

## Forthcoming Meetings

**Bridgend SHOUT**  
**10.00am Evergreen Hall,**  
**Angel Street, Bridgend**

20 July 2016  
17 August 2016  
21 September 2016  
19 October 2016  
16 November 2016  
21 December 2016

**SHOUT LIFT gentle exercises**  
**will last an hour including a**  
**chat and cuppa. Evergreen Hall,**  
**Angel Street Bridgend**

Second Wednesday of the month  
at 2.00pm starting in August  
10 August 2016  
14 September 2016  
12 October 2016  
9 November 2016  
No group in December

Last Monday of the month at  
11.00am starting in September.  
26 September 2016  
31 October 2016  
28 November 2016  
No group in December

## Contact us

**Telephone**  
07891 834 230

**Email**  
enquiries@shoutbridgend.org

**Website**  
www.shoutbridgend.org

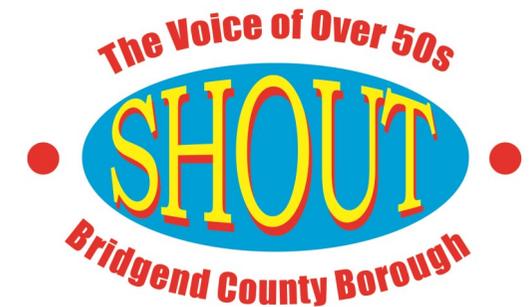
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Mae'r taflen hon ar gael yn Gymraeg  
This leaflet is available in Welsh

The Community Voice: Needs Must/  
Pan fo Angen portfolio of projects is  
funded by the Big Lottery Community  
Voice grant scheme. Our aim is to  
increase the voice of citizens and  
especially those most marginalised in  
local policy and planning processes.  
Consisting of seven Bridgend County  
Borough third sector projects,  
Bridgend Association of Voluntary  
Organisations is the lead organisation.

July/September 2016



**Our members**  
**are informing**  
**local Service**  
**Providers and**  
**helping improve**  
**life for older**  
**people.**

**Join us and find**  
**out more**



## **SHOUT is the voice of over 50s in Bridgend County**

We get involved in local issues and make sure decision makers consider the needs of older people. We're pleased to work with local government, health providers and other organisations to help achieve this. Our members take part in consultations relating to Bridgend, Western Bay Health Service area and on national issues.

## **The Social Services and Well-being (Wales) Act 2014**

This is a new Welsh law that aims to make your care and support personal to your needs, helping you to live the life you choose and stay independent for longer.

From 6 April 2016, social services will have to focus on what is important to you. This new approach is all about finding the right solutions for you, by working with you. It will give you and your family more of a say in the way you receive care and support services (or support service if you are a carer).

The main principles of the Act are:

**Voice and control** – putting you and your needs at the centre of care and giving you a voice in, and control over, your care and support.

**Prevention and early intervention** – increasing the number of services within the community that will help prevent, reduce or delay support needs and minimise the effects of disabilities and promote independence.

**Well-being** – supporting you to improve your well-being and measuring how well care and support does this.

**Working together** – encouraging you to become more involved in the design and delivery of services that you need.

Bridgend County Borough Council must ensure that there is easily accessible information, advice and assistance about care and support services available to everyone.

Visit [www.bridgend.gov.uk](http://www.bridgend.gov.uk) or telephone on **01656 643643** for more information.

## **SHOUT and the Welsh Senate of Older People**

We are delighted to announce that SHOUT Bridgend's Geoff Cheetham has been elected Vice Chair to the Welsh Senate of Older People.

## **Get that LIFT and be more active for longer**

In our last newsletter we told you about how Low Impact Functional Training or LIFT helps older people remain active and independent. Using chair based and stability exercises we aim to strengthen muscles and help balance.

SHOUT now has two trained LIFT leaders and in August 2016 we're starting two monthly SHOUT LIFT groups at the Evergreen Hall, Angel Street Bridgend.

Dates for the Evergreen Hall groups are overleaf. Our LIFT leaders are also available to visit older people's groups in Bridgend County and provide a taster session. Please get in touch to find out more.

