



Beyond 50 Newsletter

July 2025

To our readers,

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

This summer, we're excited to share a vibrant mix of news, stories and opportunities to help you make the most of the sunny season. Whether you're looking to try something new, connect with others, or simply stay informed, this issue is packed with inspiration.

We're especially thrilled to introduce our brand-new Coach Club – designed to bring people together for day trips, sightseeing, and social fun across South Wales and beyond. Whether you've got a love for coastal views or market towns, it's a great way to enjoy travel in friendly company.

This year also marks a special milestone: Age Cymru West Glamorgan is turning 50! We'll be celebrating five decades of supporting older people and carers across Swansea, Neath Port Talbot, and Bridgend. Find out how you can get involved.

Fancy a night out at the theatre? Turn to page 9 for details of our exciting competition to win two tickets to Twist and Shout at the Swansea Grand Theatre in September – a dazzling celebration of the swinging sixties!

This newsletter is for everyone interested in ageing well – whether you're 50 or 95, a carer, family member, healthcare professional, or local organiser. Inside you'll find the latest updates on services, events, wellbeing tips and more.

We're grateful for your continued feedback and ideas – they shape each issue. Have a suggestion for the next edition? We'd love to hear from you at communications@agecymruwestglamorgan.org.uk.

Many thanks and happy reading!

From 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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Introducing Coach Club

At Age Cymru West Glamorgan, we understand how important it is to feel connected. That's why we're excited to introduce our brand-new Coach Club: an exciting initiative designed to help people aged 50+ (and their carers) get out, explore and socialise through accessible, affordable day trips across Wales and beyond.

What is Coach Club?

The Coach Club is more than just travel - it's about bringing people together, boosting wellbeing, and creating moments that matter.

Whether you've been feeling a bit isolated, want to revisit familiar places, or simply fancy a great day out in good company, the Coach Club offers the perfect opportunity.

Each trip is fully planned and supported by our team, with comfort, accessibility and enjoyment at the heart of every journey. We take care of the logistics - so you can just sit back, relax, and enjoy the ride.



What You Can Expect:

- **Friendly, Accessible Travel:**

All trips include coach transport to and from central pick-up points across Swansea, Neath Port Talbot, and Bridgend.

- **Beautiful Destinations:**

Our day trips visit scenic, cultural, or heritage locations, such as gardens, coastlines, steam railways, market towns and more.

- **Inclusive Atmosphere:**

Whether you come alone or with a friend, you'll be welcomed into a friendly, relaxed group.

- **Low Cost:**

Thanks to local support and sponsorships, we keep the cost per person as low as possible. Typical trips start from just £10, inclusive of travel and admission.

Past and Upcoming Adventures

- **Gwili Railway (June 2025):**

Our very first Coach Club trip was a great success! Members enjoyed a nostalgic journey on a heritage steam train through the Carmarthenshire countryside, with a delicious cream tea served onboard.

- **National Botanic Garden of Wales (31 July 2025):**

Our second trip heads to one of Wales' most beautiful natural attractions. For just £20 per person, this outing includes coach transport and entry to the garden's world-class glasshouses, nature walks, lakes, and café.

- **Tenby (August 2025)**

- **St Fagans (September 2025)**

- **Bath Christmas Market (December 2025)**

- **Mary Poppins at Wales Millenium Centre (January 2026)**



[Click here](#)

to book your space on
our upcoming Coach
Club trips!



Get Involved

We're planning more trips throughout the year, including historic landmarks, coastlines, museums and hidden gems across South Wales. If you'd like to join the Coach Club - or suggest a destination - we'd love to hear from you. =

To book a place, suggest a trip, or sponsor an outing:

✉ Email: coachclub@agecymruwestglamorgan.org.uk

☎ Call: 01792 712140

Businesses and organisations can also support the Coach Club by:

- Donating to help subsidise places for people on low incomes
- Sponsoring a trip and gaining local exposure in return
- Volunteering to help on the day

Sign up
to our Coach Club
Mailing List to get the
latest information on
outings direct to your
inbox.



Support Made Simple

At Age Cymru West Glamorgan, we believe that getting help should be simple, stress-free, and accessible to all. Our Self-Referral Form makes it easier than ever to access the help you need.

Our online Self-Referral Form is a quick and easy way to tell us what kind of support you're looking for. Whether it's help with day-to-day tasks, financial matters, care needs, or just a listening ear, completing the form means you won't have to wait on the phone or explain your situation multiple times.

You can complete it in your own time, at your own pace, and once we receive it, one of our friendly team members will get in touch to talk about how we can help. If you're completing this on behalf of a friend or loved one, they must be aware and provide permission for you to submit the referral on their behalf.

What Can I Get Help With?

When you complete the form, you can tell us about your needs in areas like:

- **Information & Advice** on benefits, housing, care options, and more
- **Carer Support** for those looking after loved ones
- **Dementia Services** including respite and emotional support
- **Planning for Later Life** including Lasting Power of Attorney and future care decisions

We support people aged 50+, as well as unpaid carers of any age, across Swansea, Neath Port Talbot, and Bridgend.

Warm Home Energy Checks are BACK!

From August 2025, our team will be rolling out another year of the Warm Homes project. As part of this programme, you can receive a free home energy check with our trained handy person visiting your home to discuss your energy needs.

They can install free energy efficient equipment, such as light bulbs and reflective radiator panels to help make your heating more efficient, and provide advice to help you keep warm as we head into the cooler months.

Email enquiries@agecymruwestglamorgan.org.uk or phone 01792 648866 to find out more.

Click here
to complete the
Self Referral form

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.



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BELVOIR!

Property is personal

We know that choosing an estate agency to sell or let your property can be confusing. So we like to make it simple.

At Belvoir Swansea, Sketty, and Mumbles, we understand that every client has their own story, priorities, and expectations. That's why we take the time to truly listen. By getting to know you and your goals, we're able to offer a service that feels personal, considered, and effective, whether you're looking to make a fresh start, downsize, or find that next perfect place to call home.

Our Services

- Residential Sales and Lettings
- Property Management
- Auctions
- Mortgages
- Landlord and Tenant Insurances
- Rent Guarantee

We're proud to represent Swansea and the surrounding areas. From the charm of Mumbles and Gower to the vibrant heart of the city and the quiet greenery of Sketty - we don't just sell properties, we sell a way of life. Our experienced team knows the value of local knowledge, clear communication, and a tailored approach. They love the area, and they don't shy away from it. That's why people trust us - because we care about the details that matter to you.

Property really is personal
with Belvoir Swansea.



Swansea

swansea@belvoir.co.uk
01792 001001
45 Gower Road, Sketty,
Swansea, SA2 9BX



Mumbles

mumbles@belvoir.co.uk
01792 361656
101b Newton Road,
Mumbles, SA3 4BN

Celebrating 50 Years

This year marks an incredible milestone for Age Cymru West Glamorgan. We're celebrating 50 years of supporting older people, carers, and communities across Swansea, Neath Port Talbot, and Bridgend!



Since 1975, we've worked to make later life better by providing practical help, emotional support, and trusted advice to thousands of local people. From help with shopping and cleaning, to advocacy, benefit checks, respite for carers and support through dementia - we've always been here when it matters most.

Over the last five decades, our services have grown and evolved in response to local needs. Some of our achievements include:

- Providing essential support to people aged 50+ and their carers
- Helping older people stay independent at home for longer
- Campaigning for better rights, access, and recognition for carers
- Offering compassionate end-of-life planning support
- Launching new services like our Coach Club and Dementia Support Service
- Supporting people through difficult times such as the Covid-19 pandemic with our Meal Delivery Service

This anniversary is not just a time to reflect - it's also a chance to celebrate the **resilience, strength, and contributions** of older people in our communities.

Join our 50th Celebrations

We're planning a year of celebrations, stories, and community moments, and we'd love you to be part of it!

Here's how you can get involved:

- **Share Your Story** – Were you helped by our charity? Or perhaps you worked or volunteered with us? We'd love to hear your memories!
- **Make a Birthday Donation** – Help us be there for the next 50 years by making a one-off or regular gift via our [LocalGiving page](#).
- **Take on a 50-Themed Fundraiser** – Whether it's a 5k walk, 50 cups of tea, or a 50-question quiz, your creativity and support mean everything.
- **Sponsor our Work** – Local businesses can get involved by sponsoring an event, coach trip, or activity - building their profile while helping us do more.

[Click here to visit our dedicated campaign page](#)

This celebration isn't just about looking back - it's about looking ahead. With your support, we're determined to build on our legacy and ensure that everyone in later life feels valued, supported and connected.

Thank you for being part of our journey.



Corporate Opportunities

If you're a local business looking to give back, why not mark our 50th year with a corporate donation, sponsorship or volunteering?

Your support could help fund vital services like our Information & Advice line, wellbeing support, or community activities for older people across Swansea, Neath Port Talbot, and Bridgend. Whether it's a one-off birthday gift, regular donation, or sponsoring a specific activity or event, you will make a meaningful difference.

Supporting our 50th celebrations is also a great way to show your commitment to the community, raise your profile locally, and align with a cause that matters to so many.

To discuss how your business can get involved, email us at enquiries@agecymruwestglamorgan.org.uk or [click here](#) to visit our campaign page.

Let's work together to make the next 50 years even brighter.

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TIME TO MAKE LIFE EASIER



The thing we hear the most in
Day's Mobility is...

'I wish I'd done it sooner'

DAY'S & MOBILITY
The Specialist Company for Mobility Aids

Twist & Shout This September

We're giving one lucky reader the chance to win two tickets to see the spectacular Twist & Shout – the ultimate 60s show – at Swansea Grand Theatre on Friday 27th September!

Get ready to relive the iconic era with over 40 classic hits from The Beatles, The Rolling Stones, Dusty Springfield, and more – all performed live with stunning vocals, costumes, and dancing.

To enter, simply email us at communications@agecymruwestglamorgan.org.uk with your name, contact number, who you'd like to take with you and why you think you should win by Friday 6th September, with the subject line: **Twist & Shout Competition** OR post a note with the same information to us directly at: [Age Cymru West Glamorgan, 250 Carmarthen Road, Swansea, SA1 1HG.](#)

Don't miss your chance to twist the night away – good luck! Winner will be announced on our official social media channels and contacted by telephone on **Monday 1st September 2025.**



Gardening for Mind and Body

As we get older, keeping active and maintaining a sense of purpose can make a huge difference to our physical and mental wellbeing. Gardening is a wonderful way to do just that – and you don't need a big garden (or even a garden at all!) to reap the benefits.



Why Gardening?

Spending time with plants, soil and fresh air can reduce stress, lift your mood, and gently improve fitness. It's especially helpful for people over 50, as it offers low-impact exercise that supports flexibility, strength, and balance – all while doing something meaningful and creative.

No Garden? No Problem!

Even if you don't have your own outdoor space, there are plenty of ways to get gardening:

- Join a community garden or allotment group – these are great places to learn, share, and socialise.
- Grow in pots – balconies, windowsills and front steps are all great spots for herbs, flowers or small vegetables.
- Try houseplants – caring for indoor plants can be just as rewarding and great for improving air quality too.

Start Small – Grow Big

You don't need to be an expert or have fancy tools. A few pots of herbs or a tray of salad leaves on the windowsill can be enough to get started. Gardening is about progress, not perfection – and every small green effort is a win for your health and happiness.

If you'd like to connect with others who enjoy gardening or are looking for local green projects to get involved with, get in touch with us – we'd love to help you dig in!

Give It A Go

You don't need to spend much (or anything at all) to start gardening – your kitchen is full of growing potential! Here are a few easy ideas to try:

- **Tomatoes** – Scoop out seeds from a ripe tomato, rinse and dry them on kitchen paper. Plant in a small pot with compost or soil and place on a sunny windowsill.
- **Peppers and chillies** – Dry out seeds from fresh peppers and sow them in pots. They love warmth and light, so a bright spot indoors is ideal.
- **Spring onions** – Place the white root ends in a jar of water on your windowsill. They'll re-sprout within days – just snip off what you need!
- **Lettuce or celery** – Save the base of the plant and sit it in a shallow dish of water. You'll see new leaves growing within a week.

These simple steps are a great way to get growing without needing a garden or expensive supplies – and they're fun to try, too!



Stay Sharp with Everyday Tech

Staying mentally active and socially connected is key to living well beyond 50 – and everyday technology can be a great tool to help you do just that.

Whether it's video calling family, exploring a new hobby online, or simply using your smartphone to play a game or check the weather, using tech regularly can help keep your mind sharp, improve your wellbeing, and even make daily life a bit easier.



Stay Connected

One of the simplest ways to use tech is to stay in touch with others. Free apps like **WhatsApp**, **Zoom**, or **Facebook** make it easy to chat with friends, join local groups, or take part in virtual events. You don't need to be a tech whiz – just having a go can open up a whole new social world.

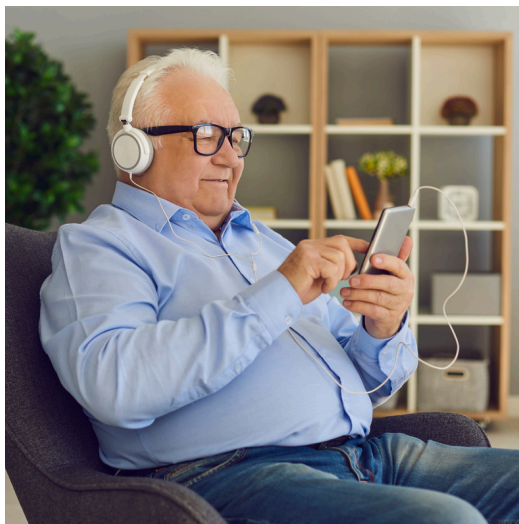
We regularly post updates about our services and Coach Club trips to our [Facebook](#) and [Instagram](#) pages so make sure to give us a follow and stay up to date.

Keep Learning

Want to try a new recipe, learn some Welsh, or brush up on local history? Websites like **YouTube**, **BBC Learning** and even local library apps offer endless learning opportunities at your own pace. Lifelong learning is a brilliant way to boost brain health – and tech puts it right at your fingertips.

Stay Organised and Independent

From online shopping and banking to managing appointments and medication reminders, everyday tech can help you stay independent for longer. Apps like **NHS Wales App**, **MyGP**, or simple calendar tools can make life easier and give peace of mind.



Have Fun

Technology isn't all serious – it can be a great source of entertainment too! Try listening to a podcast, there's a huge variety to choose from, with topics including history, politics, comedy, current affairs and so much more. You can find podcasts on platforms such as Spotify, Apple Music, Amazon Music, BBC Sounds and on smart speakers.



Top Tip:

Pick one thing you'd like to use tech for – like video calls or online shopping – and take it step by step. The more you practice, the easier it gets!

Staying sharp doesn't have to mean puzzles and crosswords (though those are great too!) – it can be as simple as embracing a bit of everyday tech in your routine. Why not give it a try?

Need a Hand?

If you're not sure where to start, you're not alone. Many community centres, libraries, and Age Cymru West Glamorgan itself offer digital support sessions and one-to-one help. It's never too late to learn – and it can be fun, empowering, and confidence-boosting.

Our Digital Services can help you get to grips with all things digital through:

- Drop-in classes in your community
- Home visits – one to one support with your own devices at home
- Loan scheme – The opportunity to borrow a tablet, laptop or smart speaker for up to 8 weeks
- VR Wellbeing Events

Get in touch today to find out more about our [Digital Services](mailto:enquiries@agecymruwestglamorgan.org.uk) by emailing enquiries@agecymruwestglamorgan.org.uk or calling 01792 648866.

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!

Click [here](#) to
receive the next
edition of our Beyond
50 Newsletter

Remembering Your Faithful Friend with Dogs Trust

Guest feature by Dogs Trust

Planning ahead and putting your affairs in order can be daunting. However, it can also help to ensure your wishes are taken into account, giving you peace of mind and making it smoother and easier for your loved ones.

That is why Dogs Trust Bridgend is asking local dog owners to think about the future of their four-legged friends, with a Canine Care Card.

The Canine Care Card is a free service, which helps to provide security for your dog, in the event of you either passing away, receiving a life-changing diagnosis or moving into a care home. This can often be a great concern to some people, who perhaps do not have a family member or friend in a position to look after their dog, should the worst happen. Therefore, by signing up to the service, Dogs Trust can offer peace of mind, reassuring you that your faithful friend will be well cared for by the charity.



It is easy to sign up to the service, which simply asks for some information on your dog, including their likes and dislikes, as well as your dog's medical history and your vet details. It also asks if you would like to suggest a Dog Guardian. This should be someone you trust, like a friend, family member, solicitor, neighbour or vet, who can sign over ownership of your dog to Dogs Trust on your behalf, if you are not able to.

You can register online by going to www.dogstrust.org.uk and searching for '[Canine Care Card](#)' – or you can request a paper version to be sent to you. Once your form is submitted, Dogs Trust will then contact you, to confirm when your application is processed.

In the event of a Canine Care Card being activated, Dogs Trust will arrange with you or your Dog Guardian for your dog to come into a rehoming centre or foster care. With a team of vets, trainers and behaviourists on hand, your dog will then be welcomed, loved and well cared for by the charity, who will work tirelessly to find a loving new home for your much-loved canine companion.

If you would like further information about the Canine Care Card, or to request a paper application form, please contact Dogs Trust Bridgend's Supporter Relations Officer, Sophie Rowe, at sophie.rowe@dogstrust.org.uk or phone [01656 728923](tel:01656728923).



Downsizing? Your Questions Answered

Guest feature by Belvoir Swansea, Sketty and Mumbles

DISCLAIMER

This guest feature is an advert and not independent advice provided by Age Cymru West Glamorgan.

Whether it's to free up finances, reduce maintenance, or move closer to family, many people start thinking about downsizing after 50. But where do you start - and what should you consider?

At Belvoir Swansea, Sketty & Mumbles, we regularly support people who are considering downsizing or selling their home later in life. It's a big decision - often emotional, sometimes overwhelming - but it can also be a positive and empowering step.

We're proud to work with people across Swansea, and beyond, who are looking to simplify their lifestyle, move closer to family, or free up their finances. To help you feel more informed, we've answered some of the most common questions we hear from clients over 50.

Q: Why do people consider downsizing after 50?

A: There are lots of great reasons. Some want to release equity tied up in their home for travel, retirement, or family support. Others are ready for a more manageable property - especially if they're living alone or don't need the space anymore. Often, it's about simplifying life and finding a home that better fits their needs.

Q: Is now a good time to sell?

A: The property market can shift, but well-presented homes - particularly bungalows, apartments, or homes near popular amenities - are always in demand. We offer free, no-obligation valuations so you can understand your home's value and explore your options with confidence.

Q: What are the benefits of downsizing?

A: Less maintenance, lower utility bills, more accessible living spaces, and often a real sense of relief and freedom. Many of our clients tell us it's the best decision they ever made.

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Q: I've lived in my home for decades. How do I even begin?

A: You're not alone - this is one of the most common concerns we hear. We recommend starting with a chat. We can guide you gently through the process, help with practical steps like staging your home for sale, and connect you with trusted solicitors and removals specialists if needed.

Q: Should I buy or rent after selling?

A: That depends on your lifestyle, finances, and future plans. Some people enjoy the flexibility of renting after selling, while others prefer the security of owning a smaller home outright. We can talk through the pros and cons to help you make the right decision.

Q: How do you support older homeowners?


A: We pride ourselves on being approachable, respectful, and patient. Selling a home is a big step, especially if it's filled with memories. Our team works at your pace, offering clear advice and practical support every step of the way.

Thinking about downsizing? Let's talk.

We offer free valuations and no-pressure consultations to help you explore your options.

We're delighted to offer an exclusive 10% discount for readers of Age Cymru West Glamorgan's Beyond 50 newsletter, over 65, with the code AGE CYMRUWG65.

 Call Belvoir Swansea, Sketty & Mumbles on [01792 001001](tel:01792 001001)

 Get your free no-obligation appraisal on our website:
<https://www.belvoir.co.uk/swansea-estate-agents/valuation/>

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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The Specialist Company for Mobility Aids



Healthcare Products For You

