't be. Our services are not for profit, so using them helps support our charitable work across Powys.

Q: What is the one message you would like readers to take away?
A: Many people say they wish they had contacted us sooner. So if we could improve your quality of life, get in touch and tell us what would help you enjoy life more.

Some of our services are currently only available in areas of North Powys – but we hope to expand soon – so please do let us know if you would like support in your area.



Powys age Cymru
Let's change how we age

Helping you claim the money you're entitled to

Missing out? We are ready to help

Thousands of older people across Wales are missing out on money that is rightfully theirs.

Our quality-accredited advisers can carry out a free benefit entitlement check to see if there is money you can claim.

Whether you own or rent, or have savings, it's worth checking - you may be pleasantly surprised!

We are your local Age UK / Cymru Network Partner in Powys. We can offer you free, confidential and impartial advice on benefit and money matters. We'll ensure you receive all the money you are entitled to.

Get in touch with our expert advisers and find out if you are eligible.

01686 623707

enquiries@acpowys.org.uk

ageuk.org.uk/cymru/powys



Veterans Coffee and Chat

Join us for a brew and great banter in Newtown, Welshpool, or join our telephone group. All serving and ex-service personnel welcome.

- Wetherspoons Newtown, 31-32 Broad Street, Newtown SY16 2BQ
  First Tuesday of every month, 11am - 2pm.
- Neuadd Maldwyn, Severn Road, Welshpool SY21 7FE
  Last Tuesday of every month, 11.30am - 2pm.
- Veterans Social Telephone Group – regular calls to chat with other Veterans living in Powys – no technology or equipment needed, just a phone.

For more information please contact us:

t: **01686 623707**
e: **enquiries@acpowys.org.uk**
w: **ageuk.org.uk/cymru/powys**

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@agecymrupowys

Powys age Cymru
Let's change how we age

THE ARMED FORCES COVENANT FUND TRUST
Funded by HM Government

ARMED FORCES COVENANT

Registered charity number 1174222. Age Cymru Powys, Parkers Lane, Newtown, Powys, SY16 2LT

Powys Residents Age 65+

FREE

Trusted Local Charity

HOME ENERGY KIT!



FREE
Radiator Reflector Panels



FREE
LED Lightbulbs



FREE
Draught Excluders



FREE
Home Fitting

NO CATCH, NO SALES, HIGHLY RECOMMENDED

OWN OR RENT, NO BENEFITS REQUIRED

SAVE ENERGY. SAVE MONEY.





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Let's change how we age

How to book your FREE home visit

01686 623707

enquiries@acpowys.org.uk

Powys age Cymru
Let's change how we age

What do people say about our FREE Home Energy visit?



"**Andrew was reassuring and spoke Welsh.** It was lovely to have the draught excluders fitted for me. Diolch yn fawr."

"**Will inform friends about this service.** I was very impressed and grateful, as living on my own with mobility issues."

"**David was brilliant! Very helpful** and provided lots of ways to help conserve energy that we didn't know before."

"**You bring a service to people;** it improves houses, saves energy, and helps in combating climate change."

"**A very knowledgeable ex-Fire Chief** provided a very good service, he fixed my long-standing energy problems."

"**I think we are extremely lucky** to have this service. I found Steve to be a very helpful and pleasant gentleman."

Don't miss out this winter.
Book Your Home Visit with Age Cymru Powys today!

01686 623707
enquiries@acpowys.org.uk
ageuk.org.uk/cymru/powys

Get in touch today

Age Cymru Powys,
Parkers Lane,
Newtown,
SY16 2LT
Email: enquiries@acpowys.org.uk
Tel: 01686 623707
Or scan our QR code

Profits made through Age UK Trading are given to the charity, and when you make your enquiry directly through your local Age UK, you'll be helping raise funds for older people in your community

Age UK Trading is a trading name of AgeCo Limited, a trading subsidiary of Age UK (registered charity no. 1128267). AgeCo Limited (Financial Services Register no. 311438) is authorised and regulated by the Financial Conduct Authority. AgeCo Limited registered office: One America Square, 17 Crosswall, London, EC3N 2LB (registered in England and Wales, no. 03156159).

Live life to the full

Independent living products and solutions from Age UK Trading



Age UK Trading is a brand name used by AgeCo Ltd, a company owned by Age UK. Profits support older people in need, with more than £14m donated to the charity in the last five years.

Independent Living Solutions

Later life should feel good. That's why Age UK Trading offers a range of quality products and services to help you or your loved one live confidently, independently, and safely.

We exclusively work with carefully selected companies who are expert in their fields, and who meet our high standards for quality, value and fairness to help you find a solution that's right for you. Age UK Trading also have a dedicated customer support team to offer additional support and advocacy should our customers need it.

Plus profits from the sale of products are given to the charity to support those older people most in need.





Stairlifts and Homelifts

- Manufactured and installed by our trusted mobility partner Handicare
- Range of stairlifts to fit straight or curved staircases with free 2 years warranty
- Compact, twin and wheelchair options available for through the floor homelifts
- Free, no obligation home survey available



Bathing Solutions

- Range of walk-in baths, walk-in showers and wet rooms from our specialist partner Handicare
- Range of accessories and aids like drop down rails and shower seats to provide ease of access, safety and comfort
- Comprehensive warranty for parts and labour
- Free, no obligation home survey available



Personal Alarms

- 24-hour monitored personal alarms provided by Taking Care
- Emergency Resolution Team available 7 days a week, at the press of a button
- Choose from annual or pay-monthly subscriptions
- 30-day money back guarantee
- Range of wearable style and feature options



Incontinence Protection

- Expert advice from our product provider Vivactive's trained incontinence advisors
- Order before 9pm for same-day dispatch
- All parcels are packed discreetly
- 28-day return policy
- Low price guarantee
- Subscribe and save service – get 10% discount on every order with our subscription service

age UK Trading

Ask us about Age UK Trading's Bathing Solutions

Enjoy bathing with confidence with an accessible shower or bath from Age UK Trading



BG1308R1DEC23

Get in touch today

Age Cymru Powys
Parkers Lane,
Newtown,
SY16 2LT
Tel: 01686 623707
www.ageuk.org.uk/cymru/powys

Or scan our QR code

Powys age Cymru
Let's change how we age

Are you an unpaid carer for someone with dementia or memory issues?

Powys

Powys age Cymru
Let's change how we age

Powys County Council has partnered with Age Cymru Powys to deliver planned and emergency at-home respite for adult unpaid carers in the Welshpool and Montgomery area

Who is this service for?

This service is for unpaid carers aged 18+ who support someone who is:

- Over the age of 18
- Living in the Welshpool and Montgomery locality
- with a dementia diagnosis, suspected dementia, memory or cognitive issues
- are registered with a Powys GP.

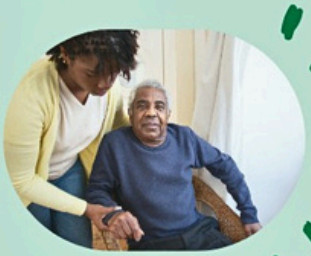
What can be provided?

Following registration with Age Cymru Powys, you will be able to schedule free respite. You can have time away while your love one receives:

- Practical help with everyday tasks;
- Support and prompting to eat, drink, or access the bathroom independently;
- Companionship and emotional support;
- but, this does not include providing personal care or administering medications







How to access the service

Call Assist or Age Cymru Powys

0345 602 7050 / 01686 623707

Could you give a carer the gift of a little time?

Volunteer At Home Respite Companions Needed





Help an unpaid carer take a well-earned break by:

- Having a chat and keeping someone company
- Sharing a cuppa
- Enjoying an activity together
- Sharing interests

Providing companionship for someone living with dementia or memory difficulties

- Fits around your commitments
- Training, support, paid expenses
- Make a difference to local families
- Volunteers needed in the Welshpool & Montgomery areas

No personal or medical care involved.

Support takes place in the person's home.

Interested? We'd love to hear from you.

Age Cymru Powys

01686 623707 | enquiries@acpowys.org.uk

At-Home Respite Support for Unpaid Carers from Age Cymru Powys



Caring for someone with dementia can be rewarding, but it can also be demanding. Through our partnership with Powys County Council, we help unpaid carers access at-home respite, providing time to rest, attend appointments or simply take a break. Because your wellbeing matters too.

For more information please contact us:

t: **01686 623707**
e: **enquiries@acpowys.org.uk**
w: **ageuk.org.uk/cymru/powys**

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@agecymrupowys

Powys age Cymru
Let's change how we age

Powys

Free service currently available in Welshpool and Montgomery localities of Powys.

Charity number 1174222. Age Cymru Powys, Parkers Lane, Newtown, Powys SY16 2LT.



Free Support Across Powys

Powys Dementia MOT

A dementia diagnosis can feel overwhelming, but you don't have to face it alone. Our MOT offers five key checks:

1. Finances – Advice to help maximise your income
2. Health & Wellbeing – Supporting your health, safety and wellbeing
3. Home – Helping you live safely and comfortably at home
4. Social Connections – Reducing loneliness and staying connected
5. Future Planning – Helping you plan ahead with confidence

For more information please contact us:

t: **01686 623707**
e: **enquiries@acpowys.org.uk**
w: **ageuk.org.uk/cymru/powys**

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@agecymrupowys

Powys age Cymru
Let's change how we age

Charity number 1174222. Age Cymru Powys, Parkers Lane, Newtown, Powys SY16 2LT.

This service is available across Powys.

Powys age Cymru

Our Services

- Information, Advice & Later Life MOT
- Rural Advice Van across Powys
- Friendship & Wellbeing
- Free Wills & POA Appointments
- Dedicated Veterans Service
- Talks for Groups
- Bereavement Support
- Friendly Helpers - Practical Services
- Farming Community Support
- 50+ Forums Influencing Services
- Social Activities & Events
- Footcare Clinics across Powys
- Housing Support
- Welfare Benefits & Cost-of-Living
- Support & Respite for Carers aged 18+
- Volunteering Opportunities
- Free Home Energy Checks
- Independent Living Products
- Dementia Support
- Advice and assistance to access care and support at home



To find out more please contact:

01686 623707

enquiries@acpowys.org.uk
www.agecymru.org.uk/powys

Got a problem?
Need advice?

ASK THE A-TEAM

Age Cymru Powys Advice Team - Advice You Can Trust!

ASK US ANYTHING!

The Age Cymru Powys Advice Team offers expert, impartial and quality-accredited advice to help you make the most of later life.



Dear A-Team, I'm a 79-year-old pensioner living alone in Powys. My cottage is freezing and my joints ache, but I'm terrified to turn the heating on because I dread getting into debt. What should I do? Martyn, Llangadfan.

Dear Martyn,

First, please know that you're not alone, and there is help available.

Keeping warm is important for your health, especially when you're already struggling with aching joints. At Age Cymru Powys, we can arrange a FREE Home Energy Check for you. Our friendly Home Energy Officers, David Steer and Andrew Richards (meet them on page 10), can visit your cottage and suggest practical ways to make it warmer.

They can fit free energy-saving equipment, including draught excluders, radiator reflector panels and energy-efficient lightbulbs, and offer lots of practical advice to help you save energy and pay less. Including connecting you with specialist heating support.

Please do book a visit from David or Andrew. With their backgrounds in the Police and Fire Service, they understand the importance of helping people feel safe at home.

We can also carry out a free, confidential benefits check to make sure you're receiving all the money that you are entitled to. It's a common myth that having savings or owning your home means there's no help available – so it's always worth checking.

You don't have to face this winter alone. Please call Age Cymru Powys on 01686 623707, email enquiries@acpowys.org.uk or write to us at the address below. We're here for you in Powys, to help you stay warm and well this winter.

Do you have a question for the Advice Team?

Write to: Age Cymru Powys, Old Warehouse, Parkers Lane, Newtown SY16 2LT

Email: enquiries@acpowys.org.uk **Call:** 01686 623707

GET IN TOUCH

We are your local independent charity supporting older people, their families and carers in Powys.

"Your Age Cymru Powys Adviser was excellent; helpful, understanding and competent. Pleasure to have had her acquaintance and support."

Alistair, 73, Hay-on-Wye



Every year we secure over £2 million of unclaimed benefit payments for older Powys residents.

Age Cymru Powys delivers quality - accredited advice and support, reduces poverty and social isolation, and improves quality of life.

We want everyone to be able to love later life.

We are here for you in Powys.

Age Cymru Powys
Old Warehouse, Parkers Lane
Newtown, Powys SY16 2LT

Call: 01686 623707

Email:
enquiries@acpowys.org.uk

Website:
www.agecymru.org.uk/powys

Donate:
localgiving.org/charity/age-cymru-powys

www.facebook.com/
agecymrupowys