

A week of activities and events for residents aged 50+



Living and Ageing Well Week



Living and Ageing Well
in Surrey

Monday 28th September -
Friday 2nd October 2015

Welcome to the Living and Ageing Well week

Monday 28 September - Friday 2 October 2015
in Epsom & Ewell

A week of activities and events across the Borough, showing you the best of Epsom & Ewell and a wealth of activities to keep you active and healthy.

So if you want to try something new, take a friend with you, or just have the chance to meet new people - this is the week to have a go...

This is the first year we have created this specific week to celebrate Ageing Well, so do join in and if you have ideas for activities to be included in the future, do contact the Leisure Developments Team.

Please note: some classes/activities require booking - information is supplied next to the activity.

All our venues across the week will greet you with a warm welcome. To find out more give me a call on 01372 732000.

Enjoy the week!

Karen

Karen Holt
Physical Activities Co-ordinator
Epsom & Ewell Borough Council

For more information about leisure opportunities in the Borough visit
www.epsom-ewell.gov.uk/leisuredevelopments

The Wells Centre

Bourne Hall

Longmead Centre

AGE Concern
Epsom
Ewell

BETTER
the feel good place

Obbisham
SPORTS CLUB
BADMINTON - SQUASH - TENNIS

Energize:
EPSOM & EWELL

Volunteer Centre
Epsom, Leatherhead & Dorking

Wellbeing centre

Your local Leisure and Community centres

Community Centres



LONGMEAD CENTRE Sefton Road, Epsom KT19 9HG

Open: Monday - Friday Tel: 01372 720563 email: thelongmead@epsom-ewell.gov.uk

Facilities include: coffee shop, daily lunches from 11.30am, activities and crafts, hairdressers, footcare, bathing facility, laundry and hall hire.

The centre also incorporates **WELLBEING CENTRE** which runs a full activity programme for those living with Dementia and also has a Community Alarm and Telecare demonstration suite. Open 9.00am to 5.00pm weekdays to view the alarm and see it in action.

www.epsom-ewell.gov.uk/eebc/communityandwellbeing/wellbeingcentre/wellbeingcentrenews

THE WELLS CENTRE Spa Drive, Epsom KT18 7LR

Open: Monday - Friday Tel: 01732 724614 email: thewells@epsom-ewell.gov.uk

Facilities include: daily lunches from 12.30pm (must book), coffee shop, on site hairdresser, classes and activities, crafts, computer training and hall hire.

Leisure Centre

RAINBOW LEISURE CENTRE East Street, Epsom KT17 1BN

Open: Monday - Sunday Tel: 01732 727277 www.better.org.uk/rainbow

Facilities include: gym, group exercise, swimming pool, sports hall, crèche, spa LONDON and indoor bowls hall.

The Centre operates an over 55's physical activities programme and holds an annual Club Games each October. Take part in competitions in badminton, bowls, cycling, swimming and much more....

For more information email: rainbow@gll.org



Epsom & Ewell Community Alarm & Telecare

If you press your button,
we can call your nominated
friend or family member or
the emergency services
so you don't have to.



**Six week
Free trial!**

subject to
contract

**For further information contact us on 01372 732000
or email contactus@epsom-ewell.gov.uk**

What's on during Living & Ageing Well week?

Activities taking place at the **Rainbow Leisure Centre, Epsom**

FREE access to existing and bespoke activities at the Leisure Centre for over 55s during Living and Ageing Well week.

Monday 28 September

Tea and Coffee	Club Area	9.00am
Swim and Gym open session	Pool & gym	10.30am-1.30pm
Line Dancing	Studio 2	12.30pm-1.30pm
Badminton	Sports Hall	1.00pm-3.00pm
Table Tennis	Studio 2	1.30pm-3.30pm

Tuesday 29 September

Swim & gym open session	Pool & gym	9.30am-1.30pm
Tai Chi	Studio	9.30am-10.30am
Short mat bowls/Short tennis	Sports Hall	10.00am-12.00pm
55+ conditioning	Studio 2	10.30am-11.15am
Easy Line gym circuit	Studio 2	11.00am-11.30am
Water workout	Main pool	11.45am-12.30pm
60+ Pilates	Studio 1	12.30pm-1.30pm

Wednesday 30 September

Swim & gym open session	Pool & gym	9.30am-1.30pm
Toddler World - Bring your grandchildren	Sports Hall	9.30am-11.00am
55+ Club dance	Studio 2	11.00am-12.00pm
Tap club	Studio 1	12.00pm-1.00pm
Badminton	Sports Hall	12.00pm-2.00pm

Thursday 1 October

Swim & gym open session	Pool & gym	9.30am-1.30pm
Tai Chi	Studio 1	10.45am-11.45am
Bring and Share Buffet	Club Area	12.00pm-1.30pm

Friday 2 October

Swim & gym open session	Pool & gym	9.30am-1.30pm
55+ Aerotone	Studio 2	10.30am-11.15am
Walking Football	Sports Hall	10.00am-11.30am
Hula Hoop	Studio 1	11.30am-12.00pm
Short mat bowls/short tennis	Sports Hall	11.30am-1.00pm

To book on any of the sessions at Rainbow Leisure Centre please call 01372 727277 and mention Living and Ageing Well week.

Home Improvement Agency

Epsom & Ewell Borough Council's Home Improvement Agency is dedicated to helping older people, people with disabilities and vulnerable people to live safely and independently in their own homes.

Our aim is to help local residents (owners and tenants) to access the services that will help them to continue to live in their homes for as long as they wish and for as long as possible.

We are able to offer help or advice on such matters as adaptations, repairs, energy efficiency and benefit entitlement. Whatever your circumstances, we are here to help and we can visit you at home to help with:



- Advice and help with benefit entitlement
 - Adaptations to properties such as stair lifts, level access showers, access ramps
 - Fitting hand-rails and grab-rails
 - Handyman Scheme - for help with odd jobs around the home like changing a light bulb or putting up a shelf
 - Small painting jobs
 - Minor electrical works
-
- Energy efficiency advice - what grants are available to help you save energy and money
 - Advice on energy efficiency heating systems, insulation and draught proofing
 - Security measures - to help make you and your homes safe from crime e.g. lock changes, door chains and spy holes
 - Home safety advice e.g. fitting smoke alarms

For more information please contact us at the Town Hall on 01372 732000 for further information on the services available.

National HIA Quality Mark

Foundations (the National body for Home Improvement Agencies) have awarded the Epsom & Ewell Borough Council service the National HIA Quality Mark.

What's on throughout Living and Ageing Well week?

MONDAY 28 SEPTEMBER

TAI CHI with Stephen Lim 9.30am-10.45am (advanced) 11.00am-12.15pm (beginners) Cost: £3.50 To book call 01372 724614	AT THE WELLS CENTRE Spa Drive, Epsom KT18 7LR
SOUND HEALING 10.00am-11.00am with Alexandra Rigazzi-Tarling Cost: Free To book 01372 727583 max 30 people	AT WELLBEING CENTRE within the Longmead Centre Sefton Road, Epsom KT19 9HG
LAUGHTER YOGA 11.30am-12.15pm max 40 people	AT LONGMEAD CENTRE Sefton Road, Epsom KT19 9HG To book call 01372 720563
WEA SILVER FIT STEPS 1.30pm-2.30pm	
MEDITATION & RELAXATION 2.45pm-3.45pm	
SURREY WHEELS FOR ALL 10.30am-12.30am Surrey Wheels for All is an inclusive programme offering children and adults of all abilities the opportunity to cycle independently, with family or in a group. Cost: £2.00 To book call Matthew Wing 07792 616750 www.cycling.org.uk/wfa-focus-surrey-wheels-all	AT THE HARRIER CENTRE King George's Recreational Ground, Poole Road, West Ewell KT19 9RY
FOOT GOLF from 1.00pm everyday A crazy mix of football and golf on 9 or 18 hole course with a size 5 football. All you have to do is complete each hole, kicking the football into oversized golf cup using your feet in as fewer shots as possible. Good fun even if you don't like golf! Cost: Midweek 18 holes - £16 and 9 holes £11 / Weekends 18 holes £18 and 9 holes £13 To book call Horton Park Golf Club 020 8393 8400 /020 8394 2626	AT HORTON PARK GOLF COURSE Hook Road, Epsom KT19 8QG Open every day 18 hole available from 1.00pm- 2.45pm (Booking essential) 9 hole available from 3.00pm
YOGA with Lizzie Bicknall 1.30pm-2.45pm Cost £3.50 To book call 01372 724614	AT THE WELLS CENTRE Spa Drive, Epsom KT18 7LR
SHORT MAT BOWLS 1.45pm-3.45pm Cost: £0.50 run by volunteers To book call 01372 724614	
EPSOM & EWELL HEALTH WALKS See full programme of events at www.epsomandewellhealthwalks.org.uk	AT HORTON COUNTRY PARK Horton Lane, Epsom Meet at car park
REALITY PILATES 6.15pm-7.15pm & 7.30pm-8.30pm Increase your core strength, balance and flexibility. Improve your posture, tone and strengthen all muscle groups. Enhance your wellbeing. Cost: £8.50 per session or £45.00 for 6 classes To book call 07886 294122 or reama67@btinternet.com	AT EPSOM METHODIST CHURCH Ashley Road, Epsom All equipment provided, classes are suitable for all levels
EPSOM & EWELL PUFFIN CLUB 7.45pm-9.45pm for adults with disabilities Offering swimming/bowls/boccia/badminton and curling sessions Contact Margaretslatford@talktalk.net 01737 357465	AT RAINBOW LEISURE CENTRE East Street, Epsom KT17 1BN

MONDAY 28 SEPTEMBER

CLARO ZUMBA FITNESS 6.45pm-7.45pm

Cost: £2.50 first class only/£5.00 per class

To book call Claire Kingsley 07885 251170

or clareofitness@gmail.com

AT CHUN MING DAO

MARTIAL ARTS ACADEMY

2nd Floor, Blenheim House,

1 Blenheim Road, Epsom KT19 9AP

TUESDAY 29 SEPTEMBER

LADIES ONLY SWIMMING AND AQUA

(Term Time ONLY) Aqua 10.00am-11.00am

Swimming Improvers 11.15am-12.00pm

Swimming Beginners 12.00pm-12.45pm

To book call Helen Oldknow 07753 749347 helenswimming@hotmail.co.uk One FREE session per person (MUST BOOK) £52.00 for term course after Living & Ageing Well week, cost £8 for trial session

AT LINDEN BRIDGE SCHOOL

Grafton Road, Worcester Park

Surrey KT4 7JW

TAI CHI 10.00am-11.00am & 11.15am-12.15pm

This is a gentle form of exercise for all abilities proven to benefit health and improve balance and concentration.

The beginners class is held on Tuesday mornings at 11.15am with our highly qualified instructor.

Cost: £8.00 non members £4.00 members

AT WELLBEING CENTRE

within the Longmead Centre

Sefton Road, Epsom KT19 9HG

JAPANESE MEMORY GROUP

10.00am-12.15pm

This free group is based on the Japanese ethos of high regard for older people. Reading aloud, writing and mental arithmetic activates brain activity and can slow down memory deterioration if done on a regular basis.

AT THE WELLS CENTRE

Spa Drive, Epsom KT18 7LR

To book call 01372 724614

KEEP FIT TO MUSIC 10.30am-11.30am

Cost: £0.50 run by volunteers, everyone welcome!

STIMULATING VISUAL ARTS GROUP

1.30pm-2.30pm with Alison Carlier

REALITY PILATES 12.20pm-1.20pm & 1.30pm-2.30pm

Increase your core strength, balance and flexibility.

Improve your posture, tone and strengthen all muscle groups. Enhance your wellbeing.

Cost: £8.50 per session or £45.00 for 6 classes

To book call 07886 294122 or reama67@btinternet.com

AT EPSOM METHODIST CHURCH

Ashley Road, Epsom

All equipment provided, classes are suitable for all levels

EATING WELL TO AGE WELL 1.30pm-2.30pm

Nutrition session - talk on how nutrition can enhance your health as you age and how to prevent/reduce risk of major illness in later life.

Free session

AT WELLBEING CENTRE

within the Longmead Centre

Sefton Road, Epsom KT19 9HG

CORE2WALK Nordic Walking session

Tuesday afternoon

Cost: 4 x session for £38/8 x sessions for £70

To book call Becki Stevenson 07502 2158 Core2walk@hotmail.co.uk www.core2walk.co.uk

MEET AT FOOD HUT

Epsom Downs

TUESDAY 29 SEPTEMBER

ATKINS ARCHERS Archery session
Tuesdays, Thursdays and Sundays
6.00pm in Summer & 10.00am Sundays
To book call Club Captain, Mr Nick Walker 01737 362066 Jumwalker73@gmail.com
AT WOODCOTE GROVE
Ashley Road, Epsom KT18 5BW

TOUCH TENNIS 6.30pm onwards
Fun and easy sport to pick up. Touch tennis played on small courts with a shorter rackets and sponge balls.
All Equipment provided. OPEN SESSION
Cost: £1.50 To book call 01372 720647 www.touchtennis.com for more information
AT EBBISHAM SPORTS CLUB
Eastway, Epsom KT19 8SG

YOGA 7.00pm-8.30pm
To book call Claire 07989 533431
AT BOURNE HALL
Spring Street, Ewell KT17 1UF

WEDNESDAY 30 SEPTEMBER

SPRINGBOARD INTO ACTIVITY 10.00am-12.00pm
with Stella Ines-Hines Free
AT WELLBEING CENTRE
within the Longmead Centre
Sefton Road, Epsom KT19 9HG

MUSIC THERAPY 1.00pm-2.00pm
Free. To book call 01372 720563

DRUMMING 2.00pm-3.00pm
with Ray Watters Free To book call 01372 720563

CORE2WALK 10.00am
FREE trial Nordic Walking session
(Living and Ageing Well week ONLY)
Sessions lasts 45 minutes Equipment supplied
To book a FREE place call Becki Stevenson 07502 215 827 (Living and Ageing Well week only)
MEET AT FOOD HUT
Epsom Downs

LINE DANCING 10.15am-11.45am
Cost: £3.00 members £5.00 non members
AT LONGMEAD CENTRE
Sefton Road, Epsom KT19 9 HG

FITNESS LEAGUE CLASSES 10.15am-11.15am
with Marjorie Beebee
A weekly class for older women who need safe exercise.
We enjoy ourselves while improving posture, balance, strengthening muscles, stretching, relaxing and sharing a friendly class.
Cost: £6.00 Free trial class anytime
Participants are asked to join the Fitness League with an annual subscription of £23.00
AT THE WELLS CENTRE
Spa Drive, Epsom KT18 7LR

GENTLE EXERCISE 1.30pm-2.30pm
with Michelle Free
AT THE WELLS CENTRE
Spa Drive, Epsom KT18 7LR

LINE DANCING 2.30pm-3.30pm
Cost: £3.50 Intermediate/advanced class with Sally

PILATES 7.00pm-9.00pm
Cost: £11.00 per class (must book on a 6 week course)
To book call Imogen 07941 085849
AT BOURNE HALL
Spring Street, Ewell KT17 1UF

EPSOM FENCING CLUB 8.00pm-9.00pm weekly
Cost: 10 week course £99.00
To book call Nick Payne 07799 346829
AT BLENHEIM SCHOOL SPORTS HALL, Longmead Road
Epsom KT19 9BH

THURSDAY | OCTOBER

CHERRY'S KEEP FIT 10.00am-11.00am

Reasonably energetic class for over 50's

Cost: £4.00 per class

To book call Cherry McLelland 01372 722192 cherrykins@ntlworld.com

AT LONGMEAD CENTRE

Sefton Road, Epsom KT19 9HG

CHAIR YOGA 11.00am-12.00pm

Entry by donation

KEEPING WELL IN OLDER AGE 10.00am-11.00am

& 11.00am-12.00pm with Dr Kelly Jones

WEA SESSION 1.30pm-3.45pm

Planting spring bulbs

TAI CHI 10.00am-11.00am

Cost: £3.50 with David Wells

To book call 01372 724614

MEDITATION & RELAXATION 1.30pm-2.30pm

with Pia Prince Free

LADIES ONLY SWIMMING & AQUA

Beginners 12.00pm-12.45pm

Book early as limited places

To book call Helen Oldknow 07753 749 347

or helenswimming@hotmail.co.uk

AT LINDEN BRIDGE SCHOOL

Grafton Road, Worcester Park

Surrey KT4 7JW

SELKIE YOGA 12.15pm-1.00pm

Yoga fusion, combination of Pilates, strengthening and lengthening the body.

Cost: £12.00 or £45.00 for 12 classes

To book call Chloe Beazley 01372 724734 or info@selkiepilatesandfitness.co.uk

AT 1st FLOOR EBBISHAM CENTRE

Derby Square, Epsom KT19 8AG

SURREY WHEELS FOR ALL 1.00pm-3.00pm

Surrey Wheels for All is an inclusive programme offering children and adults of all abilities the opportunity to cycle independently, with family or in a group.

Cost: £2.00 To book call Matthew Wing 07792 616750

AT THE HARRIER CENTRE

King George's Recreational Ground,

Poole Road, West Ewell KT19 9RY

Also a Saturday session 1.30pm-4.00pm

TEA DANCE 1.30pm-4.00pm

Weekly. Cost: £6.00

To book call Mr Wonderful 01322 290751

AT BOURNE HALL

Spring Street, Ewell KT17 1UF

REALITY PILATES 7.00pm-8.00pm

Increase your core strength, balance and flexibility.

Improve your posture, tone and strengthen all muscle groups. Enhance your wellbeing.

Cost: £8.50 per session or £45.00 for 6 classes

To book call 07886 294122 or reama67@btinternet.com

AT EPSOM METHODIST CHURCH

Ashley Road, Epsom

All equipment provided, classes are suitable for all levels

For more information about leisure opportunities in the Borough visit
www.epsom-ewell.gov.uk/leisuredevelopments

FRIDAY 2 OCTOBER

YOGA with Lizzie Bicknall 9.45am-11.00am

Cost £3.50

AT THE WELLS CENTRE

Spa Drive, Epsom KT18 7LR

To book call 01372 724614

TEA DANCE 1.30pm-4.00pm

Enjoy a professional dance demonstration of Latin and Ballroom followed by afternoon tea and dancing. Free but booking required.

JAPANESE MEMORY CLINIC 10.00am-11.00am

This Free group is based on the Japanese ethos of high regard for older people. Reading aloud, writing and mental arithmetic activates brain activity, and can slow down memory deterioration if done on a regular basis.

AT WELLBEING CENTRE

within the Longmead Centre

Sefton Road, Epsom KT19 9HG

SELKIE PILATES 12.00pm-12.45pm

Equipment provided

Cost: £12.00 To book call Chloe Beazley 01372 724734 or info@selkiepilatesandfitness.co.uk

AT 1st FLOOR EBBISHAM CENTRE,

Derby Square, Epsom KT19 8AG

STIMULATING VISUAL ARTS GROUP

1.00pm-3.00pm with Alison Carlier

AT THE LONGMEAD CENTRE

Sefton Road, Epsom KT19 9HG

TAI CHI 1.15pm-2.30pm

Cost: £7.50 To book call David Caine 07984 724359

AT BOURNE HALL

Spring Street, Ewell KT17 1UF

TAI CHI FOR BEGINNERS 2.00pm-3.00pm

Cost: £4.00 all money goes to The Wimble Foundation supporting those affected by cancer. Session is free for anyone undergoing treatment for cancer. To book call Darren Yap 07977 135506

AT THE LONGMEAD CENTRE

Sefton Road, Epsom KT19 9HG

GLITTERS BALLROOM DANCING 8.30pm-11.00pm

Next dance Friday 16 October

Cost: £8.00 per session To book call David 07903 314276

AT BOURNE HALL

Spring Street, Ewell KT17 1UF

Social Clubs ... Something else to have a go at

BARISONS CHAMBER CHOIR Tuesdays 7.30pm-9.00pm

Barisons perform a wide range of music from baroque to African, a friendly choir who welcome new members.

For more information call Brian Hill Director 0203 258 4000 Barisons2000@aol.com

AT RUXLEY CHURCH

Ruxley Lane, Epsom KT19 0JG

CYCLISTS TOURING CLUB Saturday 2.00pm for beginners

For fitness, friendship and fun... Beginners rides - choice of short easy cycles for new cyclists of any age. Experienced riders make sure slow cyclists are not left behind.

To book call 0208 642 3720 ctcbeginners@gmail.com

AT THE MANSION CAFE

Nonsuch Park, Cheam

Other rides available on Wednesdays and Sundays

EPSOM CHORAL SOCIETY Wednesday 7.30pm-10.00pm

New Members welcome - no audition required

For more information call David Pettigrew 01372 725002 david@pettigrewonline.net

AT ST MARTIN'S PARISH HALL

Church Street, Epsom KT17 4PX

EPSOM & EWELL BOCCIA CLUB - THE BEES

A paralympic sport similar to bowls - all equipment supplied.

Contact Becky Hurford 07734 311721

AT VARIOUS LOCATIONS

First Sunday & third Saturday of the month

EWELL ST MARY'S MORRIS MEN

Contact Nigel Bird 077956 917635

squire@ewellmorris.co.uk www.ewellmorris.co.uk

AT 2nd EWELL SCOUT HQ

106a West Street, Ewell KT17 1XR

Health Walks and Ramblers enjoy the outdoors and walk your way to a healthy lifestyle!

A 30 minute walk at a moderate pace can burn at least 200 calories. Walking improves mental alertness and memory and can help prevent/reduce depression as well as promoting restful sleep.

General note for all walks - wear comfortable footwear and appropriate clothing and carry water bottle in warm weather.

■ Epsom & Ewell Health Walks

Walks for all ages and abilities, led by trained Walk leaders. No booking required. For the full Autumn schedule visit www.epsomandewellhealthwalks.org.uk

Join in a 30 minute walk on **Monday 28th September at 10.00am**, meet at Horton Country Park car park Horton Lane, Epsom.

■ Guided walks and events with the Countryside team

Monthly led walks within the Borough with a member of the Council's Countryside Team. Cost £2 per person

For more information and to book call 01372 732000 and ask to speak to a member of the Countryside team or email contactus@epsom-ewell.gov.uk

■ GO50 run by Surrey Age UK weekly/monthly led walks (and cycles) for people aged over 50 in Surrey and the local area. For more information visit go50@ageconcernsurrey.org.uk/surrey/activities-events

■ Epsom & Ewell Ramblers

Organise longer and more advanced walks.

For more information visit www.epsomandewellramblers.co.uk

A date for your diary...

SUNDAY 15 MAY 2016

ROUND THE BOROUGH BIKE

Enjoy the beauty of the Borough
on this 20 mile route.



For more details and to register please visit
www.epsom-ewell.gov.uk/roundtheboroughhikeandbike



Outdoor gyms

Our Outdoor gyms were officially launched last year and are situated in three of the Boroughs parks. Most locations include a runner/cross trainer, push up bars, body flex and /or upper body trainer, sit up bench and cycle trainer.

Each of the equipment stations have instructions on how to use the machines safely and for maximum benefit and can be found near to the parks childrens' play area and informal football area.

The outdoor gyms are a community investment and are FREE for general use.

- Located at:
- **Shadbolt Park**, Salisbury Road, Epsom (4 pieces of equipment)
 - **Gibraltar Recreation Ground**, West Street, Ewell (9 pieces of equipment)
 - **Warren Park**, Beaconsfield Road, Epsom (4 pieces of equipment)



Tennis4Free

Tennis 4 Free on Saturdays at **Alexander Recreation Ground**, Epsom 10.00am -12.00pm and **Court Recreation Ground**, Epsom 1.30pm-3.30pm. Meet at the tennis courts, coaches and equipment provided.



Silver Cinema

ODEON *Silver Cinema* offers a spectrum of films for our more mature audience aged 55+. A chance to sit back, relax with a tea or coffee and watch the latest releases.

End of September releases are likely to be Jurassic World, Mr Holmes and Longest Yard.

ODEON EPSOM ● 14 HIGH STREET ● EPSOM

Tuesdays and Thursdays at 11.00am and 2.00pm
Cost: £3.00 with tea or coffee

Book online at www.odeon.co.uk/silverscinema or call in to the cinema and speak to a team member.

Walking Football at Rainbow Leisure Centre



Walking Football is aimed at those over 50 years who want to enjoy football at their own pace and is a slower version of the 'beautiful game'.

The sessions at Rainbow Leisure Centre started in 2014 with six participants. Since then numbers have grown to an all-time high of 22 participants each week. The team has also entered several tournaments, the most recent being the 'FA People's Cup'.

GLL Coach, Mary Mannion, adds: **“Walking Football is a great way to exercise and meet new people; both men and women participate in the session with varying abilities and everyone is made to feel welcome”.**

The sessions take place on Fridays 10.00am-11.30am, priced at £2.50 per session (no booking is required).

For more information contact Laura Mangan - laura.mangan@gll.org

THE HUB EPSOM

131 HIGH STREET ● EPSOM KT19 8EF ● Tel: 01372 744479

The Hub Epsom is an information and signposting service with the aim of promoting independence to people with disabilities, the elderly and to carers. We are open from 10.00am -4.00pm Monday to Friday and from 10.00am - 1.00pm on the first and third Saturdays of each month.

We hold regular free drop in services for benefits advice, advocacy, visual impairment, mental health support and carers support.

Outreach services at The Hub, include domestic violence support, alcohol and substance misuse and NHS complaints advocacy service. Call for an appointment.

We sell a range of equipment through our Independent Living catalogue, and on **Monday 28th September we will be holding an equipment roadshow** as part of Living and Ageing Well week. Equipment will be available to try before you buy, Jo Mather (Mobile Volunteer Development Worker) will be on hand to demonstrate the products between 10.30am-12.00pm and 12.30pm-2.00pm.

We will also be welcoming customers to come in and find out more about The Hub, serving tea and cake and offering the opportunity for a free health check between 12.30pm and 2.00pm. This includes checks on weight, height, blood pressure, BMI and general wellbeing by Karen Willson from the Rainbow Leisure Centre.

Workers' Educational Association

The WEA provides high quality, student-centred and tutor led education for adults from all walks of life. They bring education into the heart of communities, helping people learn whatever they want. We believe learning is for everyone and learning is for life. It helps people feel that anything is possible. It can be life-enhancing and life changing.



University of the Third Age

The University of the Third Age, or the U3A as it is known, is an adult education innovation of the 1980s. It's not a bricks and mortar university, but an organisation for "learning in leisure" for those no longer in full time employment. The Epsom & Ewell U3A was formed in 1988 and, with currently about 870 members, is a very friendly and active organisation. It offers social, cultural and study opportunities, all run on a voluntary basis by the members. There are no obstacles to joining, no qualifications are needed and no exams are held. All lectures and study groups are held locally, mostly in daylight hours. The modest annual subscription of £15.00 allows participation in all branch activities. Theatre visits and social events are charged at cost. Or better still simply come to our monthly Monday morning meeting from 10.30am at Bourne Hall, Ewell.

Contact: u3aepsom@gmail.com



Try Bowls

Bowls truly is the sport for all - all ages, all sexes and all abilities.

It is a game that takes just seconds to learn -
and the rest of your bowling career to master.

Most clubs give new members free coaching and lend equipment
before joining. All you require is a pair of flat shoes.

In Epsom & Ewell there are a variety of clubs that play regularly.
For more information about joining a club and having a go, contact:

Auriol Bowls Club, Auriol Park, Salisbury Road, Worcester Park, KT4 7DP

Contact David Regan 020 8337 8919 www.auriolbowlingclub.com

Epsom Court Bowls Club, Court Recreation Ground, Pound Lane, KT19 8SB

Contact David Ansell 020 8643 7280

Epsom Park Bowls, Alexandra Park, Alexandra Road, KT17 4BY

Contact Shirley Berry 020 8393 08110 www.epsomparkbowlingclub.org.uk

Ewell Village Bowls Club, Gibraltar Recreation Ground, West Street, KT17 1UX

Contact Doreen Brice 020 8393 5928



AGE CONCERN EPSOM & EWELL have been empowering older people in the borough to live the most fulfilling lives they can for over 70 years.

They provide a wide range of services including medical transport, toenail cutting, IT support, DIY, information and advice, befriending and home visiting.

● **INFORMATION AND ADVICE**

Open every day 9.00am-1.00pm

provided by Age Concern Epsom & Ewell

Old Town Hall, The Parade, Epsom KT18 5AG Telephone: 01372 732456

● **Tuesday 29 September 9.00am-11.00am**

VOLUNTEER COFFEE MORNING

Could you spare an hour or two a week to befriend an older person? Perhaps you could drive for our medical transport service? Find out more...

9.00am-11.00am at Marks & Spencer Café, Ashley Centre, Epsom

Contact Liz Hope on 01372 732458 or email liz.hope@ageconcernepsom.org.uk

● **Wednesday 30 September 2.00pm at Old Town Hall, Epsom**

INTRODUCTION TO IPAD TRAINING

Want to try out an Ipad or tablet but frightened you won't know what to do? Come to our 2 hour session and learn the basics!

Limited spaces available. To book contact 01372 732736. Entry by donation.

● **Thursday 1 October 9.00am-12.00pm
at The Wells Centre, Wells Road, Epsom**

FOOT CLINIC

Sample our toenail cutting service and get Happy Feet!
Please note that as these are 'taster' sessions we are unable to take people on warfarin or who are diabetic as we require a doctors' note before treatment.

To book contact the Footcare team on 01372 747077.



Are you 40 - 74 years old, have you had your **FREE NHS Health Check?**
Visit www.healthysurrey.org.uk for more details

NHS HEALTH CHECK Helping you prevent
diabetes heart disease kidney disease stroke & dementia

NHS SURREY
COUNTY COUNCIL

Health checks



Don't miss out on your health MOT

Join the 17,000 people who have already taken control of their health with an NHS Health check.

If you're aged 40-74, and have not been diagnosed with heart disease, kidney disease, type 2 diabetes, or had a stroke you're eligible

for a free health check at a nearby pharmacy or GP surgery.

Think of it as a midlife MOT to check your risk of becoming unwell. Even if you feel well at the moment it's still important to have a check. As you get older, your risk of developing these problems increases, but an NHS Health Check will spot early signs. This means you can take action to prevent them happening to you, so you can carry on enjoying your life for longer.

The check will only take 20 to 30 minutes and you'll be asked a few questions about your family history and lifestyle choices which may put your health at risk. Your health professional will make a note of your weight, age, sex and ethnicity before taking your blood pressure. You'll also have a simple blood test to check your cholesterol level. After that, you'll discuss your results and be given advice and support to help you reduce your risk of developing these illnesses and improve your health.

Visit the Healthy Surrey website to find out more -
www.healthysurrey.org.uk



'Don't Bottle it up'

is a web-based alcohol screening and advice tool, enabling identification of possible risky drinking levels. To find out more go to

www.dontbottleitup.org.uk

Preventing Winter bugs

Cold and flu viruses, as well as others, are easily passed on - however, there are a number of things you can do to help prevent them from spreading.

Seasonal flu is a highly infectious disease caused by a virus. It occurs every year, usually in the winter and spreads rapidly through coughs and sneezes of people who are carrying the virus.

People sometimes think of flu as a bad cold but having flu is more serious. You may be so ill that you are unable to do much more than stay in bed. Some people are more vulnerable to the effects of seasonal flu. Flu can make existing conditions worse or can increase the risk of developing more serious illnesses such as bronchitis and pneumonia. In the worst cases, seasonal flu can result in a stay in hospital, or even death. The best thing you can do to protect yourself against seasonal flu is to have the flu vaccination.

The following groups should get the seasonal flu vaccination every year from their GP:

- ✓ those aged 65 years or over
- ✓ those who live in a residential or nursing home
- ✓ the carer of an older or disabled person

People with long-term conditions should also get the free vaccination from their GP. If you are unsure if you fall into any of the risk groups then please ask your GP or Pharmacist, or visit the NHS Choices website for more information: Who Should Have a Flu Vaccine?

Flu facts

- Flu is not just a cold. It can be a really serious illness. You need the flu jab every year
- You're more likely to end up in hospital from the flu if you have underlying health problems
- Getting a flu jab is quick, safe and free for those most at risk - it can't give you flu and will protect you all winter.

As well as making sure you receive the seasonal flu vaccination, there are three simple steps you can take to help prevent cold and flu viruses from spreading.

- ✓ **Catch it** - Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.
- ✓ **Bin it** - Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.
- ✓ **Kill it** - Hands can transfer germs to every surface you touch. Wash your hands with soap and water.

To find out all you need to know about flu and the flu vaccine visit

www.healthysurrey.org.uk/your-health/seasonal-advice/preventing-winter-bugs

Thinking of stopping smoking?

Whether you're giving up for the first time or trying again, you're four times more likely to succeed with the FREE support from the Surrey Stop Smoking Service. You can choose from a range of options including telephone or group support.

For more advice and information call 0845 602 3608 or visit healthysurrey.org.uk/smoking

Keeping warm and well in Surrey this winter

- **Action Surrey** can advise on accessing borough, district and national grants for loft, cavity wall insulation; solid wall insulation (through Streets Ahead); boiler repairs and replacements; keep warm keep well kits and emergency heaters (subject to availability).

Tel: 0800 783 2503 email: info@actionsurrey.org www.actionsurrey.org

- **Ask your energy supplier whether you are eligible to join their Priority Services Register.**

The Priority Services Register is a scheme which offers extra free services to people who are of pensionable age, are registered disabled, have a hearing or visual impairment, or have long term ill-health.

- **Ensure you keep yourself well and warm.**

Don't forget to have a flu jab, eat well and keep hydrated.

Further information is available from

www.healthysurrey.org.uk/your-health/seasonal-advice/preventing-winter-bugs

- **Emergency food banks** are available throughout Surrey, and food parcels are obtained through a voucher obtained from a named agency. Find your nearest foodbank at www.parentknowhow.surreycc.gov.uk/kb5/surrey/fsd/home.page

First Steps

First Steps is an organisation for older people and mental health issues. They provide self help information on their website which is downloadable as booklets/factsheets and audio guides.

For more information visit

www.firststeps-surrey.nhs.uk/self-help/older-people



Volunteer Centre

Epsom, Leatherhead & Dorking

Volunteering is something that everyone can do!

Whatever your interests, wherever you live, whether you have a lot of time or a little – you will be giving your time to help charities and community groups improve lives. Not only will you have the satisfaction and achievement of making a difference, volunteering can also provide you with many benefits including:

the opportunity to make new friends and contacts

the chance to have fun doing something you've never tried before

increased confidence a greater sense of well-being

increased job and career prospects and new skills



Before you start to volunteer it is important to take time to think about exactly what it is you want to do, how much time you want to commit and how often you can do it. We can assist you through this process by either meeting you for a chat, discussing it over the phone or if it's easier via email. Once we've helped you to narrow down your choices we can then put you in touch with suitable organisations.

We are currently looking for volunteers to help us expand our work in the Volunteer Centre. If you are keen to learn about the Voluntary, Community and Faith sector, enjoy meeting new people, have good customer service skills, can work on your own initiative and have basic pc skills then pop in for a chat.

Epsom Volunteer Centre, The Town Hall, Epsom, Surrey KT18 5AG Tel: 01372 740394 volunteering@vamidsurrey.org or check out all our opportunities on www.do-it.org.

Registered Charity: 1135830

Who makes your local community a better place to live?



Nominations for the 2015 Living and Ageing Well in Surrey Awards are now open!

Give an individual, group or service the recognition they deserve - nominate them for an award today.

It's **FREE** and simple to enter. There are nine categories to choose from...You can even nominate yourself!

Get an entry form from: www.surreycc.gov.uk/livingandageingwell
Visit your local council office, Age UK Surrey, Hub, Library or Volunteer Centre
Email: livingandageingwell@surreycc.gov.uk

Or send in a film clip nomination. More details on the Awards web page.

Nominations close midnight Wednesday 7 October 2015.