

Forthcoming Meetings

Bridgend SHOUT
10.00am Evergreen Hall,
Angel Street, Bridgend

19 October 2016
16 November 2016
21 December 2016
18 January 2017
15 February 2017
15 March 2017

LIFT - Gentle Seated Exercise

SHOUT LIFT gentle exercises will last an hour including a chat and a cuppa in Evergreen Hall, Angel Street, Bridgend

Sessions are held twice a month and are free. They are as follows:

Second Wednesday of the month at **2.00pm:**

12 October and 9 November, no meeting in December.

Last Monday of the month at **11.00am:**

31 October and 28 November, no meeting in December.

Tai Chi classes will be starting in the New Year.

Contact us

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Mae'r taflen hon ar gael yn Gymraeg
This leaflet is available in Welsh

The Community Voice: Needs Must/ Pan fo Angen portfolio of projects is funded by the Big Lottery Community Voice grant scheme. Our aim is to increase the voice of citizens and especially those most marginalised in local policy and planning processes. Consisting of seven Bridgend County Borough third sector projects, Bridgend Association of Voluntary Organisations is the lead organisation.



We are a group of over 50s speaking out for older people living in Bridgend County.

Join us and find out more

SHOUT is the voice of over 50s in Bridgend County

We get involved in local issues and make sure decision makers consider the needs of older people. We work with local government, health providers and other organisations to help achieve this. Our members take part in consultations relating to Bridgend, Western Bay Health Service area and national issues.

Ageing Well in Wales 2014/2019

Did you know that nearly 40% of people in Bridgend are over 50 years old? This is the same across Wales and, recognising this, The Welsh Assembly have launched a programme called Ageing Well,

The programme is organised by the Older People's Commissioner for Wales and is a partnership of individuals, community groups, national and local government and major public and third sector agencies in Wales. The first programme of its kind in the UK, the Programme contributes to and complements the Welsh Government's Strategy for Older People.

Bridgend County Borough Council has a plan and SHOUT work with them to help achieve their goals.

Ageing Well Themes.

- ◆ **Age Friendly.** To make Wales a nation of age friendly communities.
- ◆ **Dementia Supportive.** To make Wales a dementia supportive nation by building and supporting dementia supportive communities.
- ◆ **Falls Prevention.** To support older people in Wales to reduce the risk of falling and reducing the number of falls experienced.
- ◆ **Opportunities for learning and employment.** To ensure the experience of older people in Wales is optimised through continued learning and employment.
- ◆ **Loneliness and Isolation.** Reduce levels of loneliness and isolation and their negative impact on Health and Wellbeing as experienced by older people in Wales.

Join SHOUT and make a difference!

Contact us for further details about Ageing Well in Bridgend and the events and activities we've got planned for the Winter and New Year.

Getting more active and keeping steady on your feet

In the last newsletters we told you about how Low Impact Functional Training or LIFT helps older people remain active and independent. Using chair based and stability exercises we aim to strengthen muscles and help balance.

We're delighted say that the SHOUT LIFT are running twice a month and our participants are enjoying the activities and the social side of the sessions.

We're very excited that we'll be running eight Tai Chi sessions in January and February aimed at complete beginners.

You'll learn a set of simple Tai Chi moves and the group will build their confidence from week to week. These sessions will be very low impact but you will need to be able to stand for a period of time.

The LIFT sessions are carried out sitting down the whole time and may be a better option for some. If you'd like to put your name down on the waiting list for Tai Chi please get in touch.