

LOOKING FOR A GOOD READ & PODCAST

Emmet recommends this Podcast:

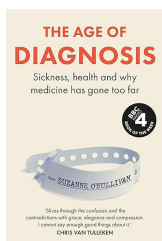


BBC: Believe in Magic

Jamie Bartlett investigates the story, tracing the charity's rise to fame and the subsequent controversies. The podcast explores the dark side of celebrity charities and the potential for online deception.



Stewart recommends this Book:



From autism to allergies, ADHD to long Covid, more people are being labelled with medical conditions than ever before.

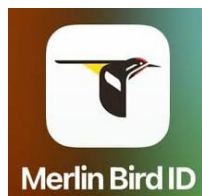
But can a diagnosis do us more harm than good?

Dr Suzanne O'Sullivan reframes how we think about illness and health.



USE TECHNOLOGY
to your Advantage

MERLIN BIRD ID App



Sound ID listens to the birds around you and shows real-time suggestions for who's singing. **Compare your recording to the songs and calls in Merlin to confirm what you heard.** **Sound ID** works completely offline, so you can identify birds you hear no matter where you are. The app includes a "Great Britain and Ireland" pack, which covers a wide range of bird species found in the region. It's also recommended to download a regional pack, such as the "Western Palearctic Bird Pack," for the most accurate results in the UK.

We do **EARWAX REMOVAL**

Too much earwax can lead to:

- Blocked ears • Earache
- Reduced hearing •



We use **microsuction** to gently remove any earwax build-up within the ear canal. **Microsuction offers a quicker, cleaner and more accurate alternative to ear syringing.**



JUNE 2025
Feel free to take me home

YOUR MONTHLY WELLBEING UPDATE

Feel like a Kid Again!

GET ON YOUR BIKE

Sometimes we need a reminder of the things that we enjoy the most and this month we have **Bike Week**. If you haven't been on a bike for a while, do you remember the joy you felt feeling the wind on your face and the potential adventures you could go on when you were on your bicycle?

Cycling has so many advantages that maybe it's time to dig out your bike and enjoy this summer on one of the most fun modes of transport!

HEALTH BENEFITS of Cycling

- Improve cardiovascular health.
- Low impact exercise.
- Burns calories and you can increase the intensity as you become fitter.
- Good muscle workout using all of the major muscle groups.
- Great for strength and stamina.
- Breathe deeper.
- Decrease your stress levels, reduce anxiety and depression.
- Strengthens your bones.
- Fun way to get fit so you will continue to get on your bike to exercise.

USEFUL INFO:

Need a bike? Try **Recyke-a-bike** in Stirling who sell refurbished bicycles. Website: www.recyke-a-bike.co.uk

Get the right size: Make sure you have the right size bike for a more comfortable ride and it is well-worth giving the bike a try before buying.

Route finders: The app **Komoot** is great for finding easy, intermediate and difficult **cycling and walking routes covering the whole of the UK.**

Cycling UK also has a website-based journey planner which you convert and open in **cycle.travel** which details the terrain and states whether it is a road or cycle route. It also has some general info that is well worth exploring before you hit the road.



Life Fit Wellness

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CYCLING WITHOUT AGE SCOTLAND

Life Enhancing. Life Enriching.

Life Extending in every part of Scotland

Cycling Without Age is a movement started in 2012 by Ole Kassow. Ole wanted to help his neighbours at the local nursing home get back on their bicycles, but he had to find a solution to their limited mobility. **The answer was a trishaw!**

The aim of **Cycling Without Age** is to enhance and enrich the lives of elderly and disabled people by giving them **access to the beautiful outdoors through their pioneering trishaw rides.**

To enjoy this fab day out for you or someone you care about, just contact your local Chapter to arrange a trishaw ride around the Helix, Callendar Park, Linlithgow or Bo'ness.

Contact Cycling Without Age Scotland:

Email: info@cyclingwithoutage.scot

Phone: 0739 680 3117

FB: Cycling Without Age Scotland SCIO

Website: www.cyclingwithoutage.scot

Become a Volunteer

Cycling Without Age Scotland could not function without their amazing volunteers who get the most enjoyable and fulfilling experience from supporting **Cycling Without Age Scotland.** Ask any of the thousands of volunteers who've already got involved and they will confirm that it is an uplifting and rewarding experience.

Our client Gordon is a volunteer and he attends our weekly **Pilates Reformer class** to ensure his legs are up to the task to ride a trishaw and stay in tip-top condition to provide this wonderful service.



THE TEAM GOES CLAY PIGEON SHOOTING

This May the team went to Stirling to try out shooting with **Clay Pigeon Scotland.** Great day out and ended with a game of pool and drinks at the **Foresters Arms in Cambusbarron** (newly taken over by our client Victoria seen in the pic alongside Morven).



Right: Mhairi came dressed for the occasion.

Below right: Jackie tied with Ian for best clay pigeon shooter.



PATIENT JOURNEY -

- RICHARD'S STORY

In 2017, having prolonged difficulties with my back and legs, and failing to get an accurate diagnosis of the issues, a friend suggested I make an appointment with Stewart Kerr at Life Fit Wellness for physiotherapy.

Within two sessions Stewart wrote to my GP and recommended a further appointment with the doctor's surgery, proposing that my issues were far more than "classic sciatic symptoms/pain." This set in motion a rapid train of referral to Neurosurgery and a proper diagnosis of my problems which recommended immediate surgery for **Cervical Myelopathy - a condition where a disc in my neck was pressing on my spinal cord and causing me to lose control of fine motor skills from my feet to my upper body.** I couldn't use a knife and fork/tie shoelaces or buttons. My walking was seriously impaired, and I was prone to falling because of my poor balance. The Neurosurgeon diagnosed my condition in one visit. He indicated that it was very serious and that an operation was required immediately, although he could not guarantee that things would improve.

Post Operation

Thankfully, the operation halted the progress of the condition. On one of my return visits to Stewart, he suggested that I attend **Chair Fit classes at Life Fit to work on my dexterity/ lower and upper body strength and balance.** My first visit was a tad intimidating, however my new 'classmates' soon put me at ease and the classes and camaraderie were great fun! As an added bonus, the exercises worked! **I began to do things I thought I would never do again!** Little did I know that I would still be attending the Chair Fit class 5 years later! Including the Zoom classes in 2020! **And through them all, Arlene missed nothing!** Even noticing when I had to answer the door during one session and was worried about my disappearance!

So here we are in 2025, and I'm still attending Chair Fit. My classmates are different, but still a very friendly group. **Arlene, Emmet and now Stefan takes the class accompanied by a huge variety of props/aids.** Even the humble facecloth has a part to play! Each session is very different from previous ones and I can honestly say that I have never been bored! The fact that I have been attending for so long is testament to the effectiveness of the exercises and to the skills and commitment of the teachers.

I am Life Fit

My involvement with **Life Fit Wellness** does not stop with Chair Fit. In our everyday lives, there are always occasions when our bodies need a bit of 'TLC'. I know I can depend on the team to provide that. **I have had occasion to visit Stewart, Morven, Emmet and Arlene for physio sessions** when something doesn't work as it should or when I've done something stupid to my body. **The care and treatment are first class!**

The staff at Life Fit Wellness all do a fantastic job. **Jackie, Katy and Paul - whom I see on a Tuesday, are the welcoming and efficient side of the business and besides the treatment being good for me, the staff are too.** What more can you say, other than to recommend the services to everybody. To plagiarise and misquote - as they say in a well known advert, **"Life Fit Wellness reaches the parts other clinics don't!"**

Well done Richard for continuing to take the time to exercise and thank you for being part of the Life Fit community!