

What's on...

Kirkby Lonsdale, Crooklands,
Sedbergh & Dent

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.

- The Orange Tree, Kirkby Lonsdale 3rd Tuesday
- The Red Lion, Sedbergh 2nd Thursday
- Crooklands Hotel, Crooklands Last Thursday

Activities & groups

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

- Beginners Swimming, Sedbergh School Swimming Pool 11.45am -12.15pm* Every Wednesday
- Gentle Exercise, Endmoor Village Hall 10.30-11.30am* Every Tuesday
- Gentle Exercise Class, Bective Room, Lunesdale Hall, Kirkby Lonsdale 11.00am - 12noon* Every Tuesday

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

Men in Sheds

There must be hundreds of sheds in South Lakeland; large ones, small ones, wooden ones, tin ones, sheds dedicated to potting plants or full of tools and workbenches and sheds full of things that *"might just come in handy one day"*. One shed in Kendal, however is very special "Men In Sheds", run by the members - the Shedders - funded by Age UK South Lakeland. It has just entered its eighth year of operation.

The Shed has over forty members, ranging in age from fifty to their late eighties. It is open Monday to Wednesday and Friday. "Men in Sheds" come from all walks of life, the "Shed" provides an informal atmosphere for working together in friendship, and camaraderie; much tea and coffee is consumed and enjoyable projects undertaken. No special skills are needed Men *"of a particular age"* are generally practical and members share their skills, learning from each other. Some Shedders work on individual projects while others undertake commissions to refurbish furniture for private customers or renovate items to sell in the Age UK Furniture Warehouse.

In the last seven years the Shed has moved to a member led group, thanks to the enthusiasm of the Shedders and the trust placed in them by Age UK South Lakeland.

The Shedders have been keen to expand their activities and the list includes a Walking Group, intergenerational work with local Primary Schools, taking part in the County Show and outings – the next is a trip to Heysham Power Station.

New members are welcome, men of fifty and over can meet to share their skills, learn new ones and become involved in a wide variety of projects; the atmosphere is one of mutual help and respect, regardless of skill level.

To find out more please ring Age UK South Lakeland and speak to Ruth Taylor on **01539 728118**

Falls Awareness Campaign

Managed by Age UK South Lakeland.

The purpose of this campaign is to raise awareness among the general population (50+) of the risk factors that contribute to falls.

One in 3 people over the age of 65, plenty of them in decent health, will have a fall this year. It's a big cause of Hospital admissions and can result in serious injuries and long term complications. Falls rob many people of their hard won health, confidence and independence, and costs us all £2.3 billion a year!

Experts believe the vast majority of falls could be prevented with some fairly modest changes to our lifestyle and homes.

Take a few minutes to read this article and get in touch if you would like further information.

It could be the most valuable time you spend today.

Top Tips on staying steady:

- **Exercise Regularly**
- **Have your eyes and hearing checked**
- **Ask your GP for an annual medication review**
- **Look after of your feet**
- **Make sure you get enough calcium and vitamin D**
- **Check your home for trip hazards**



If your organisation or exercise class would like to request a Falls Awareness Talk or an Exercise session from our **Falls Awareness Coordinator** please call us on **01539 728118**.

The Digital Inclusion Project - IT Tablet Loan Scheme

Managed by Age UK South Lakeland.

The purpose of this project is to provide people aged over 50 with the opportunity to have access to the digital world available through the internet and to provide you with the support so you can experience it safely and to allow you to get the most out of your experience.

As part of this project we will provide you with a working Tablet and Internet Connectivity for a 12 month period.

We will also provide you with **support and guidance** to enable you to make the **best and safe** use of your internet experience.

- The benefits of using a tablet with wifi are:
- Learn more about your favourite or new interest
- Keep in touch with family and friends
- Share photos, be creative
- Manage finances, NHS appointments or shopping online
- Find out 'What's On' in your area

Participation in the Digital Inclusion Project is offered to those with no existing digital technology.

To discuss eligibility for this service please contact us on **01539 728118**.

Volunteering



DID YOU KNOW THAT THERE ARE PEOPLE IN THE KIRKBY LONSDALE AND SEDBERGH AREA WHO ARE ISOLATED, LONELY AND NEVER SEE A SOUL FOR DAYS?

Age UK South Lakeland's Friends Exchange Service provides free and confidential support through our trained befriending volunteers for older people who may live alone, be housebound, isolated or unable to access activities.

Could you become one of our volunteers who can provide companionship, including chatting, listening, reminiscing, making a cup of tea in a client's home and offering encouragement to join activities in the local area.

If you have:

- A positive attitude towards older people and their needs
- Good listening and communication skills
- A good sense of humour
- An understanding of the need for confidentiality
- A willingness to work according to guidelines and standards
- A non-judgemental approach



.....we would love to hear from you!

If you think this would be of interest to you, please contact our Friends Exchange Co-ordinator on **01539 728118** or by email on volunteering@ageuksouthlakeland.org.uk

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.

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, please contact us on **01539 728118**



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...**