

What's on...

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



Age UK recommends taking a regular walk for better health.

Regular exercise not only keeps you fit, but also increases flexibility, boosts your mood and safeguards your health. One of the easiest ways is to get walking - and here's how walking can improve your health. A daily walk, even if it's just a 15-minute stroll to the shops, can help to keep you active and, if you walk with friends, it can give your social life a boost, too.

How walking can improve your health

Walking helps with weight loss

Taking regular exercise is especially important as we get older and our metabolism slows down, making us more likely to put on weight. The only way to lose weight is to use up more energy that we take in, and a daily walk can help to burn off some of those calories.

The number of people who are overweight or obese is rising. The latest Health Survey for England (2014) showed the following groups as overweight or obese:

78% of men aged 65 to 74

80% of men aged 75 to 84

Over 70% of women aged 65 to 84.

Brisk walking helps to keep the heart strong

According to the British Heart Foundation, over 1 in 7 men and nearly 1 in 10 women die from coronary heart disease (CHD) in the UK. However, people who are physically active are at lower risk of CHD.

Brisk walking can help to keep your heart strong by increasing your heart rate. It can also reduce your risk of heart disease and high blood pressure in the long-term.

High blood pressure is also a key risk factor for stroke, which usually affects people over the age of 65. Some communities are also at higher risk from heart disease. For example, people of South Asian origin are at particular risk of CHD. Experts think this is because of diet and lifestyle.

Physical exercise reduces your risk of developing cancer

According to Cancer Research UK, cancer causes more than 1 in 4 of all deaths in the UK. Physical activity can reduce your risk of developing some cancers, including breast, bowel and womb cancer

Walking also reduces your risk of developing type-2 diabetes

There are 3.9 million people living with diabetes in the UK in 2015. Most of these cases are Type 2 diabetes, which is more likely to affect adults and those who are overweight or obese.

People in some communities are more likely to have diabetes than others. For example, people of south Asian descent can be up to 6 times more likely to have diabetes than the general population. African-Caribbean, Black African, and Chinese people are also more at risk.

However, you can reduce your risk of developing Type 2 diabetes with regular exercise and a healthy diet.

Walking can help strengthen your bones

Walking can help to strengthen bones, helping to prevent the onset of osteoporosis, which makes bones brittle and more likely to break.

According to the National Osteoporosis Society, 1 in 2 women and 1 in 5 men over the age of 50 will break a bone largely due to osteoporosis during their lifetime.

Walking will improve your mood and mental wellbeing

Regular exercise will improve your mood and increase feelings of wellbeing. Being outside in the fresh air has been linked to better mental wellbeing and reduced stress. Walking can also be a social activity when done in a group or with friends, so it can help to tackle feelings of isolation or loneliness.

Being physically active can reduce your risk of developing dementia

It is now thought that being physically active and leading a healthy lifestyle could reduce the risk of developing dementia.

Exercise is also beneficial for the wellbeing of people with dementia. It can lead to improved strength and flexibility, better sleep, and some studies suggest it may improve memory and slow mental decline.

So grab a coat and your shoes and get out in the fresh air the benefits are endless.

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.

- **NEW** Gentle Exercises, Natland & Oxenholme Village Hall, 2.00-3.30pm Every Monday (not 3rd Mon)
Starts 24 Sept
- Gentle Exercises, Arnside Methodist Church Hall, 9.30am-10.30am* Every Tuesday
- Gentle Exercises, Arnside Methodist Church Hall, 10.30am-12noon* Every Friday
- 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
- Walking Football, Dallam School 3G Pitch 6.50-7.50pm* Every other Thursday
From 13 Sept
- Holme Crafters, Holme Parish Hall, 2.30pm* 18 Sept, 16 Oct, 6 & 20 Nov
- 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.
- Falls Prevention Drop In, Arnside Library 10.00am-12noon 18 Sept, 23 Oct, 20 Nov
- Arnside Community Well Being Day, Arnside Educational Institute, 10.00am - 3.30pm 29 Sept
- Men U Can Cook!, The Athenaeum, Heversham, 1.30 - 3.30pm* 2, 16, 23, 30 Nov
- Get Safe Online & be Fraud Smart, Barclays Digital Eagles, Arnside Educational Institute, 1.00 – 4.00pm 13 Sept

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

NEW - Gentle Exercise Class for Natland and Oxenholme

Starting on the **24th September** our new Gentle Exercise Class will meet **every Monday except the 3rd Monday** of the month in the **Natland and Oxenholme Village Hall**.

Come along, keep fit and join in the fun in our predominantly chair based exercise class. This class will help improve your joint mobility, improve your balance all whilst having fun and making new friends.

Classes will start at **2.00 - 3.30pm** a suggested donation of £2.50 per session which would be gratefully received. There will be time each week to chat over a cup of tea or coffee.

If you are interested in joining this class or would like more information please contact Reception on 01359 728118.

Hope to see you there!



Falls Prevention Drop In

Everyone is at risk of falling as we age; it's a big cause of hospital admissions and a fall can result in serious injury and even long term complications, as well as loss of confidence.

We are holding our regular Falls Awareness Drop In at Arnside Library between 10.00am - 12noon on the following dates:

- 18 September
- 23 October
- 20 November

Pop along on these dates and let us show you how to make small adjustments to your daily life that will help reduce your risk of falling, therefore allowing you greater confidence and freedom.

MEN U CAN COOK! - A Beginners Cookery Course just for Men

We will be holding another cookery course aimed at helping men to learn how to cook some simple healthy meals. The course will be held at **The Athenaeum, Heversham** on the following dates **2, 16, 23 & 30 November**, starting at **1.30pm - 3.30pm**.

This is a 4 week course for beginners' and you must be able to attend all four sessions. The cost for the 4 weeks is £15 and is payable at the first session.

Come along and learn some new skills enabling you to cook simple, nutritious meals and to gain more confidence in the kitchen.

If you would like to find out more or to book your place, please contact us on **01539 728118**.

Places are limited so book early!



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.

- Exercise Class Leader for our Levens Exercise group - this role involves teaching gentle seated exercises to local older people, helping them keep fit and active, this is also a fun way for you to keep fit as well.
- Falls Awareness Volunteer - we are looking for volunteers to help us deliver talks and to attend events enabling us to spread the word on the importance of falls awareness. Everyone of us is at the risk of falling particularly as we age, and as a volunteer on this project you can help make a huge difference to older people's lives by teaching them how to make small adjustments to their daily life that can keep them safe from falls.
- Digital Champions - we need volunteers to introduce older people to the opportunities that there are in the digital world. If you enjoy IT and helping people this could be the role for you. We need our volunteers to show them the basic IT skills to allow them to get online, keep in touch with their family and friends, do their shopping, trace their family history, the opportunities are endless and can open up lots of new opportunities for the older person. Our volunteers may also help with our IT drop in sessions or at local GP surgeries setting up patients on My GP and Patient Online.
- Milnthorpe Shop - all of our shops are treasure troves full of goodies from bric a brac, books, clothes to lovely furniture. Our shop at Milnthorpe is looking for volunteers to join their friendly and enthusiastic team to help sort the stock, work on the till or helping to display their many wonderful items we get donated. So if you enjoy working in retail, like meeting new people this could be the role for 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...**