

Updates on age-friendly communities for members of the Ageing Well in Wales network

## Be an Age-Friendly Champion



Help us to make Wales a nation of age-friendly communities by becoming an Age-Friendly Champion and spreading the word about the Ageing Well Card.

The Ageing Well Cards contain simple messages that can be used to let people know that they might need a little help or support and are provided in a distinctive and practical travelcard wallet. They mean older people can maintain their independence and continue to do the things that matter to them.

Get in touch if you would like to help make sure the cards are widely recognised or if your organisation would like to become more age-friendly.



## Did you know?

- One in three people in Wales will be over the age of 60 by 2025
- Over 65s spend around £1 in every £5 in the UK
- Up to £214 million in Pension Credit and other entitlements went unclaimed in Wales in 2016/17. If you think you or someone you know might be eligible, find out more at <https://bit.ly/2LNflhu> or contact the Age UK advice line on 0800 678 1602

## Making your community more age-friendly

We will soon be running 5 Age-Friendly Communities events across Wales:

- **Welshpool Town Hall** on the 18 September
- **Theatr Soar**, Merthyr Tydfil on the 10 October
- **Galeri Caernarfon** on 16 October
- **Letterston Memorial Hall** on 23 October
- **National Waterfront Museum**, Swansea on 24 October

For more information, contact the Ageing Well team at [ageingwell@olderpeoplewales.com](mailto:ageingwell@olderpeoplewales.com) or on 03442 640 670.

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## Making a difference

**Is there a cause or issue in your community that is important to you?** The Older People's Commissioner can support groups that include older people to plan and get started on any local campaign.

We can provide free practical advice to help you:

- Get the information you need
- Make your campaign stand out
- Reach the public and media
- Influence decision-makers

To find out more, or to book a session with your community group, please get in touch.

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## Have your say about the Wales you want

Our friends at the office of the **Future Generations Commissioner** are capturing stories, ideas and suggestions about what people want a future Wales to look like and would love to hear from you. You can take part in "Our Future Wales" online at <https://bit.ly/2LAzopJ>.

You can contact the Older People's Commissioner for Wales at:

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