

Cardiff and Vale University Health Board;



Vale of Glamorgan; Senior Health Shop (SHS)

Project Lead; Contact; Mathew.Coffin@ageconnectscardiff.org.uk

Rationale; The aim of the Vale Ageing Well Programme and the Senior Health Shop (SHS) is to improve the health and wellbeing of older people in the Vale of Glamorgan. We do this by providing;

- A place to meet, socialise and make new friends helping to reduce isolation amongst older people.
- A one stop centre for information, with an information desk staffed by volunteers trained as "Senior Health Mentors."
- Health screening & healthy ageing opportunities for the clients in the shop and across the Vale of Glamorgan.
- Information clinics provided by partner organisations.
- Volunteering opportunities to get older people involved in the community.
- A low-cost nail cutting service for those who cannot cut their own toenails.
- A variety of exercise, education, and fun classes for older people to participate in.
- A café that serves healthy options, beverages, and meals at a reasonable cost

Project Details; Community Support project providing Healthy ageing activities which incorporate aspects of Link Workers, Community Exercise, Weight Loss programmes at a drop-in café and in the community.

Our Senior Health Shop in Barry has been in existence for 25 years and delivers our Ageing Well Programme helping people to improve their health and wellbeing.

The shop is managed by a part-time coordinator who is also responsible for developing activities across the Vale, 40 volunteers provide over 5500 hours of service in roles as diverse as health screening, information provision, activity leaders and serving in the shop / café. Between 270 -300 older people attend the shop / cafe each week and approximately 18,000 attend the full range of classes and activities across the year.

People come to the Senior Health Shop to socialise, join in activities and to seek information.

Volunteers are both trained in Food Handling, Senior Health Mentoring and in Dementia Awareness. The Senior Health Shop has been granted the Dementia Friendly Award. Some volunteers have also trained to lead exercise classes such as Otago and EXTEND.



The Senior Health Shop offers a range of opportunities such as craft, computer, and exercise classes. They run information sessions in partnership with other organisations such as Tax with TOPS, Action on Hearing Loss, Care and Repair, NEST to name but a few. The shop hosts topic days on numerous subjects such as home safety, skin safety and hosts support groups - fibromyalgia, Epilepsy & Arthritis. As part of our Ageing Well Programme we deliver health screening, a health and diet club, exercise and basic nail cutting at the shop and in the community.

People visiting the shop often comment on it being a wonderful place to meet friends and find out information.

Intended Outcomes;

The overall aim of the Vale Ageing Well Programme and the Senior Health Shop (SHS) is to improve the health and wellbeing of older people in the Vale of Glamorgan.

Participants reported the following outcomes.

- 87% strongly agree or agree that attending the SHS & its activities has helped improve their health and wellbeing.
- 82% strongly agree or agree that attending the SHS has reduced their isolation or loneliness.
- 71% strongly agree or agree that attending the SHS has helped them to stay independent and living in their own home.
- 88% strongly agree or agree that attending the SHS helped them resolve a problem
- 96% strongly agree or agree that attending the SHS has allowed them to find out information when they need it.
- 87% strongly agree or agree that If the SHS closed they would not be able to find the same level of support elsewhere

Partners; Age Connects Cardiff & Vale, Vale of Glamorgan Council, Cardiff & Vale local Health Board

Time-frame; rolling year on year grant

Future Development Planned; Each Year Age Connects applies for grants and fundraises to keep the project open and cover the shortfall in funding. New classes & activities are added each year. We are currently trying to develop a bereavement group and a falls prevention class in Llantwit Major after requests for these services.

Commissioning / Funding; Part funded by Vale Council – until March 2018, Part Funded by Cardiff & Vale local Health Board, Shortfall in funding covered by Age Connects Cardiff & Vale fundraising to keep the project open.

Evaluation / Reporting; Reports are provided to Vale of Glamorgan council and the Cardiff & Vale local Health Board on a quarterly basis. Attached is our end of year report for 2016 into 2017.

Supporting Documentation; End of year report provided

Acknowledgement; As above

Project Status; Ongoing, funding secured for another year



Age Connects
Cardiff SHS end of ye