

2023**Loading...**

Kicking off the New Year with some good news

Happy New Year from the Ageing Well and Falls Prevention team! Following Michelle's recent departure, we are thrilled to announce that Andrea has been promoted to our new Falls Prevention Operations Manager. A valued member of the Age UK Somerset team for five years, Andrea has vast knowledge of the service. Also, we are also delighted to have been awarded another twelve months worth of funding from Somerset County Council to continue to deliver our Falls Prevention work across Somerset, which will be led by Andrea.

Are you making any resolutions for 2023?

The team have been making resolutions for their wellbeing including exercising 3-4 times a week, not stressing over the small things and trying to get into daylight more. Have you got any self-care intentions for the year?



I am going to practice
being kind to myself

- Dawn, Ageing Well team

Resolutions for 2023



My resolution is to
start training for the
Snowdonia Half
Marathon

- Andrea, Falls Prevention team

Resolutions for 2023



In 2023 I'm going to
keep my promise to
myself to do weekly
yoga

- Sarah, Ageing Well and
Falls Prevention team

Resolutions for 2023



I would like to pause, be more
in the moment, and fully
appreciate all of the small
wonders that each day can
bring...

- Julie, Ageing Well team

Resolutions for 2023

Farewell to Michelle

We are very sad to announce that Falls Prevention Manager, Michelle, has now left her role in the office. She has always been such a bubbly and positive personality and our little ray of sunshine, as well as a passionate advocate for Falls Prevention. She has been such a supportive mentor to me and a great friend to many more. She will be greatly missed by everyone but we are so happy that she is following her heart and pursuing new adventures and we wish her all the luck in the world.

-Andrea



Keith re-wrote Jingle Bells and serenaded Michelle on her last day.



“Well after 5 years I am just about to step out of the office for the last time.

Thank you for being such a great team to work with, its been a total privilege working with you all.

I am still going to be part of the team but just in a different capacity so there is a chance that I will still see you all from time to time at the various gatherings and events held by Age UK Somerset.

Thank you for all of your lovely messages and cards....I feel much loved!

Wishing you all the best for 2023.

Lots of love, Michelle”

Men on Mats & More

A men-only Pilates-style exercise class is coming to the Mendip area.

Research has shown Pilates can help reduce pain and improve balance, strength, flexibility, and even mood. The Ageing Well service is working in partnership with Stepladder Somerset to improve the mental wellbeing of men across Somerset as part of the Open Mental Health Alliance.

The Ageing Well team realised that only 13% of their participants were male, so are hoping to encourage more men over 60 to try out a Pilates-style class so they can experience the benefits for themselves. Therefore, Age UK Somerset have developed 'Men on Mats & More', a new men-only exercise session in Street.

The Ageing Well service's volunteer, Steve, is keen to attend the new class as a participant.

Somerset ageUK New Class- Starting 9th Jan '23!

Men on Mats & More
All abilities welcome

A men-only Pilates style class
Alleviate aches and pains. Improve joint mobility, stability, core strength and posture. Reduce stress.

Mondays
2pm - 3pm

Cost: £5
PRE-BOOKING ESSENTIAL

This class will be held at:
Crispin Community Centre
Leigh Road
Street
BA16 0HA

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

Updated on: 13/12/2022 Registered Charity No: 1015900

“I heard Pilates-style exercise will help my thoracic rotation, so I’m hoping to improve my golf swing.”

Starting Monday 9th January, the weekly class will be held at Crispin Community Centre in Street, 2-3pm, £5 per session. This new class has been designed to alleviate aches and pains, improve joint mobility & stability, reduce stress, build core strength, and improve posture. As well as physical benefits, this class aims to provide a friendly and sociable atmosphere for improved mental wellbeing.

Participants will need to bring a mat and a small towel and will need to be able to get up and down from the floor, but no previous experience is required.

Thank you to Terry

We are saying farewell to one of our instructors as he relocates to Pembrokeshire.

Terry has been a fabulous, well-loved teacher - joining us to lead Qigong classes in 2017, teaching a Stay Strong Stay Steady group and then rising to the challenge of hosting online classes during the pandemic, which was new to us all!

He will be greatly missed by the AUKS team and participants alike. There have been so many positive and appreciative comments from class members over the years, one particularly memorable one from a client who made huge progress after a spinal injury with Terry's encouragement and support – both in physical health but also gaining confidence socially too.

We will miss you Terry but wish you well with your new ventures by the sea!
-Julie



"I have very much enjoyed working for Age UK and everyone in the team has always been so friendly and supportive. I will always have very happy memories of my time with Age UK Somerset."

Find a Warm Welcome near you

Community groups and venues across Somerset are providing a warm, welcoming space for anyone who needs it. Visit [Warm Welcome Somerset](#) to find one near you.

Every Warm Welcome space has something different to offer; some may be able to provide free food, activities, support with your wellbeing, or even somewhere to charge your phone or use a computer.



New Flexercise Classes

This coming February, two new Flexercise classes will be starting in Somerset. On Thursday mornings, locals to **Bridgwater** can join the session at the **YMCA George Williams Centre** and locals to **Wells** can join the class at **Henton Village Hall**.

These classes cost just £3 per session. To pre-book a place call 01823 345624 or email ageingwell@ageuksomerset.org.uk



NEW CLASS - STARTING 2nd FEB '23



Flexercise
Everyone welcome!

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

Thursdays
10am - 11am

This class is held at:
YMCA George Williams Centre,
Friar Avenue,
Bridgwater,
TA6 3RF



NEW CLASS Starting Thurs 2nd Feb '23



Flexercise
Everyone welcome!

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

Thursday
10 am - 11 am

This class is held at:
Henton Village Hall,
Henton,
Wells,
BA5 1PD

Cost: £3
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

flexercise
t.org.uk
org.uk
Registered Charity No. 1015900

Updated on: 15/12/2022 Registered Charity No. 1015900



RED January

Looking for away to get active and beat the winter blues?

RED January is a nationwide movement for mental wellbeing, led by the community, for the community. Join thousands of people this January by moving every day, to beat the winter blues away. For more information visit: [RED January \(redtogether.co.uk\)](http://redtogether.co.uk)

Priority Services Register- Ofgem

Check if you are eligible and contact your energy supplier to register for free extra help and support with your gas and electricity supply.

The Priority Services Register is a free support service that makes sure extra help is available to people in vulnerable situations.

Find out more: [Priority Services Register | Ofgem](#)

Flexercise Workshops



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:

Wells Town Hall
- 9th Feb '23

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

Edgar Hall, Somerton
- 2nd March '23

North Somerset

These workshops are free but spaces available for future volunteers only. If you have a passion for improving the health of older people in your area and can spare an hour a week to volunteer, please get in contact with us.

Our next North Somerset workshop is:

Scotch Horn Leisure Centre,
Nailsea - 2nd February 2023

BOOK YOUR PLACE




Spotlight on...

Mature Movers in Chard

Each week we deliver two Mature Movers sessions in Chard. Mature Movers is a lively session, moving to music. It is suitable for all as you can take part seated or standing.

Participants in the Chard area have the choice of Monday or Thursday mornings for this fun exercise session.

If you fancy giving it a try, you can book your place by calling 01823 345624.



Suitable for everyone – seated or standing

Mature Movers

A lively but gentle session to increase and maintain general fitness

Mondays at 10:30am - Chard Guildhall, Fore Street
Thursdays at 10:30am - Baptist Church Hall, Holyrood Street

Cost: £5 Please check class is running prior to attending
Bookings advised

For more information or to book your place, 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

Updated on: 15/12/2022 Registered Charity No: 101800

Dates For Your Diary



January

9th Men on Mats is launched in Street.

16th Blue Monday- This can be the hardest time of year for some people, so get some things to look forward to penned in the diary.

16th New Tai Chi QiGong class starts in Long Sutton.

February

2nd New Flexercise class starts in Bridgwater and Henton.

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](#)

