**How to … SOCIALISE**

To socialise, you need friends, and to get friends, you need to socialise!

Age UK Dorchester has revamped its daycentre/Social Club and caters for a variety of people and needs, and serves a number of different purposes, most of which are broadly preventive including:

* providing social contact and stimulation; reducing isolation and loneliness
* maintaining and/or restoring independence
* providing a break for carers
* offering activities which provide mental and physical stimulation
* promoting health and nutrition

Effective day services play a vital role in supporting individuals and in maintaining their contact with the community, and play a vital role in combating **social isolation and loneliness**, both for people living alone and people living with others.

Social contact may reduce the harmful effects of psychological stress, and even if physical quality of life is poor, older people can experience good emotional wellbeing, and a good mental quality of life.

**Age UK Dorchester** provides a Social Club, four days a week at Rowan Cottage in Dorchester, 9.30am to 3pm, including a very much appreciated home-cooked lunch.

Other activities include indoor bowling, art, quizzes, board games and reminiscence activities

If you or your relative would like to **attend,** **have fun, and to make new friends …** **or** would like to **volunteer** for one day per week, please contact:

Lisa Holmes on **01305 269444**

lholmes@ageukdorchester.onmicrosoft.com