

# 42,043

## Wow!

In 2023, our Ageing Well and Falls Prevention classes had an incredible total of 42,043 attendances.

We are proud of all our participants, and thankful to our volunteers and instructors who have helped keep so many people active across Somerset and North Somerset.

## New Classes

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

### Somerset

We are launching Flexercise in West Somerset. Locals to the Watchet area can come along to our new Wednesday class at the Methodist Schoolroom, Harbour Road.



**NEW CLASS!**  
Starting Wednesday 14<sup>th</sup> Feb '24



**Flexercise**  
Everyone welcome!

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

**Wednesdays**  
2:30pm – 3:30pm

This class is held at:  
The Methodist Schoolroom  
3 Harbour Road  
Watchet  
TA23 0AQ

**Cost: £3**

For more information or to sign up please call Age UK Somerset on

**01823 345624**



email: [ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk)

visit our website: [www.ageuksomerset.org.uk](http://www.ageuksomerset.org.uk)

Please check class is running prior to attending

Information correct on: 23/01/2024

Registered Charity No: 1015900

**The instructor is very warm, inclusive. Ensures everyone feels a part of the process. Brings new ideas to the class. She ensures everyone knows each other and has a good sense of humour.**

**-Survey Feedback, Flexercise**

### North Somerset

Due to popular demand, we are launching more Tai Chi QiGong classes in Nailsea and Clevedon.



**NEW CLASS!**  
Starting 20<sup>th</sup> February '24



**Tai Chi QiGong**  
seated or standing

Gentle movements to improve balance, flexibility and strength

For your mind, body and wellbeing

**Tuesdays**  
11:15am – 12:15pm

**Cost: £5**  
For more information or to sign up please contact Age UK Somerset on

**01823 345624**

email: [ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk)  
visit our website: [www.ageuksomerset.org.uk](http://www.ageuksomerset.org.uk)

This class is held at:  
1st Clevedon Scout Hall  
Great Western Rd  
Clevedon  
BS21 6HG

Please check class is running prior to attending

Information correct on: 05/02/2024

Registered Charity No: 1015900



**NEW CLASS!**  
Starting Tuesday 27<sup>th</sup> February '24



**Tai Chi QiGong**  
seated or standing

Gentle movements to improve balance, flexibility and strength

For your mind, body and wellbeing

**Tuesdays**  
11 am – 12 noon

**Cost: £5**  
For more information or to sign up, please call Age UK Somerset on

**01823 345624**

email: [ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk)  
visit our website: [www.ageuksomerset.org.uk](http://www.ageuksomerset.org.uk)

This class is held at:  
Main Hall  
Tithe Barn  
Church Lane  
Nailsea  
BS48 4NG

Please ensure class is running prior to attending

Information correct on: 18/01/2024

Registered Charity No: 1015900

## Why not keep dancing with Age UK Somerset?

We are launching a new dance-based exercise session in Uphill, Weston-super-Mare, called Strictly Seniors, and it's starting this Valentine's Day. This fun and dynamic class is designed for people over 55 and combines dance moves from Salsa, Rhumba and more.

Starting 14<sup>th</sup> February, the weekly class will be delivered at Uphill Victory Hall, Westfield Road, BS23 4XG, Wednesdays at 10:15am, £4 per class.

Instructor Tansin, who has been volunteering with Age UK Somerset since 2013 says, "Would you love to dance in the styles of Strictly, move to super music, stay healthy by challenging yourself from head to toe, and simply have a good time with fellow solo dance-lovers? Then this class is for you."

You won't need to bring a partner to enjoy this class, but please wear loose, comfortable clothes and shoes suitable to dance in; sequins are optional!



## Strictly Seniors

### A fun and lively dance-based class

With traditional dance moves from the Salsa to the Rumba!

**Wednesdays**  
10:15am – 11am

**Cost: £4**

For more information or to sign up, please call Age UK Somerset on

**01823 345624**

email: [ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk)

visit our website: [www.ageuksomerset.org.uk](http://www.ageuksomerset.org.uk)

This class is held at:  
Uphill Victory Hall  
Westfield Road  
Uphill  
BS23 4XG

Please check the class is running prior to attending

# Strictly Seniors

Details correct on: 23/01/2024

Registered Charity No: 1015900

## Timetable updates

Please note changes to our timetable...

### Somerton

Starting 20th February, Gentle Pilates in Somerton will be held on Tuesdays at 10am in Somerton Parish Rooms, Market Square.

### Milverton

Our Tai Chi QiGong class in Milverton is now held at 11:30am on Mondays at The Victoria Rooms, Fore Street.

### Wellington

As of February 9th, our Wellington Tai Chi class will be held on Fridays at 11:30am at Wellington Rugby Football Club.

## Welcome to the Team

*We have some new faces in the team so over the next few issues we will be featuring our new staff members.*

Congratulations to Dawn, our new Ageing Well Manager. Some of you will have met Dawn already as she started working with Age UK Somerset just over two years ago as the North Somerset Class Co-ordinator. Soon after starting with AUKS she was promoted to Deputy Manager and has now stepped up to the role of Manager.

Dawn brings a wealth of knowledge and experience to the team; as well as working as an exercise specialist, she has managed a successful exercise referral programme, and has worked in HR and Information Management. Dawn is really looking forward to developing the Service and supporting the Ageing Well team, instructors and volunteers.



Dawn and Susie.

## Meet Susie

I joined February 2023 as an Administrator with Keith and immediately loved the friendly atmosphere of all of the teams in the office. I am delighted that I have had the opportunity to join the Falls Prevention Team as the Falls Prevention Co-ordinator and am excited for things to come.

Fun facts:- I love to craft, and upcycle bits of furniture and I dabble in upholstery; I have just finished my first antique button back chair – never again!!

I own a very loved, but very old, little camper van called Princess, and I love travelling out on days out in her, but not too far—my favourite spots are still down in Devon where I am from.

I used to work directly for Deborah Meaden of Dragon's Den fame back in the 90's!

I was born in Africa. I live in Taunton with my partner and his youngest daughter, we've just bought our first house together, we have a total of 4 children and 1 dog between us.



## Sloppy Slippers

"Sloppy Slippers Somerset" is a new campaign by NHS Somerset and SASP (Somerset Activity and Sports Partnership). The campaign aims to address a critical public health issue: the high risk of falls in adults, particularly the over-65 population due to poorly fitting footwear. Inspired by data from the University Hospitals of Leicester indicating that 24,000 older adults in the UK experience falls at home annually because of 'sloppy' slippers, this initiative aims to provide free, well-fitting, and supportive slippers to adults in Somerset.

Through a series of engaging roadshows across the county, they will not only distribute these footwear options to eligible residents, but also educate our Somerset communities about the steps they can take to reduce their chance of falling.

Voluntary sector organisations including CCS, Spark Somerset, and Somerset Sight will also be at the roadshows to offer advice and information.

[Find Out More](#)

Adults can attend a series of roadshows across the county to collect a new, free pair of slippers to help keep them warm and, importantly, steady on their feet.

Partner organisations including Age UK Somerset, will also be in attendance to provide information and support. Booking may be required, the next roadshows are:

**Fri 9 Feb | 11-2 Independent Living Centre Wellington**  
17 Knights Road, Chelston Business Park, Wellington, TA21 9JH

**Fri 16 Feb | 11-2 Independent Living Centre Yeovil**  
Yeovil Innovation Centre, Barracks Close, Copse Road, Yeovil, BA22 8RN

**Thurs 22 Feb | 11-2 Chard Library**  
Holyrood Lace Mill, Holyrood Street, Chard, Somerset TA20 2YA

## Sloppy Slippers Roadshow in Taunton

We caught up with Becky (former Ageing Well Manager) at a recent Sloppy Slippers event in Taunton. Becky is now working for SASP (Somerset Activity Sports Partnership) as their Senior Project Officer for Health.

At the roadshow, attendees collected their free pair of slippers and then were welcome to wander around the stalls of partner organisations to find out what support is available in Somerset. As well as Age UK Somerset there were stalls from SASP, NHS Somerset, Healthwatch, Everyone Active, Somerset Library and Somerset Lifeline.

It was fantastic to meet members of the community and have meaningful and helpful conversations about services which may benefit them, as well as meeting up with a our partner organisations.



## Don't Fall, Walk Tall

The Falls Prevention team will be at the next Don't Fall, Walk Tall event in Portishead. These roadshows have previously been held in Yatton and Banwell with great success. If you're in the area on the 15th February, why not come along and see what they're all about?

### DON'T FALL, WALK TALL

FALLS PREVENTION DROP-IN EVENT  
PORTISHEAD FOLK HALL, HIGH STREET, BS20 6PR  
15 FEBRUARY 2024 : 12:30 - 4pm



Have you, or someone you know, had a fall or a near miss where you've tripped or slipped recently? Are you a bit unsteady on your feet or have you noticed you've been holding onto furniture to support yourself walking? A fall can impact people's lives by limiting their mobility, restricting their activities, as well as living independently and that's not great!

So, come along to our event where there will be experts on hand who will be able to show you what you can do to reduce the risk of falling in order that you can live life to the full.

FREE  
Raffle  
Entry

FREE  
Goody  
Bags

FREE  
transport  
if  
needed

Discount  
voucher  
on new  
slippers



FOR FURTHER INFORMATION  
CONTACT US:  
01934 416486  
info@vansmail.org.uk

TRANSPORT NEEDED?

If you need transport from within the local area to get to the event, you just need to let us know - see the contact details.

## Love Yourself This Valentine's Day

Why not love yourself this Wednesday 14th February and head outside for some fresh air and a walk? Or if you have a class on near you, be sure to sign up.

[Find Out What's On Near You](#)



## 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.

**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

## Free Health Walks

Did you know you can take part in free health walks in both Somerset and North Somerset. Check out what's available near you...

**Would you like to find out more about walking or where you can take part in Somerset?**

Our free health walks are walks done on a regular basis, ranging from gentle, moderate to advanced. Walks are for all abilities and ages.

**Contact Co-ordinator Georgina Hainsby on:**  
 ☎ 07599654679 ✉ walks@sasp.co.uk  
 🌐 www.sasp.co.uk/health-walks  
 📱 SomersetHealthWalks

*Interested in leading a walk?  
You can also become a volunteer health walk leader.*

**Looking to get more active?  
Come along to a free Health Walk**

Led by our friendly and trained walk leaders.

Walks take place in:

- Clevedon
- Long Ashton
- Nailsea
- Portishead
- Weston-super-Mare
- Winscombe
- Yatton

All abilities | Everyone welcome | 30 to 90 minute walks available

For more information  
 Visit: [betterhealthins.co.uk/get-active/walking](http://betterhealthins.co.uk/get-active/walking) Call: 01275 882 730  
 Email: [getactive@n-somerset.gov.uk](mailto:getactive@n-somerset.gov.uk)

## Your Stories

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](mailto: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

# Bridgwater Community Drop-In Tuesdays 10 am-2 pm at the Town Hall starting 17th October

Join us every week to -

- have a free cuppa
- read a newspaper
- use the laptop
- charge your phone
- have a chat
- pick up a leaflet and information on local organisations and services

**Need help getting online, using your computer, laptop, phone, or tablet?**

# FREE DIGITAL CAFÉ BRIDGWATER

Every Tuesday from 9th January  
10am - midday  
Bridgwater Town Hall, High Street,  
TA6 3BL  
All abilities, ages, and devices  
welcome!

Email: [sparkit@sparksomerset.org.uk](mailto:sparkit@sparksomerset.org.uk)

[www.sparksomerset.org.uk/spark-it](http://www.sparksomerset.org.uk/spark-it)

Proudly supported by Spark Somerset, Somerset Foundation Trust and Somerset ICB



Our mailing address is:

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

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