

Getting all fired up this November

We are on a mission to keep older people more active this autumn and winter. Last month saw the launch of six new classes and November will see the start of more Tai Chi classes, as well as our Flexercise workshops in Wells and Weston, where we will be training future volunteers for the Ageing Well service.

With the change in weather it is tempting to stay indoors, but we don't want people to waste the winter hibernating, if, for any reason, you can't get out and about, we also offer online exercise sessions.



suggested donation £4

**Don't miss out if you can't get out...
join one of our online classes!**



Weekly classes include:
Tai Chi QiGong
Seated & Standing Pilates
Chair Based Yoga

For anyone over 60 and living in Somerset and North Somerset

For more information call 01823 345626
ageuksomerset.org.uk/onlineexercisessions



Registered Charity No: 1015900

These online classes are enjoyed so much, that one participant even joined in from their holiday- find out more later in the newsletter!

The classes are easy to join and [our website](#) has a handy how-to guide as well.

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

@AgeWellSomerset



SEEMONSTER

We were really pleased to have been invited to 'SEE MONSTER' on the beach front, in Weston-super-Mare on Friday 14th October to provide demonstrations and workshops on the wonderful art of Tai Chi.

SEE MONSTER is a decommissioned offshore platform transformed into one of the UK's largest public art installations.

Sadly, it was a bit drizzly on the day so our Tai Chi instructor team (which consisted of Les, Lorraine & Becky) led these sessions in the adjacent building 'Tropicana' which is a multi-purpose venue, but felt a bit like a nightclub!

We are always looking for innovative ways to raise awareness of our Charitable work here at Age UK

Somerset – do get in touch if anyone or any groups in your area would like a demo/taster session.



Stronger 4 Longer

Information for our Somerset participants

The ageing process affects our strength and balance so keeping active is really important to counteract these age-related changes.

Age UK Somerset are working with SASP – Somerset Activity & Sports Partnership, to deliver the Stronger4Longer campaign across the county. We want you to stay Stronger 4 Longer so you can keep doing the important things- the activities that make you 'you'.

Whether it's putting your wellies on, playing with your grandchildren or even hanging out the washing, we want to help you keep doing them.

For inspiration on how to keep active at home, go to the [SASP website](#) for their *Exercises to Get Started*. If you'd like to join one of Age UK Somerset's fun and friendly exercise sessions, you can find out what's on near you [here](#).

If you want more information, contact the Age UK Somerset Falls Prevention Service


Phone: 01823 345614

Email:

fallsprevention@ageuksomerset.org.uk

Or visit: www.sasp.co.uk/stronger4longer

Registered Charity No: 1015900



S4L
Stronger 4 Longer

We want you to stay Stronger 4 Longer so you can keep helping the ones you love.

Somerset ageUK
sasp

Registered Charity No: 1015900



S4L
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We want you to stay Stronger 4 Longer so you can keep doing the things you need to do.

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S4L
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Somerset ageUK
sasp

Information for our North Somerset participants from Wesport



Fall-proof is your easy to use strength and balance plan!

Fall-proof exercises can improve your strength and balance, help to maintain your independence and keep you out and about doing the everyday things you love to do.

In this plan, there is a booklet to guide you, strength and balance exercise videos you can follow and Move to Improve cards to prompt you to work on your strength and balance.

We also have a classes page so you'll be able to check out the activity offer in your local area!

To find out more and download your free strength and balance plan, visit: www.fallproofwest.org.uk

(Sun) Salutations from Down Under



"I enjoy and benefit from my online exercise class so much, I even joined in when I was on holiday"

It has been said the Internet has made the world a smaller place. This is certainly true for one of our participants.

Instead of logging on at 10am for her usual chair-based Yoga session, Hazel joined the Zoom class at 5pm... from Australia. With a cuddly kangaroo on the side, we manage to capture a screen shot of the group joining in with the fun session.

Our instructor, Anne, usually delivers her online class to participants across Somerset and North Somerset, but was delighted to find one of her participants benefitted so much they didn't want to miss it when they were on holiday.

Broadcast on Wednesday mornings, this gentle chair-based yoga class consists of both seated and standing exercises. It is designed to help increase flexibility, strength and balance. Combining movement with breath, it can improve physical and mental wellbeing.

Somerset and North Somerset residents over 60 have a choice of Yoga, Tai Chi and Pilates accessed via Zoom from the comfort of their own homes... or from further afield if away on holiday! We hope this story inspires others- for any reason you can't get out, there's no reason to miss out!

Our Online Classes

Asda has launched a £1 meal deal for people over 60



Asda has increased its support for older customers as they continued to be disproportionately affected by spiralling living costs.

The supermarket is offering people aged 60 and over the chance to enjoy soup, a roll and unlimited tea and coffees for just £1 in any of its 205 cafes all day and every day throughout November and December.

Asda is also running a 'Community Cuppa' campaign in its cafes by creating space for community groups, who may otherwise struggle to meet due to rising energy costs. Spaces will be available on weekdays in November and December from 2pm to 6pm and all community group members who visit will receive unlimited free tea or coffee. For more information click [here](#).

Check Your Risk

The 20th October was World Osteoporosis Day. The Royal Osteoporosis Society used this opportunity to encourage EVERYONE to check their osteoporosis risk. We shared their easy-to-use and informative risk checker on our socials.

You can check your risk here:

[Risk Checker](#)

Check your
bone health
risk today

[theros.org.uk](https://theros.org.uk/risk-checker)
[/risk-checker](https://theros.org.uk/risk-checker)



stay.trim.bottle

Or **area.famed.office** and also **legs.found.rubble**

These are some of the What3Words combinations for the Age UK Somerset Head office location!

Sometimes street addresses aren't accurate enough to specify precise locations, such as specific building entrances, or, don't exist for parks and many rural areas. This makes it hard to find places, and prevents people from describing exactly where help is needed in an emergency.

What3Words has divided the whole world in to 3 metre square, each with a unique set of words, to make finding and sharing exact locations much easier. Around the world, many emergency services now accept what 3 word addresses from callers who would otherwise struggle to say exactly where they need help - we wanted to share this with you in case it can make life a bit easier, safer and less frustrating. [Find out more.](#)



Flex- appeal

Could you volunteer with us for an hour a week to deliver Flexercise sessions in your local community? There are still some spots left on our next Flexercise workshops, these provide the necessary information required to lead an activity session to help older people in your area stay more mobile, improve mental health

and enhance their later years. Find out more [here](#).

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 workshop is:

**Wells Town Hall, Wells -
9th November 2022**

North Somerset

These workshops are free but spaces available for future volunteers only.

Our next North Somerset workshops are:

**Health and Active Living Skills
Centre, Weston-super-Mare
- 17th November 2022**

**Scotch Horn Leisure Centre,
Nailsea - 2nd February 2023**



PLEASE USE YOUR READERS' CHOICE TOKEN TO VOTE FOR US!

We are thrilled to be one of the nominated local charities who will receive a share of £16,000 thanks to the Gannett Foundation and Newsquest!

Age UK Somerset is an independent **local charity** and any money we raise goes towards improving the lives of the local older people who need us in Somerset. We do this through providing companionship and activities when people feel lonely, perhaps because of a bereavement; by providing support for those struggling financially; and in many other ways depending on what is needed.

We know that too many older people find themselves alone with nobody to talk to or ask for help, especially when the nights draw in. With the cost of living crisis, this year's winter is set to be even harder than usual and more and more people who have nowhere else to turn are turning to us for help.

Any 'Cash for Charity' money we will receive is determined by the Readers' Choice. The amount will be based on our share of the total number of tokens collected. The more Readers who choose us, the more older people will benefit.

The tokens will appear in the Bridgwater Mercury, the Burnham and Highbridge Weekly News, the Chard & Ilminster News and the County Gazette between now and 20th November (the closing date). Tokens can be sent in or posted at one of the voting boxes due to be available at Supermarkets and Newsagents (also the Age UK Somerset office) - details will be in your local paper.



We'd be very grateful if you could please support the older people of Somerset this winter by choosing Age UK Somerset as your Reader's Choice.



Meet The Team

This month's spotlight is on Jackie, part of our Book-a-Class team

This is Jackie's third stint working for Age UK Somerset. After leaving her job as Administrator at Hestercombe Gardens in 2007 she helped out for a few short weeks in the Finance Department covering for staff sickness when we were still Age Concern Somerset and working at the Mansfield House office in Silver Street.

Returning in 2010 during the move to the current office at Ash House, she spent 7 years helping to co-ordinate the Toenail Cutting Service - on the admin side - not actually doing the difficult job of cutting!

In 2017, Jackie hung up her keyboard to concentrate on a forthcoming house move although no firm decision had been made as to where she was moving to! Ending up in mid-Wales, Jackie was drafted back into service to help set up the Toenail Cutting clinics when they restarted after the 2020 lockdown, and now she helps run the Ageing Well booking office with her colleague Niki, working from home at the foot of the Cambrian Mountains surrounded by red kites and rain!

In her spare time, Jackie enjoys gardening, walking, pottering about antique and collectable shops and, after 4 years, is still knee deep in decorating - she has just discovered the joys of wallpaper!



Contact Us



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

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.