

THE COVERage

Welcome to our August Newsletter

Fantastic Quiz Night

A huge thank you to our incredible volunteers **Roy, Ellen and Emma** for hosting such a brilliant Quiz Night!

The evening was packed with fun, laughter, friendly competition, and a wonderful community spirit. The atmosphere was buzzing from start to finish, with everyone enjoying themselves and making fantastic memories along the way.

Not only was it a great night out, but together we also raised an amazing £160

We couldn't do it without the dedication, enthusiasm, and hard work of our volunteers. Thank you, Roy, Ellen and Emma, for making the evening such a success!

Everyone is welcome to our next quiz at the Famous Spa, Dorchester Road Weymouth DT35HF

On Thursday 10th September | 7:30pm Start



Friends, Fitness and Funky Socks!

Our seated exercise classes at Somerleigh Road in Dorchester are always full of fun and laughter. Our ladies and gents are a lively, friendly bunch who love to stay active while enjoying each other's company.

You'll often spot their colourful funky socks adding even more personality and smiles to the session! Everyone is welcome to join in, make new friends, and enjoy keeping fit in a supportive and cheerful atmosphere



Occasional Volunteer Keyboard Player required.

We are looking for a volunteer keyboard player to come along to our Coffee Club every 6 to 8 weeks to play so we can enjoy a sing along. The Coffee Club meets at the Age UK offices in Crown Square. Poundbury on a Thursday morning 10.30-12pm. We have the keyboard but need a player. If you can help, please email adavies@ageuknswd.org.uk or phone the office on 01305 269444.



A huge shout-out to these two wonderful young ladies right who generously gave up their time to make beautiful bracelets for our Age UK NSWSD store, helping to support our small independent charity.

From the bottom of our hearts, thank you, Florence Greenaway and Betsy Greenaway, for your kindness, creativity, and community spirit. Your hard work and generosity are truly appreciated.

Thank you we are so grateful for your support.



A Day of Conversation, Connection and Community



It was a pleasure to chat with so many people, share information about the services, activities, and support available through Age UK NSWSD, and connect with members of the local community.

We were also delighted to sell some beautiful handmade craft items created by our talented and dedicated volunteers.

A huge thank you to everyone for their warm welcome, interest, and support—it was lovely to showcase the fantastic work of our volunteers while raising awareness of the services we offer.



01305 269444



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Good to meet you!

Here is our new volunteer visitor, Martha (right), meeting her client, Pauline (left), for the first time. 90-year-old Pauline still lives independently in her own home but only has her little dog, Gigi, for company. Our Independent Living Service was able to introduce Martha who will now visit every week for a cuppa and a social chat. Pauline said "It's very lonely when you have no one to talk to." We hope Pauline will no longer feel so lonely now.

If you have an hour to spare each week and live in the Weymouth or Dorchester area, why not consider becoming a volunteer visitor for us? It's very rewarding. Just pick up the phone and dial 01305 269444 or email enquiries@ageuknswd.org.uk



Thank You to Warmwell House



We would like to extend our sincere thanks to everyone at Warmwell House for welcoming Age UK North, South & West Dorset to your recent event.

It was a pleasure to be part of such a friendly and well-organised day. We truly appreciated the warm hospitality shown to us and the opportunity to meet members of the community. Events like these are invaluable in helping us connect with people, raise awareness of our services, and strengthen community relationships.

Thank you for making us feel so welcome. We look forward to working together again in the future and supporting more opportunities that bring people together.



What's Going On!

North, South & West Dorset
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Coffee Morning with Jenny at the Hub

Talking about her career in music and a sing along



Thursday 10th September,
11am - 12.30

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BINGO

AND AFTERNOON TEA

£12.50

Join us for an unforgettable afternoon of excitement and the thrill of the win at Bingo games! Get your daubers ready and mark your calendars for an afternoon filled with anticipation and fun

PRIZE	FOOD	FUN
 Friday 18th September, 1.30pm	 Age UK Hub, Crown Square Poundbury DT1 3EN	

To Book call 01305 269444 or email; wellbeingsservice@ageuknswd.org.uk
Please let us know of any dietary requirements

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Monthly FUN QUIZ

2nd Thursday of the month
Thursday 10th September 7:30pm

Famous Old Spa
Dorchester Rd
Weymouth DT3 5HF
Teams Max 6 People

£5 per Person
(£4 in Advance)

Entry includes 20% Discount on Food

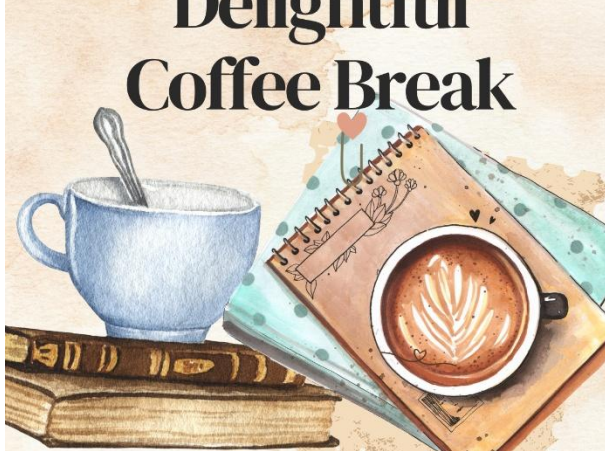
CALL to Book 01305 269444
Email: quizinaidofdsaa@btinternet.com
or: fundraising@ageuknswd.org.uk
or pay on the Door, Cash or Card



North, South & West Dorset
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Delightful Coffee Break

Wednesdays 11.30am-1.00pm



AgeUK North, South & West Crown Square
Poundbury Dorchester DT13EN
£2.50

What's Going On!



**MAKER'S
MARKET/CREATIVE
COFFEE AFTERNOON**

THE FIRST FRIDAY OF EACH MONTH

2.00PM - 4.00PM

AGE UK NSW DORSET HUB
CROWN SQUARE
POUNDBURY

Discover Handmade Treasures!

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✦ Singing Together: A Group for
People with Dementia & Their Carers ✦

Starting Tuesday 8th September at 10am then
every Tuesday thereafter. At the Age UK Hub,
Crown Square, Poundbury. £3.50 per person



These sessions
offer a wonderful
opportunity for
individuals living
with dementia and
their carers to
connect through
the joy of music.
Singing can evoke
memories, improve
mood, and enhance
well-being



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Celebrate National Dog Month in August by
participating in our exciting competition to
find the cutest, best dressed, and best dog
name! Show off your furry friend's charm by
dropping a picture of your dog into the
Dorchester hub or emailing it to
rcraig@ageuknswd.org.uk. Whether your
canine companion is sporting an adorable
outfit or boasts a unique name, we want to
see it! Fantastic prizes are up for grabs, so
don't miss this chance to spotlight your pup's
personality.



New Class!



Brain Training

North, South
& West Dorset
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Brain training (also known as Maintenance Cognitive
Stimulation Therapy) is a proven programme of group
activity and stimulation suitable for those with mild cognitive
impairment, early stage dementia or memory loss.



Regular attendance can increase quality of life,
enhance communication skills and help with low
mood. The sessions are held in small groups and
focus on you rather than the memory loss.

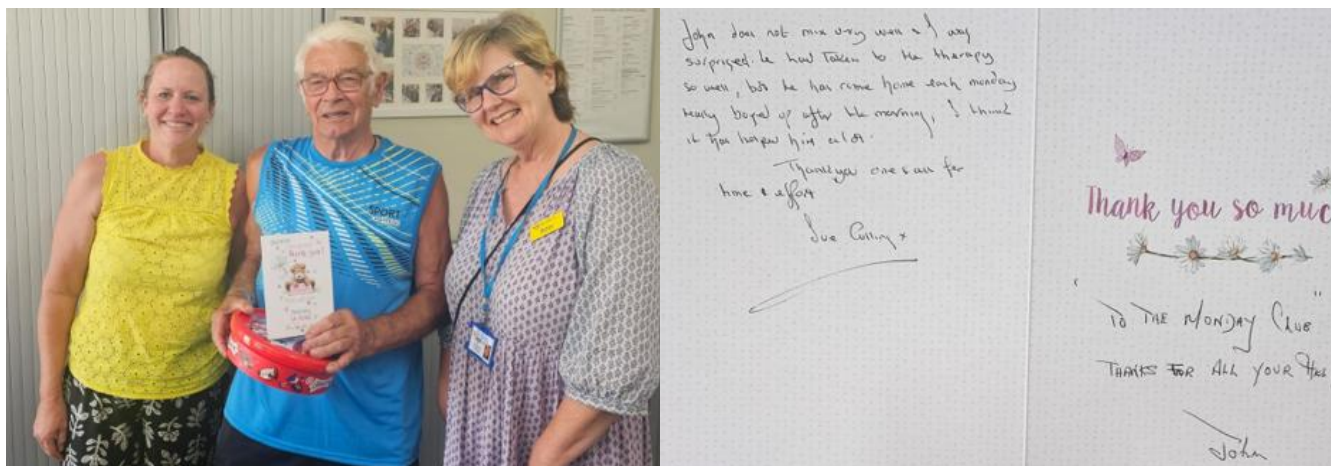
**New 7 week course starting in Fernbrook Lodge,
Gillingham 5th August 10.30-11.30am**

£6 Per session or £35 for the 7 week course. For More Information,
or to book,

Call 01305 269444

Passion, Purpose and Community

This is why we love what we do at Age UK NSW. Every day, we have the privilege of making a difference, bringing people together, and supporting our community. Seeing the smiles, friendships, and positive impact we create reminds us why we are so passionate about our work. It truly comes from the heart.



Thank You! Dorchester Cricket Club



Cricket, live music, a mystery auction DJ, great food, cold drinks, and a brilliant crowd!

Dorchester Cricket Club certainly knew how to put on a fundraiser.

We are so incredibly grateful to Mark ADO and The drawing office for supporting Age UK North, South & West Dorset for a second year, alongside James Newsam Construction, Joe Newton Electrical, and PHS.

To everyone who organised, sponsored, performed, donated, bought, bid, danced, cheered or simply came along: thank you. You made it a fantastic day, and your support will make a difference to local older people.

Wellbeing Groups & Classes



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



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Furzedown Farm Brings Joy to Our Wednesday Dementia Group



Earlier this month our Wednesday Dementia Group had some very special visitors from Furzedown Farm, whose work is all about changing lives through meaningful connections with people, horses and nature.

The ponies were an absolute hit, and the photos say it all.

Our Wednesday group runs every week from 1.30pm–4.30pm and offers a welcoming, supported activity session for people living with dementia or cognitive impairment.

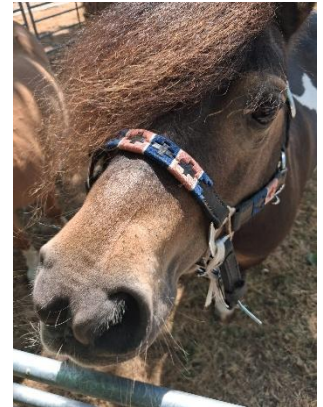
Led by our trained team, sessions are built around connection, enjoyment and meaningful activity, while also giving family carers a few valuable hours to themselves, knowing their loved one is safe, supported and engaged.



Some weeks it's music, reminiscence, games or creative activities.
And apparently, some weeks... it's ponies.

A huge thank you to the team at Furzedown Farm for bringing something so special to the group.

If you're caring for someone living with dementia and think this kind of support could help, get in touch with us to find out more.



If you would like to learn more about this group or the other support services we offer, please call us on **01305 269444** or email wellbeing@ageuknswd.org.uk

Cognitive Stimulation Therapy – Every Mondays in Dorchester

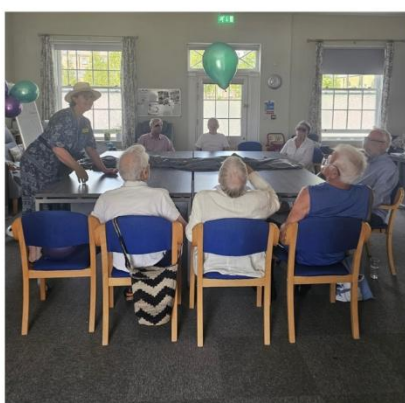
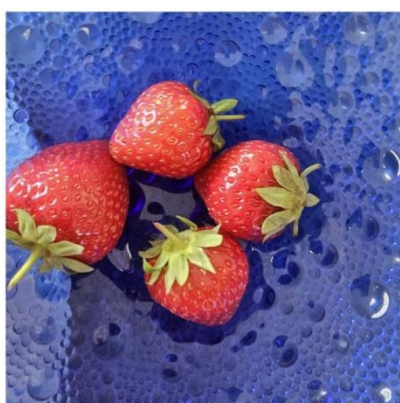
Our CST Training Group in Dorchester enjoyed a lively and engaging session on Mondays.

Our group spent the day discussing past and present professional tennis players, sharing memories and favourite sporting moments. The conversation sparked plenty of interest and friendly debate among the group.

To complement the tennis-themed discussions, everyone also enjoyed fresh strawberries with their refreshments, making for a wonderful and enjoyable afternoon together.

If you would like to know more about this group please call contact us on

tel: 01305 269444 or email: wellbeing@ageuknswd.org.uk



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Need Help Looking After Your Feet?



EVERYTHING STARTS FROM YOUR FEET

FOOTCARE SERVICE

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

Proper footcare helps prevent falls, reduce pain from age-related changes, manage chronic conditions like diabetes, avoid infections from dry or broken skin, and maintain healthy toenails.



Book Today

01305 269 444

Email: footcare@ageuknswd.org.uk



Connecting with the Community at the Dementia and Wellbeing Fair



Rachel our Dementia & Carer Lead and Hils our Independent Living Coordinator attended the Dementia and Wellbeing Fair at the Redlands Community Centre in Weymouth. The event was well attended and provided an excellent opportunity to engage with members of the local community, carers, and partner organisations.

Throughout the day, our information stall received a high level of interest, enabling us to provide advice, information, and signposting to a range of local services available to people living with dementia, their families, and carers. We were able to raise awareness of available support and help individuals access appropriate resources within the community.

As part of the programme, Rachel delivered a presentation on dementia, offering an informative overview of the condition, including its impact on individuals and families. The session also shared practical strategies for supporting people living with dementia and highlighted the range of local services and support networks available. The presentation was well received and generated positive engagement, helping to increase understanding of dementia and promote access to ongoing support within the local area.

The event was a valuable opportunity to strengthen community awareness, build local connections, and ensure people affected by dementia are aware of the support available to them.



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 (LS)
Swanage	Emmanuel Baptist Church	Weds 10.30-12.00	£2.50 per person (LS)
Dorchester	HQ – Poundbury	Mon 13.30-15.00	£2.50 per person (SB)

Pilates Classes

For all ages and abilities

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

Seated Exercise

Gentle Movement to Music

Dorchester	HQ – Poundbury	Tue 13.30-14.15	£5 per session (DB)
Dorchester	HQ – Poundbury	Thur 13.00-13.45	£5 per session (AD)
Charlton Down	Chestnut Court	Thurs 15.45-17.00	Residents Only (LS)
Stalbridge	Village Hall	Tue 13.00-13.45	£5 per session (SW)
Dorchester	Glencairn House	Tue 14.00-14.45	£5 per session (LS)
Portesham	Village Hall	Tue 13.00-13.45	£5 per session (JW)
Dorchester	Somerleigh Crt	Thur 14.00-14.45	Residents Only (DB)
Online	-----	Thur 10.00-11.00	£4 per session (JW)

Dementia Day Service

Sessions designed for those potentially with Dementia / respite for carers

Dorchester	HQ - Poundbury	Weds 13.30-16.30	£25 per session (AD)
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Brain Training

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

Bridport	Bridport Youth Centre	Tue 11.00-12.00	£6 per session (AD)
Dorchester	HQ - Poundbury	Thurs 14.30-15.30	£6 per session ((AD)
Blandford	British Legion	Thurs 11.30-12.30	£6 per session (SW)
Weymouth	The Acorns	Weds 13.30-14.30	£6 per session (SB)
Weymouth	Bethany Hall	Tue 15.45 – 16.45	£6 per session – (DB)

Coffee Club

Opportunity to socialise and meet new people

HQ	Poundbury	Thurs 10.30-12.00	£2.50 per person (AD)
HQ	Poundbury	Weds 11.30-13.00	£2.50 per person (DB)

Other Groups

Wellbeing Walking Club	HQ - Poundbury	Fri 09.30-10.30 (DB)	£5
Poetry Group	Re-starting in September	Re-starting in September	
Games Club	HQ - Poundbury	Wed- 11.30-13.00 (DB)	£2.50
Book-Club	3rd Monday of each month	Mon 3.15-4.45 (KOB)	£2.50

To Book Call **01305 269 444** or email wellbeingservice@ageuknswd.org.uk