



AGE-FRIENDLY
NEWPORT | CASNEWYDD
OED-GYFEILLGAR



In 2024, following a successful application to the World Health Organisation (WHO), Newport became a member of the global network for Age Friendly Cities and Communities.

Newport's Age Friendly Communities include Aneurin Bevan University Health Board, Public Health Wales, The Regional Partnership Board, and Age Cymru.

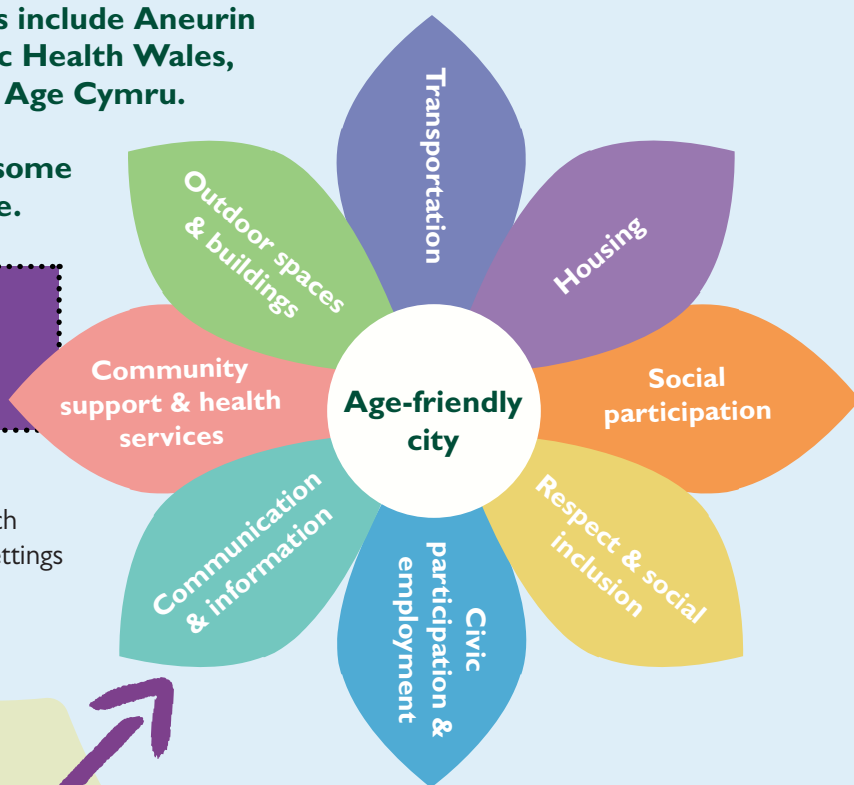
This newsletter shares a snapshot of some of the work that has been taking place.

What is an age friendly community?

The World Health Organisation describes age-friendly communities as being places in which older people, communities, policies, services, settings and structures work together in partnership to support and enable us all to age well.

This concept is endorsed by the WHO which outlines several key areas that such communities should address:

- Outdoor spaces and buildings
- Transport
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services



Newport's commitment to age friendliness?

Newport has taken significant strides in fostering an age-friendly environment - recognising the importance of integrating older people into the community and ensuring that they have access to the necessary resources and services.

Supporting access to public transport



During a recent committee meeting, members of Newport 50+ Forum raised their concerns with staff from Newport Bus and council officials regarding the lack of public transport to the sports village in the Spytty area of Newport.

At the meeting, committee members shared how the absence of direct bus routes was particularly disadvantageous for older adults and individuals with mobility challenges. Many found themselves unable to reach important facilities such as the Velodrome and the Regional Pool and Tennis Centre, both of which serve as key venues for health and fitness activities.

Newport Bus and council officials continued to meet with the forum regarding the concerns raised and looked at a range of options which would enable older people to have access to the velodrome.

As a result of these meetings, Newport Bus informed the forum that a new service (route 45), between Newport city centre and the Wetlands (via East Dock Road and Spytty Road), will run hourly between the bus station and the sports village with some extending to the wetlands. This will help older people to continue to improve their fitness and wellbeing.

Andrea Ovey, director of business development at Newport Live said: ***“This initiative supports our shared mission to help people lead healthier, more active lives. We’re incredibly grateful to Newport Bus for their commitment to improving local transport links and helping residents connect with both leisure and nature.”***

Kirsty Lindsay, site manager at RSPB Newport Wetlands added: ***“As we celebrate 25 years of protecting and connecting people with nature, this new service is a brilliant addition-especially in helping to improve accessibility for all.***

“This new travel option supports more inclusive, sustainable access to nature. We hope to see many of you using the service to explore the Wetlands and experience the stunning wildlife on your doorstep.”

For more information visit www.newportbus.co.uk and Newport Wetlands at www.rspb.org.uk/days-out/reserves/newport-wetlands.

RSPB Nature prescriptions launched in Newport

Aneurin Bevan University Health Board, in partnership with the RSPB (Royal Society for the Protection of Birds), has launched nature prescriptions in Newport.



The nature prescription offers free accessible ways for individuals to promote good health and wellbeing through self-led activities to encourage deeper connections with nature.

Prescriptions are offered by GPs, social prescribers, wellbeing connectors, occupational therapists, and community stroke support teams, making them a flexible addition to existing health and wellbeing support.

Victoria Dyer, Service Development Lead for the Integrated Wellbeing Network at Aneurin Bevan University Health Board added:

“Our role in the Integrated Wellbeing Network is to bring communities and services together to strengthen the health and wellbeing offer.

“This project is a perfect example of partnership working, with contributions from our talented community playing a vital role in the imagery for this nature prescription.

“We thank the RSPB for the opportunity and are proud to bring this resource to Newport. We hope many people will benefit from it.”

For more information about RSPB Nature Prescriptions, visit:

www.rspb.org.uk/natureprescriptions



Age Without Limits Day

As part of the Age Without Limits Day which took place in June, members of Newport Carers Network showed their support for tackling ageism by sharing inspiring photos on social media.

The campaign runs activities across the year to change how we all think and act about ageing.

To find out more visit agewithoutlimits.org



See Me, Value Older Age

Ageism, otherwise known as age discrimination, is when someone treats you unfairly because of your age.

This can often be seen through the way older people are represented in the media and through images on promotional material. Ageism can impact people's quality of life through reducing confidence and missing out on opportunities such as employment.

By tackling ageism, it means that nobody misses out because of their age. Age Cymru has been working to reduce ageism through their See Me, Value Older Age campaign.

A film has been produced featuring older residents - including those from Newport - sharing their views on ageism and discrimination.

For information on the campaign and to view the video visit the Age Cymru Wales human rights project or call 0300 303 44 98.

Elder abuse

A recent promotional campaign on elder abuse led to an astounding 600 calls to the helpline, reminding us that safeguarding our older population is of great importance.

To report an adult at risk of abuse or neglect phone **01633 656656** or email firstcontact.adults@newport.gov.uk or pova.team@newport.gov.uk

Shaping an Age Friendly Newport



Following feedback from community engagement sessions with older residents living in Newport, many said that they would like to know about services available to them and have opportunities to participate in health talks.

Sight awareness talks

The policy officer for Age Friendly Communities is working with partner services to host a series of wellbeing talks across the city.

The first talk took place in April of this year at University of South Wales Newport campus with Sight Cymru, who discussed the importance of sight health and how to promote good eye health as we get older.

Sight Cymru will be attending Ringland 19 Hills Coffee morning on 26 September from 10am to 11:30am.

For further information on Sight Cymru contact **01495 763650** or visit sightcymru.org.uk





Support for unpaid carers

Celebrating Carers Week

Every year Newport City Council and its partners hold events during Carers Week to support the needs of unpaid carers and identify other unpaid carers who might require support with their caring role.



Over 150 unpaid carers joined the community connector team for Carers Week in June. The week started with a foraging walk at Tredegar House which allowed carers to have a break from their caring role. Veezu kindly donated one of their minibuses to support with transport needs.

One carer said: ***“This made my mental health good, and I learnt so much from nature as well”.***

Following a suggestion from members of the Carers Network, the next activity was a trip to St. Fagans National Museum of History.

Carers heard from Gareth Rees, Dementia Voice Lead for Amgueddfa Cymru, about the work the museums are doing for people living with dementia and their carers.

The final activity was a carers information and wellbeing event at The Riverfront which showcased some of the local organisations who support unpaid carers and the people they care for.

Feedback from the week was positive and with many new carers being identified, signing up to the carers network to receive monthly information on carers rights and services. One person said ***“It’s great to have so many services under one roof and be able to speak to people face to face”.***

If you would like to find out about the support available and receive regular information via email, join our Newport Carers Network email community.connectors@newport.gov.uk or phone **01633 631660**.

Community support and health services

Dementia hubs are now Gwent wide. The hub is a place where you can collect information on support available for those with dementia and their loved ones.

Newport’s dementia hub is located on the ground floor of the Riverfront, operating weekdays within the hours of 11am - 3pm.

Chatty Café

Newport City Council’s Community Connector service hosts a monthly chatty café at the Riverfront on the first Wednesday of the month.

The café is open to those who wish to meet others, speak to a connector and find out what is happening in their community.

Recent Chatty Cafes have included speakers from Neighbourhood Watch Network and Digital Voice Volunteer co-ordinator regarding the upcoming digital telephone switchover.

Age Cymru, University of the Third Age (U3A) and Aneurin Bevan Health Board engagement team have also attended.

October’s chatty café will take place on the first floor next to the bar area and will form part of International Older Persons Day.





Latest news

Ringland regeneration update

Following a series of community consultations in 2024, the residents of Ringland expressed a desire for more parks and outdoor spaces.



The Ringland regeneration project is progressing well. The building of new homes, shops, parks and the provision of opportunities to do more activities, makes Ringland a more resilient community and a safer, nicer place in which to grow old.

Work is taking place to make the buildings watertight by completing the roofs, installing windows, and finishing the brickwork. Individual spaces are being created for the new retail units which will bring more local amenities.

19 Hills Wellbeing Centre now open

The new health and wellbeing centre has officially opened with a range of services available to patients.

Services include:

- GP services for Ringland medical practice
- District nursing
- Health visiting
- Podiatry
- Speech and language therapy
- Sexual health
- Primary care mental health services
- Minor ops
- Podiatry
- Dietetics
- Weight management
- Paediatric recovery from illness
- Community dental services

The centre also hosts a coffee morning every Friday (term time only) from 9:30am to 11:30am in the mezzanine.

Intergenerational orchard planting at the Gaer Community Centre

A community garden is being created at the Gaer Community Centre. Funded by Keep Wales Tidy, the garden will include an orchard, a flowered garden, wild garlic and benches.

Youngsters from the centre's Flying Start group along with members from Newport 50 Plus and Age Alive forum members helped to plant 320 Welsh bulbs.

Staff from Newport City Council got involved too and fifteen fruit trees were also planted, as well as the installation of a bug hotel.

Intergenerational activities will continue to take place to involve children with garden. They can take part in the planting and watering of trees, build homes for birds, hedgehogs and frogs as well as enjoying fun, educational sessions that will also support the local ecosystem.

Future plans include developing the older persons offer at the Gaer which will involve indoor and outdoor activities linked to development of spaces around the buildings.

This will be done as part of the [Keep Wales Tidy Local Places for Nature](#) and the RSPB's [Nature Prescriptions: connecting to nature to boost health and wellbeing](#).



Flying start, over 50 forum members and council staff who took part in the planting



Over 50s forum members and council officers preparing the raised beds for planting.

Gaer older persons offer



A series of pop-in sessions have been run in Gaer Community Centre which focus on providing information and support on a wide range of subjects.

In May, to support Dementia Action Week, a good brain health event took place. Information was shared on the risk factors of dementia, keeping healthy and provided information on the services available for those with dementia and their loved ones.

The event was supported by Newport City Council leader, cabinet members, and Ken Vowels, ambassador for Dementia UK.

The council's age friendly policy officer engaged with attendees to find out their views on what makes Newport an age friendly city and what they would like to see as part of the older persons offer.

Feedback included feeling safe at home and in the community, being able to take part in community activities in accessible places, meeting family and friends, and having access to health care.

Further information on dementia can be found on the ABUHB website - <https://abuhb.nhs.wales/hospitals/a-z-of-services/dementia/> or from the Alzheimer's Society support line on **0333 150 3456**.

Following the success and feedback from the May event, June's pop-in sessions focused on safety at home.

Newport City Council's trading standards team shared information on scams and how to avoid them, home adaptations services provided advice and information about living independently at home, and the council's partnership team also talked to people about antisocial behaviour.

Partner agencies included Care and Repair, the South Wales Fire and Rescue Service's home safety team, and Gwent Police.

National Resident Survey - Let's Talk: Living in Newport

People in Newport are invited to share their thoughts on everyday life in the city as part of a new survey.

'Let's Talk: Living in Newport' is being conducted by Newport City Council.

It asks residents for their opinions on various aspects of life in Newport, including:

- *what people think of their local area*
- *how satisfied they are with council services such as education, social care, recycling and libraries*
- *how satisfied they are with the quality of their local environment*
- *whether they participate in your local community*
- *what their thoughts are on local democracy*

The first survey is now live and will run until 30 September 2025.

To complete the survey, visit newport.gov.uk/haveyoursay.





Upcoming events

Have your say in shaping an Age Friendly Newport

Newport City Council's Age Friendly Policy officer is gathering views on what matters to you as you age. To have your say come along to one of the below sessions.

Location	Date and time
Chatty café – Riverfront theatre NP20 IHG	3 September 10am – 12pm
19, Hills Health & Wellbeing Centre, 282 Ringland Circle, Newport NP19 9PS	26 September 10:30am – 11:30am
International Older Persons Day, The Riverfront NP20 IHG	1 October 10am – 12pm
Let's Connect event Riverfront Theatre	28 October 11am -2pm
Carers Café – Riverfront Theatre NP20 IHG	30 October 10am – 12pm

International Older Persons Day

International older persons day takes place every year on the 1 October.

This year's theme is ***Building Belonging: Celebrating the power of our social connections.***

This year, Newport City Council and its partners will show its support to the role older people play in their community by hosting an event at The Riverfront on 1 October from 10am to 12pm.

The event will include a variety of stalls, providing information on services available and details on activities that support and promote the wellbeing of Newport's older residents.

Members of the public will also have the opportunity to share their views on what ageing well means to them.

The poster features the 'AGE-FRIENDLY NEWPORT / CASNEWYDD OED-GYFEILLGAR' logo at the top left. A large blue circle in the center contains the text 'International Day of Older Persons' and an illustration of a cup of tea. To the right, an illustration shows three older people: a man with a cane, a woman with a walker, and a man with a cane, all smiling. Below the circle, the text 'JOIN US at our event to celebrate the International Day of Older Persons!' is followed by 'An opportunity to find out about community groups available in Newport to help support older adults with wellbeing.' and 'Supporting our work as an Age Friendly Community.' A blue box on the right says 'All free to attend'. At the bottom, it states 'Wednesday 1 October 10am - 12pm' and 'Riverfront Theatre and Arts Centre'. Logos for 'International Day of Older People' and 'NEWPORT CITY COUNCIL OED-GYFEILLGAR' are at the bottom right, with a cityscape illustration at the very bottom.

AGE-FRIENDLY
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International Day of Older Persons

JOIN US
at our event to
celebrate the International Day of Older Persons!

An opportunity to find out about community groups available in Newport to help support older adults with wellbeing.

Supporting our work as an Age Friendly Community.

There will be a range of information stalls and community groups speaking about the services they offer.

All free to attend

Wednesday 1 October
10am - 12pm

Riverfront Theatre and Arts Centre

International Day of Older People

NEWPORT CITY COUNCIL
OED-GYFEILLGAR

Alway Community Neighbourhood event

Alway community centre will be hosting a free Age Friendly Communities, neighbourhood event on 16 October 2025, from 9.30am - 12.30pm.

Older residents can have their say on what matters to them as they age, and what activities and events they would like to see at Alway Community Centre.

The event will include a variety of stalls offering information, assistance and advice to support the wellbeing of older adults living within the area of Alway.

Newport Food Festival - Age Friendly Community Zone

Newport Food Festival will return to the city centre on Saturday 11 October 2025.

The popular food market, chef demonstrations, entertainment and workshops will take place as usual on and around High Street between 9am and 5pm.

As part of the food festival, we will be hosting a community coffee morning at the Mercure Hotel from 9am - 4pm, where we will be celebrating all things food related.

Free talks and activities taking place include:

- **A talk on Food Through the Ages, Presented by Past Port Tours at 10:30am.**
- **Food Nostalgia Experience – Exploring how memory, identity and emotion are tied to food**
- **Global recipe swap – Share recipes from your culture and discover new ones**

There will also be free tea, coffee and cake provided. To find out more about Newport Food Festival you can go to their website at newportfoodfestival.co.uk

Celebrating Silver Sunday

To promote this year's Silver Sunday, Newport will be hosting a free event at The Gaer Community Centre on Friday 10 October, from 9.30am to 12.30pm.

There will be a range of stalls offering information and advice. You will also be able to take part in workshops that support the wellbeing of older people living in Newport.

Age-Friendly Silver Sunday is a national day that celebrates older people. Held on the first Sunday of October it recognises the contributions of older people and provides opportunities for people to connect with others in their community and enjoy free activities.

Finding out about groups and activities in your community

Newport City Council and its partners have been working to make sure that older adults have access to a range of information on local activities and services.

The Community Directory, produced by the council's community connectors team, provides a wealth of information including information on local groups and activities as well as advice on subjects such as housing or finance.

The directory is available in paper or online. To receive your copy email or call **01633 631660** or email: Community.connectors@newport.gov.uk

Newport live link to Active 60+

Newport Live have their active 60+, offering a wide range of sports, leisure and cultural activities that promote the health and wellbeing for those aged 60 and over.

More information can be found on their web page www.newportlive.co.uk and select **'sports and wellbeing'** from the menu. Telephone **01633 656757**

