

What's on...

Grange, Allithwaite, Cark
Holker & Cartmel

For
everyone
over 50



Preparing for winter

  

Winter isn't everyone's favourite season and there's no doubt that cold weather can be a worry for those of us in later life. As we get older, our bodies respond differently to the cold and this can leave us more vulnerable. Keeping warm both inside and outside your home can help reduce your risk of serious health problems that are more common in the colder months, such as chest infections, heart attacks and strokes.

Getting ready for the cold weather means that you're more likely to keep warm and well.

Here are a few things you can do to make sure that you stay safe and ward off the winter chills:

- Get your heating system serviced every year to make sure it's running safely and efficiently
- Draught - proofing doors and windows, insulating your loft and making sure your hot water tank and pipes are lagged
- Make sure you claim all the financial support you can to help with the heating bills. Age UK South Lakeland can advise you with this
- Keep your main living room around 21°C/70°F, and the rest of your home heated to at least 18°C/64°F
- Layer your clothes rather than wearing one big jumper. This helps to keep the warmth in
- Keep your bedroom window closed at night when the weather is cold
- Make sure you have a yearly flu jab
- Order your repeat prescriptions in plenty of time
- Stay active as much as possible - every movement counts! Find out about our gentle exercise classes which we run throughout South Lakeland
- Have plenty of hot food and drinks and aim to include five portions of fruit and vegetables every day
- Keep extra food items in the cupboard or freezer in case it's too cold to go shopping

Keep your Spirits up - It's not unusual to feel down in winter, particularly when the days are short and it can get dark by 3.30pm. Try to keep to your usual routine and if you can't visit friends or family, make sure you phone or Skype them regularly for a chat. If you're feeling lonely contact Age UK South Lakeland to find out what help we can offer you and we can also tell you about all the activities in the local area.

Contact us on **01539 728118** we are here to help.

Pick up a copy of the Winter Wrapped Up guide with its pull out thermometer to check for other things that you can do to keep you well, warm and safe this winter.

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.

- Thornleigh Hotel, Grange over Sands 1st Wednesday
- The Pheasant Inn, Allithwaite 4th Friday
- The Damson Dene, Crosthwaite 2nd Thursday
- The Pheasant Inn, Allithwaite 2nd Tuesday

Activities & groups

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

- Walking Football, Cartmel Priory School 7.00-8.00pm* Every Monday
- Gentle Exercise, United Reformed Church, Grange Over Sands 2.00-3.00pm* Every Tuesday
- Gentle Exercise Class, Argles Memorial Hall, Crosthwaite 2.00 - 3.00pm* Every Thursday
- Gentle Exercise, Levens Methodist Church, Levens 10.30-11.30am* Every Wednesday (Starting 21 Feb)
- IT Drop In, room 4, Victoria Hall, Grange over Sands 2.00- 4.00pm 22 Feb, 29 Mar, 26 April
- Staying Steady & Falls Awareness Drop In & Coffee morning, Grange Over Sands Library 10.00am-1.00pm 2 March

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

NEW GENTLE EXERCISE CLASS starting in Levens

We have a new weekly Gentle Exercise Class starting on **Wednesday 21st February** at the **Levens Methodist Church, Levens**. Starting at **10.30am - 11.30am**.

Come along, keep fit and join in a fun predominantly chair based exercise class, which will help improve your joint mobility and improve your balance.

A suggested donation of £2.50 would be gratefully received . Tea and coffee included.

Hope to see you there!

If you are interested in joining this class or would like more information contact Reception on **01539 728118**



Staying Steady and Falls Awareness Drop In

Everyone is at risk of falls as they age.

They are a major cause of hospital admissions and falling can result in serious injuries and long term complications.

We are holding **Staying Steady and Falls Awareness Drop In** and Coffee Morning at the **Grange over Sands Library**, on **2nd March** starting at **10.00am - 1.00pm**

If you are interested in learning more pop into Grange over Sands Library, between 10.00am and 1.00pm and join us for a cup of coffee and we can show you how making small adjustments to your daily life can reduce your risk of falls and give you greater freedom and confidence.

If you are unable to join us but are a member of a church or social group who would benefit from a **Falls Awareness Talk** please give our Reception a call on **01539 728118** and we would be happy to arrange this for you.

Hearing loss services

Did you know that you can collect your **NHS hearing aid batteries** from Reception in Finkle Street or at the Gateway Centre, Gillinggate, Kendal, **Monday-Friday 9.30am-4.00pm**? Bring along your **brown NHS battery book** and you can collect new batteries whilst you are out shopping, or maybe meeting a friend for coffee. If you are unable to come yourself, then we are happy to give them to a family member or friend as long as they have your brown book with them for us to fill in.

At Finkle Street you will also find a display with product catalogues and information about hearing loss. Please help yourself to information about anything of interest. The equipment displayed is for demonstration purposes only and not for sale. Try it out before you buy.

Additional free services are available at Finkle Street on **Tuesday and Thursday mornings, 9.30am -12.30pm**.

All are welcome to drop-in for:

- information and advice
- phones, listening and alerting equipment to try
- ear-mould cleaning and retubing

Please phone to make an appointment if you are making a special trip.

For more information contact Reception on **01539 728118**



Do you enjoy singing? Fancy joining a singing group?

Song Birds Feel Good Singalong Group based in Allithwaite Community Hall meet every Wednesday from 11.00am - 12noon. Run by Songbirds On Song.

This group is for absolute beginners and feel good singers, everybody is welcome even if you think you can't sing.

There is no need to book, just pop along and join in.

There is a charge of £6 and the Allithwaite Community Hall has wheelchair access.

For more information contact Kirsten Taylor stentaylor@hotmail.com or check their website for further contact details www.songbirdsonsong.webs.com

Volunteering



Could you be a Digital Champion?

We are excited about our new project 'Digital Champions,' which is all about helping older people get online to reduce isolation, loneliness, and financial hardship.

Being online can save you money on your gas/electricity bill, or your food shopping, and it can also help you to stay connected with family and friends. There are four levels to being a Digital Champion 1 to signpost, 2 to help, 3 to teach and 4 to home visit to train.

If you would like to join us as a Digital Champions Volunteer, or as a participant on our short training course to learn new IT skills, we would love to hear from you.



Falls Awareness Champions needed!

If you have read our article on page 3 about our Falls Awareness Campaign you may be interested to know that we are looking for volunteers to get involved in this project to help with delivering talks and help at events. We are looking for people with good communication skills and an interest in helping older people to stay safe and steady.

Our **Grange Superstore** is looking for volunteers

Come and join our friendly team in 2018 and get involved in welcoming and chatting to customers, working on the till, sorting and displaying goods and at the same time learn new skills make new friends and help raise funds which go towards improving the lives of older people in South Lakeland.

Working in our shops is great for you too - it is an opportunity to socialise and meet new people. You feel as though you are helping in so many ways.



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...**