

With exercise you'll get a better night's sleep and have more energy.

Exercise improves your mood, self-esteem and confidence. You get a real rush by achieving that exercise you struggled with a few weeks previously.

So what's not to like about LIFT? The exercises suit all levels of fitness and health. Even if you have not exercised for a long time try the classes and get the benefits. If you'd like to know more about the exercises which are run throughout the Borough or you want to start your own class then contact SHOUT.

### **Forthcoming Meetings**

**Bridgend SHOUT**  
**10.00am Evergreen Hall,**  
**Angel Street, Bridgend**

- 18 May 2016
- 15 June 2016
- 20 July 2016
- 17 August 2016
- 21 September 2016
- 19 October 2016
- 16 November 2016
- 21 December 2016

### **Contact us**

**Telephone**  
07891 834 230

**Email**  
enquiries@shoutbridgend.org

**Website**  
www.shoutbridgend.org

**Facebook**  
SHOUT Bridgend County

**Twitter**  
@SHOUT Bridgend

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 want YOU!**

# **This is your chance to tell Service Providers how to make Bridgend better for older people.**

## **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're pleased to 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 on national issues.

## **Community Voice - Helping people to speak out and influence the decisions that affect their community and their lives in Bridgend County Borough**

### **ABFABB**

A scheme to help lesbian, gay, bisexual and transgender people have a say about local services  
Tel: 01656 647601

### **Age Cymru: SHOUT**

Working to give a voice to over 50s. Interesting presentations, exercise classes, cup of tea and a get together  
Tel: 07891 834 230

### **Bridgend Coalition of Disabled People**

Support, social groups and training to give disabled people a platform to have their voices heard  
Tel: 07814 209 472

### **Every Link Counts: Digi Talk**

For people with learning difficulties offering training and representation using film making, animation and digital storytelling.  
Tel: 01656812796

### **Ogmore Futures**

Helping people to participate in a valley forum and consult about regeneration.  
Tel: 07805 805 222

### **Self Harm - Self Help**

A Mental Health Matters Wales project talking with people who self harm to inform them and improve local Services  
Tel: 01656 651450

### **Young Adult Carers Voice Project**

Action for Children in partnership with Bridgend Carers Centre offer consultations, monthly forums and activities to help young adult carers represent themselves.  
Tel: 01656 766067

### **Our Big Lottery funded Community Voice project is led by BAVO.**

#### **For further information:**

**Tel: 01656 810400**

**Email: [bavo@bavo.org.uk](mailto:bavo@bavo.org.uk)**

**[www.bavo.org.uk](http://www.bavo.org.uk)**

## **Get that LIFT and be more active for longer**

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.



### **Why is keeping active important?**

Improved heart and lung function makes it easier to get up those stairs and walk to the bus.

Stronger muscles will help you to continue to lift things like shopping and keep your bones stronger.

Flexibility is so important to being independent – reaching for shelves, twisting to reach a seatbelt or tying your shoe laces.

Mobility and stretching can prevent stiffness and discomfort.