

COUNCIL: 12 SEPTEMBER 2019

SOCIAL CARE, HEALTH & WELL-BEING STATEMENT

50+ Active Body, Healthy Mind Festival

The 50+ Active Body, Healthy Mind Festival will be held over three days at a number of venues in the north of the city (including Beulah Centre, Rhiwbina Library, Maes Y Coed Community Centre, Llanishen Rugby Club) between Wednesday 25th and Friday 27th September 2019. It builds on the success of the Active Body, Healthy Mind Open Day that was held at St Mellons Hub earlier this year.

A range of organisations and charities will in attendance on each day of the festival to provide information about services, including the Council's Meals on Wheels and Telecare services, Care and Repair, Alzheimer's Society, Age Connects, Age Cymru, Dewis Cymru and many more. Organisations will be offering taster sessions of activities that are available locally, including tai chi, walking netball, football and badminton, Goldies singing groups, cooking workshops, yoga and much more. Children from local schools will also attend each venue to promote inter-generational activities in the community.

The festival is being organised by the Council's Independent Living Services to promote council and partner services in the area and is all about encouraging community participation, countering isolation and making people aware of services, many of which they may not know anything about, but which could benefit them greatly. The festival isn't just about older people in the community either. It's open to everyone and I would encourage residents to go along and find out about services and activities that can support their health and well-being.

Fairwater Day Centre Formal Opening

Fairwater Day Centre was formally opened by the Welsh Government Minister for Health & Social Care, Vaughan Gething AM, on 2nd September 2019. It was a positive and supportive event that was attended by a range of Council and University Health Board staff, and elected members. All have been either directly involved in the refurbishment work or worked together to deliver the project. The day centre was re-opened to service users in July 2019 and, since then, several new service users have started using the centre and more people are being referred to the service. The new layout and the improved facilities are having a positive impact on the delivery of services and generating a calm and relaxed atmosphere in which to engage in social activities and to deliver quality care and support.

**Councillor Susan Elsmore
Cabinet Member for Social Care, Health & Well-being
6 September 2019**