

What's on...



Kendal, Oxenholme, Natland, Staveley,
Burneside, Whinfell, Endmoor & Crooklands

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 ambitious 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** 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 – please call **01539 728118** for more information.

- Terrazzo, K Village Kendal 1st Tuesday
Please note new venue.
- Alexanders, Castle Green Hotel, Kendal 2nd Tuesday **NEW Lunch Club**
- The Station Inn, Oxenholme, Kendal 3rd Tuesday
- Carus Green Golf Club, Burneside 3rd Monday
- The Watermill Ings (Staveley Lunch Club) 3rd Wednesday
- The Hare & Hounds, Levens (Levens & Heversham Lunch Club) 2nd Tuesday
- Maggs Howe, Kentmere. 4th Wednesday
- The Wheatsheaf Inn, Brigsteer 1st Tuesday (Runs Oct - April)
- The Damson Dene, Crosthwaite 2nd Thursday
- Mens Pie & Pint Club, Kendal Rugby Club 1st Thursday
- Crooklands Hotel, Crooklands Last Thursday

Activities & groups

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

- Kendal Crafters, Gateway Centre, Kendal, 10.15 - 12.15* 1st Friday
- IT Drop In, Laptop, Tablet & Mobile Phone Workshop, Gateway Centre, 1.30pm - 3.45pm 3rd Thursday
- Gentle Exercises, Gateway Centre, 10.30am - 11.30am, Every Thursday
- Gentle Exercises, Sandylands Methodist Church, 10.30am - 11.30am* Every Friday
- Gentle Exercises, Staveley Institute, 2.00pm - 3.00pm 3, 17 Apr, 1, 15, 29 May, 12, 26 Jun
- Gentle Exercises, Ings Parish Hall, 2.00pm - 3.00pm 10, 24 Apr, 8, 22 May, 5, 19 Jun
- Gentle Exercises, Endmoor Village Hall, 10.30 - 11.30am Every Tuesday
- Coffee Morning, Kendal Town Hall, 10.00 am - 12noon 1st Friday
- Ronnie Gardner Method, Gateway Centre, Kendal, 2.00pm - 3.30pm* Every Friday
- Walking Football, Kendal Leisure Centre, 3.30 - 4.30pm* 10, 24 Apr, 8, 22 May, 5, 19 Jun
- Over 50's Walking Rugby, Kendal Rugby Club, 2.00pm - 3.00pm* Every Wednesday
- Walking Netball, Kendal Leisure Centre, 3.30pm - 4.30pm* 3, 17 Apr, 1, 15, 29 May, 12, 26 Jun
- Young at Heart, Village Hall, Natland, 1.45 - 3.45pm 2nd Monday (not August)
- Men in Sheds, call 01539 728118 for more information.
- Snooker, Pool, Dominoes & Darts Group,
The Albion Social Club, Sandes Ave, Kendal, 1.30-3.30pm Every Thursday
- Mindful Meditation, Castle Street Centre, Kendal, 10.30am - 12 noon* 17, 24, Apr, 8, 15, 22, 29 May **NEW**
- Get on Board, Gateway Centre, Kendal, 1.00pm - 4.00pm 1st Wednesday (from 4 Apr) **NEW**
- Ladies in the Shed, Age UK Warehouse, Kendal, 10.00am - 12noon 26 Apr, 3, 10 May **NEW**
- Mini Olympics, Kendal Leisure Centre, 10.00am - 2.30pm (booking essential) 12 June
- Board Games Day, Kendal Leisure Centre, 1.00pm - 3.00pm* 16 May

Come along have fun, make new friends & Keep fit.

* 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

<https://www.totalgiving.co.uk/mypage/pennypullinger>



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

Board Game Afternoon in conjunction with GLL - Better the feel good place

If you are a fan of Scrabble, enjoy a game of Dominoes, or are a bit of a card sharp then this afternoon could be for you!

In conjunction with Kendal Leisure Centre we are hosting an afternoon of well loved board games on

16th May 2018 from 1.00pm - 3.00pm at the Leisure Centre in Kendal.

There will be refreshments of tea, coffee and homemade cakes available and a **suggested donation of £2.50**. During the afternoon you will also have the chance to try your hand at Boccia, Jenga, Pick up Sticks and the afternoon will end with a game of Prize Bingo.

If this sounds like something for you come along and join us for a fun and friendly, if a little competitive, afternoon.

For more information or to book a place contact us on **01539 728118** or contact the **Leisure Centre on 01539 729777**



Volunteering



WANTED - Lunch Club Volunteer for our NEW Lunch Club at Alexanders, Castle Green Hotel, Kendal

We are looking for a Lunch Club Volunteer to coordinate our Lunch club in Kendal at Alexanders, Castle Green Hotel, Kendal. The Lunch Club meets monthly on the 2nd Tuesday of the month and the role involves welcoming new members and ensuring their visit to the lunch club is an enjoyable and successful one.

You will also liaise with the provider or venue to ensure the smooth running of the lunch as well as dealing with the day to day business of the lunch club and liaising with its members as required.

If you have a positive attitude towards older people, like good food and are a good communicator please do get in touch.

Kendal Shop Volunteers Needed

Our Finkle Street shop is a treasure trove full of lovely clothes, bric a brac, furniture and donated items of all shapes and sizes. We are looking for volunteers to help out for a few hours each week?

You will get involved in welcoming and chatting to customers, selling and receiving goods, using the till, sorting, pricing and displaying. Enjoy being part of a team and at the same help raise funds to enable older people in the area to enjoy their later life.

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



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.

Digital Champions Needed

This is an exciting new project which is all about helping the older person get online. 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 our IT Drop In sessions and responding to individual enquiries.

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...**