

Marching Into Spring



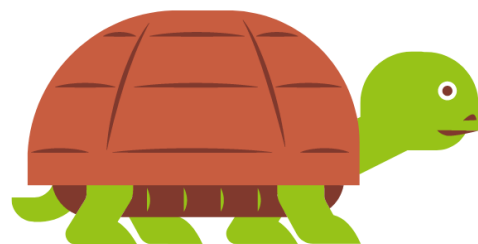
We've discovered February and November are our busiest months in the Ageing Well service. Let's hope all our new joiners in January and February stay with us for the rest of the year!

Here in the Ageing Well and Falls Prevention team we are very happy it is now March, enjoying all the snowdrops and looking forward to the beginning of spring.

Did you know, the idea of the 'Mad March Hare' comes from the behaviour of hares, which you're most likely to witness in the month of March. The sort of exploits you might see include madcap chases and furious boxing matches, which is actually the behaviour of mating hares. This got us thinking, who remembers doing bunny hops on the bench in school gym classes?!

Can you still do them?

And as for the hare and the tortoise, when it comes to exercise, we think slow and steady is the best approach.



Important Changes to the Newsletter

Next time we send a newsletter it will be from a different provider- as always you can unsubscribe at any time. **Please do not reply to this email**, the inbox is not monitored regularly and soon will be obsolete, and we'd hate to miss a message from you.

To contact us please email:

ageingwell@ageuksomerset.org.uk

fallsprevention@ageuksomerset.org.uk

Ready To Go- on the radio

Did you hear our colleague, Michelle, on the radio recently? She was chatting to BBC Radio Somerset's Claire Carter about the fantastic new Ready to Go Unit at Musgrove Park Hospital. Michelle delivers three sessions a week to patients on Exmoor Ward, who are medically fit for discharge, to maintain and improve activity levels while they are an inpatient. You can catch up on the link below on the link below from 2hrs 10mins in.

<https://www.bbc.co.uk/sounds/play/p0dyqy0g>

New Class Updates

Our brand-new dance inspired exercise session, Strictly Seniors, has been so popular we have launched a second class in Clevedon, to keep up with demand!

In the next couple of months, we are launching four new classes! Tai Chi QiGong in Kewstoke and Frome, Flexercise in Bruton and Movement to Music in Curry Rivel.



NEW CLASS!
Starting 23rd Feb '23



Strictly Seniors
A fun and lively dance-based class
With traditional dance moves from the Salsa to the Rumbal

Thursdays
2pm-3pm

Cost: £5
PRE-BOOKING ESSENTIAL

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

Please check the class is running prior to attending

This class is held at:
Kenn Road
Methodist Church
Clevedon
BS21 6LH

Registered Charity No: 1015900



NEW CLASS!
Starting 16th March 2023



Flexercise
For men and women over 60
Gentle and fun chair-based activity session.
For improved muscle strength and flexibility.

Thursdays
1pm - 2pm

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

Please check class is running prior to attending

This class is held at:
Bruton Community Hall
Silver Street
Bruton
BA10 0EB

flexercise

Registered Charity No: 1015900



NEW CLASS!
Starting on 16th April 2023



Movement to Music
To keep fit, have fun & meet new people
Both standing and seated movements - everyone welcome!

Wednesdays
10 am - 11 am

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 345624**
email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

Please check the class is running prior to attending

This class is held at:
Curry Rivel Village Hall,
Church Street,
Curry Rivel,
Langport,
TA10 0HE

Registered Charity No: 1015900

Spark Somerset launch new drop-in sessions to help Somerset discover digital



Approximately **123,000 people** in Somerset are digitally excluded, and the Spark iT team is working with community partners to help reduce that number with the launch of five new Digital Cafés across the county.

Digital Cafés are free to attend and open to anyone who is struggling to keep up with technology or would like to learn how to use a mobile phone, laptop or tablet.

New locations include Wincanton, Minehead, Yeovil, Chard and Bridgwater, with many more due to open in the coming months.

If you know anyone who would like to improve their digital skills, please share the news. For more information, visit: **SPARK SOMERSET**



Spark Somerset provide information, advice, training and support to the voluntary and community sector in Somerset. They also run a Volunteer Service, inspiring people to get involved and make a difference in their communities.

Dancing for Dementia awareness

In February, two members of our Ageing Well family participated in a dance-a-thon to raise money for Reminiscence Learning, a Wellington based charity who specialise in Dementia care, activity and reminiscence.

Their team of five ensured they always had at least two people on the dance floor... for 12 hours! A massive well done to Helen and Julie- and we are loving the '80s themed costumes!



Water Works



The 13th-19th March is Nutrition and Hydration week, where there is a focus on highlighting, promoting and celebrating improvements in the provision of nutrition and hydration, locally, nationally and globally.

Therefore, the Ageing Well service is pleased this month to be assisting Carly & Bryony from NHS England to carry out some research around hydration.

They are coming soon to our men only Men on Mats class and say:

“The working aim of the project is to look at whether older men’s daily intake of fluids is sufficient and to work with them to create practical and sustainable ideas that would support them to drink more fluids with the aim of reducing the risk of Klebsiella Blood stream infections (such as pneumonia, bloodstream infections, wound or surgical site infections and meningitis) in men 70+ who live in their own homes.

We ideally want to talk with people about their current understanding of hydration, any current barriers to hydration and any ideas that could support their hydration.

A key part of our project is co-producing any ideas with people from the community, very much doing with people rather than doing for or to people. We think the project including any ideas that come from it will be much more sustainable and easily adopted if they are developed by people in the community.”

We want to hear from you – how do you stay hydrated? What encourages you to drink more?

Spotlight on...

Online Classes

Find out why our participants love our online exercise classes.

Here's Yvonne's story:

"I started it in lockdown and have been attending ever since. It is such a lovely group with a gentle, kind, understanding teacher. I always look forward to Wednesday mornings and, given my impaired mobility, find the gentle exercises both relaxing and energising.

I don't drive anymore and there is no bus service in my village so I wouldn't be able to attend an 'in person' class - accessing zoom is so easy and a good social time for those of us who are housebound."

Age UK Somerset delivers three online classes each week via Zoom, suggested donation £4 a session.




"I don't drive anymore... accessing zoom is so easy and a good social time for those of us who are housebound."

-Yvonne

Weekly online exercise classes for anyone over 60 and living in Somerset and North Somerset - £4 a session.
Tai Chi QiGong, Seated & Standing Pilates and Chair Based Yoga
ageuksomerset.org.uk/onlineexercisessions

Registered Charity No: 1015900

Class	Description	Day	Time	Instructor
Pilates - seated & standing	Simple but effective exercises to improve your balance, strength, and posture	Mondays	10.00-11.00	Gill
Tai Chi Qigong	Gentle movements. Great for mind, body and wellbeing	Tuesdays	14.00-15.00	Lorraine
Yoga - chair based	A gentle, chair-based yoga class, combining movement with the breath. It balances the mind and the body, improving well-being and will help to	Wednesdays	10.00-11.00	Anne

For more information visit: www.ageuk.org.uk/somerset/activities-and-events/online-exercise-sessions/

Mum's the Word



Sunday 19th March is Mother's day, and so we want to share with you our very own Mother and Daughter team. Introducing Rita and Corinne...

Rita and Corinne have worked for Age UK Somerset for the past 7 and 9 years respectively.

Rita works as a volunteer running a weekly Social Boccia and Curling group and Corinne works as an Ageing Well and Falls Prevention tutor, teaching classes in and around the Wellington area.

Rita also attends Corinne's Mature Movers class which she describes as a fun and friendly session which helps her to keep fit in an enjoyable way. Corinne describes her Mum as a very loyal, kind hearted and gentle soul who has always supported her and her family and looks forward to sharing Mother's Day with her.

Dates For Your Diary

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

March

8th International Women's day

9th No Smoking day

10th Social Prescribing Day

13-19th Nutrition & Hydration week

20th International Day of Happiness



April

Stress Awareness Month

Parkinson's Awareness Month

7th World Health Day

7-9th Easter Weekend

11th World Parkinson's Disease Day

23rd St George's Day

29th World Tai Chi Day

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 [Insta!](#)

[@AgeWellSomerset](#)

