



Welcome to our bumper Summer issue

We know that Summertime can bring a lot of changes to people's lifestyle and it's not always that easy to get your exercise class- what with heatwaves, holidays, grandparenting and gardening duties! Some of our instructors take a well-earned break too. Rest assured we will keep classes running where we can so that we are here for you, whatever the season.

Read on for our latest news and information about our new classes...



Tai Chi Time

More Tai Chi classes are being launched across Somerset and North Somerset. This month sees the start of Tai Chi in Clevedon, and in Mudford, near Yeovil. A new Tai Chi QiGong session is starting soon in West Monkton, near Taunton. Did you see our feature recent regarding International Tai Chi QiGong day back in the Spring? One of our fantastic volunteers was able to capture some drone footage of our Oake event. Thanks so much to Richard.

[Watch The Video](#)

NEW CLASS!
Starting 4th July '23

Tai Chi QiGong
seated or standing

Gentle movements to improve balance, flexibility and strength

For your mind, body and wellbeing

Tuesdays
10am – 11am

Cost: £5
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

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: 01/06/2023 Registered Charity No: 1015900

NEW CLASS
Starting Tuesday 4th July '23

Tai Chi QiGong
seated or standing

Gentle movements to improve balance, flexibility and strength

For your mind, body and wellbeing

Tuesdays
11:30 am – 12:30 am

Cost: £5
PRE-BOOKINGS 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

This class is held at:
Mudford Village Hall
Mainstreet
Mudford
Yeovil
BA21 5TE

Please check the class is running before attending

Information correct on: 06/06/2023 Registered Charity No: 1015900

New to Somerset

Our Falls Prevention service has launched a Strong & Steady class in Westonzoyland, near Bridgwater. These sessions follow a specially developed evidence-based programme which help to prevent damaging falls by strengthening lower body muscles, improving your balance and increasing participants confidence in moving around.

For more information contact our [Falls Prevention team](#) on [01823 345614](tel:01823 345614).

Stay Strong Stay Steady

Every Tuesday at
Westonzoyland Village Hall.

**Improve your balance.
Rebuild your muscle strength.
Stay confident and mobile.
Have some fun!**

**For more information, please contact Age UK Somerset.
We want to help you to stay independent as you get older.**

You will need to complete a short health questionnaire before starting your class. The cost is £5.00 per session.

fallsprevention@ageuksomerset.org.uk
01823 345614
www.ageuksomerset.org.uk



Updated on: 29/06/2023

Registered Charity No: 1015900

Flexercise Workshops



Flex-appeal

We are recruiting participants for our Flexercise workshops, please help spread the word, perhaps you or someone you know may be interested?

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 carers from the community, 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 they can help older people in the area stay more mobile, improve mental health and enhance their later years.

Find Out More About Our Flexercise Workshops

The workshop costs £15. The next dates for the workshops in Somerset are (all Thursdays, 10am - 2pm):

12th Oct 23 - Somerton, Edgar Hall

19th Oct 23 - Bridgwater, Victoria Park Community Centre

9th Nov 23 - Wells, Town Hall

Action against Pain

Arthritic pain can be debilitating, leading to reduced health and wellbeing. The Ageing Well team at Age UK Somerset have devised Action4Pain, a brand-new exercise class to help ease joint pain, strengthen muscles, and improve mobility & flexibility. Action4Pain will specifically target hip, knee and back pain, and can be adapted to suit your needs.

The class will be held at Worle Baptist Church on Fridays at 9:30am, starting 7th July 2023, £5 per session.

For the last year, the local charity have been working with the Healthier Together team to deliver ESCAPE-pain, a free group-based education and rehabilitation programme for people with chronic hip or knee pain.

This new session is an ideal follow-on class for people who have completed the ESCAPE-Pain course, but this is not a pre-requisite. Delivered as a circuit-style exercise session, Action4Pain is highly adaptable and can be suited to anyone over 55 with hip, knee or back pain.

Instructor Dawn says,

'We are thrilled to be launching this new class. We hope Action4Pain will help our ESCAPE-pain participants and others continue to benefit from further exercise and give them the confidence and opportunity to keep active. The smaller classes allow exercises to be tailored to suit an individual's needs and we look forward to seeing you in the class.'

A Chance to Escape

Age UK Somerset confirm they will be continuing to deliver the free ESCAPE-pain course in Worle until summer 2024. This group-based rehabilitation program is for the management of knee and hip arthritis and includes both education and physical activity.

Self-referral criteria include the participant must:

- Have had chronic hip or knee pain for at least 3 months
- Be willing to attend the class twice a week for six weeks
- Be independently mobile and able to carry out individual exercises
- Live in North Somerset
- Be over 45.

The program has been clinically proven to reduce pain, increase function, improve mental well-being and self-confidence.

Pre-booking is essential for both Action4Pain and ESCAPE-Pain. For more information or to book your place contact the Ageing Well team: call **01823 345624** or **email**

Volunteers' Week(s)

In June we had the annual celebration of our wonderful volunteers. It was lovely to catch up with some of our volunteers at the various events organised by Kate and Gaynor, our Volunteering team.

We are so grateful to our 41 Ageing Well Volunteers- wouldn't be able to do what we do without you!

Here are some snaps of the first event, a special lunch in Bishop's Hull where Phil Dolan our CEO came along to thank our volunteers. Also, congrats to Jackie for winning the Frisbee Golf!

If you are interested in volunteering for Age UK Somerset, please find out more [here](#). There are many roles including, Information & Advice, Friendly Phone Calls, Walk and Talk and Memory Connections Group, to name just a few.

We have a desperate need for Walk and Talk Volunteers in the following areas:

Axbridge	Holcombe	Wellington
Berrow	Nunney	Wells
Bishop Lydeard	Highbridge	Wincanton
Burnham on Sea	Ilminster	Montacute
Castle Cary	Minehead	Barwick
Winsham	North Petherton	Clevedon
Cheddar	South Petherton	Pill
Cotford	Radstock	Portishead
West Camel	Shepton Mallet	Weston
Taunton	Street	

If you know anyone who can help, please can you ask them to get in touch with our Volunteering team? Thank you.

Your News

Thanks to Georgie and the players at Watchet Table Tennis for sending in some snaps of their fun and friendly ping pong session!

You can join them on Mondays at 2pm at Watchet Community Centre, Doniford Road. Only £2.50 per session.



Birthday Bonanza

Happy Birthday to Betty who celebrated her 95th birthday recently! Here is a photo of Betty and the rest of her Movement to Music classmates shortly before they celebrated with some cake after their exercise session! Instructor Corinne says, "Betty has been attending the class for several years now and at 95 is amazing and such an inspiration to us all."



And from our Wells Movement to Music Class – Long-standing class members Mary, pictured here on the occasion of her 90th Birthday, with her daughter Juliette. Juliette made cupcakes and brought them to the class for everyone to share to celebrate the occasion. Class tutor Chris said "Mary is an inspiration to us all – a fantastic role model."



Please share your stories with us.

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! We will need to gain consent for any photos shared.

Walking Sports

Our friends in the North Somerset Public Health team have asked us to share news of two exciting new groups they are setting up. There's a Walking Cricket group and a new Walking Football group, both based in Clevedon, why not give them a try?

WALKING CRICKET

DATE: Every Week

DAY: Fridays

TIME: 10.30am - 12pm

VENUE: Strode Leisure Centre, Strode Way, Clevedon

**DO GET ACTIVE
DO GET SOCIAL
DO HAVE FUN
...JUST DON'T RUN!**

ALL ABILITIES WELCOME
FOR MORE INFORMATION
CALL: 01823 352266
EMAIL: mustafa.shaikh@somersetcricketfoundation.org



IT'S NEVER TOO LATE TO PLAY THE BEAUTIFUL GAME

CLEVEDON TOWN WALKING FOOTBALL

recreational and competitive sessions run weekly
new and experienced players very welcome!

WWW.CLEVEDONWALKINGFOOTBALL.CO.UK



On-demand bus WESTlink has launched in North Somerset

WESTlink allows passengers to book a journey to take them either to a key main bus and train service, or to other bus stops located in the West, be that a hospital appointment, to pick up a small shop or a social engagement.

The minibuses operate without a fixed timetable or route, instead using an automated system to join up people's desired journey into one trip to get passengers to where they need to be as efficiently as possible.

The service runs Monday to Saturday 7am – 7pm, except on bank holidays. Areas are separated into zones, with North Somerset having the largest area including some of Weston and Nailsea, Clevedon, Portishead, Yatton, Bristol Airport and Chew Valley.

[Find Out More](#)



Facebook



Instagram



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Email



Website



Phone

Our mailing address is:

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

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