

Ageing Well News

Issue 3: November 2018

Welcome to our newsletter, aiming to keep you in-touch, up to date and hopefully entertained! This is YOUR newsletter, so please share stories or send us ideas for future issues. The success and growth of Ageing Well classes is down to all of you, instructors, volunteers and participants alike, so thank you.

New People join the Ageing Well Team

As Ageing Well sessions and activities continue to flourish and with the excitement of launching the Stay Strong Stay Steady sessions in Somerset, the team has grown to shoulder the extra work load!

In the last few months, we have welcomed two new co-ordinators, Tracie Philpott, who will manage the Mendip area and Michelle Purnell, who takes on the Stay Strong Stay Steady project. The team were also joined by Linda Swain, Marketing and Communications, who will be trying to get lots of publicity for our activities and the classes available and making sure we share our news with you.



In the end, it's not the years
in your life that counts, it's
the life in your years.

ABRAHAM LINCOLN

Our Mission - We are dedicated to improving the health and well-being of older adults. We encourage physical activity to help the over 60s stay well and independent.

News

Strictly Come Tea Dancing at the Winter Gardens

In October, we held a fund raising event at the Winter Garden Pavillion in Weston Super Mare, organised by the fantastic Tansin Benn. Tansin is a Trustee and Volunteer of Age UK Somerset and she and her dance partner, Chris Burt, did a demonstration in the interval. She was supported by a number people who attend our classes, to share some of the exercises and movements they learn each week.



This was an inspirational afternoon, with music provided by Mark Helmore. Glamorous dancers, in all their finery, twirled their way around the dance floor to popular ballroom, Latin and sequence dance music.

Dianne Ramsey said, "it was an amazing afternoon, so well supported and such fun. A really big thank you to everyone who made this possible; Tansin and Chris, Mark for supplying the music and our sponsors, who covered many of the costs.and all our brilliant volunteers, Barry, Mark, Chris, Les, Jacky and so many more. Without their support, it wouldn't have happened. We raised an incredible £2,200! It's lovely to know that if all else fails, there's always dancing!"



News

World Tai Chi Day

On the 28th April, our instructor Cheryl Mountford led a large group session at the Italian Gardens in Weston-super-Mare, to celebrate World Tai Chi Day. Tai chi, an exercise often called “meditation in



motion,” is a series of slow, gentle, choreographed movements that can be easily learned and executed by people of all ages and states of health, so it’s perfect for many older people. Research has shown that it can help rebuild muscle strength and improve balance. Since then, Cheryl has been back in China, brushing up on her techniques!

Comments Books

We are going to be providing comments books for all our classes and we really hope that everyone will take the time to write down their feedback, thoughts, ideas, anecdotes and stories. We are looking forward to hearing from you and having more positive news to share. It is always good to have your feedback and suggestions.

Instructors get together

We invited all our instructors to join us at Pickeridge & Taunton Golf Club On the 15th September and were delighted that so many could come. It was a really useful day and much was discussed and shared. We plan to hold it annually from now on.



News

Stay Strong Stay Steady!

Age UK Somerset was recently selected to work with Later Life Training and Manchester University to extend its offer of an exercise programme called “Stay Strong Stay Steady” in Somerset.

On the 27th October, there was an important workshop held in Taunton, the main aim being to help develop an action plan to



improve the take up of these important classes. We have been able to share some of these findings, generating lots of new enquiries; new classes have just opened in Frome, Wells and Wincanton. The “Stay Strong Stay Steady” sessions are designed

specifically to improve strength, balance and confidence, helping to prevent damaging falls. [We are urgently trying to recruit new volunteers to work with the trained instructors, so if you know anyone who could spare an hour or two each week, please get in touch!](#)

Marketing

We are developing a number of new initiatives to help promote our classes and activities and hope to be able to provide instructors and volunteers with material - including new posters—they can use to publicise locally.

We have a new leaflet about our Flexercise classes. This was designed for Age UK Somerset's Befriending volunteers but is available as a general handout. Please ask if you would like some copies to distribute.

We also have a new Facebook page - Ageing Well - and a new Facebook Group for instructors. Please follow, like or join if you can!

Our People

Sheila and Raymond's Story - class attendees

"In September 2014, Raymond and I joined Cheryl's Tai Chi class in Bridgewater. Raymond was in a very dark place; he had just lost his beloved wife. I wasn't much better, I had recently separated from my partner. Over the next three years we discovered that we both liked walking, dancing and going to the theatre. We became good platonic friends.



In September 2017 our friendship blossomed and turned into love. Not many people can say that they met at Tai Chi! We feel extremely lucky to have found each other and are really enjoying life in each others company." *by Sheila.*

Ivy Thorne – Ageing Well Yoga Teacher

When Ivy heard of yoga more than 30 years ago, she had visions of "standing on your head, getting in a knot and looking silly!". Ivy originally attended keep fit classes with her daughter - "*I needed something to get me going*" - and her keep fit teacher suggested she might enjoy yoga, so she gave it a go. She grew to love it so much that now, at 87, she still teaches a class every week.

When her yoga teacher needed an operation, Ivy stood in for her and hasn't looked back since. "*There's something so peaceful about yoga, yet you're working really hard*". When her beloved husband passed away, she said her yoga really helped to keep her spirits up and she gets a lot of pleasure out of helping others. When she talked about retiring at 80, her class wouldn't hear of it! She can still do a shoulder-stand and now hopes to carry on into her 90s.



Activities

The Big Knit is back!



For every little knitted hat we receive, Age UK Somerset can claim a 25p donation from Innocent, which will be used to help reduce loneliness. This year, there are a number of local Big Knit, Little Hat drop off points across the area and details of these can be found on the Age UK Somerset website. You will also find a link to lots of knitting patterns, divided into beginners, intermediate and expert knitters!

These are two of our favourites - snail and unicorn.



A Big Knit “thank you” to everyone who has contributed - well done Joy Beckwith, who has knitted up a storm!



Where has your hat been?

We are running an Ageing Well, Big Knit competition! We challenge you to knit a hat, or several hats, and take a photo somewhere unique or exciting. The one to beat so far is Ageing Well's Julie Bolton, who took her hats for an adventure in Peru!



Activities

Eat well!

Christmas isn't generally the time for low-fat, low-calorie recipes but if you are concerned about over indulging, we've found some healthier options on the BBC Good Food website!

Poached pears in spiced tea

Ingredients

50g golden caster sugar; 1 tbsp clear honey; 1 tbsp redcurrent or cranberry jelly; 2 spiced fruit tea bags; 4 firm pears, peeled, halved and the core scooped out with a spoon; handful of fresh cranberries; yoghurt or sweetened crème fraiche, with a little orange zest to serve.



Method

Put the sugar, honey, jelly and tea bags into a saucepan with 600ml water; bring to the boil, stirring to dissolve the sugar. Add the pear halves, cover and simmer for 12-15 mins until they are tender. Lift out the pears and then turn up the heat, throw in the cranberries and boil for a few minutes until syrupy. Discard the tea bags. Serve the pears with the warm syrup and a spoonful of creme fraiche or yoghurt.

Simple exercises for staying mobile and independent

Saga recently published a pamphlet called, "Get up and go", a guide to staying steady as you get older and part of the Falls Prevention initiative. It gives instructions for six, simple exercises that - if done regularly - can help improve co-ordination and balance.

1. Heel Raises 2. Toe Raises 3. Sit to Stand 4. Heel-Toe Stand 5. Heel-Toe Walking 6. One-Leg Stand

The pamphlet can be downloaded by searching, "CSP - six exercises for staying steady"



Last But Not Least

I've TOYED with Movement to Music

And I've TINKERED a bit with Keep Fit

But now I've discovered YOGA

Where I fancy I could be a hit.

Each Wednesday morning we congregate

Nicely spruced up and in our prime

Then courtesy of Age UK Somerset

We all have a whale of a time.

Now the professionals among us

Take a drink for when they peak

I take along a can of oil

For my poor old joint when they creak.

Let me tell you about our teacher

85 and fit as a flea

Except of course for her poor old back

And the trouble she has with her knee.

The aim is to keep it all moving

Make it stretch, then persuade it to bend

When I find it gets a bit much

I just sort of grunt and pretend.

She told me I should bend from the hips

Then reach out and grab hold of my feet

Her arms are six inches longer than mine

My extremities never quite meet.

She showed me the lotus position

I thought that I'd give it a go

Thankfully, I'm still able to walk

But I find that I move rather slow.

When my poor body is exhausted

When I'm feeling fit to drop

Next comes the Art of Relaxation

That's the posh was of saying "now flop".

I concentrate on my breathing

Slow down and draw it in deep

Lay back, think of dear old England

And in no time at all I'm asleep.

So I'll carry on with my yoga

For when all is said and done

I might never be an expert

But I do have a great deal of fun.

A poem by MOLLY WARREN

A big THANK YOU TO

LIVE WEST for sponsoring

our new polo shirts. They

are great! We are thinking of

printing some class T-Shirts

next; but what should they

say on them?



AND thanks are due too

for our instructors' patience

with the new Post Office

banking rules.

The Ageing Well Team

01823 345626

Dianne Ramsay, Manager

Co-ordinators

Julie Bolton, Somerset

Nikki Smith, N. Somerset

Tracie Philpott, Mendip

Michelle Purnell, Falls

Linda Swain - Marketing

