

## Ageing Well News

### Issue 4: August 2019

Welcome to the latest edition of our newsletter. The months have flown by and we have lots to share. We are proud to be YOUR local, independent charity. Last year, we had 2,695 people attend our classes in Somerset and North Somerset - truly something to boast about.

### Changes in the Ageing Well Team

In May, we said a sad goodbye to Tracie, who needed to work closer to home because of her young family. We will miss her but are delighted that she completed her training to become one of our Stay Strong Stay Steady teachers. Michelle and Linda have both taken on additional hours, due to the extra work generated by the increased emphasis on our Falls Prevention activities. Every day in Somerset, around eight people over the age of 65 are admitted to hospital as a result of a fall. Our aim is to help many older people stay steady on their feet.

### Spread the word!

Our classes are important for both the physical and emotional well being of many older people. Please pass the word, share our newsletter and let us have your comments and feedback.

“Ageing is not lost youth but a new stage of opportunity and strength.” Betty Friedan (writer)

# News

## Increasing our Falls Prevention activities

**More Stay Strong Stay Steady classes.** As awareness grows of this evidence-based falls-prevention exercise class, we are seeing an increase in both direct enquiries from individuals and the number of referrals from NHS professionals. We are increasing our efforts to make sure that people know how important and effective these classes are, dramatically improving balance, strength and confidence and helping people to stay independent as they get older. We had seven new people attend and complete their training last month and look



forward to their new classes starting in the near future. Good luck to Tracie, Andrea, Nikki, Elaine, Henrietta, Sian and Hazel.

## Funding secured from the National Lottery Awards.

Following a recent application, we have successfully secured significant funding to enable us to train new volunteers to teach Shibashi Tai Chi. We have a training programme in July that will qualify participants to lead a Qi Gong class in their local community. Easily adapted for all levels, this particular Shibashi form (which means “18 moves” in Chinese) is easy to learn and its effects are proven, helping to improve blood pressure, balance, co-ordination and strength. We were delighted so many people applied for the training and look forward to being able to offer more Tai Chi classes across the county.



# News

## BBC Somerset helps to promote our activities

**Ivy Thorne**, now 87, teaches a yoga class for Ageing Well in Bridgwater. Earlier in the year, BBC Somerset filmed Ivy teaching and produced a wonderful video, which was posted on their Facebook page. It was seen by more than two million people, and shared by 20,000. The level of interest and amazing comments showed that ageing well - and being fit and happy when you are older - is something close to the hearts of many. Ivy is a fantastic example to us all.



Ageing Well's **Julie Bolton** also received some media attention recently! Simon Parkin, from BBC Somerset Sound, came to Julie's Tai Chi class in Dunster to learn about the practice and its many health benefits. He interviewed Julie and some of the people attending the class and the recording went out on his daytime show.

We have received some generous donations from companies, organisations and individuals, which are truly appreciated. **THANK YOU TO:** Bluebird Care, who donated £250 for SSSS classes in Mendip; Tesco book club, for raising £250; Asda, Taunton's Green Token scheme, raising £500; Asda, Yeovil, £200; The Co-Op, we are one of the members charities this year, £212 to date; Waitrose, Wells, raising £312. And a special thank you to Derek Bourne, whose friend suggested he asked for donations instead of presents at his birthday party -they raised £150! If you could do the same...please let us know.

# News

## New films about Ageing Well activities ready to roll!

A picture paints a thousand words...and a good film can create an immediate and lasting impression. Six months ago, we approached the University of Somerset to ask if any of their



Media students would work with us to produce a series of films. Since then, we have filmed six different sessions and produced videos about what we do and the benefits of joining our classes.

These films will be used in a number of ways. They will be posted on our website, used in social media and marketing and will be an easy way to explain what we offer to anyone outside our organisation. We are SO grateful to Kerrie Sloper, who has spent hundreds of hours on our project and to Emily Hicks, who helped her with the filming.

You can view the new Stay Strong Stay Steady and Flexercise films on the AUKS website. The other films will be uploaded shortly. Thank you to everyone who allowed us to film them. You were all wonderful!



**Help us spread the word.** We all know that being fit and active is important for a healthy later life and for staying independent as you get older. And we know our classes help people with a variety of health issues. It would be great if you could tell your GP or nurse about your class and how it has helped you.

# News

## Tea Dancing the Ageing Well way!

If you are inspired by the glitter and the glam of the stars on “Strictly” but aren’t quite up to dancing the TV Strictly way, then



you might enjoy taking part in a fun and inspirational event held at the Winter gardens Pavilion in Weston super Mare.

Last year’s event was a huge success and this year promises

to be just as exciting. An afternoon of popular Ballroom, Latin and Sequence Dance favourites, guaranteed to get your toes tapping. It will take place on Thursday 3rd October between 2pm and 5pm, and numbers are limited. Please order your tickets now to avoid missing out. Call the AUKS offices on 01823 345626 or visit our website. Tickets costs just £7.50.

## Flexercise workshops

Since our last newsletter, we have held two more training workshops. If you would like to learn how to teach a chair-based exercise class for older people, please get in touch and we will put you on the waiting list for the next workshop.

**Aspiring anglers meet again** Earlier this year, we received funding from Somerset Skills and Learning to run a six week fly fishing course for aspiring anglers. Run by experienced angler, Sally Pizii, the course was held mainly at the Hawkridge Reservoir and was a big success. We are now taking names of anyone wanting to join the next course, so do get in touch if you are interested. Thank you Sally for making it so enjoyable!

# Our people

**It's all about being steady on your feet....**



## **KATHLEEN YEANDLE, class attendee, Stay Strong Stay Steady**

“When I first walked in the door, I was on one of these three-wheel trolley things. I must admit I was falling down, probably 2 or 3 times a day. It was really beginning to frighten me. So they sent me here!

I didn't find it easy to start because I suffer with a lot of arthritis but I've got used to that now and know how far I can go. I can now leave my trolley behind! I can walk with just a stick – if I'm at home I can walk without one. I would really recommend the class to anyone who'd like to try it, because it's absolutely fantastic.”

## **AVRIL HOOLEY**

We are grateful to all our volunteers and it is amazing people like Avril that enable us to deliver the service we want. Avril teaches seven “Flexercise” classes for Ageing Well and we recently filmed her class at Ellisfield Court in Taunton. We enjoyed the happy, welcoming atmosphere and had such positive feedback. Avril is also helping us with the production of a new Flexercise training DVD. “I very much enjoy all my classes and look forward to seeing my lovely friends every week”.



# Activities

## **Act like a flamingo - stand on one leg!**

Maintaining balance and preventing falls is a huge priority for older people. Every time you walk and take a step, you stand on one leg and this requires both strength and balance. The more you practice, the more you improve! The keys to practicing standing on one leg are:-

**Safety first.** If standing on two legs is hard, start there. If standing one leg is difficult, then find a corner with a wall to practice in, so you can quickly correct any loss of balance.

**Challenge.** If it's really easy, make it harder. If you can stand on one leg for more than 30 seconds, try to close your eyes and maintain your balance.

**Posture.** Stand up tall, keep your hips level. Your knees can be straight or slightly bent.

**Get friends or family involved.** Being healthy, strong and balanced is great for everyone.

## **It's competition time**

What is the best thing about your class? How has it benefited you? We want your best "one-liner"; something we can quote when we promote our classes!

We have TWO fantastic Ping Pong sets to win, with everything you need to set up and play at home, including an instructional dvd. Please email your ideas to:

[linda.swain@ageuksomerset.org.uk](mailto:linda.swain@ageuksomerset.org.uk)



# Last But Not Least

## Not Falling For You - by Doris Sloley

I shall look where I step when out walking  
Though I'm tempted to gaze at the view.  
I'd be happy for you to assist me,  
But I don't intend falling for you.

You can take me out dancing one evening,  
If you hold me up, then I'll be fine.  
I'll accept when you ask me to supper,  
Just as long as you ration the wine.

I'll remember my balance is dodgy,  
(Falling backward is easy to do),  
Knock back water but mop up the spillage,  
Or I might end up falling for you.

I'll make sure my shoes are the right size,  
Wear my specs and watch out for the cat.  
I won't climb up on any chairs or step ladders.  
There is clearly a logic in that.

Since you came by and fixed me a handrail,  
Going upstairs is a safe thing to do.  
But that's only as far as you're going,  
'Cause I'm really not falling for you.

## The Ageing Well Team 01823 345626

Dianne Ramsay, Manager

### Co-ordinators

Julie Bolton, Somerset

Nikki Smith, N. Somerset

Michelle Purnell, Falls Prevention

### Marketing

Linda Swain