



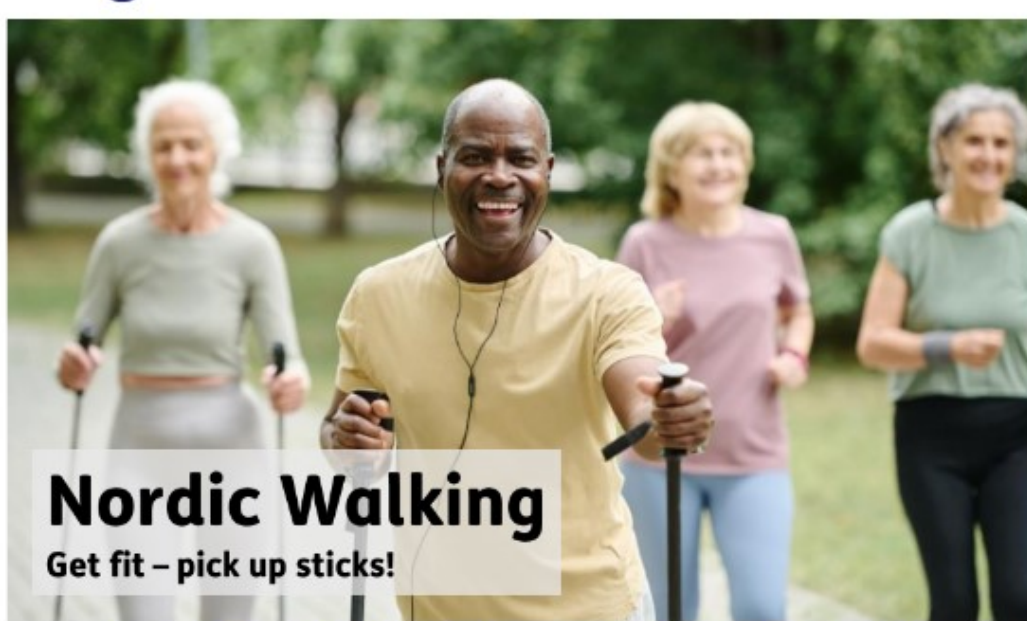
Welcome to our bumper Summer issue.

With heatwaves (well, not quite), the longest day, and the return of Glastonbury, it certainly feels like summer has started! We hope you've been keeping cool and well hydrated. We've taken full advantage of the weather and relaunched our outdoor Tai Chi class and our popular Coarse Fishing sessions.

In this issue, we focus on our new Nordic Walking sessions, as well as Pilates in Wiveliscombe. We also say goodbye to Sarah, our amazing Marketing and Communications Co-ordinator - she will be missed immensely!

New Class

Nordic Walking is coming to Sedgemoor! Nordic Walking is an enhanced walking technique that uses poles to work your upper body as well as your legs- it's a whole body work out that doesn't feel like one!



Nordic Walking
Get fit – pick up sticks!

For Fresh Air, Fitness and Friendship

A six week course – beginners welcome. Poles provided.
Starting dates: Course 1 - 17.7.24 Course 2 - 11.9.24

Wednesdays
2pm – 3pm

Cost: £6 /week -£36 paid in advance

For more information, or to sign up, please call Age UK Somerset on

01823 345624

email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

This session is held at:
The Parklands nr The Green
Wembdon Park
Homberg Way
Wembdon
TA6 7BY



Information correct on: 20/06/2024

Registered Charity No: 1015900

Returning Classes

We are thrilled to announce that Tai Chi QiGong has returned to Kewstoke, Weston-super-Mare, on Thursdays at 2:30pm in Kewstoke Village Hall. And, now that better weather is here, our Coarse Fishing group in Somerton has restarted on Wednesdays, 9:30 am until 15:30 or until the bait dries up.



Coarse Fishing

Lake is well-stocked with carp, perch and tench.

Cast a line and have some fun!

An informal, volunteer-led group for the over 55s.

Ideal for improving your physical and mental well-being.

Wednesdays
9:30am – 3pm

Excluding Winter

Cost: £4 Pre-booking essential

For more information, or to sign up, please call Age UK Somerset on

01823 345624

email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

This session is held at a private fishing lake in:
Somerton
South Somerset

Pellets of different sizes available on-site. Please bring your own protective clothing, fishing tackle, drinks/snacks. Rod licence required.

Information correct on: 30/04/2024

Registered Charity No: 1015900

Designed for people over 55, this friendly, relaxed, volunteer led group meets at a beautiful lake which is well stocked with carp, perch and tench. You will need your own tackle, but bait is available on site for a small fee.

Our Volunteer, Jim, says,

“We are a very friendly group of folk who enjoy some banter and each other’s company, while sitting by the tranquil water’s edge on comfortable pegs.”

“It is a very short walk to the pegs from the car park, and I will even help carry your tackle if needed.

“We are all happy to share the knowledge and on the best methods for catching fish as well any tackle if folk forget or run out of. We have six dedicated fishing pegs next to each other, and in easy ear shot to chat to the next person.

“Our main objective is to share some quality time with like-minded people and just enjoy the beautiful surroundings and hopefully landing a few fish.”

Spotlight on Tai Chi Taunton area

Our Tai Chi QiGong classes are very popular in the Taunton and Wellington area. However, we do have a couple of spaces remaining on our Oake and West Monkton classes- don't hesitate to spread the word or sign up!

Mindful movements for your health and wellbeing.

Monday afternoons- Oake & District Hall

Thursday afternoons - West Monkton Village Hall

See posters below for more details or contact us: 01823 345624

 <p>Tai Chi QiGong seated or standing</p> <p>Gentle movements to improve balance, flexibility and strength</p> <p>For your mind, body and wellbeing</p> <p>Mondays 2pm – 3pm</p> <p>Cost: £6</p> <p>For more information or to sign up, please call Age UK Somerset on</p> <p>01823 345624</p> <p>email: ageingwell@ageuksomerset.org.uk visit our website: www.ageuksomerset.org.uk</p> <p><small>Information correct on: 11/04/2024 Registered Charity No: 1015900</small></p>	 <p>Tai Chi QiGong seated or standing</p> <p>Gentle movements to improve balance, flexibility and strength</p> <p>For your mind, body and wellbeing</p> <p>Thursdays 2pm – 3pm</p> <p>Cost: £6</p> <p>For more information or to sign up, please call Age UK Somerset on</p> <p>01823 345624</p> <p>email: ageingwell@ageuksomerset.org.uk visit our website: www.ageuksomerset.org.uk</p> <p><small>Updated on: 11/04/2024 Registered Charity No: 1015900</small></p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Pilates in Wivvy

Our Gentle Pilates class in Wiveliscombe has been going for 6 months and class co-ordinator Lorraine went to see how it's getting on.



Feedback from participants was fantastic:

- “I always look forward to it”
- “Good fun”
- “Gentle”
- “Such fun”

A previous member of the group had emigrated to Australia but thoughtfully sent over some special grippy bottomed socks for the participants to wear to help keep them safe and stop slipping. We think they are toe-tally fabulous!



Farewell from Sarah

Our Marketing and Communications Co-ordinator for the Ageing Well and Falls Prevention Service is leaving.



I'd like to thank my lovely team who have made it an absolute pleasure to work at Age UK Somerset. Our charity does amazing work and it's been a privilege to be part of it.

Also, I would like to thank the fabulous instructors, volunteers and participants who I have met over the last few years. I have loved hearing your stories and sharing them through the newsletter and our socials. You have all inspired me to become more active - especially as I have a sedentary desk job!

I had the pleasure of attending several classes- thank you to Michelle from Movement to Music, Taunton, Corinne from Stay Strong Stay Steady, Trident and Marcy from Sit, Fit & Fun, Staplegrove, for showing me what you do and making me feel so welcome.

Here are some snaps of my highlights from my time at Age UK Somerset. Wishing you all, all the best.



Could you volunteer for a couple of hours a week?



We are looking for Volunteers to train in, and then deliver, regular Sit, Fit and Fun exercise sessions and Tai Chi QiGong sessions. No experience necessary.

Requirements:

Volunteers must be over 18.

References are required for this role.

Ideally Volunteers will have their own transport to enable them to undertake assignments in the more rural locations in our area.

If you would like more information, please contact:

01823 345627

volunteers@ageuksomerset.org.uk

Your Stories

One of our participants, Ray, attended his Stay Strong Stay Steady class on his 92nd birthday. To celebrate, he bought in some (non-alcoholic) drink and some very scrumptious homemade Welsh cakes to share, which went down a treat with everybody at the end of the session.

Ray has been attending classes with Age UK Somerset for over 2 years now and when instructor, Corinne, asked Ray what his secret was to his 92 years, he replied,

"Regular walking."

Here is a photo of the class celebrating, with Ray and Corinne at the back.



Please get in contact if you would like to share any news or stories from your classes, we love seeing what our participants are getting up to!

Contact: ageingwell@ageuksomerset.org.uk if you would like to be featured or if you have any questions. We will need to gain consent for any photos shared.

Afternoon Social Dance

A fundraising event for Age UK Somerset



Thursday 3rd October 2024

2pm - 4.30pm

(doors open at 1.30pm)

The Winter Gardens, Weston super Mare

An afternoon of fun and glamour awaits with dancers of all ages twirling their way around the dance floor.

At this special Afternoon Social Dance there will be Ballroom, Latin and Sequence Dance favourites with Mark Helmore as your musical host.



- Raffle with fabulous prizes
- Tea, coffee & cakes available
- Licensed Bar
- Dance demonstration by Age UK Somerset class attendees!

Whether you come by yourself, or in a group, everyone will receive a warm welcome!

Even if you are not a dancer, a wonderful time can be had listening to the music and watching, in good company, for a reduced ticket price!

Tickets

£8 for dancers, £4 for spectators

Buy online: www.tinyurl.com/wsmsocialdance

or call: **01823 345612** to book & pay by cheque.

or scan here for tickets



All proceeds will help the Ageing Well service of Age UK Somerset, Registered Charity 1015900

News from our community



Free, Guided Activity Sessions

Starting this July in Bridgwater, Glastonbury and Taunton Libraries

For more information, please email librariesmail@somerset.gov.uk



Free guided activity sessions in Taunton, Bridgwater and Glastonbury Libraries

Fun and free one-hour low impact activity, movement and coordination sessions in Taunton, Bridgwater and Glastonbury libraries to support people who may have a health condition, anyone who would like some help to get moving or improve their balance and co-ordination. All sessions will be guided by a professional coach and will be tailor-made for attendees.

- Gentle stretching and flexibility activities
- ‘Taster’ opportunities for activities including tai-chi, yoga, boccia, new age curling, indoor archery plus more to be announced
- Have a go with Virtual Reality
- Have fun with our Interactive Projector
- Sport games on the Nintendo Switch
- Try using an Activity Tracker Watch and loan one for free
- Explore our health and wellbeing collections for books to support healthy living, healthy eating and positive mental health.
- Support to find reliable health information.

Bridgwater Library: Every Monday, 2pm to 3pm, starting 8 July 2024.

Taunton Library: Every Wednesday, 2pm to 3pm, starting 3 July 2024.

Glastonbury Library: Every Friday, 3pm to 4pm, starting 5 July 2024.

Register your interest: email librariesmail@somerset.gov.uk or ask in your local participating library.

Health Walks Near You



Better Health North Somerset's Health Walks scheme welcomes over 300 regular walkers a week in and around North Somerset. They have Health Walks in Cheddar and Churchill; Clevedon, Flax Bourton, Long Ashton, Nailsea, Portishead, Weston-super-Mare, Winscombe, Long Ashton and Yatton.

Their walks are led by volunteers who welcome you to join their groups. They have all attended Health Walk Leader training to ensure a safe and enjoyable walk for all.

[Find Out More](#)



Somerset Activity & Sports Partnership (SASP) organise walks across Somerset. Their walks are held in a number of locations including Frome, Taunton, Wellington, Bridgwater, Minehead, Yeovil, Bruton and many more. There are 5 levels of walk length, so there's something for everyone.

The health walks are free but you need to register.

[Find Out More](#)

Equipment and Demonstration Centre

Helping you live independently

10th ANNIVERSARY OPEN DAY

Thursday 27th June 11am – 3pm



Chat to an
**Occupational
Therapist**

AKW
Life Made Better

SEE OUR NEW
**'SMART'
BEDROOM**

Get your walking stick
serviced for free!

And much more!!

FREE taster Community Meals
(between 12noon-2pm)



**The Motex Centre, Winterstoke Road,
Weston-super-Mare BS23 3YW**

Free Parking

Tel: 01275 888804

CHARITY BARN DANCE

Saturday 19th October 2024

1900-2230 (doors open 1830)

at

Hutton Village Hall
Main Road, Hutton, BS24 9SR

Live music by the
Highly Strung Community Band
with caller Jill Elliot

Tickets

Adults £12

Children (under 16) £8

Tickets must be purchased in advance

Bring your own picnic
and drinks

Raffle (cash only)



Charity No. 1088198

Contact Gemma Bradley
07581461220
gemmaBradley29@googlemail.com



Charity No.1015900



FREE Outdoor Yoga Sessions
every Sunday

PARK YOGA WESTON



Open to people
of all ages,
backgrounds
and abilities.



Ellenborough Park West,
Weston-super-Mare
(Look out for the Park Yoga flag)
Sunday 5th May - 15th September
9.30am - 10.30am

No need to book. Bring a mat or towel. www.parkyoga.co

THIS IS A PRIMARILY CASH-BASED EVENT, ALL MONEY RAISED GOES BACK INTO EACH CHARITY!

WALKING FOOTBALL TOURNAMENT



VS



ACTIVITIES

- FOOTBALL CIRCUIT
- CHILDRENS GAMES
- TOMBOLA + RAFFLE
- B&B STAND + CAFE
- SLIME MAKING
- TABLE TENNIS
- FETE STALLS
- CAKE STALL
- DRUM BUS
- --FREE DEMOS--
- NORDIC WALKING
- TAI CHI



FREE PARKING! NORTHGATE PRIMARY SCHOOL **30TH JUNE 12-4PM**
BRIDGWATER TA6 3EU

WWW.PARKINSONS.ORG.UK

WWW.YOUNGSOMERSET.ORG.UK



In aid of
PARKINSON'S UK
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.



Facebook



Instagram



X



Email



Website



Phone

Our mailing address is:

Age UK Somerset, Ash House, Cook Way, Taunton, TA2 6BJ

You are receiving this email because you attend an Ageing Well or Falls Prevention exercise session, or have previously subscribed to our newsletter. We will only send emails once a month and the content will be relevant to the Ageing Well and Falls Prevention service. We will never share your data. If you not wish to receive these newsletters you can unsubscribe at any time by clicking the link below.

Would you like to change how you receive these emails?

Please [update your preferences](#) or [unsubscribe from this mailing list](#).