

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.

Thank you!

But first of all, thank you and a huge well done to all our wonderful instructors and volunteers who have worked so hard over the last 18 months!

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.

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, [click here](#) for a recording.

The poster features the Somerset age UK logo and text: "An event to celebrate International Older Persons Day with all proceeds going to Age UK Somerset". It is supported by Brendon Books at the Taunton Literary Festival 2021. The event is titled "An evening with Dr Lucy Pollock", a Somerset NHS Consultant Geriatrician and author of 'The Book about Getting Older', held at St James's Church, Taunton on Friday 1st October 2021 at 7.30pm. A circular portrait of Dr Pollock is shown. A quote from Sandi Toksvig reads: "The most important book about the second half of your life you'll ever read." Another quote from Dr Phil Hammond says: "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." The book cover for 'The Book About Getting Older' is displayed, featuring an elephant and the subtitle "(for people who don't want to talk about it)". The author's name, Dr Lucy Pollock, is at the bottom. A small note at the bottom right states "Age UK Somerset is Registered Charity 1015900".

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



The advertisement features three people (two women and one man) smiling and dancing. The text on the left reads "GET GROOVIN' AT YOUR OWN PACE" and "THE DANCE PARTY WORKOUT FOR THE YOUNG AT HEART". The Zumba Gold logo is in the top right corner.

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?



Contact



01823 345626

01823 345614



ageingwell@ageuksomerset.org.uk

fallsprevention@ageuksomerset.org.uk



www.ageuksomerset.org.uk/

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