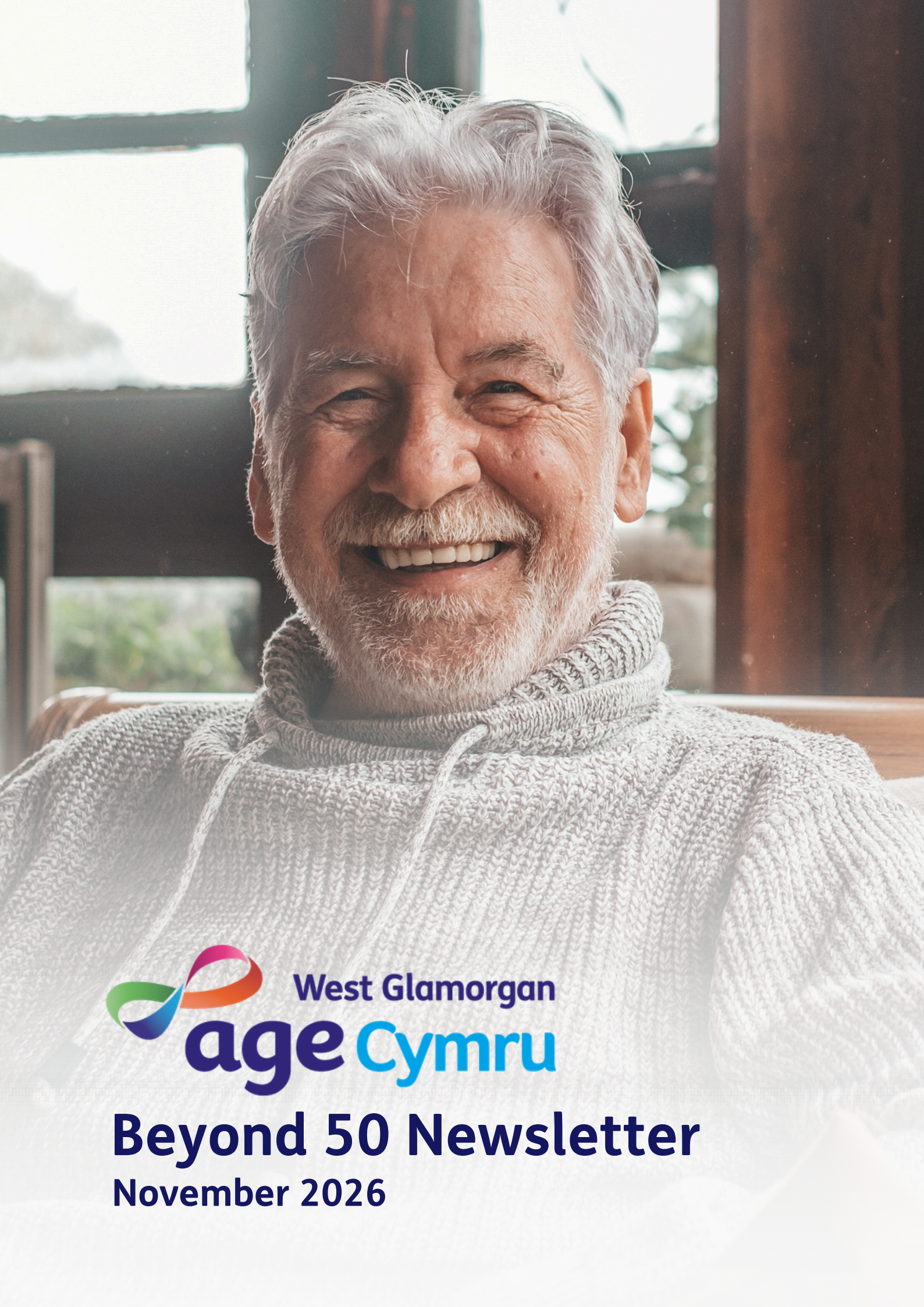


West Glamorgan age Cymru

Beyond 50 Newsletter

November 2026

To our readers,

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

As winter arrives, we're delighted to bring you another edition filled with inspiration, practical advice and ideas to help you stay well, connected and positive throughout the season.

In this issue, you'll find simple ways to boost your wellbeing, advice on creating a cosy and comfortable home, and practical guidance on planning ahead in our latest Ask ACWG feature.

We're also exploring the joy of discovering a new hobby, celebrating the traditions that make winter special, and sharing ideas for getting out and about in Rediscovering South Wales in Winter.

This issue also introduces The Wellbeing Studio, our new beauty and wellbeing space in Swansea, which opened in September. Designed to offer professional treatments in a welcoming one-to-one environment, it's a place where you can take a little time for yourself while supporting the wider work of Age Cymru West Glamorgan.

As always, Beyond 50 is for everyone interested in ageing well, whether you're 50 or 95, a family member, carer, professional or community supporter. We hope this edition provides useful information, encouragement and seasonal inspiration for the months ahead.

Your feedback helps shape every issue. To submit your ideas or suggestions for future editions, we'd love to hear from you. Please email us at communications@agecymruwestglamorgan.org.uk. Many thanks and 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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Wintering Well: 5 Simple Habits for a Happier Winter

As the days become shorter and temperatures drop, it can be tempting to stay indoors and let routines slide.

But winter can be a wonderful opportunity to focus on your wellbeing, stay connected and enjoy life's simple pleasures.

Try these five habits to help make the most of the season:

Get Some Daylight Every Day

It may be chilly outside, but daylight remains one of the best natural mood boosters available. Exposure to natural light can help regulate sleep patterns, improve energy levels and support overall wellbeing.

Even on grey days, try to spend a little time outdoors. A short walk around the block, popping into town for a coffee, or simply sitting near a window can help you feel more alert and positive.

Keep Moving

Winter often means more time sitting indoors, but regular movement helps maintain strength, balance and flexibility as we age.

You don't need an intensive exercise programme to stay active. Gentle activities can have significant benefits, including:

- Taking a daily walk
- Stretching while watching television
- Gardening or light household tasks
- Joining an exercise or dance class
- Practising chair-based exercises

Movement can also improve circulation, boost mood and help reduce stiffness, making it easier to stay independent and continue doing the things you enjoy.

Stay Connected

Many people find the darker months a little isolating. Friends and family may be busier, and poor weather can sometimes make it harder to get out and about.

Staying connected doesn't always require a big social calendar. Small interactions can have a surprisingly positive impact.

Consider:

- Calling a friend you haven't spoken to for a while
- Meeting someone for coffee or lunch
- Attending a local group or activity
- Volunteering in your community
- Joining a social outing or day trip

Feeling connected to others plays an important role in emotional wellbeing and can help combat loneliness during winter.

Learn Something New

Winter is a great time to try a hobby, attend a workshop or develop a new skill. Head to our What's On Guide to find a monthly run-down of what's on across Swansea, Neath Port Talbot and Bridgend so you can get out and about, doing something you enjoy.

Ask for Support When You Need It

Whether you need advice, information or simply someone to point you in the right direction, support is available.

At Age Cymru West Glamorgan, we help people across Swansea, Neath Port Talbot and Bridgend access services, opportunities and advice to help them age well and stay connected throughout the year.

Winter doesn't have to feel like something to endure. By making a few small changes, it can become a season of comfort, connection and wellbeing.

Email us at enquiries@agecymruwestglamorgan.org.uk, complete our Self-Referral Form here, or call us on 01792 648866 to speak to a friendly member of our Information and Advice team.

Warm Homes, Warm Hearts

When winter arrives, there's nothing quite like stepping into a warm and comfortable home.

As temperatures drop and energy costs continue to be a concern for many households, creating a cosy living space can help protect both your physical health and emotional wellbeing.

The good news is that small changes can make a big difference.

Keep the Warmth In

- Close curtains as soon as it gets dark to reduce heat loss
- Use draught excluders where possible
- Keep radiators free from furniture

Dress for the Season

- Wear several thinner layers rather than one bulky item
- Keep warm socks and slippers close by
- Use blankets when relaxing in the evening

Stay Safe at Home

- Test smoke alarms regularly
- Keep pathways clear and well lit
- Make sure emergency contacts are easily accessible



Check What Support is Available

Many people are unaware they could be entitled to financial support or benefits that could help with household costs.

Through Age Cymru West Glamorgan's Warm Homes programme, eligible older people can receive a free home energy check. A trained handyperson will visit the home, discuss energy needs and install simple energy-saving measures such as energy-efficient light bulbs and reflective radiator panels to help improve heating efficiency. The programme also provides advice on staying warm and reducing energy use, as well as benefit entitlement checks which may help increase household income.

The programme is designed to support older people who are living in, or at risk of, fuel poverty, helping them stay warm, well and independent throughout the winter months.

If you're worried about heating costs or keeping your home warm this winter, support may be closer than you think.

For more information, email us at enquiries@agecymruwestglamorgan.org.uk, complete our Self-Referral Form here, or call us on 01792 648866.



Rediscover South Wales in Winter

South Wales has a special charm in winter. With fewer crowds, stunning coastal scenery and festive events taking place across the region, it can be one of the best times of year to explore.

Why not try:

- A brisk walk along Rest Bay, Aberavon Beach, or Swansea Bay
- Visiting a Christmas market with friends
- Exploring a local museum or heritage attraction
- Enjoying a warming lunch in a favourite café
- Taking a day trip somewhere new

Even a short outing can lift your mood, improve wellbeing and give you something to look forward to.

You don't need to travel far to find adventure. Sometimes the best discoveries are right on your doorstep.



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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Ask ACWG:



Isn’t a Will Enough?

It's a question we hear all the time.

Many people assume that once they've made a Will, they've covered all the important future planning. A Will is certainly essential, but it only comes into effect after you pass away. It doesn't help if you're still alive but unable to make decisions because of an illness, accident or loss of mental capacity.

That's where a Lasting Power of Attorney (LPA) comes in.

An LPA allows you to choose someone you trust to make decisions on your behalf if you're no longer able to make them yourself. There are two types:

Health and Welfare
Covering decisions about care, medical treatment and where you live.

Property and Financial Affairs
Covering things like bank accounts, bills, benefits and managing finances.

Without an LPA, your family cannot automatically step in and make decisions for you. They may need to go through a lengthy legal process to gain the authority to help, which can be stressful at an already difficult time.

The good news is that putting an LPA in place is often more straightforward than people expect. Most people tell us they feel a real sense of relief once it's done, knowing they've protected their wishes and made things easier for their loved ones.

Age Cymru West Glamorgan offers a dedicated Lasting Power of Attorney Service, helping people understand the process, choose attorneys and complete the paperwork correctly. A free initial consultation is available for anyone who would like to find out more.

To arrange a free consultation, call 01792 648866 or email enquiries@agecymruwestglamorgan.org.uk.

Because when it comes to planning ahead, a Will is important, but sometimes it isn't enough.

Have a question for Ask ACWG? We'd love to hear from you.
Email communications@agecymruwestglamorgan.org.uk to submit yours.



A Little Time for You: Inside The Wellbeing Studio

When was the last time you took some time out just for yourself?

Between looking after family, helping others, keeping busy and managing everyday life, self-care often slips to the bottom of the priority list. Yet taking time to relax and recharge can have a positive impact on both physical and emotional wellbeing.

That's the inspiration behind The Wellbeing Studio, a new venture from Age Cymru West Glamorgan which launched in September 2026. Designed as a welcoming space where people can enjoy professional beauty and wellbeing appointments in a private one-to-one setting, the Studio has been created around a simple idea: wellbeing should feel personal, comfortable and enjoyable.

Unlike many busy salons, the focus isn't simply on the treatment itself. At The Wellbeing Studio, every visit is designed to feel relaxed and tailored to your preferences. Whether you'd like a friendly chat, some quiet time to unwind, or simply an hour that's completely your own, the choice is yours. Guests can even enjoy a freshly made coffee or tea before their appointment begins.

The Studio currently offers a range of professional hand, nail, foot and massage appointments, with plans to introduce additional beauty and wellbeing services as the Studio grows and evolves.





More Than Just a Treat

What makes The Wellbeing Studio particularly special is its connection to the local community.

Created by Age Cymru West Glamorgan, income generated through appointments helps support the charity's wider work across Swansea, Neath Port Talbot and Bridgend, allowing even more people to access support, information and services throughout the region.

The Wellbeing Studio

Booking Your Visit

The Wellbeing Studio is located at 250 Carmarthen Road, Swansea, SA1 1HG, with ample parking available on site and easy ground-floor access.

Appointments can be booked online via the Studio's dedicated booking system, accessible through the The Wellbeing Studio page.

As the colder months arrive, there's never been a better time to invest in a little self-care. Whether you're looking for a practical treatment, some much-needed relaxation, or the perfect gift idea for someone special, The Wellbeing Studio offers a welcoming reminder that taking care of yourself is time well spent.

To find out more or book an appointment, click here.



Winter Comforts: Making the Season Special

Winter has a remarkable way of bringing memories to the surface.

A familiar recipe bubbling away on the stove, decorations carefully unpacked from the loft, or the sound of a favourite festive song can instantly transport us back to another time and place.

For many people, it is these small traditions that make the season feel special. The beauty of traditions is that they don't have to be elaborate. Some of life's most meaningful rituals are surprisingly simple.

Winter traditions might include:

- Taking an annual festive walk
- Making homemade gifts
- Looking through old family photographs
- Hosting a seasonal lunch with friends
- Sharing favourite stories from Christmases gone by

These moments help create a sense of continuity and connection, linking past and present while creating memories for future generations.

Of course, traditions also evolve. Families grow, circumstances change and sometimes we develop new rituals that become just as cherished as the old ones.



As the winter season unfolds, why not take a moment to reflect on the traditions that matter most to you? Better still, consider creating a new one.

After all, the true magic of winter is rarely found in grand gestures. More often, it's hidden within simple moments of comfort, connection and togetherness.

Find some new winter tradition inspiration below:

Swansea

Christmas in Ireland – Saturday 21 November - Swansea Grand Theatre

The Christmas Orchestra – Thursday 3 December – Brangwyn Hall

Winter Vintage & Makers Market – Saturday 12 & Sunday 13 December – National Waterfront Museum

Neath Port Talbot

Luminate Wales – 25 November until 2 January – Margam Country Park

Christmas Wreath Making – Sunday 6 December – Afan Ales

Christmas Lunch with NPT Stroke Group – Thursday 17 December – Glynclydach Hotel

Bridgend

Candlelight Tours – Dates throughout December – St John's House

Merthyr Mawr Pudding Race – Sunday 13 December – Merthyr Mawr

Festive Boogie Bingo – Friday 18 December – The Coed

Have Your Say: Help Shape Your Local Community

Age Cymru West Glamorgan is inviting people aged 50 and over across our local communities to share their views on the activities, opportunities and support available to them.

We want to understand what matters most to you, whether that's having more opportunities to meet new people, taking part in local activities or finding ways to make it easier to get involved in your community.

Your feedback will help shape our future plans, activities and funding applications, ensuring we develop opportunities that reflect the needs and interests of local people.

As a thank you for sharing your views, you'll have the option to enter our prize draw for the chance to win either a £30 Wellbeing Studio voucher or a £20 High Street voucher.

Complete the survey here and have your say on your local community



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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

Sign up!
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Could You Give a Cat a Helping Hand?

Guest feature - Swansea Cats and Kittens

Swansea Cats and Kittens are the leading Cats and Kittens charity in Swansea and surrounding areas. There are lots of reasons why we are unique amongst rescue charities:

- Swansea Cats and Kittens is a proud Welsh charity, rescuing and re-homing across Swansea and surrounding areas. We are passionate about the role we play in supporting animal welfare in Wales.
- We receive no funding from government, or larger cat re-homing organisations. By supporting our charity you are helping an entirely independent organisation.
- Our volunteers have a proven track-record with over 25 years experience in what we do and are committed to making sure we can continue our work well into the future. We may only have a small team, but we always punch well above our weight when it comes to cat and kitten welfare.

We have many volunteering opportunities within our charity if you would like to help our team and join our community.

Fostering

Fostering is one of the most impactful ways you can help.

Could you foster a mum and kittens, a pregnant cat, a litter of kittens, or a single cat while they wait for their new home?

You will be supporting vulnerable cats and kittens at a time when they are often at the lowest point in their lives. Many need love, patience, interaction and, in some cases, medical support to help them recover and feel safe again.

To foster, you will need to:

- be reliable and committed
- have a separate room for the cat (or no cats of your own)
- have transport for vet appointments
- give plenty of love, patience and TLC

Many cats arrive traumatised, overwhelmed or confused. We provide everything including food, litter, beds, toys and payfor all medical bills.



Volunteering

We have several volunteering roles available including:

- Charity Shop Volunteer - Spare a few hours in either of our charity shops at St Helen's Road or Oxford Street.

- Transport Volunteer - Collecting and transporting donations for our cats and shops.

If you'd like to know more about our charity and what we do please visit our website at swanseacatsandkittens.co.uk. If you are interested in volunteering please send us an email through our websites contact form.

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