



LAUGH LIVE LOVE

*community
interest company*

Autumn 2019

Thank You



In May, Mr Clive Grunshaw, the Lancashire Police Crime Commissioner paid a visit to our Friday group, POPPIES. We had been successful in obtaining a grant from his Community Action Fund and received £2,185 to help us run the group for 13 weeks from January to April.

The grant enabled us to buy the services of two support workers from AFC Fylde Community Foundation and have use of their minibus and

driver to bring members along to the group.

Over the 13 weeks the group enjoyed chair-based exercises led by Kaz and Rory. We had guest speakers from the Police, the Fire Service, Ansdell Library, and the Wyre & Fylde Care and Repair Service. Topics included personal safety, safety in the home and in the community.

The Community Action Fund grant has now been spent but we still meet in St Paul's Church Hall Fairhaven each Friday at 12 noon starting with seated-Pilates, followed by lunch, finishing at 2pm after some fun easy activities.

We have been fortunate in obtaining more funding which enables us to offer the sessions at a reduced rate of £3.50.

All are welcome to join us.

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Laugh Live Love CLC

Promoting the physical, mental, emotional, social and spiritual health and wellbeing of older people on the Fylde

POPPIES

Our Friday lunchtime group continues to meet each week starting at the new time of 12 noon. Since June, Oliver

Dunlop has come in as our seated Pilates instructor and has been leading the group for a half hour session before lunch. Both he and those taking part have noticed a big improvement in the health, movement and core strength for those doing the exercises. If you don't do much exercise it might be worth thinking about coming along.

It is important as we get older to take care of our physical, mental, social, spiritual and emotional health and well-being. POPPIES, which is the acronym for Promoting Older People's Pastimes, Interests, Exercise and Social, is a great place to come and be active, have fun, learn new skills and use old skills, meet new people and make new friends. It is mainly ladies who attend but men are more than welcome.

After our Pilates session, we enjoy homemade soup, sandwiches and cake, which always goes down a treat. There is time to have a chat and a catch up before our activity session. Over the past few weeks we have made paper poppies, pompoms for an Autumn wreath, had a quiz, a sing-a-long, watched a film and one week made scones to take home.

At one session one of our members, Joanne, read some interesting and amusing extracts from her book, *Over The Rainbow*, which she has had published; a story of her life in London.

When AFC Fylde won the FA Trophy earlier in the year, we were pleased when some of the Team brought the trophy to one of our Friday sessions and many of us had photos taken lifting the cup.

We also had a visit from Gemma Owen, our Community Fire Safety Officer. She gave us



Promoting
Older
People's
Pastimes
Interests
Exercise
Socials



some top tips for keeping safe, reducing the risk of a fire starting and what to do if it does.

- Close all internal doors at night.
- Don't overload plug sockets.
- Dispose safely of cigarettes.
- Don't leave items on top of cookers.
- Don't put washing machine or dryer on a cycle whilst not at home.
- Keep keys where you can find them - near the door - in case you need to exit your home in an emergency.
- Have an escape route planned.
- Keep exit routes clutter free.

For a free home fire safety check, which covers all the above information and more, and to review or install smoke alarm, please phone 0800 169 1125. Or, if you have internet access you can complete an online form at <https://www.lancsfirerescue.org.uk/contact-us/home-fire-safety/>

Gemma will be returning to POPPIES soon to talk about the Safe and Well packs and the Winter Campaign, keep an ear and eye out for more information.

Also In the next few weeks we can look forward to baking mince pies, creating a memory book, making Christmas wreaths, a Christmas sing-a-long, and finishing the year off with a Christmas party. Lots to look forward to.

All for just £3.50 thanks to Greggs Community Foundation awarded us £2000 to help us pay for our venue hire, Pilates session, lunch and craft resources for 13 weeks.

HOT OFF THE PRESS

We have been awarded a Big Lottery Community Fund grant to start a Men's Group in January. More information will be out soon. Watch this space!!

CAMEO - MONDAY LUNCHEON CLUB

We were delighted to be nominated for Radio Lancashire's Community Heroes Award 2019. And thrilled to be one of the finalists invited to attend the Presentation of Awards Ceremony at King George's Hall, Blackburn in September. Sadly we didn't bring home the trophy but we were awarded a Community Heroes plaque.

The winners of the category in which our group was nominated for, The Companionship Award, was won by a mental health walking group from Burnley.

The Directors of Laugh Live Love thank all the CAMEO volunteers, who are absolutely brilliant and do a fantastic job. Thank you for all your hard work. And thank you ... for nominating us.

Can you spot John and Julie in the photo below? An official photo from the Awards Ceremony.



PLEASE NOTE THAT LUNCHEON CLUB WILL START SERVING AT 12 NOON FROM JANUARY

EATING AND DRINKING

At our Monday Luncheon Club we provide a healthy, freshly prepared, locally sourced three course meal. Smaller portions are always available for those who prefer. We also cater, as best we can, for people with allergies. On Friday's at our POPPIES group the soup is always homemade, with a variety of sandwiches, sometimes quiche or pizza, or pies and sausage rolls and usually homemade cake. You can eat as much or as little as you want, perfect for someone with a smaller appetite, especially when you don't have to make it yourself! Eating and socialising helps us to keep a healthy well being and improves appetite.

EATING WELL IN LATER LIFE

As we age, it becomes even more important to eat well to maintain good health and well being. It is estimated that 1 in 10 people over the age of 65 are at risk of malnutrition. Poor nutrition can be a factor causing ill health, it can mean more visits to the GP, A&E and longer recovery from illness.

WHY DO WE LOSE INTEREST IN FOOD?

Life changes often contribute to loss of interest in food. Bereavement, stress, anxiety and depression, reduced income, being a full time carer, growing older, being less active, social isolation, illness.

DO YOU HAVE A SMALL APPETITE?

Try this. Eat little and often, small meals and snacks six times a day.

Eat more protein every day, fish, meat, eggs and dairy. Drink full fat milk, yogurt and cheese. Put butter on cooked vegetables. Prepare milky drinks with full fat milk and a biscuit every time you sit down. Keep hydrated, drink 6 - 8 cups of fluid daily. It is recommended taking a supplement of Vitamin D - 10 micrograms per day.

Public health messages focus on low fat, eating more fruit and veg, less sugar, treats and puddings. This style of eating is not always recommended for people with a small appetite. Always check with your practise nurse or GP what is best for you, especially if you live with and manage long term medical conditions.

SOURCE : MALNUTRITION TASK FORCE - Eating and drinking well in later life.

Exercise

Seated Pilates has become widely popular with older adults, offering an effective exercise programme without the stress on the body often found in other fitness activities.

Pilates focuses on control and stability, which is crucial for the older adult to keep joints stable and mobile whilst improving body awareness.

Pilates programmes also develop muscular strength, endurance, co-ordination and motor fitness.

It enhances functional movement patterns, which is vital to perform our daily tasks such as picking up a box or to reach upwards into a cupboard.

Pilates is extremely beneficial in helping to alleviate and manage pain from certain conditions such as arthritis, osteoporosis, and hip and back problems.

Since June, Oliver has been teaching Seated Pilates to the people at POPPIES and has noticed a great improvement in movement patterns, coordination and posture.

The group has been working with equipment such as tennis balls for hand eye coordination, therabands for stretching, pilates balls for working on strength in the upper body.



Feedback includes: -

"I suffer with arthritis in my joints, since starting sessions with Oliver, my ankles feel so much better and more mobile"

"I feel a lot of stiffness in my shoulders, when I've done the chair pilates session, they feel so much better"



Summertime and the livin' is easy ...

Over the summer break, when St Paul's Hall wasn't available, members of CAMEO and POPPIES enjoyed trips out. We had a couple of fabulous lunches at the Cafe on the Pier in St Annes (top left). Enjoyed two hot sunny afternoons at Wrea Green Community Centre (bottom left) having afternoon tea, playing bingo, beetle drive, quizzing and a sing-a-long. And we paid our annual visit to the Cafe by Fairhaven Lake for fish and chips. It can't get better than that, can it?

Admin reminders

Please let us know as soon as possible if you are not able to attend any Monday or Friday. You are automatically counted in for catering purposes and it helps keep food waste to a minimum. One or two people absent, or extra, we can manage, especially on the day if you feel unwell we understand, but a few times we have had 10 -12 people not attend which we were not aware of and that is not ideal as we end up with waste - £60 worth of food not required.

Please do phone or leave a voicemail for Julie on 07517 086 530 or email julie.webb@laughlivelove.org.uk or let John know at the registration table.

If you haven't already, please can you complete an up to date registration form. Most people have, but there are a few who have not completed one. This helps us comply with the General Data Protection Regulations.

If you need help getting to the groups please tell Julie as she may be able to arrange transport for you.