



# What's on...

## Ulverston, Broughton in Furness, Crake Valley, Swarthmoor & Low Furness



### 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** 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 Ship Inn, Kirkby in Furness (Please note new venue) 3rd Wednesday
- The Church House Inn, Torver 2nd Friday
- The Newfield Inn, Seathwaite 2nd Friday
- The Old Farmhouse, Ulverston 3rd Monday
- 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, 10.00-11.00am\* & 11.15am-12.15pm Every Monday
- #Gentle Exercises, Grizebeck Village Hall, 1.30 - 2.30pm\* Every Tuesday
- #Circuits 55+, Ulverston Leisure Centre, 11.15am - 12.15pm\* Every Thursday
- #Seated Games & Boccia, Ulverston Leisure Centre, 11.30am - 12.30pm\* Every Friday
- #50+ Swimming, Ulverston Leisure Centre, 3.00 - 3.45pm\* Every Monday, Tuesday, Thursday & Friday
- #Healthy Hearts, Ulverston Leisure Centre, 10.00 - 11.00am\* Every Thursday
- #55+ Casual Table Tennis, Ulverston Leisure Centre, 1.00 - 1.45pm & 2.00 - 2.45pm. Every Friday
- Coffee Morning, Ulverston Parish Church, 10.30am - 12noon Every Friday
- Gentle Exercises, Victory Hall, Broughton in Furness, 10.30 - 11.30am\* Every Friday
- IT Drop In, Ulverston Library, 10.30am - 12noon\* 1st & 2nd Thursday
- Meditation for Relaxation & Well Being Class, St Mary's RC Church, Ulverston, 2.00 - 3.00pm\* Every Thursday
- #Walking Netball taster sessions, Tennis Centre, Ulverston Leisure Centre, 2.00-3.00pm\* 9 & 16 Oct

# Run by Ulverston Leisure Centre.

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

# Meditation for Health and Well Being Class

Our meditation class meets **every Thursday** in the **Lounge at St Mary's RC Church, Ulverston**. The class starts at **2.00pm till 3.15pm**.

Everyone is welcome to join us for an hour of mindful, seated meditation. Each session involves two guided meditations that will teach you simple techniques to relax and calm your mind. There will be a break in the middle for tea/coffee, biscuits and the chance to chat.

If you would like the time to take an hour out of your busy day to switch off and pamper yourself and learn more about meditation give us a call on **01539 728118** for more information or to book your place.



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## Walking Netball Taster Sessions

**Tuesday 9th and 16th October from 2.00-3.00pm**  
at the Tennis Centre Priory Road, Ulverston  
(opposite the Old Farmhouse)

Walking Netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level.

Come along and try these 2 taster sessions, have fun, make new friends and keep fit. If it proves to be popular it will become a regular class. A suggested donation of £2.50 would be gratefully received.

To book a place please contact Hannah Paling on 01229 581123 or [hannah.paling@gll.org](mailto:hannah.paling@gll.org)



## Volunteering



### Community Link Volunteer

There are many people living in Ulverston and surrounding villages who are very lonely. The Community Link Volunteer will help older people to access social activities which, they may have had to give up for a while. Over a period of 6 weeks, the volunteer will accompany a person to take part in activities and social events with the aim of building the person's confidence to go out alone in the future. The volunteer will assist the client with the possibility of going to social groups and go with them if required.

### Can you help people in your area who are lonely and isolated?

Age UK working in South Cumbria as part of their Friends Exchange Project 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 with an older person to relieve isolation and loneliness. If you have an interest and empathy with older people, are aware of their needs and have a good sense of humour, we would like to hear from you.

**Digital Champions** are needed to help demonstrate online shopping, teaching basic IT skills, helping out at IT Drop Ins and encouraging people get online at their local surgery. Introducing older people to the joys and opportunities of the digital world can be life changing for them and you.

**The Ulverston shop on Market Street** is looking to encourage more volunteers to join them. Every day is different there. Try your hand at sorting the bric a brac, working on the till or displaying all the wonderful items that are donated. It's a fun, friendly and fabulous place to be.

**Walking Netball Leader.** Did you love Netball as a younger person? Walking Netball is a slower version of the game and designed so that anyone can play regardless of age or fitness level. We are looking for interested people who could train as Volunteer Netball Leaders in the Ulverston and Furness area.

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

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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...**