1. Welcome:
David welcomed everyone to the meeting. A special thanks to Cynthia Lewis in allowing us to use the Ystrad OAP hall today. Special welcome to our speakers today who are Karen Edmunds, Continence Advisor Cwm Taf Health Board; and Mandy Jenkins and Fiona MacLean Welsh Ambulance Service NHS.

2. In Attendance/Apologies
There were 55 members in attendance and 17 apologies (see attendance sheet). One new member Mr Clive Harries.

3. Minutes of last meeting held on 16th November 2011
These were accepted as a true record by Mary Jones and Marlene Greening. There were two amendments Dirty Talk should be Dirty Togs; and Monkey Walk should be Monkey Parade.

4. Matters Arising
Llantrisant forum reported that cheques will not now be phased out; this was due to many groups of older people campaigning to keep the cheque. The Guarantee card however is being phased out so this is a partial success.

Also Llantrisant has been campaigning about pavements for a number of years the Welsh Senate of Older People have taken up this campaign and are writing to Carwen Jones the Leader of the Welsh Government regarding this. In the letter it does state that elderly people over 65 who fall and break a hip, 20% are dead within a year. They also state that they were impressed with the scheme to give £7 million to local authorities to repair potholes and damaged roads, but they are asking if a proportion could be given to address the problems of uneven pavements, they would like to say that broken bones are worse that broken springs.

There will be letter drafted to all Local Authorities throughout Wales as well, stating the same facts.

5. Correspondence
Lynda told members present that she had brought along quite a lot of correspondence today. Most of which had been accumulating in her house over the year, please take what ever you wish because they will not be kept after today.
Penderyn Visitor Centre; Choose Well NHS service; Home Heating and Insulation Grant; Direct Payments Dewis Centre for Independent Living; Care and Respect every time; Rhondda Cynon Taf Guide; Are you over 50? Dogs Trust Bridgend; Rhondda Cynon Taf Access Group; Age Concern Morgannwg Private Cleaning Service; The Makers Guild in Wales; Visit Cardiff Bay; Lifeline; Diagnosed with Cancer ‘Where to go from here’ RSVP Skills swap project; Ringmaster; Welfare Rights Advice;
6. Speakers: Mandy Jenkins and Fiona Maclean, Welsh Ambulance Service NHS

Fiona thanked the Forum for inviting them along today. She explained that they are partners in the health care team. They are looking to get a picture of people’s experience of the service. The Older Peoples Commissioner did a report recently called Dignity and Respect and we know that we need to find out by communicating with people 50+ about their views about the service. We have sent a questionnaire to you all in advance and what we are looking at is to see if it makes sense. Mandy will discuss now what we expect from the survey. Members had received prior to the meeting three documents for their review and comments Older Person’s Experience Survey Introduction letter; Older person’s Experience Survey; and an Evaluation Sheet

Mandy explained that the survey that has been sent to the Rhondda Forum is in draft and that they are the first group to see the survey so it is very important to get some feedback from members whether they have got the contents right. There are many forms sent out by the NHS that has terminology that no one understands so we are hoping that we have the wording right.

Mandy told members present about her 84 year old mother who was in hospital recently. Her mother has three first names but has always been know by the third name. When they were calling her, they where using her first name so she was not answering to this, they had not taken the time to ask her what name she would like to be addressed by. This is all part of Dignity and Respect.

We hope that you will invite us back to your meeting again so that we can give you feedback regarding the questionnaire. We would like to get a small group of forum members together to discuss the questionnaire before we actually send them out officially to groups.

Is there anything that has been omitted from the questionnaire?

- There is nothing on the questionnaire to show what period this covers.
- No page numbers

One member made the comment that she has always been happy with the Ambulance Service and everyone that she has come up against has been marvellous.

David thanked Mandy and Fiona for their presentation and stated that a number of issues where raised in Ruth Marks report one of the issues was about incontinence. As a result of the report the LHB has drawn up a policy on incontinence. In their report they recognise the fact that they must help in the prevention of continence. Because of this report I asked Karen to come along today and tell us more about this condition.
7. Speaker: Karen Edmunds Continence Advisor Cwm Taf Health Board

Thank you for inviting me along to your meeting today. The report from Ruth Marks was quite damaging regarding incontinence. It has allowed us to look at the problem and assess the situation. Could I ask does anyone in the group suffer with a Bladder or Bowel problem? Many members responded to say they did. Karen thanked members for being so honest and explained that many groups she has spoken to in the past not one person has put their hand up when ask if they suffer with incontinence. You must understand that 80% of people can be cured. It is a fact that people just regard this as an age problem and just accept the situation and wear a pad. We do not give out pads just assessment and treatment.

We are working on a strategy locally Cwm Taf Health Board are putting a policy in place we are at last seeing some progress in this field. I am based in Hywel Ddau in Tonteg. We are only 2 full time workers covering Rhondda Cynon Taf myself and another worker who is a gentleman named Darren Powell our contact details are 01443 443752. It is an open referral system a simple phone call to us could get you an assessment. At the moment there is no waiting list. We do hold clinics in the Royal Glamorgan and Dewi Sant Hospital.

We are trying to educate young people especially young girls before they reach maturity. There is also the pelvic floor exercise this should be done before you have children and also after this does help. One of our members explained that is all well and good to tell people to do pelvic floor exercise she thought it was exercises that you do on the floor. No explanation was given to her exactly what she should have been doing.

There is some help you can get with your Water Rates, there is a criteria you must be on some benefits, you can get a letter from your GP or your continence advisor to help obtain this rebate.

There is also the issue with the availability of toilets. There are toilets that have changing places in them but there are only 14 across Wales. There is one in St Fagans also the Senydd.

David thanked Karen for her presentation. David explained that Pontypridd are undergoing a 10million facelift and the issue of toilets was not incorporated into their plan. Taff Ely Forum has been raising the issue of Changing Places in toilets with the LA and the planners of the town centre to ensure that this issue is brought to light.

Many members asked for the contact details of the Bladder and Bowel Foundation please see details below:
If you would like a pack of information regarding Bladder or Bowel problems telephone the number below, or alternatively visit their web site www.bladderandbowelfoundation.org.
Telephone No: 08000114291

8. OPAG Reports
Upper Rhondda
Guest Speaker Mrs Nicola John, Director of public Health, Cwm Taf Health Authority.

The theme of Mrs John’s presentation was the promotion of good health in the Community.

She presented two copies of the Cwm Taf Health Board’s Annual Report to the meeting and informed the members that a copy of the report is available on the Cwm Taf website.

Mrs John expressed concerns that life expectancy in the poorer areas of Wales is low. Even those who have experienced good health can expect to see some deterioration toward the end of their lives. In poorer areas people spend six more years in poor health compared with people living in more affluent areas. She outlined things people can do to maintain good health.

Better news was given on the smoking front – uptake among young people is decreasing. Quite a lot of work has been done in schools across the area, educating young people about the dangers of smoking.

Members brought up the problem of Transport particularly when patients have to attend Prince Charles Hospital in Merthyr Tydfil. Mrs John explained that this subject is being taken very seriously and should have a high priority. However, transport is the responsibility of the Local Authority.

A question and answer session followed. Outbreaks of infections, support for medical and nursing staff and transport were topics discussed.

The Chair thanked Mrs John for a very interesting talk.

Cynon Valley
The two new members asked why there was so little information about the forum and also what was going on in the day centre could more information be put out in libraries even though we now have a website not everyone has a computer, perhaps something could be put in the diary in the local leader.

Luisa Bridgman and Sian Evans from Community Care RCT were the speakers they handed out questionnaires to be filled in on how much do you use your day centre or visit any other one in the Rhondda or other areas, questions were asked about the shorter hours the centre was now open for various activities, they said because the numbers were down and the centre was not being used. Some member’s were not aware of what went on in the day centres.

Tony reported that the Minor Injuries Unit at Ystby Cwm Rhondda Hospital was to be closed soon, he also handed out leaflets on keeping warm this winter and Patient Support Service also member’s were encouraged to have the free flu injection at their local surgeries.
Taff Ely
Chair introduced speaker: Natalie Joseph-Williams of the MAGIC [Making Good Decisions in Collaboration] Programme. Natalie showed a short video explaining the ‘Ask Three Questions’ part of the MAGIC Programme. The Cardiff & Vale University Health Board is working together with Cardiff University to implement shared decision making in primary and secondary care settings. If funding is extended next year, the programme could be introduced to other NHS trusts, including Cwm Taf LHB.

The FSO reported on progress in public transport and the upcoming Life Is What You Make IT event 5 October, 2011 in Pontyclun. FSO reminded the Forum that if no one puts their name forward as candidate for Forum Secretary, the Taff Ely Forum may not be able to continue.

Llantrisant
Speaker Natalie Joseph Williams, had arrived so it was decided too give her the floor before the AGM commenced.

Natalie is funded from Cardiff University and is working with /Cardiff and the Vale on the MAGIC (Making Good Decisions in Collaboration) programme. This means making the most of every consultation with your GP for hospital visit and asking three questions about the options available so that you feel in charge of your treatment, etc. This has been brought into GP surgeries and hospitals in South Glamorgan but more funding is necessary to introduce the programme in Cwm Taf.

9. FSO Report
In addition to my usual administrative duties supporting your Management Committee with mailings to our membership (82 as of 18 January), helping with arranging venues, and supporting invited speakers, and researching matters of interest, I wish to highlight 3 items:

First, I would like to thank the Rhondda 50+ Forum for inviting me to your dinner at the Aberdare Golf Club on the 30th November, 2011. The food was good and the company was great. I took over 50 photos of Rhondda Forum members enjoying themselves and each other’s company. We will sort out a way to get some of the photos to members.

Second, I am pleased to say that we were able to get additional funding to publish additional copies of our popular calendars. All Rhondda 50+ Forums members who would like a calendar, please contact me so I can send you one.

Third, I continue to work with the DO IT project and Andrew Roberts, the DO IT Development Officer to arrange suitable venues for ICT classes for our Rhondda 50+ members. We hope to have venues and classes sorted by the end of January.

I have received some correspondence today regarding a Stakeholders Meeting at Abercynon on 30th January. This meeting is focusing on the regeneration of Rhondda Cynon Taff. They will be looking at the future planning for the area if any one would like to attend this meeting please let me know.
In December there was a Mature Driving Course which was held in the Safety Zone in Treforest did anyone attend this course. Anne Ivey responded by saying that she had attended this course, and thought it was very good, very informal and very useful. If anyone is interested they are going to do it again on the 27th and 28th February it will start at 9.00 am and finish at 1.00pm.

10. Treasurer’s Report
We have received a grant of £1,035 from Awards for All to go on our annual educational trip to the Talgarth Mill on June 6th.

We have roughly worked out depending on how many members wish to attend as follows:

- Transport £375.00 (we may need two buses)
- Meals could cost £720.00 (we are looking at a hotel near Brecon)
- Refreshments could cost £120.00
- Entry fee to Mill @ £3.00 per head £180.00

Total cost could be £1,395.00

Members contributions could cover the £360.00 difference.

All these figures depend on how many members come to the mill we will be looking for a £5.00 deposit off each member who attends

Talgarth is a very small village, myself, Muriel and Lynda intend to visit there again to find our bearings and find out more about the village and book the visits to the mill once we know how many are going. The Mill can only take about 20 people at a time so we will have to be split up into smaller groups. Hopefully we will have lunch before we get to Talgarth so we do not think it will be a very early start for us about 10o’clock pickup. If you have put your name down to attend at the start of this meeting and do not want to attend let me know before you go home today.

11. Member’s Question Time
Romeo Basini had to make a call for medical help after 8.00 pm. He got through to the after hours call centre and was advised to go to Prince Charles hospital or Royal Glamorgan hospital, he challenged why he could not go to Ysbyty Cwm Rhondda and was told that he could go there for after hours help. Why was he given the two other hospital addresses before the local one?

12. Any other business
Andrew Roberts from the ‘Do It’ project arrived at the meeting to explain to members about ideas for venues to hold IT training sessions. The venues are Porth Day Centre on Friday 2.00 – 4.00 pm, Penygraig Recycling Centre and Treorchy Sheltered Accommodation no days arranged yet. These training sessions will help people gain knowledge of how to gain access to the Internet/Mobile Phones etc. There is a firm in Penygraig who are selling laptops from £100 they have word and excel already loaded onto them. They also come with a 1 year guarantee.
David explained to members that we have concerns about the future funding for the forums. He then asked Lynda to explain to members what the concerns are. Lynda explained that since the forums have been formed they have always had some money from the Local Authority for transport and venue hire. In April we do not know what is going to happen. We could be left to fund our own transport cost and the cost for our venue hire. If this does happen the cost of the bus will have to be met by the forum members themselves. The organising of the bus could still be done by Muriel.

Venue hire we know that where ever we go there this is going to be a charge. Ystrad OAP hall changes £10 per hour this is a standard charge which you would pay anywhere. We know that we have the hall for at least 3 ½ hours per meeting and the current cost of the bus is 16 seater £45 anything bigger £90. We do have a raffle every meeting and depending on the members present we raise on average £55. Members suggested that we all make a £1 contribution every meeting as well. This would mean that we could possibly raise about £100 per meeting this would pay for the venue hire which could be £40 and the bus £45 which would leave £15 for our funds.

We know that we cannot get a grant for the hire of a bus to take people to meetings or venue hire; funders like the lottery will not do this. They will fund bus hire for an educational trip like we have once a year but not on a permanent basis.

**Date of Next Meeting: 21 March 2012 at Ystrad OAP Hall**