

Advocacy Newsletter

Issue No 6 May 2023

Advocacy News

Dementia Advocacy Project

Age Cymru are delighted to be able to let you all know that we've been able to secure another 12 months funding for our Dementia Advocacy Project which we are thrilled about. This is such an important service and we have a dedicated and highly trained team of advocates across Wales.

For those of you who refer into the project please continue to do so and email:

dementiaadvocacy@agecymru.org.uk.

We can provide a referral form as well if you don't have one.

If you're referring into the project please do take note of the following criteria that has changed a little bit due to requirements by our funders:

- The person requiring advocacy needs to have a diagnosis of dementia
- We are only able to support the person and not the carer although by supporting the person with dementia it is likely to make the carer's life better anyway.
- We can support anyone over 18 as we've been asked to support people with early onset.

We don't take anything that should be picked up by a statutory advocate but our remit is still very wide ranging and not time limited as long as we still have a reason for ongoing support.

If anyone has any queries please don't hesitate to get in touch. Please all do remember we're here and can pick up referrals. If you're not sure please ask as we would rather that happen than us miss a referral to support someone.

Advocacy Networks

A range of regional advocacy provider networks have been developed across Wales to complement the work of the National Network for Adults Advocacy in Wales. The networks are an opportunity for services who currently provide advocacy, and those who would like to in the future, to get a better understanding of the current situation in the region, potential future commissioning opportunities and to have space to network and share information.

Below are the details of the next round of advocacy network meetings which will take place via Zoom or Teams:

Cardiff and Vale

7/6/23 9-10

5/7/23 9-10

Powys

8/6/23 9-10.30

14/9/23 9-10.30

3 Counties in West Wales

4/7/23 10-11.30

Gwent

11/7/23 2-3.30

3/10/23 2-3.30

Cwm Taf Morgannwg

13/7/23 10-11.30

12/10/23 10-11.30

National Network for Adults Advocacy

22/6/23 10-12

21/9/23 10-12

14/12/23 10-12

Neath Port Talbot and Swansea

20/7/23 10-11.30

North Wales

to be confirmed

Advocacy Training news

HOPE Project Training and Development for the Welsh Advocacy Sector

THE HOPE Advocacy Project are extremely pleased to be able to reflect back over the last 12 months and the success of the Welsh Advocacy Sector programme of training events.

The training that was made available to the Welsh Advocacy Sector, included:

Deaf Awareness Session with RNID
Women and Gambling Related Harms with Gamcare
Human Rights Toolkit for Advocates with Age Cymru
Armed forces Covenant Training with Armed Forces Liaison Officer Cardiff
Dementia and Domestic Abuse Toolkit with Dewis Choice
Domestic abuse and LGBTQ Toolkit with Dewis Choice
Bereavement and Loss Awareness with Marie Curie
Mental Health Act for Advocates with Natasha Fox, Advocacy West Wales
Mental Health Act Reform for Advocates with Natasha Fox, Advocacy West Wales
Home Fire Safety and Referring to The Fire Service with Mid and West Wales Fire and Rescue Service
Non-Instructed Advocacy with Blackbelt Advocacy
Mental Capacity, Financial Safeguarding and Court of Protection with free legal advice with Qualia Law CIC

Thank you for your ongoing support in attending these events and also for contributing in identifying any training needs and gaps. The programme wouldn't be as successful without your attendance and contributions.

The Advocacy "Big Event" 2022

For the third year running, The Advocacy "Big Event" 2022, held in November 22 was also a triumph. Four virtual sessions were held for the Advocacy Sector and ran in alignment with Advocacy Awareness Week and National Safeguarding Week. This provided an opportunity for advocates from across Wales to come together, listen to guest speakers and share their advocacy experiences and practices, also facilitated by breakout room opportunities and discussions, including the following sessions:

- **Cost of Living and Housing Matters** with guest speakers from the Citizens Advice and Shelter Cymru
- **Strengthening Peoples voices at a time of change and Citizens Voice Body** with Voiceability and Community Health Council (CHC)
- **Adult Safeguarding and Advocacy** with guest speakers from Older Peoples Commissioner talking about improving services for older men who experience abuse, Gwent Police talking about "Missing Persons Protocols" and Major Investigations and Safeguarding Team, Shared Regulatory Services talking about scams and dealing with the aftermath.
- **Wellbeing for Advocates.** This session included a healthy nutrition and diet session called "food for thought" a singing session "let your voice be heard" and an introduction to yoga and meditation session "Breathe, move, relax".

Future Training Dates for Advocacy the Sector: To August 2023

**Tuesday 23 May 10.30am-12.30pm
Hate Crime Awareness with Victim Support**

<https://www.eventbrite.com/e/532130786507>

**Tuesday 13 June 10.30am-12.30pm
Online Hate crime with Victim Support**

<https://www.eventbrite.com/e/532171588547>

**Tuesday 4 July 1.30pm-3.30pm
Case Note Writing and Recording Workshop with the HOPE Advocacy Project**

<https://www.eventbrite.sg/e/598422085567>

**Tuesday 18 July 10am -12pm
Having Difficult Conversations Workshop with the HOPE Advocacy Project**

<https://www.eventbrite.sg/e/598431012267>

**Tuesday 22 August 10am -11.30pm
Confidence, Goal Setting and your Wellbeing in the Workplace with Kath, HOPE Advocacy Project**

<https://www.eventbrite.co.uk/e/617717879807>

If you have any queries or questions regarding the above events, please don't hesitate to contact HOPE Project Training Officer.

Email: Katherine.hawkins@agecymru.org.uk



Citizens Voice

From April 2023, the Citizen Voice Body (CVB) will represent the voices and opinions of the people of Wales in respect of health and social care services. It'll be independent of Government, the NHS and local authorities but work with them, and others, to support the continuous improvement of person-centred services.

Report below from Angela Mutlow, Interim Chief Executive, Board of Community Health Councils

We'd like to introduce Llais, the new national independent body for health and social care in Wales.

We believe in a healthier Wales where people using health and social care services are heard and valued.

Llais launched in April 2023 and, for the first time, combines health and social care. It replaces the seven Community Health Councils that have played a significant part in representing the views of NHS patients for nearly 50 years.



We need volunteers from across Wales to help make Llais a success. We need volunteers to engage with and listen to others sharing their views, before feeding back to Llais.

We want to hear all opinions, and for every voice in Wales to Influence people-centred health and social care services.

Whether you have lots of time on your hands, or just a few hours a week to spare, there is a range of flexible volunteering opportunities available.

We need On-line Feedback Collectors, who will search forums and social media for opinions on health and social care and Community Engagement Volunteers who are out and about at engagement and information events, telling people and community groups all about Llais.

Llais Representations Volunteers will be comfortable digesting reports and stats and ensuring these accurately reflect findings and issues.

There are plenty of opportunities for those interested in making a difference, interested in a career in health and social care, or anyone who may have previously worked within either sector and now has valuable insight to share.

We're keen to be entirely inclusive – to listen to anyone in Wales who has an opinion on health or social care they have received or are receiving or have experienced through a friend or family member's care.



Llais would welcome any contribution to really help make a difference to our health and social care. To find out more about Llais and how you can get involved in improving

health and social care in Wales with us, please call:

02920 235558

or visit:

www.llaiswales.org



Wellbeing

A roundup of some activities available for older people in Wales

Sport Wales

Key contacts:

natalie.morgan@sport.wales

Location: All Wales

Sport Wales is the national organisation responsible for developing and promoting sport and physical activity in Wales. Sport Wales is currently pulling together data on volunteering and participation in physical activity and creating an infographic to help improve the approach that they are taking in collaboration with their partners.

Sport Wales have teamed up with Savanta ComRes to get an insight into the nation's activity habits and behaviours. Five waves of snapshot research have been conducted since 2020 - [ComRes](#) which has proved a valuable tool to track Welsh sport activity levels, in and around wider societal trends, provide a snapshot on physical activity and sport, as well as the attitude of people in Wales towards exercise.

Sport Wales is exploring ways to reengage people with physical activity is are currently collecting a range of case studies pan Wales in a bid to target those that are not interested in sport.

Royal Commission on the Ancient and Historical Monuments of Wales

Key contact:

reina.vanderwiel@rcahmw.gov.uk

Location: All Wales

There are many great activities already underway that are helping to achieve the goal of improving well-being and building people's resilience. Work is pan-Wales and public engagement reaches throughout Wales.

The Commission's Library and Enquiries Service encourages life-long learning and engagement with the history and culture of Wales by individuals and local groups. Guided walks are organised in areas of Wales rich in archaeology or built heritage, encouraging people with an interest in the historic environment to increase their physical activity.

The Commission recently contributed to the newly launched [Wales Coast Explorer mobile phone App](#) to encourage people to get out and about and to get walking.

Also to help them discover and learn more about the coastal and inter-tidal archaeology of the Welsh Coast.

[Exploring the Welsh Coast 10 years of the Wales coastal path](#)

60 copies of the Commission's book on the sporting heritage of Wales, *Fields of Play*, were recently distributed to the Sporting Memories Network helping people remember and talk about sport.

The latest edition of the Royal Commission's Annual Report can be found at the attached link:

[Royal Commission Annual Report](#)

Sporting Memories

Key contacts:

Kelly.Hart@sportingmemoriesnetwork.com
[/Contact us | Sporting Memories](#)

Location: All Wales

Sporting Memories was formed as part of the report on the Dementia Companion project and is an innovative project that supports the ageing community of Wales to lead a health and more active life. The project promotes the mental and physical wellbeing of people over 50 using the power of sport as a focus to engage those living with dementia, depression or are socially isolated.

Sporting Memories have worked with the Osprey's, Dragons and Glamorgan Cricket to support the opening of face-to-face clubs and currently there are 10 clubs running. An additional two online clubs are also running with two more starting in the coming months.

A Memories Weekend started on St David's day in 2019 with Swansea and Neath clubs coming together with a choir. There was also an online event with Scottish clubs to chat about football.

You can search for your nearest Sporting Memories club by visiting:

[Find a club | Sporting Memories](#)

Older people's Commissioner for Wales

The Commissioner has created a directory of services and organisations that can help you if you're experiencing abuse, think you might be at risk, or are concerned about someone whom you feel may be experiencing abuse. The link below gives access to all the services available.

[Directory of services](#)

Wellbeing



The Citizens Advice organisation have produced a number of excellent resources to assist people with cost of living issues. Please click on the links below for further information.

[Citizens Advice Cymru cost of living dashboard](#)

Investing in Volunteers Award



We're extremely pleased to announce that Age Cymru has achieved the Investing In Volunteers award.

We would like to thank everyone who took part in the assessment and helped us achieve this.

The feedback we had from the assessor was excellent. The volunteers he spoke to all felt that Age Cymru was a great charity to volunteer for and they all felt very supported and part of the charity. So well done to everyone who works with our volunteers.

WCVA (Wales Council for Voluntary Action) Manages Investing in Volunteers in Wales. The IiV standards, assessment and accreditation are the same for every organisation, wherever they are in the UK.

If you want to evaluate the quality of your volunteer management and involvement, prove and improve the effectiveness of your work with volunteers, and enhance your organisation's reputation, Investing in Volunteers provides the ideal framework. IiV is available to any voluntary organisation and is equally recognised in all four nations in the UK. Achieving the standard shows your volunteers – and potential volunteers – how much they're valued and gives them confidence in your ability to provide an outstanding volunteer experience. It also reassures funders of the quality of your practices.

The link for further information on the award can be found below:

[IiV Award full information](#)

Advocacy and the Quality Performance Mark



Updating the Code of Practice and Advocacy QPM

The Advocacy QPM and Code of Practice are both in need of some updates to ensure they continue to support the best quality advocacy delivery.

NDTi are going to be completing updates over the summer. They'd love to bring together a small working group of individuals and organisations to help us ensure we get the updates right and that they support advocates and advocacy providers in delivering high-quality, independent advocacy.

NDTi want to hear from advocates and advocacy providers (small and large), people who access advocacy, commissioners of independent advocacy and other colleagues who work alongside a advocates.

If you'd be interested in joining the working group, [please register here](#).

They'll be in touch with more information about the plans at the end of May.

Age Cymru Advice

Age Cymru's advice line can provide free, impartial advice on a range of subjects.

Perhaps they may want advice about how much they should be paying for a loved ones care? Or perhaps they may want to know if they're eligible for Pension Credit and want help with claiming it?

Age Cymru Advice can help with all these issues, and more – call us today

0300 303 44 98

Contact us...

- To subscribe to the e-bulletin or newsletter
- If you have any comments or questions about the articles
- If there's anything you would like to see in the next e-bulletin or newsletter

Email: sue.vaarkamp@agecymru.org.uk

T: 02920 431565 Ext 565

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**Age Cymru
Ground Floor
Mariners House
Trident Court
East Moors Road
Cardiff, CF24 5TD**

T: 029 2043 1555

E: enquiries@agecymru.org.uk

www.agecymru.org.uk

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