

HAPPY Easter

From us all in the Ageing Well and Falls Prevention team!



Spring into Action!

Welcome to Age UK Somerset's Ageing Well and Falls Prevention digital newsletter. We are trialling a new provider, so please bear with us if there are any teething issues, and thank you to all who have subscribed!

You are receiving this newsletter because you attend one of our exercise sessions or have previously opted in. You can manage your subscription preferences in the footer.

If this found it's way into your junk email, please add us to your contacts list or click 'this is not junk' so you don't miss any future emails!

This April will see some exciting events for our Ageing Well and Falls Prevention service. One of our fundraisers, Gus, is running the Paris Marathon to raise money for Age UK Somerset's 75th Anniversary appeal. While at the end of the month we will be celebrating World Tai Chi and QiGong day.

Running for Ages

Gus is taking part in the Paris Marathon to raise money for Age UK Somerset's 75th Anniversary appeal.

Meet Gus:

Hi, I'm Gus. I'm a senior commercial manager from Taunton. I enjoy sport, travel and music.



Why a Marathon?

I've always wanted to try a challenge like a marathon. Keeping active and being involved in sport is something I've always been interested in but I've never experienced an endurance event like this before. The Paris Marathon is an ideal opportunity to combine my interests and really test myself.

Why Age UK Somerset?

Born and raised in Somerset, I'm passionate about supporting this fantastic local charity. I've seen first hand how family and friends have benefitted from their services, including staying active with their Ageing Well exercise classes and the Information and Advice service. Age UK Somerset is 75 years old this year, I want to help ensure this wonderful charity continues to support local older people for another 75 years!

The Ageing Well team will be following Gus' journey and wish him all the best, and bonne chance, for the Paris Marathon!

Follow us on @AgeWellSomerset to keep up to date with his progress. Take a virtual tour of the route: [Schneider Electric Marathon de Paris - Parcours 2023 - YouTube](#)

[Donate Here](#)

World Parkinson's Day

World Parkinson's day takes place on 11th April every year to raise awareness of Parkinson's. [Parkinson's UK](#) says,

"Living with Parkinson's is tougher than people think. But it doesn't define you. You are still you. You can still do amazing things in spite of Parkinson's. Parkinson's is different for everyone. Different symptoms, different experiences. Diagnosis is scary and there's currently no cure. Living with Parkinson's can be challenging but one thing stands out. The Parkinson's community is bright and brilliant."

Our volunteer, Pat, teaches a seated exercise class for the [Taunton and Mid Somerset Parkinson's group](#) once a month in Cheddon Fitzpaine.

"I have taken a monthly seated exercise class at the above group meeting for several years. There can be about 20 participants with equal numbers of ladies and men, along with spouses helping their loved ones with coordination etc if necessary. I love this group as I feel the physical activities help with their balance, improve their strength and pain control as well as having fun, lots of laughs and helping with anxiety and depression."



If you want to find out more about Parkinson's there's a [FREE online conference](#) 11-13th April. INSIGHT into PD brings you presentations from Parkinson's experts on health, wellbeing, medicine, research and care.



Able Like Mabel

Age UK Somerset are working with Wesport to spread the word about the Fall-Proof campaign in North Somerset.

Fall-Proof is an easy-to-use strength and balance plan, with exercises to help to maintain your independence and keep you out and about doing the everyday things you love to do.



Do you belong to any groups who may be interested in having a guest speaker from Age UK Somerset to come and share more information on the Fall-Proof campaign?

For more information please [email our Falls Prevention team](#).

New Class Updates

After our search for volunteer Flexercise instructors in North Somerset, we are delighted to launch Flexercise in Wrington. This is the first time we have set up a class in this location! And our only current Flexercise class in North Somerset that is open to the community. We have also recently started a new closed class in Nailsea, to help keep residents of a retirement complex active.

NEW CLASS!
Starting 19th April 2023

Flexercise
For men and women over 60

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

Wednesdays
2:30pm – 3:30pm

This class is held at:
Wrington Memorial Hall,
Silver St,
Wrington,
BS40 5QE

Cost: £3
PRE-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

flexercise

Information correct on: 08/03/2023 Registered Charity No. 1015003



Fishing group in Somerton re-starting

In preparation for our coarse fishing group re-starting, participants Ray, Jim and Steve kindly volunteered their time last Saturday to give the lake a tidy up.

Our fishing sessions will recommence Wednesday 19th April, 10am - 3pm, pre-booking is essential- £3 per week.

This is a relaxed, informal, volunteer led session. You will need your own kit, but bait is available on site for a small fee.

For more details contact: **01823 345624** or [email our Ageing Well team](#).

Spotlight on...

Weston, Worle and Surrounding Villages

The Ageing Well service is dedicated to improving the health and wellbeing of older people in Somerset. Our recent social media spotlight was on the classes we deliver in the Weston area.

With Tai Chi, Flexercise, Movement to Music, and Strong and Steady sessions to choose from, there's something for all tastes.

You can find our classes in Weston, Worle, Kewstoke and Bleadon (as well as across North Somerset and Somerset).

Outdoor Tai Chi Qigong
Gentle movements to improve balance, flexibility and strength
For your mind, body and wellbeing

Tai Chi Qigong
Gentle movements to improve balance, flexibility and strength
For your mind, body and wellbeing

Thursdays 3pm - 4pm
The Helmsley House, Weston, Somerset, BS23 1BE

Thursdays 10am - 11am
The Helmsley House, Weston, Somerset, BS23 1BE

01823 345624
www.ageuksomerset.org.uk
info@ageuksomerset.org.uk

What's on in the Weston area

Tai Chi Qigong
Gentle movements to improve balance, flexibility and strength
For your mind, body and wellbeing

Thursdays 3pm - 4pm
The Helmsley House, Weston, Somerset, BS23 1BE

Cost: £3
Pre-booking essential

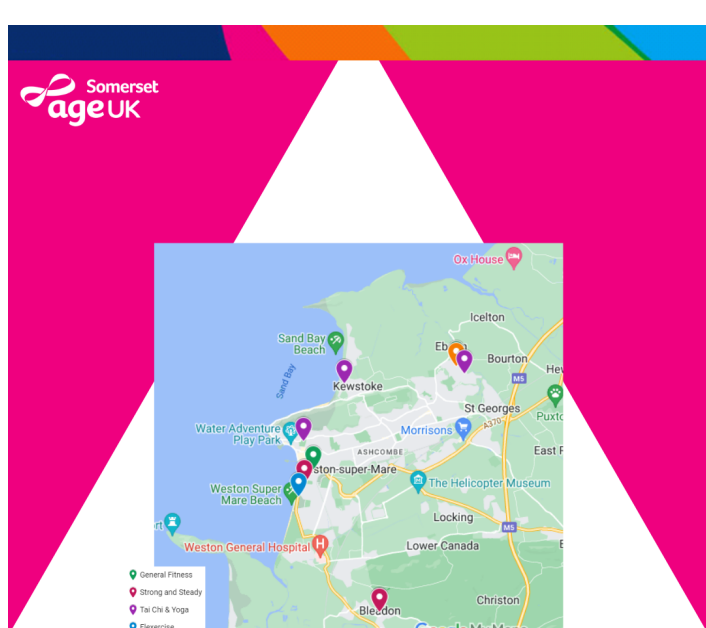
To book your place or for more information please call the Ageing Well team at Age UK Somerset on **01823 345624**
email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

Coming Soon!

Did you see it?

Why not follow our Facebook page @AgeWellSomerset to keep up to date with what's happening.

To find out what's on near year go to our [interactive map and timetable](#).



Exercise classes in and around Weston

Get Outside in Somerset

As we welcome the spring you may find yourself wanting to find new ways to 'get outside in Somerset'. The days are getting longer, warmer and plants begin to bloom with local wildlife making more of an appearance too.

For many of us, the change in weather and season can bring us may positive feelings, but you may also be looking for a good place to start. Get Outside in Somerset have created this handy guide of 5 ways to help you get that

#SpringInYourStep!

Get That Spring Back in Your Step!

1 Set yourself 3x goals to Get Outside this Spring
Setting goals can give you something to look forward to and focus on. Perhaps you've been wanting to get the bikes out of the shed and go for a cycle?

2 Go for a walk with your family, friends or colleagues
Kick-start your Spring by going for a walk!
A great opportunity to enjoy the changing season, discover somewhere new, or visit your favourite place!

3 Get Outside in your garden or local open space before the sun sets
As the days get longer, you might find spending more time outside that little bit easier. As the evenings stay lighter for longer, sit outside and enjoy the fresh air.

4 Get the gardening gloves back out and be nurtured by nature!
Gardening is a great way to enjoy time on your own or with the family, nurturing your outdoor space, watching the flowers bloom and local wildlife return!

5 Document what you have been doing to Get Outside in Spring!
Taking photos, videos or writing down your day can be a fantastic way to document the changing season, capture memories and enjoy the beautiful landscape around you!

#SpringInYourStep www.getoutsideinsomerset.co.uk

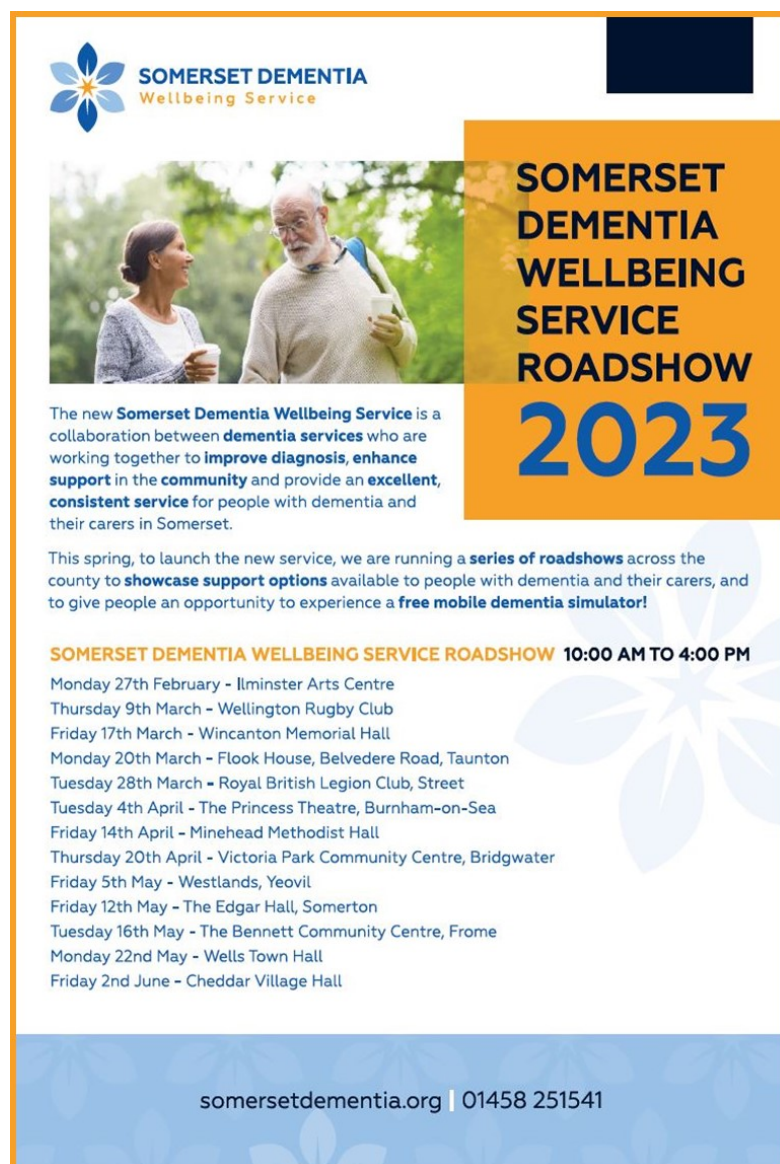
The Get Outside in Somerset project is empowering and supporting people across Somerset to get outside and move in more ways that suit them.

For more information visit the [Get Outside in Somerset website](#).

Want to get outside with Age UK Somerset?

We have outdoor Tai Chi QiGong in Weston and our Coarse Fishing session in Somerton is relaunching soon!

Somerset Dementia Wellbeing Service Roadshows



SOMERSET DEMENTIA Wellbeing Service

SOMERSET DEMENTIA WELLBEING SERVICE ROADSHOW 2023

The new **Somerset Dementia Wellbeing Service** is a collaboration between **dementia services** who are working together to **improve diagnosis, enhance support in the community** and provide an **excellent, consistent service** for people with dementia and their carers in Somerset.

This spring, to launch the new service, we are running a **series of roadshows** across the county to **showcase support options** available to people with dementia and their carers, and to give people an opportunity to experience a **free mobile dementia simulator!**

SOMERSET DEMENTIA WELLBEING SERVICE ROADSHOW 10:00 AM TO 4:00 PM

- Monday 27th February - Ilminster Arts Centre
- Thursday 9th March - Wellington Rugby Club
- Friday 17th March - Wincanton Memorial Hall
- Monday 20th March - Flook House, Belvedere Road, Taunton
- Tuesday 28th March - Royal British Legion Club, Street
- Tuesday 4th April - The Princess Theatre, Burnham-on-Sea
- Friday 14th April - Minehead Methodist Hall
- Thursday 20th April - Victoria Park Community Centre, Bridgwater
- Friday 5th May - Westlands, Yeovil
- Friday 12th May - The Edgar Hall, Somerton
- Tuesday 16th May - The Bennett Community Centre, Frome
- Monday 22nd May - Wells Town Hall
- Friday 2nd June - Cheddar Village Hall

somersetdementia.org | 01458 251541

Age UK Somerset's Memory Connections team is collaborating with other local partners to form a brand new service, the Somerset Dementia Wellbeing Service. This has been devised to improve diagnosis, enhance support in the community and provide an excellent, consistent service for people with dementia and their carers in Somerset.

To launch the new service, there are a series of roadshows across the county. A team from Age UK Somerset will have a stall at these forthcoming roadshows:

-[Bridgwater](#)

-[Somerton](#)

-[Wells](#)

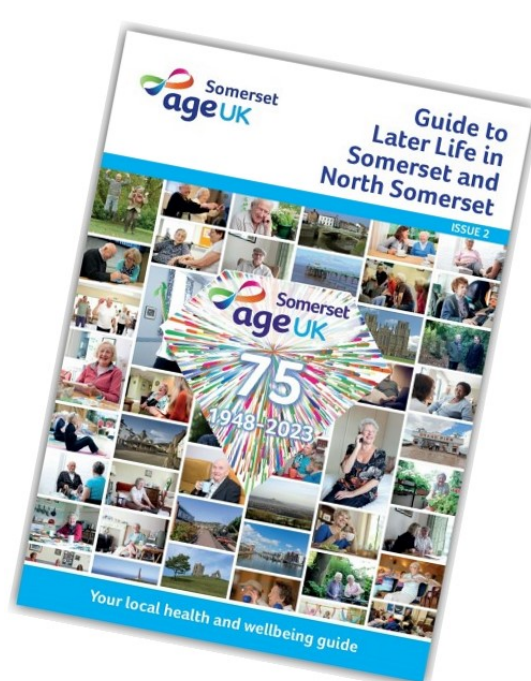
Why not pop along to find out more?

A new website is also being launched soon: [Somerset Dementia](#)

Your local health and wellbeing guide

Issue 2 of Age UK Somerset's Guide to Later Life is now available to view online, or download as a pdf. Hard copies are coming soon.

[Download Your Guide](#)



Age UK Somerset's 75th Anniversary

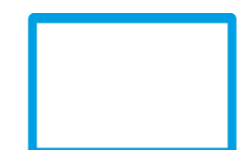
We would love you to be part of the celebrations that we will be planning throughout 2023. More information about our events, activities and campaigns will be shared [here](#).



Contact Us



01823 345626
01823 345614



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



[Our Website](#)



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Twitter



Instagram

Our mailing address is:

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