

What's on...

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



Keeping your cool in a heatwave

If you are like me and have been enjoying this spell of lovely weather, you may also be wondering how long it is going to last and will this be the only bit of summer we see this year?

Enjoyable it may be, being able to get out and about without a heavy coat or to sit in our gardens, but higher temperatures and humidity can present a real health risk. It is important to remember that these higher temperatures in the UK are just as dangerous as being abroad. We often get caught out when the temperature rises unseasonably as early as April!



So we have put together our top tips for keeping cool in the sun.

- Wear loose, lightweight, light – coloured cotton clothing.
- Drink lots of fluid. Try to aim to drink 6 – 8 glasses a day – more if it's very hot. If you usually rely on drinks with caffeine in them, reduce them down and drink water or decaf instead. Alcohol can cause you to become dehydrated quicker so avoid it if possible.
- Eat normally, the heat can often suppress our appetite, but we need to eat a normal healthy diet to replace the salts we lose from sweating. Try to include in your diet salads and fruit as these contain a lot of water.
- We all need some direct exposure to the sun for our bodies to produce vitamin D but we should avoid spending long periods of time in the sun, especially during the hottest part of the day, which is between 11am and 3pm
- Wear a hat with a large brim, keep your shoulders covered and stay in the shade as much as possible.
- We also need to protect our eyes from the glare of bright sunshine, always wear sunglasses that have a CE mark, UV400 label or it states that they offer 100% UV (ultraviolet) protection. If you wear prescription glasses speak to your optician about prescription sunglasses, or reactolite lenses.
- If you have to go out carry a bottle of water with you especially if you are travelling by car or on public transport.
- Splashing your face with tepid water or placing a damp face cloth on the back of your neck will help you to cool down.
- If you take regular medication it is always wise to check with your GP or the local pharmacist if extreme heat could affect your health and the medications you take.

Over exposure of the skin to the sun for long periods can lead to sunburn and make us prone to skin cancer, so looking after our skin during hotter weather is extremely important. Always use a sunscreen with a high sun protection factor. Sunscreen should be applied generously and reapplied every 2 hours. It should be reapplied immediately after being in water. Make sure when applying sunscreen to any exposed area of your skin, remember places like the tops of your ears and bald patches on your head.

But most of all enjoy these lovely days as they don't last forever and enjoy an ice cream or 2!

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 Wheatsheaf Inn, Brigsteer 1st Tuesday
- (Runs Oct - March)
- 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, Arnside Methodist Church Hall, 9.30am-10.30am* Every Tuesday (Not August)
 - Gentle Exercises, Arnside Methodist Church Hall, 10.30am-12noon* Every Friday (Not August)
 - Gentle Exercises, Christ the King Catholic Church, Milnthorpe 10.30-11.30am* Every Tuesday
 - Gentle Exercises, Holme Parish Hall 11.00am-12noon * Every Wednesday
 - Gentle Exercises, Levens Methodist Church 10.30am - 11.30am* Every Wednesday
 - Young at Heart, Natland Village Hall 1.45-3.45pm* 2nd Monday
 - Walking Football, Dallam School 3G Pitch 6.50-7.50pm* Every Tuesday (Not September)
 - Holme Crafters, Holme Parish Hall, 2.30pm* 1st & 3rd Tuesday
 - IT Drop-In Sessions, Arnside Educational Institute 2.00-4.30pm 26 June, 24 July, 7 & 28 August
- There will be a donation for the Arnside Educational Institute of £2 for members or £3 for non members.*
- Falls Prevention Drop In, Arnside Library 10.00am-12noon 24 July, 28 August
 - Fit for Life Event, Burton Memorial Hall 1.00-4.00pm 18 July (Booking Essential)

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

Fit for Life Event

On **Wednesday 18th July** we are holding an event to make you **Fit for Life**.

Come along and join us at **Burton Memorial Hall** between **1.00pm & 4.00pm** and see how to make later life more comfortable and beneficial for you.

During the afternoon you will be able to listen to talks and watch demonstrations on Mindful Meditation, Ronnie Gardiner Multi-Sensory Exercise Class Method, Falls Prevention and Benefit Advice.

The local Physio team will also be on hand to give you a functional fitness test.

There will also be tablets available and the internet for you to try, where we will be able to show you how to use them and how they can enhance your later life.

Also available will be information on local services, including being Financially Fit for Later Life. This event is free and there will be refreshments during the afternoon, so booking is essential.

If you would like to book a place or would like more information please give us a call on **01539 728118** where we would be happy to help.



We need your help in our busy office

We are looking for a volunteer to help us with our Tablet Loan Project. We have started an equipment loan service for people who do not have any computer equipment or broadband connection at home.

People can borrow a tablet for 3 to 6 months, and we can support them to learn how to use it, by providing one of our Digital Champions to show them the ropes.

As a project administration volunteer, your role will be to:

- check the equipment in and out on the register
- speak to clients over the phone to arrange their loan period
- prepare the equipment and paperwork for issue to a new client
- speak to volunteers who are supporting the person to check that everything is running smoothly
- keep the records of which person has which piece of equipment so that we can keep a track on it and get it back when the loan period is over



You will need a little knowledge of IT, but we will give you all of the training you need.

We are a friendly team, based in the Kendal office, and we are sure you will enjoy working here just as much as we do. If you are interested in this important role or would like to take advantage of our fabulous Tablet/iPad loan scheme we would love to hear from you.

Please contact us on **01539 728118** or by email volunteering@ageuksouthlakeland.org.uk

Volunteering



VOLUNTEERS WEEK 1st - 7th June 2018 A BIG THANK YOU!

We would like to take this opportunity to say a huge thank you to all our volunteers who week in week out, run exercise classes, lunch clubs, craft groups, work in our shops, superstores and warehouse, those who visit or telephone clients and those who help out in our office. Without their dedication and hard work we wouldn't be able to reach so many people across South Lakeland as we do.

NEEDED - Community Link Volunteers

This is an exciting development of the Friends Exchange project and aims to assist people to access social activities which, for some reason, they have had to give up for a period of time. Over a period of 6 weeks, they build the client's confidence to go out alone and take part in activities. Much of the information about local events can be found on Compass or in the local press or newsletters. The volunteer will explore with the client the possibility of going to one of these groups and go with them to build up their confidence. Together they will create an action plan for the future. The volunteer may also refer the client to other Age UK services.

Volunteers needed in our Milnthorpe Shop

We are currently looking for help in our Furniture and Electrical Outlet at Milnthorpe with serving customers, keeping our displays topped up and tidy, sorting stock and many more jobs. The team is friendly and welcoming and there is a great team spirit. You will be able to pass on your own experience whilst learning new skills. Best of all, you will have fun and a few laughs.

We need a few more volunteers to complete our team and would love to hear from you if you have a morning or afternoon to spare during the week and would like the opportunity to do something to support our work in our local community. Full induction and training will be given.

If you are interested in joining our team in Milnthorpe please contact us on 01539 728118 for more information.

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...**