

Ageing Well Instructor Newsletter

December 2021

Issue: 7

Christmas is in the air in the Ageing Well hub and we want to take this opportunity to wish you all a Merry Christmas and a Happy New Year!

We've had some lovely feedback about last month's newsletter, thank you for taking the time to get in touch.

In this issue we say a sad farewell to Nikki Smith and a huge welcome to Dawn Jenkins.

Merry Christmas



And a Happy New Year

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. This month's spotlight is on Dawn Jenkins.

My name is Dawn and I'm the new Ageing Well Co-ordinator for North Somerset. I am a qualified fitness instructor, having retrained following my passion for everything health and fitness related! If I'm not working, you can find me out on my bike or taking part in a charity event. I can't wait to get started and develop the class timetable in North Somerset.



News

Farewell to Nikki Smith

We are sad to be saying goodbye to Nikki, our wonderful class co-ordinator for North Somerset, who is leaving us for pastures new this month. She has been an integral part of the Ageing Well team for 10 years and will be greatly missed.

Nikki has been a vibrant member of the team, and always incredibly supportive of her instructors and volunteers. Her



contributions to the service are too numerous to list but particular highlights include helping organise the tea dance and introducing Tai Chi to North Somerset!

Nikki will be tremendously missed by us all at Age UK Somerset. She has been a fabulous colleague who blessed us with her unswerving positivity, who, like bubbles in a glass of prosecco, would always lift the mood.

A message from Phil Dolan

In the 7 years I have known Nikki, she has always stuck to her role like glue. Never deviating, you always knew that Nikki would deliver what she was asked to deliver. Older people in North Somerset have always had nothing but kind words for her. Around the office she consistently demonstrated a sunny, happy personality, no matter what she may have been going through personally. We will miss her. Truly the end of an era but Nikki leaves with nothing less than our thanks and heartfelt best wishes.



We want to wish
Nikki all the best for
her new adventure.
Thank you, Nikki, for
all the fun.





Walking Football

We have teamed up with Bridgwater United Football Club to bring the beautiful game to older people in the Sedgemoor area. An inclusive, noncontact, slower form of the game for males and females over the age of 60. We will update you in the New Year!

Fancy going to a match in the New Year? See below for Bridgwater United's fixture lists.

FA Women's National
League.
Toolstation Western
Football League.

Publicity updates

Please share with us any outlets you know of where we can share updates about our Ageing Well classes or other news. Please email sarahjane.fraser@ageuksomerset.org.uk with details of any community Facebook groups, parish newsletters or local websites.
Thank you for helping us spread the word!

A huge thanks to The Coop Community Fund and all their members for raising this huge sum of money for Age UK Somerset to continue our class provision following COVID.



Feedback

We love receiving feedback from our participants.

Well done, Lorna, with this recent feedback!

"Would you please put on record that Lorna's classes are really great. They are exactly what I was hoping for to help my recovery from a back operation."

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Social Media

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