



# What's on...

Ulverston, Broughton in Furness,  
Crake Valley, Swarthmoor & Low  
Furness



## 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** Please support your local lunch club. Meet up with a group of friends and enjoy an excellent, freshly cooked meal. Bookings required - call **01539 728118** for more information.

- The Olde Mill, Bardsea 2nd Friday
- The Blacksmiths Arms, Broughton Mills 3rd Wednesday
- The Prince of Wales, Foxfield 4th Thursday
- The Methodist Hall, Kirkby in Furness 3rd Wednesday
- The Royal Oak, Spark Bridge 4th Wednesday
- The Church House Inn, Torver 2nd Friday
- The Newfield Inn, Seathwaite 2nd Friday
- The Old Farmhouse, Ulverston 3rd Monday
- Olde Ulverston Tearooms, Ulverston 1st Monday  
(not bank holidays)
- The Black Cock Inn, Broughton in Furness 1st Thursday

**Activities & groups** Meet friends, stay healthy and active and learn new skills while enjoying life.

- #Circuits 55+,Ulverston Leisure Centre,10.00-11.00am\* & 11.15am-12.15pm Every Monday
- #Gentle Exercises, Grizebeck Village Hall, 1.30 - 2.30pm\* Every Tuesday
- #Circuits 55+, Ulverston Leisure Centre, 11.15am - 12.15pm\* Every Thursday
- #Seated Games & Boccia, Ulverston Leisure Centre,11.30am - 12.30pm\* Every Friday
- #50+ Swimming, Ulverston Leisure Centre, 3.00 - 3.45pm\* Every Monday, Tuesday, Thursday & Friday
- #Healthy Hearts, Ulverston Leisure Centre, 10.00 - 11.00am\* Every Thursday
- #Seated Games & Boccia, Ulverston Leisure Centre,11.30am - 12.30pm\* Every Friday
- #55+ Casual Table Tennis, Ulverston Leisure Centre, 1.00 - 1.45pm & 2.00 - 2.45pm. Every Friday
- Coffee Morning, Ulverston Parish Church, 10.30am - 12noon Every Friday
- Gentle Exercises, Victory Hall, Broughton in Furness, 10.30 - 11.30am\* Every Friday
- IT Drop In, Ulverston Library, 10.30am - 12noon\* 5,12 July, 2, 9 Aug, 6, 13 Sept
- Meditation for Relaxation & Well Being Class, St Mary's RC Church, Ulverston, 2.00 - 3.15pm\* Every Thursday (from 7th June)
- Falls Awareness Information Day, Booths Ulverston, 10.00am - 2.00pm 20 Sept

# Run by Ulverston Leisure Centre.

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

## Standing together to prevent falls

As part of our Falls Awareness campaign, Age UK South Lakeland are holding a drop in at **Booths Ulverston** on **20th September from 10.00am - 2.00pm**. We will be armed with information on how we can all reduce our risk of falling and how to stay steady on our feet. Falling is not an inevitable part of ageing and by making a few tweaks to our lifestyle we can worry less and enjoy life more.



Why not pop along to **BOOTHS** and see how we can help you, we can demonstrate some simple strength and balance exercises for you to try at home, or if you prefer to join a group we will have information on our gentle weekly chair based exercise classes, or our walking football & netball groups.

We can talk to you about fall proofing your house and how eating a healthy and well balanced diet which will ensure you getting enough calcium to maintain bone strength. We can even show you how to get up after a fall.

If you would like more information about our falls prevention work or you would like us to give a talk to a local group pop along to see us at **BOOTHS** or contact us on **01539 728118**.

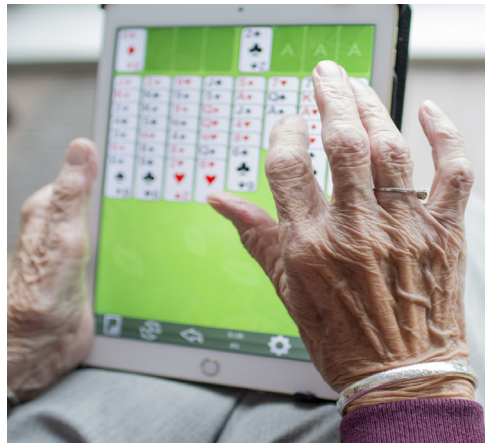
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## NEW VENUE for our IT Drop in sessions in Ulverston

From **Thursday 5th July** we will be running our IT Drop In Sessions in Ulverston Library. The sessions will run from **10.30am - 12noon**. The dates for the next 3 months are as follows **5, 12 July, 2, 9 Aug, 6, 13 Sept**. Please note this replaces the Friday sessions in the Coronation Hall.

If you need help with your laptop, mobile phone or tablet drop in and see if our IT volunteers can help you sort it out, we will also be able to help you with the library online services.

If you need any more information give us a call on **01539 728118**



We would like to take this opportunity to thank the staff at the Coronation Hall for supporting our previous sessions and for allowing us to use the Coronation Hall.

## Meditation for Health and Well Being Class

Our meditation class meets **every Thursday** in the Lounge at **St Mary's RC Church, Ulverston**. The class starts at **2.00pm** till **3.15pm**.

Everyone is welcome to join us for an hour of mindful, seated meditation. Each session involves two guided meditations that will teach you simple techniques to relax and calm your mind. There will be a break in the middle for tea/coffee, biscuits and the chance to chat.

If you would like the time to take an hour out of your busy day to switch off and pamper yourself and learn more about meditation give us a call on **01539 728118** for more information or to book your place.



## Volunteering

### A BIG THANK YOU!

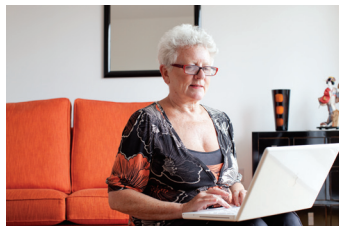
We would like to take this opportunity to say a huge thank you to all our volunteers who week in week out, run exercise classes, lunch clubs, craft groups, work in our shops, superstores and warehouse, those who visit or telephone clients and those who help out in our office. Without their dedication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

Have you ever wondered what it's like to volunteer?

If so give our team a call on **01539 728118** and we will happily discuss all volunteering options open to you.

### Could you be a Digital Champion?

The Digital Champion will help older people learn the skills they need to stay connected with family and friends, access goods and services and can help transform an older persons life. Being on line can save you money on utility bills or food shopping. Being online can go a long way to reducing isolation and loneliness too. Volunteers are needed in a variety of roles from demonstrating how to register at your local surgery for appointments and prescriptions to shopping and teaching basic IT skills to helping out at IT Drop Ins in the area.



**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...**