



Some of you will have seen new literature, adverts and information promoting a “new” charity called Age UK. Age UK was formed after the merger of Age Concern (in England) and Help the Aged (in England). Part of this merger has been the merger of Age Concern Cymru and Help the Aged in Wales. These two charities have also now merged and are now known as Age Cymru which is part of the Age UK family.

By joining forces, Age Cymru will ensure more of their funds go where they are needed in Wales. They are now one of the most powerful and influential organisations in Wales.

Age Concern Sir Gâr worked closely with Age Concern Cymru and will continue to work closely with Age Cymru in their place. Our projects and services will remain unaffected.

The office address of Age Cymru is:



Tŷ John Pathy  
13 / 14 Neptune Court  
Vanguard Way  
Cardiff  
CF24 5PJ  
  
Telephone: 029 20 431555  
Email: [enquiries@agecymru.org.uk](mailto:enquiries@agecymru.org.uk)

*Marriage is the process of finding out what kind of man your wife would have preferred.*

## Elgar £20 Banknote to be Withdrawn

Please remember to check any £20 notes you have as the Bank of England has announced that £20 notes featuring English composer Sir Edward Elgar will not be accepted in payment, or in change, from 30 June 2010.

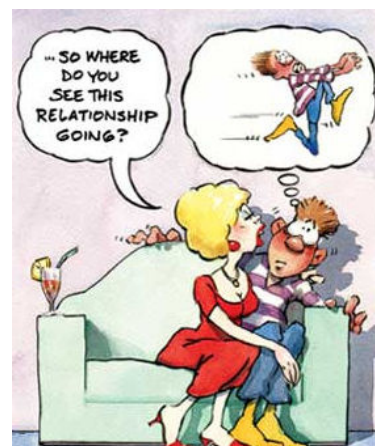


The new design £20 featuring Scottish economist Adam Smith was introduced in 2007 to replace the Elgar note in an attempt to reduce the number of forgeries.

If you still have any of the Elgar notes after 30 June, you will be able to take them into your bank, building society or the Post Office for a short period of time to deposit them into your account or carry out transactions. If you take them into a bank other than your own, it is up to them whether they accept the notes.

If your bank does not accept the notes, the Bank of England promises to honour the face value.

*"A government which robs Peter to pay Paul can always depend on the support of Paul." - George Bernard Shaw*



## Carmarthenshire Wildlife Gardening Project

As you will be aware a lot of our wild species are much more dependent now on our gardens for their survival. This year the Carmarthenshire Biodiversity Partnership is organising a wildlife gardening project. The aims are straight forward:

- To raise awareness of the importance of wildlife gardening for biodiversity in Carmarthenshire
- Gather basic information about wildlife seen in gardens and how people garden in the county
- Encourage people to make pledges to incorporate wildlife features in their gardens

They would obviously like as many groups as possible to get involved so this is to enquire whether your group would like to get involved by taking part in the survey and/or making a pledge.

All this information is available on the Carmarthenshire Biodiversity website: [www.carmarthenshirebiodiversity.co.uk](http://www.carmarthenshirebiodiversity.co.uk). The survey can be completed on line in English or Welsh or downloaded in either language.

Finally the partnership is also promoting a survey for records of hedgehogs in the county. Again this can be done via the website or by sending details by post or e-mail to:

Isabel Macho – Biodiversity Officer  
Carmarthenshire County Council  
40 Spilman Street  
Carmarthen. SA31 1LQ  
Email: [IMacho@carmarthenshire.gov.uk](mailto:IMacho@carmarthenshire.gov.uk)  
Telephone: 01267 224653



*Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away from them and you have their shoes.*

## Grandparents' Day

Learn with Grandma are putting on a fun family event at the National Botanic Garden of Wales on 13<sup>th</sup> August 2010.

The aim is to get grandparents, and their grandchildren, playing and learning together. There will be a host of activities laid on - plenty of fun and information for people of all ages.



There will be lots you can get involved with and find out how to make and do many things. Age Concern Sir Gâr will be attending the event.

## European Health Insurance Card

The free European Health Insurance Card (EHIC) entitles the holder to free or discounted medical treatment in state-run hospitals in any European Union country, plus Iceland, Liechtenstein, Norway, and Switzerland.

If you're in Europe and you've got an EHIC you'll be entitled to receive the same treatment that local citizens are entitled to, which is extremely useful in emergencies. It's completely free and valid for up to five years.

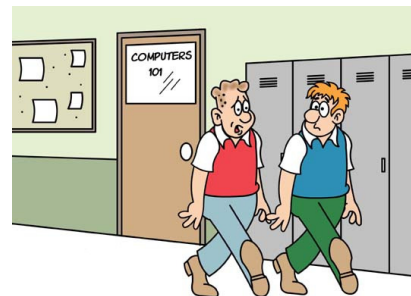
It's thought up to three million people are carrying expired cards, so ensure yours is valid before going away. The expiry date is on the bottom right. If it's already expired, or is about to, make sure you renew it. These can be applied for, or renewed by visiting:  
<https://www.ehic.org.uk/Internet/home.do>

or

Ask for an application at your nearest Post Office.

or

Call 0845 606 2030.



"I'M BEGINNING TO REALIZE YOU CAN'T CRAM 10 GIGABYTES OF INFORMATION INTO A ONE-GIGABYTE BRAIN."

## International Call Checker

For those of you who may have friends or even family living outside the UK, and communicate on a regular basis, Martin Lewis' Money Saving Expert site could be a help to you. It can be as little as 1p per minute to call Australia for instance, which is massive savings.

Most people are wasting a fortune overspending on overseas calls. This free, non-commercial CallChecker provides a daily list of the cheapest way to call a landline or mobile in any country. Even better, most of the winners are accessible instantly without an account or changing phone line.

The CallChecker scans the cheapest providers daily to provide the most up to date call costs for calling all countries. Once you've found the cheapest provider for your chosen destination, dial the override provider's access number followed by the number you want to dial, remembering the international code.

If you use the website, enter the country you want to call and whether you are calling a mobile or landline for a list of the cheapest providers.

There shouldn't be a need to do this each day. Most of these call providers announce the call charge at the start of each call. If that changes, come back and find the new cheapest, or periodically return to check another hasn't overtaken it.



<http://callchecker.moneysavingexpert.com/intcallchecker/>

## Befriending Circles

Kitty Jones of Johnstown, Carmarthen has become the first client of an innovative new scheme to support older people in Carmarthenshire. Mrs Jones, who had spent a long time in hospital, is now getting out and meeting friends again with the support of an Age Concern Sir Gâr volunteer, Paul Gibson. Age Concern Sir Gâr have secured funding to support volunteers befriend older people across the county. Taking older people out to enjoy trips to local groups or the shops and generally become more active in their communities.

Chief Officer Ann Dymock said "Age Concern Sir Gâr regularly receives phone calls for help from both clients and the statutory and voluntary sector. Some clients may have experienced hospitalisation or bereavement and now find they may not socialise as they used to. Befriending Circles has arisen from all those comments that Age Concern Sir Gâr receive".

Project Coordinator, Rebecca Thomas added, "It's great to see Mrs Jones and other clients getting out and about and back in the community. We have recruited over 15 volunteers in the past two months and we are still looking for more volunteers. We are having a large number of referrals to the project and we'd love to place a volunteer with all of them. Our funding means we can cover petrol expenses so volunteers will not be out of pocket. We would love to hear from people with a car who would like to get involved".

If you would like more information about becoming a volunteer on the Befriending Circles project, please contact Age Concern Sir Gâr on 01554 784080

## Befriending Circles Volunteer Training

There will be a morning of training for all Befriending Circles volunteers to look at effectively supporting a client and how to support the client access services and groups themselves. We are holding the training in two separate venues. Please let us know which one you will be attending:

- ❖ Monday 13<sup>th</sup> September 10.00 am – 12.30 pm in Llanelli Fire Station Board Room
- ❖ Tuesday 14<sup>th</sup> September 10.00 am – 12.30 pm in Carmarthen Fire Station Board Room.

## Christmas Party

It may seem like a long way off now, but we will be holding a small Christmas Party to say a very big thank you to all our wonderful volunteers.

Book Monday 6<sup>th</sup> December 2010 into your diaries now.

**More details to follow.**



*You are such a good friend that if we were on a sinking ship together and there was only one life jacket... I'd miss you heaps and think of you often.*

## Energy Rebate Scheme

**E**nergy Rebate Scheme is a new government scheme you might be eligible for, which means an £80 rebate on your electricity bill this year.

You may be eligible if you or your partner are over 70 and getting Pension Credit.

The Energy Rebate Scheme is a one-off for this year only. You will be entitled to the rebate if, on 26 March 2010, you or your partner:

- were aged 70 or over and
- were getting the guarantee credit element of Pension Credit only. If you were only getting the savings credit element or getting both elements, you won't be entitled.
- were responsible for the electricity account where you live and were not on a discounted tariff. A discounted tariff includes energyplus care, Energy Assist, Essentials, Fresh Start, First Step Tariff, Price Promise, Spreading Warmth Tariff, StayWarm (and receiving a social discount) and WarmAssist.

You won't get a rebate if on 26 March you:

- were living permanently in a care home or
- were in hospital getting free in-patient treatment and had been doing so for more than 52 weeks.

If you are entitled to a rebate, you'll get a letter telling you about the scheme by the end of July. The rebate will be automatic and taken off the next electricity bill you get in June.

[www.direct.gov.uk/](http://www.direct.gov.uk/)



"In retrospect, I could have done more with my lives."

## Consultation on charging for carrier bags

**T**he Welsh Assembly Government has launched a consultation on its proposals to introduce a mandatory charge of seven pence per single use plastic carrier bag in all shops.

The aim of the charge is to encourage people to change their habits and bring re-usable bags when they shop. They hope this will reduce wasteful production of new bags, reduce the high number of bags thrown away, and reduce damage to the environment and wildlife caused by bags which are not disposed of properly.

The money collected by the scheme will be collected by the Assembly Government and used to fund environmental schemes.

The Assembly Government want to know whether you would support this charge, who you think should charge for the bags, how much the charge should be, and how the scheme should be run.

The Older People's Commission for Wales is happy to collect any written responses from older people or representative groups by post or e-mail and pass them to the Assembly Government. You can also respond to the consultation directly.

The consultation closes on 2 August and you can respond by e-mail, online, or request a pack to respond by post. To respond to the consultation directly, you can contact the Welsh Assembly Government by:

E-mail:  
[carrierbagconsultation@wales.gsi.gov.uk](mailto:carrierbagconsultation@wales.gsi.gov.uk)

Online:  
<http://wales.gov.uk/consultations/environmentandcommunityside/carrierbagsregs/?lang=en>

Telephone: 02920 826 230

Write to:  
Local Environmental Quality Branch  
Department for Environment,  
Sustainability & Housing  
Welsh Assembly Government  
Freepost NAT 8910  
Cathays Park, Cardiff. CF10 3BR.

[www.olderpeoplewales.com](http://www.olderpeoplewales.com)