

What's on...

Ambleside, Grasmere, Hawkshead,
Bowness, Windermere & Coniston



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.

- White Lion Hotel, Ambleside 1st Monday
- The Rothay Garden Hotel, Grasmere 2nd Monday
- The Britannia Inn, Langdale 3rd Tuesday
- The Crown inn, Coniston 1st Friday
- The Red Lion Inn, Hawkshead 2nd Thursday
- The Church House Inn, Torver 2nd Friday
- Village Inn, Bowness (Troutbeck Lunch Club) 4th Monday

Activities & groups

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

- Wednesday Club, Market Hall, Hawkshead 10.30am-12noon* 2nd Wednesday
(August meets at Red Lion Inn)
- Gentle Exercise Class, Ambleside Parish Centre, 11.00am-12noon* Every Friday
- Gentle Exercise Class, Langdale Village Hall, 2.00-3.00pm* Every Monday
- Coniston Cream Tea Group, Meadowdore Cafe, 3.00pm* 14 Aug, 11 Sept, 9 Oct, 13 Nov
- Gentle Exercise Class, Ladyholme Community Centre, Windermere, 2.00 - 3.00pm* Every Thursday
- Staying Steady & Falls Awareness Drop In, Windermere Library, 10.00am - 12 noon 21 Aug, 25 Sept, 30 Oct
- Mindful Meditation, Castle Street Centre, Kendal 2.00-3.00pm* 31 Oct, 7, 14, 21, 28 Nov, 5 Dec

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

Windermere Gentle Exercise Group

Our fun chair based exercise group meets **every Thursday afternoon** in the **Windermere Room at the Ladyhome Centre on Lake Road, Windermere**. The group starts at **2.00-3.00pm** and there is a suggested donation of **£2.50**.

The members of the group warmly welcome new members and if you are interested in improving your joint mobility and your balance, whilst keeping fit and making new friends and chatting over a cup of tea/coffee then this could be the group for you. If you are interested in joining or would like some more information please give us a call on **01539 728118**.



Fit for Life Event

On Thursday 18th October we are holding an event to make you **Fit for Life**.

Come along and join us at **The Marchesi Centre, Windermere** between **1.00pm & 4.00pm** and see how to make later life more comfortable and beneficial for you.

We will be holding a FREE Sloppy Slipper Swap bring along their old Sloppy Slippers and we will replace them with a brand new pair to the first 50 participants.

Also during the afternoon you will be able to listen to talks and watch demonstrations on Mindful Meditation, Ronnie Gardiner Multi - Sensory Exercise Class Method, Falls Prevention and Benefit Advice.

The local Physio team will also be on hand to give you a functional fitness test.

There will also be tablets available and the internet for you to try, where we will be able to show you how to use them and how they can enhance your later life.

Also available will be information on local services, including being Financially Fit for Later Life.

There will be refreshments during the afternoon. This event is **FREE** and booking is not necessary.

If you would like more information please give us a call on **01539 728118** where we would be happy to help.



Mindful Meditation Classes

Do you ever want to feel more relaxed and more in control?

Mindful meditation is a way to increase your awareness of the present moment, rather than living in the past or worrying about the future.

Come along to our classes this autumn and we will teach you some simple tools that will help you cope better with the stresses and strains of day to day living. During these sessions we will be looking at simple breathing techniques and developing a greater awareness of the body, this will include gentle movement exercises, actively listening to music and sharing our experiences.

This 6 week course will take place in **The Detached Suite at the Castle Street Centre, Kendal**, on the following dates **Wednesday 31 Oct, 7, 14, 21, 28 Nov, 5 Dec, from 2.00-3.30pm**.

A suggested donation of £2.00 per session would be gratefully received. For more information or to book your place please contact us on 01539 728118.



Volunteering



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 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, helping out at IT Drop ins and helping older people get on line at their local surgery and responding to individual enquiries.

Exercise Class Leaders

Age UK South Lakeland runs over 18 Gentle Exercise classes across the district on a weekly basis. We are looking for a volunteer leader for the Windermere class to work alongside our existing leader. The role involves teaching a series of easily remembered seated exercises to local older people helping them to keep fit and active. The exercises are designed to improve balance, flexibility and strength. The classes are fun and sociable and as a volunteer leader you will be able to make a real difference to the lives of older people. Full training and support is provided for this role. A number of relief exercise class volunteers are also sought who can act as cover for leaders when they are on holiday or not able to run the classes.

Community Link Volunteer

There are many people living in the Windermere, Ambleside 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 volunteers role to support them for a period of 6 weeks.

Home Visiting and Telephone Befrienders

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. We are also looking for telephone befrienders. This would involve having a regular conversation 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 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...**