

[01:00:00:13 – 01:00:05:02]

10 years ago, my wife, Linda, went in with a headache.

[01:00:05:02 – 01:00:07:19]

Two weeks later, she passed away.

[01:00:07:19 – 01:00:09:00]

It was that quick.

[01:00:09:00 – 01:00:11:02]

So it took some getting used to.

[01:00:11:02 – 01:00:15:01]

I think if I'd have been at home just caring for my husband,

[01:00:15:01 – 01:00:17:20]

I think I may have had a nervous breakdown.

[01:00:17:20 – 01:00:20:17]

I nearly didn't go.

[01:00:20:17 – 01:00:23:15]

But I thought, no, I need to go.

[01:00:23:15 – 01:00:26:14]

And that's when I first met Rhiannon

[01:00:26:14 – 01:00:28:04]

and Jeremy.

[01:00:28:04 – 01:00:30:12]

And I started going...

[01:00:30:12 – 01:00:32:09]

and I've been going ever since.

[01:00:32:09 – 01:00:35:21]

We're here to support people aged 50+

[01:00:35:21 – 01:00:38:24]

but also their families and their carers.

[01:00:38:24 – 01:00:44:03]

And generally to build resilience and independence for older people.

[01:00:44:03 – 01:00:47:10]

We want to help Dyfed love later life.

[01:00:47:10 – 01:00:57:21]

We offer services and support, to make friends, combat loneliness and isolation,

[01:00:57:21 – 01:01:01:19]

To help them to make sure they're getting all the entitlements and

[01:01:01:19 – 01:01:04:12]
grants that they're eligible for.

[01:01:04:12 – 01:01:07:15]
When you've got a digital champion like Michelle,

[01:01:07:15 – 01:01:12:19]
you've got that security and safety net.

[01:01:12:19 – 01:01:19:12]
You know, you can move on and do things that you otherwise wouldn't be able to do at all.

[01:01:19:12 – 01:01:22:08]
I had a message from one of our clients one day,

[01:01:22:08 – 01:01:25:09]
an email to say "I'm hand gliding off the Pyrenees"

[01:01:25:09 – 01:01:28:08]
I thought good god I only saw him two days ago.

[01:01:28:08 – 01:01:35:05]
He was on VR, I realised he'd bought his own set because he'd been so impressed with what we'd had.

[01:01:35:05 – 01:01:39:03]
The group has been a lifeline.

[01:01:39:03 – 01:01:40:24]
They just make me laugh when I'm here.

[01:01:40:24 – 01:01:44:21]
You know, you just feel refreshed.

[01:01:44:21 – 01:01:52:16]
Age Cymru Dyfed is a gift to so many people.

[01:01:52:16 – 01:01:55:09]
Yeah it's a gift... it's a miracle for some.

[01:01:55:09 – 01:02:00:01]
When I went then with Age Cymru Dyfed

[01:02:00:01 – 01:02:03:02]
I thought, "Oh, I like this."

[01:02:03:02 – 01:02:05:21]
And that's what I needed.