

Later Life Newsletter

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Now reaching over 100,000
individuals and organisations

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State Pension Overhaul Work and Pensions Secretary Iain Duncan Smith and Pensions Minister Steve Webb have launched a public information campaign to ensure everyone knows what the [State Pension changes](#) mean for them.

Cold Weather Payment Scheme [Cold Weather payments](#) of £25 may be made automatically to people receiving qualifying benefits. Payments are made automatically if the temperature in their postcode area is, or is forecast to reach, zero degrees Celsius or below over seven consecutive days. Visit [GOV.UK](#) to see if you are eligible. From November they can also check if the temperature in their area is low enough for them to receive a payment.

New booklet on ageism is launched: Challenging the negative stereotypes that perpetuate age discrimination is vital if we are to have more equal, fairer and happier communities. Age Connects Cardiff and the Vale and Vibe Experience have produced a booklet on positive ways to tackle ageism. phil.vining@ageconnectscardiff.org.uk or call 029 2233 1116. The project also produced a number of [short films](#)

Coping at Christmas provides free festive lunches and overnight stays to those older

people who would otherwise be alone. Read how to get involved [here](#)

Manchester, the UK's first age friendly city RIBA have launched a new age-friendly handbook as a pocket-sized reference for designers, architects, and artists looking to help create age inclusive cities. Including ideas and practical tools, it hopes to encourage new ways of rethinking older people's neglected relationship to urban space. Read more [here](#).

Difficulty of living with arthritis - Seconds Matter's website has a powerful video on what living with arthritis is like and a link to some tips on coping with the condition. Click [here](#) for details

How to alleviate carer stress Being a carer is one of the toughest professions, and sometimes you really need to take a break, even if it's only for a few minutes. Read more [here](#) for some top tips for alleviating some of the stress that comes from being in such a high pressured position

SOLLA Care Advice Standard. The Society of Later Life Advisers are recognised for their accreditation scheme for financial advisers and now their same high standard can be achieved by anyone who gives later life care and housing advice making it easier for people to find quality assured information advice enabling informed decisions and planning for how care needs are identified, met and funded. [Find out more and view a prospectus](#)

Everybody Active Every Day! PHE has launched a new framework for national and

local action to combat the growing problem of physical inactivity. read more [here](#).

Music in Hospitals is a charity which organises live music concerts for sick, disabled, terminally ill and elderly individuals to make them feel happy. They provide professional musicians who perform 5000 concerts in care settings across the UK each year. visit their [website](#) for more information.

Campaign to End Loneliness UK inaugural conference - slides, films, and downloads from the day are now available to view. Topics such as people's stereotypes and attitudes, as well as what older people have to say about loneliness were discussed amongst many more. Find out more [here](#).

Overcoming the barriers to access for older people has been written as a contribution to the work of the Transport Working Group of the Age Action Alliance. It identifies examples of good practice and includes evidence on the capabilities of older people and the effectiveness of ways of overcoming the barriers to movement [read the guide](#)

Campaign for warm homes Age UK's report, '[Older, not colder](#)', sets out the range of challenges that older people face in winter and specific problems with the energy market.

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