



That Summer-Time Feeling

With heatwaves (and rain), the longest day, and the return of Glastonbury, it certainly feels like summer has started! We hope you've been keeping cool and well hydrated. It's been lovely to be able to get outside more and we've taken full advantage with organising some outdoor tai chi training.

In this issue we have a behind the scenes peek at what one AUKS staff member got up to at the Jubilee, as well as snapshots of Volunteers' week and when we featured on the radio!

Staying Healthy Post Pandemic with Clinton Rogers

Our Dunster Tai Chi class (and our colleague Julie) featured in this video produced by Somerset County Council, highlighting how important it is to get moving! Have you seen it yet?



Catching On

Our 'Reely' Great Story for Father's Day was featured on BBC Radio Somerset

After releasing news of our Coarse Fishing sessions to coincide with Father's day, BBC Radio Somerset picked up the story about the father-daughter team.

Becky, our Ageing Well service manager, has joined together with her retired father Steve, to give older people in Somerset a chance to be more active, get outside and meet people.

Steve, a keen fisherman himself, volunteers each week and is on hand to give a warm welcome to all participants. Friend of Age UK Somerset, Adam, has donated the use of his private lake near Somerton on Wednesdays 11-4, allowing locals to catch-up over a catch, whilst raising vital funds for the charity.

If you missed the broadcast on 29th June, you can catch up with the interview with Claire Carter here: <https://www.bbc.co.uk/sounds/play/p0cccf1t> -Approximately 2h 22mins in.



Angling has been found to contribute positive outcomes for older people*. It facilitates 'Active Ageing', promoting independence, mental and physical health as well as social connection, allowing continued fulfilment in later life.

There is still some space available for keen anglers or those who want to brush up on their skills, the sessions cost only £3. You will need your own kit and rod licence, but bait is available on site for a small fee.

There's no better time to get outside and get hooked on coarse fishing!

*anglingresearch.org.uk



Get Hooked on Coarse Fishing



In the Swim of Things



Our instructor, Gill, has taken part in a swimathon, swimming the equivalent of three half-marathons in three days!

So far she has raised over £800 for Cancer Research UK, Marie Curie and the Swimathon Foundation!

Gill, also a SASP ambassador for strength and balance and activity in people 50 - 65, has had great fun doing this challenge. As well as raising vital funds for charity, is hoping to inspire others too!

Here she is at the end of her third 5km swim... that's 200 lengths of a 25m pool - well done Gill!

Back with a Splash

Inspired? Our swimming sessions have returned to Butlins in Minehead!

This volunteer-led session runs every Monday morning 8am-9am. Pre-booking required.

Please spread the word - thank you.



Starting 9th May 2022



Swimming
Indoor Pool

A general swimming session for over 60s.

Mondays
8am – 9am

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

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



Tai Chi QiGong

for older people in Somerset and North Somerset



IN PERSON & ONLINE

Starting 15th June 2022!



Tai Chi QiGong
Seated or standing

Gentle movements to improve balance,
flexibility and strength

For your mind, body and wellbeing

Wednesdays
2pm – 3pm

PRE-BOOKING ESSENTIAL
Cost: £5

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

Updated on: 23/06/2022

Registered Charity No: 1016900

This class is held at:
Portishead Methodist
Church High Street
Portishead
Bristol
BS20 6EN

Tai Chi QiGong

A new Tai Chi QiGong
session is starting in
Portishead. This means
we now offer Tai Chi in
16 locations, with more
to come!

If you want to join in but can't get to one of our in-person sessions we have a twice-weekly online Zoom class too. Tuesday 2-3pm, Wednesday 3:30-4:30. The classes are easy to join- visit our website for more information: [Online exercise classes for older people](#)



Tai Chi QiGong
seated or standing

Gentle movements to improve balance, flexibility
and strength

For your mind, body and wellbeing

Thursdays
10.30am – 11.30am

Cost: £5
BOOKINGS ADVISED - DROP INS WELCOME

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

Updated on: 23/06/2022

Registered Charity No: 1016900

This class is held at:
Brent Knoll Parish Hall
Brent Street
Brent Knoll
TA9 4EH

Jubilation - Celebrating the Jubilee!

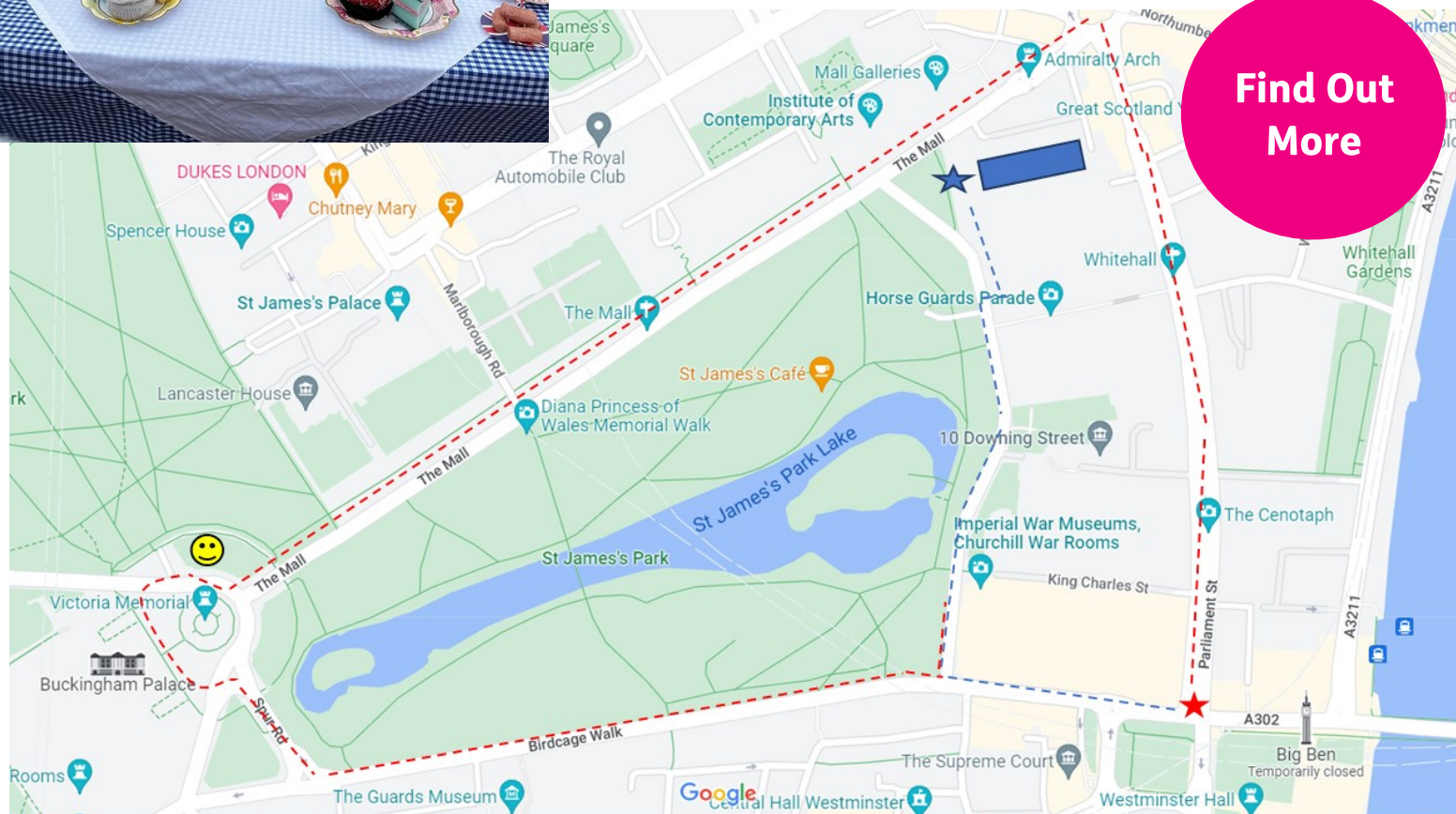
We are very proud of our colleague, Michelle, who performed in the Queen's Platinum Jubilee Pageant!

As part of Bridgwater Carnival's 'Tea Party' entry in the pageant, Michelle (who is usually working hard as our Falls Prevention service manager), swapped sitting at her desk to dancing dressed as a table!



You may have spotted Bridgwater Carnival's amazing procession and incredibly crafted float on the media coverage, but did you know how some of these amazing props were made? A team of volunteers spent hours devising ingenious ways of creating their tea-party paraphernalia- it needed to be larger than life and light enough to carry and dance with for two hours. Our favourite was the old exercise mats upcycled to create the tea pots!

Here is the route she danced around London, boogying (for over an hour and a half!) to The Overtone's *Celebrate*.



Find Out More

- ★ Getting Ready Area
- Route to Starting Point
- ★ Starting Point
- Pageant Route
- 😊 Royal Family

Balance Buddies

With the International Day of Friendship coming on 30th July, we asked you to share your tales of friendships formed or strengthened during our Ageing Well or Falls Prevention groups. We were thrilled to hear about Mavis, Margaret and Jean's incredible story.

These three ladies have been friends since starting Bishop Foxs' Girls Grammar School in 1944! Now in their 89th year they have joined the friendly Strong and Steady balance and strengthening class at Staplegrove Village Hall.

"Andrea, our instructor, has a sense of humour, is kind, patient and understanding of our mobility problems, and helps us to improve"

Seventy-eight years of friendship and still going strong, what a terrific trio! Thank you for sharing your story with us.



Dates For Your Diary

We've picked out some interesting dates to celebrate health and wellbeing and added them to the holiday calendar below.

Let us know about anything active you are doing in the next couple of months!



June 27th - July 11th Wimbledon Fortnight

July 1st- UK Falls Prevention Summit

July 30th- International Friendship Day.

Volunteers' Week Round-Up

Each year, Age UK Somerset uses Volunteers' Week as a chance to say 'Thank You!' to our volunteers. Kate, our Volunteers and Communications manager, arranged a packed week of fabulous and varied events across Somerset and North Somerset. If you want to find out more head to:

[Volunteers Week 2022 \(ageuk.org.uk\)](https://www.ageuk.org.uk)

Here are some snapshots of a fantastically fun week...



Our #volunteersweek visit to Badbury Flower Co on Tuesday 7th June 2022



Our #volunteersweek visit to Somerset Boat Centre on Tuesday 7th June 2022



Our #volunteersweek visit to The Newt in Somerset on Monday 6th June 2022



Our #volunteersweek visit to Kilver Court Gardens on Monday 6th June 2022



Our #volunteersweek visit to Exmoor Owl & Hawk Centre on Wednesday 8th June 2022



Our #volunteersweek visit to Blake Museum on Wednesday 8th June 2022



Our #volunteersweek visit to The Bishops Palace & Gardens on Friday 10th June 2022



Our #volunteersweek visit to Dr Fox's Tearoom on Friday 10th June 2022



Our #volunteersweek visit to Noahs Ark Farm Zoo on Thursday 9th June 2022



Phil Dolan – Mini Autobiography

A few words from our busy bee Chief Executive



After a 30 years career spent in local government – the last 10 years as chief executive – I took early retirement in 2010. Looking forward to a less stressful life I focussed my love of all things nature on becoming a beekeeper. It's a hobby I love and still enjoy today.

The only problem with early retirement, of course, is the nagging feeling you might have gone just a bit too early. That was certainly true in my case and in 2014 I applied for, and was delighted to be offered, the post of chief executive at Age UK Somerset.

I can honestly tell you, it's the best job I have ever had!

Generally, we all tolerate councils and the work they do and the way they do it. Not so charities. Everyone loves what charities do. And everyone I have met really love what Age UK Somerset does, every single day, in our communities. I feel very humbled to play just a very small part in what our dedicated staff and amazing volunteers achieve.

We have so many unsung heroes – from our ever-willing staff to committed volunteers, including our hard-working (and unpaid) trustees. Every week there are messages of appreciation for these people and their willingness to go above and beyond to help so many older people 'live their best lives'.



Celebrating Success

We love feedback and were thrilled to receive this fabulous letter.

I've been attending Stay Strong Stay Steady exercise classes at The Guildhall, Chard, since well before Covid. The classes have certainly benefitted me as my mobility was very limited due to hip problems, lack of strength in my legs and the onset of osteoporosis. I now find my legs have improved and are a lot stronger since attending the classes and I'm also able to manoeuvre my hip better. The reason I'm writing to you is to let you know I believe the classes taken by Marion (whose quality of instruction is superb) have helped enormously.

Best wishes

We'd love for you to get involved with our newsletter. If you want to share your feedback, photos or videos, then please don't hesitate to get in touch.

**Please share
your stories
with us.**

Contact Us



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www.ageuksomerset.org.uk/

ageingwell

We are on Twitter, Facebook, and Insta!

@AgeWellSomerset

