

The social club gets a makeover!

When Cordelia English from Blanchards Bailey solicitors contacted us and asked us if they could fund and organise a makeover for the social club, we were not prepared for just how fabulous the end result would be! On Wednesday at 3pm, after the last client had left, a team from Blanchards, complete with trailer and bags of enthusiasm, helped us to empty the social club, took down the blinds, and ripped up the carpet.



Then it was a race against time to knock down a wall, paint the walls and skirting boards, lay the carpet, and do the finishing touches, from lamp shades to shiny red toilet seats (yes red!), and all before the first clients arrived on Monday morning. Chris Rawlings - a local firm - and his team gave up their time for free, and worked like trojans on Wednesday evening, all day Thursday and Friday, and finally finished on Saturday afternoon.

The feedback so far has been extremely positive with everyone commenting on how light, clean and spacious the social club feels. The mustard coloured walls have been replaced by a light blue giving the whole place a fantastic new look. We would like to say a big thank you to Cordelia and everyone at Blanchards Bailey, and also to Chris Rawlings and his team for our lovely new social club. To have a look round the social club and find out more about the activities we do there, please contact Lisa or Cecilia on 01305 269444.

What's on in August and September

Drop-in events—everyone welcome

Tuesday 1st August: *Melodies for Memories* at Abbeyfield, Beaminster. A good old sing-song, particularly enjoyable for those with some memory loss. 9.30am—10.30am

Friday 4th August: *Classic Musicals*. Please come along and join us for a Classic Musical afternoon with tea & cake included. This weeks offering is the film 'Hairspray'. Start time 1.45pm but finishing times do vary. For more information please call Hilary on 01305 269444.

Saturday 5th August: *Saturday Club* at the Acorns, Weymouth. 10am—3.30pm. Fun, food and company

Monday 7th August: *Kings Cribbage* at Rowan Cottage. 2pm—4pm, contact Libby for more details on 01305 268316.

Thursday 10th Aug: *Melodies for Memories* at Chickerell Sports Pavillion. 10.30am. A good old sing-song, particularly enjoyable for those with some memory loss.

Thursday 10th August: *Cryptic Crosswords* at Rowan Cottage 10.30am-11.30am. Great way to test the grey matter. Come & join our crossword group. Refreshments provided. For more information call Libby on 01305 268316

Friday 11th August: *Rowan Cottage Coffee Morning*. Please join us for our coffee morning, open to all from 10am to midday.

Saturday 12th August: *Saturday Club* at the Acorns, Weymouth. 10am—3.30pm. Fun, food and company

Monday 14th August: *Dementia Support Group* at Rowan Cottage, Dorchester. 10.30am-12 noon. If affected by Dementia in anyway then please feel free to come along to this new group.

Tuesday 15th August: *Melodies for Memories* at Abbeyfield, Beaminster. A good old sing-song, particularly enjoyable for those with some memory loss. 9.30am—10.30am.

Friday 18th August: *Melodies for Memories* at the URC, Wareham. 10.30am– 12pm.

Saturday 19th August: *Saturday Club* at the Acorns, Weymouth. 10am—3.30pm. Fun, food and company.

Monday 21st August: *Phoenix Carers Group*. Carers and ex-carers meet at Rowan Cottage at 10am for support and information.

Thursday 24th August: *Melodies for Memories* at Chickerell Sports Pavillion. 10.30am.

Thursday 24th August: *Cryptic Crosswords* at Rowan Cottage 10.30am-11.30am. Great way to test the grey matter. Come & join our crossword group. Refreshments provided. For more information call Libby on 01305 268316

Saturday 26th August: *Saturday Club* at the Acorns, Weymouth 10am 3.30pm. Fun, food and company.

What's on in August and September. Everyone Welcome

Tuesday 29th August: *Melodies for Memories* at Abbeyfield, Beaminster 9.30am-10.30am

Friday 1st September: *Classic Musicals*. Please come along and join us for a Classic Musical afternoon with tea & cake included. This weeks offering is the film 'Sister Act'. Start time 1.45pm but finishing times do vary. For more information please call Hilary on 01305 269444.

Saturday 2nd September: *Saturday Club* at the Acorns, Weymouth. 10am—3.30pm. Fun, food and company

Monday 4th September: *Kings Cribbage* at Rowan Cottage. 2pm—4pm, contact Libby for more details on 01305 268316.

Thursday 7th September: *Melodies for Memories* at Chickerell Sports Pavillion. 10.30am. A good old sing-song, particularly enjoyable for those with some memory loss.

Friday 8th September: *Rowan Cottage Coffee Morning*. Please join us for our coffee morning, open to all from 10am to midday.

Saturday 9th September: *Saturday Club* at the Acorns, Weymouth. 10am—3.30pm. Fun, food and company

Tuesday 12th September: *Melodies for Memories* at Abbeyfield, Beaminster. A good old sing-song, particularly enjoyable for those with some memory loss. 9.30am—10.30am.

Wednesday 13th September: 'Remembering Elvis' afternoon at Rowan Cottage. 1.45pm-4pm

Thursday 14th September: *Cryptic Crosswords* at Rowan Cottage 10.30am-11.30am. Great way to test the grey matter. Come & join our crossword group. Refreshments provided. For more information call Libby on 01305 268316

Friday 15th September: *Melodies for Memories* at the URC, Wareham. 10.30am– 12pm.

Saturday 16th September: *Saturday Club* at the Acorns, Weymouth. 10am—3.30pm. Fun, food and company.

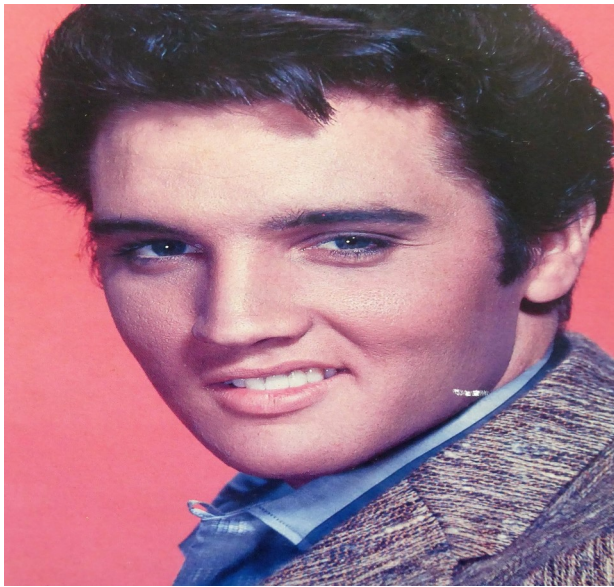
Monday 18th September: *Phoenix Carers Group*. Carers and ex-carers meet at Rowan Cottage at 10am for support and information.

Thursday 21st September: *Melodies for Memories* at Chickerell Sports Pavillion. 10.30am.

Saturday 22nd September: *Saturday Club* at the Acorns, Weymouth 10am 3.30pm. Fun, food and company.

Tuesday 26th September: *Melodies for Memories* at Abbeyfield, Beaminster 9.30am-10.30am

Thursday 28th September: *Cryptic Crosswords* at Rowan Cottage 10.30am-11.30am. Great way to test the grey matter. Come & join our crossword group. Refreshments provided. For more information call Libby on 01305 268316



Remembering Elvis – 40 years on...at the Evergreen Cinema

As part of Age UK Dorchester's commemorations of the 40th anniversary of the death of Elvis Presley, the Evergreens Cinema will be hosting a 'Remembering Elvis' afternoon on Wednesday 13th September 2017.

There will a special presentation, following Elvis' life, with a pictorial journey through the southern states of America, visiting such places as his birthplace in Tupelo, the iconic Sun Studios, and of course Graceland, his home in Memphis. In addition, there will be lots of music, clips from his films, and an Elvis themed prize draw.

Organiser Margaret Wellspring said, "Many of today's retired people were Elvis fans in their youth, and an afternoon like this is something that they would find interesting and entertaining. We would love to see all those Elvis fans across Dorset, come along and have a wonderful time, and in doing so, support their local charity".

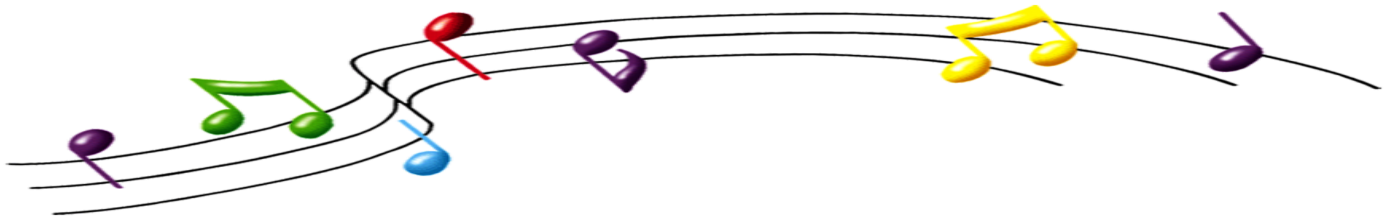
Mrs Wellspring added "Some people think Age UK Dorchester only caters for the older members of our community, but that's not so.....anyone over fifty is welcome to come along and join in with our various activities.

Proceedings start at 1.45pm and will run until 4.00pm, with tea and biscuits for just £1.50 served during the intermission., Ice creams will be also available.

Everyone is welcome to come along to Age UK Dorchester's centre in Prince of Wales Road, and enjoy a fabulous afternoon of nostalgia and entertainment.

For further information please contact Lucy or Carol on 01305 269444. Or email memories@ageukdorchester.org.uk

Age UK Dorchester
Rowan Cottage, 4 Prince of Wales Road,
Dorchester DT1 1PW
Tel: 01305 269444
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Web: www.ageuk.org.uk/dorchester
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Dementia and Music

As populations of developed nations age, so the number of cases of dementia increases. As a way of helping care for and support people with dementia, music has been shown to often have a dramatic effect.

Whether it's 60s soul, operatic arias or songs from the shows, music can soothe, stimulate and bring to mind long-forgotten memories. Dementia is rapidly becoming the health and social care challenge of the 21st century. Numbers affected are set to soar because of an expanding older population.

The total number of people with dementia in the UK is predicted to be in excess of 1m by 2021. So, while there are no long-term cures, ways of alleviating symptoms are becoming more available and accessible.

The power of music

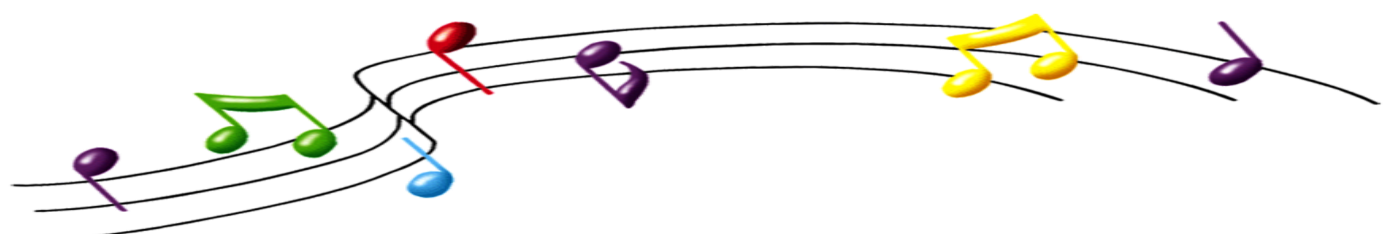
The power of music, especially singing, to unlock memories and kick-start the grey matter is an increasingly key feature of dementia care. It seems to reach parts of the damaged brain in ways other forms of communication cannot.

Organisations like 'Singing for the Brain', have made it possible for care homes to have access to live musicians, both professional and amateur, most of them trained to deal with the special needs of an elderly, memory-impaired audience.

Singing for the Brain

'Singing for the Brain', which is run by the Alzheimer's Society in 30 different locations nationwide, aims to boost confidence, self esteem and quality of life by involving people with dementia and their carers in interactive sing-song sessions.

For more information, please contact Singing for the Brain, Dorchester, (Alzheimer's Society) on 01202 764352 or Age UK Dorchester 013056 269444



Foot care Update

Please note that Amy has now taken over the Bere Regis and Wool clinics from Julie, so if you live in those areas, why not give Amy a call to discuss your foot care needs.

Good foot care is essential to ensure good balance, prevent infection and keep our feet pain-free. Why not contact one of our lovely foot care ladies who will be able to cut your toenails and ensure that your feet get the attention they deserve! Contact one of our team and book into a clinic near you:

Weymouth clinics – Bridges surgery, Littlemoor & Wyke Regis: Helen Rowe on 07971 338120

Weymouth/Portland clinics – Chickerell, Abbotsbury Road & Portland: Ann-Marie Pitman on 07585 952276

Dorchester, Maiden Newton, Yetminster, Sherborne & Bridport: Debbie Simpson on 07971 338991

Dorchester, & Dorchester Diabetic Clinic : Julie Clayton on 07855 097184

Lyme Regis and Charmouth: Joanna Scotton on 07817 568416

Gillingham and Shaftesbury: Kay Tulk on 07817 568501

Wareham, Swanage, Bere Regis & Wool : Amy Crocker on 07973 654511

We are still looking for a lovely foot care volunteer to welcome clients to the clinic, write out receipts, collect the money and make new appointments. This is a great role for someone who likes to be busy, is organised, and enjoys meeting people.

For an informal chat about this role, please contact Lisa on 01305 269444.

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**Age UK
Dorchester**

provides a wide range of services for older people in rural Dorset—Activities, Advocacy, Befriending and Social Support, Benefits Advice, Day Activities, Falls Reduction Classes, Footcare, Information and Advice, Lunches, Support in the Home and much, much more. Call us today to find out how we can help you.

Classic Musicals & Tea

1.45pm start followed by retro-style served tea and cake (included)

£3 per person plus optional raffle



4th August

'Hairspray'

This 2007 musical comedy film is based on the successful 2002 stage musical. It follows the ambition of Tracy Turnblad (Nicky Blasko), an optimistic overweight teenage girl who loves to dance, to appear on The Corny Collins Show, a local TV dance show for teenagers. Starring John Travolta as Tracy's mother, Edna, and Michelle Pfeiffer, the film's most popular song is 'You Can't Stop The Beat'.

1st September

'Sister Act'



This American musical comedy film, made in 1992, follows Deloris, a singer who is put under protective custody within a convent pretending to be a nun, Sister Mary Clarence. Starring Whoopi Goldberg and Maggie Smith, the film features many classic hits such as 'Rescue Me', 'My Guy' and 'Shout'.

No need to book for the films – more information such as finishing times available from Hilary

Rowan Cottage Coffee Morning

Please join us for our coffee mornings—open to all- on Friday 11th August and Friday 8th September from 10.00am - 12.00 midday, taking place in the Rowan Cottage Social Club. We will be serving tea and coffee, with home made cakes and friendly faces, and it would be lovely to welcome as many people as possible. Please drop in if you can, and we look forward to seeing you there.



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BENEFIT ADVICE SESSIONS ... an initiative by Dorset Welfare Benefits Partnership

Dorchester

Sessions will operate on the fourth Thursday in each month, between 9am and 12.30 pm at Age UK Dorchester. To make an appointment, please contact Age UK Dorchester on 01305 269444 or at Rowan Cottage, 4 Prince of Wales Road, Dorchester DT1 1PW www.ageuk.org.uk/dorchester

Dates : 24th August and 28th September

Portland - Easton (an initiative with Island Community Action)

Sessions will operate on the **second Tuesday** in each month, between 10am and 12.15pm at Island Community Action, and will be by **appointment only**.

To make an appointment, please contact Island Community Action on 01305 823789 or at Unit 13, Easton Shopping Centre, Easton, Portland DT5 1EB.

islandcommunityaction@btconnect.com **Dates: 8th August and 12th September**

Weymouth

Sessions will operate on the **second Thursday** in each month, between 9.30am and 11.30am at Weymouth Community Safety Centre (new fire station), Radipole Lane, Weymouth, DT4 0QF, and will be by **appointment only**.

To make an appointment, please contact Age UK Dorchester on 01305 269444.

www.ageuk.org.uk/dorchester **Dates:**

No session in August, 14th September

Sherborne

Benefits and Advice sessions at The RendezVous, Sherborne

Drop-in each first Tuesday each month, between 10am and 12 at under Cheap Street, Sherborne, DT9 3BJ **Dates: 1st August and 5th September**

Bridport

Sessions will operate on the **first Wednesday** in each month, between 9.30am and 12pm at Age UK Dorchester shop in Bridport, 16 West Street, Bridport, DT6 3QP

To make an appointment, please contact our Bridport shop on 01308 424859

Dates: 2nd August ,6th Sep & 4th Oct



Dorchester Stitchers

We are an informal sewing group who meet on the first Monday of each month in the main hall of the United Church, South Street, Dorchester, from 2-4 p.m.

Expertise is shared, and occasional workshops are arranged, as are visits to relevant exhibitions.

We enjoy a cup of tea and a lot of friendly chat.

Annual subscription is £5 plus £1 per meeting to cover costs.

New members are always welcome

The Phoenix Carers Friendship Group

Whether you are caring for someone at the moment or have cared for someone in the past, this group is friendly and inclusive and open to all carers. The group meet on the third Monday of every month at 10.00am at Age UK Dorchester. The dates for the next meetings are Monday 21st August and Monday 18th September. Call Angie on 01305 269444 for more details. Please note that we will be serving a soup lunch at a cost of £1.50 at the September meeting.



Benefits Advice Session at Age UK Shop, Bridport

... an initiative by Dorset Welfare Benefits Partnership

Age UK Dorchester and Dorset County Council's Welfare Benefits Team are working together to help older Bridport residents to maximise their benefits entitlements.

Advice sessions will be held on the **first Wednesday** in each month, between 9.30am and 12.00 at Age UK Shop, Bridport, and will be **strictly by appointment**.

To make an appointment, please contact our Bridport Shop on **01308 424859** or at 16 West Street, Bridport DT6 3QP

Future dates: 2nd August, 6th September, 4th October

Lunch Club volunteer required

We currently need a volunteer for our Wednesday Lunch Club. This role involves helping to lay the tables, serving the lunches, clearing the tables and washing up. If you enjoy meeting people and would like to help out, please contact Lisa on 01305 269444 for an informal chat.



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Do you need to make or change a Will or Power of Attorney?

Every few months **Age UK Dorchester** has a **BY APPOINTMENT** surgery where individuals can come and ask an expert questions about wills, powers of attorney and other legal aspects of your home and finances. This is a **FREE** one-to-one surgery given by Kelly Payne, associate solicitor at Humphries Kirk solicitors. Next surgery:

Friday 6th Oct 2017 ... 9.30am to 3.30pm at Age UK Dorchester, Rowan Cottage, 4 Prince of Wales Road, Dorchester, DT1 1PW.

For further details of all **Age UK Dorchester** services, please telephone **01305 269444** or look at the website: www.ageukdorchester.org.uk

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