



PRESS RELEASE

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Contact: Richard Jones on 029 2044 5040 // 07515 288271

Older People's Commissioner visits Llandudno to hear from Cymru Older People's Alliance

The Older People's Commissioner for Wales, Heléna Herklots CBE, has praised the work of the Cymru Older People's Alliance (COPA) and said she is looking forward to working with them to drive change for older people throughout Wales.

The Commissioner attended COPA's Annual General Meeting in Llandudno, where members shared a range of practical ideas and solutions about how to make Wales the best place in the world to grow older.

Discussions were particularly focused on what can be done to make communities more age-friendly and accessible for older people, and the importance of tackling ageism and age discrimination.

During the meeting, the Commissioner also reaffirmed her pledges to older people – to identify issues that mean that older people are not treated with the dignity and respect they deserve; to listen to older people, particularly those whose voices often go unheard; to challenge age discrimination; and to hold those in power to account.

Speaking after the meeting, the Commissioner said: "It was a pleasure to be back in north Wales to meet with members of COPA, and it was good to see so many people from throughout Wales working together on behalf of older people.

“As part of a lively discussion, members shared many practical ideas about how the lives of older people throughout Wales could be improved and I am looking forward to working with them to make Wales the best place to grow older.”

Cymru Older People’s Alliance works to promote the engagement and participation of older people in shaping the decisions that affect their lives and to improve the lives of older people, by ensuring they are able to maintain their independence for as long as possible.

COPA’s motto is 'Nothing About Us Without Us' and they seek to provide older people, including those who are vulnerable or marginalised, with a strong and coherent voice.

Steve Milsom, Chair of COPA, said: “This was an excellent event and we were so pleased that the Commissioner was able to join us. We very much look forward to working with her in the future.

“The AGM marked the first anniversary of COPA as a new charity run by older people for older people in Wales. We have made real progress in our first year but in the coming year we intend to reach out to more older people in all areas but in particular to strengthen our partnership with the older people forums and groups across North Wales. We hope our new website <http://www.copacharity.com> will increase awareness about COPA.”

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For all media enquiries, contact Richard Jones on 029 2044 5055 // 07515 288271 or email richard.jones@olderpeoplewales.com

More information about the Older People’s Commissioner for Wales and her work is available from www.olderpeoplewales.com.

More information about the Cymru Older People’s Alliance is available from www.copacharity.com