

## *Vale 50+ Strategy Forum*



*Welcome to the June 2021 edition of the Vale 50+ Strategy Forum's monthly bulletin. The bulletin is in addition to the weekly newsletters you can sign up to on the Forum's website. This bulletin includes some of the local updates and information for the 50+ in the Vale. For more information just click on the tile headings for the links.*

*This month:*

## MESSAGE FROM THE CHAIR

*Lynda Wallis*

I am sure we are all pleased to see the restrictions being lifted gradually and hopefully we will be able to get back to some sort of normal very soon. The election has come and gone and we now know who we are dealing within Welsh Government and there has been little change so that will make things a little easier. We are moving forward with the Ageing Well in Wales programme with the Commissioner's office and working with other older people's groups on the improvement to town centres programme as well. The Health and Equalities group are continuing their consultations with the University Health Board on plans to improve services.

### WEEKLY BIN COLLECTION REMINDERS

You can check the weeks of your local waste and recycling collections on the Council's website just by using your postcode. You can also set up regular email reminders so you know what to put out each week.

### SEATED TAI CHI

David-Dorian Ross leads a gentle 18 minute tai chi class video that you can watch and follow along at home. The video shows how you can take part in tai chi whilst being seated.

**IF YOU'D LIKE TO JOIN THE FORUM OR HAVE SOMETHING TO INCLUDE IN THE NEXT ISSUE, WE'D LOVE TO HEAR FROM YOU!**



*Vale 50+ Strategy Forum***RHS JUNE GARDENING TIPS**

The Royal Horticultural Society have lots of tips on how to make the most of your garden this month as we approach summer. The RHS have a list of top 10 gardening activities to do this month.

**WEEKLY SING ALONG**

Goldies continue to hold free sing and smile sessions at 11am every Tuesday and Thursday. Once a month there will now be a sing and smile Welsh language session too. You can join the sessions live or watch them back on their YouTube and Facebook page.

**SPORTING MEMORIES VIRTUAL CLUB**

Sporting Memories Foundation are continuing to run free online sessions for those aged 50+ where people can join, chat and discuss fond sports memories. To join the Vale Zoom session please contact Nikki Foster at [nikki.foster@thesmf.co.uk](mailto:nikki.foster@thesmf.co.uk)

**HOW TO MAKE A BEE HOTEL**

The Natural History Museum has an easy to follow guide on how to make your own bee hotel with hollow canes, a plant pot, stones and a secateurs. Bee hotels are a place where certain types of bees can nest and where a bee can until it is ready to emerge as a fully grown adult.

**HOPE ADVOCACY**

As part of Age Cymru and Age Connects HOPE project, Volunteer Independent Advocates are here to ensure the voice and wishes of older people are heard and that they are able to obtain the services they need. The independent advocacy service is free to anyone aged 50+, or a carer of an older person that needs support.

**NATIONAL GEOGRAPHIC TOUR**

National Geographic have produced a virtual tour of Son Doong, Vietnam, the world's largest natural cave. The tour lets you explore the cave through 360 degree views and includes lots of information on the route as you go starting in Phong Nha Ke-Bang National Park.

**AGE CONNECTS RESEARCH**

Age Connects Cardiff and the Vale are carrying out research to discover how the last year has been for older people, what older people need to live well in the future and how organisations like Age Connects can better support them. To take part you can complete the short survey by clicking the heading.

**VALE HEROES SUPPORT TEAM**

The Vale Heroes website has a list of the local volunteering groups and organisations that are available to help with support, shopping and prescriptions. The Vale Heroes Support Team are also here to help if you need additional support, just call 01446 729592



# BWLETIN MISOL

## Fforwm Strategaeth 50+ y Fro



*Croeso i rifyn Mehefin 2021 bwletin misol Fforwm Strategaeth 50+ y Fro. Mae'r bwletin yn ychwanegol at y cylchlythyrau wythnosol y gallwch gofrestru ar eu cyfer ar wefan y Fforwm. Mae'r bwletin yn cynnwys rhai o'r diweddariadau a gwybodaeth leol allweddol ar gyfer pobl 50+ yn y Fro. I gael rhagor o wybodaeth cliciwch ar y penawdau ar gyfer y dolenni.*

*Y mis hwn:*

## NEGES GAN Y CADEIRYDD

*Lynda Wallis*

Rwyf yn siŵr ein bod i gyd yn falch o weld y cyfyngiadau'n cael eu codi'n raddol a gobeithio y byddwn yn gallu dychwelyd at ryw fath o normalrwydd yn fuan iawn. Mae'r etholiad wedi mynd a dod ac rydym bellach yn gwybod pwy rydym yn delio â nhw o fewn Llywodraeth Cymru. Ni chafwyd llawer o newid felly bydd hynny'n gwneud pethau ychydig yn haws. Rydym yn symud ymlaen gyda'r rhaglen Heneiddio'n Dda yng Nghymru gyda swyddfa'r Comisiynydd a hefyd yn gweithio gyda grwpiau pobl hŷn eraill ar y rhaglen gwella canol trefi. Mae'r grŵp Iechyd a Chydraddoldeb yn parhau â'u hymgynghoriadau gyda Bwrdd Iechyd y Brifysgol ar gynlluniau i wella gwasanaethau.

## NODIADAU ATGOFFA CASGLIADAU GWASTRAFF WYTHNOSOL

Gallwch wirio wythnosau eich casgliadau gwastraff ac ailgylchu lleol ar wefan y Cyngor dim ond drwy ddefnyddio eich cod post. Gallwch hefyd gofrestru i gael negeseuon atgoffa ar e-bost yn rheolaidd fel eich bod yn gwybod beth i'w roi allan bob wythnos.

## TAI CHI AR EICH EISTEDD

Yn y fideo 18 munud hwn mae David-Dorian Ross yn arwain dosbarth Tai Chi ysgafn y gallwch ei wylio a'i ddilyn gartref. Mae'r fideo'n dangos sut y gallwch gymryd rhan mewn Tai Chi wrth eistedd.

**OS OES GENNYCH RYWBETH I 'W GYNNWYS YN YR  
HIFYN NESAF, BYDDEM WRTH EIN BODDAU YN  
CLYWED GENNYCH !**



Vale of Glamorgan • Bro Morgannwg

*Fforwm Strategaeth 50+ y Fro***AWGRYMIADAU GARDDIO RHS  
MIS MEHEFIN**

Mae gan y Gymdeithas Arddwriaethol Frenhinol lawer o awgrymiadau ar sut i wneud y gorau o'ch gardd y mis hwn wrth i ni nesáu at yr haf. Mae gan yr RHS restr o'r 10 gweithgaredd garddio gorau i'w gwneud y mis hwn.

**CANU AR Y CYD WYTHNOSOL**

Mae Goldies yn parhau i gynnal sesiynau canu a gwenu am ddim am 11am bob dydd Mawrth a dydd Iau. Unwaith y mis bydd sesiwn canu a gwenu Cymraeg hefyd. Gallwch ymuno â'r sesiynau'n fyw neu eu gwyllo'n ôl ar eu tudalen YouTube a Facebook.

**CLWB RHITHWIR ATGOFION  
CHWARAEON**

Mae'r Sefydliad Atgofion Chwaraeon yn parhau i gynnal sesiynau ar-lein am ddim i bobl 50+ oed lle gall pobl ymuno, sgwrsio a thrafod atgofion melys am chwaraeon. I ymuno â sesiwn Zoom y Fro cysylltwch â Nikki Foster ar [nikki.foster@thesmf.co.uk](mailto:nikki.foster@thesmf.co.uk)

**SUT I WNEUD GWESTY  
GWENYN**

Mae gan yr Amgueddfa Astudiaethau Natur ganllaw hawdd ei ddilyn ar sut i wneud eich gwesty gwenyn eich hun gyda gwaiail gwag, pot planhigion, cerrig a secateur. Mae gwestai gwenyn yn fannau lle gall rhai mathau o wenynddod i'r awyr agored wedi tyfu'n llawn.

**EIRIOLAETH HOPE**

Fel rhan o brosiect HOPE Age Cymru ac Age Connects mae Eiriolwyr Annibynnol Gwirfoddol yma i sicrhau bod llais a dymuniadau pobl hŷn yn cael eu clywed a'u bod yn gallu cael y gwasanaethau sydd eu hangen arnynt. Mae'r gwasanaeth eiriolaeth annibynnol yn rhad ac am ddim i unrhyw un 50+ oed, neu'n ofalwr person hŷn sydd angen cymorth.

**TAITH Y NATIONAL  
GEOGRAPHIC**

Mae National Geographic wedi creu taith rithwir o amgylch Son Doong yn Fietnam, sef ogof naturiol fwyaf y byd. Mae'r daith yn eich galluogi i archwilio'r ogof drwy olygfeydd 360 gradd ac mae'n cynnwys llawer o wybodaeth am y llwybr wrth i chi ddechrau ym Mharc Cenedlaethol Phong Nha Ke-Bang.

**YMCHWIL AGE CONNECTS**

Mae Age Connects Caerdydd a'r Fro yn cynnal ymchwil i ddarganfod sut mae'r flwyddyn ddiwethaf wedi bod ar gyfer pobl hŷn, beth sydd ei angen ar bobl hŷn i fyw'n dda yn y dyfodol a sut y gall sefydliadau fel Age Connects eu cefnogi'n well. I gymryd rhan gallwch gwblhau'r arolwg byr drwy glicio ar y pennawd.

**ARWYR Y FRO A'R TÎM CYMORTH ARGYFWNG**

Mae gan wefan Arwyr y Fro restr o'r grwpiau a'r sefydliadau gwirfoddoli lleol sydd ar gael i helpu gyda chymorth, siopa a phresgripsiynau. Mae Tîm Cymorth Arwyr y Fro yma hefyd i helpu os oes angen cymorth ychwanegol arnoch. Ffoniwch 01446 729592

