



***Wishing you a
Merry Christmas and a
Happy New Year!***

It's been an odd year with extreme weather, changes in the monarchy and in parliament, a cost of living of crisis, but on the whole here at Age UK Somerset we've had a successful year, and are now finally being lifted out of COVID recovery.

We'd like to wish all of our participants, volunteers, instructors and supporters a peaceful Christmas, and take the opportunity to thank each and every one of you who make this service what is.

Thank You!

We were saddened to hear that our colleague and friend, Michelle, Falls Prevention Manager, has this month resigned for pastures new. She's done an outstanding job this year heading up the team. Michelle and Andrea have implemented 19 extra Stay Strong Stay Steady classes and 5 brand new Get Strong Get Steady classes across Somerset & North Somerset. We will miss her a lot.

We will feature more on Michelle next month and will also let you know how the service may change without her at the helm.



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



Stronger 4 Longer in Somerset

The ageing process affects our strength and balance so keeping active is really important to counteract these age-related changes. Whether it's putting your wellies on, playing with your grandchildren or even putting up your decorations, we want to help you keep doing them!

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'.

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](#) or you can join one of our [online classes](#).

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

Phone: 01823 345614

Email: fallsprevention@ageuksomerset.org.uk

Captain's Charity of the Year

We'd like to say a big thank you to our coarse fishing volunteer, Steve, who is also club captain of Wheathill Golf Club. Each year the captain gets to choose a charity of their choice -and this year Steve chose Age UK Somerset. Thank you, Steve!

A keen golfer, Steve, is looking forward to attending our new Pilates based exercise class, Men on Mats, coming to Street next year. Pilates based exercises aid thoracic rotation and he is keen to improve his golf handicap.



Steve, Ageing Well Manager Becky and Golf Professional, Mark Singleton pictured.

Run Your Age

Kick start a healthy new Year with Age UK's 'Run Your Age' challenge this January. You can set your own challenge, run, jog or walk a distance based on your age and fundraise for the national charity.

Find out more here: [Run Your Age challenge | Age UK](#)

Flexercise Workshops



Could you volunteer for Age UK Somerset's Ageing Well service and help to enhance the health and wellbeing of older adults? In 2023 we will be delivering more Flexercise workshops across the two counties, to train new volunteers to deliver exercise sessions in areas close to them.

The workshops will provide the necessary information that an individual will require to lead an activity session to help older people 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:

**Wells Town Hall
- 9th Feb '23**

**Victoria Park Community Centre,
Bridgwater - 15th Feb '23**

**Edgar Hall, Somerton
- 2nd March '23**

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 workshop is:

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

BOOK YOUR PLACE

St Monica Trust Individual Giving Fund

The St Monica Trust aims to ensure that older people have a good quality of life.

With more and more people facing financial crisis, they are spreading the word about their Individual Giving Fund.

You can find out more about the charitable work of the Trust [here](#).



Supporting
individuals
in crisis through
gifts and grants

Our Charitable Giving team help people to live independently in their own communities for as long as possible. We do this by helping with one-off gifts or by supporting people through a financial crisis.

If you or someone you know meet the following criteria we may be able to help:

- ◆ Have a physical disability, long-term physical health problem, or mental health problem
- ◆ Are aged 50 or over
- ◆ Live in Bristol, South Gloucestershire, North Somerset or Bath and North East Somerset
- ◆ Have a low income with no or limited savings



For more information call **0117 949 4003**
or apply online at:

www.stmonicastrust.org.uk/charitable-impact/charitable-giving

St Monica Trust, Cote Lane, Bristol BS9 3UN
Registered charity 202151



St Monica Trust

Charitable Impact

Giving support for over 100 years

Get Warm

Warm Spaces is designed to signpost *anyone* in need of warmth and community to a warm space to share with others. Essentially it's an online directory of 'warm welcome spaces' or 'warm banks'.

You can search their interactive map to [find a warm space](#) near you.

Find out more [here](#).

Remembering Ivy

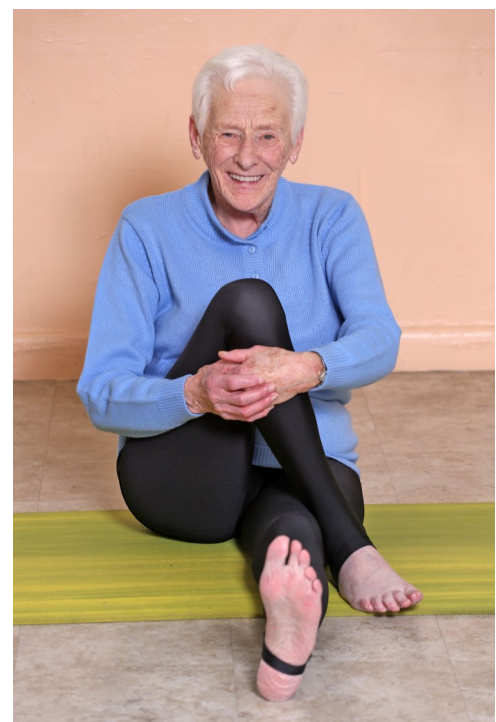
Words from Julie,
Ageing Well Deputy
Manager.

We were so saddened
to hear of Ivy's passing.
She was our friend and
colleague, and a
staunch advocate for
everything that 'Ageing
Well' stands for.

Ivy became a Yoga
teacher at the age of
59, and started teaching a class for Age UK Somerset in Bridgwater age
75, and taught with us up until she was 89! She passed away just before
her 91st birthday.

She brought joy and laughter to her group, and they have said, she helped
them through some difficult times with her pragmatic approach and her
belief in being able to help yourself.

One lovely story that was told at her funeral was that on a visit to the
Doctor, he mentioned he had a twinge in his back, and Ivy had him on the
floor doing the cat pose! What a privilege it has been to know Ivy. - JB



Spotlight on...

Yoga in Martock

It's never too late to start Yoga

Balancing on one leg is an indication of good health, however, the older we get, the more challenging it becomes. Ageing Well instructor, Jill, explained to the participants of her Yoga class in Martock how

important it is to be able to balance on one leg. The Monday morning class have been practicing a version of tree pose, by placing one foot on top of the other. As you can see here, Janet, who is 94, has accomplished this fantastically well!

This just goes to show though, that it's never too late to start Yoga.

We deliver a seated and standing Yoga session at the Martock Parish Rooms. This class is suitable for all as you can participate seated or standing.



Dates For Your Diary



December

7th Age UK Somerset Christmas Carol Service, Wells Cathedral

24th -Jan 2nd No Ageing Well or Falls Prevention classes and head office closed.

January

3rd Head office reopens and classes start to resume.



Congratulations to Gill

In November Ageing Well and Strong and Steady Instructor, Gill, swam 5km (3.1 miles) in the London Aquatic Centre in under two hours! Gill was the winner in her age group and you can see her here sporting a rather lovely medal. She said, 'It was a grand day out'. We are very proud to have Gill on our team - and hope her Pilates and Strong and Steady training has helped contribute to keeping her so fit!

Birthday Bonanza

There have been several milestone birthdays amongst our fabulous volunteers in the last month or so. Did you know, three of our volunteers who run our activity sessions clock up an incredible 241 years between them!

Contact Us



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www.ageuksomerset.org.uk/

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

[@AgeWellSomerset](#)

