

Staying Strong and Steady this Autumn

September was Falls Prevention Awareness month so our Falls Prevention team has had a busy few weeks. Our team are working with Wesport in North Somerset for their Fall-Proof Campaign and SASP in Somerset for their Stronger4Longer campaign. We have been sharing our new Falls Prevention Flash Cards far and wide- they're crammed with top tips to help prevent falls. Have you seen any out and about or on social media?

And did you spot Clinton Rogers interviewing Michelle, our Falls Prevention manager, for Somerset Public Health? [Catch up here.](#)



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

@AgeWellSomerset



Community Champions in North Somerset



We are looking for Community Champions



Are you passionate about health and wellbeing?



Are you involved in community groups?



Will you help us spread the word about our falls prevention campaign?

We have free resources for you to share in your groups to help prevent falls in your community.

Please get in contact to find out more

01823 345614

fallsprevention@ageuksomerset.org.uk





We All Trip, But Not All Of Us Fall

Somerset Activity and Sports Partnership has announced the launch of Stronger 4 Longer, a new campaign encouraging people aged 50 to 65 to build strength and balance through everyday movement to protect their future health.

Since the COVID-19 pandemic hit, the UK working population has never been less active. Over time, an inactive lifestyle can dramatically increase the risk of falls and associated injuries later in life. Certain types of exercise can help to prevent this loss of strength, by targeting muscle groups involved in balance and stability. The campaign is targeting people over 50 as from this age onwards, maintaining muscle strength becomes essential to prevent injuries and loss of mobility later in life.

Several campaign ambassadors have been recruited (including one of our instructors, Gill, see below) who have shared their inspirational stories to demonstrate how physical activity has improved their health and wellbeing. These stories are available on the [campaign webpage](#), together with facts, exercise videos and useful resources to get started

with building muscle strength.

The campaign will be promoted across social media, local news outlets and in public spaces over the next year.

The Stronger 4 Longer campaign is funded by Public Health at Somerset County Council. Somerset Activity and Sports Partnership is the lead provider for the campaign, working in partnership with Age UK Somerset.

“ You need to use it or you lose it, and the older you get, the quicker you lose it ”

Gill, 62



Congratulations to Hilary

One of our participants has been awarded a prestigious Queen's Platinum Jubilee award for her outstanding contribution to volunteering. Hilary volunteers in the Oncology and Haematology Day Unit at Weston General Hospital as well as volunteering for Weston Hospice Care and received a Platinum Champion Award.

Despite her very busy volunteering role, Hilary makes the time to attend one of our Movement to Music classes in Weston-super-Mare. She told us that she is keen to go to the class to keep active, as she doesn't do as much walking/rambling as she used to.

“Tansin is such a good teacher. The class is fun, the time goes quickly and I have made new friends there.”



Hilary is keen to encourage others to consider volunteering and to keep active with an exercise class!

Congratulations to Hilary, from us all in the Ageing Well Team.

If you would like to read more about this story you could read [this article](#) in the Weston Mercury.

If you are considering becoming a volunteer please visit: <https://www.ageuk.org.uk/somerset/get-involved/volunteer/>

Flex- appeal

There are still some spots left on our Flexercise workshops, if you or anyone you know may be interested please get in contact and help spread the word.



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

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 workshops are:

**Victoria Park Community Centre,
Bridgwater - 19th October 2022**

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

North Somerset

These workshops are free but spaces available for future volunteers only. If you have a passion for improving the health of older people in your area and can spare an hour a week to volunteer, please get in contact with us.

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**

BOOK YOUR PLACE

New Tai Chi QiGong classes



'I definitely feel less creaky, my knee joints feel better, my breathing has improved ... I'm sure I stand up straighter and have a better posture'
- Kathy

Tai Chi
QiGong

Throughout September and October, new Tai Chi QiGong classes are starting throughout the county!

We'd like to welcome the new instructors to our team and say a big well done for completing the training.

Jane - Seavington- Thurs at 10:15

Diana - South Petherton- Weds at 10:30

Emma - Yeovil- Tues at 11:15

Gill - Milverton - Weds at 10:30

And a big thank you to Les in North Somerset who is such a popular volunteer that he is starting his second class (Worle Tuesdays at 10am). These classes are great for mind, body and wellbeing.

Farewell to Jo

Last month we said goodbye to Jo Willis who has taught with us for over 10 years. One of her participants, who started with her in the early years, has said,

“Thanks for wonderful times and improvements, I have seen so many people in the class over those years who benefited so much from it, it was incredible to see what has happened to a lot of people – wonderful”

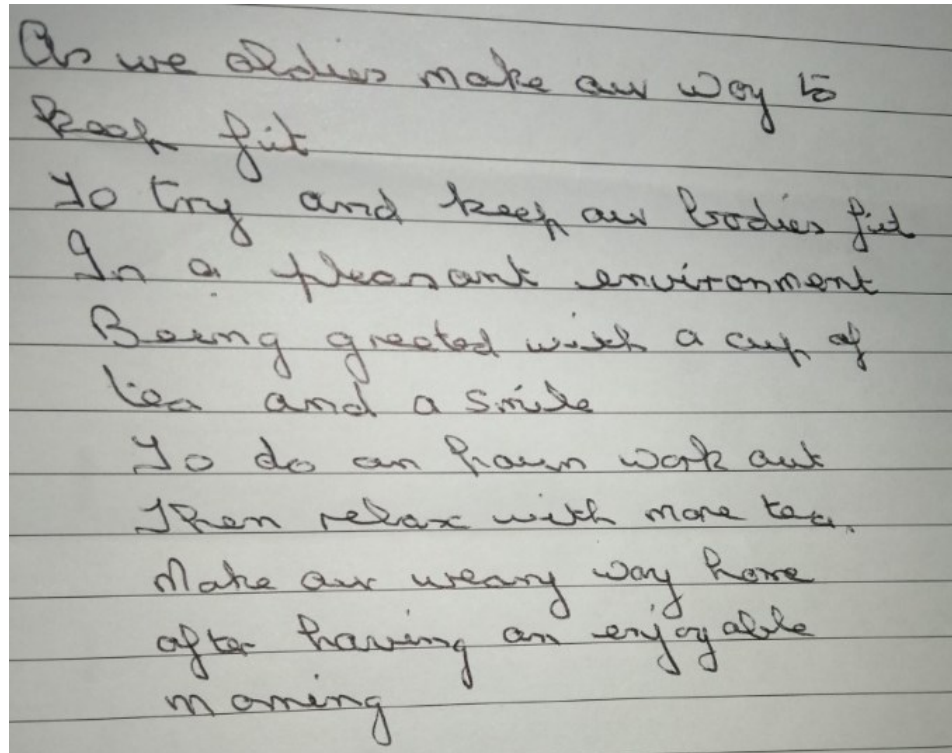
What lovely words- we couldn't have said it better ourselves. Thanks to Jo and all the best.

North Somerset's Physical Activity Strategy

North Somerset Council is inviting residents to help shape its new Physical Activity Strategy by completing a short survey. [Click here for more information and to take part.](#)

Poetry in Motion

National Poetry Day is on October 6th. We have been sharing poems written by our participants about staying active or our exercise and activity sessions. Here are some more fantastic compositions- thank you to all who have taken part.



Every Friday at half past ten
We arrive at the hall and then
After a chat and cup of tea
We set to work and exercise

There's cheerful music to move to
Which helps us concentrate
Plenty of laughter to lighten the load
All abilities accepted whatever our fate

Eileen is there to guide us
Bend and turn and sometimes hold
Until our aging bodies
Do almost what they're told!

We may do stretching, breathing first
Then move to balance behind the chair
At least we learn to sit to stand
And balance the ball, with just one hand

We have great fun with therabands
Which never seem to go as planned
There's pink for ladies and black for men
They will surely drive us around the bend

After the cool down we are calm
Enough to play a memory game
Before moving back for a game of 'boccy'
Or get quite vicious with a game of hockey

Another cup of tea prepared by Christine
Who keeps us hydrated and the room pristine
We chat before we say goodbye
Until next Friday comes around
Better for exercise where friendships are found

Spotlight on...

Mature Movers in Pawlett

We deliver a Mature Movers class at Pawlett Village Hall every Tuesday afternoon at 2:30pm, with our instructor Sian.

This fun and lively session is suitable for all over 60. If you live near Pawlett, why not come along?

Dates For Your Diary

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



December Dates

Please call us to check dates your class will be running over the festive period or speak directly to your instructor.



Mature Movers

A lively but gentle session
Suitable for everyone – seated or standing

Tuesdays
2.30pm-3.30pm

Pawlett Village Hall
Pawlett
TA6 4RY

Cost: £5 per session
Booking advised

For more information please call
Ageing Well at Age UK Somerset on

01823 345626

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

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October

Breast Cancer Awareness Month

1st International Older Persons Day

2nd Grandparents' Day

6th National Poetry Day

10th World Mental Health Day

20th World Osteoporosis Day

29th World Stroke Day

30th Clocks Fall Back

November

2nd National Stress Awareness Day

14th World Diabetes Day

16th World COPD Day

19th International Men's Day

21st FIFA World Cup Kicks Off

See Monster

In Weston-super-Mare you can find See Monster, a retired rig from the North Sea, which has been transformed into one of the UK's largest public art installations to inspire global conversations about reuse, renewables and the great British weather.

On Friday 14th October our Ageing Well team will be giving some Tai Chi demonstrations, part of See Monster's free, community-led Think Tank sessions. Why not come along?



The image shows a mobile app interface for 'Think Tank Sessions'. At the top, there is a header with the 'see monster uk' logo, a '2 h' timer, and the text 'SEE MONSTER'. To the right, there are icons for a pause button, a speaker, and a menu. Below the header, the title 'Think Tank Sessions' is displayed in large, bold, black letters. Underneath the title, the text reads: 'Join us for Tai Chi - mindful movements to strengthen muscles, bones, heart and mind with positive energy.' A large, stylized black female symbol (a circle with a vertical line and two horizontal bars) is positioned on the right side of the screen. Below the symbol, the text says: 'Fri 14 Oct from 9:30am', '3 x 20 min sessions', and 'Viewing Deck' with a location pin icon. At the bottom, there is a social media handle '@AGEWELLSOMERSET' and a small ID number 'ST32096123'.

Visit the
SEE MONSTER
website

Meet The Team

This month's spotlight is on one of our new team members, Judy, who assists with the administration of our Strong and Steady programme.

I joined the administration team at Age UK Somerset in June 2022. I initially retired three years ago after a varied career which began in hotel management. At the beginning of 2021, I decided to take an art 'gap year' returning to college after many years to learn new skills and hopefully be inspired creatively. It was an enjoyable experience and spurred me on to dust off my easel and start painting again.

In my spare time I'm likely to be found searching for vintage fabrics for various sewing projects or 'skip diving' for items to upcycle.

I have four lively grandchildren who provide endless entertainment and we enjoy messing around together, cooking or spending time tramping through the countryside.



A snap shot of
Judy's work space.

Contact Us



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www.ageuksomerset.org.uk/

[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.