

# What's on...

Grange, Allithwaite, Cark  
Holker & Cartmel



## 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.

- Thornleigh Hotel, Grange over Sands 1st Wednesday
- The Pheasant Inn, Allithwaite 4th Friday
- The Damson Dene, Crosthwaite 2nd Thursday
- The Pheasant Inn, Allithwaite 2nd Tuesday

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## Activities & groups

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

- Walking Football, Cartmel Priory School 7.00-8.00pm\* Every Monday
- Gentle Exercises, United Reformed Church, Grange Over Sands 2.00-3.00pm\* 14, 21, 28 Aug, 11, 18, 25 Sept, 9, 16, 30 Oct
- Gentle Exercises, Argles Memorial Hall, Crosthwaite 2.00 - 3.00pm\* Every Thursday
- IT Drop In, Victoria Hall, Grange over Sands 2.00- 4.00pm 30 Aug
- **New Venue:** IT Drop In, Grange Library, Grange over Sands 2.00-4.00pm 27 Sept, 25 Oct
- Staying Steady & Falls Awareness Drop In, Grange Library, Grange over Sands 10.00am -12noon 6 Sept, 9 Oct, 12 Nov
- Gentle Exercises , Flookburgh Village Hall, 10.30 - 11.30am Every other Thursday (from 6 Sept)

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

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## Advance Notice

### Cartmel Walking Football

The Cartmel Walking Football team will meet at **Kendal Rugby Club** on the following date **Friday 26th October**, the session will start at **7.00 till 8.00pm** as normal. This is due to Cartmel School being closed for their half term holidays.

If you have never tried Walking Football but would be interested in giving it a go our Cartmel Team are always happy to welcome new members along to join the team. If you are interested in having a game and enjoying the benefits of better health & well being or would like more information please call **01539 728118**.



## NEW VENUE - IT Drop In Point



From the **27th September** our IT Drop In Point is moving to our new venue at the Grange over Sands Library on Grange Fell Road. The sessions will be on the **last Thursday of every month from 2.00 - 4.00pm.**

These **FREE** IT Drop In Sessions will be hosted by Age UK South Lakeland Volunteers who will be in the Library supporting the community with any queries or problems regarding Laptops, iPads, Tablets or Smartphones.

They will also be able to show you how to access Cumbria Libraries online offer of **FREE** eBooks, eAudiobooks, newspapers, magazines and much more.

Come along and let us help you get the most out of your Smart Devices and your local library. If you would like more information on our IT Drop In Point please contact us on 01539 728118

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## NEW - Flookburgh Gentle Exercise Group

After the success of our gentle exercise taster sessions, a regular fortnightly class will be starting on **Thursday 6th September** at **Flookburgh Village Hall**, the class will start at **10.30 - 11.30am.**

Come along, keep fit and join a predominantly chair based exercise class. This class will help improve your joint mobility and improve your balance. The class will be followed by tea and a chance to chat.

A suggested donation of £2.50 would be gratefully received.

If you are interested in joining this class or would like more information please contact us on **01539 728118**



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## Meditation for Health and Well Being Class

Every **Thursday** in the **Lounge** at **St Mary's RC Church, Ulverston**, our Meditation for Health and Being Class is held, the class starts at **2.00 till 3.15pm**, and 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



## 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.

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## Community Link Volunteers

There are many people living in the Grange 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.

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## Relief Exercise Class Leaders

Age UK South Lakeland runs over 18 Gentle Exercise Classes across the district on a weekly basis. We are looking for relief exercise class volunteers who can act as cover for leaders when they are on holiday or not able to run the classes. The role involves teaching a series of easily remembered seated exercises to local older people helping them 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.

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**Grange Superstore** is looking for volunteers to help out in the shop for a few hours per week? Get involved in welcoming and chatting to customers, selling and receiving goods, sorting, pricing and displaying. Enjoy being part of a team and at the same help raise funds to enable older people in the district to enjoy later life.

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## 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.

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**All volunteer roles require you to attend a half day induction and training specific to the role.**

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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...**