



Beyond 50 Newsletter

March 2026

To our readers,

Welcome to the spring 2026 edition of Age Cymru West Glamorgan's Beyond 50 Newsletter!

As spring arrives, we're delighted to share a fresh mix of news, ideas, and opportunities to help you feel informed, organised, and confident for the months ahead. This issue encourages new beginnings, from making sure you're registered to vote and having your say in the Age Cymru annual survey, to taking some time this season to get on top of important paperwork and put things in good order.

We're also exploring what life can look like beyond work, with practical reflections on adapting to retirement and the simple pleasure of doing less. Spring can be a great time to reset routines, slow the pace, and focus on what really matters, whether that's spending more time outdoors, reconnecting with others, or giving yourself permission to rest.

Alongside this, you'll find tips for managing finances in retirement, updates on local services, and features from community organisations offering support, activities, and opportunities to stay connected. And if you're thinking ahead to treats for yourself or others, our Coach Club Gift Vouchers are a lovely way to enjoy shared experiences and day trips across South Wales.

As always, this newsletter is for everyone interested in ageing well - whether you're 50 or 95, a carer, family member, professional, or community organiser. We're here to offer practical information, encouragement, and a sense of possibility as we step into the new season.

Your feedback continues to shape every edition. If you have ideas or suggestions for future issues, we'd love to hear from you at communications@agecymruwestglamorgan.org.uk. Happy reading!

**Warm wishes,
The Age Cymru West Glamorgan Team**

Don't miss out!

[Sign up here to receive the next issue of our Beyond 50 Bulletin](#)

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Spring Clean Your Paperwork

Spring is a time for fresh starts - but instead of the traditional spring clean at home, why not tackle your paperwork?

Sorting and organising your documents can save stress later and make life a lot easier.



Tips for a clutter-free system:

- **Keep only what you need:**
 - Important documents like wills, insurance papers, and medical records.
- **Digitise where possible:**
 - Scan or photograph important papers - it's safer and easier to search.
- **Use clear folders or labelled boxes:**
 - Make it easy to find what you need quickly.
- **Set a review date:**
 - Once a year, go through your files and recycle anything outdated.

A little time now can save a lot of panic later - and it feels surprisingly satisfying!

If you're not sure where to start, Age Cymru West Glamorgan's LifeBook has everything you need to remember, all in one place, complete with prompts, suggestions on how best to gather information, and details for your loved ones.

[Click here to download](#) your digital version of the LifeBook from our website or call us on **01792 648 866** to request your physical copy.

The Quiet Joy of Doing Less

Spring often arrives with a sense of expectation. The days get longer, the weather improves, and suddenly it can feel like we should be doing more - more walking, more socialising, more activity.

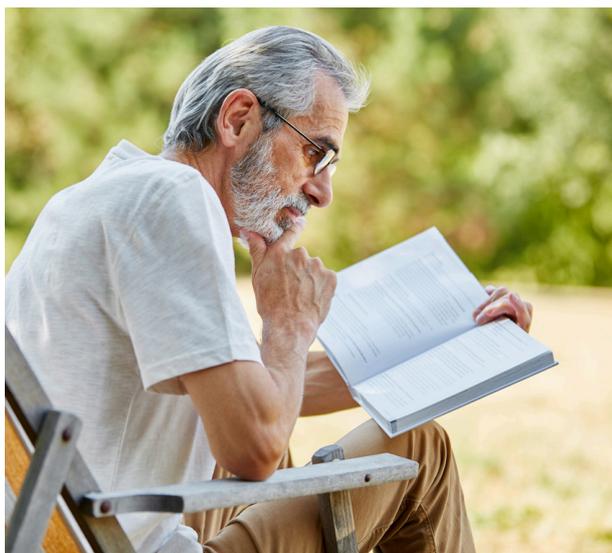
But what if spring could also be a time for gentleness?

Doing less doesn't mean giving up. It means choosing what truly matters and letting go of pressure to keep up.

Rest is Productive

Many people feel guilty for needing more rest as they get older. But needing rest isn't a sign of weakness - it's a natural response to life changes, health conditions, or simply having lived a full and busy life.

Rest allows the body to recover and the mind to reset. It can improve mood, concentration, and sleep quality.



How to do Less

A good day doesn't have to be productive. It might include:

- Sitting by a window with a cup of tea to unwind
- Listening to music or a favourite radio programme
- Watching the garden change through the seasons
- Enjoying a quiet conversation

These moments may look small, but they can be deeply nourishing. Spring is about renewal, not rush.

The Changing Face of Retirement

For previous generations, retirement was often clear-cut: work stopped, a pension began, and life followed a familiar rhythm.

Today, retirement looks very different - and that can be both exciting and confusing.

Many people now experience retirement as a gradual transition rather than a single moment.

Some people choose to:

- Work part-time or casually
- Volunteer or support community groups
- Care for grandchildren or relatives
- Start something new later in life

Others prefer to step away from responsibilities altogether and focus on rest, hobbies, or personal interests.

The Emotional Side of Retirement

Leaving work can bring mixed feelings. Alongside freedom, some people experience: a loss of routine, changes in identity, worries about money, reduced social contact.

These feelings are common and understandable. Retirement isn't just a financial change, it's a major adjustment to a new chapter in life.

The most important thing is that retirement reflects your needs and circumstances, not anyone else's expectations. What matters most may change over time and that's perfectly normal.

Retirement isn't an ending. It's a chapter that can keep evolving, just like the season itself.



Ask ACWG:



Why Am I More Tired Than I Used to Be?

Many people notice their energy levels change as they get older.

Feeling more tired can be frustrating, worrying, or even upsetting - especially if it feels unexplained.

The good news is that tiredness often has understandable causes, and it's not something you should ignore or simply "put up with."

Common Reasons for Increased Tiredness

As we age, several things can affect energy levels:

Sleep changes

Sleep often becomes lighter and more broken. Even if you're in bed for the same number of hours, the quality of sleep may be different.

Health conditions

Conditions such as arthritis, heart disease, diabetes, or thyroid problems can all contribute to fatigue.

Medication side effects

Some medicines cause drowsiness or low energy, especially when taken together.

Lifestyle factors

Less movement, changes in appetite, dehydration, stress, or loneliness can quietly drain energy.

When to Seek Advice

You should consider speaking to your GP if tiredness:

- Is new or worsening
- Doesn't improve with rest
- Affects daily activities
- Comes with other symptoms (such as weight loss, pain, or breathlessness)

A simple review of medication or a blood test can sometimes make a big difference.

Small Steps That May Help

1. Keep a regular sleep routine
2. Drink enough fluids throughout the day
3. Eat regular, balanced meals
4. Include gentle movement if possible
5. Rest without guilt

Feeling tired is common, but persistent exhaustion isn't something you have to accept as "just ageing." Support and advice are there to help you feel more like yourself again - and organisations like Age Cymru West Glamorgan can help point you in the right direction.



Spring into Adventure with Coach Club



With lighter mornings, blossoming landscapes, and the promise of brighter days ahead, spring is the perfect time to get out and about - and there's no easier or friendlier way to do that than with the Coach Club from Age Cymru West Glamorgan.



Our Coach Club trips are all about relaxed, enjoyable days out without the hassle. From scenic coastal towns and historic attractions to gardens in full bloom and much-loved seaside favourites, each trip is carefully planned so you can simply sit back, enjoy the journey, and focus on having a good day. Travelling together also means shared laughs, friendly conversation, and the chance to meet new people, or catch up with familiar faces, along the way.

Spring outings are especially popular, offering the chance to enjoy fresh air, gentle walks, and beautiful views as the season comes to life. Whether you're rediscovering places you love or visiting somewhere new for the first time, Coach Club trips provide a safe, supportive, and sociable way to explore South Wales at a comfortable pace.



Coach Club isn't just about the destination, it's about confidence and connection too. For many people, it's a wonderful way to regain independence, try something different, or simply enjoy a change of scenery without needing to worry about transport, parking, or planning.

Coach Club Gift Vouchers

Looking for a thoughtful gift idea? Coach Club Gift Vouchers make a lovely present for birthdays, special occasions, or “just because”. They’re ideal for loved ones who value experiences over things and appreciate the chance to create happy memories. Vouchers can be used towards any Coach Club trip and are a great way to encourage someone to treat themselves to a day out this spring or later in the year, at an affordable cost with vouchers starting from just £20.

As the days grow warmer and the landscape bursts back into colour, why not make this the season you say yes to new adventures? With Coach Club, a great day out could be just around the corner.

[Click here](#) to visit our website to browse our upcoming Coach Club trips and Gift Vouchers.



What's On in Your Local Area

There are lots of exciting events, classes, and dates to mark in your calendar this winter. We've put together some of our favourites to help you get out and socialise, including local book clubs, knitting and crocheting, yoga classes, group walks and much more.

Find our full [What's On Guide](#) for Swansea, Neath Port Talbot, Bridgend and surrounding areas, on our website.

Feature in our Newsletter

Are you a charity, organisation or a service provider and would like to be included in our next issue?

Get in touch today at communications@agecymruwestglamorgan.org.uk

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TIME TO MAKE LIFE EASIER



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Vote for Your Future

Voting is one of the simplest ways to have your say on issues that affect everyday life - from health and social care to transport, housing and community services.

With the Senedd elections taking place in May, many people across Wales will soon be deciding how they want to vote.

For older people, registering for a postal vote can make taking part easier, more comfortable, and more reliable.



What is a Postal Vote?

A postal vote allows you to receive your ballot paper through the post and return it by mail, rather than visiting a polling station in person. Once you're registered, your ballot is sent to your home address ahead of election day, giving you time to read it carefully and vote at your own pace.

You do not need to give a reason to apply for a postal vote - it is available to anyone who is eligible to vote.

Why Choose Postal Voting?

As we get older, practical barriers can sometimes get in the way of voting in person. These might include:

- Mobility or health issues
- Caring responsibilities
- Difficulty travelling to a polling station
- Concerns about queues or time pressures



A postal vote removes many of these challenges. It allows you to vote from the comfort of your own home, at a time that suits you, and without needing to rely on transport or assistance.

For many people, it also brings peace of mind knowing their vote is already cast well before polling day.

Why Register Early?

To vote by post in the May Senedd elections, you must be registered in advance. Leaving it too late could mean missing the deadline and losing the opportunity to vote in this election.



Registering early gives you time to check your details are correct, reduces stress as election day approaches and ensures your ballot arrives with plenty of time to return it.

Once you're registered for a postal vote, you can choose to keep it for future elections as well.

Why Vote at All?

The Senedd makes decisions that directly affect life in Wales - including policies on health, social care, transport, and local services. Taking part in elections is one way to make sure the voices of older people continue to be heard and represented.

As Senedd Cymru continues to shape decisions that impact communities across Wales, having a say has never felt more relevant.

If you're unsure whether you're registered, need help applying for a postal vote, or want to understand the process better, your local council or the **Electoral Commission** can provide clear, impartial guidance. Trusted organisations such as **Age Cymru West Glamorgan** can also help point you in the right direction.



For more support and information, email us at enquiries@agecymruwestglamorgan.org.uk or call us on 01792 648866 to speak to a friendly member of our team.

Have Your Say for Over 50s

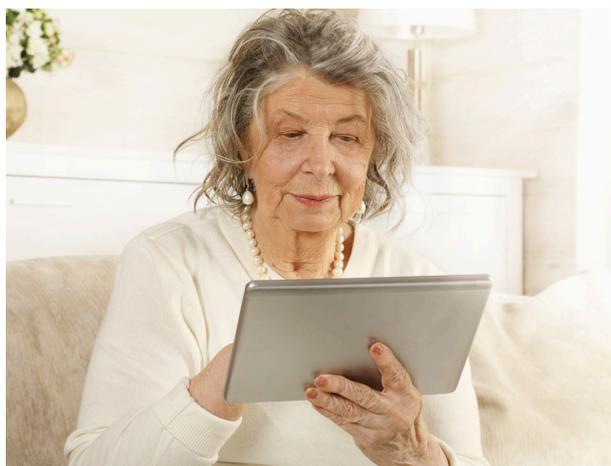
If you're aged 50 or over and live in Wales, this is your opportunity to make your voice heard on the issues that matter most to you.

The Age Cymru Annual Survey opens on Monday 2nd March and closes on Friday 17th April. It's a chance to share your experiences, concerns and priorities and to help influence decisions that affect the lives of older people across Wales.

The survey is open to anyone aged 50+ living in Wales and can be completed online or on paper, in English or Welsh, whichever suits you best.

Why Taking Part Matters

Your views really do make a difference. The information gathered through the survey helps inform the work of Age Cymru, as well as key decision-makers including Welsh Government, Members of Senedd Cymru, local authorities and NHS Wales.



By sharing your views, you help shape:

- Policies and services
- Support for older people and carers
- How organisations respond to the real challenges people face as they age

Every response adds to a clearer picture of what life is really like for people over 50 in Wales.

How to Take Part

You can join the survey by heading to the links below:

English survey:

<https://bit.ly/agecymrusurvey>

Welsh survey:

<https://bit.ly/agecymruarolwg>

Cymraeg

If you would prefer a paper copy, you can request one by calling **Age Cymru on 029 2043 1555**.

Taking just a little time to complete the survey helps ensure that the voices of older people are heard - now and in the future. Make sure your experience counts.

aderyn hearing 

Open Monday to Friday
9am - 5pm

When Was Your Last Hearing Check?

Visit our independent hearing centre on the Marina for a tea or coffee and expert hearing care from Audiologists you can trust.



-  **Ear Wax Removal**
Blocked ears? Get instant relief with safe & effective micro-suction - **£60 for both ears.**
-  **Full Hearing Tests**
Accurate results with bespoke hearing aid recommendations.
-  **Hearing Aids**
Fitting, servicing & repairs for all leading makes, models & styles of hearing aids.
-  **Custom Earplugs**
For swimming, sleeping, shooting & more.



Existing hearing aid users welcome!

Get advice or book appointments over the phone or on our website:

 **01792 465 297**
 **aderynhearing.co.uk**

Aderyn Hearing, 3 Mannheim Quay, Maritime Quarter, Swansea SA1 1TS

Help Us Support Even More People



Age Cymru West Glamorgan is a local, independent charity dedicated to promoting wellbeing and helping people age well and enjoy life.

We support some of the most vulnerable individuals in our community, often those who have no one else in the world.

We listen to everyone who needs us. We support people at crisis. We empower them to live life on their own terms. We help people to enjoy life.

You can support us and help us help more people within our communities by donating to our charity, or by joining our team of volunteers.

Here are several ways you can donate:

Online Donations

Donating online is quick and secure. Visit our website or our JustGiving page to make a direct donation, it's never been easier to show your support.

Telephone Donations

If you prefer to donate over the phone, you can call **01792 648866**. A representative will assist you in making your donation securely.

Standing Orders

Setting up a standing order is an excellent way to provide ongoing support. Information on how to establish a standing order can be found on our website.

Cheque Donations

If you would like to write us a cheque, please make it payable to Age Cymru West Glamorgan.

Our address is;

Age Cymru West Glamorgan
250 Carmarthen Road, Swansea,
SA1 1HG

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50 Newsletter

The Magic of Dance for over 60s

Guest feature – Laura Milligan, Magical Dance Parties

As the proud owner of Magical Dance Parties, every Thursday from 2pm - 3pm, I have the privilege of leading the vibrant Over 60s Dance Class with Sport and Health Swansea at the Waterfront Museum's Ocean Room.

This inspiring weekly session has become a true celebration of movement, music and community. Designed specifically for those aged 60 and over, the class is fully inclusive and suitable for all abilities. Whether participants have danced their whole lives or are stepping into a class for the very first time, everyone is welcomed warmly into a supportive and encouraging environment.



The benefits of the Over 60s Dance Class go far beyond simply learning routines. Each session provides an effective all over body workout, improving cardiovascular fitness, stamina, muscular strength and coordination. Just as importantly, dance has a powerful impact on mental health and overall wellbeing. Movement truly is magic at any age. Week after week, I witness growing confidence, lasting friendships and the unmistakable glow that comes from doing something joyful and positive for both body and mind.



[Click here to find out more and book now](#)

Music is at the heart of everything we do. Our playlists are filled with uplifting, feel-good classics from artists such as Stevie Wonder, Michael Bublé and Michael Jackson, timeless tunes that make it impossible not to move. The Ocean Room comes alive with rhythm, laughter and shared energy.

With a degree in Dance and Performing Arts, it is a genuine privilege to use my training to inspire and motivate this incredible age group. The Over 60s Dance Class is, without question, my favourite hour of the week. We lift each other up, celebrate every achievement and, above all, have tremendous fun. If you're over 60 and looking to boost your wellbeing, improve your fitness and rediscover the joy of dance, join us every Thursday from 2-3pm. Come along and experience the magic for yourself.



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