

Ageing Well Newsletter

November 2021 Issue : 6

There's been a lot of changes since our last newsletter, so here's a bumper edition full of all the fantastic things that we've been up to in the Ageing Well team at Age UK Somerset and a sneak peek at some of the exciting things in the pipeline.



Meet the team

We have some new faces in the Ageing Well team so over the next few issues we will be featuring all of our staff members so you can get to know us better.

Spot light on Angela Toohey.

Angela is the Ageing Well Co-ordinator for the Mendip and South Somerset areas.

Angela has a degree in Psychology. She likes to run and completed the London Marathon three times in a row before lockdown got in the way.

Angela has three teenagers - one is at university and two are doing A-Levels.



Dates for your Diary

Carol Service

Wells Cathedral Wednesday 8th December 2021 Everyone welcome – tell your class!

Click here for more details

News

Active befriending

Active befriending is a new service supporting older people who would enjoy some company and the benefit of being more active but don't feel very confident going out alone. Clients register their interest and are matched with a volunteer who will come to their home and accompany them for a gentle 'Walk and Talk'. If you, or someone you know, would like to volunteer please get in contact with Mel.

activebefriending@ageuksomerset.org.uk / 01823 345625

Tai Chi

We have successfully secured funding to train Tai Chi QiGong instructors in the North Somerset area.

Please get in touch if you're interested.

Otago

Congratulations to our newly trained Otago instructors in North Somerset!

Well done to Helen Appleby, Rachel Jelbert, Claire Lewis and Corinne Mutlow.



An event to celebrate International Older Persons Day with all proceeds going to Age UK Somerset



An evening with Dr Lucy Pollock

Somerset NHS Consultant Geriatrician and author of 'The Book about Getting Older'

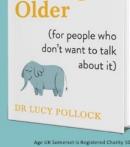
at St James's Church, Taunton

on Friday 1st October 2021 at 7.30pm

"The most important book about the second half of your life you'll ever read.' SANDI TOKSVIG "Wise, compassionate, well researched and very broad in its coverage. I've learnt a lot that will help me both as a doctor and a patient. Thank you.' DR PHIL HAMMOND

The International Older Persons Day was on October 1st. As part of our celebrations, Dr Lucy Pollock, the author of 'The Book About Getting Older (for people who don't want to talk about it)' gave a talk at Brendon Books.

If you missed the event, <u>click here</u> for a recording.



The Book

About Getting

Coming soon to Bridgwater!

Next February, Walking Football is coming to Bridgwater. Be sure to read our future newsletters for more information.

New Class Alert!

Zumba Gold®

Started 25th October 2021 Weston-Super-Mare

GET GROOVIN' AT YOUR OWN PACE

Sadly, Nikki Smith, our longstanding and wonderful class co-ordinator for North Somerset, will be leaving the team on 17th December. Soon we will be introducing Dawn who commences on 6th December. Watch out for more on this in the next edition.

Publicity updates

We are updating our publicity! Look out for our new posters listing all the classes in your district. If you know of somewhere that we should advertise, please let us know!

Social Media

We are on **Twitter** and **Facebook**.

Do you follow us?



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