

Campaigns

Stronger4Longer - Aimed at helping people aged 50-65 build strength through everyday movement in order to stay well and protect their future.

For more information, visit www.sasp.co.uk/stronger4longer



Get Outside - Keeping active everyday can help us to remain independent, improve emotional wellbeing and confidence; improve sleep and help prevent deteriorating health conditions. For more inspiration, get involved in Get Outside Somerset.

www.getoutsideinsomerset.co.uk



A healthy diet is also essential to staying well

Healthy Eating

Nutrition is key to staying well and active, it is vital to our health to eat well and stay hydrated.

Malnutrition can be caused by not having a well-balanced diet, and can cause low energy levels and feeling weak. It can affect our ability to do day-to-day activities, can increase our risks of falls and can impact on other illnesses and diseases>

For more information visit

<https://patientwebinars.co.uk/condition/malnutrition/>

Drinking Fluids

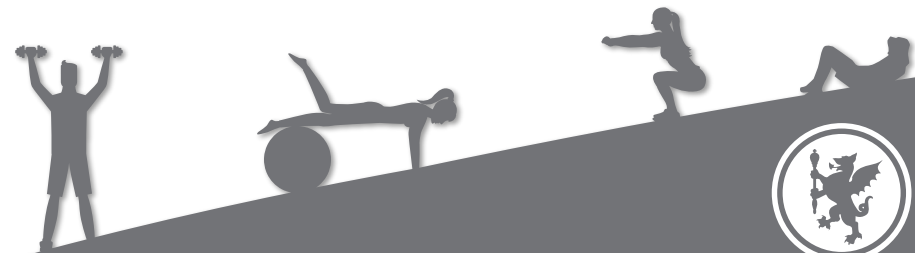
Drinking fluids regularly e.g. water, is essential to keep us healthy. As we age, we can naturally feel less thirsty, so it's important to monitor how much you drink throughout the day.

Dehydration occurs when the body loses more fluid than you take in, this can lead to feeling lightheaded, confused and unsteady on your feet, increasing the risk of falling and other health problems.

For more information visit www.malnutritiontaskforce.org.uk



Move More and Stay Well



Walking

Health Walks are FREE walks done on a regular basis with others, ranging from 30mins to a couple hours. There are walks available for all ages and abilities. To find available walks in your area, visit www.sasp.co.uk/health-walks or phone (01823) 653990



Active Befriending - Free service supporting older people to get more active by matching a volunteer to accompany them for a gentle walk and talk. For more information contact: <https://tinyurl.com/auks-activebefriending> (01823) 345625



Walk YOUR Way - Short accessible walks undertaken in person using a mapped booklet or at home with online videos. For more information, visit SASP www.sasp.co.uk/walk-your-way or phone (01823) 653990



Move More Together - A programme matching inactive adults over 50 with a volunteer to provide ongoing support to get active- at home, outside or in community settings. Whether you want help to get moving or a chance to volunteer and help change lives, visit <https://www.sasp.co.uk/move-more-together>



ProActive Physical Activity on Referral Scheme

Supervised activity sessions for people living with health conditions. Referrals are available through your health professional and exercise programmes will be tailored to your individual needs (at a concessionary rate). For more information, please visit: www.proactivesomerset.co.uk, email proactive@sasp.co.uk or call (01823) 653990.



Community and home-based exercise classes

For a variety of low-cost activity classes within the community please visit <https://tinyurl.com/auks-exercise> or phone (01823) 345 626



For pre-recorded exercise videos tailored to people with health conditions or returning to exercise, please visit www.sasp.co.uk/exercise-videos or phone (01823) 653 990



Love to Pedal Scheme

Chair based cycling using pedal exercisers and filmed bike rides from across Somerset. For more information or to register for a set of pedals, visit www.sasp.co.uk/lovetopedal or phone (01823) 653990



Falls Prevention Classes

Community Rehabilitation Service - If someone has had a fall (or has a fear of falling) and would benefit from some rehabilitation, you can refer to the Rehabilitation Team via the Neighbourhood Hubs.



Sedgemoor: 0300 124 5601
Somerset West & Taunton: 0300 124 5606
South Somerset: 0300 124 5606
Mendip: 0300 124 5602

Stay Strong, Stay Steady - To reduce the risk of falls, join our falls prevention classes to increase your strength, balance, and confidence. For more information or a self-referral, visit <https://tinyurl.com/auks-staysteady> or speak to your health professional.

