

What's on...

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



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

- Terrazzo, K Village Kendal 1st Tuesday
- Alexanders, Castle Green Hotel, Kendal 2nd Tuesday
- The Station Inn, Oxenholme, Kendal 3rd Tuesday
- Carus Green Golf Club, Burneside 3rd Monday
- 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 Chat & Craft Group, Gateway Centre, Kendal, 10.30 - 12noon* 1st Friday
- IT Drop In, Gateway Centre, Kendal 1.30 - 3.45pm 1st Monday & 3rd Thursday
- Gentle Exercises, Gateway Centre, 10.30am - 11.30am, Every Thursday
- Gentle Exercises, Sandylands Methodist Church, 10.30 - 11.30am* Every Friday
- Gentle Exercises, Staveley Institute, 2.00 - 3.00pm 2, 16, 30 Oct, 13, 27 Nov, 11 Dec
- Gentle Exercises, Ings Parish Hall, 2.00 - 3.00pm 9, 23 Oct, 6, 20 Nov, 4, 18 Dec
- Gentle Exercises, Endmoor Village Hall, 10.30 - 11.30am Every Tuesday
- Gentle Exercises, Natland & Oxenholme Village Hall, 2.00-3.00pm Every Monday (Not 3rd Monday)
- Coffee Morning, Kendal Town Hall, 10.00 am - 12noon 1st Friday
- Ronnie Gardner Method, Gateway Centre, Kendal, 2.00 - 3.30pm* Every Friday
- Walking Football, Kendal Leisure Centre, 3.30 - 4.30pm* Every Tuesday (Not 23 Oct)
- Over 50's Walking Rugby, Kendal Rugby Club, 2.00 - 3.00pm* Every Wednesday
- Walking Netball, Kendal Leisure Centre, 3.30 - 4.30pm* Every Tuesday (Not 23 Oct)
- 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
- Get on Board, Gateway Centre, Kendal, 1.00 - 4.00pm 1st Wednesday
- The Allotment, Sedbergh Road, Kendal, 10.00am - 12noon Every Thursday
- Get Safe Online & Be Fraud Smart, with Barclays Digital Eagles, Gateway Centre, Kendal, 1.00 - 4.00pm 17 Oct
- Mindful Meditation, Castle Street Centre, Kendal, 2.00-3.00pm* 31 Oct, 7, 14, 21, 28 Nov, 5 Dec
- Who do you think you are? FREE Genealogy Session, Gateway Centre, Kendal 1.30-4.30pm 10 Oct
- Free Digital Christmas Card Creation Class, Gateway Centre, Kendal, 1.45-3.45pm 26 Nov & 3 Dec

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

Get On Board!

Do you enjoy playing board games but have no one to play with? Then join us for a sociable afternoon during the autumn playing some of the old favourites as well as learning some new games in a friendly and supportive group. If you have a game that you would like to share with others, please bring it along with you.



This is a monthly group and will meet on **Wed 3rd October, Wed 7th Nov and Wed 5th Dec** from 1.00- 4.00pm at the Gateway Centre, Gillinggate Kendal.

To find out more and to register your interest, please contact us on **01539 728118**

Mindful Meditation

Do you want to feel more relaxed and more in control?

Mindful meditation is a way to increase your awareness of the present moment, rather than living in the past or worrying about the future. Come and learn some simple tools that will help you to cope better with the stresses of day to day living at our 6 week course. In the sessions we will be looking at breathing exercises, developing a greater awareness of the body including gentle movement exercises, actively listening to music and sharing our experiences.



This 6 week course will take place at The Detached Room, Castle Street Centre, Kendal on the following Wednesdays 31 Oct, 7, 14, 21, 28 Nov and 5 Dec from 2.00- 3.30pm.

A suggested donation of £2.00 per session would be gratefully received. **For more information and to book your place please contact us on 01539 728118.**

Digital Christmas Card Creation Class

Learn how to create digital Christmas cards in our **FREE** class on 26 Oct & 3 December, 1.45 - 3.45pm, some basic computer knowledge needed. Refreshments available. Booking essential.

Have ever wanted to create your own digital Christmas cards to send to your family & friends. If you fancy a couple of hours with creative, like - minded people, then come along & join us for this fun & **FREE** afternoon that will show you how to create your own digital Christmas card. You will need to have some basic computer knowledge & bring your own laptop/tablet. Places are limited so booking is essential. Refreshments will be available.



Volunteering



Community Link Volunteer

There are many people living in Kendal and surrounding villages who are lonely. As a community link volunteer you will support an older person to get out and about in their local area and help them overcome social isolation. It could involve taking someone along to a lunch club, helping them make new friends or enabling them to go along to an exercise class to improve balance and strength. All in all it's about helping somebody get connected back in to their local community with the volunteer's role to support them for a period of 6 weeks.

Retail Volunteers

Volunteers in our stores are part of a great team who raise much needed funds to provide support and services for older people in South Lakeland. Our shops are treasure troves full of bric a brac, furniture and donated items of all shapes and sizes. Get involved in welcoming and chatting to customers, selling and receiving goods, sorting, pricing and displaying. We are looking for volunteers particularly in Kendal at the moment. You might have recently retired or are an empty nester? Try something new this Autumn, we are sure you will enjoy it.

Home Visiting and Telephone Befrienders

Can you help people in your area who are lonely and isolated? Age UK South Lakeland are recruiting 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. This offers companionship and helps people maintain independence within their own community. If you have an interest and empathy with older people and their needs and a good sense of humour we would love to hear from you.

Falls Awareness Champions Needed! Everyone is at risk of falls as they age. Experts say that the majority of falls could be prevented by making regular small adjustments in our daily life such as regular exercise, regular checks and looking after ourselves. We are looking for volunteers who would be interested in getting involved to help with delivering talks and helping at events or drop ins. We are looking for volunteers to cover library drop-ins. If you have good communication skills and a positive interest in older people we would love to hear from 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...**