



Welcome to our Winter bumper issue!

We would like to take this opportunity to wish you all a very Merry Christmas and a Happy and Healthy New Year.

New Classes

We are thrilled to be launching some new classes across the county early next year.

Somerset

We are launching our Tai Chi QiGong session in Berrow, Sedgemoor.

North Somerset

Movement To Music is coming to Backwell in January.

New Class!
Starting 8th January '24

Tai Chi QiGong
seated & standing

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

Mondays (Term-time only)
2pm – 3pm

Cost: £5
For more information or to sign up please call Age UK Somerset on:
01823 345624
email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

This class is held at:
Berrow Village Hall
Parsonage Road
Berrow
TA8 2NL

Please check dates in listing prior to attending

Updated on: 28/11/2023

NEW CLASS!
Starting Thurs 4th January '24

To increase and maintain general fitness

Movement to Music
A fun and lively choreographed class.

Thursday
10am – 11am

Cost: £5
For more information or to sign up contact Age UK Somerset on:
01823 345624
email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

This class is held at:
Backwell WI Hall
Station Road
Backwell
BS48 3JW

Please check the class in listing prior to attending

Updated on: 28/11/2023

Timetable updates

Please note a change to our timetable...

Bleadon Tai Chi QiGong - as of Tuesday 9th January, our Tai Chi Class in Bleadon Village Hall will be held on Tuesdays at 2pm, term-time only.

Fond Farewells

The team is sad to be saying goodbye to both Becky, our Ageing Well Manager and Julie, our Deputy Manager and Coordinator for Taunton, West Somerset and Sedgemoor.



The team would like to say a huge thank you to Becky, who has worked tirelessly to invigorate the service and get our fun and friendly classes up and running again after the pandemic. Bringing classes back that had to stop and launching new ones across the county. Her dynamic and joyful approach and caring nature will be really missed.

Thank you to Becky from us all and wishing you the best of luck in your new venture.



A message from Phil Dolan, our Chief Executive Officer:

We are all sad to be saying 'bye' to Becky, our Ageing Well Manager. Although Becky has only been with us for around two and a half years she has certainly left her mark. Bringing a passion for physical exercise, an energy to get things done and a real emphasis on teamwork she leaves the team in a much stronger place. We wish her all the best as she continues her career in physical activity in Somerset.



As we bid farewell to our dear colleague, Julie, emotions run deep within our hearts. We will miss her tremendously, not just as a colleague but as a true friend. Julie embodies the essence of integrity in everything she does, setting a standard that inspires us all. Her youthful spirit & zest for life have been a constant source of joy in the office. Julie's commitment to going above and beyond in her work has left an indelible mark on our team.

Beyond her professional contributions, Julie has shared her passion for Tai Chi, guiding us to find balance and tranquillity amidst our hectic schedules. Her

patience as an instructor reflects the same patience she's shown in the workplace.

As Julie embarks on this exciting journey of retirement and travel, we can't help but acknowledge that the office won't be the same without her. While we bid farewell to a valued colleague, we also celebrate the beginning of a new chapter in her life. Julie, your legacy here will endure, and our warmest wishes accompany you on every step of your adventure. You will be dearly missed - remember to send us a postcard!

Keep Active This Winter

There are many reasons why you might not be able to get to your usual exercise class this winter. Remember our online sessions, which are a great alternative if you can't get out and about... or to top up what you're already doing!

Anyone in Somerset or North Somerset who is over 55 can participate in our online classes from the comfort of their own home.



suggested donation from £4

**Don't miss out if you can't get out...
join one of our online classes!**



Weekly classes include:
Tai Chi QiGong
Seated & Standing Pilates

For any one over 55 and living in Somerset & North Somerset

For more information call 01823 345624
ageuksomerset.org.uk/onlineexercisessions



Registered Charity No: 1015900

Walk This Way

In November, as part of our office wellbeing programme, we had a Nordic Walking taster session.

Our leader was Julie, from Go Nordic in Sedgemoor, who was very patient with our lack of experience and we all enjoyed it immensely!

We started with a warm up – walked for an hour and then a cool down. Nordic walking works the upper body and has many health benefits – being in nature, improving circulation to name just a few.

Lots of people talked to us en route and we had great fun. Definitely to be recommended and we all came back to the office with a smile!



Ian's story: The four "F's" — Family, Friends, Faith and Fitness

Ian attends one of our Movement to Music classes and has shared his incredible story with us...

"Well it started with a cycle ride to the train station going horribly wrong and me waking up nine weeks later in a hospital bed..."

I had damaged, fractured and broken my toes, foot, ankle, knee, ribs, shoulder, teeth, my left eye optic nerve (causing it to shut for 3 months) and severe brain injury. Since then learning to walk and balance have been the main issues. My thoughts and speech passed the specialists tests, though.

My final doctor recommended me to a nurse's journalist as they were impressed with the speed of my recovery; they put it down to my four "F's", especially my faith and friends, who would pop into the ward, when I came out of intensive care.

In order to get my fitness back on track and improve my balance, I joined a health walk and a class for movement run by Hannah. At first it was like throwing money against a wall and expecting it to bounce back, but through determination and perseverance it started to change round. I found I could do sections of the class although marching and dropping/catching a bean bag with my left hand is still difficult to do. In fact, most things involving my left arm is difficult but Hannah is patient with me. The rest of the class think it's funny and laugh and smile - I don't mind as even they say I'm now better than when I first started.

All I can recommend, with a smile, is: don't get run over by a truck carrying scaffolding on your bicycle... it trashes your bicycle, ruins your body and you get to go to Hannah's classes ... just walk to Hannah's classes, it's more fun."



Age UK Somerset's 75th Anniversary Christmas Carol Service at Wells Cathedral

JOIN US TO CELEBRATE THE JOY OF CHRISTMAS, AND AGE UK SOMERSET'S 75TH ANNIVERSARY!

Christmas
CAROL SERVICE

Wednesday 13th December, 11am

at the magnificent Wells Cathedral

Featuring traditional Carols and readings, and performances from the fabulous TAUNTON DEANE MALE VOICE CHOIR and Age UK Somerset's own Volunteer CHOIR OF AGELS!!!

ALL ARE WELCOME TO THIS FREE EVENT!
NO TICKETS NECESSARY

If you are bringing a large group or if have any questions please get in touch by calling 01823 345627

Supported by Somerset Care

During the Service there will be a collection for Somerset ageUK

Registered Charity 1011900

Christmas Class Dates

Our instructors and volunteers will be having some time off over the festive period and classes will not be running. Please see the dates below, however do also check with your instructor, who may be choosing to be off for longer. Thank you.

- Fri 22nd -business as usual**
- Mon 25th office closed, no classes**
- Tues 26th office closed, no classes**
- Wed 27th office closed, no classes**
- Thurs 28th office closed, no classes**
- Fri 29th office closed, no classes**
- Mon 1st Jan office closed, no classes**
- Tues 2nd Jan business as usual**

Your News

A Marathon Swim- update

Massive congratulations to instructor, Gill, who completed her Marathon swim (10km) in 3 hrs 54 mins (4 hours 20 with transitions) and raised some much needed funds for the Alzheimer's Society.



Fundraising Flexercisers

In Bishops Lydeard, near Taunton, participants usually meet after each Flexercise session for some cake and a chin wag. However, recently they were inspired to do some impromptu fundraising.

Several members of the class have been affected by breast cancer and so they decided to turn their usual post-class tea and cake gathering into a fundraising opportunity. All members brought in tea and cake to share, and all members made a donation... and they made an astonishing £95 for Breast Cancer UK!

What a fantastic idea – thank you for sharing your news with us. And now we fancy some cake ...



Please get in contact if you would like to share any news or stories from your classes, we love seeing what our participants are getting up to!

Contact: sarahjane.fraser@ageuksomerset.org.uk if you would like to be featured or if you have any questions. We will need to gain consent for any photos shared.

News from our community

New 30 minute Monday Health Walks from the 8th January 2024 in Weston-super-Mare!

30 minute walks to be offered alongside our usual one hour walks in Weston-super Mare on Mondays at 2pm.



We will meet at the same starting point, but for a shorter walk of approximately 30 minutes.

Ideal if you prefer a shorter walk

Dates and locations will be available from mid-December

If you have any questions, please call or text Kira on 07882 474 692

Aimed at individuals who want to start and stay active.

Assistance dogs only please.

If you need support to walk, please bring someone with you

Please wear suitable clothing and footwear

No need to book, just come along!

GetActive@n-somerset.gov.uk

www.betterhealthns.co.uk/get-active/walking/



Sloppy Slippers Roadshow

Preventing falls and staying well

Thursday 14 December
11am – 2pm

The Beach Hotel, The Avenue, Minehead, TA24 5AP

Visit our 'Sloppy Slippers' roadshows across Somerset for a complimentary pair of slippers designed for stability. Find out more about the community support in Somerset to help improve your strength and balance.

Partners in attendance:

- Somerset Activity and Sports Partnership (SASP)
- NHS Somerset
- Somerset Sight
- Medequip
- Age UK Somerset
- Health and Wellbeing Coaches for Living Better
- The Beach Wellness
- CCS Village Agent

Find out more and see other dates at: www.oursomerset.org.uk/falls-prevention



Facebook



Instagram



Twitter



Email



Website



Phone

Our mailing address is:

Age UK Somerset, Ash House, Cook Way, Taunton, TA2 6BJ

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