

Fresh for February

This month sees the start of a number of new exercise sessions across Somerset and North Somerset, including the brand-new class, **Strictly Seniors**, in **Clevedon**. This is a dance-based exercise session which includes traditional dance moves you might see on the TV- from the Salsa to the Rhumba! One of our newer instructors, Hannah, is launching this class on the 23rd February and we can't wait to get dancing!

Did you hear us on BBC Radio Somerset a couple of weeks ago? Simon Parkin interviewed our instructor Gill about our new class **Men on Mats and More** in **Street**. If you missed it you can catch up by clicking the button below, we are on at about 10:43.

[Catch Up Here](#)

Stronger 4 Longer



Registered Charity No: 1015900

S4L
Stronger 4 Longer

We want you to stay Stronger 4 Longer so you can keep helping the ones you love.

Somerset
ageUK

sasp

We're continuing to collaborate with Somerset Activity & Sports Partnership (SASP) on the Stronger4Longer campaign, to spread the word about the importance of incorporating strength and balance exercises into everyday life to protect future health. We want to help people in Somerset stay Stronger For Longer so they can keep doing the things important to them, whether it's putting wellies on to take the dog for a walk, joining their friends for a chat or looking after loved ones.

[Find Out More](#)

Ready To Go

Building on the success of our project work up in Weston General Hospital, Age UK Somerset have now successfully secured funding from Somerset County Council to pilot a similar project in Taunton.

The aim is to support people to improve or maintain activity levels and their wellbeing through meaningful activity and social engagement while the person is an inpatient, but also building a connection that hopefully will build habits while in Musgrove Park Hospital and mean they might continue with this exercise when they go home.

This project is led and delivered by Ageing Well Instructor Michelle. Michelle will be working on the Exmoor Ward (aka the Ready to Go Unit) three times a week, delivering two hour sessions until the end of March 2023.

This model has been introduced for patients who are ready for discharge but for whatever reason, have not left hospital yet (sometimes referred to as medically fit for discharge). Age UK Somerset will offer individual or group activity for people for the time they are in hospital – it might be a one off or they may see someone several times depending on their length of stay in the ward.

This is another good way of preventing someone becoming more dependent or deconditioning while the plans are completed that enable someone to head home.

Age UK Somerset and staff at Musgrove Park Hospital are excited about this new collaboration and pleased it's a welcome enhancement to the unit.



Images from Somerset Foundation Trust, taken on Exmoor Ready To Go Unit at Musgrove Park Hospital

Building a healthier Somerset together

What matters most to you? Help shape the health and care strategy and plans for Somerset

In Somerset the way health and care is delivered is changing. Public services are coming together, to plan and buy health and care services.

Somerset County Council and the NHS in your area, want you to have access to the best possible health and care now and into the future.

You are one of 580,000 residents in Somerset. They want to hear from you to help make sure that everyone can live well, supported by thriving communities, with access to high quality public services when you need them.



Have your say on health and care in Somerset



Complete the Survey

Fl-exciting News

Age UK Somerset is launching more Flexercise sessions across Somerset. New classes will be starting in **Bruton** and **Wells** in the next few weeks, joining our recently launched sessions in Bridgwater and Henton. We are encouraging future participants to [register your interest now](#). If you'd like to volunteer with us to deliver a Flexercise class near you, please get in touch.

Flexercise Workshops -some places still available

Could you volunteer for Age UK Somerset's Ageing Well service and help to enhance the health and wellbeing of older adults? In 2023 we will be delivering more Flexercise workshops across the two counties, to train new volunteers to deliver exercise sessions in areas close to them.

The workshops will provide the necessary information that an individual will require to lead an activity session to help older people stay more mobile, improve mental health and enhance their later years.

Somerset

The workshops are free to volunteers, and, for a small fee, carers from nursing and residential homes, helpers in day care centres and officers or 'active' residents from sheltered homes.

Our next Somerset workshops are:

**Victoria Park Community Centre,
Bridgwater - 15th Feb '23**

Edgar Hall, Somerton- 2nd Mar '23

If you would like to be informed about future Flexercise Workshops in North Somerset, please get in touch to register your interest.



BOOK YOUR PLACE

Spotlight on...

Bridgwater

We deliver a range of exercise sessions in the Bridgwater area. With newly launched Flexercise, Mature Movers, Yoga and Strong and Steady sessions to choose from, there's something for all tastes.

You can find our classes in Bridgwater, Wembdon, Cannington and Pawlett as well as across Sedgemoor. Check out our up-to-date [timetable](#) for more details.

On social media last month we focused on sharing classes in the Bridgwater area, why not follow our Facebook page @AgeWellSomerset to keep up to date with what's happening.

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



Spotlight on... Bridgwater



<p>Mature Movers A lively but gentle session Suitable for everyone – seated or standing</p> <p>Tuesdays 2.30pm-3.30pm</p> <p>Cost: £5 per session Booking online!</p> <p>For more information please call Ageing Well at Age UK Somerset on 01823 345626 email: ageingwell@ageuksomerset.org.uk visit our website: www.ageuksomerset.org.uk</p>	<p>Yoga Mats and props used</p> <p>Combining breathing and relaxation movements to balance the mind and improve flexibility</p> <p>Wednesdays 10.30am – 11.45am</p> <p>Cost: £5 Booking online, drop ins welcome</p> <p>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</p>	<p>Flexercise Everyone welcome!</p> <p>Gentle and fun chair-based activity session. For improved muscle strength and flexibility.</p> <p>Thursdays 10am – 11am</p> <p>PRE-BOOKING ESSENTIAL Cost: £3</p> <p>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</p>
---	---	--

What's on in the Bridgwater area



To book a class call 01823 345624

Or for more information:
01823 345626
ageingwell@ageuksomerset.org.uk
ageuksomerset.org.uk/ageingwell



Exercise classes in and around Bridgwater

Dates For Your Diary

Here are some interesting health and wellbeing dates for the months ahead.



February

14th Valentine's Day

21st Shrove Tuesday

23rd Strictly Seniors starts in Clevedon

March

8th International Women's Day

9th No Smoking day

10th Social Prescribing day

13th-19th Nutrition and Hydration awareness week

Save the Date- We are planning a Tai Chi themed event to tie-in with World Tai Chi Day on Saturday April 29th- watch this space for more information.

Contact Us



01823 345626

01823 345614



ageingwell@ageuksomerset.org.uk

fallsprevention@ageuksomerset.org.uk



www.ageuksomerset.org.uk/

ageingwell

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

@AgeWellSomerset

