

Springing into action...

Seeing all the Spring bulbs popping up everywhere is really putting a spring in our step! We have news from both Somerset and North Somerset in our newsletter this month, and thank you for the positive feedback we've received from all over our beautiful counties!

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 Michelle, our Falls Prevention service manager.

Michelle has worked for Age UK Somerset since 2017, starting as a class instructor in Nether Stowey and Stogursey. Michelle has always had an interest in the health benefits of exercise; the title of her dissertation at University was Do Core Strength Training Programmes Reduce the Risk of Falling in Older Adults!

In her spare time, Michelle just likes to be a bit silly. She is a member of her local carnival club and will be taking part in the Queen's Jubilee Pageant in June which she is very excited about!



Welcome

New Instructors for the Strong and Steady programme

Welcome to Helen, Claire and Corrine! These lovely ladies have recently joined our Falls Prevention team, running our new Strong and Steady sessions in North Somerset.

Beware!

There are forged notes in circulation- watch out for fake £5 notes. Please read this article from The bank of England about how to check your bank notes.



Tai Chi QiGong Volunteers

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



Dates for your diary

It can seem like there's a day for everything these days but sometimes these awareness days can be a fantastic chance to share some really useful information or strike up topics of conversation that might be difficult to bring up otherwise. In our forthcoming issues we will be sharing relevant topics and information.

March hosts International Women's Day on the 8th and No Smoking Day on the 9th (there's also Puppy Day too on the 23rd). We took advantage of these dates by thanking all of our female instructors, volunteers, staff and supporters on our social media channels, and we shared links to Smokefreelife Somerset : healthysomerset.co.uk/smokefree

Dates that might be of interest to you for April are shown below. If you are doing anything to celebrate these kind of dates, please share it with us!



Key Dates

April is Stress Awareness month and Parkinson's Awareness month.

7.4.22- World Health Day

11.4.22- World PD Day

29.4.22- World Dance Day

30.4.22- World Tai Chi Day

Social Media

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

Do you follow us? @AgeWellSomerset



News

Free health checks for 40 - 74 year olds

Public Health news from Somerset: During the pandemic Health Checks were put on hold but they're now up and running again. Health checks are offered for free to all 40-74 year olds with no pre-existing health conditions. They are designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. In March they will be encouraging eligible adults across Somerset to get their health check.

**Somerset NHS
Health Check**

**[somersethealth
checks.co.uk](https://somersethealthchecks.co.uk)**

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

Flexercise Workshops

We have some upcoming Flexercise workshops, open to volunteers, carers from nursing and residential homes, helpers in day care centres and officers or 'active' residents from sheltered homes.

The workshop will provide the necessary information that an individual will require to lead an activity session so that you can volunteer with us to help older people in your area stay more mobile, improve mental health and enhance their later years.

Our next workshop is: Victoria Park, Bridgwater - Thurs 26th May

Please [contact us](#) if you are interested or would like to find out more.

escape pain

Could you benefit from our new free course?

- ✓ North Somerset address
- ✓ Chronic hip or knee pain
- ✓ Over 45 years
- ✓ Willing to attend the programme twice a week for 6 weeks

Arriving in Worle and Bleadon -our **FREE** ESCAPE-pain programme. A combination of exercise and education as well as a chance to meet people also living with osteoarthritis of the hip or knee.

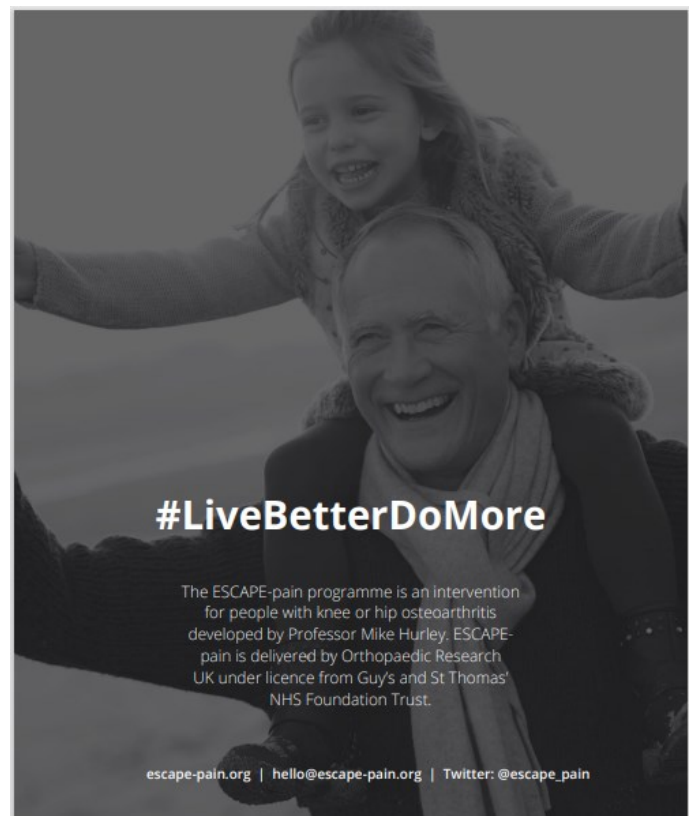
Please share the news far and wide, to any friends or family who you feel may benefit.

For more details or to book a place please call

07530 777895

or email

**ageingwell@
ageuksomerset.org.uk**





Becky's visit to Inner Wheel

It's been a while since we've been able to get out and about, meet people, and promote the good work we do here at AUKS, so I was delighted to hear from Veronica (the President of our local Inner Wheel club), who invited me to be a guest speaker at their luncheon 9th Feb in Wellington at the Beambridge Inn.

I really enjoyed meeting the club's members, and hearing all about the club's ethos, read more here: [Association of Inner Wheel Clubs in GB&I - Clubs meet regularly and have a full and varied programme through which friendships are built and maintained](#)).



I spoke to the lovely ladies about the benefits of exercise in later life and they joined me in a seated exercise band workout (although we may have been a bit sluggish after the lovely fish pie and blackberry crumble!)

They made a donation to Age UK Somerset, and later e-mailed 'Thank you very much for being able to join us yesterday. We enjoyed your lovely company and taking part in your exercises. I know your time is valuable.'

If you know any local clubs/groups that may benefit from a talk/demonstration of our work, please do not hesitate to get in touch.

Celebrating Success

We love hearing your news and positive feedback.
Here's a sample of some of the latest praise for you, our
fabulous instructors and volunteers!

***'Thank you so much for all the hard
work you do xx'***

- Janette

***'Many thanks for the help and care
you give us.'***

- Pat

'Thank you for being there'

-Valerie

***'Thanks for arranging the Tai Chi
classes with Rachael at Brent Knoll '***

- Pat

**Please share
your stories
with us.**

Contact Us



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