

## Not so lazy days of Summer

August is always a funny month in the world of exercise and wellbeing. With heatwaves and holidays, we took the opportunity of this quieter time to organise new classes starting this autumn, recruit new instructors, and have some team building! Read on to find out more.



Sarah

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Julie

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Becky

-

Angela

-

Dawn

## Meet the Team

The Ageing Well team at the AUKS head office finally managed to meet for a group photo... it's only taken about a year for us all to be in the same place at the same time.

This month our spotlight is on Niki, who co-ordinates the book-a-class service, scroll up for her mini bio and news of what's happening in the Ageing Well and Falls Prevention service...



# Falls Prevention Month

September is Falls Prevention month! Although our Strong and Steady service is passionate about falls prevention all year, it's fantastic to have an opportunity to share how we can prevent damaging falls. The handy infographic below helps illustrate some top tips. The NCOA is an American organisation but has lots of resources if you would like to know more...

[Get Ready for Falls Prevention Awareness Week 2022 \(ncoa.org\)](https://www.ncoa.org)

## Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**  
**Stay safe with these tips!**

 <p><b>1</b> <b>Find a good balance and exercise program</b> Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	 <p><b>2</b> <b>Talk to your health care provider</b> Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
 <p><b>3</b> <b>Regularly review your medications with your doctor or pharmacist</b> Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	 <p><b>4</b> <b>Get your vision and hearing checked annually and update your eyeglasses</b> Your eyes and ears are key to keeping you on your feet.</p>
 <p><b>5</b> <b>Keep your home safe</b> Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	 <p><b>6</b> <b>Talk to your family members</b> Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>

**To learn more, visit [ncoa.org/FallsPrevention](https://www.ncoa.org/FallsPrevention).**

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**ncoa**  
national council on aging

Meanwhile, in North Somerset, we are searching for Community Champions to volunteer for the Wesport Fallproof Campaign, to help share information locally, to help prevent falls. If you or anyone you know would be interested in taking part please get in touch with Michelle in our Falls Prevention service- it will only take a few extra minutes of your time and you will be disseminating vital information to your community.

[fallsprevention@ageuksomerset.org.uk](mailto:fallsprevention@ageuksomerset.org.uk)



# 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](mailto:fallsprevention@ageuksomerset.org.uk)



# Coming to Nailsea- A new Stretch & Flex class

Starting on Thursday 8th September at 11am, we are delivering a brand new yoga-themed Stretch & Flex class in Nailsea.

We are thrilled to offer another class in the Nailsea area to join our Tai Chi and Strong and Steady classes.

Book your place now - 01823 345624.



New class starting 8th Sept 2022



**Stretch & Flex**  
Seated Yoga-themed Exercise Class

Combining breathing and relaxation movements to balance the mind and improve flexibility

**Thursdays**  
11 am – 12 am

**Cost: £5**  
**PRE-BOOKING ESSENTIAL**

This class is held at:  
Nailsea Methodist Church  
Silver Street  
Nailsea  
BS48 2DS

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](mailto:ageingwell@ageuksomerset.org.uk)  
visit our website: [www.ageuksomerset.org.uk](http://www.ageuksomerset.org.uk)

Updated on: 01/09/2022 Registered Charity No. 1015900

## Flex- appeal

There are still some spots left on our Flexercise workshops, if you know of anyone who would be interested, please help spread the word.

Held on Wednesdays, 10:30-14:30, the workshops are 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 to help older people in your area stay more mobile, improve mental health and enhance their later years.

## Flexercise Workshops



**Our next workshops are:**

**Edgar Hall, Somerton -  
21st September 2022**

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

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

## Spotlight on...

### Tai Chi QiGong in Galmington

The Trident Centre in the Comeytrowe/Galmington region of Taunton hosts a seated or standing Tai Chi QiGong session.

The 18 mindful movements help improve balance, flexibility and strength for both physical and mental wellbeing.

Every Wednesday 2:30-3:30pm.

Contact 01823 345624 to book your place.



**Tai Chi QiGong**  
seated or standing

Gentle movements to improve balance, flexibility and strength

For your mind, body and wellbeing

**Wednesdays**  
2.30pm – 3.30pm

**Cost: £5**  
Bookings advised  
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](mailto:ageingwell@ageuksomerset.org.uk)  
visit our website: [www.ageuksomerset.org.uk](http://www.ageuksomerset.org.uk)

This class is held at:  
Trident Centre  
Galmington Road  
Taunton  
TA1 5NN

Updated on: 17/09/2022 Registered Charity No: 1015900

## Dates For Your Diary

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



### September

Falls Awareness Month

Urology Awareness Month

**21st** World Alzheimer's day

**28th** National Fitness day

**29th** World Heart Day

### October

Breast Cancer Awareness Month

**1st** Oct- International Older Persons Day

**2nd** Grandparents' Day

**6th** National Poetry Day

**10th** World Mental Health Day

# Wellbeing Day

In a bid to practice what they preach, the Ageing Well and Falls Prevention service participated in an active team building day, for their physical and mental wellbeing.

Team members are usually spread out across Somerset and North Somerset so this was a wonderful chance to all get together.

The day started at Fyne Court in the Quantocks, where team members went for a gentle hike through the beautiful grounds before setting fears aside and getting lost in some mindful artwork. After a picnic lunch, the group headed to the Taunton and Bridgwater Canal for some paddle boarding and quizzes. The day was a brilliant chance to get to know team members, have some fun, and try something new.



# Meet the Team!

This month's mini-bio is from Niki, who helps our service run the Book-a-Class system.



Hello, I'm Niki and I work part time in the Administration Team here at Age UK Somerset.

I started working here in September 2021 and I was made to feel very welcome from the start. Before that I worked for the NHS for many years and I am also a qualified Complementary Therapist.

I have been married for 31 years and have 2 grown-up daughters and a 2 year old grandson. In my spare time I enjoy Yoga, walking our Sprocker in the countryside where we live, socialising, music, reading, spending time with my grandson and riding my motorbike.

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## Message in a Bottle

The Lions Club has devised a simple but effective way for people to keep their basic personal and medical details where they can be found in an emergency - a Message in a Bottle! They use a standard form and participants keep it in a common location – the fridge.

This helps emergency services personnel to save valuable time in identifying an individual very quickly and knowing if they have any allergies or take special medication. The kits are provided for free. For more information head over to the Lions' website:

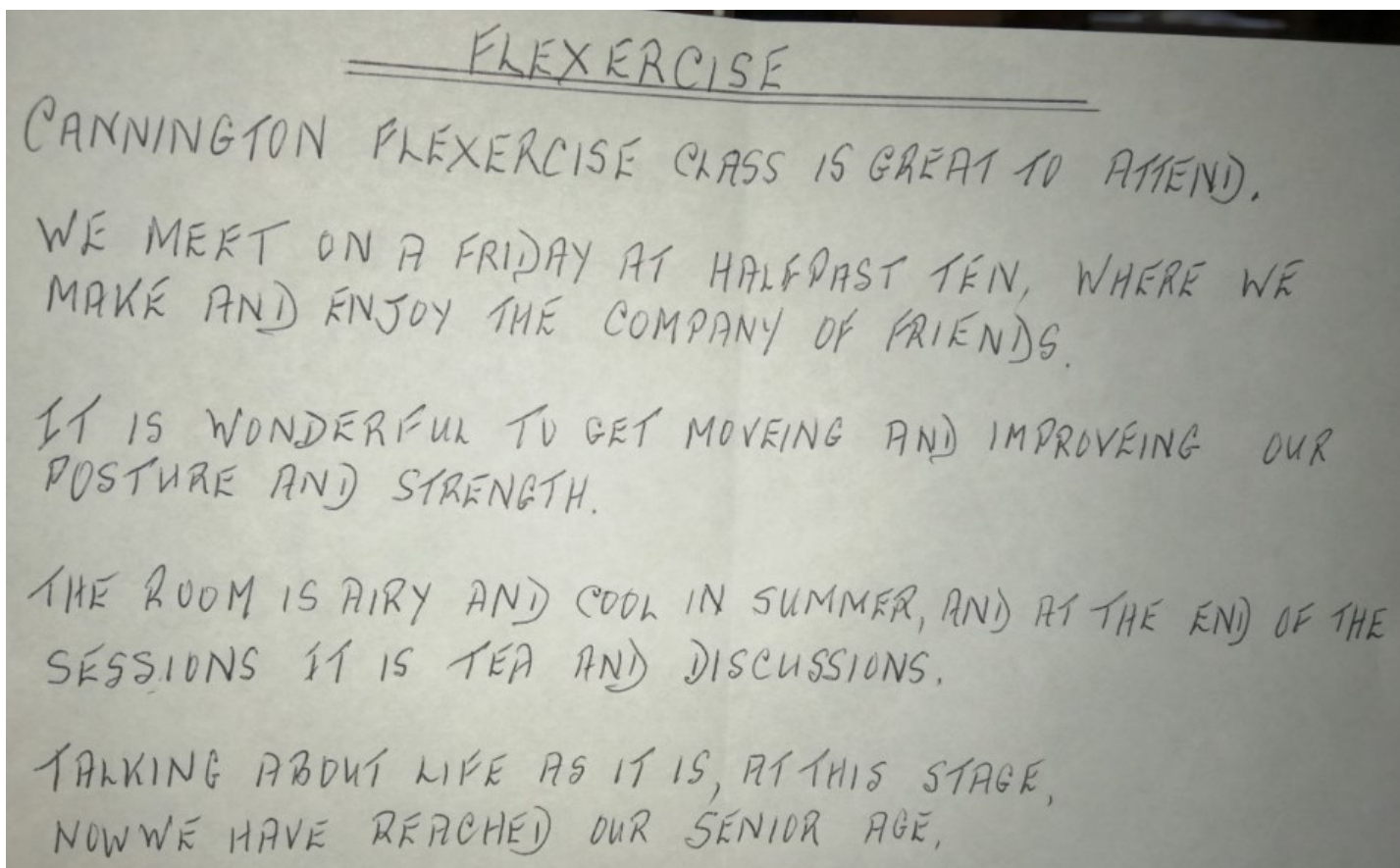
[Lions Message in a Bottle –](#)

[Lions Clubs International MD105 British Isles](#)



# Poetry in Motion

We were blown away by some of the poems sent in by our participants. If you want to get involved, there's still time to send in poems inspired by our classes or by being active before National Poetry Day on October 6th. Here's a taste of what has been composed so far...



**Body aches**

**Limbs creak**

**Bouncing at edge of bed**

**Loosen joints**

**Quick shower**

**Meet cheerful Eileen**

**Start with shoulder and neck**

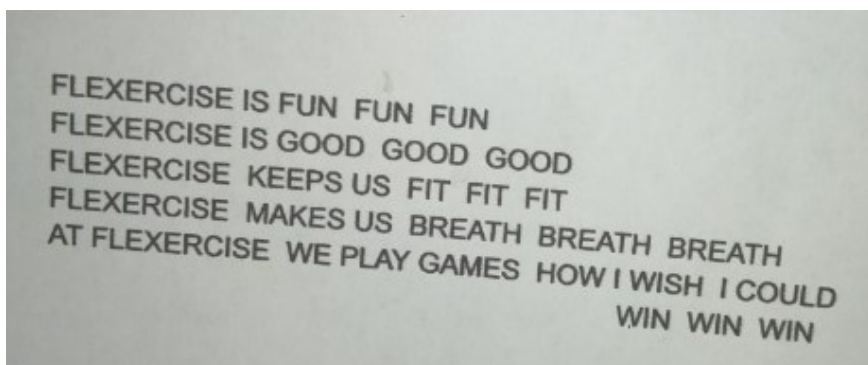
**Maybe running, marching and stomping**

**Do the Okey Cokey**

**Macarena or gentle My Bonnie**

**Arms and legs moving in tempo**

**Makes the blood flow**





Please share  
your stories  
with us.

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.

## Contact Us



01823 345626  
01823 345614



ageingwell@ageuksomerset.org.uk  
fallsprevention@ageuksomerset.org.uk



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

We are on Twitter, Facebook, and Insta!  
**@AgeWellSomerset**

