



## New Ageing Well publications

We've been busy putting together a range of new guides and resources, based on feedback from network members throughout Wales. The guides are designed to help you make positive changes where you live and work, and help to make Wales a good place to grow older for everyone.

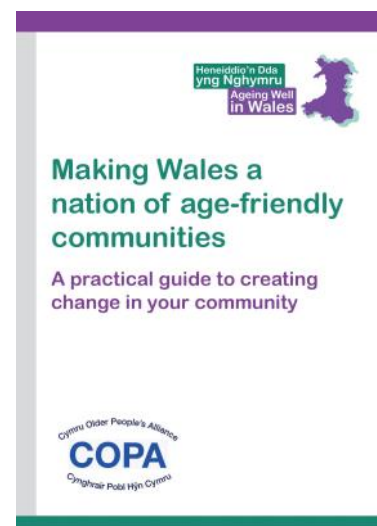
We've worked with older people and Ageing Well in Wales partners to produce the guides listed in this update, based on topics that have been suggested from network members. Copies of all the new publications are available from our website ([www.ageingwellinwales.com](http://www.ageingwellinwales.com)), or get in touch if you'd like us to send you physical copies.

We hope you'll find these new publications useful, and look forward to hearing your feedback and suggestions of what topics we should work on next.

## Age-friendly communities

Being age-friendly isn't just about government policy and public services (although these are essential), but about changing attitudes and bringing people together to create positive change in their communities.

**Making Wales a nation of age-friendly communities: A practical guide to creating change in your community** has been designed for communities that want to take action to become more age-friendly. It describes a simple eight-step process to make a difference where you live.



AGE-FRIENDLY  
COMMUNITIES IN PRACTICE  
*By local communities, for local communities*



SICRHAU CYMUNEDAU  
SY'N YSTYRIOL O OEDRAN  
*Gan gymunedau lleol, i gymunedau lleol*

The guide was developed by COPA (Cymru Older People's Alliance) in collaboration with Ageing Well in Wales. To support communities and groups working to make where they live more age-friendly, we are launching **Age-Friendly Communities in Practice**, a recognition scheme with COPA.

**A guide to being an age-friendly business** makes the business case for being age-friendly, and provides simple hints and tips on how businesses can be more age-friendly. The guide was developed based on the work and experiences of age-friendly projects from around the world.



If you would like to help us promote the new guide, we have produced postcards which you, friends and family can use to signpost business owners to the new guide.

To download a copy of Making Wales a nation of age-friendly communities, visit <http://bit.ly/2njZDoC>.

To download a copy of the business guide, visit <http://bit.ly/2o6tVtR>.

For more information on the age-friendly community recognition scheme, email [copa@copa.cymru](mailto:copa@copa.cymru) or contact the Ageing Well in Wales team.

## Help make your community more Age-friendly – May / June events

We are organising two events in May and June to support those who are interested in making where they live, or work, more age-friendly.

**On Monday 22nd May we'll be at the Cardiff Story Museum, and then at Barry Memo Arts Centre on Wednesday 28th June.**

The events are free to attend, and provide an opportunity to share ideas, make new partnerships, and get specialist advice.

For more information, and to book a place, phone **02920 445 030** or email [ageingwell@olderpeoplewales.com](mailto:ageingwell@olderpeoplewales.com).

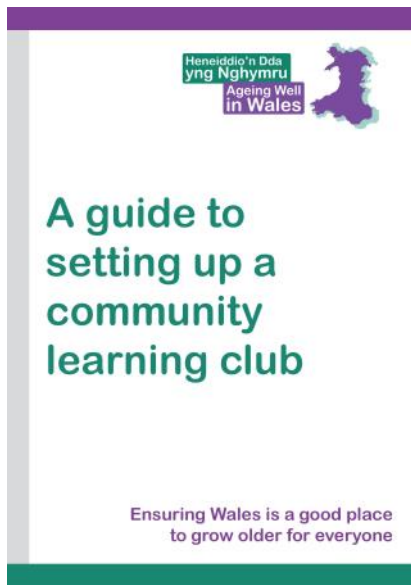
## Dementia supportive communities

**A Pocket Guide to being Dementia Supportive** was our first publication, and has proved to be incredibly popular. We have recently sent 1,000 copies to Dyfed Powys Police, who will be using the guide in dementia awareness training for all of their front-line staff.

This guide provides useful tips on how you can be more supportive to people living with dementia, and was produced in partnership with Alzheimer's Society and Brecon Dementia Friendly Community.

To download a copy of the pocket dementia guide, visit <http://bit.ly/1XwtZhf>.

## Learning and employment



**A Guide to Setting up a Community Learning Club** has been written to help people and groups looking to set up a local learning club. Starting your own learning club might seem really daunting, but it doesn't need to be. Everyone has a skill to share, and with the help of a few like-minded people, a lot can be achieved.

The guide provides practical advice and also highlights organisations and resources that can help. It was written in conjunction with partners from Learning & Work Institute, Men's Sheds Cymru, U3A and the Open University.

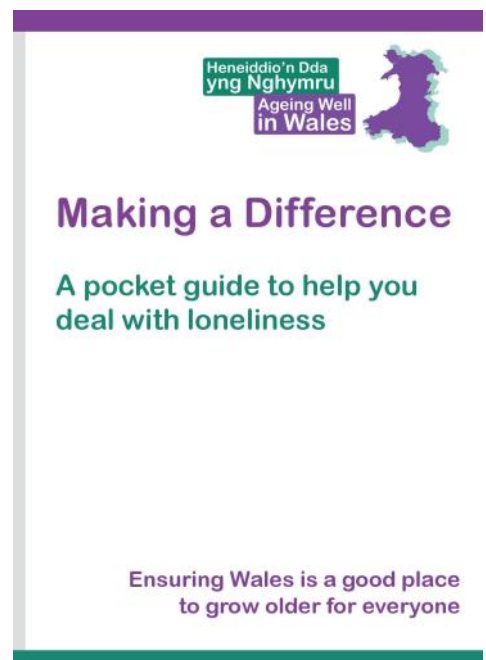
The guide will be publicly launched in June as part of Adult Learners Week, but copies are available for Ageing Well in Wales network members now.

To download a copy of the learning club guide, visit <http://bit.ly/2oduH8S>.

## Loneliness

Most of us experience loneliness at different times of our lives. People can become lonely for many different reasons, including isolation, illness, moving to a new area, caring commitments or bereavement. Whatever the cause, there are things that can be done which make a positive difference.

However, many of us can feel awkward discussing feelings of loneliness. **Making a difference: A pocket guide to help you deal with loneliness** provides ideas on how to effectively deal with loneliness, including organisations that can help. The guide is designed to help you talk about loneliness with friends, family or colleagues.



The guide is based on the work of Dr. Deborah Morgan from Swansea University and was produced in collaboration with CADR (Centre for Ageing & Dementia Research), British Red Cross and the Royal Voluntary Service.

To download a copy of the loneliness pocket guide, visit <http://bit.ly/2nzSLPi>.

## Events

We are currently putting together our calendar for the next twelve months' Ageing Well in Wales network events. We will be running half-day events across Wales focusing on age-friendly and dementia supportive communities. The events are a great way to find out how you can get involved to make where you live a better place to grow older. There will be opportunities to learn, find new partners, and to hear the inspiring stories of guest speakers already making a difference in their communities.

We're also planning to run more of the larger Celebrating Communities events, mirroring the success of the events in Bangor and Cardiff at the end of 2016, and celebrating the massive contribution that Ageing Well in Wales network members make to the lives of older people.

We hope to have the chance to meet you at one of our upcoming events. If you're interested in helping us organise an Ageing Well in Wales event near you, please let us know.

## Mapping Arts & Health in Wales: A Survey

Arts Council of Wales is exploring how the arts can make a greater contribution to the health and wellbeing of people in Wales. They would like the help of Ageing Well in Wales network members to complete a survey to help map some of the fantastic work currently being undertaken within arts and health in Welsh communities.

If you are involved in delivering an arts project that intentionally sets out to deliver health and wellbeing outcomes in Wales, or if you are working within health, social care, arts or the third sector with an interest in arts and health, please take five minutes to complete the online questionnaire at <http://bit.ly/2ojSLE8>.

Survey results need to be in by **Friday 5<sup>th</sup> May**. A copy of the report of the findings will be shared with all participants.



# Take 20 Minutes of your day to stay active, stay strong, and reduce your falls risk

May is **National Walking Month**, and Ageing Well in Wales partners **Living Streets** are encouraging people to get out walking every day, and to help build a picture of how walkable our streets are.

Walking makes us feel fitter, happier and is a great way to stay active and reduce your risk of falling. Throughout May, Living Streets are asking for everyone to #Try20, and take a 20 minute walk every day, and to feel the benefits of walking. The Living Streets website has 20 handy tips for getting out and walking.

Living Streets also want to know how walking in each community shapes up around Wales. So this year they're asking people to rate their everyday walks and one lucky winner who rates their walk during May will win a city break

For more information on Living Streets, contact **07714 616 598** or visit [www.livingstreets.org.uk](http://www.livingstreets.org.uk). Living Streets #Try20 tips are available online at <https://www.livingstreets.org.uk/what-you-can-do/try20-tips>.

The online "Rate my walk" tool is available from [www.livingstreets.org.uk/rateyourwalk](http://www.livingstreets.org.uk/rateyourwalk).



## Stay In Touch with Ageing Well in Wales

Phone: **02920 445 030**

Email: [ageingwell@olderpeoplewales.com](mailto:ageingwell@olderpeoplewales.com)

Twitter: [@ageingwellcymru](https://twitter.com/ageingwellcymru)

Together we will make Wales a good place to grow old for everyone.