

Sit Fit & Fun

Sit, Fit and Fun!

Our fun and friendly Flexercise session has a new name!

We are in the process of rebranding all of our Flexercise classes to the new name of Sit, Fit and Fun to reflect the ethos of the class. Look out for the new posters and district lists coming soon. Find out more about our Sit, Fit and Fun classes later in the newsletter!

Welcome to the Team

We have some new faces in the team so over the next few issues we will be featuring our new staff members.

Lorraine is the new Ageing Well Co-ordinator for Taunton and West Somerset. She is looking forward to working for Age UK Somerset with the new team, instructors, and volunteers, and increasing opportunity for more activities in Taunton and West Somerset.

In her free time, she heads up South West England Ladies Walking Football teams, assists with Somerset Ladies Walking Football team and finds time to play for Taunton and District Ladies Walking Football team.



New Classes for Strong & Steady

We are thrilled to announce that our new Falls Prevention instructors have passed their Otago training and we can launch some new classes as well as bring some back that have been paused.

New classes are launching in the Ashwick and Oakhill area, Wincanton and are returning to Minehead.

We have also recently relocated one of our Yeovil classes to nearby East Coker.

A third level of our Strong and Steady programme has also launched; Strong and Active for Life, which we are trialling in Somerton and Weston-super-Mare.

“I think this is a very well-run group, and the exercises definitely help my mobility”

-Survey Feedback, Strong & Steady

Stay Strong Stay Steady
Every Wednesday afternoon in Ashwick and Oakhill Village Hall

Improve your balance. Rebuild your muscle strength. Stay confident and mobile. Have some fun!

For more information, please contact Age UK Somerset. We want to help you to stay independent as you get older.

You will need to complete a short health questionnaire before starting your class. The cost is £6.00 per session.

fallsprevention@ageuksomerset.org.uk
01823 345614
www.ageuksomerset.org.uk

Starting May 2024

Stay Strong Stay Steady
Every Tuesday afternoon in The Balsam Centre, Wincanton

Improve your balance. Rebuild your muscle strength. Stay confident and mobile. Have some fun!

For more information, please contact Age UK Somerset. We want to help you to stay independent as you get older.

You will need to complete a short health questionnaire before starting your class. The cost is £6.00 per session.

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New Tai Chi classes in North Somerset

Due to popular demand, we are launching new Tai Chi QiGong classes over the next few weeks.

A second class is coming to Portishead on Wednesday afternoons at Portishead Methodist Church.

We are restarting our Outdoor Tai Chi class in Grove Park, in Weston-super-Mare on Wednesdays at 12 noon, starting 8th May. This class requires booking and is weather dependent.

We are also starting a Tai Chi QiGong class at Corpus Christi Church Hall, Weston-super-Mare on Thursdays at 11am. This class is starting on 16th May.

Saturday 27th April was International Tai Chi QiGong Day so these new classes are launching at just the right time!

Tai Chi QiGong - Seated or standing
Gentle movements to improve balance, flexibility and strength
For your mind, body and wellbeing

Wednesdays 1pm – 2pm & 2:15pm – 3:15pm
Cost: £6
For more information or to sign up, please call Age UK Somerset on 01823 345624

This class is held at: Portishead Methodist Church, High Street, Portishead, BS20 6EN

Tai Chi QiGong - Outdoors
Gentle movements to improve balance, flexibility and strength
For your mind, body and wellbeing

Starting 8th May '24
Wednesdays 12pm – 1pm
Cost: £6 Booking Essential
To book your place or for more information please call the Ageing Well team at Age UK Somerset on 01823 345624

Meet by: The Bandstand, Grove Park, Weston-super-Mare, BS23 2QJ

Tai Chi QiGong - Seated or standing
Gentle movements to improve balance, flexibility and strength
For your mind, body and wellbeing

Starting 16th May '24
Thursdays 11am – 12noon
Cost: £6
For more information or to sign up, please call Age UK Somerset on 01823 345624

This class is held at: Corpus Christi Church Hall, Ellenborough Park South, Weston-Super-Mare, BS23 1XW

Staplegrove Sit, Fit & Fun

“It’s good for us and we get to have fun”

I had the absolute pleasure of visiting our Staplegrove Sit, Fit and Fun class (formerly Flexercise!), so I could find out more about the session and meet some of our participants.

I had an extremely warm welcome from the friendly group. There were ten of us in total and the session started with a bit of a natter while everyone came in and settled. “We come for a chat,” said one lady while another added, “I get to see

my neighbour and meet new people.” One of the primary focuses of these classes is to have fun and meet new people.

“She keeps us on our toes,”

said one participant as a ball skittered across the floor while we tried to pass scarves in one direction and balls in another.

We ended on a challenging word game and a gentle cool down, it was such an enjoyable session, I'd love to go again.



Each Sit, Fit and Fun class may be a little different from another, but they all hold the same values- to promote physical health, mental health and wellbeing through regular chair-based activity. These chair-based activity classes can be used to support those looking to regain strength and flexibility as well as to reduce social isolation.

-Sarah, Marketing and Communications Co-ordinator

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.

We are seeking Volunteers for Tai Chi QiGong in the Bridgwater, Portishead and Wiveliscombe areas.

We are seeking Volunteers for Sit, Fit and Fun sessions in the Long Ashton, Minehead and Weston-super-Mare areas.

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

Afternoon Social Dance

A fundraising event for Age UK Somerset



Come along for an afternoon of good company, music, dancing and fun in this beautiful 1920s seafront ballroom

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

Your Stories

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: sarahjane.fraser@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.

News from our community

Make Your Move for Your Mental Health - Somerset Council

Mental Health Awareness Week takes place each year in May. It's an opportunity for the whole of the UK to come together to focus on the importance of our mental health. The week aims to tackle stigma, get people talking about mental health and promote ways to prioritise our mental health and support others.


This year Mental Health Awareness Week takes place from **Monday 13 May to Sunday 19 May** and the theme is “Movement: Moving more for our mental health.”

Research has consistently found that being physically active has a significant, positive impact on our mental health and overall wellbeing. Regular movement has been found to reduce stress, increase energy levels, improve mood, boost self-esteem, and enhance overall brain function.

Many of us struggle to incorporate enough movement into our busy daily lives. This year Somerset Council want to help you find ‘moments for movement’ in your daily routines. Whether that be; going for a walk on your lunch break, dancing to your favourite music, chair exercises or stretching whilst watching the tv – it all counts, small steps can make a big difference.






Join us 13-19 May for **Mental Health Awareness Week**

Activities that boost your mental health



31 Day challenge making moments for movement

1 Take a walking lunch	2 Head outside to eat rather than at your desk	3 Stretch for 5 - 10 minutes	4 Arrange a walking meeting	5 Every hour get up and move around	6 Take the stairs rather than a lift	7 Walk or ride a bike to work
8 Park in the furthest space in the carpark	9 Dance during moments when you may just be standing around	10 Walk over and chat in person rather than sending an email	11 Walk a little further to fill up your water bottle	12 Stretch / raise your legs and arms whilst watching TV	13 Pick up a basket rather than using a trolley when grocery shopping	
14 Arrange a walking date with a friend	15 Do calf raises while preparing food	16 Do squats while brushing your teeth	17 Only drive to places you cant walk to	18 Do house work faster than normal/to music	19 Spend time gardening	
20 Wash and vacuum your car yourself rather than paying someone else to	21 Walk up and down the stairs	22 Outdoor activities with friends, children or pets	23 Take part in one of SASP's activities	24 Do head, neck and shoulder rolls whilst sitting	25 If you work in an office try using a standing desk	
26 Practice balancing on one leg whilst waiting for the kettle to boil	27 Stand up every time you receive a phone call	28 Roll on a therapy ball	29 Practice some yoga poses	30 Volunteering - Food Pantries, Community Centre's / gardens	31 Don't use the closest toilets to you, walk a little further	

[Find Out More](#)



Our mailing address is:
Age UK Somerset, Ash House, Cook Way, Taunton, TA2 6BJ

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