

# What's on...

Grange, Allithwaite, Cark  
Holker & Cartmel



## 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.

- Thornleigh Hotel, Grange over Sands 1st Wednesday
- The Pheasant Inn, Allithwaite 4th Friday
- The Damson Dene, Crosthwaite 2nd Thursday
- The Pheasant Inn, Allithwaite 2nd Tuesday

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## Activities & groups

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

- Walking Football, Cartmel Priory School 7.00-8.00pm\*  
**(Last class before Christmas 17 Dec, restarts 7 Jan 2019)** Every Monday
- Gentle Exercises, United Reformed Church, Grange Over Sands 2.00-3.00pm\* 13, 20, 27 Nov, 11, 18 Dec, 8, 15, 22, 29 Jan 2019
- IT Drop In Point, Grange Library 2.00- 4.00pm 29 Nov, 27 Dec, 31 Jan 19
- Gentle Exercises , Flookburgh Village Hall, 10.30 - 11.30am 1, 15 Nov, 6, 20 Dec 3, 17 31 Jan 2019

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

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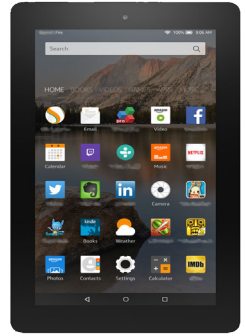
**Merry Christmas and  
a Happy new Year to  
all our Volunteers  
and Supporters**



## There's no such thing as a FREE lunch but there is a FREE Tablet loan offer!

The digital skills gap represents a growing problem for society as internet use is increasingly entrenched and public services become 'digital by default'. Those who do not have the skills can find themselves at a disadvantage when engaging with public services. They may miss out on the many benefits that being on-line can bring to their lives.

Age UK South Lakeland are passionate about providing help for those aged 55 plus in order that they feel confident about getting on line. For some people the idea of using a computer of any kind and going onto the internet is daunting, you may not have used a iPad/tablet (hand help computer) before but don't want to buy one in case it's not for you.



Through The Peoples Postcode Lottery & Big Lottery funding Age UK South Lakeland are able to make an exciting offer:

The opportunity to borrow an Amazon Fire Tablet (iPad size) for 3 full months absolutely FREE of charge. If you dont have broadband internet connection then we will also provide FREE Wi-Fi connection where possible.

The idea is that before you take the Amazon Fire tablet home you will be given a lesson so that you understand how to use the buttons and find your way around the internet. We will then provide on going support .

If you would like to take advantage of this exciting offer or would simply like to have some more information then call us on 01539 728118 and we can have a friendly & informal chat.

Age UK South Lakeland 'Supporting the community'

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## Get active!

Between the ages of 50 and 70 we lose about 30% of our muscle strength and our balance reaction times get slower. However regular physical activity strengthens muscles and balance can be improved by doing some simple balance exercises. As part of your recommended 30 minutes of daily physical activity, why not try one of our gentle exercise classes in Flookburgh or Grange? The exercises aim to increase confidence in performing activities of daily living, which are essential for living independently.

Come along and give it a go- you will be made most welcome!

Grange: Tuesdays 2.00- 3.00pm at The United Reformed Church (not 1st Tuesday)

Flookburgh: Thursdays 10.30 - 11.30am at Flookburgh Village Hall (fortnightly)

If you are interested in joining or would like some more information, please give us a call on 01539 728118 .



# Volunteering



## Community Link Volunteer

There are many people living in Grange 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 Grange at the moment. You might have recently retired or are an empty nester? Try something new 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.

**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.**

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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...**