



Summer 2026 Newsletter

Hello from Sarah, our CEO



As we embrace the summer months, I'd like to take a moment to thank everyone for your continued hard work, commitment, support and care you give. Whether you're working behind the scenes, supporting those we serve, or giving your time in the

community your contribution makes a real difference.

The first half of the year has brought exciting opportunities, valuable achievements and, as always, plenty of learning along the way. None of this would be possible without the dedication and contribution of our people.

Summer is also a great time to pause, recharge and enjoy time with family and friends and I hope you're able to make the most of the glorious weather.

Thank you for everything you continue to do. I'm proud of what we are achieving together and excited about what the rest of the year will bring.

Sarah

Parkstone shop update

The Parkstone Charity shop was closed for essential repairs from Wednesday 12th August until Friday 28th August. If you have any donations, they will be very gladly received now that the shop has reopened.

Feedback from clients

We've received more great feedback from clients, which you will find throughout the Newsletter and to start things off, here is a lovely comment from Chris who is attending the new Be Balanced Exercise Class.



"I just had to say how much I'm enjoying the new balance class, it's brilliant bringing a spiritual side to movement taught in such a way that I can even practice it at home! It's such a contrast with the Wednesday seated class which, as you know, I also enjoy. The two together is for me a perfect combination. Many thanks to you (Jacquie) and AgeUKBPED for arranging the new class. Kind regards, Chris"

Quick Quiche

Our Help at Home Manager, Sarah Kynoch has sent in this quick quiche recipe for you to try.

Potato crust quiche

Ingredients

- White or Sweet Potatoes (enough to fill the base of a flan dish when mashed)
- 6 Eggs
- 1 tub of Cottage cheese
- Ham, Sweetcorn, cooked Broccoli, chopped Spinach (or own choice of veggies)
- Grated Mozzarella



Method

- Boil white or sweet potatoes until soft
- Use a fork to mash them flat in the bottom of your flan dish as the base
- Mix/whisk 6 eggs and a tub of cottage cheese to preferred texture
- Add ham, sweetcorn, cooked broccoli and chopped spinach (or own choice of veggies) to the egg mix and season
- Pour over the potato base
- Top with grated mozzarella
- Bake until golden at 180° for about 35 minutes

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Delicious hot or cold and for veggie options you could try Tomatoes or mushrooms, spinach, peas, asparagus, onions, peppers etc. Thank you Sarah, sounds perfect for a summer's day!

If you have a recipe you'd like to share please email it to donna.curtis-vincent@ageukbped.org.uk

Community Connections

Here's a lovely story from our Community Connections team shared by one of our support workers, Lindsey Hamilton.

One of our clients, Joy who is 101 years old was desperately in need of a haircut. Her hair had become matted and was full of hair grips - it must have been very uncomfortable for her!

With the help of the Community Connections team a hairdresser was found who treated Joy with kindness and patience while she cut and tidied her hair. Joy was very pleased with the finished result and felt much better afterwards.



The hair that came off of Joy's head.

In the Neighbourhood

We have recently joined the Neighbourhood Nextdoor platform for Bournemouth as a way of promoting our services wider into the community. Please join our group and remember to like and share our posts and

recommend our group on you local Neighbourhood group too.

To find our Nextdoor page go to:

<https://nextdoor.co.uk/pages/age-uk-bournemouth-poole-east-dorset-bournemouth-england/>



CST Class 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.



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Wordsearch solution

How did you get on with the wordsearch in the Spring Newsletter? Here are the words you needed to find along with the solution.

The words to find were: Health; Wellbeing; Footcare; Community; Connections; Day; Service; Help; Home; Volunteer; Activities; Exercise

S	K	C	W	D	H	N	S	M	H	R	R	F	M	P
N	J	K	E	J	E	N	A	E	K	F	K	O	I	M
H	P	U	L	H	L	E	B	M	X	U	H	O	E	M
Q	M	H	L	Z	P	Y	U	O	U	N	D	T	V	M
Y	V	K	B	F	U	O	K	R	C	D	E	C	M	N
V	Z	P	E	U	B	W	F	Y	E	R	M	A	U	M
O	A	T	I	E	U	K	O	R	M	A	E	R	H	C
L	S	B	N	W	I	P	U	U	N	I	N	E	E	P
U	G	J	G	I	Y	H	V	M	E	S	T	X	A	R
N	T	Q	R	X	S	T	G	R	O	I	I	W	L	K
T	M	K	G	H	O	M	E	W	Z	N	A	V	T	A
E	D	G	N	I	I	U	U	S	H	G	P	Q	H	T
E	J	G	N	A	C	T	I	V	I	T	I	E	S	M
R	R	Z	E	C	A	C	C	C	N	P	S	J	B	M
X	W	W	Y	Y	X	G	U	Z	W	Y	B	F	R	Z

No prizes for getting it right, just the satisfaction of finding the words!

Pub Clubs & why they matter

Did you know that over a million older people in the UK go for a month or more without speaking to a friend or neighbour? That is exactly why our Pub Clubs are such a lifeline. By meeting in a casual, familiar local pub, we break down barriers—especially for older men who might avoid traditional day centres. It is a simple formula: a hearty lunch, a change of scenery, and vital human connection that boosts both mental and physical wellbeing. For those that can't travel independently to the pubs we provide a transport service, which collects clients from home in specific geographical postcodes.

You don't need to be on the marketing team to help us reach isolated older people in our community. Here

are five quick and easy ways you can champion our Pub Clubs:

- **Distribute Leaflets Locally:** Grab a handful of flyers from the office and drop them off at your local GP surgeries, pharmacies, libraries, or church noticeboards.
- **Talk to Friendly Pub Landlords:** If you visit a local pub that isn't on our list yet, ask the landlord if they would be open to hosting one of our pub clubs and pass the details to the Health & Wellbeing Manager Jacque Cooney on jacque.cooney@ageukbped.org.uk
- **Share on Social Media:** Like, comment on, and share our official Facebook and Instagram posts about the Pub Clubs to boost our reach online.
- **Chat with Neighbours and Families:** Mention the clubs to friends, family, and neighbours—you never know who an isolated elderly relative might have who would love to join.
- **Send Us Your Marketing Ideas:** Have a creative idea for a local promotion or a new community partnership?

Every conversation you start could be the reason an older person takes their first step out of isolation! We want to keep our pub clubs thriving! If you have any innovative marketing ideas to reach more isolated older people, or suggestions on how we can expand or improve this service, we want to hear from you. Drop your thoughts, stories, or promotional ideas to Donna at donna.curtis-vincent@ageukbped.org.uk

New Class coming soon

A new seated balance exercise class will be starting soon. The class will be running in the Southbourne/ Christchurch area, and Jacque Cooney, Health & Wellbeing Manager is asking for anyone wanting to join to register their interest.

Contact Jacque via jacque.cooney@ageukbped.org.uk or call 01202 530530 to find out more.



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Out & About

In July, our Dementia Services Manager, Zoe Clayton-Moss attended the Longfleet Baptist Church Garden Fete to promote our services. The Longfleet Baptist Church is one of the locations where we run Making Memories and Memory Club services so, it was good to be able to support their event. It was a well attended event and Zoe was able to speak to potential clients and relatives about the Dementia services we offer and to spread the word to encourage new members.



Praise for Information & Advice

Our Information & Advice Team provide support and advise on a number of topics such as welfare benefits, finding a trades person, helping navigate the care system, housing issues and much more, so it is always great to receive feedback about the work they do. This is some feedback we received recently.

"Kathleen came into our office last week in tears and was in desperate need of some help and advice regarding her partner who wasn't very well. Our team helped to settle her and gave her contact details for people who could help with her situation. Kathleen popped back into the office and stated she feels everything is so much lighter and easier due to the help she has received for our team, since coming to us a week ago, one of the main issues they were having has been resolved and her partners quality of life is already improving and she feels a lot more optimistic after speaking to the team."

Information and Advice is the gateway to our services so it is hugely appreciated when we receive such positive feedback- Well done Team

A good day out

How about this for a different, interesting and fun day out with the family?

The Redlands Coppice- Home of the Hairy Coo Experience based just outside Dorchester at Piddletrenthide is a unique experience with the chance to learn, meet and find out all about Highland Cows!

Booking is essential to take part in a Highland Coos experience and can be done by emailing Redlands.coppice@gmail.com

gmail.com

To find out more about what's they have to offer check out the website at www.redlandscoppice.co.uk/highland-cow-experience

Thank you to Zoe Clayton-Moss for sharing this after her recent visit.



Summer Quiz

Here's a fun quiz for you to try whilst enjoying a cuppa!

1. What is the longest day of the year in the Northern Hemisphere?
2. Which fruit is famously associated with summer and picnics?
3. What vitamin do we primarily get from sunlight?
4. What is the most popular season for ice cream sales?
5. Which country is home to the Great Barrier Reef, a popular summer destination?
6. What type of insect is known for its buzzing sound on hot summer days?
7. What popular summer sport involves a net, a ball, and sand?
8. Which US holiday is celebrated on July 4th?
9. What is the name of the famous music festival held in the California desert each spring and summer?
10. What do you call a sudden summer rainstorm followed by sun?

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Answers in the Autumn Newsletter! If you have an idea for a puzzle or quiz you'd like to share in a future newsletter please email it to Donna, Marketing, Communications & Publicity Officer at donna.curtis-vincent@ageukbped.org.uk

Kind Comments

Thank you very much for all your hard work it has certainly been helpful. I used the gov.uk calculator to assess Inheritance tax and therefore Probate, but luckily neither appear to be applicable to me! I will certainly deal with the forms you have sent today as well, in order to clarify my financial situation. Thank you for your time."

A client's daughter called to say: "You've given my dad Sally as a Help at Home Assistant and he loves her visits."

Spreading the word

As well as this quarterly newsletter there are other ways you can find out about what we do : You can sign up for our marketing material through our website by joining our mailing list. Sign up yourself and spread the word – www.ageuk.org.uk/bournemouthpooleeastdorset/

Act now, Age better

Don't miss out on our latest health and wellbeing groups and activities

Health & wellbeing

Join our mailing list

Sign up for updates to our services, activities and events.

First Name:

Last Name:

Email:

Submit

We respect your [email privacy](#)

Giving Back

There are so many ways to give back to our communities, to others and to help those in need, and one of those is to give blood.

Our Business Support Manager, Sarah Breuer shared with us that she gives blood every 16 weeks. Sarah has found a local blood donation centre, The Life Centre just across the road from the offices at Wimborne Road. To start giving blood you need to sign up online at www.blood.co.uk where you will be asked some screening questions to see if you are able to give blood. Once this is done you can find your local centre, book and start giving blood to help others.



The Life Centre, 713 Wimborne Rd, Moordown, Bournemouth BH9 2AU opens 0830 - 1700 Monday to Thursday and 0830 - 1300 on a Friday and can be found at www.safeplaces.org.uk/member-schemes/bournemouth-christchurch-poole/bournemouth-life-centre-blood-donation-centre/ For giving up her time, around an hour, and get blood Sarah says she get free squash, mini cheddars and an uninterrupted lie down - making it even more worthwhile! You never know when you, a loved one, friend, colleague or client may find themselves needing blood so, why not get involved if you can. Thanks for sharing Sarah!

Volunteer for us!

We're looking for caring, friendly and reliable volunteers to join our team and help brighten the lives of the people we support. Volunteering with us is a wonderful



opportunity to spend time with others, build meaningful connections and make a positive difference. Whether it's having a chat over a cup of tea, joining activities, helping with social events or simply offering some friendly company, your time can mean so much. If you'd like to become part of our volunteer team, email enquiries@ageukbped.org.uk Give your time. Share a smile. Make a difference!



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bournemouthpooleeastdorset](http://www.ageuk.org.uk/bournemouthpooleeastdorset)

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 and gardening to 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 and CST groups

- **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**

Dementia Day Centre sessions on a Monday and Let's Connect on Wednesday, providing a welcoming comfortable social environment. Includes lunch, and transport from some areas

- **Footcare**

Advanced footcare services in our clinic and within the community as well as simple toe nail cutting

Get in touch today!

[www.ageuk.org.uk/
bournemouthpooleeastdorset](http://www.ageuk.org.uk/bournemouthpooleeastdorset)

01202 530530

