You can’t help getting older but you don’t have to get old. George Burns

Research shows that age is just a number.

Research conducted by Krystal Warmoth from the University of Exeter has found that if people think they are old and frail, they will act like they’re old and frail.

This thinking is also more likely to lead people to give up activities which could help to keep them young such as socialising and taking regular exercise.

This in turn may negatively impact on a person’s health and functioning causing a cycle of decline of poor health, isolation and reduced quality of life.

People who continue to socialise and take regular exercise are more likely to stay fit and mentally alert.

So what can you do if your social life or your physical activity levels have declined?

Staying fit and mentally alert

Luckily within the Borough of Epsom & Ewell, we have Centre’s and clubs that are dedicated to supporting and encouraging people aged 55+ to make the most of living and ageing well.

The Wellbeing Centre

Run a varied programme of activities for people living with dementia and their carers. Activities include Mini Tennis (pictured above), Surrey Wheels for All, Mindfulness and Relaxation, Resistance Band & Weight Training, Sound Healing and Drumming (pictured above).

The Longmead Social Centre

Have an exciting range of activities and events including Tai Chi, Line Dancing, Indoor Bowls, Dancing, Arts and Crafts, Coach Outings, Holidays and Computer Courses.

The Rainbow Leisure Centre

Have discounted membership for people 55+ and an exclusive area that offers members to unwind with friends after their session. It is the focal point for the regular monthly activities and social events.

Tel: 01372 727277

Winner of the Best Healthy Living Project Awards 2015

Tel: 01372 727 583 wellbeingcentre @epsom-ewell.gov.uk

Katie and Nova

Tel: 01372 720 563 longmeadcentre @epsom-ewell.gov.uk
Supporting Carers with the Wellbeing Centre

Who is a carer?

If you look after a partner, relative or friend who is ill or disabled and are unpaid, you are a carer. You might not think of yourself in this way however it is important to make sure that you are accessing the information and support that is available to you.

The Wellbeing Centre will be running taster support sessions for carers in September. The sessions will run from Monday 19 to Friday 23 and Monday 26 to Friday 30 September between 2:45pm and 4:45pm.

Support sessions include stress management for carers, learning basic hand massage techniques, what colours to wear and why, relaxation and mindfulness and a Dementia Friends training session.

Carers are invited to join us for the sessions that they are interested in.

Please contact the Wellbeing Centre on 01372 727 583 or email us to register your interest. We will then send you further information about the event.

If you are a carer and need information please see the links below. You can also speak to Charlotte Emery, Carers Practice Advisor, Surrey County Council, Adult Social Care on 01372 832 360.

Organisations that provide information and support for carers:

Action for Carers: [www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)
Age Concern: [www.ageconcernepsom.org.uk](http://www.ageconcernepsom.org.uk)
Carers of Epsom: [www.carersofepsom.co.uk](http://www.carersofepsom.co.uk)
Carers UK: [www.carersuk.org](http://www.carersuk.org)

GOV.UK - Carers Allowance: [www.gov.uk/carers-allowance/overview](http://www.gov.uk/carers-allowance/overview)


Facts about carers

Three in five people will be carers at some point in their lives in the UK.

One in five people aged 50–64 are carers in the UK.

65% of older carers (aged 60–94) have long-term health problems or a disability themselves.

Fill in this short survey to help us plan the Get Active 50+ programme for 2017. Let us know what sporting activities you enjoy playing in your leisure time. Tick the options that you play and/or would like to try. Please return completed form to: Leisure Developments, Epsom & Ewell Borough Council, Town Hall, The Parade, Epsom, KT18 5BY

- [ ] Badminton
- [ ] Bowls
- [ ] Community Golf
- [ ] Dance & Exercise
- [ ] Golf
- [ ] Inclusive Multisports (Boccia, New Age Kurling)
- [ ] Jogging
- [ ] Nordic Walking
- [ ] Pickleball
- [ ] Rambling
- [ ] Seated Dance
- [ ] Swimming
- [ ] Table Tennis
- [ ] Touch Tennis
- [ ] Walking Sports (Football, Basketball, Netball)
- [ ] Other (please specify)