

Let's celebrate ageing in our place this International Day of Older Persons #IDOP2023



## International Day of Older People

October the 1st marked the International Day of Older People - we think this should be every day but we are probably bias! Centre for Ageing Better's theme this year was to "encourage people to get curious and be proud about your place (whether it's a town, a village a house or a nursing home); to come together across age-groups to discover your place's past, to celebrate the diverse range of people and places making yours a great place to age, and to commit to make changes, so more people can enjoy good later lives in your community – now and in the future."

We are extremely proud of our Age UK Somerset team and everything we work for in Somerset and North Somerset.

## We're Hiring!

Due to expansion and restructure of our teams, we have some exciting new opportunities in the Ageing Well and Falls Prevention Service. If there's anyone you know who might be interested in joining our wonderful team, then please share...

### Our Vacancies

**Job Vacancy**  
Falls Prevention Co-ordinator

Are you passionate about the benefits of strength & balance and supporting older people to live longer better? Then you might be just the person we are looking for to join the team.

Part time (21 hours pw) 3 days  
Salary £13,140 - Based in Taunton  
Support and develop our Falls Prevention Service across Somerset and North Somerset

[www.ageuksomerset.org.uk/jobvacancies](http://www.ageuksomerset.org.uk/jobvacancies)

**Job Vacancy**  
Ageing Well Class Co-ordinator

Do you have an enthusiasm for exercise and enjoy working in a supporting role within the fitness field? Then you might be just the person we are looking for to join the team.

Part time (21 hours pw) 3 days  
£21,900.39 p.a. FTE (£13,140.23 actual)  
Home-based with travel  
Support and develop our Ageing Well activities across Taunton Deane and West Somerset

[www.ageuksomerset.org.uk/jobvacancies](http://www.ageuksomerset.org.uk/jobvacancies)

## New to Somerset

### Tai Chi in South Somerset

We are launching two new Tai Chi QiGong classes in South Somerset, Milborne Port on Mondays and Queen Camel on Thursdays with Lucy.

The classes consist of 18 mindful movements for health and wellbeing. Both class posters shown below.

**Somerset ageUK** **NEW CLASS!**  
Starting Monday 2<sup>nd</sup> October '23

**Tai Chi QiGong**  
seated or standing

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

**Mondays**  
2pm – 3pm

**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:  
Wheathill Close  
Milborne Port  
Somerset  
DT9 5EU

Please check class is running prior to attending

Information correct on: 19/09/2023 Registered Charity No: 1015900

**Somerset ageUK** **NEW CLASS!**  
Starting Thursday 5<sup>th</sup> October

**Tai Chi QiGong**  
seated or standing

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

**Thursdays**  
10:30am – 11:30am

**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:  
Queen Camel Village Hall  
High Street  
Queen Camel  
BA22 7NF

Please check class is running prior to attending

Updated on: 20/09/2023 Registered Charity No: 1015900

**Somerset ageUK** **NEW CLASS!**  
Starting Tues 10th October '23



## Flexercise

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

**Tuesdays**  
12:30pm – 1:30pm

**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)

This class is held at:  
**Staplegrove Village Hall**  
214 Staplegrove Rd  
Taunton  
TA2 6AL

Please check the class is running prior to attending



Information correct on: 11/10/2023

Registered Charity No: 1015900

## Flexercise in Taunton

Our fun and friendly Flexercise session is coming to Staplegrove, Taunton on Tuesdays with Marcy, starting October 10th.

## Strong and Steady in South Somerset

We are launching a new class. Our Strength and Balance programme is coming to Stoke Sub Hamdon Memorial Hall on Thursday mornings with Marion.

Participants will need to fill in a quick health questionnaire before taking part.



**Strong and Steady**  
Every Thursday morning  
at Stoke Sub Hamdon Memorial 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



Information correct on: 20/09/2023 Registered Charity No: 1015900

## Strong & Steady Survey



We had wonderful engagement with our Strong and Steady participant survey, with over 230 responses.

Overall, our service scored an average rating of 4.73/5!

**“I think this is a very well-run group, and the exercises definitely help my mobility”**

The top five benefits reported by our participants were:

- 5) I feel more confident to move / less anxious about falling.
- 4) I feel like my legs have got stronger
- 3) I feel like my balance has improved
- 2) I can stand up from a chair more easily

But the most popular reported benefit was...

- 1) I enjoy being part of a group.

These responses are fantastic to see. One of our focuses for our Strong and Steady session has always been the social element as well as physical benefits, so we are delighted that our participants are finding this too.

Here is what some of our participants had to say...

**“I have had a few nasty falls. I am now more confident in my balance whilst in my house.”**

**“Since attending the class I have not fallen which is an improvement.”**

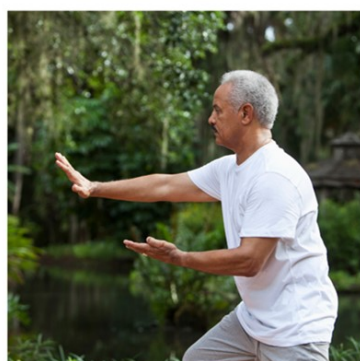
**“I really enjoy this class and feel it has helped me in many ways. I wish I had been able to join a class like this many years ago.”**

## Volunteers in North Somerset needed

We are seeking Volunteers to train in and lead Tai Chi QiGong sessions in North Somerset.



**Do you want to feel good inside and out?**



## Volunteers needed!

Age UK Somerset are seeking volunteers to train in and then lead Tai Chi QiGong sessions in North Somerset. No previous experience necessary, but a knowledge of Tai Chi or a background in leading or talking to groups is advantageous.

- ✓ Train with us to learn how to be a Tai Chi QiGong leader this winter.
- ✓ Volunteer with us to improve the health and wellbeing of older people in your area.

If you have an interest in Tai Chi, can spare an hour a week to volunteer with us, and have a passion for improving the health of older people then please contact us to find out more.

**01823 345626**

ageingwell@ageuksomerset.org.uk

Registered charity No: 1015900

## International Day for Older Persons

On 1st October 2023, we shared some interesting facts from Centre for Aging Better on our social media. Did you see them?



More than **80%** of people aged 65 and over want to stay where they are.

This #IDOP2023, let's celebrate how we're making our place a better place to age



International Day of Older Persons



By 2040, **for the first time in history**, over 40% of the UK population will be aged 50 or over.

How are you making your place more Age-friendly this #IDOP2023?



International Day of Older Persons



65-74 year olds are the **most likely** age group to volunteer.

This #IDOP2023, let's recognise the integral role of older people in our place

International Day of Older Persons

We are on Facebook, Twitter (X) and Instagram. Why not give us a follow?

@AgeWellSomerset



## Helping Hands

September was Action for Happiness's Self-Care Month.

Action for Happiness's vision is to help people create a happier world, with a culture that prioritises happiness and kindness. And for September the theme was self-care.

They say,

**“Self-care isn't selfish. It's essential.”**

Keen to give the helpful team at head-office the tools for self-care, we had a wellbeing session with Carole, who taught us about acupressure, essential oils and self- hand massage. With benefits of stress relief, boosting immunity and head ache relief to name just a few!

Our hands felt lovely and refreshed after our hand massage...



## World Stroke Day

October 29th is World Stroke Organisation's World Stroke Day, and this year their focus is:

**Stroke prevention is better than cure.**

They say, "Stroke is the leading cause of disability worldwide and each year over 12 million people have strokes. Up to 90% of strokes are preventable, so there is hope. By addressing a small number of risk factors we can be #GreaterThan Stroke"

Their campaign aims to empower everyone to take actions to reduce stroke risk.

[Find Out More](#)



### Did you know?

Just 30 minutes of exercise five times a week can reduce your risk of stroke by 25%.

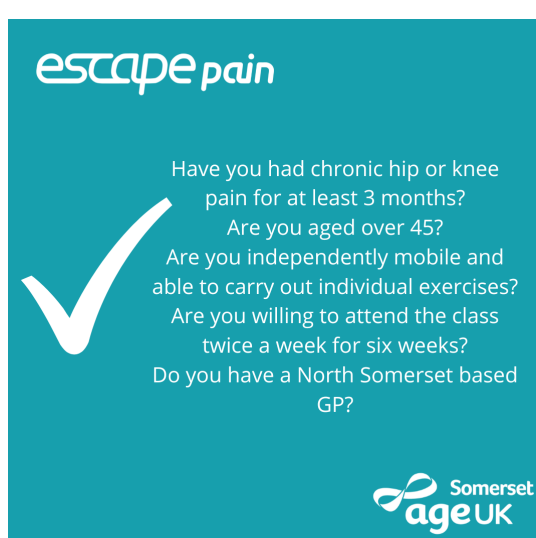
Exercise plays an important role in reducing several stroke risk factors including hypertension, diabetes, cholesterol, depression and stress. By getting regular exercise you can take action on a number of stroke risk factors.

Regular exercise is important for stroke survivors too. It can help boost recovery, increase wellbeing and reduce the risk of another stroke.

## Bone and Joint Week 12th-20th October

With this year's Bone and Joint Action Week in mind we thought we'd share a reminder about our ESCAPE-pain programme.

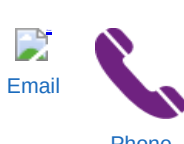
Did you know, in North Somerset we offer a FREE arthritic pain management course for people with hip or knee arthritis?



**“It's made such a difference to my hip problem. It's definitely a lot stronger now, and I feel more confident in knowing that I'm not damaging it or making it worse by using the exercises you've shown us, thank you.”**

**“I got a tremendous amount out of the course. Your assistance with the exercise programme was of paramount importance, along with all the information given and discussed. Being in a group of fellow sufferers was really helpful too.”**

Find out more and sign up:



Phone



## Age UK Somerset's 75<sup>th</sup> Anniversary Christmas Carol Service at Wells Cathedral

To mark our 75<sup>th</sup> Anniversary we are having a special Christmas Carol service this year at Wells Cathedral on **Wednesday 13<sup>th</sup> 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!

### News from our community



## Bowl for Health

FREE 8-week activity-based programme at  
ILMINSTER BOWLING CLUB

-  Improve physical and mental well being
-  Meet people in your community
-  Learn how to play bowls



If you'd like to learn a new skill, get physically active in a friendly and relaxed environment while meeting people from your local community, then this is the perfect opportunity for you!

#### What is provided?

- Free bowling session
- All bowls equipment provided
- Free tea/coffee and biscuits post session
- Advice to help you improve your bowling

Session time: 12:00 -13.00      Participants only need to bring clean trainers  
Refreshments: 13:00-14.00

The first sessions of the Bowl for Health programme start on:  
**Tuesday 3<sup>rd</sup> October 2023**

For more information and to book your place on any session, please contact: **Matt Hamilton** on 07729762011 or e-mail [mathamilton@gmail.com](mailto:mathamilton@gmail.com)

Shudrick Lane  
Ilminster  
Somerset  
TA19 0BN



# PROUD

# BAR

WESTON - SUPER - MARE

## over 50s

## Tea Time & Chat

## social gathering

First Saturday of the Month 2pm to 4pm



**Join us for a free cuppa & slice of cake**

Sat 2nd Sept

Sat 7th Oct

Sat 4th Nov

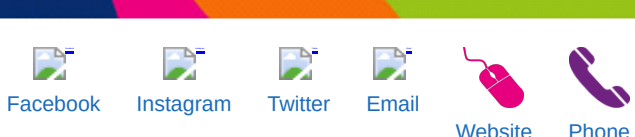
Sat 2nd Dec



**20-22 Boulevard WSM BS23 1NA**

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 our marketing co-ordinator](#) if you would like to be featured or if you have any questions. We will need to gain consent for any photos shared.



Our mailing address is:  
Age UK Somerset, Ash House, Cook Way, Taunton, TA2 6BJ

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