



Age-friendly Cardiff

Welcome

The Age Friendly Cardiff Team are delighted to announce that the city has recently been accepted as a member of the World Health Organization's Global Network for Age-friendly Cities and Communities.

We'd like to thank the partners that worked with us to complete the application process by sharing age-friendly practices, which have been captured in the 'Cardiff: Working Towards an Age-friendly City' action plan.

We'll be touching base with you regularly with

updates on developments and projects, and keeping track of progress using the Age-friendly Cardiff Evaluation Framework that was issued to Cardiff's age-friendly city stakeholders in April.

This update includes a selection of exciting age-friendly work and initiatives that have been going on across the city recently. These updates will be shared with you each quarter, and a full, comprehensive review will be put together on an annual basis.

Please do get in touch if you'd like to chat to us about anything age-friendly!

Outdoor Spaces and Public Buildings

Capel i Bawb (The former chapel at Cardiff Royal Infirmary)

The former chapel at Cardiff Royal Infirmary is a Grade II listed building which has been transformed into a vibrant health and wellbeing facility for local residents. A new name, Capel i Bawb, was chosen through a public engagement process.

This was a partnership project with funding from the Integrated Care Fund, Cardiff and Vale University Health Board and Cardiff Council. This special location is now home to a new health and wellbeing library, council services including self-service book loans, open access PCs, facilitated activities hosted by a Community Liaison Officer, meeting spaces and an Aroma Café. Public access toilets are also available in the community spaces including a fully accessible WC and baby changing facilities.

Capel i Bawb is providing a valuable resource where patients, service users, carers and the local community can be signposted to relevant and easily accessible information and advice, social learning and recreational activities.

The Minister for Health and Social Services, Eluned Morgan officially opened the building on the 17th March and it is already being enjoyed by local residents.



Housing

Housing schemes to support older people living independently

Cardiff Council's Development team has a programme of designing and delivering homes for older people. The team have recently been successful in securing planning permission for over 300 new homes for older people, including schemes in St Mellons, Llanedeyrn, Canton and Butetown. The schemes are comprised of a mix of one- and two-bedroom properties and include services to support independent living.

Pictured is Addison House Older Persons Scheme in Rumney (41 apartments) - due for completion in March 2023!



Transport

Countdown Crossings

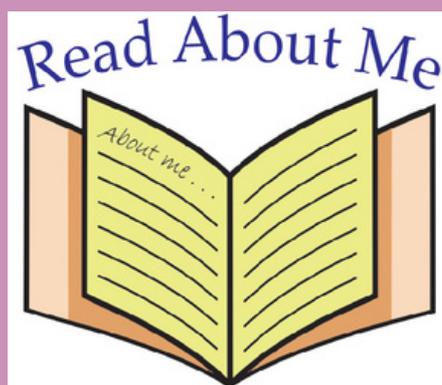
Cardiff's first countdown pedestrian crossing has been installed on Wood Street in the city centre as part of the Central Square Transport Scheme. Countdown timers work by counting down the time from the end of the green man to the start of the red man. It is hoped that the countdown method will help people of all ages and abilities determine if they can safely complete crossing the road within the time left on the clock.



Community Support and Health Services

Read About Me

'Read about Me' is a person-centred toolkit that was designed to improve continuity of care for people with dementia or a cognitive impairment, created by Dementia Champions at Cardiff and Vale University Health Board. It is easy for carers to complete and for staff to use, and allows healthcare professionals to understand their patients and provide a better standard of care.



A fantastic recent development to support older people and their families to use the 'Read About Me' tool is an agreement that it can be printed for free at any Cardiff Hub or Vale of Glamorgan Library. Hubs & Libraries Staff are on hand throughout the region to help people get a physical copy of the toolkit. This includes the Vale's Community Libraries.

More information and resources can be found here: <https://cavuhb.nhs.wales/our-services/dementia/dementia-training-and-development/read-about-me/>.

If you are part of an organisation that would like to get involved in the promotion of 'Read About Me' please get in touch with us at agefriendly@cardiff.gov.uk

Communication and Information

Age-friendly Cardiff Website Consultation

A new Age-friendly Cardiff website has been created and currently contains preliminary information for visitors. Plans are in place for the website to be developed further following consultation with both older people and stakeholders, to ensure that it meets the needs of these two key audiences.

Consultation surveys have been developed and will be distributed soon. Careful consideration will be taken once feedback is received to ensure that the website's design and content will reflect the requirements of its audience as Cardiff works towards improving the lives of older people. Please make sure that you all participate in the consultation and forward to any interested parties!

Civic Participation and Employment

50+ Forum Relaunch

The 50+ Forum is made up of citizens of Cardiff aged 50 and over, who provide valuable support to the council when new developments are being considered by attending and sharing their views at consultation events.

A relaunch of the forum is being planned to encourage new membership and broaden the cross section of 50+ representatives across the city. New branding is in development to present a refreshed image, and a recruitment drive will take place to promote the forum via a range of digital and non-digital platforms to reach as many older people as possible. This will include website and social media advertising, GP screens, posters in Cardiff Hubs and the utilisation of internal council and partner communication channels.

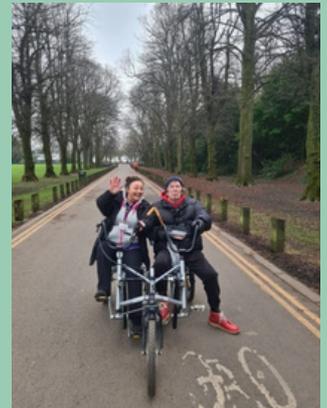
Opportunities to widen the range of consultation events for the 50+ Forum to be involved in are being identified - this includes a community toilet planning session which will take place shortly.

We hope that the expansion and continuation of this important group will be a key driving force of new age-friendly developments across Cardiff.

Social Participation

Pedal Power

Pedal Power is an inclusive cycling charity based in Cardiff that is committed to removing barriers to accessing the positive benefits that cycling can deliver for older and disabled people. They are committed to making cycling accessible and inclusive through the range of bikes they have available e.g. trikes for wheelchairs, accessible trikes and hand bikes.



In February, service users from Fairwater Day Centre had a wonderful time enjoying the age-friendly equipment that Pedal Power has to offer. Service users were assessed by the Pedal Power team to identify suitable bikes and guidance was given to the day centre staff. They set off for an enjoyable cycle around Pontcanna/Llandaff Fields, stopping for a break by the weir and reminiscing along the way.

The day centre team have been so impressed by the positive effect on the older people, and they are committed to an ongoing relationship with Pedal Power moving forward.

"I completely enjoyed myself. I had a lovely time out" (service user)

Respect and Social Inclusion

Pen Pal Visit to Care Home

An intergenerational Pen Pal Scheme was launched in May 2021. The scheme brought together the residents of three care homes and two schools within Cardiff, and the pen pals have enjoyed writing to each other over the last year.

On 26th April, during Global Intergenerational Week – the first face to face meeting took place between the pen pals of The Forge Care Centre and Millbank Primary School outside in the garden on a very sunny day at The Forge. The two generations enjoyed playing games together in the sunshine, including tiddlywinks, Connect 4, Amazing Robot, armchair golf and snakes and ladders.



The children and residents really enjoyed spending time in each other's company getting to know each other in person after writing to each other during the pandemic. Extremely positive feedback has been received from both the care home and the school.

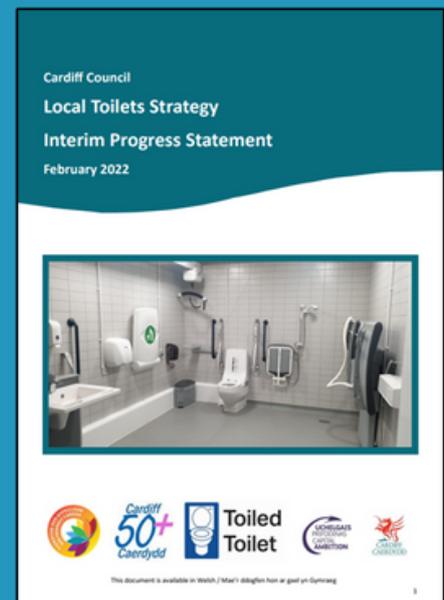
"We had an amazing afternoon yesterday, such fun and so many smiles; it was heart-warming... a big, BIG thank you to all the children that visited, so beautifully behaved and respectful." (care home staff)

Other News

Toilets - Interim Progress Statement

In February, Cardiff Council published an interim progress statement relating to the local toilets strategy, a Welsh Government directive. The report outlines the progress that Cardiff has made in helping to ensure that people in the city have access to the toilet provision they require.

Key developments include new accessible signage, an increase in toilet provision, new signage design and further development of the community toilet scheme. Work is in progress to increase awareness of public toilet availability throughout the city, including the creation of a Z-card detailing the facilities within Cardiff Hubs and Libraries, and a map on the Visit Cardiff website.



Contact the team: agefriendly@cardiff.gov.uk