

"All things seem possible in May"

Or so Teale said, there certainly seems to be a lot going on this month...

Firstly, we can't fail to mention the Coronation of King Charles III. In the Age UK Somerset head office, we wondered what King Charles does to keep active and healthy....



Reportedly, each morning he does a 12 minute exercise regime, originally designed for the Canadian Air Force in the 1950s.

This routine includes stretching, sit ups, press ups, back extensions and running on the spot. He also enjoys going for a good walk on the moors when staying in Balmoral - ideal for May as it is National Walking month!

There are several Bank Holidays in May, we hope you have fun, whatever you are doing - please remember our classes do not run on bank holidays and head office is not open.

This month also celebrates Pilates day, and Mental Health and Dementia Awareness weeks, more on which you will find later in the newsletter.

Ooh la la!

One of our fundraisers, Gus, took part in the Paris Marathon last month to raise money for Age UK Somerset's 75th Anniversary appeal.



We followed Gus on his journey around Paris and managed to snap an action shot. He completed the Marathon in an impressive 3 hours, 50 minutes and 27 seconds.

Gus told us he's incredibly grateful for everyone's generous donations and support through the training as well as the event. He's still deciding if he'll ever run another marathon!

We'd like to say a huge congratulations and thank you to Gus for raising approximately £1000 (and counting) for Age UK Somerset. It's [not too late to sponsor](#) him if you'd like.



Tai Chi online has a new time!

Now Tuesdays
at 12 noon

ageuksomerset.org.uk/onlineexercisesessions



Registered Charity No: 1015900

Did you know we also deliver online classes?

We know there are lots of reasons people can't get out for an exercise class. Therefore we deliver online chair-based Yoga, seated and standing Pilates and Tai Chi QiGong, every week. Our online classes are delivered over Zoom, with a suggested donation of £4 per class. The classes are easy to join but our website has a handy 'how to' guide as well.

If you can't get out and about, there's no need to miss out on your favourite class!

[Find Out More](#)

World Tai Chi Day

World Tai Chi QiGong Day was celebrated internationally on Saturday 29th April. Age UK Somerset joined in by hosting two small events in Somerset for our Tai Chi participants across the county.

We all enjoyed a morning of group Tai Chi, including, Shibashi 1, Shibashi 2 and a sequence called the Mountain

Top. The weather was kind so we were able to go outside for some of it too.

We are so grateful for the support of our volunteers, instructors and participants who came to celebrate with us - a fantastic morning was had by all.



[Watch A Clip](#)

Stronger4Longer

We caught up with Clinton Rogers, retired BBC correspondent, to find out what he does to stay Stronger 4 Longer.

Despite not really liking "exercise", Clinton ensures he keeps active every day so that he can keep up with his grandchildren and enjoy time with his family for as long as possible.

Registered Charity No: 1015900

Fact File

Name: Clinton Rogers

Age: 66

Reason for keeping active:
I just want to be supple enough and aerobically fit enough to enjoy my family.

Daily Exercise Routine:
Stretches.
10 x press ups, 10 x sit ups, 10 x touching toes.
Long walk.

Hobbies: Football, playing with my grandchildren, walking my dog.

Biggest active achievement:
I ran my last half marathon when I was 60, in 2 hours and 10mins

Stronger4Longer
Somerset age UK
saspa

Here's Clinton's story:

"Let me say straight away I don't like exercise. I don't think I ever have! But I do understand the benefits of it, especially as we get older. That's why I force myself to keep relatively fit. Now that doesn't mean running around like a lunatic or going to the gym twice a day. I try to make sure I do ten press ups, ten sit ups and ten touch my toes exercises every morning, combined with a bit of stretching. Then my wife and I try to go on a long walk each day – sometimes up to three miles. Now that is helped by having a dog – she wants to walk, whatever the weather. So put on those waterproofs and get out there!

I'm 66 years old and the older I get the more I feel the need to keep active. Four children and six grandchildren are key motivators."

"I don't want to be that granddad who can't kick a ball in the garden or chase them around the house with Nerf Guns (love those toys!)"

"I used to be fitter, it's true. I ran my last half marathon when I was 60 (finished in a respectable 2 hours 10 mins too). But I'm not chasing that level of fitness any more."

"I just want to be supple enough and aerobically fit enough to enjoy my family."

The ageing process will affect our strength and balance so keeping active is really important to counteract these age-related changes. Age UK Somerset are collaborating with SASP – Somerset Activity & Sports Partnership to deliver the Stronger4Longer campaign to promote building strength through everyday movement in order to stay well, feel younger and protect future health.

For inspiration on how to keep active at home, go to the [SASP website for their Exercises to Get Started](#).

If you'd like to join one of Age UK Somerset's fun and friendly exercise sessions, you can find out what's on near you [here](#).

ESCAPE-pain in North Somerset

Our hugely successful ESCAPE-pain programme has a couple of spots available on the course starting 23rd May. These free sessions are specially designed for people over 45 who have had hip or knee pain for at least 3 months. The classes are suitable for those who are independently mobile and are willing to commit to attending twice a week for six weeks. The group-based rehabilitation program is being delivered in Worle for residents of North Somerset.

Please [get in contact](#) to discuss self-referral into the service.



Celebrating Pilates -By Gill, Age UK Somerset Pilates Instructor

The first Saturday in May is International Pilates Day – a celebration of everything to do with Pilates! But what actually is Pilates and when did it start? Pilates is a system of movement, developed in the early 20th century by Joseph Pilates who called his method Contrology. It's not just about 'the core', that is an important part of it but it offers so much more.

It's designed to align the body, correct muscular imbalances, enhance movement patterns, and create a balance of stability, strength and mobility throughout the whole body. Although there are only 34 exercises in the original mat work series developed by Joseph Pilates, there are over 600 modifications and variations for an instructor to choose from when programming the exercises.

It's this ability to modify the exercises and that it is exercise that requires little in the way of aerobic fitness, that makes it particularly suitable for older people and those who have become deconditioned due to illness or inactivity. Anyone can begin a supervised programme of exercise and see improvement relatively quickly.



Men on Mats & More, Street, Mondays at 2pm - Gentle Pilates in Somerton, Fridays at 11:30am

A lot of the mat work exercises translate well to seated and standing modifications, so clients that struggle to transfer from standing to floor and back again can be accommodated. That said, the importance of developing the ability and confidence to enable them to get up from the floor cannot be underestimated and the majority of floor exercises included in the PSI course delivered by Later Life Training for Age UK Somerset are actually Pilates exercises.

As a Pilates teacher I have seen so many people benefit from coming to classes and they come for many different reasons, but the best thing about Pilates is that pretty much anyone, regardless of their age and level of fitness can do it.

[Find A Class Near You](#)

Flex-appeal

We are recruiting participants for our Flexercise workshops, if you or anyone you know 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 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 they can help older people in the area stay more mobile, improve mental health and enhance their later years.

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

8th June 23 - Wells, Town Hall

15th June 23 - Somerton, Edgar Hall

22nd June 23 - Bridgwater, Victoria Park Community Centre

12th Oct 23 - Somerton, Edgar Hall

19th Oct 23 - Bridgwater, Victoria Park Community Centre

9th Nov 23 - Wells, Town Hall

Flexercise Workshops



[Find Out More](#)

Talking Table Tennis

With the World Table Tennis Championships held at the end of May, we've had a chat with one of our table tennis participants, Di, to find out what she enjoys about the sessions.

Here's Di's story:

"I love table tennis. I started playing about 12 years ago when my knees told me I had played enough badminton. It's not just good for me physically, but mentally and spiritually too. It works my body in every single direction, challenges my balance when preparing for movement to return a shot, as well as keeping my reflexes sharp. It's good for the mind, you have to focus on what you're doing and keep score."

"It's good for the soul, really raises the spirits"

"You can't come away from the session without having had a good laugh. It's great fun socially, when people have birthdays they sometimes bring nice cakes which are good for the spirits too, but not great for the figure!"

If you're inspired to give it a try, Age UK Somerset delivers table tennis sessions in Watchet and Minehead.



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

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Mental Health Awareness Week - 15th-21st May

The theme for this year's Mental Health Awareness week is anxiety.

The Mental Health Foundation website explains, anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health

problem. Lots of things can cause anxiety including big life events or day to day things such as worrying about heating our home or buying food. They are focusing on anxiety for this year's Mental Health Awareness Week to increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. Find out more [here](#).

Physical activity has been found to be an effective way to reduce anxiety symptoms. Exercise releases endorphins, hormones which are the body's natural mood boosters.

Physical activity can also help to reduce stress hormones, promote relaxation, improve sleep quality and increase self-esteem and confidence through reaching fitness goals.

We are proud that our service works hard to give more older people the opportunity to exercise across the county and access a variety of exercise sessions to reap these anxiety relieving benefits!



Dementia Action Week

Each year Alzheimer's Society undertake an awareness raising campaign, encouraging people across the UK to 'act on Dementia'. This year they are focusing on diagnosis and encouraging people to get information and support as early as possible. Find out more [here](#).

Asking the same question over and over again. over and over again. over and over again. over and over again. over and over again.

It's not called getting old, it's called getting ill.

If you or a loved one are experiencing memory loss, it could be a sign of dementia. Help and support is just a phone call or click away.
alzheimers.org.uk
0333 150 3456

DAW2016



Getting a diagnosis can be daunting, but we believe it's better to know. And so do 91% of people affected by dementia.

It means you can get the practical advice and emotional support you need. You can plan for the future and feel the relief of knowing your next steps.

If you're concerned about yourself or someone close to you, we're here to help.

Support is just a phone call or click away.

alzheimers.org.uk
0333 150 3456

Somerset Dementia Wellbeing Service

Age UK Somerset is proud to be involved in the new Somerset Dementia Wellbeing Service. A collaboration between dementia services, 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.

A series of Roadshows are taking place across Somerset to showcase the support options for people living with dementia. [Find out more](#). The next dates are:

[Fri, 12th May - The Edgar Hall, Somerton](#)

[Tues, 16th May - The Bennett Community Centre, Frome](#)

[Mon, 22nd May - Wells Town Hall](#)

[Fri, 2nd June - Cheddar Village Hall](#)

We'd love for you to get involved with our newsletter and share your stories with us.

What do you love about our exercise sessions? How have they helped you?

[Get in contact](#) if you'd like to share your story.

Please share your stories with us.



Facebook



Instagram



Twitter



Email



Website



Phone

Our mailing address is:

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

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