# What's on Where (WOW) and Well-being Guide

Issue 2

# (Beth Sydd ar Ble) a Canllaw Lles

Argraffiad 2

## Cardiff, Penarth and Barry









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## The WOW Guide

*"Your complete listing for what's going on near you"*

# *Welcome*

**Welcome to this edition of our What's On Where (WOW) Guide. We are Home Instead Cardiff, Penarth and Barry and we are committed to ensuring that all older or vulnerable people in our communities stay happy, healthy and connected.**

We understand the impact of loneliness and not getting out and about, upon general health and wellbeing. We also understand that not everyone wants to go online to find out what groups are available and that is why we have put together this guide.

It is full of places to go for socialising and enjoying various activities to keep you moving, happy and maybe making some new friends. We have also included some wellbeing tips about staying safe and well along with useful community contact numbers.

We hope you enjoy this edition and if you run a community group and would like to be included in future editions, please email Chrissy at christine.darby@homeinstead.co.uk

Our contact details along with some other community contacts can be found on the back page. Please ensure you check that the groups and services are running, by using the telephone numbers provided in our guide listings.

# *Croeso*

**Croeso i'r rhifyn hwn o'n Canllaw "What's On Where" (WOW). Home Instead Caerdydd, Penarth a'r Barri ydym ni ac rydym wedi ymrwymo i sicrhau bod pob person hŷn neu agored i niwed yn ein cymunedau yn aros yn hapus, yn iach ac yn gysylltiedig.**

Rydym yn deall effaith unigrwydd a pheidio â mynd allan, ar iechyd **a lles cyffredinol. Rydym hefyd yn deall nad yw pawb eisiau mynd ar-lein i ddarganfod pa grwpiau sydd ar gael a dyna pam rydyn ni wedi llunio'r canllaw hwn.**

Mae'n llawn llefydd i fynd i gymdeithasu a mwynhau gweithgareddau amrywiol i'ch cadw chi'n symud, yn hapus ac efallai i'ch helpu i wneud rhai ffrindiau newydd. Rydym hefyd wedi cynnwys rhai awgrymiadau lles am gadw'n ddiogel ac yn iach ynghyd â rhifau cyswllt cymunedol defnyddiol.

Rydym yn gobeithio y byddwch chi'n mwynhau'r rhifyn hwn ac, os ydych chi'n rhedeg grŵp gymunedol ac y byddech chi'n hoffi cael eich cynnwys mewn rhifynnau yn y dyfodol, e-bostiwch Chrissy yn christine.darby@homeinstead.co.uk

# What's on Where Guide

## CHOIRS & SINGING

| ACTIVITY | LOCATION | AREA | DAY | TIMES | PHONE |
|---|---|---|---|---|---|
| WMIM singing/social | St Augustine's Parish Hall,Albert Rd, Penarth, CF64 1BX | Penarth | Wed | 10.00-12.00 | 07500 776295 |
| WMIM singing/social | Margaret Alexander Community Center, Alexandra Cres, CF62 7HU | Barry | Thurs | 10.30-12.30 | 07500 776295 |
| Singing for the brain | St Isan's Church Hall, Heol Hir, Llanishen, Cardiff CF14 5AE | Llanishen | Wed | 2.00-3.30 | 07484 089481 |
| Goldies Cymru | Canton Library,Library Street,Cardiff CF5 1QD | Canton | 1st Tues of month | 2.30-3.30 | 029 2078 0999 |
| FMNC Singing session | Thornhill Church Centre, Excalibur Drive, Cardiff CF14 9GA | Cardiff | Tues | 6.30-8.30 | 02922 362064 |
| FMNC Singing session | Elfed Avenue United Church, Penarth, CF64 3LX, | Penarth | Thurs | 6.30-8.30 | 02922 362064 |
| Goldies Cymru | Belle Vue Cottage, Albert Crescent, Penarth, CF64 1DA | Penarth | 1st/3rd Fri of month | 10.30-1.30 | 07860 944410 |
| Goldies Cymru | Cardiff Central Library, The Hayes, Cardiff CF10 1FL | Cardiff | 2nd Mon of month | 12.30-1.30 | 07860 944410 |
| Goldies Cymru | Llys Herbert Care Home, Ty-Draw Road, Lisvane, CF14 0AW | Lisvane | last Wed of month | 10.30-11.30 | 07860 944410 |
| Goldies Cymru | Llanishen Leisure Centre, Ty-Glas Av, Llainshen, CF14 5EB | Llanishen | 1st Wed of month | 10.30-11.30 | 07860 944410 |
| Goldies Cymru | Christchurch Radyr, 52 Heol Isaf, Radyr, Cardiff, CF15 8DY | Radyr | 1st Fri of month | 2.00-3.00 | 07860 944410 |
| Goldies Cymru | Park End Church, Llandennis Road, Rhydypennau, CF23 6EG | Rhydypennau | Thurs | 10.30-11.30 | 07860 944410 |
| Goldies Cymru | Rhiwbina Hub, Pen-Y-Dre, Rhiwbina, CF14 6EH | Rhiwbina | 3rd Wed of month | 10.30-11.30 | 07860 944410 |
| Goldies Cymru | Ararat Baptist Church, Plas Treoda, Whitchurch, CF14 1PT | Whitchurch | 1st Mon of month | 2.00-3.00 | 07860 944410 |
| Goldies Cymru | Whitchurch Hub, Park Road, Whitchurch, CF14 7XA | Whitchurch | Last Tues of month | 10.30-11.30 | 07860 944410 |
| Rock Choir | Fairfield Primary School, 13 Dryden Road, Penarth, CF64 2RT | Penarth | Thurs | 7.45-9.15 | 01252 714 276 |
| Singing for pleasure | The Old School, 1 South Road, Sully, CF64 5TG | Sully | 4th Mon of month | 11.00-12.30 | 029 2053 1705 |
| Barry Community Choir | St John's Methodist Church, Breaksea Drive,Barry Island, CF63 4ET | Barry Island | Wed | 7.00-8.30 | 07932 523415 |
| The MemoPhonics | Memo Arts Centre, Gladstone Road, Barry CF62 8NA | Barry | Mon | 6.30-8.00 | 01446 738622 |
| Barry Male Voice Choir | Holy Trinity Church, Trinity Street(Aberystwyth Crescent)CF62 7XX | Barry | Mon & Thurs | 7.30-9.00 | 07951 817208 |

## CLUBS & SOCIETIES

| | | | | | |
|---|---|---|---|---|---|
| Barry Veterans Group | Corner of Everard Street Barry CF63 4PW | Barry | Sat | 10.00-1.00 | 07961 900211 |
| Sunflower Club - Gardening | Rumney Partnership Hub, Llanstephan Road Cardiff CF3 3JA | Cardiff | Thurs | 1.00-3.00 | 07974 373319 |
| Bridge Club | Radyr Hub, Park Road Cardiff CF15 8DF | Cardiff | Mon | 2.00-4.00 | 07980 752780 |
| Art Group | Radyr Hub, Park Road Cardiff CF15 8DF | Cardiff | Tues | 2.00-4.00 | 07980 752780 |
| Crafty Conflab | Online (please call to ask for link) | Online | Tues | 10.30-11.30 | 07977 708888 |
| Knitting & crochet group | Canton Library Library Street,Cardiff CF5 1QD | Cardiff | Fri | 10.30-11.30 | 029 2078 0999 |
| Chat and Craft | Llanishen Hub 11 Station Road Llanishen CF14 5LS | Llanishen | Mon | 10.00-12.00 | 02920 871060 |
| Chess Club | Llanishen Hub 11 Station Road Llanishen CF14 5LS | Llanishen | Mon | 3.30-5.30 | 02920 871060 |
| Meet Up Monday | Llanrumney Hub, Countisbury Avenue, CF3 5NQ | Llanrumney | Mon | 1.00-3.00 | 02920 780994 |
| Knitting & crochet group | Whitchurch Hub, Park Rd Cardiff CF14 7XA | Whitchurch | Mon | 2.00-4.00 | 029 2087 1331 |
| Book Club | Fairwater Hub, Fairwater Hub,Doyle Avenue, Cardiff, CF5 3HU | Fairwater | 1st Wed of month | 10.30-11.30 | 029 2078 5583 |
| Happy Hands crafting | Radyr Hub, Park Road Cardiff CF15 8DF | Radyr | Wed | 2.00-4.00 | 02920 780996 |
| Arts and Crafts | Llanedeyrn Powerhouse Hub Roundwood,Llanedeyrn CF23 9PN | Llanedeyrn | Fri | 1.00-3.00 | 02922 330201 |
| Get Drawing | Whitchurch Hub, Park Rd Cardiff CF14 7XA | Whitchurch | Thurs | 4.00-5.00 | 02920 87 1331 |
| Diamond Art | Rhiwbina Hub,Pen-Y-Dre,Cardiff, CF14 6EH | Rhiwbina | Fri | 1.00-3.00 | 02920 693276 |
| Knit and natter | Whitchurch Hub, Park Rd Cardiff CF14 7XA | Whitchurch | Fri | 2.00-4.00 | 02920 87 1331 |
| Knitting & crochet group | Radyr Hub, Park Road Cardiff CF15 8DF | Radyr | Mon | 10.00-12.00 | 02920 780996 |
| Book Club | Ely and Caerau hub, Cowbridge Road West, Ely CF5 5BQ | Ely | 2nd Tues | 2.00-3.00 | 02920 873800 |
| Book Group | Llanishen Hub 11 Station Road Llanishen CF14 5LS | Llanishen | 2nd Wed | 1.00-2.00 | 02920 871060 |
| Chess, Checkers and Coffee | Llanedeyrn Powerhouse Hub Roundwood,Llanedeyrn CF23 9PN | Llanedeyrn | Thurs | 10.00-12.00 | 02922 330201 |
| Chess, Checkers and Coffee | Llanedeyrn Powerhouse Hub Roundwood,Llanedeyrn CF23 9PN | Llanedeyrn | Tues | 1.00-3.00 | 02922 330201 |
| Crafty Creations | Central Library Hub, The Hayes, Cardiff CF10 1FL | Cardiff | Sat | 11.00-1.00 | 02920 382116 |
| Craft and Chat | Rhiwbina Hub,Pen-Y-Dre,Cardiff, CF14 6EH | Rhiwbina | Mon | 10.30-12.30 | 029 2069 3276 |
| Knit and natter | Llanedeyrn Powerhouse Hub Roundwood,Llanedeyrn CF23 9PN | Llanedeyrn | Mon | 10.00-1.00 | 02922 330201 |
| Chess, Checkers and Coffee | Llanedeyrn Powerhouse Hub Roundwood,Llanedeyrn CF23 9PN | Llanedeyrn | Tues | 1.00-3.00 | 02922 330201 |
| Enjoy Drawing | Radyr Hub, Park Road Cardiff CF15 8DF | Radyr | Tues | 2.00-4.00 | 02920 780996 |
| Murder Mystery Club | St Mellons Hub, 30 Crickhowell Road, CF3 0EF | St Mellons | 3rd Wed of month | 3.00-5.00 | 02920 78 0992 |
| Book Group | Canton Library Library Street,Cardiff CF5 1QD | Canton | 3rd Wed of month | 10.30-11.30 | 02920 78 0999 |
| Knit and natter | Central Library Hub, The Hayes, Cardiff CF10 1FL | Cardiff | Wed | 1.00-3.00 | 02920 382116 |
| Reading Group | Whitchurch Hub, Park Rd Cardiff CF14 7XA | Whitchurch | 3rd Thurs of month | 2.30-3.30 | 02920 871331 |
| Knit and natter | St Mellons Hub, 30 Crickhowell Road, CF3 0EF | St Mellons | Thurs | 4.00-6.00 | 029 2078 0992 |
| Knit and natter | Rhiwbina Hub,Pen-Y-Dre,Cardiff, CF14 6EH | Rhiwbina | Thurs | 2.00-4.00 | 029 2069 3276 |
| Arts and Crafts | Ely and Caerau hub, Cowbridge Road West, Ely CF5 5BQ | Ely | Mon | 11.00-1.00 | 02920 873800 |
| Crime and coffee book club | Central Library Hub, The Hayes, Cardiff CF10 1FL | Cardiff | Last Mon of month | 10.30-11.30 | 02920 382116 |
| Art Group | Penylan Library and Com Centre, Penylan Rd, CF23 5HW | Penylan | Tues | 11.00-12.00 | 02922 401199 |
| Female Voices Book Group | Central Library Hub, The Hayes, Cardiff CF10 1FL | Cardiff | Last Thurs of month | 5.30-6.30 | 02920 382116 |
| Book Club | Llanrumney Hub, Countisbury Avenue, CF3 5NQ | Llanrumney | 1st Wed of month | 2.00-3.00 | 02920 780994 |
| Evening Reading Group | St Mellons Hub, 30 Crickhowell Road, CF3 0EF | St Mellons | 1st Wed of month | 5.30-6.30 | 02920 780992 |
| Men's Sheds - The Den | Rhiwbina Hub,Pen-Y-Dre,Cardiff, CF14 6EH | Rhiwbina | Mon | 10.00-12.00 | 07929 468031 |
| Paper Crafting | Canton Library Library Street,Cardiff CF5 1QD | Canton | Mon | 10.30-12.00 | 02920 780999 |
| CraftClub | Central Library Hub, The Hayes, Cardiff CF10 1FL | Cardiff | 3rd Sat of month | 2.00-3.00 | 02920 382116 |

## CLUBS & SOCIETIES

| ACTIVITY | LOCATION | AREA | DAY | TIMES | PHONE |
|---|---|---|---|---|---|
| Jigsaw Club | Rhiwbina Hub,Pen-Y-Dre,Cardiff, CF14 6EH | Rhiwbina | Last Sat of month | 10.00–12.00 | 02920 693276 |
| LGBTQIA+ Book Club | Central Library Hub, The Hayes, Cardiff CF10 1FL | Cardiff | 1st Thurs of month | 5.30–6.30 | 02920 382116 |
| Evening Reading Group | Whitchurch Hub, Park Rd Cardiff CF14 7XA | Whitchurch | 1st Thurs of month | 5.00–5.45 | 02920 871331 |
| Book Group | Rhiwbina Hub,Pen-Y-Dre,Cardiff, CF14 6EH | Rhiwbina | 1st Wed of month | 10.30–11.30 | 02920 693276 |
| Evening Book Group | Rhiwbina Hub,Pen-Y-Dre,Cardiff, CF14 6EH | Rhiwbina | 2nd Thurs of the month | 5.00–6.00 | 02920 693276 |
| Games Club | Rhiwbina Hub,Pen-Y-Dre,Cardiff, CF14 6EH | Rhiwbina | 2nd Sat of the month | 1.15–3.15 | 02920 693276 |
| Crochet and Chat | Rhiwbina Hub,Pen-Y-Dre,Cardiff, CF14 6EH | Rhiwbina | 3rd Wed of month | 10.00–12.00 | 02920 693276 |
| Penylan Book Club | Penylan Library and Com Centre, Penylan Rd, CF23 5HW | Penylan | 3rd Tues of month | 2.30–3.30 | 02920 788414 |
| Craft Club | Fairwater Hub, Fairwater Hub,Doyle Avenue, Cardiff, CF5 3HU | Fairwater | Wed | 12.00–2.00 | 02920 785583 |
| Bridge | Rhiwbina Hub,Pen-Y-Dre,Cardiff, CF14 6EH | Rhiwbina | Wed | 1.00–4.00 | 02920 693276 |
| Bridge | Rhiwbina Hub,Pen-Y-Dre,Cardiff, CF14 6EH | Rhiwbina | Fri | 1.00–4.00 | 02920 693276 |
| Diamond Art | Whitchurch Hub, Park Rd Cardiff CF14 7XA | Whitchurch | Mon | 12.30–2.00 | 02920 871331 |
| Local History Group | Rhiwbina Hub,Pen-Y-Dre,Cardiff, CF14 6EH | Rhiwbina | 2nd Wed of month | 2.00–3.00 | 02920 693276 |
| African Drumming | Glyndwr Community Centre, 22 Glyndwr Road,CF64 3ND | Penarth | Sat | 10.00–12.00 | 07974 635502 |
| Bridge Club | The Old School, 1 South Road, Sully, CF64 5TG | Sully | Mon | 1.00–5.30 | 02920 53 1705 |
| Painting Group | The Old School, 1 South Road, Sully, CF64 5TG | Sully | Tues | 1.30–3.30 | 02920 53 1705 |
| Knitters and Stitchers | The Old School, 1 South Road, Sully, CF64 5TG | Sully | Tues | 10.00–12.00 | 02920 53 1705 |
| Bridge Club | The Old School, 1 South Road, Sully, CF64 5TG | Sully | Wed | 1.00–5.30 | 029 2053 1705 |
| Canasta | The Old School, 1 South Road, Sully, CF64 5TG | Sully | Wed | 10.00–12.00 | 02920 53 1705 |
| Art History | The Old School, 1 South Road, Sully, CF64 5TG | Sully | Thurs | 10.00–12.00 | 02920 53 1705 |
| Guitar group | The Old School, 1 South Road, Sully, CF64 5TG | Sully | Thurs | 2.00–3.00 | 02920 53 1705 |
| WI Craft | Highlight Park Community Centre,Stirling Road, Barry CF62 8NX | Barry | Thurs | 2.00–4.00 | 07791 463739 |
| Group 617 Lancaster | Brynhill (Barry) Golf Club,Little Brynhill Lane, Barry CF62 8PN | | Tues | 10.00–12.00 | 07716 792568 |
| Friendly Bingo Club | Castleland Community Centre, Belvedere Crescent, Barry CF63 4JZ | Barry | Sat | 6.30–9.30 | 01446 745153 |
| CwmpasOT crafts | Age Connects 38 Holton Rd, Barry CF63 4HD | Barry | Wed | 10.30–12.00 | 07450 729152 |
| Barry Poetry Group | Golau Caredig, Gladstone Road, Barry CF62 7AZ | Barry | 4th Wed of month | 2.00–3.30 | 01446 749204 |

## COFFEE MORNING & AFTERNOON TEA

| | | | | | |
|---|---|---|---|---|---|
| Coffee and Cards | Llanishen Hub, 11 Station Road, Cardiff CF14 5LS | Llanishen | Tues | 10.00–12.00 | 07980 752780 |
| Chit Chat Café | Ely and Caerau Hub, Cowbridge Road West, CF5 5BQ | Cardiff | Mon | 10.30–12.30 | 07977 708888 |
| Chatty Café | Creigiau Golf Club, Llantwit Road, Heol Creigiau CF15 9NN | Cardiff | Fri | 11.00–1.00 | 07929 663326 |
| Friday Coffee Club - Dementia Friendly | Murchfield Community Centre,Sunnycroft Ln, CF64 4QQ | Dinas Powys | 2nd and 4th Fri | 10.00–12.00 | 029 20513700 |
| Barry Over 50s Coffee Morning Social | Cherry Orchard Pub, Barry Rd,CF62 8EH | Barry | 2nd Thur of the month | 11.00–1.00 | 02920 569483 |
| Dinas Powys Over 50s Coffee Morning Social | The Cross Keys Pub, Elm Grove Rd, Dinas Powys CF64 4AA | Dinas Powys | 1st Mon of month | 11.00–12.30 | 02920 569483 |
| Carers Coffee morning | The Bridge Between, Barry, CF63 4AR | Barry | 3rd Wed of the month | 11.00–1.00 | 07597 579 005 |
| Carers Coffee morning | Chapter Arts Centre, Market Rd, Cardiff CF5 1QE | Cardiff | 3rd Thurs of the month | 11.0–1.00 | 07597 579 005 |
| Proud Coffee morning | Central Library Hub, The Hayes,Cardiff, CF10 1FL | Cardiff | 1st Mon of month | 10.30–12.00 | 029 2038 2116 |
| Coffee and Quiz | Radyr Hub, Park Rd Radyr CF15 8DF | Radyr | Tues | 10.30–1.00 | 02920 780996 |
| Over 50s Coffee Morning | St Mellons Hub,Crickhowell Road,Cardiff, CF3 0EF | St Mellons | Fri | 10.00–12.00 | 029 2078 0992 |
| Poetry and Coffee morning | Canton Library, Library Street, CF5 1QD | Canton | Last Wed of month | 10.30–11.30 | 02920 780999 |
| Coffee Morning | Rhydypennau Hub,Llandennis Road,Cardiff, CF23 6EG | Rhydypennau | Fri | 11.30–12.30 | 029 2087 1330 |
| Coffee Morning | Penylan Library and Community Centre, Pen-Y-Lan Rd, CF23 5HW | Penylan | Fri | 11.00–12.00 | 029 2240 1199 |
| Quiz and a Cuppa | Rhiwbina hub, Pen-y-dre, Rhiwbina CF14 6EH | Rhiwbina | Last Wed of month | 2.30–4.30 | 02920 693276 |
| Drop in Coffee Morning | The Old School, 1 South Road, Sully, CF64 5TG | Sully | Thurs | 10.30–12.00 | 029 2053 1705 |
| Highlight Cuppa | Highlight Park Community Centre,Stirling Road, Barry CF62 8NX | Barry | Every other Mon | 2.30–3.30 | 07791 463739 |
| Cadoxton Coffee Bar/Club | Hope Church, Cadoxton, Church Road Barry CF63 1JX . | Barry | Wed | 10.30–12.00 | N/A |
| Barry Older Person Group | St Francis Millennium Hall, Park Road, Barry CF62 6NX | Barry | Mon | 1.30–3.30 | 07528 043417 |
| Llandough Coffee Morning | War Memorial Hall, 31 Penlan Rd, Llandough CF64 2LT | Llandough | 1st Thurs of month | 1.00–2.30 | |

## EXERCISE

| | | | | | |
|---|---|---|---|---|---|
| Adaptive Cycling | Pedal Power Pontcanna Fields, Bute Park | Pontcanna | Tues-Sat | 10.00–5.00 | 02920 390713 |
| Wake Up and Stretch | Online please call to ask for link | Online | Wed | 9.30–10.30 | 07977 708888 |
| Mature Movers | MCD studio, Barry YMCA (Hub), Court Rd, Vale of Glam. CF63 4EE | Barry | Mon | 11.45–12.45 | 07725 038778 |
| Meno-Gize | MCD studio, Barry YMCA (Hub), Court Rd, Vale of Glam. CF63 4EE | Barry | Mon | 6.00–7.15 | 07725 038778 |
| Local Motion Adults | MCD studio, Barry YMCA (Hub), Court Rd, Vale of Glam. CF63 4EE | Barry | Tues | 10.15–11.15 | 07725 038778 |
| QiGong Shibashi | MCD studio, Barry YMCA (Hub), Court Rd, Vale of Glam. CF63 4EE | Barry | Tues | 11.30–12.30 | 07725 038778 |
| QiGong Shibashi | Rhoose Community Centre, Stewart Rd, Rhoose, Barry CF62 3EZ | Rhoose | Tues | 1.00–2.00 | 07725 038778 |
| Move with Parkinson's | MCD studio, Barry YMCA (Hub), Court Rd, Vale of Glam. CF63 4EE | Barry | Wed | 2.00–3.00 | 07725 038778 |
| WMIM Gentle exercise/Social | St Augustine's Parish Hall Albert Road, Penarth, CF64 1BX | Penarth | Tues | 2.30–4.00 | 07500 776295 |
| WMIM Gentle exercise/Social | Margaret Alexander Community Centre, CF62 7HU | Barry | Fri | 2.30–4.00 | 07500 776295 |
| Rubicon Dance -BLOOM | Eastern Leisure Centre, Eastern Leisure Centre | Llanrumney | Mon | 1.00–2.00 | 02920 491477 |
| Rubicon Dance - Penarth 60+ | St Paul's Community Centre Arcot St, Penarth CF64 1EU | Penarth | Thurs | 1.30–2.30 | 02920 491477 |
| Rubicon Dance - Whitchurch Seated To Standing | Whitchurch Community Centre, Old Church Rd, Cardiff CF14 1AD | Whitchurch | Tues | 10.00–11.00 | 02920 491477 |
| Rubicon Dance -Stroke online | Online please call to ask for link | Online | Wed | 10.00–11.00 | 02920 491477 |
| Rise Seated Sports | Rhiwbina hub, Pen-y-dre, Rhiwbina CF14 6EH | Rhiwbina | Thurs | 10.15–11.15 | 07976 588818 |

## EXERCISE

| ACTIVITY | LOCATION | AREA | DAY | TIMES | PHONE |
|---|---|---|---|---|---|
| Community Wellbeing Garden - Dem friendly | St Peter's Church, Mill Rd, Dinas Powys, CF64 4BT | Dinas Powys | 1st and 3rd Fri | 10.00-12.00 | 029 20513700 |
| Move More Mobility | Llanrumney Hub, Countisbury Avenue,CF3 5NQ | Llanrumney | Mon | 10.30-11.30 | 07584 539261 |
| Badminton & Table tennis | St Mellons Hub, 30 Crickhowell Road, St Mellons CF3 0EF | St Mellons | Mon | 10.30-12.30 | 02920 871064 |
| Tai Chi | Star Hub Muirton Road Tremorfa CF24 2SJ | Tremorfa | Mon | 11.00-1.00 | 02922 401222 |
| Badminton & Table tennis | St Mellons Hub, 30 Crickhowell Road, St Mellons CF3 0EF | St Mellons | Tues | 10.30-12.30 | 02920 871064 |
| Tai Chi | Ely and Caerau Hub Cowbridge Road West Ely CF5 5BQ | Ely | Tues | 10.30-11.30 | 02920 873800 |
| Let's Get Active | Llanedeyrn Powerhouse Hub, Roundwood, Llanedeyrn, CF23 9PN | Llanedeyrn | Wed | 1.00-3.00 | 02922 330201 |
| Tai Chi | Llanedeyrn Powerhouse Hub, Roundwood, Llanedeyrn, CF23 9PN | Llanedeyrn | Wed | 3.00-4.30 | 02922 330201 |
| Boccia | Ely and Caerau Hub Cowbridge Road West Ely CF5 5BQ | Ely | Thurs | 10.15-12.00 | 02920 873800 |
| Feel Good Friday | Ely and Caerau Hub Cowbridge Road West Ely CF5 5BQ | Ely | Fri | 1.00-3.00 | 02920 873800 |
| Tai Chi | Grangetown Hub, Havelock Place, Grangetown, CF11 6PA | Grangetown | Fri | 10.30-11.30 | 07899 697889 |
| Tai Chi | Grangetown Hub, Havelock Place, Grangetown, CF11 6PA | Grangetown | Fri | 12.00-1.00 | 07899 697889 |
| Walking for Health | Rhydypennau Hub, Llandennis Road, Cyncoed, CF23 6EG | Cyncoed | Fri | 10.30-11.30 | 02920 871330 |
| Tai Chi | Llanedeyrn Powerhouse Hub, Roundwood, Llanedeyrn, CF23 9PN | Llanedeyrn | Fri | 11.30-1.00 | 02922 330201 |
| Tai Chi | Rhiwbina hub, Pen-y-dre, Rhiwbina CF14 6EH | Rhiwbina | Thurs | 12.30-1.15 | 02920 693276 |
| Line Dancing | Llanrumney Hub, Countisbury Avenue,CF3 5NQ | Llanrumney | Fri | 10.45-12.45 | 02920 780994 |
| Maelfa Gardening Club | Llanedeyrn Powerhouse Hub, Roundwood, Llanedeyrn, CF23 9PN | Llanedeyrn | Fri | 11.30-12.30 | 02922 330201 |
| Tai Chi | Rhiwbina hub, Pen-y-dre, Rhiwbina CF14 6EH | Rhiwbina | Mon | 1.30-2.00 | 02920 693276 |
| Elderfit | Llanedeyrn Powerhouse Hub, Roundwood, Llanedeyrn, CF23 9PN | Llanedeyrn | Tues | 11.45-12.45 | 07731 382224 |
| Nia Dance | Rumney Partnership Hub, Rumney, CF3 3JA | Rumney | Wed | 5.45-6.45 | 02922 330661 |
| Tai Chi | Llanrumney Hub, Countisbury Avenue,CF3 5NQ | Llanrumney | Wed | 1.15-2.00 | 02920 780994 |
| Wellbeing Wednesday | St Mellons Hub, 30 Crickhowell Road, St Mellons CF3 0EF | St Mellons | Wed | 10.15-12.00 | 02920 871064 |
| Tai Chi | Rhiwbina hub, Pen-y-dre, Rhiwbina CF14 6EH | Rhiwbina | Thurs | 11.30-12.15 | 02920 693276 |
| Tai Chi | Central Library, The Hayes, Cardiff CF10 1FL | Cardiff | Thurs | 3.00-4.00 | 02920 382116 |
| Awen Walking Group | Whitchurch Hub, Park Road, CF14 7XA | Whitchurch | Thurs | 10.30-1.00 | 02920 871331 |
| Elderfit Falls Management | Ely and Caerau Hub Cowbridge Road West Ely CF5 5BQ | Ely | Thurs | 12.30-1.30 | 07731 382 224 |
| Elderfit | Lladaff North and Gabalfa Hub, College Road, CF14 2HU | Llandaff North | Mon | 9.30-10.15 | 07557 395457 |
| Women Only Keep on Moving | Grangetown Hub, Havelock Place, Grangetown, CF11 6PA | Grangetown | Wed | 1.00-2.00 | 02920 780966 |
| Sunflower Gardening Club | Rumney Partnership Hub, Rumney, CF3 3JA | Rumney | Thurs | 1.00-3.00 | 02922 330661 |
| Wellbeing Morning | Star Hub Muirton Road Tremorfa CF24 2SJ | Tremorfa | Tues | 10.00-12.00 | 02922 401222 |
| Tai Chi | Whitchurch Hub, Park Road, CF14 7XA | Whitchurch | Mon | 11.15-12.15 | 02920 871331 |
| Forks and Trowels Gardening | Llandaff North and Gabalfa Hub, College Road, CF14 2HU | Llandaff North | Wed | 10.00-11.00 | 02920 785588 |
| Tai Chi | Glyndwr Community Centre, 22 Glyndwr Road,CF64 3ND | Penarth | Mon | 10.30-11.30 | 02929 206042 |
| Yoga | The Old School, 1 South Road, Sully, CF64 5TG | Sully | Mon | 6.00-8.45 | 029 2053 1705 |
| Adult Dance Class | The Old School, 1 South Road, Sully, CF64 5TG | Sully | Wed | 10.00-11.00 | 029 2053 1705 |
| Yoga | The Old School, 1 South Road, Sully, CF64 5TG | Sully | Wed | 11.15-12.30 | 029 2053 1705 |
| Friendship Exercise | The Old School, 1 South Road, Sully, CF64 5TG | Sully | Thurs | 9.20-10.20 | 029 2053 1705 |
| Tai Chi | The Old School, 1 South Road, Sully, CF64 5TG | Sully | Thurs | 6.30-8.30 | 029 2053 1705 |
| Elderfit | All Saints Church, Victoria Square, PenarthCF64 3EL | Penarth | Mon | 12.15-1.00 | 07540 806437 |
| Elderfit | All Saints Church, Victoria Square, PenarthCF64 3EL | Penarth | Wed | 12.30-1.15 | 07540 806437 |
| Strength Fitness with Amy | All Saints Church, Victoria Square, PenarthCF64 3EL | Penarth | Mon | 9.15-10.00 | 07545 127650 |
| Strength Fitness with Amy | All Saints Church, Victoria Square, PenarthCF64 3EL | Penarth | Tues | 6.15-7.00 | 07545 127650 |
| Good Fit Zumba Gold | All Saints Church, Victoria Square, PenarthCF64 3EL | Penarth | Mon | 10.15-11.00 | 07545 127650 |
| Good Fit Zumba Gold | All Saints Church, Victoria Square, PenarthCF64 3EL | Penarth | Thurs | 9.30-10.15 | 07545 127650 |
| Good Fit Zumba Gold | All Saints Church, Victoria Square, PenarthCF64 3EL | Penarth | Fri | 10.15-11.00 | 07545 127650 |
| Various sports and swimming | Penarth Leisure Centre, Andrew Road, Penarth CF64 2NS | Penarth | Mon-Sun | Various | 01446 403000 |
| Various sports and swimming | Barry Leisure Centre, Greenwood Street, Barry CF63 4JJ | Barry | Mon-Sun | Various | 01446 403000 |
| Elderfit | Bethel Baptist Church, Harbour Road, Barry CF62 5SA | Barry | Tues | 10.00-10.45 | 07455 277009 |
| Elderfit | Highlight Park Community Centre,Stirling Road, Barry CF62 8NX | Barry | Mon | 1.30-2.15 | 07540 806 437 |
| Tai Chi | Highlight Park Community Centre,Stirling Road, Barry CF62 8NX | Barry | Tues | 12.00-1.00 | 07486 641644 |
| Tai Chi | Highlight Park Community Centre,Stirling Road, Barry CF62 8NX | Barry | Wed | 6.15-7.15 | 07486 641644 |
| Penarth Bowling Club | Rectory Rd, Penarth CF64 3AN | Penarth | Various | Various | 029 2070 8570 |
| Sully Indoor Bowls Arena | South Rd, Sully, Penarth CF64 5SP | Sully | Various | Various | 029 2053 0999 |
| Windsor Bowling Club | 2 Robinswood Cres, Penarth CF64 3JE | Penarth | Various | Various | 029 2070 9412 |
| Barry Central Bowls Club | Gladstone Rd, Barry CF62 8NA | Barry | Various | Various | 07301 613344 |
| Barry Athletic Bowls Club | Barry Athletic Bowls Club, Off Paget Road, Barry Island CF62 5TQ | Barry | Various | Various | 07522 679796, |
| Millwood Bowling Club | Ffordd Cwm Cidi, Barry CF62 7LX | Barry | Various | Various | 07445 264536 |
| Gardening for wellbeing | Cardiff City Stadium, Memorial Garden, Sloper Road CF11 8AZ | Leckwith | Tues | 10.30-12.00 | 029 20 231 212 |

## LOCAL SERVICES & VOLUNTEERING

| | | | | | |
|---|---|---|---|---|---|
| Education Programmes for Patients (EPP Cymru) | Provides a range of free self-management health and wellbeing courses and workshops for people living with a health condition or for those who care for someone with a health condition. Cardiff & Vale | Various | Various | Various | 02920 553403 |
| Minibus Shopping Runs | Dinas Powys - ring to book | Dinas Powys | Mon and Thurs | 9.30am pick up | 029 20513700 |
| Marks and Spencers mini-bus run | Dinas Powys - ring to book | | 2nd Wed | 9.30am pick up | 029 20513700 |
| Medical Centre Transport | Dinas Powys - ring to book | | Mon-Fri | 8.00-1.00 | 029 20513700 |
| RNID | supporting people who are deaf, have hearing loss or tinnitus | | Mon-Fri | 8.30-5.00 | 0808 808 0123 |

| ACTIVITY | LOCATION | AREA | DAY | TIMES | PHONE |
|---|---|---|---|---|---|
| **LOCAL SERVICES & VOLUNTEERING** | | | | | |
| ESCAPE-Pain Programmes | for hip/knee arthritis and back pain | Cardiff and Vale | Various | Various | 02921836945 /07815 645513 |
| Live Well, Age Well Course | Supporting people to stay healthy as they age | Cardiff and Vale | Various | Various | 02921836945 /07815 645513 |
| Community Safety Team | covers community cohesion, anti-social behaviour, hate crime, substance misuse, violent crime, VAWDASV (Violence Against Women, Domestic Abuse and Sexual Violence), and CCTV. | | | | 01446 704 780 |
| Nail Cutting Service | Llandaff North and Gabalfa Hub,College Road, CF14 2HU | Llandaff North | Thurs | 10.00–5.00 | 02922 331 113 |
| Older people's information, | Age Connects 38 Holton Rd, Barry CF63 4HD | Barry | Mon-Fri | 9.00–12.30 | 01446 747654 |
| Rondel House Day Service | Rondel House, Maes-Y-Cwm Street,Barry CF63 4EH | Barry | Mon-Fri | 9.30–3.00 | 01446 745922 |
| RBL Admiral Nurse Support | For families caring for a loved one with dementia for veterans and beneficiaries of the Armed Forces | Cardiff & Vale | Mon-Fri | 9.00–5.00 | 0808 802 8080 |
| Live Well with hearing Loss | Post diagnostic home visits | Wales | Mon-Fri | 9.00–5.00 | 01492 530013 |
| Ty Hapus (YOD service) | Ty Hapus, Breaksea Drive, Barry CF62 5TN | Barry | Mon-Fri | 9.00–5.00 | 01446 738024 |
| GVS Volunteering Service | Contact Janine Richardson | VOG | Mon-Fri | 9.00–5.00 | 01446 741706 |
| **LUNCH CLUBS** | | | | | |
| Soup Lunch | Murchfield Community Centre,Sunnycroft Ln, CF64 4QQ | Dinas Powys | Mon | 11.30–1.00 | 029 20513700 |
| Community Club | Murchfield Community Centre,Sunnycroft Ln, CF64 4QQ | Dinas Powys | 3rd Tues of the month | 1.00–2.30 | 029 20513700 |
| Victoria Park Community Centre Good Food Café | Victoria Park Community Centre, 24 Church Rd, Barry CF63 1JX | Barry | Mon,Tues, Fri | 11.00–1.00 | 01446 741518 |
| Young at Heart lunch group | Belle Vue Community Centre, Albert Crescent, Penarth CF64 1DA | Penarth | Fri | 10.30–2.00 | 07495 132352 |
| **SUPPORT GROUPS & THERAPY** | | | | | |
| Memory Café | Victoria Park Community Centre, 24 Church Rd, Barry CF63 1JX | Barry | Tues | 10.00–12.30 | 077 8653 7540 |
| Dementia Support - Solace | Highlight Park Community Centre Stirling Road Barry, CF62 8NX | Barry | Fri | 11.00–1.00 | 02921 832562 |
| Men's Group | Rumney Partnership Hub, Llanstephan Road Cardiff CF3 3JA | Cardiff | Thurs | 3.30–5.00 | 07974 373319 |
| Unpaid Carers Space | Rumney Partnership Hub, Llanstephan Road Cardiff CF3 3JA | Cardiff | Thurs | 10.00–11.30 | 07977 750472 |
| Reminiscence Café | Rhiwbina Hub,Pen-Y-Dre,Cardiff, CF14 6EH | Cardiff | Mon | 3.00–4.30 | 07980 752780 |
| Reminiscence Café | Grangetown Hub, Havelock Place, Cardiff CF11 6PA | Cardiff | Mon | 10.30–12.00 | 07929 663326 |
| Let's Connect Dementia Café | Maes Y Coed Community Centre, 1 Jubilee Gardens, Heath CF14 4PP | Cardiff | Mon fortnightly | 1.30–3.30 | 07929 663326 |
| Men's Group | Ely and Caerau Hub, Cowbridge Road West, CF5 5BQ | Cardiff | Wed | 1.00–3.00 | 07971 545437 |
| Neurodivergent-Friendly Boardgames Group | Llandaff North and Gabalfa Hub, College Road, CF14 2HU | Cardiff | Fri | 1.30–4.30 | 07977 750618 |
| Neurodivergent-Friendly Walking Group | Meeting point at Pettigrew Bakeries, 37 Castle Arcade, CF10 1BW | Cardiff | Wed | 11.00–1.00 | 07779 867564 |
| FAN Group Friends and Neighbours | GRANGETOWN Pavilion CF11 7LJ | Grangetown | Mon | 10.00–11.00 | 07512 638792 |
| FAN Group Friends and Neighbours | Canton Library, Library St, CANTON, Cardiff CF5 1QD | Canton | Mon | 12.00–1.00 | 07523 638792 |
| FAN Group Friends and Neighbours | Cardiff Central Library,The Hayes, CF10 1FL | Central Cardiff | Mon | 2.00–3.00 | 07523 638792 |
| FAN Group Friends and Neighbours | Urban Crofters, Crofts Street, Cardiff CF24 3DZ | Roath | Mon | 2.00–3.00 | 07523 638792 |
| WELSH FAN Group | Whitchurch Hub, Park Road, WHITCHURCH, Cardiff, CF14 7XA | Whitchurch | Last Mon of the month | 3.00–4.00 | 07523 638792 |
| FAN Group Friends and Neighbours | Whitchurch Hub, Park Road, Cardiff, CF14 7XA | Whitchurch | Mon | 2.00–3.00 | 07523 638792 |
| FAN Group Friends and Neighbours | Penylan Library, The Recreation Ground, Penylan Rd, CF23 5HW | Penylan | Mon | 5.00–6.00 | 07523 638792 |
| FAN Group Friends and Neighbours | Cardiff Central Library, The Hayes, CENTRAL CARDIFF, CF10 1FL | Central Cardiff | Tues | 11.00–12.00 | 07523 638792 |
| FAN Group Friends and Neighbours | Penylan Library, The Recreation Ground, Penylan Rd, CF23 5HW | Penylan | Wed | 1.00–2.00 | 07523 638792 |
| FAN Group Plus Poetry | Various venues call to confirm | Cardiff | 2nd Wed of month | 1.00–2.00 | 07523 638792 |
| FAN Group Plus Walking | call to confirm meeting point | Cardiff | Last Wed of month | 1.30–2.30 | 07523 638792 |
| FAN Group Friends and Neighbours | Oasis, 69B Splott Road, SPLOTT, CF24 2BW | Splott | Thurs | 10.15–11.15 | 07520 638792 |
| FAN Group Friends and Neighbours | The Pear Tree, The Globe Centre, Wellfield Rd, Cardiff CF24 3PE | Roath | Thurs | 11.15–12.15 | 07521 638792 |
| FAN Group Friends and Neighbours | Mack 61, Mackintosh Evangelical Church, 61 Mackintosh Pl, CF24 4RL | Roath | Thurs | 1.30–2.30 | 07522 638792 |
| FAN Group Friends and Neighbours | Cathays Branch and Heritage Library, Fairoak Rd, CF24 4PW | Cathays | 2nd Thurs of month | 2.00–3.00 | 029 20785 580 |
| FAN Group Friends and Neighbours | Glossop Rd, CF24 0JT | Roath | Fri | 1.00–2.00 | 07522 638792 |
| FAN Group Friends and Neighbours | Lower Ground Floor, 24 St Andrew's Crescent. CF10 3DD | Central Cardiff | Sat | 11.00–12.00 | 07523 638792 |
| FAN Group Friends and Neighbours | United Reformed Church, Windsor Place, CF10 3BZ | Central Cardiff | Sat | 11.00–12.00 | 07523 638792 |
| FAN Group Women Only | BARRY MASJID MOSQUE, 332 Holton Rd., Barry, CF63 4HY | Barry | Mon | 10.30–11.30 | 07880 630553 |

| ACTIVITY | LOCATION | AREA | DAY | TIMES | PHONE |
|---|---|---|---|---|---|
| **SUPPORT GROUPS & THERAPY** | | | | | |
| FAN Group Friends and Neighbours | Barry Library, Kings Square, CF63 4RW | Barry | Mon | 2.00-3.00 | 07880 630553 |
| FAN Group Friends and Neighbours | St Mary's Church, Holton Road, Barry CF63 4HP | Barry | Thurs | 11.00-12.00 | 07880 630553 |
| FAN online Group | Call to confirm link for Zoom | Online | Mon fortnightly | 7.30-8.30 | 07523 638792 |
| FAN online Group - WELSH | Call to confirm link for Zoom | Online | Tues | 2.00-3.00 | 07523 638792 |
| FAN online Group - women only | Call to confirm link for Zoom | Online | Wed | 2.15-3.15 | 07411 802744 |
| FAN online Group | Call to confirm link for Zoom | Online | Wed | 5.30-6.30 | 07523 638792 |
| Sports and Memory Café | Cardiff Rugby Clubhouse, Cardiff Arms Park, Cardiff CF10 1JA | Cardiff | Tues fortnightly | 11.00-12.30 | 07484 089481 |
| Carers Corner | Cardiff Rugby Clubhouse, Cardiff Arms Park, Cardiff CF10 1JA | Cardiff | Tues fortnightly | 11.00-12.30 | 07484 089481 |
| Music and Memory Café | Cyncoed Methodist Church,Westminster Cres, CF23 6SE | Cyncoed | 1st Tues of the month | 2.00-3.30 | 07484 089481 |
| Butetown Memory Café | Butetown Community Centre, Loudoun Square, CF10 5JA | Butetown | Mon fortnightly | 12.00-2.00 | 07484 089481 |
| Fun and Friendship (YOD) | V21 Sbectrwm Centre, Bwlch Road, Fairwater, Cardiff CF5 3EF | Fairwater | 2nd Wed of month | 10.30-12.00 | 07484 089481 |
| Memory and Movement café | Trinity Methodist Church,4 Woodland Pl, Stanwell Rd, CF64 2EX | Penarth | 2nd Mon of month | 11.00-1.00 | 02920 569483 |
| Memory and Movement café | Ararat Baptist Church,Plas Treoda, Cardiff CF14 1PT | Whitchurch | 1st Wed of month | 11.15-12.45 | 02920 569483 |
| The Dusty Shed | 460 Cowbridge Road West Cardiff CF5 5BZ | Cardiff | Tues, Wed Fri | 10.00-2.00 | 07395 414683 |
| Men's Sheds/The Den | Rhiwbina Hub,Pen-Y-Dre,Cardiff, CF14 6EH | Rhiwbina | Mon | 10.00-12.00 | 07929 468031 |
| Care'Diff carers support | Plas Iona, Bute St, Cardiff CF10 5HW | Butetown | 2nd Wed of month | 10.00-12.00 | 02920 537060 |
| Sight Cymru Barry | Golau Caredig, Broad St, Barry CF62 7AZ | Barry | Tues | 1.30-3.30 | 01495 763650 |
| Sight Cymru Penarth | Penarth Library 9-10 Stanwell Road, Penarth, CF64 2AD | Penarth | 2nd Friday of month | 10.30-12.30 | 01495 763650 |
| Dementia café | Grangetown Hub, Havelock Place, Cardiff CF11 6PA | Grangetown | Mon | 10.30-11.30 | 02920 780966 |
| Sporting Memories | Rumney Partnership Hub, Llanstephan Road Cardiff CF3 3JA | Rumney | Wed | 10.00-12.00 | 02922 330661 |
| Living With It - HIV | Central Library Hub, The Hayes,Cardiff, CF10 1FL | Cardiff | 3rd Tues of month | 5.30-7.00 | 02920 382116 |
| Care'Diff carers support | Ely and Caerau Hub, Cowbridge Road West, CF5 5BQ | Ely | 2nd Thurs of month | 10.00-12.00 | 02920 873800 |
| Care'Diff carers support | Rhiwbina Hub,Pen-Y-Dre,Cardiff, CF14 6EH | Rhiwbina | 3rd Wed of month | 10.00-12.00 | 02920 693276 |
| Dementia Café | Rumney Partnership Hub, Llanstephan Road Cardiff CF3 3JA | Rumney | 3rd Wed of month | 3.00-4.00 | 029 22330661 |
| Reminiscences Group | Whitchurch Hub, Park Rd Cardiff CF14 7XA | Whitchurch | 1st Tues of the month | 1.30-2.45 | 02920 871331 |
| Men's Group | Ely and Caerau Hub, Cowbridge Road West, CF5 5BQ | Ely | Wed | 1.00-3.00 | 02920 873800 |
| Men's Group | Rumney Partnership Hub, Llanstephan Road Cardiff CF3 3JA | Rumney | Thurs | 3.30-5.00 | 02922 330661 |
| Sporting Memories | Penarth Rugby Football Club, Meadow Lane, Penarth, CF64 3QH | Penarth | Wed | 10.00-12.00 | 07515 906315 |
| Penarth Ageing Well Club | Glyndwr Community Centre, 22 Glyndwr Road,CF64 3ND | Penarth | Wed | 10.00-1.00 | 07960 500214 |
| Barry Men's Forum | Cemetery Road Community Centre, St. Teilo Avenue, CF62 8BQ | Barry | Thurs | 9.30-12.00 | 01446 743455 |
| 1927 Club (Dementia Support) | Cardiff City Stadium, Sloper Road CF11 8AZ | Leckwith | Thurs | 10.00-12.00 | 029 20 231 212 |






# Over 50's Coffee Morning Socials

Looking to make new friends and enjoy a chat over coffee and biscuits? Join us at one of our fun coffee social events that run monthly in the Vale and enjoy free refreshments, quizzes and fun activities in great company.

**Barry Over-50's Social**
Cherry Orchard, Barry Rd, Barry, CF62 8EH
Every Second Thursday of the month 11am-1pm

**Dinas Powys Over-50's Social**
The Cross Keys Pub, Elm Grove Rd, Dinas Powys CF64 4AA
Every first Monday of the month
(excluding Bank Holidays) 11am-12.30pm

**Llandough Over-50's Social**
War Memorial Hall, 31 Penlan Rd, Llandough, CF64 2LT
Every first Thursday of the month 1pm-2.30pm



# Community groups & events

**Home Instead are proud to keep people happy, healthy and connected across Cardiff & The Vale of Glamorgan.**

Our free "Memory & Movement Cafes" are comfortable and supportive environments where people living with dementia, stroke, Parkinson's or other conditions can socialise with others in a similar situation. These sessions are also for family carers or friends who also benefit from making friends in a relaxed, enjoyable setting.

We have trained staff at our groups to offer information, support and sign-posting to other services. We offer fun quizzes and chat, alongside a cuppa and biscuits! We often have seated sports, arts and crafts and much more!

**Currently we run monthly groups in Whitchurch and Penarth:**

Whitchurch (First Wednesday @ Ararat Baptist Church Community Centre 11.15am-12.45pm)
Penarth (Second Monday @ Penarth Methodist Church 11am-1pm)

# Social Events

**With over 2 million people over 75 living alone, social isolation and loneliness are real issues that can have a major impact on health & wellbeing.**

We arrange or support a number of social events during the year. We can provide activities and quizzes to a variety of groups that meet throughout Cardiff & The Vale.

If your community or residents group would like us to come along to run a free quiz or activity, please contact Chrissy – christine.darby@homeinstead.co.uk telephone 02920 569483.



# 5 Ways to Prevent Hospitalisation

**At Home Instead we want to make sure that our older generation has the right support to live as well as they can if possible from the comfort of their own home. We believe that with the right care, the number of unnecessary hospital admissions can be reduced.**

Hospitals save lives but you'd be hard pressed to find many people that wanted to spend more time than necessary there.

For older people in particular, being admitted to Hospital presents a risk in itself – from acquiring infections, muscle wastage through time spent in a hospital bed and the stress of being in an unfamiliar environment.

**"Research shows that loneliness and social isolation are harmful to our health"**

In 2017, 41% of the 18.7 million adults admitted to hospital were aged 65+. More older people than ever are being admitted to hospital but how many of these visits could have been prevented if the right support had been in place at home?

How can you help avoid a hospital visit for your family member?

Below are some preventative methods to keep your loved one out of hospital.



# Health Tips

Ideally try to keep to the same GP as reports show that there are fewer hospital admissions from patients who receive higher continuity of care. (source: The Health Foundation published February 2017)

Get blood pressure and cholesterol levels checked by your loved one's GP. People with high blood pressure run a higher risk of having a stroke or heart attack.

**Keep Health in check** - Having an excellent GP is essential but equally important is making sure that older people follow their GP's direction. Our Care Professionals are trained to spot 'red flag' changes in health such as worsening chronic conditions or unused medication, and can act to remedy this. They can also assist with transportation to appointments and help with medication management.

**Keep physically and mentally active** - Encourage your relative to get active where possible. Walking for just five or ten minutes at a time several days each week is a great way to begin. Keeping the brain active through activities such as drawing, doing a puzzle or learning something new are also great ways to stimulate the connections between nerve cells.

**Maintain a healthy diet** - Your loved one should work towards a balanced diet, containing plenty of fresh fruit and vegetables, oily fish, and starchy foods such as whole grain bread, pasta and rice. Extra vitamin D and calcium should be on the menu to combat osteoporosis.

**Keep hydrated** - It is important that your family member stays hydrated, even if they say they are not thirsty. It is advisable to drink around 1.5 litres of fluid a day.

**Companionship** - Research shows that loneliness and social isolation are harmful to our health so its important to encourage social activities. Ideas include joining a social club or volunteering to reach out to others. Home care such as Home Instead can help you with all of the above – from companionship visits to preparing healthy meals – so that your family member can live life well and reduce the risk of going to hospital. Please contact us if you wish to know more about how our Care Professionals can prevent hospitalisation.

# Stand up to Falls

**A fall can be a huge set back for an older person and can potentially cause serious injury, or even death. Falls cost the NHS more that £1 billion a year and account for 4 million hospital bed days.**

A fall can often be seen as the fist step in the path of decline for an older person but it does not have to be this way. With proper guidance and support at home, older people can keep their independence and stay 'falls free'. Home Instead offers five key ways to prevent falls amongst older people.



## # 1 Keep Active

Simple exercises can help reduce the risk of falls amongst older people.

Physical activity can maintain and even improve muscle strength and is crucial, with an ability to balance, in reducing the risk of falls. Good examples of this are swimming, gardening, carrying groceries, using stairs, dancing, Tai Chi and so many more. Of course you must only attempt an activity that is suitable to your ability and you have the confidence to do. If you are not sure ask your GP for advice on the right activities for you.



## # 2 Keep Your Home Safe

It is important that your home and garden are kept as safe as possible.
Keep floors clear of clutter, frayed rugs and stray telephone cables or electrical leads. Use non-slip rubber mats by the bath or shower and fit grab rails to aid safe navigation around the bathroom and perhaps other parts of the home.

Don't use loose fitting slippers or shoes as they can cause you to trip and ensure good lighting is installed both indoors and out.



## #3 Keep Well

Being in good health can really reduce the risk of falling. Older people with long-term health conditions are more at risk of falling. These conditions can be poor eyesight, high blood pressure, diabetes, arthritis and heart or lung problems are even more at risk.

The best advice is to keep to your medical appointments, check that your medications aren't causing drowsiness or dizziness, report any health changes to your GP (for example pain, stiffness in your legs or feet, soreness or increased difficulty in walking). GP's can advise on any community exercise classes to improve strength and balance.



## # 4 Keep Nourished

A healthy diet helps to maintain a healthy body and can lead to a reduced risk of falling. Healthy eating includes consuming high quality proteins, carbohydrates, vitamins and minerals in the foods we eat.



## # 5 Keep Supported

If you are concerned about frailty or your mobility, a good first step is to meet your OT so that they can assess your overall health and wellbeing. They can work with you to assess any vulnerabilities and advise on any aids which may help with daily living activities. There are many aids available to help you if you're struggling to balance.

A stick or walker could be a useful aid when moving around. Hearing aids can work to help improve your balance. A stair lift or wheelchair can also be helpful for mobility, as can aids like a shower seat or bath lift. Hand rails on stairs and in bathrooms can also be useful to keep balance.

# Our Outstanding Care

**Care might conjure up a very specific image but our approach is very different.**

If care becomes the topic of conversation and you are unsure what's involved, here are just a few of the ways we can support you in your home. These can be summed up with **four** key areas:

## Home Help #1

**The benefits of a clean and tidy home are far reaching.**

Living well starts with looking after the home and studies show that having a clean and tidy home can have positive effects on health and wellbeing.

Taking out the bins, dusting, hoovering, decluttering, feeding the cat and even washing and ironing, our home help service takes care of your home environment so that it remains clean, tidy and safe.

## Companionship #2

**Care could mean a fresh start.**

Need a hand with the weekly shop, or don't fancy going to that doctor's appointment by yourself? We can help. Need someone to make sure you're eating healthily, or fancy popping out for lunch? No problem.

We've also had a huge amount of success in helping older people start something new. Many of our clients have taken up new hobbies such as learning to dance, play instruments, knit and cook specialist dishes. If there's something new you'd like to start, or an old passion you'd like to revisit, we can find you the right person to help. Home care with us could mean a fresh start, opening new doors to exciting new possibilities and friendships. We want you to live well, and our Care Professionals will help you do that.

## Personal Care #3

**To us, it's personal.**

Whether it is helping you with personal hygiene, or keeping active, all are important to your wellbeing, and we have every element of it covered. Supporting you with personal care, whether it's help with dressing, eating, sleeping or bathing, we can help make a big difference to your quality of life.

As with everything else we offer, this is tailored to you and your wishes.
Different people have different needs and we adapt what we do accordingly.
Our Care Professionals are trained to provide care with dignity and respect.

## Dementia Care #4

**Being proactive – not reactive – about dementia.**

Dementia is more common than you probably realise. One in six adults over 80 in the UK live with dementia. And yes, it's pretty scary for those living with the disease, and their loved ones. Whilst there is currently no cure for dementia, there is homecare and with the right support, we can help maintain a high quality of life even in the face of memory loss.

Studies have shown that staying in familiar surroundings of home can help older people living with dementia to feel safe and remain calm.

For more information about our care services or to book a free care consultation please contact us, our details are on the back page.

# Useful Contacts

| | |
|---|---|
| Age Cymru | 02920 431555 |
| Age Connects Cardiff & The Vale | 02920 683600 |
| Age Connects Well-being Centre | 01446 747654 |
| NHS advice and out of hours | 111 |
| Police Non-emergency | 101 |
| Blue Badge Scheme Cardiff | 02920 873209 |
| Blue Badge Scheme VoG | 01446 700111 |
| Wales Dementia Helpline | 08088 082235 |
| The Silver Line | 08004 708090 |
| Macmillan Cancer Support Cardiff & Vale | 02920 745655 |
| Parkinson's UK | 08088 00303 |
| The Vale of Glamorgan Council | 01446 700111 |
| Cardiff Council | 02920 872087 |
| Citizens Advice Cardiff & Vale | 08082 787925 |
| Alzheimer's Society Cymru-English | 03331 503456 |
| Care & Repair Cardiff & The Vale | 02920 473337 |
| District Nurses | 02920 444501 |
| Request Adult Social Care - C1V | 01446 700111 |
| RNID | 0808 808 0123 |

# Age Connects Cardiff & The Vale

For almost 50 years, the local charity Age Connects Cardiff & the Vale has been helping and supporting local older people and their families through some of the most difficult times in their lives.

They are committed to tackling loneliness, isolation and poverty amongst older people and strive to create a society in which older people are respected, valued and heard.

**They help in so many ways*:**

- Advocacy Service
- Welfare Rights Service
- Friendship & Practical Help
- Shopping Service
- Nail Cutting Services
- Preparing a Will or Lasting Power of Attorney, or purchase a stair lift
- Wellbeing Service

*some conditions may apply

**www.ageconnectscardiff.org.uk**

age connects cardiff & the vale.

# Contact Us

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*If you would like a rewarding career with us, contact 02920 569483 for a friendly chat*

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