

# THE COVERage

Welcome to the April Edition of our newsletter!

## Our Wonderful Welfare Benefits Team



Our Welfare benefits Managers Ellie (far left in photo) and Judith have the pleasure of leading our wonderful Welfare Benefits team pictured above, supporting older people to access the financial help they're entitled to from the comfort of their own home. We know that understanding the benefits system can feel overwhelming and that's exactly why we're here to help!

We offer benefit checks, clear guidance on eligibility, and a friendly ear to help clear up any confusion or poor advice. So many people miss out on benefits simply because they've heard incorrect information and our aim is to put that right!

Our dedicated team of 7 volunteers works directly with clients of State Pension age and above, visiting them at home to help apply for a range of benefits including:

**\* Attendance Allowance \* Pension Credit \* Council Tax Support \* Housing Benefit \* Revisions to existing DLA and PIP claims.**

We're also on hand to point people in the right direction when it comes to accessing social care and applying for a Blue Badge.

Every member of our team shares the same belief - that older people deserve to live comfortably and with dignity, and to get their entitlement for having paid into the system over their lifetimes.

Think you or someone you know could benefit from our support? Get in touch - we'd love to help!

Since 1st April 2025 the welfare benefits team, have achieved Annualised benefit awards totalling £1,443,275.60 for clients over State Pension age right across North South and West Dorset.

There is no charge to our clients to use this service and the service is not centrally funded. We are always grateful to receive donations to support our Welfare Benefits service.

A huge thank you to everyone who has supported us.

# What's Going On In April



North, South & West Dorset  
**ageUK**  
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## QUIZ NITE

**SUN 12<sup>TH</sup> APRIL**  
**7PM TO 9PM**

**TRUMPET MAJOR**  
**DORCHESTER**

TEAMS OF 4-6 PEOPLE  
£8.00 PER PERSON

CALL TO BOOK- 01305 269444  
EMAIL -  
fundraising@ageuknswd.org.uk



North, South & West Dorset  
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## Wellbeing & Nature Walks

Starting Friday 17<sup>th</sup> April  
Every Friday 10.30-11.30

Join us for some fresh air and walk around The Great Field and Poundbury

Set & Work to Your Own Goals  
Connect With Nature  
Refreshments after every walk  
Meet New People



£6 per session

To Book  
Call 01305 269444  
Email:wellbeingservice@ageuknswd.org.uk



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**RAFFLE** **CRAFTS**

## SPRING TIME FAYRE

**PLANT SALE** **CAKE STALL**

**GOOD FRIDAY**  
**APRIL 3<sup>RD</sup>**

**THE HUB, CROWN SQUARE,**  
**POUNDBURY**

**2.00- 4.00PM**



**MAKERS MARKET**

Discover Handmade Treasures!

**THE FIRST FRIDAY OF EACH MONTH**  
**FROM 3<sup>RD</sup> APRIL 2026**

**2.00PM -4.00PM**  
**AGE UK NSW DORSET HUB**  
**CROWN SQUARE**  
**POUNDBURY**

North, South & West Dorset  
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# Meet The Team!



## Community and Home Support

Hi, I'm Becky, Head of Community and Home Support at Age UK NSW. In my role, I oversee our home support service along with our community outreach work, including independent living support, volunteer coordination, and fundraising.

Our team supports clients both in their homes and out in the community. This can include companionship, helping people find the right services through referrals and signposting, light cleaning, and accompanying clients to appointments. We're a team of 15 dedicated and passionate people who always keep our clients at the heart of everything we do.



01305 269444



[enquiries@ageuknswd.org.uk](mailto:enquiries@ageuknswd.org.uk)



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

## Max Gate

Last week, we enjoyed a fantastic tour of Max Gate, the home of local author Thomas Hardy. The house, designed by Hardy in 1885, was where he wrote some of his greatest novels and poetry and where he lived until his death in 1928.

Our tour guide Peter was incredibly knowledgeable about Hardy and really brought the house to life. There were several Hardy fans in our group, and even two people whose parents had known Thomas Hardy personally!

After the tour, we enjoyed lunch at the Trumpet Major pub before heading home. Thanks to the everyone who came, especially volunteers Lesley and Louise, and to the Elmgrant Trust, whose funding made the trip possible.



## Volunteers needed

We are still looking for Volunteer Visitors in Weymouth and Portland to meet demand from isolated, older people in the area.

If you could spare an hour a week to have a cup of tea and chat, please contact Kathy on 01305 231 382 or click this link to apply: [Volunteer Application Form: Age UK North, South and West Dorset – Fill out form](#)



## Good Neighbours

Just a reminder that we have a team of Good Neighbour volunteers in Weymouth and Dorchester who can help with small, one - off tasks, such as changing batteries, sweeping a path or moving some light furniture. All our volunteers are DBS checked and there is no charge for the service, although we suggest a minimum donation of £3. We are not an emergency service, but will do our best to help!

To enquire, please call 01305 269 444



**Stop scammers getting through with a free  
Truecall call blocker**

Call Kathy on 01305 269444 for more information



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[enquiries@ageuknswd.org.uk](mailto:enquiries@ageuknswd.org.uk)



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

# Let Us Help You Improve Your Wellbeing



## IMPROVE YOUR WELLBEING



### Wellbeing Walks

Gentle walks around Poundbury & The Great Field  
Fridays 10.30am - 11.30am  
£6 Per Session - Activities & Refreshments

### Seated Exercise Sessions

Gentle seated movement to help balance, circulation & strength  
Tuesdays 1.30pm - 2.15pm  
Thursdays 1.00pm - 1.45pm  
£5 Per Session



### Pilates Group

Low-impact exercises focusing on core strength  
Tuesdays 12.00pm - 12.45pm  
Thursdays 9.15am - 10.00pm  
£6 Per Session

### Online Seated Exercise Sessions

Gentle exercise in the comfort of your home  
Use your smart phone, tablet or computer  
Thursday's 10.00am - 11.00am  
£4 Per Session



**Location: AgeUK NSWD, Crown Square, Poundbury, DT1 3EN**

**To Book Call 01305 269444**

**Email: [wellbeingservice@ageuknswd.org.uk](mailto:wellbeingservice@ageuknswd.org.uk)**

# Handyperson Service

**We Can Help With a Wide Range of Jobs**

General DIY Jobs  
Repairing Garden Posts & Fences  
Internal Repairs & Decorating  
Leaking Taps & Replacements  
Clearing Up Outside Spaces  
Gardening

You can also book us for regular weekly or monthly visits

Dorchester

Weymouth

North Dorset

Purbecks

£35 Per Hour +  
Travel Fee +  
Materials



**To Find Out More & Book Call 01305 269 444**

Email: [handyperson@ageuknswd.org.uk](mailto:handyperson@ageuknswd.org.uk)



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

## FOOTCARE

Tired, aching feet?  
Hard skin, or troublesome nails?  
We're here to help!

Our expert footcare service provides gentle, professional treatments to keep your feet healthy, comfortable, and looking their best. Whether you need routine maintenance or specialist care, we offer tailored treatments in a relaxing environment

### Our Services

-  **Initial assessment appointment**  
60 minutes- includes in-depth assessment of feet, first toenail cut, any treatments needed and moisturising mini massage £45
-  **Treatment appointment**  
45 minutes – includes toenail cut and footcare treatment recommended by footcare specialist £35
-  **Toe Nail Cut**  
30 minutes – basic toenail cut with moisturising mini massage £25

Clinic locations include Poundbury,  
Weymouth and Sherborne.

Contact Us



**01305 269 444**

**[footcare@ageuknswd.org.uk](mailto:footcare@ageuknswd.org.uk)**



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## Activity & Social Sessions

### Forget Me Not Group

For carers and service users

Wareham	Wareham Rugby Club	Mon 10.30-12.00	£2.50 per person
Swanage	Emmanuel Baptist Church	Weds 10.30-12.00	£2.50 per person
Dorchester	HQ – Poundbury	Mon 13.30-15.00	£2.50 per person

### Pilates Classes

For all ages and abilities

Dorchester	HQ - Poundbury	Tue 12.00-12.45	£6 per session
Dorchester	HQ - Poundbury	Thurs 09.15-10.00	£6 per session

### Seated Exercise

Gentle Movement to Music

Dorchester	HQ – Poundbury	Tue 13.30-14.30	£5 per session
Dorchester	HQ – Poundbury	Thur 13.00-13.45	£5 per session
Charlton down	Chestnut Court	Tue 15.45-16.30	£5 per session
Stalbridge	Village Hall	Tue 13.00-13.45	£5 per session
Dorchester	Glencairn House	Tue 14.30-15.15	Residents only
Portesham	Village Hall	Tue 13.00-13.45	£5 per session
Dorchester	Somerleigh Crt	Thur 14.00-14.45	£5 per session
Online	-----	Thur 10.00-11.00	£4 per session

### Dementia Day Service

Sessions designed for those potentially with Dementia / respite for carers

Dorchester	HQ - Poundbury	Weds 13.30-16.30	£25 per session
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### Brain Training

Designed to improve cognitive functions—such as memory, attention and problem-solving

Bridport	Bridport Youth Centre	Tue 13.30-14.30	£6 per session
Dorchester	HQ - Poundbury	Thurs 14.30-15.30	£6 per session
Blandford	British Legion	Thurs 11.30-12.30	£6 per session
Weymouth	The Acorns	Weds 13.30-14.30	£6 per session

### Coffee Club

Opportunity to socialise and meet new people

HQ	Poundbury	Thurs 10.30-12.00	£2.50 per person
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### Other Groups

Games Club	HQ-Poundbury	Wed- 12.00-13.00	£2.50 per session
Poetry Group	HQ-Poundbury	4 <sup>th</sup> Friday of each month Fri-10.30-12.00	£5.00 per session
Book Club	HQ-Poundbury	3 <sup>rd</sup> Monday of each month Mon-15.15-16.45	£2.50 per session
Singing group		Coming soon	