

What's on...

Kirkby Lonsdale, Crooklands,
Sedbergh & Dent



How can I stay healthy in winter?

The colder temperatures can raise blood pressure and increase the risk of flu and other lung-related problems. Our blood pressure takes longer to return to normal, and this can put you at greater risk of a heart attack or stroke. That's why it's so important to look after yourself in the winter.

Keep Moving

Staying active not only keeps you fit and healthy, it also generates heat to keep you warm. Look for ways to keep active - get up and walk around, make yourself a warm drink, spread any chores throughout the day, use chair-based exercises especially if walking is difficult, try moving your arms and legs or wiggling your toes.

Eat and Drink well

It's important to eat at least one hot meal each day and have hot drinks throughout the day. Include a good range of foods in your diet and aim for five portions of fruit and vegetables each day. Remember that frozen vegetables are as good as fresh.

Have your flu jab

The flu is not only unpleasant; it can also develop into something more serious, such as pneumonia. Flu viruses are constantly changing so it's important to get your jab every year. You can get a free flu jab from your GP and some pharmacies if:

- you're 65 or over
- you receive Carer's Allowance, or you are the carer of a person whose welfare will be affected if you become unwell
- you have a long-term health condition - such as diabetes, a heart condition, asthma or lung disease, a kidney or liver problem, Parkinson's, or if you have had a stroke
- you are living in a long-stay residential care home

The 'pneumo' (or pneumococcal) jab is a one-off jab that helps protect you against pneumonia, meningitis and septicaemia (a type of blood poisoning). If you're over 65 and haven't had one, ask your GP.

Protect yourself from chilblains

Chilblains are itchy red swellings that occur when your skin gets cold and you try to warm up too quickly, often by sitting close to a radiator, so keeping warm can help prevent them. If you experience them, dab the swellings with calamine or witch hazel to reduce itching, but don't scratch them as this could cause an infection. Seek advice from a pharmacist or GP if you get them regularly.

Organise your Medications

It's important that you don't run out of your medications over winter. Make sure you order prescriptions ahead of time, just in case there is bad weather, keep simple cold and flu remedies at home, just in case you become unwell.

Keep your spirits up

It's not unusual to feel down in winter, so try to do something you enjoy every day. Try to keep to your usual routine, phone or Skype friends or family, or maybe ask if they could visit you a little more over winter. If it's stopping you going out, making you feel lacking in energy, it's very important to share these feelings with someone - perhaps a friend or your GP.

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 Dalesman, Sedbergh 2nd Thursday
 - Crooklands Hotel, Crooklands Last Thursday
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Activities & groups

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

- Gentle Exercise, Endmoor Village Hall 10.30-11.30am* Every Tuesday
(Last class before Christmas 18 Dec, restarts 15 Jan 2019)
- Gentle Exercise, Bective Room, Lunesdale Hall, Every Tuesday
Kirkby Lonsdale 11.00am - 12noon*
(Last class before Christmas 11 Dec, restarts 8 Jan 2019)
- Walking Netball, The Lunesdale Sports Centre, Queen Elizabeth School, Thursdays Fortnightly
5.00-6.00pm*
(Last Session before Christmas 13 Dec, restarts 10 Jan 2019)
- IT Drop In Point, Sedbergh Library, 2.00-4.00pm 3rd Wednesday
- **NEW** - Tinnitus Drop In, Age UK South Lakeland, Finkle Street, Every Wednesday
Kendal 10.00am-12noon
- **NEW** - Active Club Better Balance, 6 week Course, 9, 16, 23, 30 Jan
Kendal Leisure Centre, 2.15-3.15pm 6, 13 Feb

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

***Merry Christmas and
a Happy new Year to
all our Volunteers
and Supporters***



IT Drop In Point

In conjunction with Cumbria Libraries we will be hosting monthly IT Drop In Sessions in **Sedbergh Library** on the **3rd Wednesday** every month, between **2.00 - 4.00pm**.

These sessions are **FREE** and will be hosted by Age UK South Lakeland Volunteers who will be in the Library supporting the community with any queries or problems you may have with your laptop, iPads, Tablets or Smartphones.

They will also be able to show you how to access Cumbria Libraries online offer of FREE eBooks, eAudiobooks, newspapers, magazines and much more.

Come along and ask those questions you've longing to get help with and let us help you get the most out of your Smart Devices and your local library. If you would like more information on our IT Drop In Point please contact us on **01539 728118**.



Gentle Exercise Class for Kirkby Lonsdale

We have a Gentle Exercise Class meeting **every Tuesday** of the month in the **Beactive Room, Lunesdale Hall**.

Come along, keep fit and join in the fun in our predominantly chair based exercise class. This class will help improve your joint mobility, improve your balance all whilst having fun and making new friends. Classes start at **11.00am -12noon** a suggested donation of £2.50 per session which would be gratefully received. There will be time each week to chat over a cup of tea or coffee.

If you are interested in joining this class or would like more information please contact Reception on **01359 728118**.

Hope to see you there!



Tinnitus Drop In



Do you have Tinnitus and struggle with it? Would you like to know how to manage your Tinnitus?

We have a new Drop In run by Age UK South Lakeland that is based in our Resources Centre at 17 Finkle Street, Kendal. This is open to all every Wednesday between 10.00am – 12.00 noon.

Pop along and see how we can support and advise you. Or for more information call us on **01539 728118**.

Volunteering



Retail Volunteers

Our friendly retail team in Kendal are looking to welcome new volunteers. Get involved in sorting bric-a-brac, chatting to customers, selling and receiving goods, pricing and displaying. You will be amazed at the variety and quality of the items donated. Why not try volunteering there this winter 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.

Digital Champions

Digital Champions are a great team of people who enjoy IT and helping introduce older people to the opportunities of the digital world. They help teach basic IT skills and help out at IT Drop in's. We need volunteers who can show older people how to trace their family history, keep in touch with friends, demonstrate online shopping and generally encourage older people to try out and become more confident with IT. Volunteers may also help us at local GP surgeries setting up patients on MY GP and Patients Online. If this interests you please do get in touch.

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...**