

December 2020

Our Falls Prevention Winter Newsletter Keep On Moving



We wanted to wish you all a **HAPPY CHRISTMAS** and keep in touch with everyone and let you know what is happening with our falls prevention project and the plans we have.



The classes will restart sometime in 2021 but these may need to be done differently with having smaller numbers at each class so people could attend fortnightly instead of each week initially. We are following health and government advice when the classes can restart safely. As soon as we can we will make the arrangements needed and let you know



Our Zoom and radio class members are increasing and these will continue into the New Year.



The laminated exercise sheet with this newsletter can be put on fridge as a reminder of the super six exercises for strength and balance.

Staying strong means you can be more active and that can boost your immune system too!



One of the simplest ways for us to maintain our muscles and our independence is the sit to stand exercise. Research has shown that for 65-80 year olds, the sit to stand exercise can have the same effect on improving strength as using expensive gym equipment! Plus, those in their 70s who improve their chair rise time by 25% can 'drop a decade' meaning their leg strength is equal to an average 60-year-old. It's a win win!



So you can do something to help keep strong for yourself and the NHS that doesn't cost a penny and only takes 30 seconds!



Foods for Calcium & Vitamin D



A	E	S	N	A	E	B	D	E	K	A	B
C	Y	D	F	M	L	R	M	I	L	K	C
B	R	O	C	C	O	L	I	S	B	L	E
G	E	G	G	Y	O	L	K	E	M	C	D
S	O	J	O	H	W	N	R	N	U	H	R
Y	R	F	Q	V	U	Y	Z	I	W	E	I
T	A	K	F	L	T	R	L	D	S	E	E
M	N	Y	M	A	K	T	T	R	I	S	D
G	G	E	P	L	L	C	O	A	R	E	F
U	E	R	W	D	R	A	T	S	U	C	I
X	L	Y	M	S	S	P	I	K	H	P	G
W	H	I	T	E	B	R	E	A	D	T	S

Yogurt

Dried Figs

Broccoli

Milk

Sardines

Egg Yolk

Cheese

Custard

Offal

Baked Beans

Orange

White bread

Bones are made of protein fibres filled in with calcium and other minerals to create a hard structure. From our mid-30s onwards our bones start to lose calcium slowly, causing bone thinning. A healthy balanced diet with plenty of calcium, vitamin D and other vitamins and minerals can help strengthen your bones. The foods above are good sources of calcium and vitamin D.

It is also important to get some weight-bearing exercise every day. Walking or just shifting weight from one foot to another while standing are examples of weight bearing exercise.



Hydration

We need water for our body to work properly and for overall good health.

If you do not drink enough water you may become dehydrated which means your body does not have enough water to operate properly.

The colour of your wee may be a sign that you're dehydrated. If it's colourless or light yellow, you're well hydrated. If it's a dark yellow or amber colour you may be dehydrated.

You may be at higher risk of dehydration if:

- you're an older person. As you get older your brain may not be able to sense dehydration and does not send signals that you are thirsty and need to drink
- Some medicines such as diuretics and laxatives may increase the likelihood of dehydration and those who are incontinent might limit their fluid intake.

Most adults should aim to drink around 1.5 to 2 litres of fluid each day. That's 6 to 8 glasses or mugs.

Symptoms of dehydration include sluggishness, confusion, dizziness which increase falls.



Top Tip: Have a drink at specific times during the day, whether or not you feel thirsty, to make sure you don't become dehydrated.

EXERCISE CHOICES



“Radio Active Exercise classes”

“Radio Active” a 10-minute fun chair based exercise class

On Monday, Wednesday and Friday at 2.30 p.m.

To tune into Oldham Community Radio on 99.7MHz FM or Smart Speakers and Devices –

If you go on Amazon, Google or Apple device that lets you talk to it? Say “Okay, Play Oldham Community Radio”

Exercise class on the Computer , phone or tablet is called zoom



Neil is doing exercises by video on the computer or its also possible on some phones. There are going really well with more people giving this a try you can see your friends from the class too.

These classes are on Monday Wednesday and Fridays for about half an hour. If you would like to give it a try let us know.

We have computer tablets to loan to you.



Equipment

There are so many options of different exercise equipment we can offer. This includes

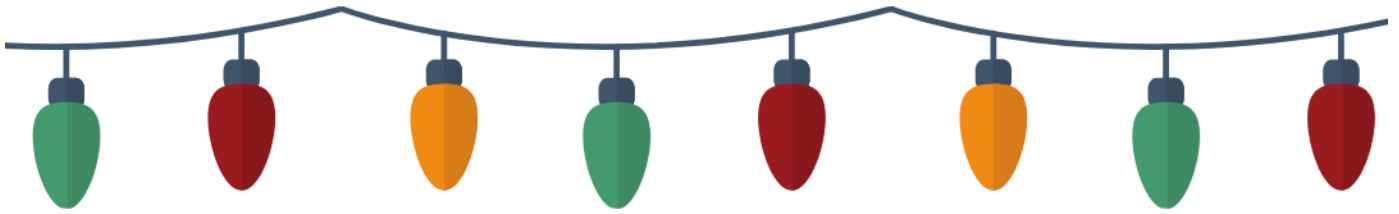
- DVDs and players,
- pedometers and fitness trackers to count steps walked
- bands with handles for people with difficulty with grip
- Pedal exercisers



Exercise booklet

Everyone should have copies of the exercise booklet and exercise bands. There are so many options we can also offer including DVDs and players, bands with handles for people struggling with grip and also we have some pedometers.

***Please let us know which activity / activities are suiting you. If you want to try anything new or have any comments or ideas let us know. We are all learning together. ***



Our Zooming Class

What a wonderful idea
Exercising three times a week
Initially it held some fear
But the benefits are unique

From the comfort of your chair
Neil on screen tells you how
He does it well, with plenty of care
It sure is needed now

Reg Gregory



Childhood Games

Ball games have long held a special place in children's playgrounds.

Rounders, football and cricket have always been favourites

Games such as 'two ball' or 'one, two, three A 'Leary" were played where players would throw a ball against a wall testing skill and co-ordination, under or between the leg, or over the shoulder plus twirls, spins, skips and claps.

Skipping was another popular game, skipped to the beat of a verse or chant
Can you remember any of the rhymes?

Tiny Tim

I had a little puppy

His name was Tiny Tim

I put him in the bathtub, to see if he could swim

He drank all the water, he ate a bar of soap

The next thing you know he had a bubble in his throat.

In came the doctor, *(person jumps in)*

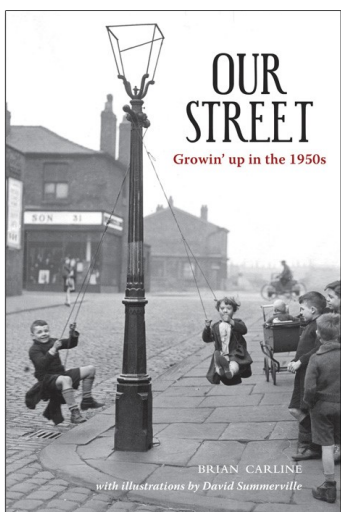
In came the nurse, *(person jumps in)*

In came the lady with the alligator purse *(person jumps in)*

Out went the doctor *(person jumps out)*

Out went the nurse *(person jumps out)*

Out went the lady with the alligator purse *(person jumps out)*



Top Tip

Although we can't do all these activities its important to **keep moving**



Can you think of
Christmas Words
beginning with.....



A.

B.

C.

D.

E.

F.

G.

H.

I.

J.

K.

L.

M.

N.

O.

P.

Q.

R.

S.

T.

U.

V.

W.

X.

Y.

Z.



Useful Information

Oldham Council Helpline

Open 24th, 29th, 30th, 31st December 9am–12pm

Telephone 0161 770 7007

Age UK Services

Benefits Calculator

Check you are getting all the benefits you are entitled to with the benefit calculator. The calculator is free to use and the details you provide are anonymous.

Online <https://benefitscheck.ageuk.org.uk/home/start>

Or ring our office on Telephone: 0161 622 9333 or 0161 622 9312

Free home energy check

- free equipment i.e. night lights / led bulbs / draught proofing.
- energy efficiency advice and practical tips

For more information or to arrange an appointment ring 0161 622 9277

Banish Boredom with books

If you love to read, we can deliver a pack of books to you from your favourite genres.

Contact Nicola Shore 0161 633 0213 Email: nicola.shore@ageukoldham.org.uk

Telephone Befriending

We have a fantastic team of volunteers who are making daily wellbeing telephone calls to local older people who may need our help. Priority will be given to those aged 70+ and living alone.

To request a call 0161 622 9252 or email maggie.hurley@ageukoldham.org.uk

Vitamin D .GOV.UK

If you've been indoors over the spring and summer you may not have been getting enough vitamin D from sunlight. You should take 10 micrograms (400 IU) of vitamin D a day between October and early March to keep your bones and muscles healthy.

If you are clinically extremely vulnerable you may be eligible for free vitamin D supplements <https://www.gov.uk/government/news/at-risk-groups-to-receive-free-winter-supply-of-vitamin-d>



Here's to 2021

Contact Numbers

Julie McBride
07568109699

Neil Wise
07720613920&



Christmas will feel very different this year

- Continue to maintain strict social distancing, wash your hands regularly and avoid touching your face.
- The fewer social interactions you have, the lower your risk of catching COVID-19.
- If the rules allow you to meet with others outside your household, your risk of catching COVID-19 is lower if you meet them outdoors.
- If you meet indoors, keep the area well ventilated with fresh air, for example by opening the window. You should always stay at least 2 metres away from other people visiting your home. Remember to wipe door handles and frequently touched surfaces.



Happy Christmas & Keep Safe