



Happy Birthday Age UK Somerset

This month, Age UK Somerset turns 75! Our charity was founded in 1948 as the Older People's Welfare Committee, but we've had a few names since then. This year, Age UK Somerset has been building up to the celebration with a variety of events with more to come- including our annual Carol Service and some free events in Bridgwater, more on this later in the newsletter!

This year we were nominated as Rumwell Farm Shop's charity of the year. We thought we'd share a lovely photo of Falls Prevention manager, Andrea, and Instructor, Gill, who were part of a team of volunteers supervising the Age UK Somerset stall at a recent Rumwell tasting event.



New Classes

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

Somerset

Gentle Pilates has just arrived in Wiveliscombe. Held on Tuesdays at 2pm in Silver Street Centre. Join us for simple but effective exercises that will strengthen the whole body and improve both balance and posture - seated and standing exercises.

North Somerset

Due to popular demand, we are launching a second Tai Chi QiGong class in Worle, as the Tuesday class is so popular. The new class starts on Friday 10th November and is at 2pm, in the same venue. Join us for some mindful movements for your mental and physical health.

New Class!
Starting Tuesday 31st October '23



Gentle Pilates
Seated & Standing

For balance and mobility.
Improve flexibility and co-ordination.

Tuesdays
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:
Silver Street Centre
Silver Street
Wiveliscombe
TA4 2PA

Please check class is running prior to attending

Information correct on: 04/10/2023 Registered Charity No: 1015590

New Class!
Starting 10th November '23



Tai Chi QiGong
seated or standing

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

Fridays
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:
1st North Worle Scout Group HQ
Wansbrough Road
Worle
BS22 7SY

Please check class is running prior to attending

Updated on: 10/10/2023 Registered Charity No: 1015590

Timetable updates

Please note some changes to our timetable...

Milverton Tai Chi QiGong - as of 20th November, this class will be on Mondays at 11am.

Kewstoke Tai Chi QiGong - as of 9th November, this class will be on Thursdays at 2pm.

West Monkton Tai Chi QiGong - now on Thursdays at 2pm.

Cannington Flexercise - now on Mondays at 2pm.

Keep Active This Winter

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

Our Online Tai Chi QiGong class has a new time. You can now join Online Tai Chi at 11:30am on Tuesdays, so you can fit it in your day more easily.

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




Tai Chi online has a new time!

Now Tuesdays at 11:30 am

ageuksomerset.org.uk/onlineexercisessions



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



Weekly online exercise classes for anyone over 55 and living in Somerset and North Somerset - suggested donation from £4.

Tai Chi QiGong and Seated & Standing Pilates
ageuksomerset.org.uk/onlineexercisessions

Registered Charity No: 1015590

Don't Fall, Walk Tall in Yatton

Age UK Somerset's Falls Prevention service were delighted to be invited to take part in Voluntary Action North Somerset (VANS) "Don't Fall, Walk Tall" drop in event in Yatton in September.



Service manager, Andrea, is pictured here giving a demonstration.

Over 60 people came and accessed all advice and information on hand from: Sirona Wellbeing, North Somerset Council TEC, Clevedon Hearing Clinic, Severn Physiotherapy, Home From Hospital, Mediquip, Sirona Falls Team, Jon's Pop-Up Slipper Shop, Access your Care and Carelink.

Andrea said,

"This was another brilliant event put on by VANS. Attendees seemed to really benefit from the range of information and enjoyed the event."

The next Falls Prevention "Don't Fall, Walk Tall" event will be in Portishead on 15th February.

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.





FOR FURTHER INFORMATION CONTACT ANGI
01934 416486
angi.lewis@vansmail.org.uk

TRANSPORT NEEDED?
If you need transport to get to the event, then we can arrange a FREE pickup and drop off for you. You just need to let Angi know - see the contact details.

Check Your Bone Health

For World Osteoporosis Day 2023, the Royal Osteoporosis Society are encouraging people to take action on their bone health.

You can check your risk of osteoporosis by clicking the picture below. It's free, quick and easy- give it a go!



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

To mark our 75th Anniversary we are having a special Christmas Carol service this year at Wells Cathedral on Wednesday 13th December at 11am.

Volunteers have always been at the heart of our charity and so we are placing them front and centre of this year's service. They will have chosen the Carols, be reading the readings and we hope to have a performance by our Volunteer 'Choir of Age-els'!

As if that wasn't enough the awesome Taunton Male Voice choir will also be performing at this year's event!

Everyone, of all ages, is welcome. No booking is necessary, just turn up in good voice!



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

Christmas

CAROL SERVICE

Wednesday 13th December, 11am

at Wells Cathedral

With music from the fabulous Taunton Deane Male Voice Choir
and (maybe) the Age UK Somerset's own Choir of Age-els!!!



**FREE EVENT
ALL WELCOME!
NO TICKETS NECESSARY**

During the Service there will be a collection
for
**Somerset
ageUK**
Registered Charity 1015900



Free events for over 60s in Bridgwater



Monday 20th November at 2pm



**Free screening of The Great Escaper at Scott
Cinema, Northgate, Bridgwater**

Followed by free Tea/Coffee and a biscuit and the opportunity
for a chat.

No need for booking, just turn up - seats allocated on arrival.

If you have any questions please call 01823 345627 or email
kate.barrington@ageuksomerset.org.uk

Wednesday 22nd November 6-9pm

"EARLY NIGHT" Club

Over 60s Take Over at the PALACE NIGHTCLUB

Never thought you'd set foot in a nightclub again?
Come along and enjoy music you like! We'll play the sounds of the
1960s, 1970s, Northern Soul, Motown Classics and your requests!
(Music will be played at an appropriate volume.)

Dance the night evening away (or just listen and chat).

Free Entry! No need to book, just turn up. All drinks £3.

If you have any questions please call 01823 345627
or email kate.barrington@ageuksomerset.org.uk



*If you're not
over 60 you're
not coming in!*

**Come alone or come in a gang! At all events you will all receive a warm
welcome!**

We are organising these free events, with support from Bridgwater Town
Council, because Age UK Somerset is turning 75 in November and we want to
bring people over 60 together to share in the celebrations!

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



**Somerset Moves
Activity Finder**



**You can find all Age UK
Somerset's exercise classes on the
Somerset Moves Activity Finder!**



Age UK Somerset are proud to work with
SASP to help get Somerset more active.



What's on near you?

You can find all Age UK Somerset's exercise classes on the Somerset Moves
Activity Finder. Age UK Somerset are proud to work with SASP to help get
Somerset more active.

Keeping active is vital for health and wellbeing - find an activity near you:

<https://somersemmoves.activityfinder.net/>

Your News

A Marathon Swim

Good luck to Gill who is soon to be completing a swimming marathon at the
Olympic Park pool in London, to raise money for the Alzheimer's Society. Gill is
our instructor who delivers Pilates in Somerton, Street (Men on Mats) and
Online, as well as Strong & Steady classes and is involved with Age UK
Somerset's specialist Dementia Therapy groups too.

A swimming marathon length is 10km. This distance is arrived at by dividing the
running distance by 4 to reflect the extra effort required to swim - this is the

case for any swim distance, so next time you're in the pool, do the maths and see what you've really achieved!

Most pools are 25m, so that's 400 lengths. The Olympic Park is a 50m pool so Gill needs to do 200 lengths. All the best to you Gill and just keep swimming!

Happy Birthday, Michelle

We were delighted to hear that our Movement to Music instructor Michelle celebrated her 50th birthday with a meal at the Tudor restaurant Bridgwater in September with 20 members of the class!

Thank you to participant, Sue, who organised the event. What a lovely way to celebrate!



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 from SASP

SASP's Health and Wellbeing Coaching service is now in the Wellington and Wiveliscombe area.

Health Coaches support people with long term conditions to access physical activity in order to promote and protect their health. If you are living with a long-term health condition, or just ready to take control of your health, their team of Health and Wellbeing Coaches can give you the support you need to make healthy changes to your lifestyle.

The Health Coach will work with you, taking into account your current health issues and ability, to find ways to build more health-giving movement and social activities into your lifestyle. You can gain access to a wide range of fun and fulfilling activities that are free or affordable, giving you more confidence to build your healthy future.

[Find a Health Coach near you in Somerset](#)

If you are in North Somerset you can get more information on a service near you [here](#).

A blue poster for SASP's Health & Wellbeing Support service. It features the SASP logo at the top left. The main text reads 'WE ARE NOW IN... WELLINGTON & WIVELISCOMBE'. To the right, there is a blue circle with colorful dots and the text 'Health & Wellbeing Support'. Below this, a circular portrait of a smiling older man with a white beard is shown. To the left of the portrait, a blue speech bubble contains the text: 'We offer 1:1 and group sessions to discuss your goals and challenges around physical activity'. At the bottom right, there are three white dots.

Women's Wellness

ARE YOU A WOMAN AGED 40+?
WOULD YOU LIKE TO BE MORE ACTIVE?

When: Tuesday's 6.30 - 7:30 pm
24th October 2023 - ongoing weekly
Where: 1st Floor Offices, Castle Business Centre,
Castle Road, Chelston Business Park, Wellington,
Somerset, TA21 9JQ



Marmalade Trust

News from the Marmalade Trust, based in Bristol, South Glos and North Somerset.

A poster for Marmalade Trust. It features a photograph of two elderly people wearing paper crowns. The text reads: 'Are you spending Christmas Day alone? Join us!'. Below this, it says 'Join us for Christmas Cheer on December 25th'. A paragraph follows: 'For the 11th year running, Bristol-based charity Marmalade Trust are bringing cheer and companionship to anyone alone on Christmas Day. Everyone is made to feel part of the Marmalade family, with a free festive lunch in a pub or restaurant in Bristol, South Glos or North Somerset, or a doorstep visit from a friendly volunteer, subject to meeting eligibility criteria. Visit our website or contact us by phone or email for further information - we'd love to hear from you!'. At the bottom, there is a QR code with 'SCAN ME' written below it, the contact information '07566 244 788 | info@marmaladetrust.org' and 'www.marmaladetrust.org/christmas', and the text 'REGISTERED CHARITY NO: 1174217'.

A poster for Marmalade Trust. It features a photograph of a woman and an elderly man wearing a Santa hat. The text reads: 'Volunteer this Christmas Day'. Below this, it says 'We're looking for volunteers to bring joy and companionship to some of the loneliest people in our community this Christmas.' A paragraph follows: 'For the 11th year running, Marmalade Trust are offering joyous Christmas Day events in local pubs and restaurants or doorstep visits for anyone who would otherwise be spending the day alone. We're looking for volunteers in Bristol, South Glos, and North Somerset to support those experiencing loneliness this Christmas by sharing food, chats and laughter. Multiple roles available, from driving to hosting events. If you're not available on Christmas Day, but want to support Marmalade Trust, connect with us on social media or help us raise vital funds through our 1500 Club!'. At the bottom, there is a QR code with 'SCAN ME' written below it, the contact information '07566 244 788 | info@marmaladetrust.org' and 'www.marmaladetrust.org/volunteer', and the text 'REGISTERED CHARITY NO: 1174217'.

Updates from VANS - Voluntary Action North Somerset

How would you want to be supported by adult social care services?



We would like to hear from people in North Somerset who are not receiving social care support and are:

- Aged 60+
- Aged 18+ and living with a disability, physical impairment or mental illness
- Caring for someone (unpaid carers)

All you need to do is share your views at an upcoming focus group (in person or online, October or November). You'll receive a £20 shopping voucher to say thank you.

To take part or for more information, email anna@healthwatchbristol.co.uk or call 07821 860 517.

WE ARE THE HARD OF HEARING SOCIAL GROUP
for North Somerset

Do you have a hearing impairment and or tinnitus? Are you living in North Somerset?

We are an 'all ages welcome' group who holds regular meetings for the hearing-impaired in Weston-Super-Mare

SOCIALISE
MAKE FRIENDS
GET THE ADVICE YOU NEED

Day trips and activities

First Monday of the month 2pm - 4pm
£4.00 entry includes tea coffee and cake/ biscuits

Contact Us for more information or to book your place
call Clive on: 07758 374090

Free wellbeing workshops
for residents of Portishead

Over the next 18 months residents in Portishead will be able to attend a series of workshops to support their wellbeing needs.

THESE WORKSHOPS WILL COVER:

- 2023 20th Sep - Managing anxiety in children and young people
- 20th Oct - Menopause
- 20th Nov - Developing a healthy relationship with food
- 2024 07th Jan - Living with chronic pain
- 27th Feb - Diabetes management
- 20th Mar - Dementia and falls prevention
- 07th Apr - End of life conversations

TAKING PLACE AT: The Folk Hall, 95 High St, Portishead BS20 6PR
FROM: 19:00-20:30

This series of workshops will be repeated (from April - October 2024)
There will be an opportunity for questions at the end of each session
Refreshments will be provided
The venue is fully accessible and parking is available

TO BOOK YOUR PLACE, EMAIL: WELLBEING@PORTISHEAD.GOV.UK OR CALL: 01275 847 078

To keep up to date with future events organised by Portishead Town Council, visit our:
website: www.portishead.gov.uk/wellbeing
facebook: www.facebook.com/portisheadwellbeing
instagram: www.instagram.com/portishead_town_council

Woodspring
Locality Partnership

Naturally MINDFUL

WEDNESDAYS 1-2PM

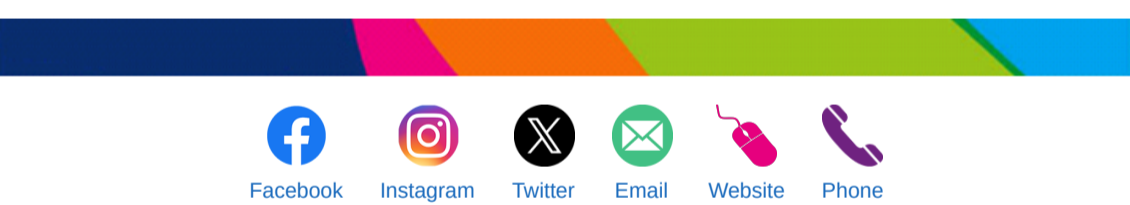
WINSCOMBE WONDER WALKS

- ✓ Weekly Mindful Walks in Winscombe Award Land
- ✓ Every Weds 1 pm to 2 pm
- ✓ Meet at the parking area
- ✓ Guided by a Certified Mindfulness Teacher
- ✓ Enhance Your Mental Well-being
- ✓ Explore Nature's Healing Power
- ✓ All welcome

FREE GUIDED WALKS

Contact Kim
kim@naturally-mindful.co.uk

Website
naturally-mindful.co.uk



Our mailing address is:

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

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