



Beyond 50 Newsletter
July 2026

To our readers,

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

As we head into the warmer months, we're delighted to bring you another edition packed with practical advice, local inspiration and useful information to help you stay healthy, informed and connected.

This issue focuses on wellbeing, independence and planning ahead. You'll find tips on staying active and reducing the risk of falls in our Staying Steady feature, as well as a look at the growing popularity of cold-water swimming and the benefits of making the most of our beautiful local coastline.

We're also sharing practical advice on supporting your mental wellbeing, protecting yourself from seasonal scams, understanding the financial support you may be entitled to, and the importance of putting a Lasting Power of Attorney in place.

We're also exploring a potential new Wellbeing Service for older people across our region. Your views are important to us, so please take a few minutes to complete our short survey and help shape its future.

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 inspiration to help you make the most of the summer ahead.

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. 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](#)

Contents

Staying Steady: Moving with Confidence.....	1
What's On in Your Local Area.....	2
Stay Ahead of Summer Scams.....	3
Dip Your Toe In: Benefits of Cold-Water Swimming.....	5
Ask ACWG.....	7
Money Matters: Getting Your Entitlements.....	9
Planning Ahead: Why an LPA Matters.....	11
Shape Our New Wellbeing Service.....	13
Help Us Support Even More People.....	14
All About Am Dram: A New Acting Group.....	15
When 'Managing' Becomes 'Needing Help'.....	16

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Staying Steady: Keep Moving with Confidence

Staying active is one of the best ways to maintain independence, confidence and wellbeing as we get older.

Yet many of us can become less steady on our feet over time, sometimes without even noticing. The good news? Small changes can make a big difference.

Falls are one of the most common reasons older people lose confidence, but staying mobile doesn't mean signing up for intense exercise.

Move for Strength

Gentle movement, done regularly, can help improve balance, strength and coordination. A short daily walk, stretching at home, gardening, swimming or even chair-based exercises can all help keep joints moving and muscles strong.

Make Small Changes

Simple adjustments around the home matter too. Loose rugs, poor lighting and cluttered hallways can increase the risk of trips and falls. Comfortable, well-fitting shoes with good grip can also make a difference, particularly when out and about.

Importantly, confidence plays a big role. After a stumble or fall, it's understandable to feel anxious about getting back out - but avoiding activity altogether can sometimes make balance worse. Starting slowly and building movement into everyday routines is often the best place to begin.



Local Groups

Across Swansea, Neath Port Talbot and Bridgend there are many local walking groups, leisure activities and community sessions designed to help people stay active at their own pace.

If mobility concerns are affecting daily life, or you would like advice on staying independent, Age Cymru West Glamorgan can help connect you to information, support and local services.

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.



Stay Ahead of Summer Scams

Scammers don't take holidays - and unfortunately, certain scams become more common at certain times of the year.

From rogue traders offering gardening or home repairs in summer, to fake parcel deliveries and heating support scams in winter, fraudsters often target people when they are least expecting it.

How to Spot a Scam

While scams can take many forms, there are some common warning signs to look out for:

- Pressure to act quickly – "Act now" or "Don't miss out" tactics are often used to stop you thinking things through.
- Unexpected contact – Be cautious if you receive an unexpected phone call, email, text message or doorstep visit.
- Requests for personal information – Legitimate organisations will never pressure you to share passwords, PIN numbers or banking details.
- Offers that seem too good to be true – Large discounts, prizes or investment opportunities can often be a red flag.
- Requests for payment upfront – Particularly from doorstep traders or unfamiliar businesses.
- Poor spelling or unusual email addresses – These can be signs that a message is not genuine.
- Being asked to keep something secret – Scammers often try to stop people discussing offers with family or friends.

Simple Steps to Stay Safe

- Take your time and don't be rushed into making decisions.
- Never give out personal or financial information to someone who contacts you unexpectedly.
- Ask for written quotes before agreeing to home repairs or maintenance work.

- Check company details independently rather than using contact information provided in a message.
- Speak to a trusted friend, family member or neighbour if you're unsure.
- Remember: it's always okay to say "no" and close the door or end a phone call.

Just as importantly, talk about scams. Fraudsters often rely on people feeling embarrassed or isolated. Sharing concerns with family, friends or trusted organisations can help stop scams before they happen.

If something does not feel right, Age Cymru West Glamorgan's Information and Advice team can offer free, confidential support and practical guidance to help older people stay informed and protected.

For more information, 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 team.



Dip Your Toe In: Benefits of Cold-Water Swimming

Whether you've seen photos on social media or spotted groups gathering along the shoreline on a crisp morning, cold water swimming has become increasingly popular across South Wales in recent years.

From Swansea Bay to the beaches of Gower, Aberavon and Rest Bay, more people are discovering the benefits of taking a dip in the sea.

Many cold-water swimmers talk about the positive impact it has on their wellbeing. Participants often report feeling energised, more relaxed and better able to manage everyday stresses. Just as importantly, it can be a fantastic way to meet people and feel part of a community. For many, the social aspect is every bit as valuable as the swim itself.

Across our region there are a number of welcoming groups, including friendly gatherings across Swansea and Gower, groups that regularly meet at Aberavon Beach, and communities of swimmers who gather at Rest Bay and Porthcawl. Most groups welcome people of all ages and abilities, with experienced members often happy to support newcomers.

Of course, cold water swimming isn't for everyone and safety should always come first. Anyone with underlying health conditions should speak to a healthcare professional before taking part. Swimmers should never enter the water alone, especially if new to cold-water swimming, should start gradually, and pay attention to weather, tides and local conditions.



The beauty of living in Swansea, Neath Port Talbot and Bridgend is that some of the country's most stunning coastline is right on our doorstep. Whether you're a regular sea swimmer or simply curious about giving it a try, cold water swimming is a reminder that new experiences, friendships and opportunities for wellbeing can be found at any age.

Cold-Water Swimming Groups

Swansea

[The Gower Mermates](#)

[The Wet Bandits](#)

[Swansea Valley Dippers](#)

Neath Port Talbot

[Aberavon Bluetits](#)

[RNLI Port Talbot Dippers](#)

Bridgend

[Bridgend Bluetits](#)

[Porthcawl Open Water Swimmers](#)

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



Ask ACWG:



How Can I Look After My Mind After 50?

Many people know it's important to look after their physical health as they get older, but what can you do to best support your mental wellbeing?

Looking after your mind is just as important as looking after your body. The good news is that you don't need to make big changes to feel the benefits. Often, it's the small things we do every day that make the biggest difference.

Life after 50 can bring new opportunities, but it can also come with challenges. Retirement, health concerns, caring responsibilities, bereavement or changes in family life can sometimes affect how we feel. If you're finding things difficult, you're certainly not alone.

Here are a few simple ways to support your wellbeing:

Stay connected

A chat with a friend, neighbour or family member can help lift your mood and reduce feelings of loneliness.

Keep active

Gentle exercise, walking, gardening or swimming can benefit both your physical and mental health.

Spend time outdoors

Fresh air and nature can help reduce stress and improve wellbeing.

Do something you enjoy

Reading, knitting, singing, volunteering or learning a new skill can provide a sense of purpose and achievement.

Be kind to yourself

Everyone has good days and bad days. It's important not to put too much pressure on yourself.

Remember, asking for support is a sign of strength, not weakness. If you're feeling isolated, worried or unsure where to turn, help is available.

Across Swansea, Neath Port Talbot and Bridgend there are many local groups, activities and services designed to help people stay connected and maintain good wellbeing. Take a look at our [What's On Guide](#) to find a group near you.

Have a question for Ask ACWG? We'd love to hear from you.

Email communications@agecymruwestglamorgan.org.uk to submit yours.



Money Matters: Getting the Support You're Entitled To

With the cost of everyday essentials continuing to put pressure on household budgets, it's more important than ever to make sure you're receiving all the financial support available to you.

Yet every year, thousands of older people miss out on benefits and allowances simply because they don't realise they're eligible.



Pension Credit

One of the most commonly overlooked benefits is Pension Credit. Many people assume they won't qualify because they own their home, have modest savings or receive a private pension. However, Pension Credit can be available to more people than many realise and may also act as a gateway to additional support, including help with housing costs, council tax, heating expenses and other financial assistance.

Attendance Allowance

Attendance Allowance is another benefit that is often underclaimed. Designed to help people who need support due to illness, disability or long-term health conditions, it is not means-tested and many people who qualify are unaware they can apply.



It's understandable that navigating benefits can feel confusing. Forms can seem complicated and many people worry about asking for help. However, claiming support you've earned throughout your lifetime is not something to feel uncomfortable about. These benefits exist to help people maintain independence, wellbeing and quality of life.

Even a small increase in income can make a significant difference, whether that's helping with rising energy costs, transport expenses or simply providing greater peace of mind.

If you're unsure what support may be available, Age Cymru West Glamorgan's Information and Advice team can provide free, confidential guidance. A simple benefits check could reveal financial help that makes everyday life that little bit easier.

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 team.

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Planning Ahead: Why an LPA Matters

Most of us spend time planning for the future. We write wills, save for retirement and think about what we'd like later life to look like. But one important piece of planning is often overlooked: a Lasting Power of Attorney (LPA).

An LPA is a legal document that allows you to choose someone you trust to make decisions on your behalf if you're ever unable to make them yourself. While it may not be the easiest topic to think about, putting arrangements in place early can provide reassurance for both you and your loved ones.

What Does a Lasting Power of Attorney Do?

A Lasting Power of Attorney allows you to appoint one or more people, known as attorneys, to help manage important decisions if needed.

There are two types of LPA:

Property and Finances

- Managing bank accounts
- Paying bills
- Handling pensions and benefits
- Managing property and financial matters

Health and Welfare

- Decisions about medical treatment
- Care and support arrangements
- Moving into residential care
- Day-to-day wellbeing decisions

Many people choose to have both.

Why Is It Important?

A common misconception is that a spouse, partner or adult child can automatically make decisions on your behalf if you become unwell. Unfortunately, this isn't always the case.

Without a Lasting Power of Attorney, your loved ones may face significant delays and additional legal processes before they can help manage your affairs. This can be stressful at an already difficult time.

By putting an LPA in place early, you remain in control of who will make decisions and how those decisions should be made.

Choosing the Right Person

Your attorney should be someone you trust completely. This could be a family member, close friend or more than one person acting together.

Take time to consider who understands your wishes, can act responsibly and would feel comfortable making decisions on your behalf if necessary.

Support Is Available

Setting up a Lasting Power of Attorney can feel daunting, particularly when faced with legal forms and unfamiliar terminology. The good news is that help is available.

Age Cymru West Glamorgan offers a dedicated Lasting Power of Attorney service for people living across Swansea, Neath Port Talbot and Bridgend. Our team can guide you through the process, answer questions and help ensure your wishes are recorded correctly.

Planning ahead today could provide valuable peace of mind for tomorrow.

For more information, email us at

enquiries@agecymruwestglamorgan.org.uk, [read more on our LPAs web page](#), or call us on 01792 648866 to speak to a friendly member of our team.

Shape Our New Wellbeing Service

At Age Cymru West Glamorgan, we're exploring the possibility of launching a new holistic wellbeing service designed to support older people across Swansea, Neath Port Talbot and Bridgend.

The service could include practical wellbeing support such as footcare, physical health treatments and other activities aimed at helping people stay healthy, independent and connected in later life. But before we move forward, we'd like to hear from you.

What services would you find most useful? Would you be interested in accessing a wellbeing service locally? What would help you live well and maintain your independence?

Your feedback will play an important role in helping us shape a service that truly meets the needs of older people in our communities.

Please take a few minutes to complete our short survey and share your thoughts. Together, we can create a service that supports wellbeing, independence and quality of life for older people across our region.

[Click here to have your say.](#)



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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Could You Help Us Bring a New Drama Group to Life?

Age Cymru West Glamorgan is exploring the idea of creating a new amateur drama group for older people, and we'd love to hear what you think!

Whether you've always dreamed of stepping onto the stage, would enjoy expressing your creativity, or are simply looking for a fun way to meet new people and try something different, we'd love to hear from you. There could be opportunities to perform, help behind the scenes with costumes, props or directing, or support the group in other creative ways—whatever your interests, there's a place for everyone.

Before taking the next step, we're asking older people across our communities to complete a short survey. Your feedback will help us understand whether there is interest, what activities people would enjoy, and how we can make the group as welcoming and accessible as possible.

We're also looking for people who may be interested in helping shape the project by joining a small planning group. No previous experience is needed—just enthusiasm and a willingness to share your ideas. If this sounds like something you'd enjoy, we'd love to hear from you!

Complete our short survey here:
<https://www.surveymonkey.com/r/AmDram>

Thank you for helping us shape a new opportunity for older people in our community.



DISCLAIMER

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

When 'managing' suddenly becomes 'needing help'

GUEST FEATURE BY ANGELCARE

For many families, conversations about care don't begin with careful planning. More often, they're prompted by a fall, a spell in hospital or the moment everyday tasks become more difficult.

In the space of a few days, adult children can find themselves trying to navigate a care system they know very little about while supporting a parent or relative through a challenging time.

This is why we've spoken to **Kyle Thomas, manager at leading Swansea home care provider, Angelcare**, to provide insight into the world of home care.



Q: Does accepting home care mean losing independence?

A: No. Home care supports independence, helping people stay safely at home while keeping control over routines and choices.

Q: What kind of help does home care include?

A: Support varies by need and arrangement. Council-funded care covers personal care, medication and meals.

Private care may include:

- Companionship
- Shopping
- Light housework
- Appointments
- Chaperone at weddings, funerals, social activities and other important events

Q: Is financial help available for home care?

A: Yes. Some individuals may be eligible for subsidised care. Council-funded home care in the UK is based on a needs assessment and a financial assessment. If you are assessed as needing support, local authority care typically covers essential daily needs, such as personal care (washing, dressing, hygiene), medication support or help with meals. This level of support is designed to keep someone safe and able to live at home.

There is also often confusion around how funding works and what people have to contribute themselves. Schemes such as Direct Payments may be available, giving more flexibility and control over how care is arranged.

Q: What are Direct Payments?

A: Direct Payments are a type of council-funded care support in the UK that give people money instead of arranged services, so they can organise their own care. At Angelcare, we are proud to be a preferred supplier of home care of Swansea Council.

Q: What key advice would you give to families?

A: People will usually come to us in crisis mode. Sometimes all people need is clear, straightforward advice and by just picking up the phone to us we can talk you through all options available; helping you understand your options better. Planning ahead can make future care decisions easier and less overwhelming.

For support and guidance on the home care options available to you, contact Angelcare directly by visiting:

[angelcare.wales](https://www.angelcare.wales) or calling **01792 921 951**



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