

Spring 2026 Newsletter

Hello from Sarah, our CEO



As we move into summer, I want to take the opportunity to thank all colleagues for your continued hard work, dedication, and commitment over the past year. The effort and professionalism shown across the organisation has been greatly appreciated.

Summer is a time of renewal and fresh focus, and it is also a good moment to reflect on our progress and look ahead. We continue to make positive strides in delivering high-quality services, improving outcomes, and strengthening how we work together across teams and departments. Whether through frontline delivery, behind-the-scenes support, or partnership working, your contribution is having a real and positive impact on people's lives. There are, of course, ongoing challenges, including operational pressures and the need to adapt to change. However, I remain impressed by the resilience, teamwork, and commitment demonstrated across our organisation. Your work makes a real difference every day. Looking ahead, our priorities remain focused on improving service delivery, supporting staff wellbeing, strengthening leadership at all levels, and continuing to develop a culture of openness, learning, and improvement and ensuring the long-term sustainability of the charity. We will also continue to invest in staff and volunteer development and ensure that people feel supported in their roles. Thank you once again for everything you do. I hope you are able to take time to enjoy the brighter days ahead as we move further into the summer months.

Sarah

Celebrating Volunteers

On 31st March, we gathered together to celebrate our incredible volunteers and recognise the invaluable contribution they make to Age UK Bournemouth, Poole and East Dorset.

Guests enjoyed a delicious fish and chip supper from Barnacles, followed by an excellent quiz hosted by our former Chair of Trustees, Chris Lockyer, as well as a raffle. The evening was filled with fun, laughter, and appreciation, ending with the presentation of our

Volunteer of the Year Award.

We received an amazing number of nominations for the award, making the decision incredibly difficult. After much consideration, we were delighted to announce Sandie Rose as this year's winner.

Sandie has been volunteering at our day centre since 2022 and has consistently shown exceptional dedication and enthusiasm.

Her willingness to support all aspects of the centre, combined with her positive attitude and hard work, makes her a truly valued member of the team.

Congratulations, Sandie! We hope your award takes pride of place and reminds you how grateful we are for your ongoing commitment and support.

We would also like to extend a heartfelt thank you to all of our wonderful volunteers. Your continued hard work and dedication are greatly appreciated, and our organisation simply would not be the same without you.

If you know someone who may be interested in joining our volunteering team, please direct them to the Age UK Bournemouth volunteering webpage or encourage them to email enquiries@ageukbped.org.uk for more information. The more, the merrier!

Volunteer opportunities include:

- Trustees
- Befrienders
- Day Centre Volunteers
- Making Memory Club Volunteers
- Minibus Escorts
- Exercise Class Volunteers



"I feel less lonely since attending the day centre, I had not realised how much I missed being with people"

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Client comments

You will see dotted throughout this newsletter quotes from our satisfied clients that we wanted to share with you all. It's great to know we are doing well!

"The day centre enormously reduces my feelings of loneliness and stops me looking back and feeling sad"

Feedback

Here is some of the feedback recently received regarding our our Cognitive Stimulation Therapy Classes.

What is your overall impression of the CST Service?

Excellent, would highly recommend to people in similar situations.

Good, it puts people in touch with others who are in the same situation.

Excellent, friendly and welcoming staff. Professional and caring, reassuring and make the sessions fun.

Have you noticed any difference in behaviour and attention span?

At the beginning of the CST course Mum was feeling very negative about her dementia and loss of memory and isolated, she now realises she is not alone.

Definitely seems happier in herself and she does have a better attention span.

Do you think there has been any improvement in their cognitive ability?

Yes, memory has improved and she is doing more for herself.

Yes, Mum will often suddenly remember an occasion in her past, a vivid memory of something which happened and talk about it.

Do you think we could improve the sessions in any way and if so, how?

Difficult to know how! I think the team have pitched the

tone of the sessions about right, perfectly. The guitar music is great. Also, the venue is good for access, parking, etc.

Please carry the group forward forever even with more members!

This just goes to show that the CST Sessions are really helping our community and helping those that need it.

A simple light lunch

With Summer in the air, thoughts are turning to light lunches/ brunch in the garden so here's a simple recipe to try.



Pizza on toast

Cheese on toast meets pizza in this easy peasy cheesy recipe – add whatever toppings take your fancy.

Ingredients

- 1 thick slice white or brown bread
- 2 tbsp pasta sauce, pizza topping, tomato salsa or passata thinly sliced chorizo, salami, ham, mushrooms or roasted peppers, sun-dried tomatoes, olives, jalapeños
- 30g/1oz cheese, such as grated Cheddar, ready-grated mozzarella, or a mixture

Method

- Preheat the grill to a medium-high setting. Place the bread on a baking tray or grill pan and grill on one side until lightly toasted.
- Turn the bread over and spread with the tomato sauce and top with the chorizo, mushrooms, or any other topping. Sprinkle with the cheese.
- Return to the grill for a further 2–3 minutes, or until the cheese melts and the toppings are hot.

And that's it – nice and simple, toasty tasty and great

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Socials



Don't forget to like our Facebook page and share our posts!

Every share helps us reach more people and increase the impact we can make within the community. If you're a member of other relevant groups, such as local community pages, please feel free to share our posts there too.

Find us at <https://www.facebook.com/AgeUKBPED/>

Service Charges

With effect from April 6th there has been a small increase to some of our Service Charges due to rising costs. Here is the current list:



SERVICES CHARGES 2026

Name of Service	Cost
Information & Advice	Free
Day Centre Monday	£45 (with Transport)
Day Centre Wednesday	£34.00 (with Transport)
Memory Clubs	£8 per session
Making Memories	Free
Community Connections	Free
Befriending	Free
Pub Clubs	£12 per session
Community Foot Care (First appt)	£32 includes equipment
Community Foot Care	£19.00 per treatment
Clinic Foot Care	£17.00 per treatment
Advanced Foot Care	£35 per treatment
Help at Home	£20.75 per hour
Health & Wellbeing Classes	From £8 per session

Fundraising

Fundraising plays a vital role in helping us continue our work, and we'd love to hear your ideas on how we can raise even more support.

We're looking to build on the fantastic fundraising already taking place across the charity, and your suggestions could help shape future



activities and events.

As the people who know our supporters, communities, and day-to-day work best, your ideas and experiences are incredibly valuable. Whether it's something you've successfully tried before, seen work elsewhere, or simply an idea you've been considering, we'd love to hear from you. We're particularly interested in ideas that are:

- Practical and cost-effective
- Engaging for our supporters
- Easy to organise or replicate across teams



Have you hosted a successful event in the past? Discovered a creative way to encourage donations? Or learned something useful from a fundraising challenge? Every idea and experience is welcome. Please send your suggestions to **Sarah Lloyd at sarah.lloyd@ageukbped.org.uk** or place them in the suggestion box at the office on **700 Wimborne Road**.

Be Balanced!

Our **Health & Wellbeing Manager, Jacquie Cooney**, has recently launched a new exercise class called Be Balanced. The class is designed for clients who would like to improve movement, build strength, and increase flexibility and balance.

Held every Thursday at 2:15pm at Canford Cliffs Village Hall, the class began on 7th May with a new instructor and places are already filling quickly. Sessions cost £8 each and must be booked in advance directly with Jacquie through the office. Please help us spread the word!

NEW exercise class!



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Time for Tea!

Make yourself a cuppa and chill out with our wordsearch – answers next time! There are 12 words to find listed below – how well will you do?

Words to find:

**Health; Wellbeing; Footcare; Community;
Connections; Day; Service; Help; Home; Volunteer;
Activities; Exercise**



Wimborne shop details

2 Jessop House
Mill Lane
Wimborne
BH21 1HG
Tel: 01202 076959
Open: Monday – Saturday 9:30am – 4pm

In our Parkstone shop they are in need of nice quality donations including jewellery, footwear, good quality clothing etc, there is also has a Vintage cabinet so is always thankful for Vintage collectables to fill that too!



Parkstone shop details:

247 Ashley Road
Poole
BH14 9DS
Tel: 01202 744997
Open: Monday – Saturday 9:30am – 4pm
Please visit our shops and introduce yourselves, especially if dropping off donations.

Charity shop shout out

Can you help support our charity shops in Parkstone and Wimborne?

Julia, Manager of our Wimborne shop, says they've been receiving lots of wonderful donations — so many, in fact, that she could do with a bigger shop! However, there is currently a particular need for good-quality men's clothing and footwear.

The shop is also looking for bric-a-brac items and everyday oddments such as knives, forks, spoons, teaspoons, single mugs, plates, and glasses. These are often items people don't think charity shops would want, but Julia says they are surprisingly popular, especially with people going camping who may only need one or two individual items.

"Since coming to the day centre, having a day out makes me feel much brighter. I no longer feel I have to talk to the GP about feeling depressed"

"Just wanted to say how pleased we are with Sandy. Dad really likes her and he is very happy with the arrangement. She is doing a great job and we are very grateful for this extra help!"

"I have something to look forward to in the week by attending the day centre, a chance to meet friendly people and I wouldn't come if I didn't enjoy it!"

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Our Services

We are a local charity supporting over 55s in Bournemouth, Poole, Christchurch & East Dorset

- **Help at Home**

Offering a helping hand for those aged 55 and over with everyday tasks from cleaning, gardening and tech support

- **Health & Wellbeing**

Activities to support your health & wellbeing including walking Groups, Yoga, Seated exercises, Pub Clubs

- **Dementia Services**

Services designed to help with cognitive issues through Memory clubs, CST groups, and Dementia Day Centre sessions on a Monday

- **Community Connections & Befriending**

Relieving loneliness by bringing people together to feel connected and supported.

- **Information & Advice**

We offer free confidential advice for you or your loved ones, signposting you in the right direction.

- **Day Services**

Let's Connect day services on Wednesday providing a welcoming comfortable social environment

- **Footcare**

Simple toe nail cutting and advanced footcare services in clinic and within the community

Get in touch today!

www.ageuk.org.uk/

bournemouthpooleeastdorset

01202 530530

