

# Advocacy Newsletter

Issue No 5 October 2022

## Advocacy Awareness Week



This year's 5th annual Advocacy Awareness Week (#AAW22) takes place from 7th - 11th November 2022.

This year's theme will show how advocates support people in relation to their human rights; each day will shine a light on an element of the Human Rights Act and what this means for each of us in our lives.

The week-long campaign is coordinated by the National Development Team for Inclusion (NDTi) and this year is supported by The British Institute for Human Rights, as well as by independent advocacy providers across the UK.

Human rights are basic rights everyone can expect, and public authorities have a legal duty to respect and protect them.

Protecting Human Rights should run through all care and support services, ensuring people are involved in decisions about their care.

Advocates have a key role in supporting people to understand and access their human rights, ensuring these are respected and upheld by public bodies, as well as raising concerns and challenges when people's rights are under threat or at risk.

We want to make sure people know about independent advocacy and how it can help people secure their rights.

We also want to remind commissioners why good quality independent advocacy is essential to people in our communities.

Advocacy Awareness Week is an opportunity to celebrate great advocacy and share stories about the power and impact advocacy can have in upholding people's rights.

[Themes AAW22](#)

## Advocacy Networks

A range of regional advocacy provider networks have been developed across Wales to complement the work of the National Network for Adults Advocacy in Wales. The networks are an opportunity for services who currently provide advocacy, and those who would like to in the future, to get a better understanding of the current situation in the region, potential future commissioning opportunities and to have space to network and share information and ideas.

Below are the details of the next round of advocacy network meetings which will take place via Zoom or Teams:

Cardiff and Vale  
2/11/22 9am-10am  
7/12/22 9am-10am

Powys  
14/12/22 10am-11.30am

National Network for Adults Advocacy  
15/12/22 10am-12pm

North Wales  
10/1/23 2pm-3.30pm

3 Counties in West Wales  
17/1/23 10am-12pm

Gwent  
17/1/23 2pm-3.30pm

Neath Port Talbot and Swansea  
19/1/23 10am-11.30am

Cwm Taf Morgannwg  
26/1/23 10am-11.30am

## Advocacy Counts 8

Advocacy Counts 8 is the latest report in a biennial series of surveys conducted by Age Cymru on behalf of the advocacy sector in Wales.

It provides an updated snapshot of advocacy provision in Wales for adults, with a particular emphasis on older people. The report shows an increase in the number of advocates, people supported and the number of services providing advocacy support across Wales over the past two years.

Age Cymru is particularly pleased to note the increase in the number of specialist advocacy providers, services and advocates specifically supporting older people.

To read the full report, please go to [Advocacy Counts 8](#)

## Infographic

The infographic document shows the effectiveness of HOPE in supporting older people, carers, volunteers and the wider advocacy sector during 2021-22 and in meeting the aims and outcomes of the project.

To read the full report, please go to [Infographic](#)

## Dementia Advocacy Project

Throughout September Age Cymru's Dementia Advocacy project and Carer's Project looked at the ways that people living with dementia and their carers aren't alone. Loneliness, isolation and to an extent feeling without help have been a running theme through the work of both projects during and after the pandemic and the easing of lockdown measures.

We looked at our carers project and how it supports the early identification of older carers to provide timely and person-centred information and advice, enable older carers to influence policy and decision making by ensuring their voices are heard, and better meet the needs of older carers, carers of people living with dementia, and carers of people who have now moved to live in a care home. A number of resources have been created to provide information and signposting to carers, such as the 'One-Stop Shop Guide for Older Carers in Wales'.



We also shone a spotlight on Dementia Friendly communities and everything they do across Wales. These communities are assessed against a range of criteria, with a focus on them being well structured, raising awareness about the organisations and businesses that can support people living with dementia and, most importantly, actively involving people who are affected by dementia.

Dementia friendly communities often hold open days in local town halls, run physical activities and choirs and even have cinema events. The key push was for people living with dementia and their carers to know that there are great opportunities to socialise and mix in places, and with people, that understand and can support their specific needs. We also put the focus back on the vital knowledge that people living with dementia and their carers have with a series of top tips that are on our Age Cymru Facebook page.

We really wanted people living with dementia and the people closest to them to know that they had resources and support outside of traditional care frameworks and it was amazing to be able to put information out there about people's real lived experience and promote initiatives and projects that share our advocacy principles.

## Get there together App



Get there together

a resource for the people of Wales to access their communities

Age Cymru's Dementia Advocacy are proud to have been invited to pilot the 'Get There Together' App. The Get There Together project, developed by Public Health Wales, started as an electronic resource designed to demonstrate through the use of pictures, video and audio, what accessing services would be like so that people can feel more confident about when they're attending retailers, high streets, new clinics and appointments in the community.

The project has now grown, with the development of an App that can be used on both android and ios devices.



The App will include all the videos that were recorded for the project and will give its users the chance to use these videos out in the community. This could be to reassure them they're going into the correct building, are following

the correct route for the journey and even show them the bus stops they need to use for more complicated journeys.

Get There Together, were looking for organisations who had regular contact with people with cognitive barriers to demonstrate the apps functionality and get people's opinions of whether this would be useful and that's when they approached Age Cymru's Dementia Advocacy Project.

The Dementia Advocacy team all feel that the App is a great step forward for people who are digitally included and facing barriers to attending a range of medical or community appointments. An App like this could be vital in supporting someone with early stages of dementia, people with cognitive challenges or people with anxiety or other mental health conditions to attend an appointment or meeting that they would otherwise feel unable to make it.

Particularly for people diagnosed with dementia, the opportunity to familiarise and re-familiarise with locations and activities is key for sustained engagement and activity. Get There Together will give people living with the condition, the chance to maintain vital familiarity and have the confidence and reassurance that comes along with that.

We also know that physical and built environments can be alter very quickly. One-way systems implemented in shops and retail spaces, new cycle lanes and café seating areas on pavements can be all introduced at very short notice and aren't always publicised.

Because the App can be updated and new videos added at any time, it can be used to support people living with dementia, or other difficulties, to respond to and plan for changing environments. The team are only in the very early stages of testing the App themselves, but so far, the results look really promising.

As an advocacy provider anything we can do to increase independence of the people we work with is a huge asset and we're very excited to be part of the pilot process and see how the App continues to grow and make a difference to the lives of the people that use it.

## **The Welsh Adult Advocacy Sector Virtual "Big Events" 2022**

Following the success of the virtual advocacy "Big Events" in 2020 and 2021, the HOPE team will be hosting The Welsh Adult Advocacy Sector "Big Events" once again over two weeks during November 2022.

We're now excited to be able to share with you the themes for these virtual events and to invite you to book onto them using the links below. These events will provide learning and development opportunities for adult advocacy providers in Wales and also meet other advocates and share your experiences of advocacy. We hope you'll find them useful and informative. The events link in with Advocacy Awareness Week and National Safeguarding week and also your wellbeing as advocates is given some precious and important time.

If you work with adults as independent advocates in Wales, please have a browse at the sessions available below and click on the Eventbrite link next to each event to register and we look forward to seeing you there:

### **"Cost of Living and Housing Matters"**

**Tuesday 8 November  
10.00am - 1.00pm**

<https://www.eventbrite.co.uk/e/425128961167>



### **"Legislative changes relating to Advocacy including Human Rights and Citizens Voice Body"**

**Friday 11 November 10.00am - 12.00pm**

<https://www.eventbrite.co.uk/e/425656027637>

### **In conjunction with National Adults Safeguarding week:**

### **"Adult Safeguarding and Advocacy"**

**Tuesday 22 November 10.00am - 12.00pm**

<https://www.eventbrite.co.uk/e/425671784767>

### **"Wellbeing for Advocates"**

**Thursday 24 November 10.00am - 12.30pm**

<https://www.eventbrite.co.uk/e/425701333147>

Thank you very much for supporting The Advocacy "Big Events" and if you have any queries or questions, please do not hesitate to contact Kath Hawkins, Training Officer, HOPE Project

[katherine.hawkins@agecymru.org.uk](mailto:katherine.hawkins@agecymru.org.uk)



## Wellbeing

### Welsh Government report 2022



The 7 wellbeing goals are:

- a prosperous Wales
- a resilient Wales
- a healthier Wales
- a more equal Wales
- a Wales of cohesive communities
- a Wales of vibrant culture and thriving Welsh language
- a globally responsible Wales.

These goals have been put in place to improve the social, economic, environmental, and cultural well-being of Wales. They're contained in law under the [Well-being of Future Generations \(Wales\) Act 2015](#).

### National indicators

The report considers progress against the [50 national indicators](#), which were set by Welsh Ministers in 2016, alongside a range of other relevant data. The national indicator pages include data for all of the national indicators, alongside links to the data sources and, where available, statistical publications where the indicators are analysed in more detail.

## National milestones

This year will be the first time that the Well-being of Wales report will include reporting on the national milestones. National milestones assist in measuring the pace of change needed to achieve the well-being goals. [The first wave of national milestones](#) were set in December 2021 and will be reported on in this year's Well-being of Wales report where data is available.

### StatsWales

The data that have been used to measure the national indicators are mostly available on [StatsWales](#). Breakdowns are by geographical area or population group where this has been possible.

### Uses of the report

We're always looking for ways to improve the report, and make the information we publish more accessible and suitable for a wide ranging audience. Understanding how the report is used is key to this.

### [How is the Wellbeing of Wales report used?](#)

### National Adults Safeguarding Week

#### 21 to 25 November 2022

Safeguarding is everybody's business and enables people to live their lives free from harm, abuse and neglect.

National Safeguarding Week is a dedicated time to raise awareness of the importance of safeguarding with members of the public and within our own organisations.

21 to 25 November is National Adults Safeguarding Week, with organisations across Wales working to raise the profile of this important national issue.

## Age Cymru Advice

Age Cymru's advice line can provide free, impartial advice on a range of subjects.

Perhaps they may want advice about how much they should be paying for a loved ones care? Or perhaps they may want to know if they're eligible for Pension Credit and want help with claiming it?

Age Cymru Advice can help with all these issues, and more – call us today

**0300 303 44 98**

Contact us...

- To subscribe to the e-bulletin or newsletter
- If you have any comments or questions about the articles
- If there's anything you would like to see in the next e-bulletin or newsletter

Email: [sue.vaarkamp@agecymru.org.uk](mailto:sue.vaarkamp@agecymru.org.uk)

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Registered charity number: 1128436  
Registered company number: 6837284

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