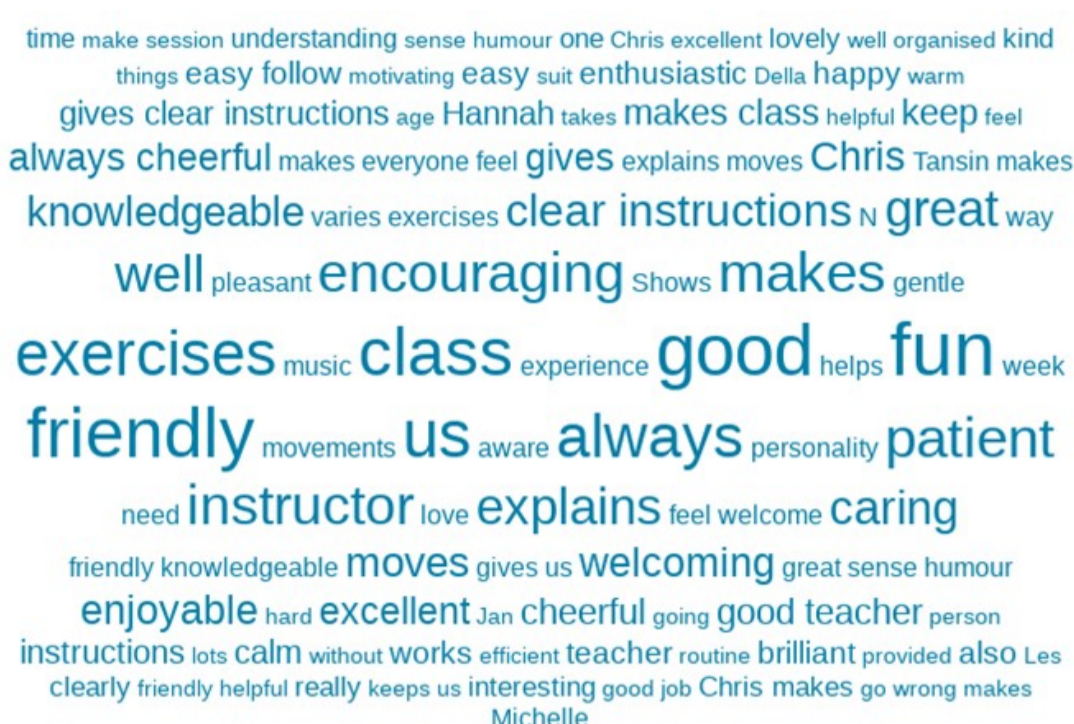


“Thank you for giving older people the opportunity to relearn old physical skills. The classes bring energy, lightness and a touch of youth to us.”

This is just one of the fantastic comments we received from our recent survey. We'd like to say a huge thank you to everyone who completed our Ageing Well Exercise Class survey. We had a superb response with some absolutely wonderful feedback. Here is a word cloud of some of the comments made about our instructors...



The larger the font, the more the word was mentioned in the comments. The key findings of our report were that the Ageing Well service:

- Provides real value to participants.
- Is highly-rated, needs driven and responsive to feedback.
- Is continually improving it's efficiency, reputation and reach.

Click the button below to read the full report.

[Read the Full Report](#)



Somerset ageUK For 2023
1 - 14 JUNE

Volunteers' Week (s)

TIME TO SAY THANK YOU

#VolunteersWeek

Events kindly supported by **Somerset Care**

Volunteers' Week(s)

June hosts the annual celebration of our wonderful volunteers. We wouldn't be able to do what we do without the help of our 41 Ageing Well Volunteers- a huge thank you to each and every one! Our Volunteering Manager, Kate, has organised two weeks of events across the county to celebrate- more to come in the next issue.

As well as making a vital contribution to our charity, volunteering can have a huge number of benefits for the volunteer, including meeting new people, being active, a sense of achievement, and increase in confidence. One of our participants shared her story of how volunteering has benefited her:

“Volunteering in an Age UK charity shop has helped my mental health especially in my confidence in working the till and communicating with customers, as when I first started it worried me. This job gave me further confidence to join a Mature Movers class run by Age UK Somerset. I am very grateful to both the charity shop manager and the Mature Movers leader who have given me so much encouragement to also move in other areas.”

If you are interested in volunteering for Age UK Somerset, please find out more [here](#). There are many roles including, Information & Advice, Friendly Phone Calls, Walk and Talk and Memory Connections Group, to name just a few.

Flexercise Workshops



Flex-appeal

We are recruiting participants for our Flexercise workshops, please help spread the word, perhaps you or someone you know may be interested?

These workshops are aimed at people who work with or have an interest in enhancing the lifestyle of the not so young. The workshops are open to 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 so that they can help older people in the area stay more mobile, improve mental health and enhance their later years.

[Find Out More About Our Flexercise Workshops](#)

The workshop costs £15. The next dates for the workshops in Somerset are (all Thursdays, 10am - 2pm):

15th June 23 - Somerton, Edgar Hall

22nd June 23 - Bridgwater, Victoria Park Community Centre

12th Oct 23 - Somerton, Edgar Hall



Hands Up, Who Wants To Try Yoga?

With International Yoga Day coming on 21st June 2023, Age UK Somerset are celebrating by offering a **free*** Yoga class to new participants.

Combining breathing and relaxation movements to balance the mind and improve flexibility, our fun and friendly Yoga classes have been specially designed for people over 55. The movements can be carried out seated on a chair and there is some standing.

We deliver Yoga in Bridgwater and Martock, as well as online via zoom and a seated Yoga, called Breathe, Stretch & Flex, in Easton in Gordano.

- Bridgwater- Wednesdays at 10:30am**
- Easton in Gordano- Mondays at 9:45am**
- Martock- Mondays at 11:30am**
- Online- Wednesdays at 10am**

Now is the perfect time to try a yoga-themed exercise class from Age UK Somerset's Ageing Well service!

*Valid for new participants, the week beginning 19th June 2023 only. We have a limited number of spaces and so the free spaces will be allocated on a first come first served basis. You must be a resident of Somerset or North Somerset to take part in the online session.

Please don't hesitate to [get in touch](#) to find out more and book your free Yoga session.

New to Somerset

We are launching a new **Flexercise** class at North Petherton Community Centre. Starting on the 19th June, the class will be held on Mondays at 11am, costing just £3 per session.

Flexercise is a fun and friendly seated exercise session, which uses music and laughter to get you moving in a relaxed informal way.

Please help us share the news and if you are local, why not book your place and try it out?

Somerset ageUK **NEW CLASS!**
Starting 19th June '23

Flexercise
For men and women over 55

Gentle and fun seated activity session.
For improved muscle strength and flexibility.

Mondays
11 am – 12 noon

Cost: £3
PRE-BOOKING ESSENTIAL
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
visit our website: www.ageuksomerset.org.uk

This class is held at:
North Petherton Community Centre
Fore St
TA6 6QA

Please check class is running prior to attending

Updated on: 18/05/2023 Registered Charity No: 1016900

Somerset ageUK **SOMERSET County Council**

Get Strong Get Steady
Classes held at Wells Town Hall

Improve your strength, stamina and balance.
Progress from seated to standing exercises.
Meet people and have some fun!

For more information, please contact Age UK Somerset.
We want to help you to stay independent as you get older.

You will need to complete a short health questionnaire before starting your class. The cost is £5.00 per session.

fallsprevention@ageuksomerset.org.uk
01823 345614

Information Correct on: 03/05/2023 Registered Charity No: 1016900

Get Strong Get Steady is a relatively new level of our Strong and Steady programme. It's a 16 week programme of gentle exercises specifically created to help participants gradually build up the strength, stamina and balance to be able to progress from seated to standing exercises. The programme is suitable for those who are experiencing more advanced mobility issues. It is the ideal precursor to our Stay Strong Stay Steady classes.

We are launching a new Get Strong Get Steady session in Wells. For more information contact our [Falls Prevention team](#) on 01823 345614.

New to North Somerset

We are launching a new **Tai Chi** class in North Somerset! The Stable in Weston-super-Mare will be hosting our Tai Chi QiGong session, starting on June 14th. Held on Wednesdays at 10:30, £5 per session.



Tai Chi QiGong
seated or standing

Gentle movements to improve balance, flexibility and strength

For your mind, body and wellbeing

Wednesdays
10:30am – 11:30am

Cost: £5
Pre-booking essential

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

visit our website: www.ageuksomerset.org.uk

This class is held at:
The Stable
3-6 Wadham Street
Weston-super-Mare
BS23 1JY

Please check class is running prior to attending

Information correct on: 09/05/2023

Registered Charity No: 1015900

Want to find out how Tai Chi could benefit you?

Here's Iris's story...

"I first started Tai Chi classes before the COVID pandemic. Age UK Somerset ran the class, in our local village hall. It was well attended, I think we all appreciated it being local!"

"I'm in my seventies, and I found the Tai Chi exercises helped me, especially with arthritis in my knees, but most of all I found the calm slow exercising, concentrating on breathing, really helped my asthma. During the 2 years of the pandemic I tried hard to continue to exercise at home, but I missed the discipline of a class, and the group too!"

"So, I was really glad to hear that Age UK Somerset had started the Tai Chi exercise group again. I still find the Tai Chi exercises enjoyable. The routine is clearly explained and demonstrated by the instructor."

"I love the calm atmosphere, lovely music and gentle, steady exercises. They continue to keep my knees flexible, encourage good balance, but most of all the concentration on breathing in and out properly with each move is truly helping my asthma as I feel my lungs expanding, especially as we learn to 'fly like a wild goose' – I feel my spirits rising too!"

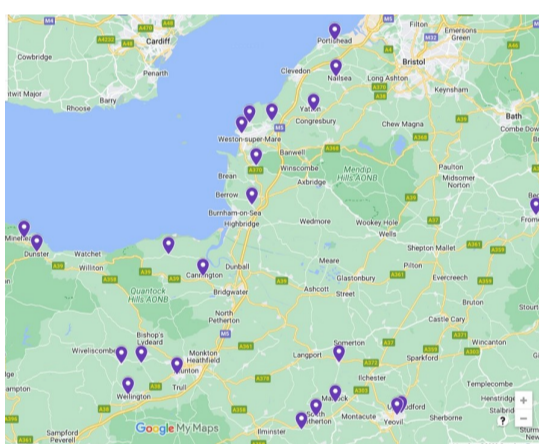
"And my asthma nurse has agreed that it's an excellent idea, and very helpful. I'd like to thank our mentor and tutor, he has been so encouraging, instructing us through the exercising, and so helpful. We feel very 'cared-for', as he is especially mindful of those of the group who may be having difficulty with some of the exercises."

"Needless to say – we all enjoy getting together – we chat a bit, we work our way through our Tai Chi exercises, we meditate gently at the end of the hour ... but most of all we always leave with a smile on our face, and calm mind..."

From arthritis to asthma, mental health to making friends- there are countless benefits to these gentle, mindful movements.



Basher, Iris and Paul at one of our World Tai Chi Day celebrations in April.



We deliver 25 Tai Chi QiGong classes across Somerset and North Somerset.

Find A Class Near You

Do you want to improve your digital skills?

A few of our survey respondents asked for advice on where to get help with using their devices.

Tea and Tech is an initiative in North Somerset, offering 'in-person', free, digital advice to those over 50 to help learn the basics of getting online. Find out more [here](#).

In Somerset, the Spark IT team has launched five Digital Cafés across the county (Wincanton, Minehead, Yeovil, Chard and Bridgwater, with many more due to open). For more information on these drop-in sessions visit [SPARK SOMERSET](#).

Being Active with Parkinson's

Parkinson's UK have developed a new 'Being Active with Parkinson's Guide', to support people living with Parkinson's to be active, feel energised and to live well.

The average age for the onset of Parkinson's is 60 years of age, although a small proportion of people are diagnosed with early onset Parkinson's before the age of 50. Therefore, we wanted to share this guide with our participants in case you or anyone you know lives with Parkinson's and are interested in finding out more about being physically active in a way that works for the condition, not against it.

The guide covers a range of topics including: why it is important to be active when living with Parkinson's, how to get started, why intensity can be important for the disease. The guide also includes some inspiring stories sharing the real-life experiences of those within the Parkinson's community.

Jagdeep's story, from the We Are Undefeatable campaign, encourages others to build up their levels of activity, and shares how he "found that exercise, and in particular boxing, would benefit people with Parkinson's."

Find out more [here](#).

You can order physical copies, or download a [digital version here](#).



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Email



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Phone

Our mailing address is:

Age UK Somerset, Ash House, Cook Way, Taunton, TA2 6BJ

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