

What's on...

Furness, Crake Valley, Ulverston,
Swarthmoor & Low Furness



Chase the blues away

The light is coming back. It may still be cold, but the promise of the year is opening up even as the days lengthen into spring. In this optimistic frame of mind, perhaps it's time to start something new. Here are some ideas:

Get out and meet people

A good place to start is to get to one of our events or activities. We have lots in South Lakeland and if you look at our What's On calendar, you will see what is happening locally. Every event is different. You might enjoy attending a lunch club, getting fitter by joining one of our gentle exercise classes, or simply socialising at a larger event.



Do Something for Someone

According to philosopher Ralph Waldo Emerson, "It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself". The beginning of 2018 has introduced a number of new and exciting opportunities for people to volunteer, either using previous training and skills or developing new expertise. This is a great time to be joining the organisation and helping to form new teams will innovative projects.

Volunteering with Age UK South Lakeland means you get out and about in the community and make a lasting difference to the lives of local older people. The variety of volunteer roles is endless. We have roles which allow you to work closely with older people, and to assist them to live healthy and fulfilling lives. As new projects come to fruition, new opportunities open up so there is always something different happening. Whatever the activity you choose to get involved with, remember that we'll ensure that you have the training necessary to get the job done, and the support you require to make your volunteering experience with Age UK South Lakeland an enjoyable and fulfilling one.

We know that there is an amazing wealth of talent and skills not being fully utilised out there in our community. Whether you are 18 or 118, Age UK really could use your help to achieve our goals for the future. Whether your interests lie in retail, community work, befriending (by phone or in person), training and support, exercise, intergenerational activities, talks and presentations, general office administration.... The list is endless.

Why not find out more and start your volunteering experience now – you'll be glad you did!
Call **Charlotte** on **01539 728118** or email volunteering@ageuksouthlakeland.org.uk for more information.

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

- The Olde Mill, Bardsea 2nd Friday
- The Blacksmiths Arms, Broughton Mills 3rd Wednesday
- The Prince of Wales, Foxfield 4th Thursday
- The Methodist Hall, Kirkby in Furness 3rd Wednesday
- The Royal Oak, Spark Bridge 4th Wednesday
- The Church House Inn, Torver 2nd Friday
- The Newfield Inn, Seathwaite 2nd Friday
- The Old Farmhouse, Ulverston 3rd Monday
- Olde Ulverston Tearooms, Ulverston 1st Monday
(not bank holidays)
- The General Burgoyne, Great Urswick 3rd Wednesday
- The Black Cock Inn, Broughton in Furness 1st Thursday

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

- #Circuits 55+, Ulverston Leisure Centre, 10.00am-11.00am* & 11.15am-12.15pm Every Monday
- #Walking Football, Leisure Centre, 10.15am - 11.00am* Every Tuesday
- #Gentle Exercises, Grizebeck Village Hall, 1.30pm - 2.30pm* Every Tuesday
- #Circuits 55+, Ulverston Leisure Centre, 11.15 - 12.15pm* Every Thursday
- #Seated Games & Boccia, Ulverston Leisure Centre, 11.30am - 12.30pm* Every Friday
- Coffee Morning, Ulverston Parish Church, 10.30am - 12noon Every Friday
- Gentle Exercises, Victory Hall, Broughton in Furness, 10.30am - 11.30am* Every Friday
- IT Drop In, Coronation Hall, Ulverston, 10.30am - 12noon* Every Friday
- IT Drop In, Coronation Hall, Ulverston, 10.30am - 12noon* 6, 20 Apr, 11, 25 May, 1, 15 June
- #Over 50's Walking Football, Tennis Centre, Ulverston, 17.10 - 17.55* Every Thursday
- #Over 50's Walking Football, Tennis Centre, Ulverston, 17.10 - 17.55* Every Thursday
- #50+ Swimming, Ulverston Leisure Centre, 15.00 - 15.45pm* Every Monday, Tuesday, Thursday & Friday
- Falls Prevention Information Drop In, Ulverston Library, 10.00 - 12noon 19 Apr, 17 May, 21 June
- Mini Olympics, Kendal Leisure Centre, 10.00am - 14.30pm 12 June
- Meditation for Relaxation & Well Being Class, St Mary's RC Church, Ulverston, 14.00 - 15.15.* Every Thursday (from 7th June)

Run by Ulverston Leisure Centre.

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

Running for Age UK South Lakeland

It was 'In a moment of madness' that our Chief Executive, Penny Pullinger, entered herself for the Liverpool Rock 'n' Roll half marathon in May.' As I have a significant birthday this year I decided I needed to get fit'

Penny's colleagues here at the Age UK South Lakeland Offices in Finkle Street thought it would be appropriate to use this as a fundraising event for the Charity. So after nearly a month off from running Penny has pulled on her running shoes and started her training for the half marathon which will take place in Liverpool on Sunday 20th May.



Not only is Penny celebrating a significant birthday this year but it is a significant year for Age UK South Lakeland, as the charity celebrates 40 years of supporting older people in South Lakeland. We all felt it would be a good opportunity to celebrate both these milestones by aiming to raise £500 to help continue our work and to help raise the profile of the charity.

If you would like to sponsor Penny in her endeavour the link to use is <http://ow.ly/SUud30iMt3m>

Mini Olympics *in conjunction with GLL*

On **Tuesday 12th June** Kendal Leisure Centre will once again be holding their popular Mini Olympics from **10.00am - 2.30pm**. This event is free to everyone, with lunch provided so **booking is essential**.

You will be able to take part in a variety of games such as Boccia, Curling, Walking Netball, Walking Football, table tennis, board games and bingo.

Local groups & charities will be there too with information stands and free health checks will also be available.

If you are interested in joining us, in what always proves to be a friendly and fun event please call **Kendal Leisure Centre** on **01539 729777** to book your place.

BETTER
the feel good place

New for Ulverston - Meditation for Health and Well Being Class

Would you like a chance once a week to switch off and pamper yourself?
Ever wondered what meditation was all about?

Then join us and take an hour out of your week to have a look at your mind and learn simple techniques to calm it. These weekly one-hour sessions will involve two guided meditations with a break in between for tea or coffee, biscuits and chat. We will be seated comfortably (no sitting cross-legged!)

We will be meeting every **Thursday** from the **7th June 2018**, the class will start at **2.00pm - 3.15pm**, in **the Lounge at St Mary's RC Church, Ulverston**.

Come along, learn to wind down and meet new people.

Volunteering



Home Visiting and Telephone Befrienders needed in the Ulverston area

Can you help people in your area who are lonely and isolated? Age UK South Lakeland are looking for 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 to relieve isolation and loneliness. It also offers companionship and helps people maintain independence within their own community. Phoning can take place from our shop in Ulverston.

If you have an interest and empathy with older people and their needs and a good sense of humour we would like to hear from you.

Digital Champions Needed?

This is an exciting new project. The Digital Champion will help older people learn the skills they need to stay connected with family and friends, access goods and services and can help transform an older persons life. Being on line can save you money on utility bills or food shopping and can go a long way to reducing isolation and loneliness. Volunteers are needed in a variety of roles from demonstrating online shopping to teaching basic IT skills to helping out at IT Drop Ins and responding to individual enquiries.

Ulverston Shop Volunteers Needed

Our Market street shop and Superstore are treasure troves, full of bric a brac, furniture and donated items of all shapes and sizes. We are looking for volunteers in both stores to help out for a few hours per week? Get involved in welcoming and chatting to customers, selling and receiving goods, sorting, pricing and displaying. Enjoy being part of a team and at the same help raise funds to enable older people in the district to enjoy later life.

NEW Community Link Volunteers needed

Community Link Volunteers 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 if required. Together they will create an action plan for the future. The volunteer may also refer the client to other Age UK services.

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

If you are interested in any of the volunteering opportunities above and would like some more Information or would just like to share ideas with us please call our Reception 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...**

