

What's on...

Kendal, Oxenholme, Natland, Staveley,
Burneside, Whinfell, Endmoor & Crooklands



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 – please call **01539 728118** for more information.

- Terrazzo, K Village Kendal 1st Tuesday
- Alexanders, Castle Green Hotel, Kendal 2nd Tuesday
- The Station Inn, Oxenholme, Kendal 3rd Tuesday
- Carus Green Golf Club, Burneside 3rd Monday
- The Watermill Ings (Staveley Lunch Club) 3rd Wednesday
- The Hare & Hounds, Levens (Levens & Heversham Lunch Club) 2nd Tuesday
- Maggs Howe, Kentmere. 4th Wednesday
- The Wheatsheaf Inn, Brigsteer 1st Tuesday (Runs Oct - April)
- The Damson Dene, Crosthwaite 2nd Thursday
- Mens Pie & Pint Club, Kendal Rugby Club 1st Thursday
- Crooklands Hotel, Crooklands Last Thursday

Activities & groups

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

- Kendal Chat & Craft Group, Gateway Centre, Kendal, 10.30 -12noon* 1st Friday
- IT Drop In, Gateway Centre, Kendal 1.30 - 3.45pm 1st Monday & 3rd Thursday
- Gentle Exercises, Gateway Centre, 10.30am - 11.30am, Every Thursday
- Gentle Exercises, Sandylands Methodist Church, 10.30 - 11.30am* Every Friday
- Gentle Exercises, Staveley Institute, 2.00 - 3.00pm 10, 24 July, 7, 21 Aug, 4, 18 Sept
- Gentle Exercises, Ings Parish Hall, 2.00 - 3.00pm 17, 31 July, 14, 28 Aug, 11, 25 Sept
- Gentle Exercises, Endmoor Village Hall, 10.30 - 11.30am Every Tuesday
- Coffee Morning, Kendal Town Hall, 10.00 am - 12noon 1st Friday
- Ronnie Gardner Method, Gateway Centre, Kendal, 2.00 - 3.30pm* Every Friday
- Walking Football, Kendal Leisure Centre, 3.30 - 4.30pm* 17, 31 July, 14, 28 Aug, 11, 25 Sept
- Over 50's Walking Rugby, Kendal Rugby Club, 2.00 - 3.00pm* Every Wednesday
- Walking Netball, Kendal Leisure Centre, 3.30 - 4.30pm* Every other Tuesday
- Men in Sheds, call 01539 728118 for more information.
- Snooker, Pool, Dominoes & Darts Group,
The Albion Social Club, Sandes Ave, Kendal, 1.30-3.30pm Every Thursday
- Get on Board, Gateway Centre, Kendal, 1.00 - 4.00pm 1st Wednesday
- The Allotment, Sedbergh Road, Kendal, 10.00am - 12noon Every Thursday
- Staying Steady & Falls Awareness Drop In, Kendal Library, 10.00am -12noon 26 July, 30 Aug, 27 Sept
- Falls Awareness Day, Asda, Burton Road, Kendal, 10.00am - 2.00pm 28 Sept
- Get Safe Online & Be Fraud Smart, with Barclays Digital Eagles, Gateway Centre, Kendal, 1.00 - 4.00pm 25 July
- Get help getting GP Online Services, Station House Surgery, Kendal, 9.00am-4.00pm 25 July

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

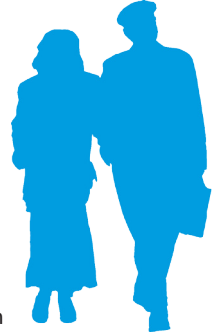
Standing together to prevent falls

As part of Falls Awareness Week, Age UK South Lakeland are holding a drop in at **ASDA Kendal** on **28th 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 **ASDA** 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 your 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 **ASDA** or contact us on **01539 728118**.



Act Your Age!



If you are over 60 and looking for something a bit different?

If you're interested in theatre, backstage, acting, writing, any or all of them and meeting new people or doing something a bit different then this could be the group for you.

In the last year, since this welcoming, friendly and supportive group of over 60's started meeting they have :

- Performed a curtain raiser as part of Paines Plough Roundabout in Grasmere.
- Written and performed their own show 'Has anyone seen Beryl?' alongside Brewery Youth Theatre
- They are currently working with Headlong Theatre on a national project which will culminate with the group performing at Bristol Old Vic in 2019.
- They have also eaten lots of cake!

The group is run by the Brewery Arts Centre in conjunction with Age UK South Lakeland, the group meets most Tuesday afternoons, but if you are interested in joining or would like more information please contact tricia.gordan@breweryarts.co.uk or contact her on **01539 725133**.



NEW - Gentle Exercise class for Natland

Starting on **Monday 26th September** this class will run every **Monday** except the 3rd Monday of the month, meeting in Natland Village Hall, from 2.00pm - 3.30pm and there will be the chance to have a natter over a cup of coffee/tea. There will be a suggested donation of **£2.50**.

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

Kendal Chat and Craft Group

Are you a keen knitter, love sewing or dabble with watercolours but would like to learn a new craft, or would like to share your expertise?

Our Chat and Craft Group meet on the **1st Friday of the month** at the **Gateway Centre, Gillinggate, Kendal** from **10.30am to 12 noon**, there is a suggested donation of **£2.50** per week.



Come along and enjoy a sociable morning of, chat, craft and creativity. Bring along your own craft, knitting, sewing or art project and let's swap skills between ourselves and learn from each other. If you are interested in joining or would like more information please give us a call on **01539 728118**.

Who do you think you are?

Have you ever fancied tracing your family tree and don't know where to start?

Come along to our introductory session which will be a fun and informative way to learn how to use the internet to trace your roots.

Join us on Friday 24 August at The Gateway Centre, Kendal from 9.30am-12.30pm. This session is free and refreshments will be provided.

Booking is essential so please call **01539 728118** 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.

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.

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...**