

What's on...

Kirkby Lonsdale, Crooklands,
Sedbergh & Dent



Keeping your cool in a heatwave

If you are like me and have been enjoying this spell of lovely weather, you may also be wondering how long it is going to last and will this be the only bit of summer we see this year?

Enjoyable it may be, being able to get out and about without a heavy coat or to sit in our gardens, but higher temperatures and humidity can present a real health risk. It is important to remember that these higher temperatures in the UK are just as dangerous as being abroad. We often get caught out when the temperature rises unseasonably as early as April!



So we have put together our top tips for keeping cool in the sun.

- Wear loose, lightweight, light – coloured cotton clothing.
- Drink lots of fluid. Try to aim to drink 6 – 8 glasses a day - more if it's very hot. If you usually rely on drinks with caffeine in them, reduce them down and drink water or decaf instead. Alcohol can cause you to become dehydrated quicker so avoid it if possible.
- Eat normally, the heat can often suppress our appetite, but we need to eat a normal healthy diet to replace the salts we lose from sweating. Try to include in your diet salads and fruit as these contain a lot of water.
- We all need some direct exposure to the sun for our bodies to produce vitamin D but we should avoid spending long periods of time in the sun, especially during the hottest part of the day, which is between 11am and 3pm
- Wear a hat with a large brim, keep your shoulders covered and stay in the shade as much as possible.
- We also need to protect our eyes from the glare of bright sunshine, always wear sunglasses that have a CE mark, UV400 label or it states that they offer 100% UV (ultraviolet) protection. If you wear prescription glasses speak to your optician about prescription sunglasses, or reactolite lenses.
- If you have to go out carry a bottle of water with you especially if you are travelling by car or on public transport.
- Splashing your face with tepid water or placing a damp face cloth on the back of your neck will help you to cool down.
- If you take regular medication it is always wise to check with your GP or the local pharmacist if extreme heat could affect your health and the medications you take.

Over exposure of the skin to the sun for long periods can lead to sunburn and make us prone to skin cancer, so looking after our skin during hotter weather is extremely important. Always use a sunscreen with a high sun protection factor. Sunscreen should be applied generously and reapplied every 2 hours. It should be reapplied immediately after being in water. Make sure when applying sunscreen to any exposed area of your skin, remember places like the tops of your ears and bald patches on your head.

But most of all enjoy these lovely days as they don't last forever and enjoy an ice cream or 2!

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

Please note the change of venue for our Sedbergh Lunch club, it now meets at the Dalesman

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
- Gentle Exercise Class, Bective Room, Lunesdale Hall, Kirkby Lonsdale 11.00am - 12noon* Every Tuesday
- Walking Netball, Old Sports Hall, Queen Elizabeth School 5.00-6.00pm* Thursdays Fortnightly

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

Lunch Clubs

Our lunch clubs are very popular and anyone aged over 50 can join them, we provide a top quality, hearty lunch at a reasonable cost without cutting corners. A local volunteer organises everything with the venue, including any particular dietary or special arrangements. It is also a chance to have a lovely lunch made for you with no washing up and the chance to make new friends and maybe meet up with some old ones.

Two of our lunch clubs in the Kirkby Lonsdale area are looking for new members to join them each month.

Our lunch club in **Sedbergh** has recently changed its venue from The Red Lion to **The Dalesman** on Main Street in Sedbergh. They meet on the **second Thursday** of the month, promptly at **12 noon** to enjoy a reasonably priced 2 course lunch with tea or coffee.

Our Lunch Club in **Kirkby Lonsdale** meet on the **third Tuesday** of the month, at **The Orange Tree**, 9 Fairbank, Kirkby Lonsdale. Members again enjoy a hearty 2 course lunch with tea or coffee, for a reasonable price, lunch is served promptly at **12.30pm**.

Lunch clubs aren't just about good food and good company. They're an excellent way of staying in touch with us here at Age UK South Lakeland and learning how we can help you further and they are a useful place to pick up your copy of the "latest What's On"

If you are interested in joining a lunch club or would like more information please contact our Lunch Club Administrator on **01539 728118**

We need your help in our busy office

We are looking for a volunteer to help us with our Tablet Loan Project. We have started an equipment loan service for people who do not have any computer equipment or broadband connection at home.

People can borrow a tablet for 3 to 6 months, and we can support them to learn how to use it, by providing one of our Digital Champions to show them the ropes.

As a project administration volunteer, your role will be to:

- check the equipment in and out on the register
- speak to clients over the phone to arrange their loan period
- prepare the equipment and paperwork for issue to a new client
- speak to volunteers who are supporting the person to check that everything is running smoothly
- keep the records of which person has which piece of equipment so that we can keep a track on it and get it back when the loan period is over

You will need a little knowledge of IT, but we will give you all of the training you need.

We are a friendly team, based in the Kendal office, and we are sure you will enjoy working here just as much as we do. If you are interested in this important role or would like to take advantage of our fabulous Tablet/iPad loan scheme we would love to hear from you.

Please contact us on **01539 728118** or by email volunteering@ageuksouthlakeland.org.uk



New to Kirkby Lonsdale - Walking Netball

Walking Netball is a slower version of the game; it is netball, but at a walking pace. This version of the game has been designed so that anyone can play it regardless of age or fitness level.

From those who have dropped out of the sport due to injury, to those who believed they had hung up their netball trainers many years ago, it really is for everyone.

The Walking Netball group will start to meet on **Thursday 26th July, 5.00-6.00pm** at the **Old Sports Hall, Queen Elizabeth School** and then will meet fortnightly after that. A suggested donation of **£2.00 per session** would be gratefully received.

If you are keen to join this new group, make new friends and keep fit call Kim Bradshaw, Community Sports Co-ordinator on 07966 556944 for more information or book a place.





Volunteering



VOLUNTEERS WEEK 1st - 7th June 2018 A BIG THANK YOU!

We would like to take this opportunity to say a huge thank you to all our volunteers who week in week out, run exercise classes, lunch clubs, craft groups, work in our shops, superstores and warehouse, those who visit or telephone clients and those who help out in our office. Without their dedication and hard work we wouldn't be able to reach so many people across South Lakeland as we do.

NEEDED - Community Link Volunteers

This 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 to build up their confidence. Together they will create an action plan for the future. The volunteer may also refer the client to other Age UK services.

Can you help someone in your area who is lonely and isolated?

Home Visiting and Telephone Befrienders needed in the Kirkby Lonsdale area.

We are looking for 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 to relieve isolation and loneliness. One visit or call per week is all it takes.

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 like 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...**