

What's on...

Arnside, Storth, Sandside, Holme,
Beetham, Heversham, Burton,
Milnthorpe, Levens & Natland



How can I stay healthy in winter?

The colder temperatures can raise blood pressure and increase the risk of flu and other lung-related problems. Our blood pressure takes longer to return to normal, and this can put you at greater risk of a heart attack or stroke. That's why it's so important to look after yourself in the winter.

Keep Moving

Staying active not only keeps you fit and healthy, it also generates heat to keep you warm. Look for ways to keep active - get up and walk around, make yourself a warm drink, spread any chores throughout the day, use chair-based exercises especially if walking is difficult, try moving your arms and legs or wiggling your toes.

Eat and Drink well

It's important to eat at least one hot meal each day and have hot drinks throughout the day. Include a good range of foods in your diet and aim for five portions of fruit and vegetables each day. Remember that frozen vegetables are as good as fresh.

Have your flu jab

The flu is not only unpleasant; it can also develop into something more serious, such as pneumonia. Flu viruses are constantly changing so it's important to get your jab every year. You can get a free flu jab from your GP and some pharmacies if:

- you're 65 or over
- you receive Carer's Allowance, or you are the carer of a person whose welfare will be affected if you become unwell
- you have a long-term health condition - such as diabetes, a heart condition, asthma or lung disease, a kidney or liver problem, Parkinson's, or if you have had a stroke
- you are living in a long-stay residential care home

The 'pneumo' (or pneumococcal) jab is a one-off jab that helps protect you against pneumonia, meningitis and septicaemia (a type of blood poisoning). If you're over 65 and haven't had one, ask your GP.

Protect yourself from chilblains

Chilblains are itchy red swellings that occur when your skin gets cold and you try to warm up too quickly, often by sitting close to a radiator, so keeping warm can help prevent them. If you experience them, dab the swellings with calamine or witch hazel to reduce itching, but don't scratch them as this could cause an infection. Seek advice from a pharmacist or GP if you get them regularly.

Organise your Medications

It's important that you don't run out of your medications over winter. Make sure you order prescriptions ahead of time, just in case there is bad weather, keep simple cold and flu remedies at home, just in case you become unwell.

Keep your spirits up

It's not unusual to feel down in winter, so try to do something you enjoy every day. Try to keep to your usual routine, phone or Skype friends or family, or maybe ask if they could visit you a little more over winter. If it's stopping you going out, making you feel lacking in energy, it's very important to share these feelings with someone - perhaps a friend or your GP.

Lunch clubs

Meet up with a group of friends and enjoy an excellent, freshly cooked meal. Bookings required – contact **01539 728118** for more information. Please support your local lunch club.

- The Albion, Arnside 1st Friday
- The Ship Inn, Sandside 3rd Wednesday
- The Kingfisher, Sandside (Storth Lunch Club) 2nd Thursday
- The Kings Arms Hotel, Burton in Kendal 2nd Wednesday
- The Smithy Inn, Holme 2nd Friday
- The Hare and Hounds, Levens (Levens & Heversham Lunch Club) 2nd Tuesday
- The Station Inn, Oxenholme, Kendal 3rd Tuesday
- Crooklands Hotel, Crooklands Last Thursday
- Mens Lunch Club, Smithy Inn, Holme 4th Thursday

Activities & groups

Meet friends, stay healthy and active and learn new skills while enjoying life.

- Gentle Exercises, Natland & Oxenholme Village Hall, 2.00-3.30pm Every Monday (not 3rd Mon)
(Last class before Christmas 17 Dec, restarts 14 Jan 2019)
- Gentle Exercises, Arnside Methodist Church Hall, 9.30am-10.30am* Every Tuesday
(Last class before Christmas 18 Dec, restarts 8 Jan 2019)
- Gentle Exercises, Arnside Methodist Church Hall, 10.30am-12noon* Every Friday
(Last class before Christmas 14 Dec, restarts 11 Jan 2019)
- Gentle Exercises, Christ the King Catholic Church, Milnthorpe 10.30-11.30am* Every Tuesday
(Last class before Christmas 11 Dec, restarts 8 Jan 2019)
- Gentle Exercises, Holme Parish Hall 11.00am-12noon* Every Wednesday
(Last class before Christmas 19 Dec, restarts 9 Jan 2019)
- Gentle Exercises, Levens Methodist Church 10.30am - 11.30am* Every Wednesday
(Last class before Christmas 19 Dec, restarts 9 Jan 2019)
- Walking Football, Dallam School 3G Pitch 6.50-7.50pm* Every Thursday
- Holme Crafters, Holme Parish Hall, 2.30pm* 15 Jan, 19 Feb 2019
(No Dec Meeting)
- IT Drop-In Sessions, Arnside Educational Institute 2.00-4.30pm Every Tuesday
There will be a donation for the Arnside Educational Institute of £2 for members or £3 for non members.
- **NEW** - Tinnitus Drop In, Age UK South Lakeland, Finkle Street, Kendal 10.00am-12noon Every Wednesday
- **NEW** - Active Club Better Balance, 6 week Course, Kendal Leisure Centre, 2.15-3.15pm 9, 16, 23, 30 Jan
6, 13 Feb

* Some activities and groups have a suggested donation, please call us for more details

**Merry Christmas and
a Happy new Year to
all our Volunteers
and Supporters**



Tinnitus Drop In

Do you have Tinnitus and struggle with it? Would you like to know how to manage your Tinnitus?

We have a new Drop In run by Age UK South Lakeland that is based in our Resources Centre at 17 Finkle Street, Kendal. This is open to all every Wednesday between 10.00am – 12.00 noon.

Pop along and see how we can support and advise you.

Or for more information call us on **01539 728118**.



Volunteering Changes Lives!

Our Milnthorpe retail team are a fabulous group who are looking to welcome new volunteers. The shop is a real treasure trove full of furniture, books, bric a brac and wonderful fashion items. As a volunteer you would be involved in chatting to customers, sorting and pricing donations, selling and receiving goods and you can use your artistic flair to dress windows and other areas of the shop. Volunteering is a very flexible activity and can fit around peoples busy lives. You can volunteer for a morning or afternoon session and its open seven days a week! It's a great way to get to know people and make new friends if you are new to the area. It's a good way to get back into a routine if you have had time out for a while. It helps build your CV, whatever your age. It's also great fun and the funds raised go a long way to supporting older people in the district. If you are interested do pop in the shop and have a chat and a coffee. Alternatively if you are interested please call us on **01539 728118** or email: volunteering@ageuksouthlakeland.org.uk



Volunteering



As a Volunteer you are essential to the work of Age UK South Lakeland. Without the dedication and hardwork of our loyal volunteers we wouldn't be able to reach and help so many people across the South Lakeland Area as we do.

Below are a small selection of our current volunteering opportunities in your area, if there is something that you would be interested in we would love to hear from you.

Home Visiting and Telephone Befrienders

- Can you help people in your area who are lonely and isolated? Age UK South Lakeland are recruiting volunteers who can visit an older person in their own home on a regular basis to provide companionship, including making a cup of tea, listening, chatting and encouraging them to take part in activities in the local area. We are also looking for telephone befrienders. This would involve having a regular conversation with an older person to relieve isolation and loneliness. This offers companionship and helps people maintain independence within their own community. If you have an interest and empathy with older people and their needs and a good sense of humour we would love to hear from you.

Digital Champions

- Digital Champions are a great team of people who introduce older people to the opportunities and joys of the digital world. They help teach basic IT skills and help out at our IT Drop in's. We are looking for folk who can show older people how to trace their family history, keep in touch with friends, demonstrate online shopping and generally encourage older people to try out and become more confident with IT. Volunteers may also help at local GP surgeries setting up patients on MY GP and Patients Online.

Falls Awareness Champions Needed!

- Everyone is at risk of falls as they age. Experts say that the majority of falls could be prevented by making regular small adjustments in our daily life such as regular exercise, regular checks and looking after ourselves. We are looking for volunteers who would be interested in getting involved to help with delivering talks and helping at events or drop ins. We are looking for volunteers to cover library drop-ins. If you have a positive interest in older people we would love to hear from you.

All volunteer roles require you to attend a half day induction and training specific to the role.

For more information, or if you would like to share some ideas, call us on **01539 728118**.

Please note that our events and activities will not be running on Bank Holidays.

Check out your local Age UK South Lakeland Shop or distribution point for the latest **What's on...**