

What's on...

Ambleside, Grasmere, Hawkshead,
Bowness, Windermere & Coniston



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.

- 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* 2nd Tuesday
- Gentle Exercise Class, Ladyholme Community Centre, Windermere, 2.00pm - 3.00pm* Every Thursday
- Staying Steady & Falls Awareness Drop In, Windermere Library, 10.00am - 12 noon 8 May, 12 June, 10 July
- Men U Can Cook, Ings Village Hall, 1.30-3.30pm* 1, 8, 15, 22 June
(Booking essential & you need to be available for the full 4 weeks)
- Snooker, Pool. Dominoes & Darts Group, The Albion Social & Snooker Club, Sandes Ave, Kendal, 1.30pm - 3.30pm* Every Thursday

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

Coniston Cream Tea

On every second Tuesday of the month between, February & November our Cream Team group meets in the Meadowdore Café in Coniston for a cream tea, they meet at 3.00pm and for £6.95 per person you will be served sandwiches, scones, cakes and as much tea and coffee as you can drink...

If you would like more information or would like to book a place on the next Cream Tea please call us on **01539 72118** where we would be happy to help.



Phones for hearing loss

If you have hearing loss and are struggling to hear when using the phone you will be delighted to know that there are many reasonably priced **hearing aid compatible phones** on the market. They can be used by anyone but have all, or some of the following features to specifically help those who have hearing loss:

Hearing aid compatible and can be used on 'T' setting

Good levels of amplification

Volume boost button

Tone control

Hands-free facility

Loud ringer volume



There is a wide range of styles available in both corded and cordless DECT phones.

The news gets better, because if you visit the Resource Centre at Age UK in Kendal on a Tuesday or Thursday morning between 9.30am – 12.30pm you can test a range of phones on a simulator to see which suits your level of hearing loss. Age UK does not sell phones 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**.

Running for Age UK South Lakeland

“As I have a significant birthday later this year I decided that I need to get fit. In a moment of madness I entered for the Liverpool Rock'n'Roll half marathon on 20 May.

Colleagues at Age UK South Lakeland thought it would be appropriate to use this as a fundraising event as this year sees the 40th anniversary of the Charity”

“So after nearly a month off from running for various reasons this weekend Penny Pullinger, our Chief Executive, started her training for Liverpool Rock'n'Roll Half Marathon which takes place on 20 May.

Penny has a significant birthday this year and in April Age UK South Lakeland celebrates 40 years supporting older people in South Lakeland and so she felt it would be a good opportunity to celebrate both milestones by aiming to raise £500 to help continue our work and help raise the profile of the charity. If you would like to sponsor Penny the link is <http://ow.ly/SUud30iMt3m> or please send in your donation to: Age UK South Lakeland, 17 Finkle Street, Kendal, marked “Penny’s Run”



Volunteering



VOLUNTEERS WEEK 1st - 7th June 2018

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.

NEEDED - Community Link Volunteers

This is an exciting development of the Friends Exchange project and aims to assist people to access social activities which, for some reason, they have had to give up for a period of time. Over a period of 6 weeks, they build the client's confidence to go out alone and take part in activities. Much of the information about local events can be found on Compass or in the local press or newsletters. The volunteer will explore with the client the possibility of going to one of these groups and go with them to build up their confidence. Together they will create an action plan for the future. The volunteer may also refer the client to other Age UK services.

Can you help someone in your area who is lonely and isolated?

Home Visiting and Telephone Befrienders needed in the Central Lakes area.

We 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. One visit or call per week is all it takes.

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.

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...**