

J is for June and Jubilee...

We love all the colours at Age UK Somerset (check out our logo for proof), but recently things have been looking very red, white and blue everywhere. So much so, we've been inspired to think of some Exercises fit for a Queen— read on to find out more. This month isn't just about celebrating the Jubilee, 1st-7th June is National Volunteers week as well! We'd like to take this opportunity to say a big 'THANK YOU!' to our wonderful volunteers, we couldn't do what we do without you!



Meet the team

This month's spotlight is on Andrea Ward who has been working for Age UK Somerset for four years in July.

I have been in my current role as Falls Prevention Co-ordinator for one year in July. I've previously had several jobs including being a horse-riding instructor and working as a call handler for the Police. I have two dogs, live in Wellington and love spending my spare time walking or running with my dog, going to gym classes and generally enjoying the beautiful countryside where I live.

I have just returned from an amazing holiday in Peru and hope to be able to travel and see more of the world in the years to come.



Exercises Fit For a Queen

Inspired by the Platinum Jubilee, Becky, the Ageing Well service manager, has been teaching her kids some Exercises fit for a Queen. We will be sharing these on social media during the build up to the celebrations so do look out for them, and please join in and share any ideas you have too!



We are on [Twitter](#), [Facebook](#), and [Insta](#)!
Why not give us a like and a follow?!



Focus On Yoga

On June 21st it's International Yoga Day. First proposed by the prime minister of India, Narendra Modi, in 2014, to (among other things) celebrate yoga as a valuable holistic approach to health and wellbeing. The 21st was chosen as it's the longest day in the northern hemisphere, and the summer solstice holds an important significance in the yogic culture.

For more information you could check out the United Nations page below:

[International Day of Yoga | United Nations](#)



We deliver yoga and yoga themed classes across Somerset and North Somerset in Axbridge, Bridgwater, Easton-in-Gordano, Martock and Minehead.



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



Yoga

Mat-based, standing or seated

Combining breathing and relaxation movements to balance the mind and improve flexibility

Wednesdays
10.30am – 11.45am

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

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email: ageingwell@ageuksomerset.org.uk

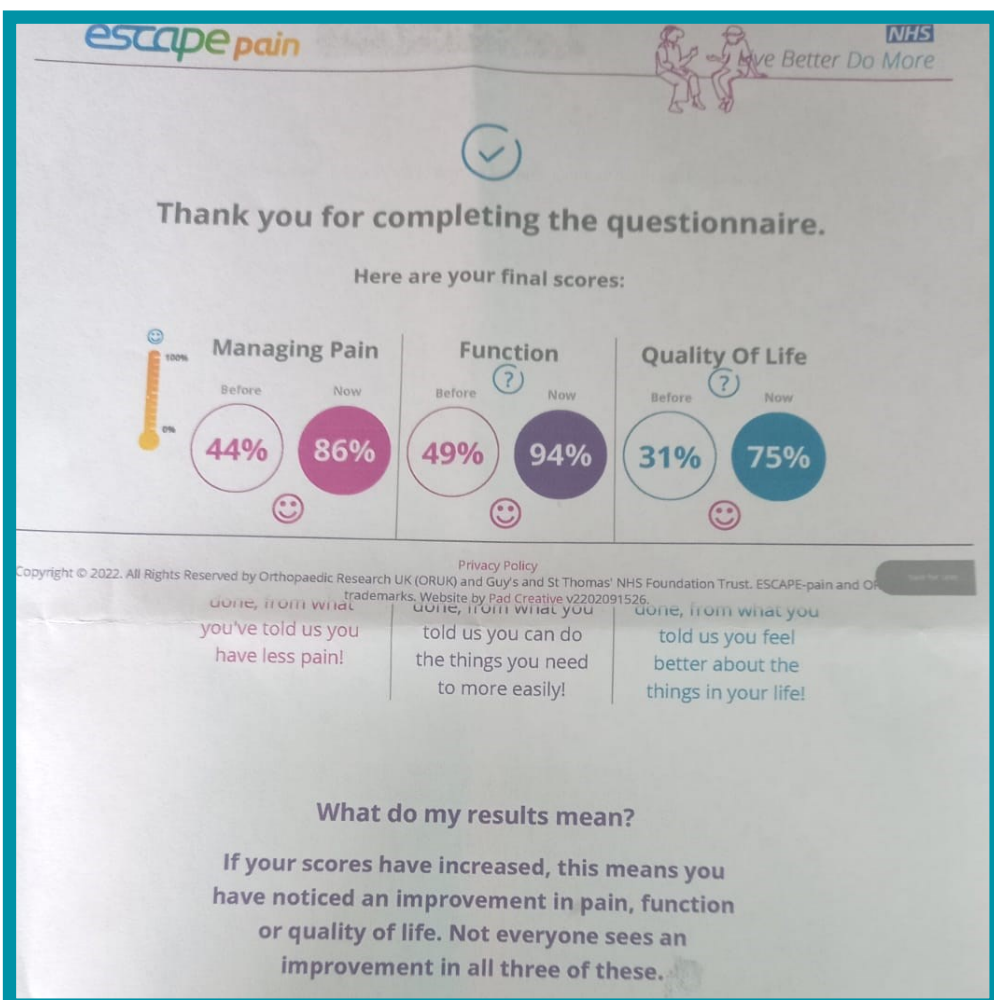
visit our website: www.ageuksomerset.org.uk

This class is held at:
Sydenham Community Centre
Parkway
Bridgwater
TA6 4QZ

ESCAPE-pain

Wow! We have just finished delivering our first ever ESCAPE-pain courses in North Somerset, and have had some remarkable results.

Here is one participant's amazing feedback showing how much she feels she has improved from this FREE, six-week programme.



The sessions include both exercise and education elements, and are designed to help people living with hip and knee osteoarthritis.

We are now recruiting for our next ESCAPE-pain courses held in Bleadon and Worle. Please share the news of this fantastic rehabilitation programme. Do you know some one who:

- ✓ Lives in North Somerset?
- ✓ Is independently mobile and able to carry out individual exercises?
- ✓ Has chronic hip or knee pain?
- ✓ Is over 45 years?
- ✓ Is willing to attend the programme twice a week for 6 weeks?

For more details or to book a place contact us on:

01823 345626 ageingwell@ageuksomerset.org.uk

Happy Birthday to Margery!

Margery started our Gentle Pilates class in Somerton, with our lovely instructor, Gill, 3 years ago. Earlier in May, Margery had a birthday – she was 98!

All of her class know that Margery treats herself to fish & chips every Friday after the session, so on her birthday they surprised her by bringing the lunch to her! They all sat down and enjoyed, sharing a lunch and celebrating her age.

What an inspirational lady, and what a lovely bunch of class friends! And thank you to Gill for nurturing such a fab group and sharing the news with us.



Searching for stories of friendship

It's the International Day of Friendship on 31st July and we'd love to hear about and share stories of friendships formed or strengthened during our Ageing Well and Falls Prevention sessions. We know people don't only attend our classes for their physical health, they are vital for mental and social wellbeing as well.

Have you ever brought your friends along to try out our classes or perhaps friendships have been formed while keeping fit?

Would you like to celebrate your 'fitness friendships' in honour of International Friendship Day? It would be great if you could share your stories with us.

Contact: ageingwell@ageuksomerset.org.uk or speak with your class instructor- Thank You!



Steadily Growing

Our Falls Prevention programme, Strong and Steady, is continuing to expand and now has two elements, Get Strong Get Steady and Stay Strong Stay Steady.

Get Strong Get Steady is a new 16 week programme suitable for those who are experiencing more advanced mobility issues - created to help participants gradually build up the strength, stamina and balance to be able to progress from seated to standing exercises, it is an ideal precursor to the original Stay Strong Stay Steady programme. New Strong and Steady classes have recently been launched in Weston-super-Mare, Clevedon, Yatton, Shipham, Portishead, Nailsea, Yeovil, Crewkerne, Bridgwater, Minehead and Berrow, with more to come!

If you are having trouble standing from a chair, why not try one of these classes? You can contact the Falls Prevention team on 01823 345614 to chat through options in your area.



Free Bowls Coaching



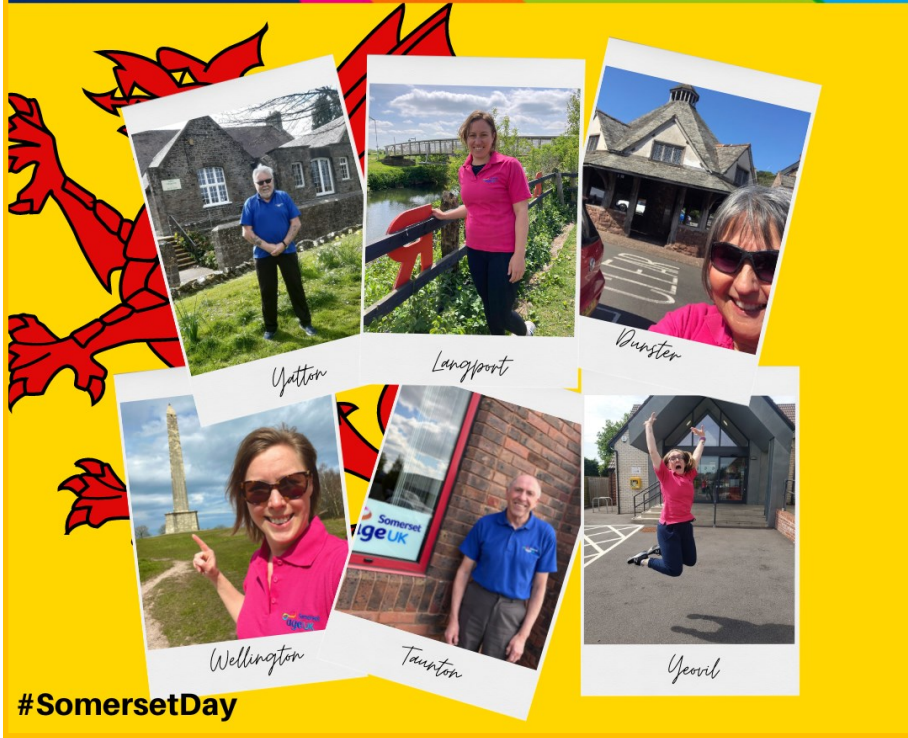
Ashcombe Park Bowling Club in Weston-super-Mare are offering free coaching to anyone who may be interested. They have six qualified coaches who can take you from the very basics of bowls through to detailed technique analysis.

The sessions run through to September, on Wednesdays and Saturdays, from 10:00 until 11:30 am. Bowls can be provided. Please wear flat-soled shoes. To book or for further details, please contact Gordon Sansam on 07709682696.

Somerset Day



We deliver activity sessions across Somerset



A big thank you to all who joined in with our social media #SomersetDay celebrations. It was great to see our colleagues out and about and showcase that we deliver an array of brilliant classes across our beautiful county.

Whether it was a photo, a like or a share, we'd like to say a big thank you to all who helped us spread the word about our fabulous service!

Dates for your diary

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

The Ageing Well and Falls Prevention office is closed on bank holidays and please remember that classes don't run as we aren't available to give support.

June

1st-7th- National Volunteers Week

2nd - Spring Bank Holiday

3rd - Queen's Platinum Jubilee

21st - International Yoga Day



27th June-1st July - World Wellbeing Week

July

1st- UK Falls Prevention summit

30th- International Friendship Day.

Our Participant Survey

Thanks to all of our participants who completed our survey.

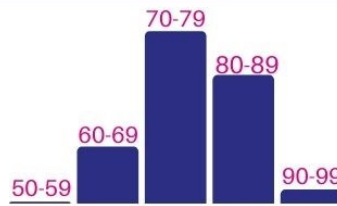
We had an overwhelming response with more than 400 people giving us their opinion!

Here is an infographic to showcase our main findings. If you would like to read the full report

[**CLICK
HERE**](#)

You can also find previous editions of our Newsletter by clicking the link above and scrolling to the bottom of the page!

We love feedback! We surveyed our exercise class participants and this is what we found...



404 We had responses from participants aged between 50-99 years.



Reasons for participating

84% go to get fitter
77% go to feel good
64% go to meet people

99%

said their instructor is good or excellent.



"Good doesn't describe her well enough, she is amazing."



91% reported the classes are good value

Results show we should research alternative payment options to go alongside cash payments.



99%

of respondents are happy with the venue.



81%

of respondents use email which has encouraged us to start sharing our newsletter via email.

In conclusion:

We are very appreciated. Our classes are valued for improving both physical and mental wellbeing. Our participants want more -
- more classes
- more venues
- more instructors.

Thank you!

To all of our wonderful instructors and volunteers and to everyone who completed our survey.

Last call to sign up

There are still a couple of spots open on our Tai Chi QiGong training course.

If you would like to train in and then volunteer to deliver Tai Chi QiGong sessions in Somerset, please get in contact.

But please hurry- the course starts very soon!

01823 345626

Please share with any friends or colleagues who may be interested!



Somerset ageUK 

Volunteers Needed!

Do you want to feel good inside and out?

Age UK Somerset are seeking volunteers to train in and then lead Tai Chi QiGong sessions in Somerset. No previous experience necessary, but a knowledge of tai chi or a background in leading or talking to groups is advantageous.

- ✓ Train with us to learn how to be a Tai Chi Shibashi instructor. Workshops are being held on 6th and 20th June 2022.
- ✓ Volunteer with us to improve the health and wellbeing of older people in your area.

If you have an interest in Tai Chi, can spare an hour a week to volunteer with us and have a passion for improving the health of older people then please contact us to find out more.

01823 345626

ageingwell@ageuksomerset.org.uk

Updated on: 19/04/2022 Registered charity No: 1015900

Contact Us



01823 345626
01823 345614



ageingwell@ageuksomerset.org.uk
fallsprevention@ageuksomerset.org.uk



[www.ageuksomerset.org.uk/
ageingwell](http://www.ageuksomerset.org.uk/ageingwell)

Please share
your stories
with us.

Share with us

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

Thank you to all who have submitted things already!