

# THE COVERage

Welcome to the February Edition of our newsletter!



**Help at Home**

We offer friendly, reliable support to help you stay independent and comfortable in your own home. Whether you need a one-off job or regular assistance, our caring team is here for you.

Our Services Include:

- Shopping & errands
- Laundry & cleaning
- Companionship & social visits
- Help with appointments & outings

Let us lend a hand so you can focus on the things that matter most.

☎ Call us: 01305 269 444

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



01305 269444



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## Cake Concerts across Dorset

### Dementia Friendly events with Bournemouth Symphony Orchestra & Artsreach

As part of its new spring programme, and with support from the Talbot Trust, rural arts charity Artsreach is set to work with communities across Dorset in partnership with Bournemouth Symphony Orchestra to host a series of *Cake Concerts* - relaxed chamber performances which take place in informal, social environments, combining easy-listening repertoire with refreshments, cake and good company.

BSO Cake Concerts demonstrate the power of music to connect people, rekindle relationships with loved ones, and even recall past experiences. Specifically developed for people living with dementia, *Cake Concerts* are open to everyone, whether living in the community or in care and residential homes.

Performing on flute, harp and cello, the Teatime Trio will share a selection of works including popular classical hits and light film music, while audience members enjoy refreshments and a slice of cake.

These Cake Concerts have been specifically developed for people living with dementia, but open to all.

This spring, Dorset's rural arts charity, **Artsreach**, will work with communities to host six *Cake Concerts* as part of its new spring season as follows:

#### Performances start at 11am

- Wed 11 February: Child Okeford Village Hall
- Fri 20 February: Pine Martin Grange, Wareham
- Wed 25 February: Milborne St Andrew Village Hal
- Thur 5 March: The Mowlem, Swanage
- Wed 11 March: The Exchange, Sturminster Newton
- Wed 18 March: Woodlands Village Hall



For more information contact Kerry Bartlett: 01305 269512; email [kerry@artsreach.co.uk](mailto:kerry@artsreach.co.uk)



# Summer Fayre - Save The Date

We are pleased to announce the return of our fantastic Summer Fayre for 2026.

The event will be held Sunday 12<sup>th</sup> July in the Great Field, Poundbury.

There will be arts and crafts, various stalls, and traders, children's rides, fun and games and much more. Full details will be issued shortly.



Save the Date

## Summer Fayre 2026

Sunday 12<sup>th</sup> July 10am - 4pm

The Great Field, Poundbury

Full Details to Follow

Family Fun Day Out

Fun Fair | Arts | Crafts | Food | Drink and More...

Free Entry



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## NEW Pilates Sessions for 2026

Our new Pilates sessions in our HUB at AgeUK North South & West Dorset are proving really successful and well attended.

The group meets every Tuesday 12:00pm – 13:00pm.

To join us call **01305 269 444** or email **wellbeingservice@ageuknswd.org.co.uk**



Please book a place in our new Pilates class run by Rachel Newton. Rachel has 17 years of experience as a fitness instructor and personal training. Her vast amount of knowledge will help you achieve your personal goals and improve your lifestyle.

For more information or book your place please call 01305 269444



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# Poundbury Footcare Clinic Now 5 Days A Week



## NEW FOOTCARE CLINICS IN POUNDBURY

**Clinics Now 5 Days per Week**

Monday to Friday

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, Sherborne and more.



**Book Today**

**01305 269 444**

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



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## Dementia Awareness & Support Sessions

The session dates for our 1 day Dementia Awareness & Support Sessions are set for the whole of 2026. The next few dates are Friday 20th Feb, Friday 20th March.

See dates and book online: <https://age-uk-dorchester.sumupstore.com>

The course is £40 per person to help us cover the trainer, materials, and refreshments.

# Dementia Awareness & Support Sessions



**A 1 day course to help understand & support individuals with or without a diagnosis of Dementia**

### Course Content

What is dementia and the various types | Symptoms and behaviours | Effective communication strategies | Practical approaches to support individuals and much more.....

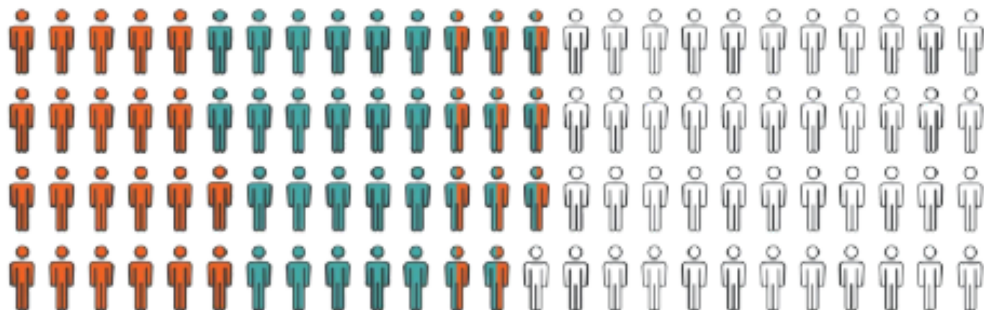
### Anyone Can Attend

Carers, Family & Friends | Workers in Health & Social Care | GP Staff | Dentistry Staff | Volunteering & Charity Organisations | Care Staff

**1 IN 2 OF US WILL SEE OUR LIVES DEVASTATED BY DEMENTIA.**

Either by...

**DEVELOPING IT OURSELVES,** **CARING FOR SOMEONE WHO HAS IT,** **OR BOTH.**



Alzheimer's Research UK

**Book Online: [Ageuk.org.uk/northsouthwestdorset](https://ageuk.org.uk/northsouthwestdorset)**

**Call 01305 269 444 | Email: [wellbeingsservice@ageuknswd.org.uk](mailto:wellbeingsservice@ageuknswd.org.uk)**

Location: AgeUK NSWd HQ, Unit 1-2, 5 Crown Square, Poundbury, DT1 3EN

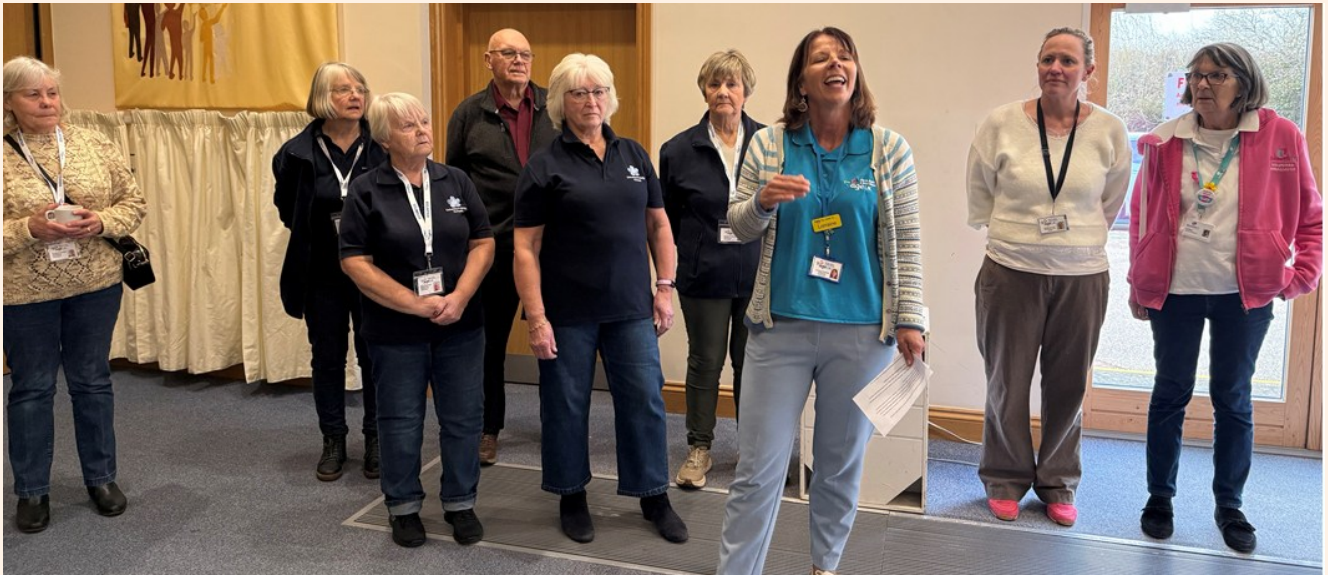
## New Dementia Support Group Launches in Swanage

On 14 January, a new dementia support group, ***Forget Me Not***, was officially launched in Swanage. Developed in partnership with Dementia Friendly Purbeck, the Admiral Nurse for Purbeck, and Dementia UK, this group aims to build on the success of the established Wareham sessions by providing vital support for people living with dementia and their carers.

The Swanage group offers a safe and welcoming environment where attendees can access guidance, share experiences, and take part in stimulating, enjoyable activities. The launch event was well attended, with over 30 participants joining our dedicated facilitator and volunteers. Guests celebrated the occasion with refreshments and a specially made cake.



***Forget Me Not* sessions will run every Wednesday from 10:30 am to 12:00 pm at Emmanuel Church, Swanage.** A small contribution of £2.50 per person includes refreshments. All are welcome to attend and become part of this supportive community.



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## Handyperson

Our handyperson service has been very busy over the past month helping repair garden fences and damage caused by the recent severe weather. We can help with many different jobs both inside and outside your property.

To find out more call us on 01305 269 444 or email [handyperson@ageuknswd.org.uk](mailto:handyperson@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

£30 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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## Stop Scam Calls with a free call-blocking device.

Are you bothered by unwanted scam callers? Do you know someone who is vulnerable to telephone fraud? We can help by installing a call-blocking device free of charge, if you meet one of the following criteria:

- you are considered vulnerable
- you have memory issues or a diagnosis of dementia
- you have previously been a victim of fraud
- you have a long-term health condition you live alone



**Here is what some of our clients have to say:**

***"The Call Blocker has been amazing- no scam calls at all since it was fitted last week"***

***"I am really pleased as all scam calls stopped immediately"***

This project has been made possible through funding from the OPCC and support from Dorset Police.



**For more information or to book a call blocker installation please contact Kathy 01305 269444**

## Is there a task that you are struggling to do?

Volunteers from our Good Neighbour service might be able to help. Tasks such as sweeping up leaves on slippery paths; hanging curtains; changing a lightbulb; replacing batteries in remote controls or hearing aids; collecting a prescription; basic computer problems; taking up a hem on a skirt or pair of trousers; replacing buttons; taking some rubbish to the tip; re-tuning a television.

**Just ask us and we shall see if we can help!**

We do not charge for this service but our volunteers will give you a donation envelope and we suggest a minimum donation of £3.

***If you live in Dorchester or Weymouth and have a task that needs sorting, do call us on 01305 269444 and let's see if we can help.***



## Household Support Fund

The Household Support Fund (HSF) is funded by the Department for Work and Pensions (DWP). Councils are given an allocation of this funding to help the residents in their area. The Household Support Fund for Dorset County Council is a one-off payment of £150 per household.

To Find Out More Visit Our Website: [Ageuk.org.uk/northsouthwestdorset](https://www.ageuk.org.uk/northsouthwestdorset)



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## Events Programme for 2026

We are pleased to be able to advertise our 2026 programme of events. We are running a vast array of activities and events throughout the year and everyone is welcome. Below is the programme of events for each month. Call us on 01305 269 444 or email [enquiries@ageuknswd.org.uk](mailto:enquiries@ageuknswd.org.uk) to find out more or to provisionally book an activity.

### 2026 YEAR PLANNER FOR AGE-UK NSW DORSET - EVERYONE WELCOME!

For Full Details Call Us on **01305 269 444** or email [enquiries@ageuknswd.org.uk](mailto:enquiries@ageuknswd.org.uk)

<b>February</b>	February is valentines	Join us in February for free chocolates and a cup of tea
<b>March</b>	5 <sup>th</sup> March World Book Day	Please feel free and check out our book collection or join our book club
	Friday 6 <sup>th</sup> March 10.00am-12.00pm	Gardening club (starting) £6.00 <small>Buy tickets online or Call 01305 269 444</small>
	Friday 27 <sup>th</sup> March 1.00am-3.00pm	Afternoon cream tea & flower arranging £12.00 <small>Buy tickets online or Call 01305 269 444</small>
<b>April</b>	(GOOD FRIDAY) 3 <sup>rd</sup> April 2.00pm-4.00pm	Easter spring fayre with luxury raffle (£1 per ticket) <small>Buy tickets online &amp; on the day</small>
	Tuesday 7 <sup>th</sup> April World Health Day	Age UK- NSW Dorset are all about Health. Throughout the month of April please make an appointment with one of our team to see how we can help
	Friday 17 <sup>th</sup> April 10.30am-11.3am	Well-being walks around Poundbury and the Great Field £5.00 <small>Buy tickets online or Call 01305 269 444</small>
<b>May</b>	Friday 15 <sup>th</sup> May International Day of Families	Our lovely activities groups will be making gift cards and special messages for our families and loved ones
<b>June</b>	Monday 8 <sup>th</sup> – Sunday 14 <sup>th</sup> June National Carers Week	Our carers deserve to be pampered. Take this opportunity to make an appointment and have a chat with free cake throughout June
	Friday 19 <sup>th</sup> June 11.30am-1.00-pm	Brunch club & guest speaker £10.00 <small>Buy tickets online or Call 01305 269 444</small>
<b>July</b>	Friday 3 <sup>rd</sup> July 10.00am-1.00pm	Online Safety & IT Help/Assistance Session £10.00 <small>Buy tickets online or Call 01305 269 444</small>
	Monday 30 <sup>th</sup> July internation Day of Friendships	Please feel free to bring a friend along for free throughout July to any of our activities and events
<b>August</b>	August is National Dog Month	Pop in the hub anytime so we can spoil your furry friends with a treat and take the opportunity to win our cute dog competition running through August
<b>September</b>	Friday 4 <sup>th</sup> September National Food Bank Day	The hub will be donating food for the local food bank. Please feel free to call in and drop off any food donations
	Friday 25 <sup>th</sup> September 11.30am-3.30pm	Macmillan coffee morning /Age UK got talent £10.00 <small>Buy tickets online or Call 01305 269 444</small>



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October	Saturday 3 <sup>rd</sup> October National Poetry Day	Throughout the month of October, please ask for information if you would like to join our poetry club or join our activities team
	Friday 16 <sup>th</sup> October 2.00pm-4.00pm	Harvest festival /music food share Scarecrow competition <small>Donations</small>
November	Friday 6 <sup>th</sup> November 4.00pm-6.00pm	Winter fashion clothes swop £10.00 Bring 3 Take 3 Quality Items + Cheese & Wine + Nibbles <small>Buy tickets online or Call 01305 269 444</small>
	Sunday 8 <sup>th</sup> November Remembrance Sunday	Please call for information if anyone needs help attending remembrance Sunday. As spaces are limited, please try and book well in advance
	Friday 13 <sup>th</sup> November World kindness Day	Throughout November we will be doing a gift of kindness and offering complimentary 1-1 sessions on well being
	Saturday 28 <sup>th</sup> November 10.00am-12.00pm & 1.00pm-3.00pm	Wreath designing £40 <small>Buy tickets online or Call 01305 269 444</small>
	Sunday 29 <sup>th</sup> November 10.00am-12.00pm	Wreath designing £40 <small>Buy tickets online or Call 01305 269 444</small>
December	Friday 4 <sup>th</sup> December 11.30am-2.30pm	Christmas Party / Carol Service £10.00 – All Welcome! Mince Pies, Mulled Wine, Warm Drinks <small>Buy tickets online or Call 01305 269 444</small>
	Thursday 10 <sup>th</sup> December Christmas Jumper Day	Join in the fun throughout December in our Christmas Jumper competition. All donations will go to Save the Children. There are prizes to be won
	Friday 18 <sup>th</sup> December 2.00pm-4.00pm	Volunteers Christmas party

For Full Details Call Us on 01305 269 444 or email  
[enquiries@ageuknswd.org.uk](mailto:enquiries@ageuknswd.org.uk)

## Volunteer Opportunities

Do you have some time to spare? Would you like to support our local community? Come and join our friendly volunteer team!

We are currently looking for:

- Help with fundraising, events and crafts.
- A regular volunteer at our Wednesday games club in Poundbury
- Volunteer Visitors in Weymouth
- A volunteer to help with admin in our Poundbury office
- Help at our CST ( Dementia Support) group in Sherborne



For more information, please phone Kathy on

01305 231 382 or email [volunteerenquiries@ageuknswd.org.uk](mailto:volunteerenquiries@ageuknswd.org.uk)

## New Seated Exercise Group in Poundbury

Exercise classes help keep you active. Regular activity and exercise can support you in maintaining balance, strength, circulation and posture.

The groups are also a fantastic opportunity to socialise with other people.

Classes are £5 per session and will be on a weekly basis at  
Age UK NSW, 5 Crown Square, Poundbury, DT1 3EN.

To find out more and to register for any of the groups call  
01305 269444 or email [wellbeingservice@ageuknswd.org.uk](mailto:wellbeingservice@ageuknswd.org.uk)

# Seated Exercise Classes

Gently exercise whilst seated to help balance, circulation,  
strength & posture

Work to your own ability

Do as much or as little  
as you like

Dementia friendly



**Tuesday's 1.30pm - 2.15pm**

AgeUK NSW, 5 Crown Square, Poundbury, DT1 3EN

£5 per session - pay by cash or card

**To Book**

**Call 01305 269444 | Email: [wellbeingservice@ageuknswd.org.uk](mailto:wellbeingservice@ageuknswd.org.uk)**

Age UK North, South & West Dorset  
Charity Number 1142519



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