

It's an egg-celent time of year!

We are egg-cited in the Ageing Well and Falls Prevention office— not just about Easter, but the egg-traordinary number of new classes that are starting! We are launching new Strong and Steady classes, coarse fishing, as well as the return of some old-favourites such as swimming, for egg-ample. It's a good job— we will need to be doing lots of egg-ercise to counteract all the egg-cess chocolate! Okay, we will stop with the Easter egg puns now and crack on with the rest of the newsletter...



Meet the team

We have some new faces in the team so over the next few issues we will be featuring all of our staff members so you can get to know us better. This month's spotlight is on Keith, our Age UK Somerset Administration Manager.

Keith is currently our longest-serving member of staff at Age UK Somerset, this May marking his 18th year with us! Here is a very recent snap where he celebrated a landmark birthday in the office. When Keith isn't keeping everyone in order at work, he likes to watch Exeter City and play bowls.



Farewell to Michael

Thank you!

Our Nailsea Tai Chi Qigong Volunteer is retiring

We would like to say a huge thank you to Michael for his dedication, hard work and enormous fund raising efforts!

Michael has been with us since 2019, but now he is retiring from his volunteering role to concentrate on his career. We would like to wish him all the best in his new ventures.

Thank you, Michael, for all you have done.



Thank you to the Asda Foundation for your recent donation!

We were delighted to discover that some generous customers in Asda Yeovil voted for us in the online Green Token Giving vote!

We recently received a donation which will go towards helping us continue our vital work. A big thank you to all who voted for us!



Spring cleaning

Are you tackling your spring cleaning?

This time of year is a good time to check cupboards and have a clear out of out-of-date over the counter medications. Take any unwanted medicines to the pharmacy to ensure they are disposed of safely.

If you're in the sorting mood, why not book an appointment with your doctor to review long standing prescription medications - remember never just stop!

News

Tai Chi for Stroke Rehabilitation in South Petherton

The Ageing Well team has been working with South Petherton Community Hospital (SPCH) to explore the use of Tai Chi in stroke rehabilitation.

Previous studies have indicated that Tai Chi can be prescribed as a beneficial and safe exercise for many conditions, including neurological disorders, cardiovascular disease, cancer and orthopaedic and rheumatological conditions.



Ageing Well Manager, Becky, was approached by clinicians from SPCH to run a 6-week project on the Mary Roberston Stroke Ward. The hospital sourced funding from their 'League of Friends' and after clearance from the Infection Control Team, Becky has now delivered a hugely successful course.

“I improved mentally and physically”

Each week, 6-8 patients took part in the session. Many participants had partial paralysis, where one side of their body was affected by stroke, but they were still able to enjoy the exercises seated in their wheelchairs.

“I would encourage other people to do it”

There has been some wonderful feedback from patients, with one happy participant stating, “I wasn’t sure what to expect but it was really easy and I enjoyed it”. On completing the project, Becky said, “I will miss the group. The patients were lovely, really keen to learn about the benefits of Tai Chi Qigong, and they appreciated having something different to do on the ward.”

“Mind clear, body healthy”

“Good for circulation”

“I felt more in tune”

“I slept really well last time”

Age UK Somerset (AUKS) are now actively seeking more funding to continue to deliver more sessions in more community hospitals. SPCH are exploring ways in which they can work together with AUKS to encourage Stroke survivors to participate in Tai Chi, not only as part of their recovery process, but also into their later life.

Why Tai Chi?

Tai Chi originated in China as a martial art hundreds of years ago. Combining physical movement, meditation and controlled breathing to achieve a mind-body connection, Tai Chi induces relaxation, improves balance, postural control, movement coordination, strength and flexibility.

Stroke is the second most common cause of death and a major cause of disability worldwide and impacts greatly on patients' and their families' quality of life. This situation demands effective modalities for stroke rehabilitation.

*The Efficacy of QiGong Exercises for Post-Stroke
Dong et al 2020

There is a growing body of evidence to suggest that Tai Chi may be helpful for stroke patients as its practice involves mechanisms similar those of conventional stroke rehabilitation techniques.

Tai Chi QiGong Volunteers

We are recruiting volunteers to qualify in and then subsequently teach a weekly community Tai Chi Qigong class in SOMERSET - contact [Julie Bolton](#) if you are interested or know anyone who may be!



Making a splash with some new classes... and the return of some old favourites

Here is a sneak peek of the posters for some of our new classes which are starting very soon.

You can find more information on our website, including class timetable and a map of where we host our classes.

ageuksomerset.org.uk/ageingwell

We will be featuring more on our brand new Coarse Fishing session in future issues.



Starting Wed 1st June '22



Coarse Fishing

Lake is well-stocked with carp, perch and tench.

Cast a line and have some fun!

An informal, volunteer-led group for the over 60s.

Ideal for improving your physical and mental well-being.

Wednesdays
11am – 4pm

Cost: £3

Pre-booking essential
- spaces very limited

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

This session is held at a
private fishing lake in:

Somerton
South Somerset

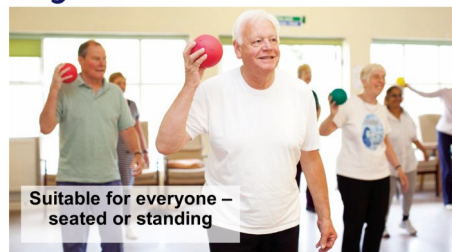
Bait available on-site.
Please bring your own
protective clothing,
fishing kit, drinks/snacks.

Ref: 29/03/2022

Registered Charity No: 1015900



COMING SOON!



Suitable for everyone –
seated or standing

Mature Movers

A lively but gentle session to increase and
maintain general fitness

Thursday
10:30am-11:30am

Cost: £5
PRE-BOOKING ESSENTIAL

For more information or to book your
place, 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

This class is held at:
Baptist Church Hall
Holyrood Street
Chard
TA20 2AH

Ref: 24/03/2022

Registered Charity No: 1015900



Starting 9th May 2022



Swimming

Indoor Pool

A general swimming session for over 60s.

Mondays
8am – 9am

Cost: £5
PRE-BOOKING ESSENTIAL

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

This class is held at:
Butlins Splash
Minehead
TA24 5SH

Ref: 30/03/2022

Registered Charity No: 1015900



Stretch & Flex

Yoga-themed. Mainly seated, some standing

Great for your mind and body.

Yoga-themed exercises combining breath and movement
to improve strength & flexibility.

Thursdays
11am – 12pm

Cost: £5
PRE-BOOKING ESSENTIAL

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

This class is held at:
Sainsbury Hall
Sainsbury Road
Minehead
TA24 8JZ

Ref: 05/04/2022

Registered Charity No: 1015900

Loneliness

The Mental Health Foundation states loneliness 'is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. Our connection to other people and our community is fundamental to protecting our mental health and we need to find better ways of tackling the epidemic of loneliness. We can all play a part in this.'

For the UK's Mental Health Awareness Week in May, they will be raising awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it.

'Reducing loneliness is a major step towards a mentally healthy society.'

This annual event will be taking place on 9th-15th May 2022, it is an opportunity for the whole of the UK to focus on achieving good mental health.

[Read more about the theme](#)



Here at Age UK Somerset we offer some wonderful services that can go some way towards reducing loneliness for older people.

Have you heard about Active Befriending?

This new free service supports older people who would enjoy some company and the benefit of being more active but don't feel very confident going out alone. Once clients register, they are matched with a volunteer who will come to their home and accompany them for a gentle 'Walk and Talk'. Local BBC news came to film one of our Active Befriending pairs, watch the delightful clip here:

We are in need of more volunteers to support this vital service - could you spare an hour a week to join us?

If you would like any more information contact
volunteers@ageuksomerset.org.uk
or call the Volunteering team on

01823 345627



Chronic hip or knee pain?

Age UK Somerset are offering a chance to ESCAPE!

Are you...?

- ✓ Living in North Somerset
- ✓ Independently mobile and able to carry out individual exercises
- ✓ Over 45 years
- ✓ Experiencing chronic hip or knee pain
- ✓ Willing to attend the programme twice a week for 6 weeks.

Now launched in Worle and Bleadon - our **FREE** ESCAPE-pain programme could benefit you!

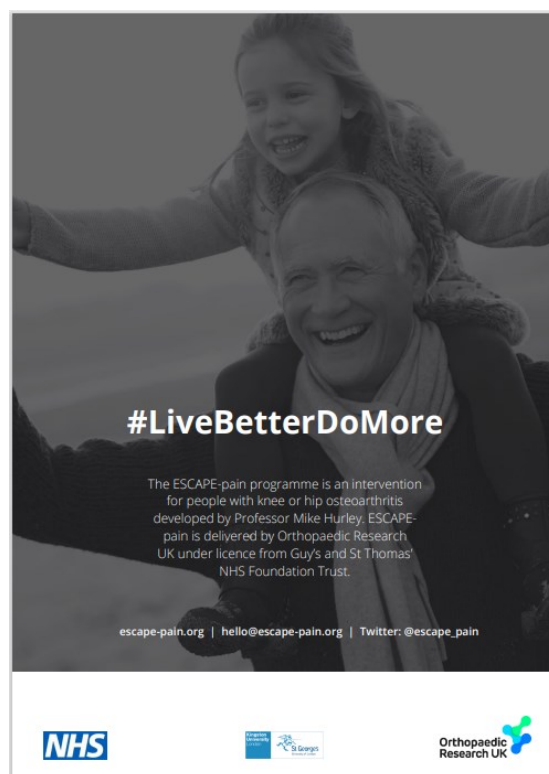
This six-week course offers a combination of exercise and education as well as a chance to meet people also living with osteoarthritis of the hip or knee.

For more details or to book a place please call

01823 345626

or email

ageingwell@ageuksomerset.org.uk



escape pain

Help us spread the word!

We would love you to suggest local ways we can share our classes. Do you know of any local Facebook community groups, specific parish newsletters or popular #hashtags? Thanks to all who have sent ideas in so far.

Please email: ageingwell@ageuksomerset.org.uk

Get Outside in Somerset

In March the Get Outside in Somerset project challenged people to 'get a spring in their step' and head outdoors. We were inspired to go net-walking in our local area and had our team meeting outside in the lovely sun.



Getting outdoors, even for just 15 minutes, can have a positive effect on your health.

'Time spent moving outside can help boost your mood, sharpen your focus, reduce stress, and improve sleep.'

For more information on the Get Outside in Somerset project or for ideas on what to do outdoors, check out their [website](#)



The Get Outside in Somerset project is a joint initiative from Somerset Activity and Sport Partnership (SASP), The Community Council for Somerset (CCS), Spark Somerset, and Somerset Wildlife Trust, funded by Somerset County Council Public Health.

Dates for your diary

April and May are busy months, please see the handy health and holiday calendar below.

The Ageing Well and Falls Prevention office will be closed for the long Easter weekend from Friday 15th April to Monday 18th April inclusive.

April

Stress Awareness Month and Parkinson's Awareness month.

7th - World Health Day

11th - World PD Day

15th-18th Easter Weekend

29th - World Dance Day

30th - World Tai Chi Day



May

2nd - Early May B.H.

8th - Garden day

11th - Somerset Day

9-15th - UK Mental Health Week

15-21st - Dementia Awareness Week

To celebrate World Tai Chi Day, we are offering all Age UK Somerset office staff a taster Tai Chi session. There will be more about this on our socials and in the next newsletter!

Vacancies

Please find the following links for Age UK Somerset's current vacancies this month for an Information and Support Manager and for a Volunteering and Communications Administrator.

[Information and Support Manager Job Vacancy | Age UK Somerset](#)

[Volunteering and Communications Administrator | Job Opportunity | Age UK Somerset](#)



Celebrating Success

Praise for our wonderful volunteers and instructors!

We love hearing your news and positive feedback.

"It was only my second visit, but I want to tell you how very very much I enjoyed the class. The ladies in the class, and the instructor, were so wonderfully welcoming"

-Ann

**Please share
your stories
with us.**

Social Media

We are on [Twitter](#), [Facebook](#), and [Insta!](#)

Do you follow us? @AgeWellSomerset



Contact Us



01823 345626

01823 345614



ageingwell@ageuksomerset.org.uk

fallsprevention@ageuksomerset.org.uk



www.ageuksomerset.org.uk/

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