



## Word Up!

We've been looking at the stats, and the number one way people find out about our classes is through word of mouth- so thank you so much for helping us spread the word!

## New Class in Clevedon

Due to popular demand, we have launched a second Tai Chi class in Clevedon. It is held at the 1st Clevedon Scout Hall, Great Western Road, Tuesdays at 11:15am.



### Tai Chi QiGong seated or standing

**Gentle movements to improve balance, flexibility and strength**

**For your mind, body and wellbeing**

**Tuesdays  
11:15am – 12:15pm**

**Cost: £5**

For more information or to sign up please contact 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:  
**1st Clevedon Scout Hall  
Great Western Rd  
Clevedon  
BS21 6HG**

Please check class is running prior to attending

Information correct on: 06/02/2024

Registered Charity No: 1015900

**“This class is excellent value, friendly and is just the right balance for social interaction, fun, mental calming and keeping my shoulders and neck free and moving which has previously been an issue as I got older.”**

**-Survey Feedback, Tai Chi QiGong**

## Welcome to the Team

*We have some new faces in the team so over the next few issues we will be featuring our new staff members.*

Fran is the new Ageing Well co-ordinator for Sedgemoor and North Somerset; she is a qualified Secondary School Dance Teacher, a YMCA Movement to Music Instructor and Chair Yoga Specialist. Fran gained a BA (Hons) Dance Theatre Degree and has since developed a career working as a community dance practitioner and professional performer. Most recently, she has developed her own business leading seated dance and yoga classes for members of retirement complexes and care homes. Fran is very excited about her new role with Age UK Somerset and working alongside all the wonderful Instructors and volunteers as well as the opportunity to be a part of such an important Charity.



## Thank You to Rachel

We are very sad to be saying goodbye to Rachel who will no longer be teaching her Stay Strong Stay Steady classes for the Falls Prevention Team. Her last day was the 21st February and her class members and the team were very sad to see her go as she is such a great instructor and a caring and kind individual. We wish her all the best in her future endeavours and she will be greatly missed.



"The last 4 years with Somerset Age UK have been very fulfilling. I have enjoyed helping older people to become more active and seeing how they progress and the friendships that have developed. We are very fortunate to have such a wonderful service in our area."

## Strictly Seniors in Uphill

Strictly Seniors recently launched in Uphill, near Weston-super-mare. Here is a snap from the first class of Tansin, our instructor, and Fran, the Class Co-ordinator.



This fun and dynamic class is designed for people over 55 and combines dance moves from Salsa, Rhumba and more. This weekly class is delivered at Uphill Victory Hall, Westfield Road, BS23 4XG, Wednesdays at 10:15am, £4 per class.

## New Flexercise in Watchet

New co-ordinator Lorraine visited our brand new Flexercise class in the Methodist Church in Watchet. The class is being led by volunteer Shirley. The session was attended by ten participants and was full of fun, laughter, exercise and was followed by a cuppa. Feedback from the class was extremely positive!



## Williton WI visit

Age UK Somerset were invited to the Williton and District WI meeting recently and gave a talk on the range of services we offer. They heard how the Advice and Information team can help with any financial matters, from benefits to pension credits, to Attendance Allowance. One attendee had already used the Service and spoke highly of the information that was provided.

The highlight of the afternoon was a taster session of seated Tai Chi, which was well liked, followed by a demand for more! Highlight for area co-ordinator, Lorraine, was a donation to AUKS that unexpectedly came from a possible family connection, both ladies discovered they have matching surnames and family hailing from Kent... a little search into the family tree is needed... we'll keep you posted with the results!



## Your News

### Happy Birthday Celebrations

Instructor Tracie, got in touch to tell us about some special birthdays at her Strong and Steady class.



Doreen is a member of Stay Strong Stay Steady in W-s-M and celebrated her 100th birthday at the end of December! We had a little party for her at the end of the 1st session back after Christmas; with cake and fizz. Doreen is a very positive and determined lady who has overcome a lot of challenges and always brightens our classes with her sense of humour! It was a joint celebration with Carol who turned 90 on New Year's Eve and Sue who it just so happened had her birthday on the day of the party!



## Your Stories

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](mailto: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

**DanceFit**  
with **emma**  
presents...

## Spring Tea Dance

*An Afternoon of Dance, Live Music, Tea & Cake*

**The Speedwell Hall**  
Crewkerne  
TA18 7HY

Wed 24<sup>th</sup> April  
2.00pm - 4.30pm



Tickets: **£7.50**

For info, call **07764 160424** or visit

**[www.dancefitwithemma.co.uk](http://www.dancefitwithemma.co.uk)**

BOOK BY: FRI 19 APRIL

With support from The Octagon Theatre & Westlands Entertainment Venue



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Our mailing address is:

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

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