

A Summer of Sport

With the incredible Women's Euros win and the launch of the Commonwealth Games we hope that this has inspired people of all ages to come together and get more active. We are continuing to launch new classes and restart old favourites across Somerset and North Somerset!



BBC Points West visited our Coarse Fishing group in Somerton.
Did you catch it? [Click for more.](#)

Meet the Team

This month's spotlight is on Becky, the Ageing Well service manager. Find out more later in the newsletter.



Flex- appeal

We are recruiting volunteers for our Flexercise workshops, if you know of anyone who would be interested, please help spread the word.

These workshops are aimed at people who work with or have an interest in enhancing the lifestyle of the not so young. The workshops are open to volunteers, carers from nursing and residential homes, helpers in day care centres and officers or 'active' residents from sheltered homes.

The workshop will provide the necessary information that an individual will require to lead an activity session so that you can volunteer with us to help older people in your area stay more mobile, improve mental health and enhance their later years.

Flexercise Workshops



Our next workshops are:

**Edgar Hall, Somerton-
Wednesday 21st September 2022 10:30-14:30**

**Victoria Park Community Centre, Bridgwater -
Wednesday 19th October 2022 10:30-14:30**

**Wells Town Hall, Wells -
Wednesday 9th November 2022 10:30-14:30**

Somerset ageUK

Flexercise
Everyone welcome!

Gentle and fun chair-based activity session.
For improved muscle strength and flexibility.

Mondays
2pm - 3pm

Drop-ins welcome
Cost: £3

This class is held at:
Bishops Lydeard Village Hall
Mount Street
Bishops Lydeard
TA43LH

flexercise

To book your place or for more information please call the Ageing Well team at Age UK Somerset on
01823 345626
email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

Updated on: 04/05/2022 Registered Charity No: 1015900

We deliver Flexercise classes in Bishops Lydeard, Cannington, Spaxton and Bishops Hull well as private classes in supported living accommodation, and more are coming soon!

Farewell to Suzie

We would like to say a huge **THANK YOU** and wish our wonderful instructor, Suzie, all the very best in her new ventures.

Thank you for all the joy you have brought to your classes both online and face to face. We will miss you.

A message from Suzie.... I can't believe the time has come to say goodbye to Age UK after 12 amazing years of teaching exercise & yoga classes across North Somerset. I am excited for the future but it's tinged with sadness as I leave behind so many wonderful people.

I still remember seeing the poster in my local library advertising for anyone who loved exercise and working with older people who fancied training to work as an instructor for Age UK... I nervously made the call and never looked back! Finding a job I loved that I could also fit around my family was an absolute dream come true.

I can't thank Di Ramsay enough for all her encouragement and support when I started as a volunteer with what was then the "Fit as a Fiddle" team. She was such an inspiration to all who worked with her and I will never forget her enthusiasm and passion for everything she did.

Coming into contact with so many wonderful older people from Portbury, Pill, Easton in Gordano, Clevedon, Nailsea & Portishead has been life changing for me, we have shared so much fun and laughter, words of wisdom, advice & stories. I will miss that so much as I move on to pastures new.

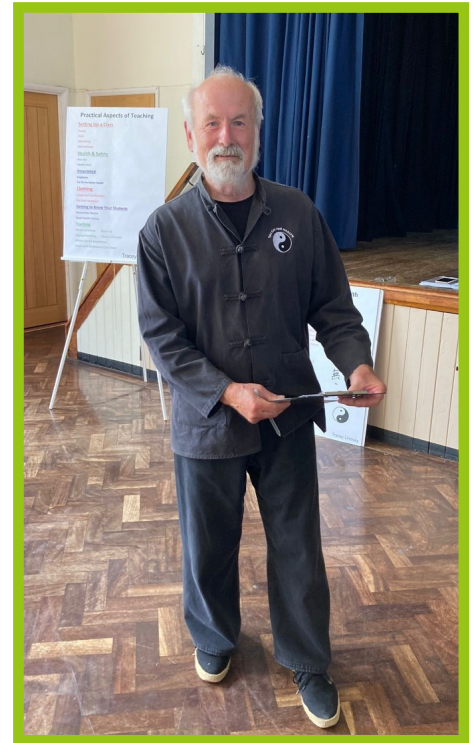
So, thank you to everyone who has come to my classes over the years & to the wonderful team at Age UK. I will miss you all...

Suzie



Tai Chi QiGong Training

Our new Tai Chi QiGong volunteers have undergone their Shibashi 1 training under the careful instruction of Paul Hodge and Tracey Lindsay. The workshops took place over a couple of days and, as the weather was kind, we managed to do some outside as well. We look forward to welcoming the new volunteers to the team and will have new classes coming soon- watch this space!



**“Tai Chi Chuan, the great ultimate, strengthens the weak, raises the sick, invigorates the debilitated and encourages the timid”
- Cheng Man-ch’ing**



Fundraising from one of our younger supporters



Green-fingered Emily (7), had the bright idea to sell the spare seedlings she had grown, in order to raise funds for Age UK Somerset's Ageing Well and Falls Prevention service.

She planted the seeds and potted them up herself, kept the sales table well-stocked and organised as well as designing posters to advertise it.

The garden sale was well attended by neighbours and passing dog walkers, and even received a donation of more seedlings from a local gardener, which helped raise even more funds.

Thank you, Emily, for your hard work and for raising awareness of our service as well as vital funds for our charity!

Inspired by the Commonwealth Games?

We deliver Table Tennis sessions in Watchet and Minehead.

Somerset ageUK

Table Tennis, Fun and Friendship

Fun & sociable ping pong!
Suitable for all - those returning to the game, or who want to learn!

Mondays
2 pm - 4 pm

This class will be held at:
Watchet Community Centre
Doniford Road
Watchet
TA23 0TE

Cost: £2.50
Drop ins welcome!

To book your place or for more information please call the Ageing Well team at Age UK Somerset on

01823 345626

email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

Ref: 19/05/2022 Registered Charity No: 1015600

Becky's Mini-Bio



Hello, I'm Becky (Ageing Well Manager). I can't really say I'm new anymore as I've already been in post for 12 months! Time has flown by and I've really enjoyed getting to know the wider team, and learning about the fantastic work of Age UK Somerset & North Somerset.

I grew up in a pub (my parents were the landlords), near Street and I attended Crispin secondary School. I graduated from Uni in 2004 with BA Hons degree in Leisure Management. I have lived in Cardiff (Wales), Dahab (Egypt), Okehampton (Devon), and Sydney (Australia).

Now, I live near Langport with my husband, six-year-old daughter, four-year-old son, and two kittens (brothers called Franky & Freddy). Life is very busy juggling my job, children, and attempts at a social life. My hobbies include wild swimming in lakes/seas/rivers, dancing, Qigong, reading, snowboarding, scuba diving, music, horse-riding and gardening. I also have a houseplant addiction.

I enjoy holistic therapies and researching how pain/movement/mood are all intrinsically linked. Over the span of my career, I have taught a vast array of studio classes, in many different leisure settings, I'm a qualified Level 4 instructor (cardiac rehab and falls prevention), and also a qualified trampoline coach and stop smoking practitioner.



Wild Swimming with Gill,
Ageing Well and Strong and
Steady Instructor, in the River
Parrett, Langport.



New to Weston-super-Mare - Outdoor Tai Chi



Outdoor Tai Chi QiGong



Gentle movements to improve balance, flexibility and strength

For your mind, body and wellbeing

Tuesdays
2:30pm – 3:30pm

Cost: £5 Booking Essential

To book your place or for more information please call the Ageing Well team at Age UK Somerset on

01823 345624

email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

Meet by:
The Bandstand
Grove Park
Weston-super-Mare
BS23 2QJ



Ref: 03/08/2022 Registered Charity No: 1015900

Starting on Tuesday 16th August at 2:30pm, we are delivering a brand new Tai Chi QiGong session in Weston.

We are thrilled to offer an outdoor class particularly as the physical and mental health benefits of spending time outdoors are becoming more and more recognised. Healthline.com reported boosted immune function and improved emotional wellbeing [Health Benefits of Being Outdoors: 8 Ways Nature Can Boost Wellness \(healthline.com\)](#)

Pre-booking is essential for this session and in adverse weather the class will not run.

Spotlight on...

Chair-based Mature Movers

Age UK Somerset offers a seated version of our fantastic Mature Movers sessions in Wellington. It's just as fun and lively as our standing classes.

Held at Wellington Football Club on Tuesdays at 1:30pm.



To increase and maintain general fitness



Chair-based Mature Movers

A lively but gentle session
Suitable for everyone – seated or standing

Tuesdays
1:30pm - 2:30pm

Cost: £5
DROP INS WELCOME
NO BOOKING REQUIRED

This class is held at:
Wellington Football Club
82 North Street
Wellington
TA21 8NA

For more information or to pre-register, please call the Ageing Well team at Age UK Somerset on

01823 345626

email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

Updated on: 01/06/2022 Registered Charity No: 1015900

Poet's Walk

During one of our team's 'walking meetings', a colleague brought this beautiful poem by Rose Milligan to our attention. It really resonated with our team and we thought you'd like to see it too.

Dust If You Must

-Rose Milligan

∞

Dust if you must, but wouldn't it be better
To paint a picture, or write a letter,
Bake a cake, or plant a seed;
Ponder the difference between want and need?

Dust if you must, but there's not much time,
With rivers to swim, and mountains to climb;
Music to hear, and books to read;
Friends to cherish, and life to lead.

Dust if you must, but the world's out there
With the sun in your eyes, and the wind in your hair;
A flutter of snow, a shower of rain,
This day will not come around again.

Dust if you must, but bear in mind,
Old age will come and it's not kind.
And when you go (and go you must)
You, yourself, will make more dust.

∞

It's National Poetry Day on 6th October, if you are inspired to write a poem about one of our classes or being active, then please share it with us - we may publish it (anonymously) in our Newsletter or on Social Media!

Even if you don't share it with us, we encourage you to have a dabble with some creative writing... it's a fun work out for our brains.

Dates For Your Diary

We've picked out some interesting dates to celebrate health and wellbeing and added them to the holiday calendar below.

The Ageing Well and Falls Prevention office is closed on bank holidays and please remember that classes don't run as we aren't available to give support.



August

29th Bank Holiday Monday

September

Falls Awareness Month

Urology Awareness Month

21st World Alzheimer's day

28th National Fitness day

29th World Heart Day

We'd love for you to get involved with our newsletter. If you want to share your feedback, photos or videos, then please don't hesitate to get in touch.

Please share
your stories
with us.

Contact Us



01823 345626
01823 345614



ageingwell@ageuksomerset.org.uk
fallsprevention@ageuksomerset.org.uk



[www.ageuksomerset.org.uk/
ageingwell](http://www.ageuksomerset.org.uk/ageingwell)



We are on Twitter, Facebook, and Insta!

@AgeWellSomerset