



Adding years to life... and life to years...

Hello, September! We hope you had a great Summer.

September is here! You may know this month as harvest month- we've been foraging blackberries and sloes already. Or perhaps September signifies back to school or back to routine? It certainly does for us and we are excited for the start of some new classes this month!

The Autumnal equinox is 23rd September, marking the end of Summer and start of Autumn. Have you got any goals for the new season ahead? If not, check out our bulletin on 5 Steps To Age Well, later in the newsletter.

New to Somerset

Tai Chi in West Monkton

This September we are launching a Tai Chi QiGong session in Monkton Heathfield at West Monkton Village Hall. The class consists of 18 mindful movements for health and wellbeing.

The new class is starting Thursday 14th September at 2:30pm. £5 per class.

<p>Breathe, Stretch & Balance Monthly exercise class</p> <p>Mindful movements for ageing well. Includes seated and standing exercises.</p> <p>Second Friday of every month 10:30am – 11:30am</p> <p>Cost: £6</p> <p>For more information or to enrol, please call Age UK Somerset on 01823 345624 email: ageingwell@ageuksomerset.org.uk visit our website: www.ageuksomerset.org.uk</p> <p><small>Information correct on: 19/02/2023 Registered Charity No: 1411096</small></p>	<p>NEW CLASS! Starting Friday 8th Sept '23</p> <p>This class is held at: High Ham Village Hall High Ham Near Langport TA10 9DA</p> <p><small>Please check class is running prior to attending</small></p>	<p>Tai Chi QiGong seated or standing</p> <p>Gentle movements to improve balance, flexibility and strength</p> <p>For your mind, body and wellbeing</p> <p>Thursdays 2:30pm – 3:30pm</p> <p>Cost: £5</p> <p>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</p> <p><small>Please check class is running prior to attending</small></p> <p><small>Updated on: 01/09/2023 Registered Charity No: 1411096</small></p>	<p>NEW CLASS! Starting Thurs 14th September '23</p> <p>This class is held at: West Monkton Village Hall Monkton Heathfield TA2 8NE</p>
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Breathe, Stretch & Balance in High Ham

A brand-new yoga-themed exercise session is coming to High Ham.

As September is Yoga Awareness month, we asked instructor, Anne, to share a little more about the new class...

"Breathe, Stretch & Balance will be based on the principles of the ancient body-mind system of Yoga, and will be taught by an experienced Gentle Years Yoga teacher who is also an accredited teacher with the Yoga in Healthcare Alliance. There is a growing body of research evidence into the benefits of Yoga which include improved strength, balance and mobility, lowered stress levels, improved sleep and also memory function. More specifically, studies have also shown that appropriate gentle Yoga can ease arthritis pain, lower hypertension and reduce the risk of heart disease as well as lead to more mindful eating which in turn encourages more healthy eating and weight loss (Harvard Medical School, 2021)."

"The new class will incorporate stretching and releasing exercises, balance and steadiness postures, and breathing practices as well as mindfulness and relaxation. The beauty of Yoga is that it can be adapted to meet the needs of everyone regardless of age or ability."

"The Breathe, Stretch and Balance class will be a wonderful opportunity for those in later life to feel empowered to take more responsibility for their own health and wellbeing in a safe and caring environment."

Why not join us for some mindful movements for ageing well? This monthly class will be held on the second Friday of every month, starting at 10:30am. The first class will be 8th September. £6 per class.

Age UK Somerset also delivers Yoga and Yoga-themed classes in Easton-in-Gordano, Martock and Bridgwater. [Find out more.](#)

Falls Awareness

September is often the focus of Falls Awareness internationally. This month we are supporting a drop-in event in Yatton. If you have any participants that you think may be interested please share the news.

DON'T FALL, WALK TALL

FALLS PREVENTION DROP-IN EVENT

YATTON METHODIST CHURCH HALL, BS49 4DW

27 SEPTEMBER 2023 : 11am - 3pm

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

FREE Goody Bags

FREE transport if needed

Discount voucher on new slippers

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.

Find your inner child

To celebrate the recent national friendship day and co-workers day we took part in a Laughter Yoga session with some of our Age UK Somerset colleagues. Denise was our Laughter Workshop facilitator, who led us on a journey to help find our "inner child".

After choosing our outrageous hats, practicing our different laughs -utilising different parts of the body at the same time because it *is* yoga- and applying our imaginary laughing cream, we were told,

“We’ve not started being silly yet!”

We went on to practice some gobbledegook and tell a story using balloon animals among lots of other hilarious activities, before ending on thinking of something we are grateful for.



It was a lot of fun and gave us a wonderful opportunity for some inter-department bonding, but the biggest take-away for many of us was that, on average children laugh or smile 200 times a day and adults?... only 15.

We hope these photos make you laugh and smile! And don't forget to find your inner child every now and then.

Flex-appeal

We are recruiting participants for our Flexercise workshops, if you know of anyone who 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 in the community or 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.

Find out more here: [Age UK Somerset | Flexercise Sessions](#)

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

Flexercise Workshops



‘Memory Connections’ @ Age UK Somerset

Exciting News... Age UK Somerset are currently expanding their wonderful Memory Connections Service. As of September, they will be introducing two more weekly groups in the following locations...

**The Market House, Castle Cary &
St George’s Catholic Church Hall, Taunton**

Memory Connections groups are for people living with mild to moderate dementia or memory loss. The sessions improve memory skills, build confidence, and offer the opportunity to socialise in a fun and supportive environment. Group members take part in meaningful and stimulating exercises, proven to help maintain memory and mental functioning.

Memory Connections runs weekly for two-hour sessions in community venues, £15 per session. Group sessions include a variety of activities proven to improve cognition, independence and well-being. They use a model called [Maintenance Cognitive Stimulation Therapy \(MCST\)](#), which is the only non-drug treatment recommended by the National Health and Care Excellence (NICE) for people living with dementia.

Some of the activities that you can expect in any of these sessions include:

- discussions of topics of interests
- word games and quizzes
- physical activities
- creative and musical activities

but mostly they just have a lot of fun and enjoy themselves!



Memory Connection Groups run across Somerset and North Somerset in the following locations

**Central Taunton and Monkton Heathfield, Bridgwater, Street, Castle Cary,
Weston Super Mare and Clevedon.**

If you or someone you know might benefit from this service, please register your interest by contacting the team.

Dementia Awareness Workshops

Age UK Somerset offer Dementia Awareness workshops for individuals, groups and organisations.

Our Memory Connections team have valuable experience of supporting people living with dementia and will support your commitment to awareness.

The workshops will improve your knowledge about dementia and give advice on how to handle difficult situations that can arise when caring for a person living with dementia.

We run these courses throughout Somerset and North Somerset and can also come to the location of your organisation or group.

There is a small charge of £10 per person to cover venue and travel costs.



Join our next workshop:

Where: **Age UK Somerset Office**, Ash House, Cook Way, Taunton, Somerset TA2 6BJ

When: **Tuesday 26th September 10am-3pm**

For more info, to book, or to arrange a group session

call: **01823 345613**

email: infoandadvice@ageuksomerset.org.uk

Or visit our website: www.ageuksomerset.org.uk/dementiaservices

Age UK Somerset is Registered Charity 1015900

Age UK Somerset is proud to have achieved the Age UK Charity Quality Standard.

Our achievement of the Age UK Charity Quality Standard earlier this Summer, recognises the high standard of our performance as an organisation.

It certifies that our organisation is well governed and managed; has a clear direction and strategy; and is committed to ensuring the well-being and safety of older people, our staff and volunteers.



Looking for the path to long life and health

We really enjoyed this TED talk- How to be 100+... let us know what you think!

[Dan Buettner: How to live to be 100+ | TED Talk](#)

"To find the path to long life and health, Dan Buettner and team study the world's "Blue Zones," communities whose elders live with vim and vigor to record-setting age. In his talk, he shares the 9 common diet and lifestyle habits that keep them spry past age 100."

News from our community

Our friends at the North Somerset Befriending Alliance have shared news of their talking group for men over 18.

Why not join them for a chat?

Find out more at TalkClub.org

NORTH SOMERSET

MONDAY 7.00PM - 9.00PM	TALK CLUB NAILSEA@65 65 HIGH STREET NAILSEA, BS48 1AW
TUESDAY 6.30PM - 8.30PM	TALK CLUB CLEVEDON YMCA CLEVEDON MARSON ROAD CLEVEDON, BS21 7NN
WEDNESDAY 6.30PM - 8.30PM	TALK CLUB PORTISHEAD THE BEACON HUB PORTISHEAD METHODIST CHURCH HIGH STREET, BS20 6EN
THURSDAY 6.30PM - 8.30PM	TALK CLUB WESTON-SUPER-MARE HORNETS RFC HUTTON MOOR RD, WESTON-SUPER-MARE, BS22 8LY
SATURDAY 9.30AM	TALK & SWIM Clevedon CLEAVDON MARINE LAKE, 170 OLD CHURCH RD, CLEVEDON, BS21 7TU

Join us: TalkClub.org
Talk Club is a talking group for men over 18.

#TalkClub10

@TalkClubCharity

Take 5 to Age Well

Later Life Training would like us to spread the word about the Take 5 to Age Well challenge this September, and the importance of keeping well as we age. The campaign offers five steps to boost health and well-being by making small daily changes for better ageing.

Full information can be found on the [Open University website](#).

DO YOU WANT TO AGE WELL?

ARE YOU...

- In your golden years?
- Near retirement?
- A senior citizen?

WHY SHOULD YOU TAKE PART?

- It's easy and fun:** you take up simple actions that will improve your health and well being.
- You choose your own adventure!

HOW DO YOU GET INVOLVED?

- However you see yourself, get a health boost this September.
- The **Take Five Team** will support and empower you throughout the month with: **emails, encouragement, ideas and cheer leading.**

WHAT IS IT?

- Ageing is inevitable but there are ways to **age better!**
- A kick start to healthy ageing for the whole UK.
- 30 day challenge** from 1st September

YOU CONTRIBUTE TO SCIENCE!

We'll ask you to complete surveys to better our understanding of ageing and habit formation. With our ageing population, this will be pivotal in informing policy and care for years to come.

IT'S A WIN WIN!

As well as helping science, this will have a positive impact on your health. You will feel better, physically and mentally.

LONG HAUL BENEFITS!

After a 30 day commitment, maybe you will find it's easy to keep Taking Five and Ageing Well.

TAKE FIVE TO AGE WELL

Scan the QR code for a quick and easy sign up!

Join this national community!
To find out more, visit: wels.open.ac.uk/take5

The Open University

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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