

What's on...

Kirkby Lonsdale, Crooklands,
Sedbergh & Dent



Chase the blues away

The light is coming back. It may still be cold, but the promise of the year is opening up even as the days lengthen into spring. In this optimistic frame of mind, perhaps it's time to start something new. Here are some ideas:

Get out and meet people

A good place to start is to get to one of our events or activities. We have lots in South Lakeland and if you look at our What's On calendar, you will see what is happening locally. Every event is different. You might enjoy attending a lunch club, getting fitter by joining one of our gentle exercise classes, or simply socialising at a larger event.



Do Something for Someone

According to philosopher Ralph Waldo Emerson, "It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself". The beginning of 2018 has introduced a number of new and exciting opportunities for people to volunteer, either using previous training and skills or developing new expertise. This is a great time to be joining the organisation and helping to form new teams will innovative projects.

Volunteering with Age UK South Lakeland means you get out and about in the community and make a lasting difference to the lives of local older people. The variety of volunteer roles is endless. We have roles which allow you to work closely with older people, and to assist them to live healthy and fulfilling lives. As new projects come to fruition, new opportunities open up so there is always something different happening. Whatever the activity you choose to get involved with, remember that we'll ensure that you have the training necessary to get the job done, and the support you require to make your volunteering experience with Age UK South Lakeland an enjoyable and fulfilling one.

We know that there is an amazing wealth of talent and skills not being fully utilised out there in our community. Whether you are 18 or 118, Age UK really could use your help to achieve our goals for the future. Whether your interests lie in retail, community work, befriending (by phone or in person), training and support, exercise, intergenerational activities, talks and presentations, general office administration.... The list is endless.

Why not find out more and start your volunteering experience now – you'll be glad you did!
Call **Charlotte** on **01539 728118** or email **volunteering@ageuksouthlakeland.org.uk** for more information.

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 Red Lion, Sedbergh 2nd Thursday
- Crooklands Hotel, Crooklands Last Thursday

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
- Staying Steady & Falls Awareness Drop In & Coffee morning, Sedbergh Library, 10.00am - 12noon 18 April

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

Staying Steady and Falls Awareness Drop In

Everyone is at risk of falls as they age.

It's a major cause of hospital admissions and falling can result in serious injuries and long term complications.

We have also a **Staying Steady and Falls Awareness Drop In & Coffee Morning** at **Sedbergh Library** from **10.00am - 12 noon, on Wednesday 18th April.**

If you are interested in learning more and seeing how making small adjustments to your daily life can reduce your risk of falls and give you greater freedom and confidence then come along and join us at these sessions.

If you are unable to join us on these dates but are a member of a church or social group who would benefit from a **Falls Awareness Talk** please give our **Reception** a call on **01539 728118** and we would be happy to arrange this for you.



Alerting devices for the hard of hearing

If you have hearing loss you will be aware that there are times when you don't hear important sounds. You may be watching television, using a loop system or with the volume turned up high, and fail to hear the doorbell or telephone ringing.

Night time is also a problem because then you aren't wearing your hearing aids and feel even more vulnerable. Whilst it can be a big advantage not to be able to hear your partner snore you do need to be aware if the smoke alarm goes off and to have an alarm clock that is guaranteed to wake you in the morning.

There are many devices on the market to help with these problems. There are portable wireless doorbells and telephone ring indicators which you can move around the house with you and also into the garden. They have a volume control and often the option of a flashing light and/or vibrating pad.



Alarm clocks and travel alarm clocks are available with extra loud volume, flashing lights and vibrating pads to go under your pillow. You can choose which combination of these alerts to use.

There are also several systems available on the market which allow one receiver to be linked to multiple transmitters around the home.

Cumbria Fire & Rescue Service undertake Home Fire Safety Visits and fit **FREE** smoke alarms where applicable. For people with hearing loss they will provide wireless alarms with a flashing strobe and vibrating pad alert. Phone **0800 358 4777** to book a visit.

If you visit the **Resource Centre at Age UK in Kendal** on a **Tuesday** or **Thursday** morning between **9.30am – 12.30pm** we have several doorbells and alarm clocks which you can test to see which may suit your needs and level of hearing loss. Age UK does not sell equipment but catalogues and website addresses are available for companies who specialize in products to help people with hearing loss.

Please phone to make an appointment if you are making a special trip.

For more information contact Reception on 01539 728118

Swimming Sessions for the over 50's

If you are interested in gaining more confidence at swimming or just enjoy it for exercise, there are two groups for the over 50's that meet at Sedbergh School Swimming Pool every Wednesday.

12.15pm - 12.45pm is for the less confident swimmer.

12.45pm – 1.45 pm is over 50's lane swimming.

The pool make a charge of £2 per session.



Volunteering



Can you help people in your area who are lonely and isolated?

Age UK South Lakeland 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.

If you have a positive attitude towards older people and their needs, a good sense of humour good listening and communication skills and a non-judgemental approach then we would like to hear from you.

Could you be a Digital Champion?

This is an exciting new project. 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 and can go a long way to reducing isolation and loneliness. Volunteers are needed in a variety of roles from demonstrating online shopping to teaching basic IT skills to helping out at IT Drop In's and responding to individual enquiries.

Lunch Club Volunteer Sedbergh

We are looking for a Volunteer to coordinate our Lunch Club in Sedbergh. The Lunch Club meets monthly and the role involves welcoming new members and ensuring their visit to the lunch club is an enjoyable and successful one.

Liaising with the provider or venue to ensure the smooth running of the club and dealing with the day to day business, and keeping in touch with its members is required.

If you have a positive attitude towards older people like good food and are a good communicator 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 as part of this campaign. If you have good communication skills and a positive interest in older people we would like to hear from you.

All volunteer roles require people 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...**