



What's on...

Grange, Allithwaite, Cark
Holker & Cartmel



Chase the blues away

The light is coming back. It may still be cold, but the promise of the year is opening up even as the days lengthen into spring. In this optimistic frame of mind, perhaps it's time to start something new. Here are some ideas:

Get out and meet people

A good place to start is to get to one of our events or activities. We have lots in South Lakeland and if you look at our What's On calendar, you will see what is happening locally. Every event is different. You might enjoy attending a lunch club, getting fitter by joining one of our gentle exercise classes, or simply socialising at a larger event.



Do Something for Someone

According to philosopher Ralph Waldo Emerson, "It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself". The beginning of 2018 has introduced a number of new and exciting opportunities for people to volunteer, either using previous training and skills or developing new expertise. This is a great time to be joining the organisation and helping to form new teams will innovative projects.

Volunteering with Age UK South Lakeland means you get out and about in the community and make a lasting difference to the lives of local older people. The variety of volunteer roles is endless. We have roles which allow you to work closely with older people, and to assist them to live healthy and fulfilling lives. As new projects come to fruition, new opportunities open up so there is always something different happening. Whatever the activity you choose to get involved with, remember that we'll ensure that you have the training necessary to get the job done, and the support you require to make your volunteering experience with Age UK South Lakeland an enjoyable and fulfilling one.

We know that there is an amazing wealth of talent and skills not being fully utilised out there in our community. Whether you are 18 or 118, Age UK really could use your help to achieve our goals for the future. Whether your interests lie in retail, community work, befriending (by phone or in person), training and support, exercise, intergenerational activities, talks and presentations, general office administration.... The list is endless.

Why not find out more and start your volunteering experience now – you'll be glad you did!
Call **Charlotte** on **01539 728118** or email volunteering@ageuksouthlakeland.org.uk for more information.

Lunch clubs

Meet up with a group of friends and enjoy an excellent, freshly cooked meal. Bookings required – contact **01539 728118** for more information. Please support your local lunch club.

- Thornleigh Hotel, Grange over Sands 1st Wednesday
- The Pheasant Inn, Allithwaite 4th Friday
- The Damson Dene, Crosthwaite 2nd Thursday
- The Pheasant Inn, Allithwaite 2nd Tuesday

Activities & groups

Meet friends, stay healthy and active and learn new skills while enjoying life.

- Walking Football, Cartmel Priory School 7.00-8.00pm* Every Monday
- Gentle Exercise, United Reformed Church, Grange Over Sands 2.00-3.00pm* Every Tuesday
- Gentle Exercise Class, Argles Memorial Hall, Crosthwaite 2.00 - 3.00pm* Every Thursday
- IT Drop In, room 4, Victoria Hall, Grange over Sands 2.00- 4.00pm 31 May 21 June 26 July
- Staying Steady & Falls Awareness Drop In, Grange Over Sands Library 10.00am -1.00pm 6 July
- Fit for life event, Cartmel Village Hall, 1.00 - 4.00pm booking is essential 18 May
- Gentle Exercises taster class, Flookburgh Village Hall, 10.30 - 11.30am 31 May

* Some activities and groups have a suggested donation, please call us for more details.

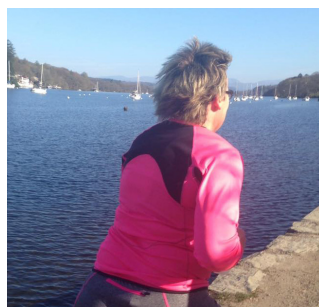
Running for Age UK South Lakeland

“As I have a significant birthday later this year I decided that I need to get fit. In a moment of madness I entered for the Liverpool Rock’n’Roll half marathon on 20 May.

Colleagues at Age UK South Lakeland thought it would be appropriate to use this as a fundraising event as this year sees the 40th anniversary of the Charity”

“So after nearly a month off from running for various reasons this weekend Penny Pullinger, our Chief Executive, started her training for Liverpool Rock’n’Roll Half Marathon which takes place on 20 May.

Penny has a significant birthday this year and in April Age UK South Lakeland celebrates 40 years supporting older people in South Lakeland and so she felt it would be a good opportunity to celebrate both milestones by aiming to raise £500 to help continue our work and help raise the profile of the charity. If you would like to sponsor Penny the link is <http://ow.ly/SUud30iMt3m> or please send in your donation to: Age UK South Lakeland, 17 Finkle Street, Kendal, marked “Penny’s Run”



Fit for Life Event

On **Friday 18th May** we are holding an event to make you **Fit for Life**.

Come along and join us at **Cartmel Village Hall** between **1.00pm & 4.00pm** and see how to make later life more comfortable and beneficial for you.

During the afternoon you will be able to listen to talks and watch demonstrations on Mindful Meditation, Falls Prevention and Benefit Advice. We will also have available tablets and the internet for you to try, where we will be able to show you how to use them and how they can enhance your later life.

Also available will be information on local services, including being Financially Fit for Later Life.

This event is free and there will be refreshments during the afternoon, so booking is essential.

If you would like to book a place or would like more information please give us a call on **01539 728118** where we would be happy to help.



NEW - Flookburgh Gentle Exercise Taster Class

We are holding a **Gentle Exercise Taster class** on **Thursday 31 May** at **Flookburgh Village Hall**, the class will start at **10.30am - 11.30am**.

Come along, keep fit and join a predominantly chair based exercise class. This class will help improve your joint mobility and improve your balance. The class will be followed by tea and a chance to chat.

A suggested donation of £2.50 would be gratefully received.

If this class proves popular we will be running it fortnightly on a Thursday, hopefully from July but the date is yet to be confirmed, so watch this space!

If you are interested in joining this taster class or would like more information please contact us on **01539 728118**



are offering free weekly Health Walks every Thursday. They meet at 11am at Age UK South Lakelands Superstore in Grange over Sands.

Their aim is to help you achieve some rewarding exercise whilst benefiting from the social support of the group. The walks last approximately an hour and cover suitable & varied routes. The walks are recognised by your local GP surgery and have the support of two leaders per walk. Well behaved dogs on leads are welcome.

If you are interested in getting some gentle exercise, enjoying some fresh air in our lovely countryside and meeting new people go along and join the next walk or for more information call **Ewen Cameron** on **07929 833528**.

Or alternatively Google **walking for health.org.uk**

Volunteering



VOLUNTEERS WEEK 1st - 7th June 2018

A BIG THANK YOU!

We would like to take this opportunity to say a huge thank you to all our volunteers who week in week out, run exercise classes, lunch clubs, craft groups, work in our shops, superstores and warehouse, those who visit or telephone clients and those who help out in our office. Without their dedication and hard work we wouldn't be able to reach so many people across South Lakeland as we do.

NEEDED - Community Link Volunteers

This is an exciting development of the Friends Exchange project and aims to assist people to access social activities which, for some reason, they have had to give up for a period of time. Over a period of 6 weeks, they build the client's confidence to go out alone and take part in activities. Much of the information about local events can be found on Compass or in the local press or newsletters. The volunteer will explore with the client the possibility of going to one of these groups and go with them to build up their confidence. Together they will create an action plan for the future. The volunteer may also refer the client to other Age UK services.

Can you help someone in your area who is lonely and isolated?

Home Visiting and Telephone Befrienders needed in the Grange over Sands area.

We are looking for volunteers who can visit an older person in their own home on a regular basis to provide companionship, including making a cup of tea, listening, chatting and encouraging them to take part in activities in the local area. We are also looking for telephone befrienders. This would involve having a regular conversation to relieve isolation and loneliness. One visit or call per week is all it takes.

This offers companionship and helps people maintain independence within their own community. If you have an interest and empathy with older people and their needs and a good sense of humour we would like to hear from you.

For more information, or if you would like to share some ideas, call us on **01539 728118**.

Please note that our events and activities will not be running on Bank Holidays.

Check out your local Age UK South Lakeland Shop or distribution point for the latest **What's on...**