

February 2021

Our Falls Prevention February Newsletter Keep On Moving

Move
More & Sit
Less

We wanted to start off this year with an update to keep in touch with everyone and let you know what is happening with our falls prevention project and the plans we have.

Improve
Balance

The classes will restart sometime in 2021. 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.

Boost
Mood

It's important in the meantime to continue to keep moving to help keep as independent as possible and be ready to start the classes as soon we can. Keeping active will help to stop joints and muscles getting stiff. If you have joint pain, start gently and gradually increase the length of time you're exercising. You can break this into smaller chunks if you need to. Doing at least 5–10 minutes of exercise each day is important to keep your joints moving and your muscles strong.

Gain
Strength

Our Zoom and radio class members are increasing and these will continue until classes restart.

If you would like to give these a try please let us know.

Keep
Learning

There are lots of things that can effect why we might fall, so in each newsletter we cover a different topic. This time the focus is on feet. Besides carrying you from place to place, you also need them for stability and balance! The next few pages are all about feet.

As Shrove Tuesday is coming up we also have included some different ideas for pancakes milk is great source of calcium for bones.

The booklet you have received Keeping Well this Winter has lots of useful information. It covers moving well on pages 11– 23, with lots of different practical ideas and tips.

Take care, keep safe & keep moving.



Fitter Feet

We use our feet everyday without even thinking about how important they are because they are easy to ignore when they are usually hidden under socks & shoes.

Problems with your feet or shoes can affect your balance and increase your risk of tripping or falling.


How can I look after my feet?

A **simple** foot routine will help keep your feet in good condition, including:

- wearing suitable footwear
- keeping your toenails short
- regularly moisturising your feet
- checking for cracked skin, blisters and signs of infection.

Easy footwear tips to help you feel more confident on your feet:

- Always wear shoes or slippers. To avoid slips, never walk indoors in bare feet, socks or tights.
- Make sure your footwear fits well, has a good grip, fastens to stay on properly and doesn't have a tendency to slip off.
- High-sided shoes, thin soles and a good grip are a good choice.
- If you have arthritis, you may find that trainers or well-cushioned shoes are more comfortable than ordinary shoes and offer more support. But make sure the soles aren't too thick, as you could feel unsteady if you can't feel the floor beneath your feet.
- Loose or worn out shoes and slippers may cause you to trip.
- Make sure your trousers, skirt or dressing gown don't trail on the ground.



Report problems such as foot pain or decreased sensation in your feet to your doctor or practice nurse. If you have a long-term condition, such as diabetes, arthritis or problems with blood circulation in your legs, your feet are particularly vulnerable.

Check your feet regularly & ensure you attend check-ups as requested.

How well do you know your feet?

With 42 muscles, 26 bones, 33 joints, at least 50 ligaments and tendons, and over 250,000 sweat glands, the foot is more complicated than you think... It's not just the thing at the end of your legs!

Those feet deserve a little tender loving care.

Quiz - True or False?



1. Shoe size in Britain is measured in barleycorns?
2. A quarter of all our bones are in the feet?
3. The little toe is most important toe
4. Standing still is far more tiring than walking?
5. Our feet are bigger in the morning?
6. Our feet are 90% grown by age 12?
7. Wearing the wrong shoe size can cause problems beyond discomfort ?



Answers



1. **True.** The unit of measurement that stretches back to Anglo-Saxon times. Based on the length of a grain of barley, there are three barleycorns to an inch, so each shoe size adds a third of an inch in length to a shoe.
2. **True.**
3. **False.** Your big toe is the most important toe it is helpful for balance. If you were to lose your big toe, you'd have to retrain your foot to use different muscles to replace it! Your big toe makes it possible to walk and run upright unlike your little toe – which bears the least weight of any toe.
4. **True.** This is because you only use a few muscles when you're still, whereas walking distributes the burden of movement over many more muscles and increases circulation.
5. **False.** After spending the whole day walking and moving around, our feet have swollen by as much as half a shoe size by the end of the day. This is why its not recommended that you buy shoes early in the day, as they might turn out too small.
6. **True.** From birth to 12 months, children's feet go up five sizes and are almost completely grown by age 12. Even though your feet will settle at around age 20, their shape and size will continue to change over the rest of your life. They can grow slightly this is because feet flatten and elongate with age.
7. **True.** Persistently wearing the wrong sized shoe can cause real damage. It can greatly increase the risk of foot, ankle, leg, and even lower back pain, as well as causing blisters.

Did you know...?



- ♦ **The Achilles tendon (at the back of your foot, by your heel) is the strongest tendon in the entire body.**
- ♦ Your feet are constantly 'talking' to your brain? It's true! They're packed with around 200,000 nerve endings per foot which are incredibly responsive, and input detailed information to your brain about everything from pressure to temperature.
- ♦ Keeping feet warm can help to improve blood circulation which is beneficial for the skin and the health of nerves in the feet. Socks play an important role in keeping feet warm. Ideal socks for people with diabetes should have non-elasticated cuffs and no prominent seams.
- ♦ There are specific exercises just for feet this is one example if you would like to know more let us know.

Toe Salutes

Targets muscles within the foot

Sit in a chair with your feet resting on the floor.

Lift your big toe, while keeping the other four toes on the floor. Hold for a few seconds; then relax and repeat.

Lift your four toes together, while keeping the big toe on the floor. Hold for a few seconds; then relax and repeat.



The human foot is a masterpiece of engineering and a work of art."

Leonardo da Vinci

Shrove Tuesday

Shrove Tuesday is always 47 days before Easter Sunday, this year is February 16th. It is the traditional feast day before the start of Lent on Ash Wednesday. Shrove Tuesday or pancake day was the last opportunity to use up eggs and fats before embarking on the Lenten fast for 40 days leading up to Easter. Pancakes are the perfect way of using up these ingredients.

On Shrove Tuesday, Anglo-Saxon Christians went to confession. A bell would be rung to call people to confession. This came to be called the “Pancake Bell” .

You can maintain good bone and muscle health by making recipes with foods that contain calcium, protein and vitamin D.

Pancakes are a good source of protein & calcium from the eggs and from the milk. Protein is important for repair of muscles and calcium is good for strong bones.

Carrot and Sultana Mini Pancakes

Ingredients

100g wholemeal or white self-raising flour
1 tsp ground mixed spice
1 large egg
80g grated carrot
4 tbsp low-fat, lower-sugar plain yoghurt
100ml semi-skimmed milk
30g sultanas or raisins
1 tsp vegetable oil



Method

1. Put the flour, mixed spice, egg, grated carrot, yoghurt and milk into a large mixing bowl and use a hand whisk or fork to mix together thoroughly.
2. Stir in sultanas (or raisins)
3. Heat a non-stick frying pan over a medium heat. Add 2 to 3 drops of oil. Cook tablespoonfuls of the batter in batches, turning them over after 1 to 2 minutes to cook the other side. Make 8 mini pancakes altogether, adding a further 2 to 3 drops of oil to the frying pan with each batch.

Tip: Once cooked pancakes can be put into a zip lock bag and frozen. Once defrosted they can be reheated in the microwave for 5–10 seconds.

Mini Pancakes with Blueberry Sauce

Brilliant for breakfast or delicious as a dessert.



Ingredients

Pancakes

150g self-raising flour
1 egg
250ml semi-skimmed milk
Oil for greasing

Blueberry sauce

250g fresh blueberries (or strawberries)
50ml water
1 x 5ml spoon honey
Few drops of vanilla extract
1 x 15ml spoon cornflour dissolved into 2 x 15ml spoon of water

To serve

1 tsp natural Greek yogurt (per pancake)

Instructions

Pancakes - Put the flour into the mixing bowl. Make a well in the centre add the egg and about half of the milk. Using a whisk, or wooden spoon, mix to a smooth, thick batter. Gradually stir in the rest of the milk until it is well combined.

Add just enough oil to give a non-stick layer to the surface of the frying pan. Heat pan on high then turn down to a medium heat.

Pour a 15ml spoon of batter onto the surface of the pan. This should make pancakes about 3cm in diameter. Leave each pancake for about 30 seconds. Bubbles will appear on the surface and the mixture will start to set. Flip each pancake over using a fish slice and leave for another 30 seconds. Transfer pancakes to wire rack / plate.

Blueberry sauce—Place 125g of blueberries in a medium pan. Cover with 50ml water and add honey and vanilla. Heat over medium-high heat until the mixture comes to a low boil and simmer until the blueberries start to break apart.

Dissolve the cornflour in water and add to the blueberry mixture, bring to a boil, turn the heat down, cook for 3 – 4 minutes until the sauce turns thick and glossy. Remove from the heat and add the remaining blueberries and stir gently. Serve warm or cold.

To serve Stack your pancakes onto a plate, add the low-fat natural Greek yogurt, a helping of the blueberry sauce and enjoy.

Top Tips: Mini pancakes are ideal for those with small appetites.

Need to gain weight ?- use full fat milk fortified with milk powder and drizzle pancakes with honey.

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.

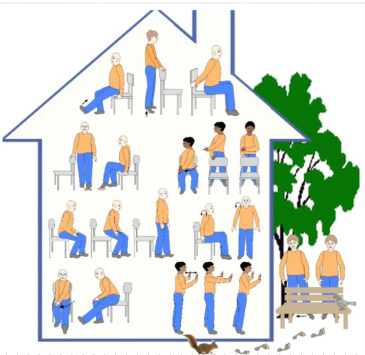
We have computer tablets to loan to you.



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 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. ***



Think of words connected to sport and exercise 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.



Any age is the right
age to exercise

Useful Numbers

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

Age UK Oldham Lifestory

Life Story is an enjoyable and worthwhile activity and can be cherished by the person and their family for generations. If you would like to write your own Life Story, write one for family or friends, we can provide you with a template to help get you started and some hints & tips on how to put it together and can give you support if needed. There is no charge for the service, two copies of the Life Story book are provided free when completed. For more information contact Sophie Smith on 0161 633 0213

Census day is Sunday 21 March 2021

This year is the first year that the Census will be taking place primarily online.

You will receive a letter with an access code. You can fill yours in as soon as you get your code. Your answers should be about the people who usually live in your household on this date – even if you're filling it in before then.

If people don't have Internet access there are other ways they can complete the form including by post. If you, or anyone you know, needs help, a wide range of support services are available. Please let me know if you do need support with this.

Contact Numbers

Julie McBride 07568109699

Neil Wise 07720613920

Notes



Keep track of your progress with your exercises in diary so you can see what you have achieved.