

ACSG news

Happy New Year. This is the first newsletter of 2019 and looking ahead, Spring is already on its way – despite the cold spell. Many of you will be thinking of how you want to be healthy, fitter, and more agile in 2019 and more involved with technology, including being safer online and in your homes.

We're committed to ensuring the health, wellbeing and safety of all users of our services and this newsletter will be telling you all about new activities and services you might want to take part in. Many people also volunteer as an activity as it gets you out of the house and into the community, being

involved with others and making new friends.

If you, or anyone you know want to know more about us and what we do – get in touch on phone: 01554 784080.

Ann Dymock,
Chief Officer



Let's warm up the winter by getting physical!

Walking Netball

It's time to dust off your trainers and get down to the Pembrey Community Hall for a new Walking Netball group that we've set-up. Every Tuesday starting from January 22nd from 2pm-3pm, there'll be walking netball sessions. This is the ideal time to put those new year resolutions to the test and try something new or maybe return to a sport you've loved. Come along, meet new people, make new friends - give it a go!



Thai Chi Classes

If team sports aren't your thing, then why not try Tai Chi. Originating from Ancient China, it's now practised by people of all ages around the world. It

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focuses on slow and gentle movement which supports balance and posture. It's also known for its beneficial effects on mental wellbeing, helping you to relax and de-stress. Ring Age Cymru on 08000 223 444 to find out more. Classes are currently held in:

Penygroes Community Centre	Ammanford	SA14 7PG
Babell Chapel, Tregynwr	Carmarthen	SA31 2DJ
Cartref Cynnes, Llanstephan Road	Johnstone	SA31 2NR
Cuppa Club, Tenants Resource Centre	Pontyates	SA15 5TR
Cwmaman Community Centre	Ammanford	SA18 1DX

Nordic Walking and LIFT chair exercise classes are also available. Please contact Age Cymru to find out more by phoning: 08000 223 444

Help with Technology

Digital Success

Age Cymru Sir Gâr's volunteers team up with a local Women's Institute, helping their members gain confidence in using technology and the internet. It's been a big success. Some of the ladies told us they'd not been confident enough to send an email, but now they're shopping, using Skype, managing folders, taking and managing photos, using Whatsapp to keep in touch, browse and search for things and much more. They say learning these skills has made them more confident in using the internet and Microsoft word and some have even learnt how to add an external hard drive to their machines to store more files and photos. These new skills help in many ways including assisting people to not feel lonely and isolated by introducing them to the internet and social media. Can Age Cymru Sir Gâr help you – phone Peter on 01554 784080 to find out more about our one-to-one home support or how to join a group.



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Scams Awareness

Email Scams, also called phishing scams are becoming increasingly common as fraudsters come up with new tricks to try and steal your personal information and bank details. Contact the charity for a copy of Staying Safe Online.

What to check for:

1. Always check the “from” address
2. Is the greeting impersonal?
3. Check contact information and dates
4. Check Branding
5. Poor spelling and grammar
6. Trying hard to be official or to rush you
7. Asking for personal details or bank details
8. Phone the real company, brand or department if unsure

Spotlight on Money

Maximise your income

Are you struggling to make ends meet? The charity has expert information, advice and support to help you maximise your income with welfare benefits. Our expert advisers can also put you in touch with others who can help you make the most of your money. To find out more about welfare benefits, pension credit and dealing with debt contact Bethan and Alison on 01554 784080 or email info@agecymrusirgar.org.uk.

Book Donations

Have you got any books you want to get rid of? We are now collecting books to raise funds to help people 50+ in Carmarthenshire. If you have books you want to get rid of please drop them off to our offices at: units 5-11, 100 Trostre Road, Llanelli SA15 2EA.

Free Home Energy Checks

Save money by reducing energy costs. We offer a free home energy check for older people who are finding it difficult to keep their homes warm. Our handy person can install equipment such as draught excluders, radiator reflectors, nightlights, lightbulbs etc. They also give some key tips and advice to keep your home warm, saving energy and money.



Get Involved!

Volunteering

Make a difference to older people across Carmarthenshire and South Pembrokeshire! All volunteer roles support us to improve lives and help us work towards an Age Friendly Wales. No matter how you would like to get involved we would love to hear from you. Travel mileage is paid and guidance and support are provided. For more information phone: **01554 784080** or email info@agecymrusirgar.org.uk. If you can't get involved in regular volunteering, you can get involved in other ways such as helping us to raise funds to continue our work.

Legacies

We're committed to being here for older people who need us. You can help us do this by leaving us a gift in your will. You will be supporting us to make life better for older people in Carmarthenshire and Pembrokeshire.

Every single gift we receive is vital to the charity and helps us continue to be there for those that need us. Your gift can be small or large - that is up to you. To help you decide, we can tell you that £40 will help someone out of poverty so they can eat and heat! Whatever the value of your gift, it will go a long way to help someone who needs us. We always recommend that you speak to a qualified professional such as a solicitor, when making or amending your will and there are lots of ways you can leave a gift to a charity, from a specified amount to a percentage of your estate. Your solicitor will be able to advise you on this and the wording to carry out your wishes.

Asda Tokens

Brilliant news to start 2019! We have been selected by Asda Llanelli for their green token scheme. If we come first, we will receive £500 or £200 for second or third. **Please vote for us by putting your green tokens in our slot located at the front of the store.**



Ruby's Lunch

Ruby's Bar and Brasserie in Llanelli very kindly provided a free and delicious Christmas lunch to people 50+. Tesco also got involved, attending the event and donating mince pies. Everyone had a great time. A big thank you to Ruby's



and Tesco for working with us to provide

this event at Christmas time.

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