

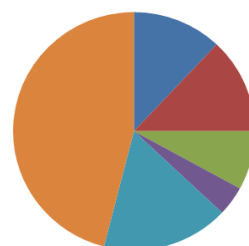
# Newsletter

1— July 2017

## Solva Care receives funding for the next two years!

Solva Care is delighted to have secured a further two years of funding from Pembrokeshire Coast National Park Authority's Sustainable Development Fund. A grant of £21,421 has been awarded to the community initiative, which will enable our voluntary service to continue, and expand into new areas of activity.

## Services provided



- Respite
- Transport
- Dog walking
- Shopping
- Pop in visit
- Other

Solva Care Aug 2015 – Dec 2016

2374 hours in total

=

140 hours/month

33 hours/week

5 hours/day

by

30 local volunteers

**Solva Care AGM Tue 25 July at 7 PM - Harbour Inn, Solva. All welcome!**



Parc Cenedlaethol  
Arfordir Penfro  
Pembrokeshire Coast  
National Park

Solva Care Co-ordinator

Lena Dixon

is in Solva Surgery

on Fridays 10 –12am



Rosita on guitar



Solva Ukulele Pirates

**Friday Club**  
Come and join our  
**Solva Senior Activities!**



**Solva Memorial Hall**  
**Fridays 2–4 pm**  
**All welcome!**

**Re-starting in September.**



Symbolix Country  
& Western



Etc. etc.!

**Solva Care is now a charity! Registered Charity Number 1172878.**

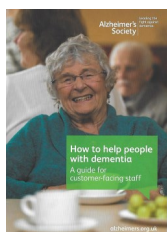
## Dementia Friendly Community

Solva is working towards becoming a dementia-friendly community.

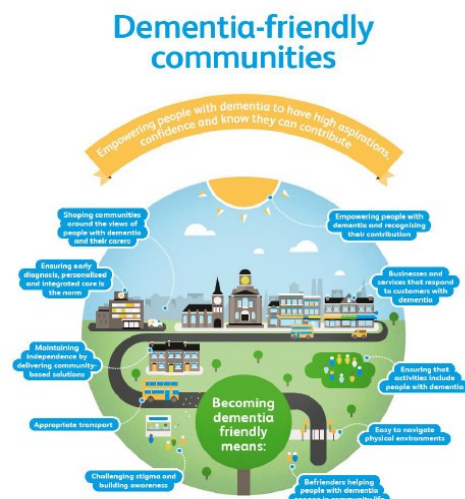
The majority of Solva Care's volunteers have had Dementia Awareness Training (provided by the Alzheimer's Society). In the last two years we have held a number of events to inform and promote understanding of the illness. In January 2016 we screened the film 'Still Alice' with the help of Solva Community Cinema. A number of volunteers went to the Torch Theatre to watch the play 'Belonging' in April the same year.

On the 30th of March this year, we assisted Dr Prem in organising an event 'Living well with Dementia', with talks by Dr Prem, Dr Sarah Davidson, Consultant Physician at Ward 12 Withybush Hospital, along with Lisa Marshall, Dementia Care Co-ordinator. John Stacey talked about Advocacy.

We make sure that residents living with dementia are included in, and able to get to, village activities, such as the Wednesday luncheon club, the Thursday coffee morning and Solva Senior Activities on Fridays.



Future plans include offering training to Solva businesses. In the meantime, if you would like a copy of the Alzheimer's Society's leaflet (see left), please contact Lena Dixon, Solva Care.



The picture above is from the Alzheimer's Society.

## Stay Safe, Stay Connected Project

In June 2016 Solva Care was awarded a grant of £4,635 by the Dyfed Powys Police and Crime Commissioner to run a project called 'Stay Safe, Stay Connected'. The aim of the Project is to raise awareness of scams by mail, phone, text, internet and doorstep callers, and to prevent our community from falling victim to fraudsters. We have been working closely with the Police and Trading Standards to provide information through the village newsletter, run prevention sessions for volunteers and organise meet-the-police-sessions.



Events include a Film evening with the screening of 'Catch me if you can' and talks by the Police & Trading Standards and a special Coffee Morning to share information about scams people had come across.

We also ran a quiz in the December Newsletter, the prize being a true-Call device (the secure plus model) worth £119.99. The winner was Mollie Page.



## 'Together for better outcomes - home care and community initiatives'



On 20th Sep 2016 Solva Care hosted a well attended conference, organised and funded by Swansea University, in Solva Hall. 70 policy makers, service deliverers and researchers from 38 organisations across Wales, got together to discuss how to improve care in the home. The aims of the day were to understand policies and regulations under which care providers have to operate, to share knowledge, skills and experience, to build a shared understanding between care companies and community initiatives and to explore new ways of working together.

Connecting our Community





## Tea parties, bread-baking & other events

There have been two Afternoon Tea Parties—the first on 2nd October 2015 to introduce the Solva Care Project, the second on 4th October 2016,



One bread-baking event with Paul Sartori on 3rd June 2016 combined with a chat about advance care planning (ACP) and the then Health & Social Services Minister, Mark Drakeford visited the Solva Coffee morning on 3rd December 2015.



## Spreading the word (about Solva Care)!

We have talked at Ageing Well in Wales events around Wales (Aberystwyth, Narberth, Cardigan and Cardiff).



We have been interviewed by BBC Wales Radio twice and BBC TV once. We have had good coverage in the local press.

There is an Annual Report for the first 18 months of the project, available on request. Swansea University has evaluated the Solva Care Project (more about this overleaf).

## Volunteer Training

The 30 Solva Care volunteers have received various (optional) training. Dementia Awareness, First aid, IT/Safe use of Internet, Safeguarding, POVA (Protection of Vulnerable Adults) and Palliative Care.



Now and then we are offered equipment by kind residents. At the moment there are two 'walkers' available: one 3-wheel and one 4-wheel with a seat and box. Also three commodes: one is sturdy and suitable for a man, there is one 'Viva Modi Folding Commode' and another smaller, more feminine 'Lloyd Loom style' that would look good in a bedroom. There is a 4-wheel small mobility scooter, 'Little Star', suitable for a lady. Contact Lena on 07805 717556, if you are interested in any of these items.

## Research, Monitoring & Evaluation



We are doing a lot to show whether Solva Care is making a difference in our community.

### Our 2016 survey found that:

95% thought that Solva Care is good or very good for the community

86% would use Solva Care again whilst the rest of the respondents would consider doing so.

People found out about Solva Care from the newsletter, friends and family, or the leaflet.

**The Swansea University research study** found clients and volunteers are willing to provide information about their wellbeing and service use although some of you said that you found some questions somewhat intrusive. Most residents reported having a strong network of family and friends, which was good to hear. Clients praised the Solva Care service and said that it helped them to remain independent and active in the community. The volunteers said they found their role rewarding and enjoyable. *Thank you to all who took part and made the researchers so welcome.*

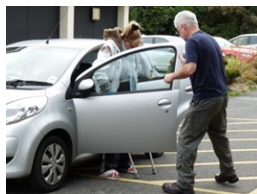
Solva Care Management Board has a very active Research Group. We hold lively and interesting meetings and have developed good partnerships, including with the University sector in Wales. If you would like to join the Group please contact the Chair, Sue Denman, on 07817 410782. You don't need to be an expert just have an interest in finding out what would be best for the community!



(Pictures: Top left Bridie Evans., bottom right Fiona Verity—both Swansea University).

## But we couldn't do any of all this without our wonderful volunteers!

Here is a snapshot of the last 18 months.



But it's not just work, we have some fun too at bi-



annual get-togethers! Christmas Drinks in the Ship Inn 2015 & Harbour Inn 2016 (with partners). Pimms and nibbles in the garden of the Ship Inn, June 2016.



If you have a little bit of time to spare and would consider becoming a Solva Care volunteer get in touch with Lena Dixon. You can do as much or as little as you like.

## How we can help on a Wednesday, Thursday and Friday

We can drive you to and from the Solva Luncheon Club on a Wednesday if you lack your own transport and find it hard to walk to the Hall. Alternatively, if you are housebound, we can deliver the lunch to you—just give us a day's notice! The same applies to the Thursday Coffee Morning and Friday Club (Solva Senior Activities). All in Solva Hall.

Contact us by **phone** 07805 - 717556, **email** [solvacare@solva.gov.wales](mailto:solvacare@solva.gov.wales)  
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