Ageing Well - in Somerset
Health & Well-being sessions for older adults

The sessions listed in this booklet are good for improving balance, flexibility, co-ordination and strength. Also for meeting like-minded people and having fun! See the back page for more information. You don’t have to commit to attending sessions - just turn up and pay as you go.

For further information about these sessions, our sessions in North Somerset, if you are interested in Volunteering, or if you have any suggestions, please contact:

the Ageing Well Team on 01823 345626
or email ageingwell@ageuksomerset.org.uk

Some sessions have a break over the holidays - please contact us to check. For the most up to date information please visit www.ageuksomerset.org.uk
Find a class near you!

Mendip classes 3
Sedgemoor classes 4
South Somerset classes 9
Taunton Deane classes 15
West Somerset classes 19
Stay Strong, Stay Steady Sessions 22
Volunteer 23
About Ageing Well 24
More about Volunteering 24

Please note - any images used in this booklet are for illustration only and do not feature our actual class attendees or venues.

In addition to the sessions listed in this booklet we also organise Chair-based Flexercise sessions and sessions across North Somerset. Please let us know if you would like information about these.
Chair-based Mature Movers - Frome (Two sessions)

Fun gentle exercise session. Suitable for all abilities.

Where? Frome Medical Practice, Enos Way, Frome BA11 2FH
When? Mondays 12pm–1pm (spaces available)
Fridays 10am–11am (class full – please contact us to join waiting list)
Cost? £4.50

Stay Strong Stay Steady - Frome

Improves balance and muscle strength, reducing risk of falls.

Where? Christchurch Parish Hall
When? See page 22 for more information & contact us.
Cost? £4

Tai Chi, Shibashi, for Health - Nunney

Slow, easy to follow, gentle movements and breathing.

Where? Nunney Village Hall BA11 4NR
When? Wednesdays 10am–11am
Cost? £4.50

Mature Movers - Shepton Mallet

Fun gentle exercise session. All welcome.

Where? The Parish Room, St Michael’s Church, 6 Park Road, Shepton Mallet BA4 5BP
When? Thursdays 10:30am–11:30am *No classes on the 1st Thursday of every month*
Cost? £4.50

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Tai Chi Shibashi - Wells
Slow, gentle movements which are great for body and mind.
Where? Wells Town Hall, Market Place, Wells BA5 2RB
When? Fridays 2:45pm-3:45pm
Cost? £4.50

Extend - Movement to Music - Wells
Where? Town Hall, Market Place, Wells, BA5 2RB
When? Tuesdays 10am-11am
Cost? £4.50

Stay Strong, Stay Steady - Wells
Improves balance and muscle strength, reducing risk of falls.
Where? Town Hall
When? See page 22 for more information & contact us.
Cost? £4

Sessions in Sedgemoor

Yoga, Stretch and Flex - Axbridge
Seated Yoga session. Combines breathing, relaxation, & movements to balance the mind & improve flexibility.
Where? Axbridge Town Hall, The Square, Axbridge BS26 2AP
When? Mondays 10am-11am
Cost? £4.50

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Gentle exercise to music. Choreographed, fun and lively, mainly standing with a seated element.

Where: Wembdon Parish Centre
When?: Mondays 11am–12pm
Cost?: £4.50

Mature Movers - Bridgwater

Gentle exercise to music. Choreographed, fun and lively, mainly standing with a seated element.

Where?: Westfield Church Hall, West Street, Bridgwater TA6 7EU
When?: Tuesdays 2:30pm-3:30pm
Cost?: £4.50

Tai Chi - Bridgwater

Slow movements, focusing on breathing & the mental component of training as opposed to vigorous bodily movements. Good for balance, co-ordination and leg strength.

Where: YMCA, Friarn Avenue, Bridgwater TA6 3RF
When?: Class is currently full—please contact us to join waiting list.
Cost?: £5

Yoga, Stretch & Flex - Bridgwater

Gentle Yoga session.

Where: Sydenham Community Centre, Parkway, Bridgwater TA6 4QZ
When?: Class is currently full—please contact us to join waiting list.
Cost?: £4

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Improves balance and muscle strength, reducing risk of falls.

Where?  St George’s Parish Centre, Church Rd, Wembdon TA6 7RR

When?  See page 22 for more information & contact us.

Cost?  £4

---

Shibashi Tai Chi—Brent Knoll

Gentle exercise session to balance body and mind.

Where?  Brent Knoll Village Hall, Brent St, Brent Knoll TA9 4EH

When?  Mondays 11am-12pm (Class full—please contact us to join the waiting list)

Cost?  £3

---

Stay Strong, Stay Steady - Burnham on Sea

Improves balance and muscle strength, reducing risk of falls.

Where?  Community Centre, Chichester Close TA8 2AR

When?  See page 22 for more information & contact us.

Cost?  £4

---

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Flexercise - Active in Age - Cannington

*Gentle chair based fun activity session.*

**Where?**  United Reform Church, High St, Cannington TA5 2FH  
**When?**  Mondays 2:00pm-3:00pm  
**Cost?**  £2.00

---

Tai Chi QiGong - Cannington

*Gentle movements balancing body and mind.*

**Where?**  United Reform Church, High St, Cannington TA5 2FH  
**When?**  Starts 9th January 2020—Thursdays 10:45am-11:45am  
**Cost?**  £3.00

---

Extend - Movement to Music - Cheddar

*Suitable for the older adult and those less able. Uplifting and fun! Seated & standing elements to help balance, co-ordination & circulation.*

**Where?**  Cheddar Village Hall, Church Street, Cheddar BS27 3RA  
**When?**  Fridays 2:00pm-3:00pm  
**Cost?**  £4.50

---

Shibashi Tai Chi - Chilton Polden

*Shibashi Tai Chi. Gentle, repeated movements which are easy to follow and great for mind and body. No experience necessary.*

**Where?**  Village Hall, Priory Road, Chilton Polden TA7 9EH  
**When?**  Fridays 2pm-3pm  
**Cost?**  £4.50

---

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
T’ai Chi - Highbridge

*Slow movements, focusing on breathing and the mental component of training. Good for balance, co-ordination and leg strength.*

**Where?** Community Hall, Market Street, Highbridge, TA9 3BW

**When?** Thursdays 12noon-1pm

**Cost?** £4.50

**Mature Movers - Nether Stowey**

*Movement to Music, choreographed, fun and lively, mainly standing with a seated element. No previous experience necessary.*

**Where?** Nether Stowey Village Hall, Lime Street, TA5 1NH

**When?** Wednesdays 1:00pm-2:00pm

**Cost?** £4.50

**Mature Movers - Pawlett**

*Fun, fairly active movement to music. Led by an experienced teacher, this session is good for improving balance, coordination and strength.*

**Where?** Pawlett Village Hall TA6 4RY

**When?** Tuesdays 2pm-3pm

**Cost?** £4.50

**Flexercise - Spaxton**

*Gentle chair-based fun and activity session. All welcome.*

**Where?** Spaxton Village Hall, High Street, Spaxton TA5 1BS

**When?** Fortnightly on Wednesdays 3pm-4pm. Contact us on 01823 345626 to check dates.

**Cost?** £2

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Choreographed, fun and lively, mainly standing with some seated.

Where?  Guildhall, Fore Street, Chard, TA20 1PP
When?  Mondays 10am-11am (class full—please contact us to join waiting list) and Thursdays 10.30am-11.30am (spaces available)
Cost?  £4.50

Improves muscle strength and balance to reduce risk of falls.

Where?  The Guildhall, Fore Street, Chard TA20 1PP
When?  See page 22 for more information & contact us.
Cost?  £4.00

Gentle exercise session with easy to follow movements, calming the mind and aiding relaxation.

Where?  St Mary’s Church Centre, Holyrood Street, Chard TA20 2DN
When?  Starts 13th January 2020 - Mondays 2:30pm—3:30pm
Cost?  £3.00
Chair based Mature Movers - Crewkerne

Chair based movement to music exercise class.

Where? Bowhayes Lodge, Furland Road, Crewkerne TA18 8DD
When? Thursdays 11am-12noon
Cost? Suggestion donations £1

Stay Strong, Stay Steady - Ilminster

Special sessions to specifically improve balance and muscle strength, reducing risk of falls.

Where? Muchelney House, Abbots Close, Ilminster TA19 0EF
When? See page 22 for more information & contact us.
Cost? £4

Seated Yoga, Stretch and Flex - Langport

Gently combines breathing and relaxation movements to balance the mind and improve flexibility.

Where? Great Bow Wharf, Bow Street, Langport, TA10 9PN
When? Mondays 9:30am-10:30am
Cost? £4.50

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Stay Strong, Stay Steady - Langport

Gentle exercise sessions to increase muscle strength and improve balance, reducing falls.

Where?  Ridgway Hall, Bow Street, Langport TA10 9PR
When?  Thursdays—by referral—please contact us to join
Cost?  £4.00

Tai Chi - Martock

Gentle exercise focusing on breathing to aid relaxation.

Where?  Martock Parish Hall, Church Street, Martock TA12 6JL
When?  2 Sessions on Tuesdays. Both classes full - contact us to join waiting list
Cost?  £2.50 suggested donation

Seated Yoga, Stretch and Flex - Martock

Combines breathing and relaxation movements to balance the mind and improve flexibility.

Where  Martock Parish Hall, Church Street, Martock, TA12 6JL
When  Wednesdays 11.30am-12:30pm
Cost?  £4.50

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Stay Strong, Stay Steady - Martock

*Gentle exercise to improve strength and balance, reducing falls.*

Where Bearley House, East Street, Martock TA12 6LZ

When? See page 22 for more information & contact us.

Cost? £4

**Mature Movers - Martock**

*Gentle, fun exercise sessions designed for older adults.*

Where Martock Parish Hall

When? Wednesdays 2:30pm-3:30pm (not running on the 2nd Wednesday of each month, 20th November or 11th December)

Cost? £4.50

**Extend - Movement to Music - Somerton**

*Suitable for the older adult & those less able. This fun session involves music, both seated & standing elements & helps balance, co-ordination and circulation.*

Where? Somerton Parish Rooms, Market Square, TA11 7NB

When? Mondays 10:15am-11:15am

Cost? £4.50

**Gentle Pilates - Somerton**

*Improve flexibility & co-ordination. A mix of standing and seated movements using mats and chairs - whichever suits the individual.*

Where? Somerton Parish Rooms, Market Square, TA11 7NB

When? Fridays, 11.30am-12.30pm

Cost? £4.50

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Stay Strong, Stay Steady - Somerton

Special sessions to specifically improve balance and build muscle strength, reducing risk of falls.

Where? The Wessex Rooms, Broad Street, Somerton TA11 7ND
When? See page 22 for more information and contact us.
Cost? £4

Stay Strong, Stay Steady - South Petherton

Special sessions to specifically improve balance and muscle strength, reducing risk of falls.

Where? Pitway Community Rooms, South Petherton, TA13 5AW
When? See page 22 for more information and contact us.
Cost? £4

Seated Yoga, Stretch and Flex - South Petherton

Seated Yoga session. Combines breathing and gentle relaxation movements to balance the mind and improve flexibility.

Where? Methodist Church Hall, Palmer Street, TA13 5DB
When? Wednesdays 2:15pm-3:15pm
Cost? £4.50

Stay Strong, Stay Steady - Wincanton

Gentle exercise session to improve strength and balance, reducing the likelihood of falls.

Where? Wincanton Memorial Hall, Wincanton BA9 9JX
When? See page 22 for more information & contact us.
Cost? £4.00

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Shibashi Tai Chi for Health - Milford Hall, Yeovil

Gentle, repeated movements which are easy to follow and great for mind and body. Can be done seated or standing. All welcome.

Where?  Milford Hall, Milford Road, Yeovil BA21 4QD
When?  Tuesdays 10:00am-11:00am
Cost?  £2

Shibashi Tai Chi for Health - St John’s, Yeovil

Gentle, repeated movements which are easy to follow and great for mind and body. Can be done seated or standing.

Where?  St John’s Road Retirement Living Scheme, BA21 5QA
When?  Thursdays 11:30am-12:30pm
Cost?  Suggested donation £2

Stay Strong, Stay Steady - Yeovil

Special sessions to specifically improve balance and muscle strength, reducing risk of falls.

Where?  More than one session.
When?  See page 22 for more information & contact us.
Cost?  £4

Movement to Music - Yeovil

Movement to Music session. All welcome.

Where?  Milford Hall, Milford Road, Yeovil, BA21 4QD
When?  Mondays 10:30am-11:30am
Cost?  £4.50
**Sessions in Taunton Deane**

---

**Flexercise - Bishops Hull**

*Gentle fun chair based session.*

Where? Malthouse Court, Bishops Hull, TA1 5HN  
When? Mondays 2:30pm-3:30pm  
Cost? £2.00

---

**Flexercise - Bishops Lydeard**

*Fun, gentle chair based session. All welcome.*

Where? Village Hall, Mount Street, Bishops Lydeard, TA4 3LH  
When? Mondays 2pm-3.30pm  
Cost? £2.00

---

**Tai Chi - Norton Fitzwarren**

*Tai Chi session. Slow movements and breathing - helps to reduce falls as good for balance, co-ordination and leg strength.*

Where? Village Hall, Station Road, Norton Fitzwarren, TA2 6RQ  
When? Mondays 1:30pm-2:45pm  
Cost? £4.50

---

**Tai Chi - Norton Fitzwarren**

*Tai Chi session. Slow movements and breathing - helps to reduce falls as good for balance, co-ordination and leg strength.*

Where? Village Hall, Station Road, Norton Fitzwarren, TA2 6RQ  
When? Mondays 1:30pm-2:45pm  
Cost? £4.50

---

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Flexercise - Lisieux Way, Taunton

*Gentle fun chair-based session. All welcome.*

**Where?** Methodist Church Hall, Lisieux Way, Taunton, TA1 2LB  
**When?** Mondays (Class currently full—please contact us to join the waiting list.  
**Cost?** £2.00

---

**Mature Movers - Taunton**

*Mature movers session. Movement to Music, choreographed, fun and lively, mainly standing with a seated element. All welcome.*

**Where?** YMCA, Lisieux Way, Taunton, TA1 2BL  
**When?** Tuesdays 10:00am-11:00am  
**Cost?** £4.50

---

**Tai Chi QiGong - Taunton**

*Gentle movements and a focus on breathing.*

**Where?** Trident Centre, Galmington Road, Taunton TA1 5NN  
**When?** Starts 8th January 2020 - Wednesdays 11:00am-12:00pm  
**Cost?** £3

---

**Stay Strong, Stay Steady - Taunton**

*Improves balance and muscle strength, reducing risk of falls.*

**Where?** Kilkenny Court, Station Approach, Taunton, TA2 7QL  
**When?** See page 22 for more information & contact us.  
**Cost?** £4

---

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Stay Strong, Stay Steady - Galmington, Taunton

*Improves balance and muscle strength, reducing risk of falls.*

- **Where?** Trident Community Centre, Galmington TA1 5NN
- **When?** See page 22 for more information & contact us.
- **Cost?** £4

Flexercise - Galmington, Taunton

*Gentle fun chair based exercise session. Tea/coffee available after.*

- **Where?** Trident Community Centre, Galmington Road, Taunton TA1 5NN
- **When?** Tuesdays 2:30pm-3:30pm
- **Cost?** £2

Stay Strong, Stay Steady - Taunton

*SPECIAL SESSIONS TO SPECIFICALLY IMPROVE BALANCE AND MUSCLE STRENGTH, REDUCING RISK OF FALLS.*

- **Where?** Comeytrowe Community Hall, Pitts Close, Taunton TA1 4TY
- **When?** See page 22 for more information & contact us.
- **Cost?** £4

Mature Movers - Scout HQ, Wellington

*Mature movers session. Movement to Music, choreographed, fun and lively, mainly standing with a seated element.*

- **Where?** The Scout HQ, 6 Fore Street, Wellington, TA21 8AQ
- **When?** Tuesdays 10am-11am
- **Cost?** £4.50

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageueksomerset.org.uk
Shibashi Tai Chi. Gentle, repeated movements which are easy to follow and great for mind and body. Can be done seated or standing.

Improves balance and muscle strength, reducing risk of falls.

Where? Lodge Close, Wellington, TA21 8JN
When? See page 22 for more information & contact us.
Cost? £4.50

Tai Chi Shibashi for Health - Wellington

Shibashi Tai Chi. Gentle, repeated movements which are easy to follow and great for mind and body. Can be done seated or standing.

Where? Lodge Close, Wellington, TA21 8JN
When? Mondays 1:45pm-2:45pm & 3pm-4pm
Cost? £4.50

Social Boccia and Kurling - Wellington

Friendly social activities, can be done seated or standing.

Where? Wellington Rugby Club, Corams Lane, TA21 8LL
When? Wednesdays 11:00am-12noon
Cost? £2

Chair based Mature Movers - Wellington

Fun session, suitable for all abilities. Wide range of movements, some balance and co-ordination behind the chair.

Where? Wellington Medical Practice, Mantle Street, TA21 8BD
When? Tuesdays 2:00pm-3:00pm
Cost? £4.50

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Shibashi Tai Chi for Health - Dunster

*Gentle exercise sessions focused on breathing and relaxation. Great for body and mind.*

Where? Dunster Tithe Barn, Priory Green TA24 6RY
When? Tuesdays 2:00pm-3:00pm
Cost? £4.50

Tea Dance - Minehead

*Fun Tea Dancing session with refreshments. All welcome, even if you don’t want to dance. No experience necessary.*

Where? St John Ambulance Hall, North Road, TA24 5QW
When? Monthly, Fridays 2pm-4pm - contact us for the next date.
Cost? £3.50

Stay Strong, Stay Steady - Minehead

*Gentle exercise to build strength and improve balance.*

Where? St John Ambulance Hall, North Road, TA24 5QW
When? Monthly, Fridays 2pm-4pm - contact us for the next date.
Cost? £3.50

Stay Strong, Stay Steady - Minehead

*Gentle exercise to build strength and improve balance.*

Where? Millbridge Church, 8 Parkhouse Road TA24 8AB
When? Thursdays 2:30pm—3:30pm
Cost? £4.00

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Swimming for 50+ - Minehead

Open to all. No teaching, no pre booking. On your first visit go to Butlin’s reception so they can issue you an access pass.

Where? Butlins Splash, Minehead, TA24 5SH
When? Mondays 8.30-9.30am
Cost? £4

Table Tennis, Fun and Friendship - Minehead

Sociable Ping Pong. Suitable for those returning to the game & beginners - great fun & refreshments. All welcome.

Where? Lawns Community Centre, Off Townsend Road, TA24 5QP
When? Fridays 10:00am-12noon
Cost? £2.50

Mature Movers - Minehead

Fun for all. Easy to follow choreographed movements to music.

Where? Sainsbury Hall, Sainsbury Road, Minehead TA24 8JZ
When? Tuesdays 3pm-4pm
Cost? £4.50

Gentle Mature Movers (Chair-based) Minehead

Gentle chair-based exercise session.

Where? St John Ambulance Hall, North Road, TA24 5QW
When? Tuesdays 11am-12pm
Cost? £4.50

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Tai Chi, Shibashi, for Health - Minehead

*Slow, easy to follow, gentle movements and breathing.*

Where?  Sainsbury Hall, Sainsbury Road, Minehead TA24 8JZ
When?  Tuesdays 1.30pm-2.30pm
Cost?  £4.50

Stay Strong, Stay Steady – Minehead

*Improves balance and muscle strength, reducing risk of falls.*

Where?  Minehead Hospital, Luttrell Way TA24 6DF
When?  See page 22 for more information & contact us.
Cost?  £4

Tai Chi, Qi Gong – Minehead

Where?  The Hobby Horse, Esplanade, Minehead TA24 5QP
When?  Mondays 3pm–4pm (starts 14th October)
Cost?  £4.50

Mature Movers – Old Cleeve

*Fun for all. Easy to follow choreographed movements to music.*

Where?  Old Cleeve Community Hall, Old Cleeve, TA24 6HJ
When?  Mondays 9.45am-10.45am
Cost?  £4.50

Mature Movers – Stogursey

*Fun and lively choreographed Movement to Music, mainly standing.*

Where?  The Youth Centre, Stogursey Victory Hall, TA5 1RN
When?  Wednesdays 11:30am-12:30pm
Cost?  £4.50

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Tai Chi - Stogursey
Gentle movements. Great for balance, mind and body. No previous experience necessary.

Where? The Youth Centre, Stogursey Victory Hall, TA5 1RN
When? Tuesdays 10.30am-11.30am
Cost? £3 including tea or coffee

Table Tennis - Watchet
Fun and friendly Table Tennis session. All welcome.

Where? Watchet Community Centre, Doniford Road, TA23 0TE
When? Mondays 2pm-4pm
Cost? £2

Mature Movers—Watchet
Fun and lively session involving gentle exercise to music. Includes elements of floor-based mat work.

Where? Watchet Community Centre, Doniford Road, TA23 0TE
When? Mondays 11:15am—12:15pm
Cost? £4.50

Chair-based Exercise for Everyday Living - Williton
Gentle chair based activity session.

Where? Williton Hospital, North Road, Williton, TA4 4RA
When? Thursdays 10am-11am  Cost? Donations

Stay Strong, Stay Steady - Williton
Improves balance and muscle strength, reducing risk of falls.

Where? Danesborough View, Williton, TA4 4SH
When? See page 22 for more information & contact us.
Cost? £4

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
These sessions can help you to:

- Rebuild your muscle strength
- Improve your balance
- Reduce your risk of falls
- Stay confident
- Maintain your independence
- Have fun and enjoy life!

Stay Strong Stay Steady classes are available across the county:

- Bridgwater - St Georges, Wembdon
- Burnham on Sea - Community Centre, Chichester Close
- Chard - Guildhall, Fore Street
- Frome - Christchurch Parish Hall
- Martock - Bearley House, East Street
- Minehead - Hospital, Luttrell Way
- South Petherton - Pitway Community Room, Yarlington
- Taunton - Multiple sessions available.
- Wellington - Lodge Close, Wellington, TD Housing
- Wells - Town Hall
- Williton - Danesborough View, Magna Housing
- Wincanton - Memorial Hall
- Yeovil - Multiple sessions available.

Qualified instructors run the classes using an evidence based programme which reduces falls, and improves balance, strength and confidence.

These classes are open to everyone wherever you live.

Before joining you need to complete a short questionnaire, please contact the Ageing Well team for more information

Phone: 01823 345626
email: ageingwell@ageuksomerset.org.uk
These ladies need someone to lead their fun gentle activity sessions ......

Could YOU be that someone?

Can you give a little time to make a big difference?
No experience is necessary & you will receive full training, support & travel expenses. To find out more about Volunteering with Age UK Somerset please:

email: volunteers@ageuksomerset.org.uk
call: 01823 345627
or visit: www.ageuksomerset.org.uk/volunteering

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Why do we need Ageing Well?
By encouraging older people to have a healthy lifestyle, Ageing Well aims to improve the quality of these extra years, ensuring that “adding years to life” also means “adding life to years”!

Our other Exercise and Activity Sessions
In addition to the sessions listed in this booklet we also organise sessions in North Somerset, and Chair-based Flexercise sessions (led by Volunteers), throughout Somerset and North Somerset. Please let us know if you would like information about these.

Would you like to get involved? Become a volunteer!
Our Volunteers lead regular chair-based activity sessions called Flexercise. These take place in various retirement and sheltered accommodation venues. The events are sociable and fun. No experience is necessary as full training is provided for volunteers. It will help if you have a friendly manner, enjoy meeting other people, are non-judgemental, and have a great sense of humour! We are also looking for Volunteers to run other activity sessions such as Boccia and Tai Chi. Again full training would be given.

If you would like further information or have any enquiries or suggestions for other sessions, please contact:

The Ageing Well Team, on
01823 345626
or email
ageingwell@ageuksomerset.org.uk