Healthy lifestyles directory for older people 2015

an Active mind in an Active body
Welcome to the new edition of the Healthy Lifestyles Directory which Age UK South Gloucestershire is always delighted to support.

In the coming pages you will discover a wealth of information to enable you to enjoy a full and active lifestyle in order to ‘Love Later Life’.

We all know the benefits of a healthy lifestyle and South Gloucestershire offers a wealth of activities. These range from swimming, dancing, walking and cycling to Friendship & Exercise Clubs which focus on gentle exercise in a very social environment at community venues across South Gloucestershire. You will also find in these pages advice about healthy eating and many opportunities for mental stimulation, both of which contribute to overall wellbeing.

South Gloucestershire also boasts a wonderful library service, an active Over Fifties Forum and a strong University of the Third Age. All of these contribute to the opportunities available to older people.

Many organisations rely on the time given by dedicated volunteers. We know from experience that both the volunteers and those they help benefit from this valuable role, so please do get in touch with organisations directly or contact one of the Volunteer Centres if you’d like to explore this further.

I know that you will find this directory really useful so keep it safe and use it often.

Martin Green – Chief Executive Officer, Age UK South Gloucestershire
An Active Lifestyle – it’s never too late to start!

Being active and healthy is fun! If we enjoy it, we’re more likely to keep doing it! We should try to be at least moderately active every day and achieve 150 active minutes per week in short bursts or in more structured sessions of about half an hour. Moderate activity means that our breathing and heart rates are a bit faster and we’re warmer than we are at rest.

For further information about active living and much more, visit www.nhs.uk/Change4Life
Benefits of an active lifestyle

- Maintains a healthy weight (in combination with healthy eating)
- Promotes better mental health and wellbeing
- Helps prevent or reduce high blood pressure
- Reduces risk of developing type 2 diabetes
- Reduces risk of developing coronary heart disease
- Reduces risk of developing some cancers
- Increases life expectancy
- Helps maintain ability to carry out daily living activities
- Reduces the risk of falls
- Could reduce risk of dementia

Top tips to keep you active

- Try active travel (see page 9) instead of driving the car for short journeys
- Gardening is a great way of being active – and keeping your garden tidy too!
- A brisk walk in the park or at lunchtime can help you relax
- If you travel by bus, why not get off at one stop earlier and then walk the rest of the way
- Reduce time sitting down - get up and about in your daily routine
- Take up an active hobby - give a few a try and see what is right for you
- Carry some groceries instead of using a trolley
- Do some chair exercise whilst watching TV
- Dance to the radio!
Working together to improve your health

Everyone is at risk of developing heart disease, stroke, diabetes, kidney disease and some forms of dementia. The good news is that these conditions can often be prevented – even if you have a history of them in your family. Having your free NHS Health Check will be a positive step to improving or maintaining your health, ensuring you are better prepared for future years.

What happens at the check?

The FREE NHS Health Check assesses your risk of developing heart disease, type 2 diabetes, kidney disease and stroke.

- The check will take about 20 – 30 minutes
- You’ll be asked some simple questions, for example about your family history and any medication you are currently taking.
- We’ll take your blood pressure and do a simple blood test to check your cholesterol
You’ll be taken through your results and told what they mean.
You’ll also be given personalized advice on how to lower your risk and maintain a healthy lifestyle.

I’d like a FREE NHS Health Check, where do I go?
If you’re in the 40-74 age group without a pre-existing condition, you can expect to receive a letter from your GP inviting you for a FREE NHS Health Check. Don’t worry if you haven’t got your invitation yet, as you will be invited for one over the next few years. You can ask at your GP practice to see if you’re eligible.

Why do I need this check? I feel fine!
The FREE NHS Health Check helps to identify potential risks early. By having this check and following the advice of your health professional, you improve your chances of living a healthier life.

Will everyone have this check?
This check is part of a national scheme to help prevent the onset of the above health problems. Everyone between the ages of 40 to 74 who has not been diagnosed with the conditions mentioned will be invited for a check once every five years.

Use your free flu jab
For most of us getting flu means a miserable experience with a few days of feeling low but for some, flu can be very serious leading to life changing complications, such as permanent disability or death.

How do I get a free jab?
The vaccine is free for people over 65. It is easy to get a flu jab. Simply phone your GP and arrange an appointment. The flu vaccination has been rigorously tested and clinically proven to be the best defence against the flu virus.

Want to know more?
Please visit: [http://www.nhs.uk/Conditions/Flu/Pages/Prevention.aspx](http://www.nhs.uk/Conditions/Flu/Pages/Prevention.aspx) You may also contact your GP for further advice.
Active Card – Belong...

**Health, Libraries, Arts and Leisure**

**An Active Mind in an Active Body**

One card will let you borrow books, gain internet access at libraries, have a swim, use the gym or take part in a host of sporting activities, all providing social opportunities to meet new friends and try something new in a relaxed environment.

The Active card gives you access to a balanced lifestyle, full of interest, vibrancy, reading, learning, playing and health. You will find out more about what is going on in your locality by subscribing to our newsletters and hear all the latest news hot off the press.

The card is free and you can then take part in leisure centre activities either as a ‘pay as you go’ customer or by taking out an inclusive membership to bring even more benefits. Most library services are free of charge. It gets even better... your Active Card works not only in leisure centres and libraries in South Gloucestershire: you can also borrow books from any public library in Bristol, North Somerset, Somerset and Bath and North East Somerset.

Find out where to get Active at [www.activecentres.org](http://www.activecentres.org)
Active travel

Walking

We all struggle to find time to keep active, so why not incorporate it into your daily routine? Here are some tips to increase active travel:

1. Wear a pedometer with pride: you’ll want to walk more because it’s there!

2. Park further away from the supermarket.

3. Break up the week’s shopping so that you can walk with smaller loads rather than loading up the car.

4. For journeys of a mile or less, make a habit of choosing to walk rather than drive.

5. Find nice places to walk in your leisure time – this will build confidence for active travel.

6. If you already walk home, take a slightly longer route.

7. Make small changes, one at a time.

Walking for Health provides free walks for people of all ages. People of all walking abilities are supported: from people who use wheelchairs to more able walkers.

To find out more please call 01454 868006, email healthylifestyles@southglos.gov.uk or visit www.southglos.gov.uk/walking
Active travel

Cycling

If the shops are under three miles away why not cycle? Maps are available at www.betterbybike.info and further information from www.sustrans.org.uk

To book free cycle training, phone 01454 868449 or visit www.southglos.cycletms.com

The following groups offer social rides suitable for older people:

**Bristol Thursday Old Time Cyclists:** 07896 357335  
www.btotc.btck.co.uk

**U3A Cycling Groups:**  
Yate & Sodbury 01454 881966  
http://u3asitec.org.uk/live/code/u3asite.php?site=331  

Parks and Local Nature Reserves

Walking and cycling to your local parks and nature reserves are great ways to help the environment and support your community. While out on a walk or bicycle ride you can become even more active by attending Friends groups, wildlife interest groups and visiting orienteering trails in Warmley Forest Park and the Three Brooks Local Nature Reserve (LNR) in Bradley Stoke. You can even find a green gym in a park near you! These opportunities will allow you to get outdoors, be more active and meet new people.

For information about any of the above please contact: naturalenvironment@southglos.gov.uk or call 01454 863581

When you walk or cycle to the Three Brooks LNR, you’ll also notice a 3-2-1 running/walking route. There are several of these measured, marked and mapped routes in South Gloucestershire. To find out more about a route or even a beginners’ running group near you, use the “find a running
Helping you get around

If you have limited mobility, help is at hand:

**Buses with improved accessibility**
Many local buses now have low floors close to the kerb. You can also stay fit and healthy by using the bus. A research from the UK National Travel Survey found that those over 60 years of age who have a free bus pass were more likely to be more active as they often walked to the bus stop.

**Community transport and voluntary transport**
Community and voluntary transport provide transport for those who are unable to use conventional public transport. The dial-a-ride services can be used free of charge if you have a diamond travelcard and are registered for the service.

Four Towns & Vale Link Community Transport - 01454 868529
Kingswood Community Transport - 0117 9616016
Patchway Minibus Committee - 01454 613740
Green Community Travel - 0845 241 0985 (ring & ride) 01454 228706 (office) www.southglos.gov.uk/communitytransport

To find out how to get a diamond card please call 01454 868004.

**Shopmobility**
Concessionary pass holders can also have free use of the shopmobility scheme, which rents scooters and wheelchairs in Yate. For more information call 0844 4141850 or visit www.shopmobilityuk.org.
If you wish to find out about bus and other transport services please visit www.southglos.gov.uk or call 01454 868004.
Whilst every effort has been made to check that fitness instructors are members of the register of exercise professionals, you are advised to phone the numbers given to enquire whether the class is suitable for your needs.

**Alveston:**
- **St. Helen’s Primary School**
  - **Zumba**
    - Thursday 6:00pm-6:55pm
  - **Fitness Pilates**
    - Thursday 7:05pm-8:00pm
  - **Zumba**
    - Thursday 8:05pm-9:00pm
  - Phone: 07840 683676
  - Email: samihutchinson@aol.com

**Alveston Youth Centre**
- **Low Impact Aerobics and Toning**
  - Monday 5:55pm-6:55pm
- **Fitness Pilates**
  - Tuesday 11:00am-12noon
  - Phone: 07840 683676
  - Email: samihutchinson@aol.com

**Bradley Stoke:**
- **Christ the King Church**
  - **Fit for Later Life exercise class**
    - Tuesday 1:30pm-2:30pm
    - Phone: 07754 039059
    - Email: louisewelsh160@hotmail.com
Bradley Stoke Leisure Centre
- 60+ Aerobics
  Monday 9:15am-10:00am & Friday 11:30am-12:15pm
- Aquafit
  Monday 3:00pm-4:00pm
- 60+ Keep Fit
  Wednesday 9:30am-10:30am (part of multi–activity morning)
  03003 330300
  www.activecentres.org

Emersons Green Village Hall
- Exercise to Music for over 50s
  Friday 1:30pm-2:30pm
  07754 039059
  louisewelsh160@hotmail.com

Hanham: Tabernacle Church Hall
- Extend Active Class
  (with postural stability & balance)
  Thursday 11:00am-12:00noon
  01179 560571
  susanjjefferies@sky.com

Kingswood Community Centre
- Keep Fit Association class
  Thursday 7:00pm-8:30pm
  01179 799251
  kfajune@fsmail.net
  www.avonkfa.co.uk

Kingswood Leisure Centre
- Aquafit
  Monday 11:00am-11:55am
  Wednesday 8:45am-9:30am
  03003 330300
  www.activecentres.org

Made for Ever Church Hall
- Exercise to music
  Thursday 10:00am-11:00am
  07754 039059
  louisewelsh160@hotmail.com

Falfield Village Hall
- Low impact aerobics and toning
  Friday 9:30am-10:30am
  07840 683676
  samihutchinson@aol.com

Longwell Green Leisure Centre
- Aquafit
  Friday 9:30am-10:15am & 10:15am-11:00am
  03003 330300
  www.activecentres.org

Oldland: St. Anne’s Church Hall
- Gentle exercise to music
  (some seated)
  Monday 11:30am-12:15pm
  07707 076281
  lincornish@hotmail.co.uk
Exercise classes

Staple Hill: The Sanctuary
- Exercise Class for over 50s
  Wednesday 10:00am-10:45am
  07707 076281
  lincornish@hotmail.co.uk

Thornbury Baptist Church
- Extend exercise class
  (some seated)
  Friday 2:00pm-3:00pm
  01454 613551
  aussie.davies@btinternet.com

Thornbury Leisure Centre
- Exercise Classes
  Tuesday 9:45am-10:45am
  (part of multi-activity morning)
  & Thursday 10:00am–11:00am
  03003 330300
  www.activecentres.org

Thornbury: Methodist Church Hall
- Extend exercise class
  (some seated)
  Thursday 10:00am-11:00am
  01454 613551 & 01454 613442
  aussie.davies@btinternet.com
  www.thornburyu3a.org.uk

Turnberriess Community Centre
- Pilates
  Thursday 11.20am-12.15pm
  07840 683676
  samihutchinson@aol.com

Winterbourne: Fromeside Gym Club
- Extend exercise class
  Friday 10:00am-11:00am
  01454 776873 or 01454 613551
  aussie.davies@btinternet.com

Yate Leisure Centre
- 60+ Aerobics
  Thursday 9:30am-10:25am &
  10:30am-11:25am
  03003 330300
  www.activecentres.org

Yate: Methodist Church Hall
- Exercise class (some seated)
  Thursday 9:30am-10:30am
  07707 076281
  lincornish@hotmail.co.uk

Tai Chi
- Bristol Tai Chi
  01179 493955
  taichi@bristoltaichi.com
  www.bristoltaichi.com

- Taoist Tai Chi
  07407 175127
  crispin.ttcs@gmail.com

Please see page 21 for gentle exercise, games and socialising at Friendship and exercise clubs.
Dancing

Almondsbury: Sports and Social Club
- Sequence
  Tuesday advanced
  7:15pm-8:15pm

- Ballroom and Latin
  Catherine Matthews Dance School
  Tuesday intermediates/advanced
  8:30pm-9:30pm
  07747 686206
  catherinematthewsdanceschool@gmx.co.uk
  www.cathiematthewsdance.moonfruit.com

Alveston: Marlwood School
- Marlwood Folk Companions
  Friday 7:30pm-9:30pm
  (term time only)
  01454 414365
  Peter.sumner@btopenworld.com

Bromley Heath: Quakers Road Hall
- Social dancing
  Wednesday 8.00pm-10.15pm
  Friday 8:00pm-10:15pm
  01179 564308
Dancing

Coalpit Heath: Manor Hall
» Ballroom/Latin
Catherine Matthews Dance School
Thursday
intermediates 7:15pm-8:15pm
& improvers 8:30pm-9:30pm

Coalpit Heath: St Saviour’s Church Hall
» Latin in Line
Catherine Matthews Dance School
Monday
advanced 7:15pm-8:15pm
» Ballroom/Latin
Monday
improvers 8:30pm-9:30pm

Downend Folk House
» Line dancing
Thursday 8:15pm-9:15pm
01179 562367
dfha_joan@btconnect.com
www.downendfolkhouse.org.uk

Filton: BAWA
» Modern Sequence Dancing
Monday 7:45pm-10:15pm
01179 567110

Frampton Cotterell C of E Primary School
» Ballroom, Latin and Sequence
Belinda Orford School of Dancing
Monday
beginners 7:00pm-7.45pm &
advanced 8:00pm-9:00pm
01454 415346
peter.orford@talktalk.net

Frampton Cotterell Zion Church Hall
» 'Laughter in Line' dancing
Monday
beginners 7:30pm-8.30pm &
improvers 8:30pm-9:30pm
01454 773929
sarah.cleaver@gmail.com
www.laughterinline.org

Frenchay Village Hall
» Frenchay Country Dancers
Wednesday fortnightly
(September-June)
7:45pm-10:30pm
01179 409508
danceffdc@outlook.com
www.frenchayfdc.co.uk
**Hanham Folk Centre**

**Modern Sequence dancing and general practice**
Thursday
7:45pm-10:15pm
01179 868170
www.hanhamcentre.org

**Iron Acton Parish Hall**

**'Laughter in Line’ dancing**
Thursday
beginners 7:30pm-8.30pm &
improvers 8:30pm-9:30pm
01454 773929
sarah.cleaver@gmail.com
www.laughterinline.org

**Kingswood Estate: Studio One**

**Margaret Morris Movement dance/exercise class**
Thursday 10:30am-11:30am
07896 346486
Tricia.mason16@yahoo.co.uk
www.margaretmorrismovement.com

**Longwell Green Community Centre**

**Ballroom and Latin dancing**
Tuesday 7:00pm-10:00pm &
Friday 7.00pm-10.00pm
01179 323071
Pearce143@blueyonder.co.uk

**Olveston Parish Hall**

**Ballroom/Latin**
_Catherine Matthews Dance School_
Friday
intermediates/advanced
7:00pm-8:00pm

**Sequence**
Friday
intermediates 8:15pm-9:15pm

**Thornbury: Armstrong Hall**

**Tea Dance**
Wednesday 2:00pm-4:00pm
01454 412060

**Thornbury: Christ the King R. C. Primary School**

**Ballroom, Latin and Sequence**
Thursday
intermediates
7:00pm-8:00pm
_Belinda Orford School of Dancing_
01454 415346
peter.orford@talktalk.net
Thornbury
Cossham Hall

World Dance
Monday
7.00pm-9:30pm
01454 834125
hazel@hazelyoung.co.uk

Thornbury
Methodist Church Hall

Country dancing
Tuesday (fortnightly)
2:00pm-4:00pm
01454 411936 / 01454 414365
countrydancing1
@thornburyu3a.org.uk
www.thornburyu3a.org.uk

Winterbourne Community
Association: Watley’s End Road

Centre Squares Modern Square Dance Club
Tuesday
8:00pm-10:30pm
01454 881941
jchumphreys@blueyonder.co.uk

Yate: Packard Dance Centre

Wide range of dancing - please see website for current details
01454 614767 & 07802 732050
wpackard@btinternet.com
www.packarddance.com

Yate
Shire Way Community Centre

Ballroom and Latin
Catherine Matthews Dance School
Wednesday
intermediates 7:00pm-8:00pm
& advanced 8:00pm-9:00pm

Sequence beginners
Wednesday
9:00pm-10:15pm (except 2nd Wednesday each month)
Try something new whilst socialising with friends.

**Bradley Stoke Leisure Centre:**
Aerobics, Squash, Badminton, Table Tennis and Swimming -
Wednesday 9.30am-12.00noon

**Kingswood Leisure Centre:**
Social Badminton -
Monday 2.00pm-4.00pm
Tuesday and Thursday 9.00am-11.00am

**Thornbury Leisure Centre:**
Aerobics, Squash, Badminton, Table Tennis and Swimming -
Tuesday 8.30am-12.30pm
Indoor Bowls also available

**Yate Leisure Centre:**
Aerobics, Squash, Badminton, Table Tennis and Swimming -
Thursday 10.00-12.00noon

There is also a wide range of activities and classes which are not specifically age segmented but are enjoyed by older people – for example Aquafit, Pilates, Yoga and Tai Chi. Visit your local Leisure Centre for more details or call 0300 333 0300 or visit www.activecentres.org
Swimming has all the benefits of an active lifestyle with added value in the support that water provides for our bodies, much reducing impact on the joints.

Swimming pools at all Active Centres are open daily for public swimming. In addition the following over 60s sessions are offered:

**Bradley Stoke Leisure Centre**
Wednesday
11.00am-12.00noon

**Kingswood Leisure Centre**
Tuesday and Thursday
11.00am-12.00noon (diving boards are open for use during the last 15 minutes of this session)

**Longwell Green Leisure Centre**
Friday
9.00am-12.00noon
(9.30am-11.00am half the pool only widths in the deep end due to Aquafit)

Also

**Filton Sports & Leisure Centre**
has a 50+ swimming session every Friday 2pm-3pm
01454 866686
www.filtontowncouncil.gov.uk
Friendship & exercise clubs

Why not join a new club?
Friendship & Exercise clubs are for older people who like gentle exercise and games as well as socialising with a cup of tea or coffee. From time to time we also put on ‘specials’ such as healthy eating workshops and excursions. All the clubs are managed by local community groups and coached by a friendly, approachable instructor with a specialist qualification in exercise and health for older people.

From small beginnings in 2011 there are now eleven clubs across South Gloucestershire, with over 5,000 attendances in 2014!

To find out more, please call: 01454 862296 or 07825 155 954 for a friendly chat. You may also visit: www.southglos.gov.uk/activitiesop to find out when and where the clubs are taking place. By the way, the first session is free (a small fee per session thereafter).

Go on – give it a try – you won’t regret it!
Can eating some foods slow down the ageing process and lift depression? Many of us want to believe that eating a specific food has the potential to do just that.

There is a growing list of foods that have been elevated to superfood status in recent years. These include those rich in antioxidants and omega-3 fatty acids. The problem is that most research on superfoods tests chemicals and extracts in concentrations not found in the food in its natural state.

While there are a number of particularly nutritious foods that can rightly be described as “super” in terms of their healthy eating credentials, there are no particular rules about what can be called a superfood. In 2007 the EU banned the use of the word superfood to sell products without credible scientific evidence because of the false and misleading claims coming from certain companies. Diet plays an important role in our health, but there is concern that too much focus on individual foods may encourage unhealthy eating.
Nutritionists avoid the term superfood and prefer to talk of "super diets", where the emphasis is on a healthy balanced diet; full of fruit, vegetables and wholegrain foods as shown by the Eatwell Plate.

**What should you be eating?**
Focus on **whole fruit** rather than juice for more fibre and vitamins. **Go for colour, think of a rainbow!** Choose antioxidant-rich dark, leafy greens and orange, yellow and purple vegetables.

**Osteoporosis is a major health issue for older people, particularly women.** Eating **calcium-rich foods** can help you avoid osteoporosis. Good sources include milk, cheese and yoghurt, canned fish with bones and green leafy vegetables like broccoli and cabbage (but not spinach), soya beans and tofu. **Iron is important for our general health.** A lack of iron can make us feel as though we have no energy. The best source of iron is lean red meat. Iron is also found in pulses (for example peas, beans and lentils), oily fish such as sardines, eggs, bread, green vegetables and breakfast cereals with added vitamins.

Liver is a good source of iron but be careful how much liver you eat as it’s also rich in vitamin A, too much of which can be harmful. **Vitamin D** is also essential for healthy bones as it helps you absorb calcium. We mainly get it through the effect of sunshine on our skin. With age, our skin is less efficient at synthesizing vitamin D, so it’s really important to get some in your diet. Good sources include eggs, oily fish, some fortified breakfast cereals and fortified margarines. **Having too much vitamin A (more than 1.5mg a day from food and supplements) might increase your risk of bone fracture.**

Liver is high in vitamin A. Don’t eat liver or pate more than once a week. If you do, don’t take any supplements containing vitamin A or fish liver oils (which also contain high levels of vitamin A).

Discover more about food and health at [http://www.nhs.uk/livewell/healthy-eating](http://www.nhs.uk/livewell/healthy-eating)
Did you know that more people read in their free time than do the gardening, go to the cinema or tackle DIY?

If you aren’t a regular reader why not drop into your local library? Our staff will be more than willing to help you find your next great read. You will find books for all ages and tastes including a wide range in large print, as well as e-books and audio books you can download from www.librarieswest.org.uk

We also have talking books, which are great for long car journeys and can be borrowed for a small charge (or free for anyone who is visually impaired).

Once you’ve found that great read you’ll soon feel the many benefits of reading including:
helping you relax and unwind

keeping your mind agile and able to cope with any changes in life

broadening your horizons and discovering new ideas

inspiring you – people from both history and fiction can help inspire us to change our lives or look at life differently

learning about a vast array of subjects from archaeology to zoology and everything in between.

**Discover more...**

South Gloucestershire has thirteen community libraries plus a mobile serving the rural areas.

Besides books, we provide a wide range of other services. Take five minutes to drop in and see what we have to offer!

**Free use of computers** including internet access

**DVDs** for hire

**IT support** and beginners sessions are available by appointment

**Information service, photocopying, laminating and faxing** plus rooms available for hire

**Free digital magazine service** - popular digital magazines you can read on your mobile device or PC. All you need is your Active card number and PIN to create your free South Gloucestershire Zinio account through www.librarieswest.org.uk and start downloading your favourites every month to read at your leisure.

**Active Card** is your free library and leisure card. Join up and you will receive information and updates about what’s going on in South Gloucestershire.
Membership is free and if you are aged over 60 you receive 50% discount on reserving any book in our catalogue – there’s over two million items to choose from!

But don’t take our word for it, here’s what some of our users say:

“Using the computer has been a huge help to my life & it gets better all the time.”

“A brilliant source of information & relaxation. I wouldn't be without it.”

“For over seventy years I have made use of the information provided: holiday routes, places of interest, maps, DIY, art, cookery, gardening, everything!”

“Now I am retired I am finding the library really great and have been reading four or five large print books a week.”

Is getting to a library difficult?

Do you know someone who is housebound who would like to borrow books and other items but has no-one who can help?

South Gloucestershire Libraries Home Library Service matches carefully chosen volunteers to people who are unable to visit their local library due to ill health or disability, for example. The volunteers chat about what is required with the customer and then choose suitable books, talking books and DVDs which they take to them on a regular basis. Each library runs the Home Library Service for their particular area, so for information visit a convenient library or ring 01454 868006 and ask to be put through. We are also constantly seeking volunteers to help with this valuable service, so if you have any time to spare to visit an isolated older or disabled person, we would be pleased to hear from you.

To contact any South Gloucestershire library ring 01454 868006 or check our website www.southglos.gov.uk/libraries
Discover the Arts in South Gloucestershire

Arts activities are a great way to meet new people and get involved. Whether you are a complete beginner or someone looking to re-kindles a lost passion, there are many arts and music groups in South Gloucestershire, welcoming new members whatever their ability.

We have award-winning choirs, amateur dramatics, bands, painting and craft groups and much more. For example, why not try the community choir in Emersons Green www.soundsdelighted.org.uk or crafts courses especially for those 60+ at Orchard Workshop in Kingswood www.orchardworkshop.co.uk or call 0117 9670799. Your local library will have details of groups in your area and there are details of some groups on the Council website at www.southglos.gov.uk/arts-and-entertainment

Heritage

South Gloucestershire has a rich and vibrant history ranging from industrial and coal mining sites to historic houses. There are a number of museums and heritage groups providing exhibitions and special events whilst ensuring that local heritage is preserved for future generations.

You could play a key part in keeping heritage alive by becoming a volunteer.
To find out what’s on visit www.southglos.gov.uk/heritage
Adult Care & Housing

Adult care & housing

**Adult Care**

**Information**
We can provide you with FREE advice and information about services that help you to continue to stay living well in your home - whether you are paying for care and support yourself or if you qualify for financial support from the council.

**Assessment and Support**
If you need more than advice and information, we can arrange an assessment for both you and your carer to find out what help you need to continue to live at home. If you are eligible, your support may be funded by the Council and you may be offered a Personal Budget, which pays for the kind of support that suits you best. Depending on your financial circumstances you may be asked
to make a contribution towards the cost of your care; we will then work with you to find the right support and services for you. There are a range of options to meet your ongoing support needs, for example:

**Community Meals** are available for you to purchase all year round; for more information call 01454 865996.

**Home Adaptations** such as safety rails and ramps may be installed to suit your needs and to help you to stay independent. Equipment is available to make practical tasks much easier.

**Telecare** - using your phone line, telecare sensors activate an alarm when there is a problem in your home or a threat to your safety. The Telecare Monitoring Centre monitors your alarm 24 hours a day and when an alarm is triggered, an operator will talk to you over a speaker unit until help arrives. This service can provide reassurance to you and your family and supports your choice to live independently.

**Sheltered Housing** offers accommodation designed to support the requirements of older people who wish to remain living independently. Most schemes in South Gloucestershire have moved towards a flexible model of support that can respond to emergencies using Telecare equipment.

**Extra Care Housing** allows you to live independently on a purpose built site with 24 hour support available on site if you should need it.

**Personal Care** - The Council can give you advice regarding providers of personal care services in your locality.

**Care homes** with or without 24 hour nursing care – should your needs require you to move into a care home environment we can offer advice, guidance and support and depending on your financial circumstances, you may be asked to make a contribution towards the service.
Carers Services
A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems. Anyone can become a carer: carers come from all walks of life. Many feel they are doing what anyone else would in the same situation: looking after their mother, son or best friend and just getting on with it.

Connecting Carers is a free, voluntary and independent service for carers, providing a range of information about practical services for carers, including the carers’ emergency card, confidential telephone helpline, one to one support, training and sitting services. Carers’ assessments are also available.

Monthly groups across South Gloucestershire enable carers to come together to have a break from caring, offer and receive support, get information on services and have some fun! For more information please contact the Carers line at the Carers Support Centre on 0117 965 2200.

Support for people affected by stroke
Are you a stroke survivor or are you caring for someone who has survived a stroke? Then join us once a month at the Stroke Café in Downend.

We talk about healthy eating, exercise, benefits, support for carers, living independently and much more. We can also help you with queries and support you in accessing other schemes that you may be interested in. More information is available at: www.southglos.gov.uk/strokesupport

Or please phone 01454 862356 or email cchengagement@southglos.gov.uk

Support for people affected by Dementia and Memory Loss
The Alzheimer’s Society offers
information and emotional support for those with any form of dementia and their carers and families. This can be offered through telephone information, personalised support from a Dementia Support Worker or Peer Support during Carers’ Support Groups.

Monthly memory cafes run in numerous locations throughout South Gloucestershire, where anyone worried about their own or a relative’s memory can come along to find out about other services and support as well as many other activities specially for people with dementia and their carers. Please contact Alzheimer’s Society in Kingswood on 0117 961 0693 for further details.

Living Well with Dementia Roadshows offer advice and information for people diagnosed with dementia and their families. There is also a dementia information prescription which has information on all the services for people living with dementia in South Gloucestershire and their families.

Please go to www.southglos.gov.uk/dementia for more information.

First Contact
The First Contact Scheme puts older people in touch with a range of services. You can pick up a First Contact Scheme form from any South Gloucestershire library or One Stop shop.

Safeguarding Adults Board
The board works with other agencies to promote the safeguarding of all adults in South Gloucestershire.
The board says:

“Everybody has the right to live their life free from violence, fear and abuse. Everybody has the right to live in safety.”

If you have any concerns about yourself or someone who may be suffering abuse, please contact the Customer Services Desk number on the following page.
If you would like to find out more about any of the above services please contact our Customer Services Desk on 01454 868007, or email csodesk@southglos.gov.uk. Alternatively visit our web pages at www.southglos.gov.uk
Government advice is no more than 2-3 units of alcohol per day for women and 3-4 for men.

Do we always need to drink alcohol?

Some people feel that alcohol is such a centrepiece to socialising and relaxing that to do so without it seems strange.

The sudden disruption in lifestyle caused by retirement or bereavement can lead to people falling into drinking patterns which cause feelings of isolation and loneliness. The same amount of alcohol can have a more detrimental effect on an older person than on someone younger. This is due to a change in liver and kidney function and responsiveness of the brain: alcohol affects older brains quicker than younger ones.

A good social network will help to alleviate feelings of loneliness and isolation. It doesn’t always have to be a pub or bar that you meet friends or acquaintances: a walking group, friendship club or dance class can help to maintain health as well as meeting other people.

Moderation is key when it comes to alcohol as well as diet. If you prefer a drink at home, a good tip is to pour a glass and not leave the bottle on the table. Another is not to have a drinks cabinet stocked with a lot of alcohol: if it’s in the house, you are likely to drink it without specific reason.
You could also choose to swap your normal drink with a drink containing less alcohol or use a measure to see how much you are pouring.

**To avoid problems developing, it is wise to observe a few basic rules**

- Allow yourself at least 3 alcohol-free days per week.
- Limit your intake to (men) 4 units maximum and (women) 3 units maximum per session.
- Don’t mix alcohol and other medications.
- Don’t drink and drive.
- Avoid drinking on an empty stomach.
- Dilute spirits and sip drinks slowly.
- Don’t drink because you’re feeling low

**How to get help**

NHS health checks are available at all GP practices across South Gloucestershire, and they include a section on alcohol. If you feel that you have any questions or believe that you have a problem, ask at your GP practice for advice.

If you find that you are using alcohol more than you think you should, free treatment and counselling is available and is based on a quick and simple assessment, with a range of services available for specific needs. Please call **0800 0733 011** for more information.
Scams and rogue traders hit the headlines almost every day with British consumers estimated to lose around £3.5 billion every year – the equivalent of £70 for every adult in the country.

Put simply, scams are designed to cheat someone out of their money or obtain personal details for illegal purposes.

If you learn how to recognise a scam, then you learn how to protect yourself. There are many organisations that offer advice and guidance to help you spot a scam, including Trading Standards, Citizens Advice and Action Fraud.

Scams come in all shapes and sizes – whether at your door, over the telephone, through the post or over email or the internet.

Doorstep scams – residents may be cold called by a trader offering goods or services. Cold calling is where a business contacts you without an invitation with the purpose of selling you goods or services. This is the preferred approach for rogue traders – traders who mislead or coerce you into having unnecessary and
expensive work done. They may claim they were just passing and noticed work needed doing or they were in the area and can offer you a great deal. These activities are also linked to distraction burglaries.

If you are not sure, don’t open the door. If you are not expecting anyone or you do not know who they are, stay safe. Use a door chain or deal with them through an open window. Refuse all offers made and check anyone’s identity if they claim to be from the police, local council or utility company. If you are in doubt, or feel threatened or intimidated by the visitor, call the police.

Internet and email scams – anyone who has an email account will be familiar with ‘spam’ – non-requested emails sent out in bulk by an unknown sender. You may also be familiar with emails designed to look like genuine companies, such as banks and building societies, called ‘phishing’. These are designed to obtain your account and log in details so the scammers can access your accounts. Many scammers use the internet to make the initial contact with their victims. This might be in the guise of a business or job opportunity, online dating, a request for help...... Remember, you do not know the identity of the person making contact, however genuine they appear to be. Be suspicious of any contact made and if in doubt, seek advice.

Mail scams – we have all had junk mail and most of it goes in the bin. However, post is an easy way for scammers to contact you. Mail scams come in many guises – whether it is a fake lottery or prize draw win or a clairvoyant demanding money to prevent bad luck. Mail scam is designed to trick you into parting with your money or personal details. Remember, if it sounds too good to be true, it probably is.

Those who respond to scam mail often find themselves inundated with similar post from all over the world. This is because their details are added to a mailing list,
or ‘suckers list’ that the scammers use to repeatedly target their victims. If you are unsure whether something is genuine, seek advice.

**Telephone scams** – many receive unwanted telephone calls, many from businesses trying to sell you goods or services. Some of these calls are from scammers, making false claims in order to obtain your personal or bank account information.

**Remember, you don’t know the person on the end of the telephone.** Don’t agree to anything without requesting and receiving written information – scammers are unlikely to send you details in the post. Do not give your credit or debit card details over the phone and be suspicious of any business asking for payment using money transfers or vouchers. If in doubt, seek advice.

If you think you may have fallen victim to a scam, or know someone that has, report it!

The Citizens Advice consumer helpline can offer you advice and guidance on this and any other consumer matter, and will share your concerns with the relevant Trading Standards team. Contact them on 03454 04 05 06 Mon-Fri 9am-5pm.

Alternatively, you can report a scam to Action Fraud on 0300 123 2040 or via their website actionfraud.police.uk.
Age UK South Gloucestershire (AgeUKSG) aims to help as many older people as possible to ‘Love Later Life’. We strive to create a world where older people flourish.

The **range of services** offered by AgeUKSG continues to be broad, from information leaflets to Activity Day Clubs, from befriending visits to benefits advice, from insurance to nailcutting and from will-writing to Friendship Clubs!

Our free **information and advice** team includes people who can help with our range of leaflets, factsheets and other local information, such as our **Tradespersons’ Register**, in our Thornbury office and at the Kingswood shop. We have a team offering face to face appointments to help with **benefits advice** and providing help with form completion.

The trading team can help with a range of products and services such as **home, car or travel insurance, gas/electricity supply, personal alarms, funeral plans**, and other services designed for older people - either face to face or by telephone. We can also arrange for **Age UK Hearing Aids** to provide an independent, free hearing assessment and, if appropriate, they can then recommend from a wide range of **competitively-priced hearing aids** to meet your specific requirements.

Our new free **will-writing service** has recently been launched. A local solicitor (Wards) provides a monthly service for us free of charge (conditions apply). All
that we ask is that you consider a voluntary donation to us as a local charity and perhaps whether you might make provision for a legacy in your will, although there will be no pressure to do so.

AgeUKSG manage three of the eleven Friendship and Exercise Clubs in South Gloucestershire. Operating for 1½ hours each week, they provide a great mix of gentle exercise, fun activities, tea/coffee and an opportunity to make new friends! Try your first session free of charge and if you enjoy it (we’re sure you will!), there is a small, ongoing weekly cost, which includes refreshments.

Our “Stepping Out” nail cutting service operates in community venues across South Gloucestershire. Competitively priced at just £15 per session, this service can help you maintain good foot care, balance and mobility – why not give it a try?

One of our best used services is our free Befriending service. Delivered entirely by volunteers, this provides a lifeline to many older people who have little or no social contact, by sharing a cuppa and a chat for around an hour a week. **We currently have an urgent need for more volunteers to reduce our waiting list for this valuable service,** (which our volunteers say they enjoy just as much as those receiving the visits!) **Please will you consider whether you can spare an hour or two each week to make a real difference to the life of someone who is lonely and isolated?**

Our Activity Day Clubs (previously called Day Centres) provide a more comprehensive (chargeable) day service, which provides accompanied transport from door to door, a good variety of morning and afternoon activities and a nutritious lunch. We can also cater for people in the early stages of dementia with some small group and 1:1 work. This service is great for service users, but can also provide respite for carers. Depending on your personal and financial
circumstances, some help may also be available from South Gloucestershire Council towards some or all of the cost – please ask for more details. (We’re also happy to offer a free trial session so you can see whether this is for you.)

AgeUKSG is often asked to attend events around the area. We attend community festivals, the Over Fifties’ Forum annual events and a number of voluntary and community sector activities. Our stand is always popular and it is a great opportunity to tell lots of people about our services and hand out some of our leaflets and “Message in a Bottle” pots. This ingenious (and free!) idea consists of a small plastic pot containing a record of someone’s medical history, medication and useful contact details being kept in their fridge door! One relative told us:

“Your Message in a Bottle was a life saver when my Mum collapsed. The ambulance crew had up-to-date medical information as soon as they arrived.”

If you don’t already have one, you can collect yours from your local health centre.

**Age UK South Gloucestershire - a trusted service on the High Street**

For more details on any of the above please call 01454 411707, email or visit our website.

Web: www.ageuksouthglos.org.uk
Email: info@ageuksouthglos.org.uk

**Main Office: 67 High Street, Thornbury, BS35 2AW**
Opening hours: Monday to Friday 10am to 1pm and Monday to Thursday 2pm to 4pm.

**Kingswood shop: 85 Regent Street, Kingswood BS15 8LJ**
We have a section of the shop, which is open Tuesday to Thursday mornings from 9am to 1pm. At other times, please telephone our main number.

Registered Charity 1109999
Other relevant organisations

Contact the Elderly
A national charity to brighten up the lives of older people
volunteer drivers, hosts and group coordinators welcome
08007 16543   www.contact-the-elderly.org.uk

University of the Third Age
Educational, creative and leisure opportunities in a friendly
environment providing a variety of groups and activities

Thornbury U3A
01454 632315   www.thornburyu3a.org.uk

Yate & Sodbury District U3A
01454 317645   www.u3asites.org.uk/yate-sodbury

Bristol U3A
01179 570045   www.bristolu3a.org.uk

South Gloucestershire Over 50s Forum
A vibrant, ongoing organisation improving the lives of older people in
South Gloucestershire
07854 110018    www.sthglosoverfiftiesforum.co.uk

Volunteer Centres
Kingswood: 01179 600376
Patchway, Filton & Stokes: 01454 868986
Thornbury: 01454 413392
Yate: 01454 324102

www.southglos.gov.uk/precioustimevolunteers
Well Aware is the free health and wellbeing information website for South Gloucestershire and the surrounding areas. It has more than 5,500 entries with categories ranging from ‘support around the home’ and ‘socialising’ to ‘getting around’ and ‘personal health services’ as well as much other useful information.

People visiting Well Aware can search for activities and groups, organisations or services close to their homes using maps and postcodes. With over 500,000 website views in the last year it has proved successful with users. It can open the doorway to finding new interests and meeting new people.

An events calendar shows on which days of the week activities or events are taking place. People without internet access can ask the Well Aware team for help by telephoning (free) during office hours on 0808 808 5252. You may also ring the same number to let us know of any group or activity that is not yet on Well Aware.

Well Aware is run by The Care Forum (registered charity no. 1053817) in partnership with the Councils and NHS Clinical Commissioning Groups in Bath & North East Somerset, Bristol and South Gloucestershire and local Healthwatch projects.
If you wish to have additional copies of this directory, please ask at your nearest library or leisure centre or contact the Health Promotion Resource & Information Service:
Tel: 01179 222290
ph.leafletshp@bristol.gov.uk
www.bristol.resourcesorg.co.uk

Please contact us if you would like to inform us of any new activities for the directory or to tell us what you think:
Tel: 01454 868006
healthylifestyles@southglos.gov.uk

Have you seen the online version of this directory?
www.southglos.gov.uk/activitiesop
www.southglos.gov.uk/healthylifestylesdirectory

Selected images from http://promotingactivity.smugmug.com/
Active
South Gloucestershire

an Active mind in an Active body