

Age Friendly Vale News

Connection Cafe Update



A **huge thank you** to everyone who joined us at this year's Connection Café in June at Penarth Pier Pavillion.

The networking brunch brought together people, community groups, charities, public services and organisations who share a common goal: **making the Vale a great place to grow older.**

This was the second year we have hosted the event, and following the success of last year's Connection Café, invitations were offered exclusively to members of the Age Friendly Vale Network.

Being part of the Network involves more than attending events. Members also have access to support from the Age Friendly Officer, who works to strengthen connections and bring people together around shared goals. Whether you're looking for local knowledge, useful resources, introductions to other organisations, or support with a community project, Sian is always happy to help. Get in touch via the contact details shown in the footer.



Building Meaningful Relationships

The Connection Café was designed to spark new conversations and create opportunities for collaboration.

Throughout the morning:

- 40 attendees took part in strategically matched networking conversations.
- A second networking round encouraged participants to meet someone they had never spoken to before and learn about the opportunities, services and activities they offer older people.
- The event concluded with a working brunch, providing space for more informal discussions, relationship building and exploring future partnerships.

We know from last year's event that these conversations lead to real outcomes. Attendees last year reported making at least two meaningful new connections that helped them introduce new activities to their groups, reach new audiences, or raise awareness of important services available to older people.

We'd love to hear about your experience this year. Did you make new contacts? Have any exciting collaborations already begun? If you attended, **please take a few moments to complete our short feedback survey [by clicking here.](#)**



Support Available for Your Communities

The Age Friendly movement in the Vale is led by the Vale Public Services Board and supported through Welsh Government funding. Age Friendly Champions represent key public services including health, emergency services, education and the voluntary sector. At a recent Champions meeting, members discussed the support they can offer directly to community groups, organisations and older residents. If any of the opportunities below would benefit your group, **please get in touch with the relevant person.**

South Wales Police

What they can offer: Talks and presentations on scams, rogue traders and home security and advice on reducing the risk of becoming a victim of crime.

Contact: Deborah Elward ✉ Deborah.elward@south-wales.police.uk ☎ **07970 164757**

South Wales Fire and Rescue Service

What they can offer: Fire safety talks for older people's groups and community organisations with follow up home checks and fire alarms if appropriate.

Contact: Michael Evans ✉ ms-evans@southwales-fire.gov.uk

Cardiff and Vale University Health Board

What they can offer: Vaccination information sessions including Q&A for older adults groups (Flu, COVID-19, RSV, Shingles, Pneumococcal vaccinations).

Contact: Eno Usoroh ✉ Eno.Usoroh@wales.nhs.uk



Creating an age-friendly Vale happens when organisations, services, volunteers and residents come together to share ideas, support one another and champion the needs and contributions of older people. Every new conversation, partnership and community initiative helps build a Vale where people can age well, stay connected, remain active and continue to contribute to the communities they care about.

Thank you for being part of the Age Friendly Vale Network and for everything you do to support older people across the Vale. We look forward to seeing the connections made at this year's Connection Café continue to grow in the months ahead.

