

Blackwood Penmaen Newbridge
 Pontllanfraith Gelligaer Mar
 Cwmfelinfach Wattsville Fo
 Waterloo Rudry Rhydney
 Brithdir Caerphilly Machen
 Tir-y-Berth Pengam Cefn
 Hengoed Penybryn Deri Wyl
 Abercarn Senghenydd Crumlin Yn
 Abertridwr Trethomas Machen Ri
 Fochriw Abertysswg Tirphill Tr

Natter that Matters

Summer 2017



Deri Oakdale Crumlin Tir-y-Berth Pengam Cefn Fforest
 Blackwood Penmaen Newbridge Penybryn Cefn Hengoed Gelligaer Hengoed Argoed
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www.caerphillyover50.co.uk/



Caerphilly Over 50





A note from our Chairman

So; what have we been up to since the last edition of our Newsletter?

The printing of the Winter 2016 Newsletter almost coincided with our entertainment event and AGM, held in Llancaiach Fawr. There were 3 excellent entertainers who kept the audience enthralled. There was a return performance from Emma Scott, who also sang to us in 2015, Anwen Thomas who gave a wonderful performance on the harp and, for something completely different, "The Bee Man", Lorne East from the Sirhowy Valley Honey Bee Company, who gave an excellent presentation about bees and bee keeping.

We ended the AGM by electing a very good complement of members for the Steering Committee. It was most rewarding to find that new members of the Committee were prepared to take up posts as officers.

Following the local Council elections and a CCBC cabinet reshuffle, Cllr Barbara Jones who is Cabinet Member for Finance, Performance

and Governance and Deputy Leader, is our new Member 50+ Champion. She has already had a meeting with myself and the Vice Chairman and expressed her commitment to working closely with us to extend the reach of the Forum throughout the Borough. We would like to take this opportunity to say how much we are looking forward to working with her but also to thank our previous 50+ Member Champion Cllr Christine Forehead for her commitment and hard work over recent years.

We have also recently developed closer links with the Carers Team in the Council. As a result the Forum had a stand at one of their events during Carers week which led to some very enlightening talks with carers and their support groups.

Recently, the Steering Committee numbers have sadly contracted significantly. Employment (yes, it is possible to get employment after 50), family illness and personal illness have reduced the committee to 8 members. So if any of you reading this paper want to make a difference to older people across the borough then please get in touch!



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Caerphilly Over 50



Caring for a loved one, you are not alone

1 in 8 adults are providing care for a loved one who is older, disabled or seriously ill.

It is unpaid carers, who are holding families together, enabling loved ones to get the most out of life. Caring requires huge and unexpected lifestyle changes, as carers take on responsibilities such as cooking, cleaning, healthcare and personal care, it could be for a few hours a week or providing around the clock support.

Caring can be complicated. The maze of rights and entitlements can be complicated. Filling in paperwork can be complicated. Getting a break can be complicated. Our feelings about caring can certainly be complicated. Carers Wales is here to make try to make it less complicated, they provide expert information and advice on the phone online, leaflets, booklets and newsletters to give accurate and up-to-date information so carers know exactly where they stand.

Call 02920 811370 to chat to one of the Carers Wales advisors. More information available at www.carersuk.org/wales

Locally there is also Caerphilly Carers group who you can be in touch with either by letter to c/o CCBC Social Services, Penallta House, Ystrad Mynach CF82 7PG or email carers@caerphilly.gov.uk. They keep a mailing list of both email and postal addresses. They also have a closed Facebook group, for access to that group simply Email and ask for access to it. They have a website www.caerphilly.gov.uk/carers and they even have a Twitter account you can follow at @CarerCaerphilly.

HOW DO YOU STAY

BOWLING...

Did you know there are 15 Bowling clubs around the borough and they are great places to learn a new skill, make lots of friends and enjoy good company.



So why not check out your local club and chat to the office staff or other club members for more information. You can find details of all the clubs on the Council's website

your.caerphilly.gov.uk/parklife/sports/bowling-greens

Islwyn bowls club can even arrange training for you if you have never played bowls before! You can also hire all equipment you need at the club, such as bowls and shoes. Friday night from 6 - 8pm is a great time to meet and learn this fun game; just turn up, no need to book. Men and women of all ages will be made very welcome.

Or give Islwyn Bowls call a ring direct on Tel: **01495 221321** and find out more including information about their restaurant, bar and Social nights which are held every month including the Ladies events such as Country and Western nights and fashion shows etc.

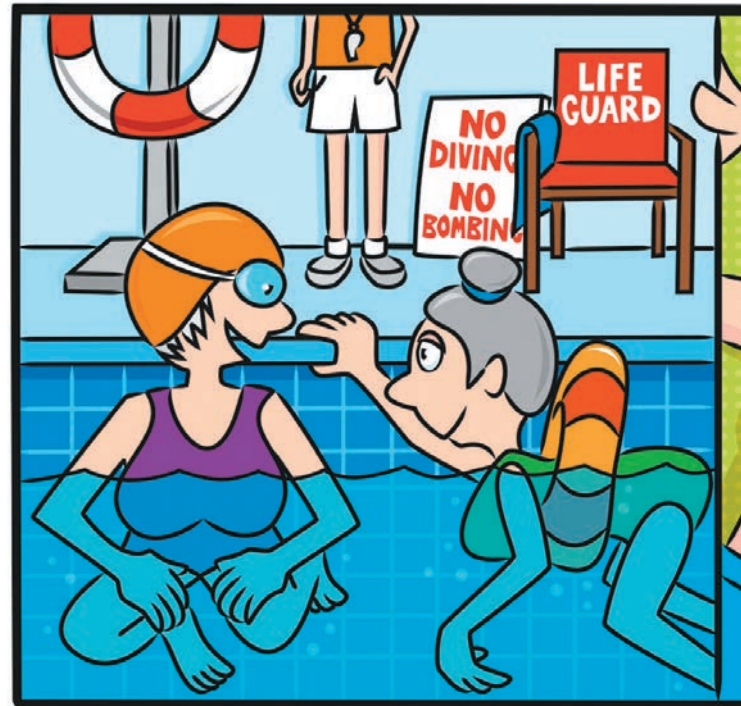
SWIMMING is fun

- A great way to meet new people
 - A pleasant way to cool down on
 - A great way to improve coordin
 - The weightlessness of water hel
 - It can help provide a distract
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It is never too late to le

50+
Positive ACTION
GWEITHRED Bositif

THE COUNCIL'S
LIFE IS A GREAT
NEW FRIENDS A



For details of local pools and F
<http://your.caerphilly.gov.uk/lei>

AND don't forget that in Caerphilly County Boro
for FREE. Yes, all the family can swim for free in o
grandad or nan can dip their toe in, keep fit and

ACTIVE?

n and...

e and make new friends

a hot day

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ps keep joints flexible and mobile

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er as Age is Just A Number....

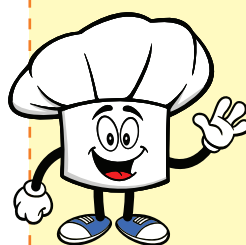
Learn to swim!

*OVER 60s FREE SWIM FOR
EASY WAY TO MEET PEOPLE, MAKE
AND ROLL BACK THE YEARS.*



**FREE swim times click on the link
surelifestyle/content/swimming**

ough, on a Friday, you can take ALL the family
dedicated sessions. Yes, that means mum, dad,
d have fun without splashing any cash.



Much Loved Recipes

Phil's Casserole:

Will serve two comfortably can be stretched by adding some frozen vegetable when the meat is nearly cooked. Can be stretched even further with boiled potatoes and or French stick.

Seal in a frying pan of hot fat, 2 ounces or 50 grams, 6 ounces or 180 grams of diced shin of beef (£4.80 per pound).

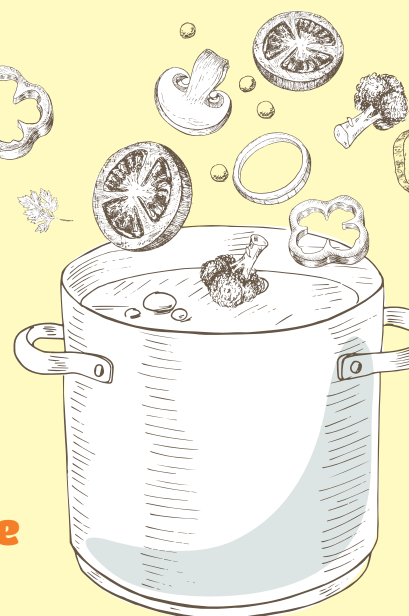
When slightly browned and sealed place into an oven proof dish and put in a pre-heated oven gas Mark 4 or 180 degrees Celsius to keep hot.

In the same pan with the same fat left in after the meat was sealed, place in diced carrot, celery, onion, leek [about two ounces of each] (cut into half inch or one centimetre pieces, some garlic puree (teaspoon) can be added to the vegetables and seal off till slightly brown.

Add this to the meat in the oven. Pour some boiling water into the cooled frying pan add a stock cube and dissolve, a dessertspoon of tomato puree, when all dissolved pour over the meat and vegetables in the oven, add more water in necessary to cover and another stock cube if you think it is needed.

Finally season and add a bouquet garni sachet and leave to cook for three hours. Stir from time to time. Serve when meat is tender. Cooking liquor can be thickened if needed.

Do you have a favourite recipe.... share it with us!



WHAT'S HAPPENING LOCALLY?

Newbridge Memo's Young Digital Heritage Group is undertaking an 'Oral History' project and we're looking to collect as many people's memories of The Memo as possible.

We are interested in any stories which you may have relating to Newbridge Memo; these stories could relate to anytime in our history, from the early years right up to the present day.

Your memories could relate to any aspect of The Memo's past events from dances, the infamous rock nights, cinema, theatre performances or even concerts.

Perhaps, you belonged to a group or society who used The Memo or had support from The Memo during the War or Miners' strikes? Or did you see someone famous perform there?

Whatever your memory, we'd love to hear about it. If you would like to know more about this project or take part, please get in touch with Julie Charles on **01495 366934** or Julie.charles@newbridgememo.co.uk.



WHATS YOUR GOOD CAUSE?

My name is Peter Jones and I am a retired solicitor, aged 77, a member of the 50+ Forum's Steering Group. I actively support the Charity Teacher Aid as their Secretary.

They are a Welsh charity which helps to feed and educate orphaned and vulnerable, deprived children in Zambia - as well as paying the salaries of Zambian teachers. Every penny the charity raises through donations (and the recovery of Gift Aid from the Inland Revenue on those donations)

goes to support three schools - at Lusaka, Nsobe and Chiziro.

Since its creation in 2007, the charity has sent well in excess of £100,000 to the schools besides providing equipment essential for them. Hundreds of children have benefitted from the work of the charity and its committed donors who support a wide range of fund-raising events. There are NO administrative overheads whatsoever.

***What's your good cause....
Maybe we can help spread the word!***

If you would like to support Teacher Aid please contact Peter Jones on **029 2088 2245 or **0758 850 1848** or give via www.justgiving.com/teacheraid**



Didn't they do well!

Success for Lansbury Park Trevelyan Court Residents Group

Trevelyan Court Residents Group entered The Pride in Your Place awards in 2016. In January of 2017 they were informed that the group had been selected as one of the finalists in their category "Best Kept Area". The presentations were held at The Blackwood Miners Institute on January 19th 2017. The award was introduced as "the significant effort and commitment of the group over time in maintaining and improving the area for the benefit of those who live there and those passing through."

During 2016 the group entered the Royal Horticultural Society's competition titled "It's Your Neighbourhood".

This is a national competition and the presentation of awards and certificates took place in Prestatyn in September 2016. The group was pleased that it had

attained a grade higher than its entry in 2014, Grade 4 out of five. This was reflected in the Judge's comments of maintaining and flourishing and being aware of the sensitive environment in some areas.

The group has been encouraged to apply for a Green Flag Award from Keep Wales Tidy (A national organisation which supports groups who look after the environment in Wales).



Your New Member Older People's Champion

Cllr. Barbara Jones was first elected to Council in 2012, she represents St. James ward in Caerphilly. She lives in a small bungalow in Rudy village, she is a widow.

Barbara is a very active member of the community, loves going on holiday, gardening and reading.

She has also been a member of the Gwent magistrates bench for many years sitting in criminal and family court. Barbara is also a Community councillor in the Van Community council.

Barbara said "As an older person myself I am really pleased to have this chance to be the Older Peoples Champion and I am looking forward to supporting the Caerphilly 50+ forum and meeting some of the older people groups across the borough."



Getting to Know Us

Do you belong to an organisation, society, club or group?

If so, would you like us to come along and give a talk about the 50+ Forum in Caerphilly Borough and how it could be relevant to your organisation or your individual members?

As well as telling you about the Forum, the things we have been doing and what we might do in the future, we would love to have a discussion about what you would like us to do.

Hopefully, this would enable us to forge links that would continue in the future and enable you to provide us with feedback and concerns that develop in the future.

We would like to thank Caerphilly 50+ Positive Action for their help and support in producing this newsletter and funding the cost of the printing as part of their Well-being engagement work supporting Strategy for Older People in Wales.



If you would like to advertise to thousands of over 50s in Caerphilly County Borough you can do so by sponsoring the next edition of this Newsletter or any of the forums events. Please contact us via the website 'get in touch' section or email: keenam@caerphilly.gov.uk or call Mandy Keenan on 01443 864277