

# THE COVERage

Welcome to the July Edition of our newsletter!

## Celebrating Volunteers Week

The beginning of June marked Volunteers' Week, a national celebration of volunteering. On Monday, 1 June, our volunteers were invited to a "thank you" cream tea at the Hub in Poundbury — a wonderful opportunity to catch up and connect.



Later in the week, Volunteer Coordinator Kathy went "on tour", meeting volunteers in Stalbridge, Blandford, Weymouth and Wareham. She was also delighted to present four volunteers — nominated by Age UK NSWD staff — with a special "Hidden Heroes" certificate from Room to Reward, an organisation that enables volunteers to access donated hotel stays.

Finally, a huge thank you to volunteers Paul, Ellen, Lynn and Pam, who shared their volunteer stories on social media.

"I am always amazed by the dedication and generosity of our volunteers," said Kathy. "We are incredibly fortunate to have such a wealth of expertise underpinning our services. Our volunteers provide over 1,000 hours of support each month to older people in the local community — we simply could not do what we do without them."



Chris and Claire Pilkington two of our volunteer visitors



Dave Burstow one of our Good Neighbour and office volunteer



Hazel Ingram (left) and Christine Stevens (right) two of our Dementia Support Volunteers



Kay Wilcox (left) one of our Dementia Support Volunteers and Wellbeing Facilitator Sara Bonnar



Julie Otter (right) one of our Wellbeing Volunteers and Wellbeing Facilitator Sarah Weech



Pat White (right) one of our Dementia Support Volunteers with Wellbeing Facilitator Lorraine Slowther



Ita Larcombe (left) and Claire Staveley (right) Two of our Dementia Support Volunteers with Alice Davies our Dementia Carers Coordinator



If you would like to join our fantastic volunteer team, please contact Kathy on 01305 231 382 or email [volunteerenquiries@ageuknswd.org.uk](mailto:volunteerenquiries@ageuknswd.org.uk)

**Could you do with some help from our Good Neighbour Volunteers?**

Our volunteers can carry out 'one off' task requests in your home if you have nobody else to help you. Tasks can be anything from changing a lightbulb, to putting up curtains, or to erect a new rotary clothes line.

**Currently this service covers the Dorchester and Weymouth areas only.**

We do not charge but suggest a £3 minimum donation to contribute towards the administration costs.

Tell us about your task via tel: 01305 269444 or email: [enquiries@ageuknswd.org.uk](mailto:enquiries@ageuknswd.org.uk) and if Good Neighbours can help, they will!

**During 2025 Good Neighbour Volunteers visited 50 people**

## Helping Our Community Stay Scam-Safe

Kathy O'Borne our Volunteer Coordinator spoke to residents of Dorchester Almshouses last month about how to avoid online and telephone fraudsters. There was a great, open discussion about people's experiences of scams and Kathy was able to answer questions and distribute some really helpful Age UK pamphlets. Kathy also offered residents the opportunity of having a call-blocking device installed free of charge to their landline. This service is available through funding from the OPCC and with support from Dorset Police



If you would like a talk about Frauds and Scams at your organisation, or are interested in a free call-blocker, please phone 01305 269444 or email [enquireis@ageuknswd.org.uk](mailto:enquireis@ageuknswd.org.uk)



“A huge thank you to all our wonderful volunteers who helped on the Great Fields in Poundbury, working alongside the Lions Club. A special shout-out goes to our

fantastic craft ladies for creating such beautiful items.

It was a very successful day, full of fun and enjoyment—thank you all once again!”

Debbie

# NEW Brain Training Group

NEW CLASS!



## Sherborne Brain Training

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. Activities (such as reminiscence, quizzes and games) are designed to be interesting and fun, and focus on opinions rather than facts which means you can never be wrong.

Each session last for an hour and there will be time for refreshments!



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## Learning Lifesaving Skills – Even in a Heatwave!

Despite the recent heatwave, a fantastic turnout of Age UK NSW staff took part in Emergency First Aid at Work training on Thursday 25 June.

The session provided a valuable opportunity to refresh essential lifesaving skills, with hands-on practice covering CPR, how to respond to choking incidents, and effective management of wounds in emergency situations.

The training was both informative and engaging, helping staff build confidence in responding quickly and calmly should the need arise.

It was particularly encouraging to see such commitment from the team, even in challenging conditions, demonstrating a shared dedication to keeping our communities safe.

A big thank you to **Emerald First Aid Training** for delivering such an enjoyable and insightful session, making the day both educational and fun despite the heat.



# Wellbeing Groups & Classes



## Brain Training

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.

**Bridport Tuesday AM**  
**NEW CLASS! - Sherborne Tuesday PM**  
**Weymouth Tuesday PM and Wednesday PM**  
**Blandford Thursday AM**  
**Dorchester Thursday PM**

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

**Call 01305 269444**

## Forget-Me-Not Groups

Support group for those living with Dementia and their carers

Mondays 10.30-12 Swans Rugby Club, Wareham  
 Mondays 1.30-3pm Age UK HUB, Crown Square Dorchester  
 Wednesdays 10.30-12.00 Emmanuel Church, Swanage

Activities, Guest Speakers, Warm Drinks and a Warm Welcome!

**£2.50 per person**

For more information: call 01305 269444  
 Email: [wellbeingservice@ageuknswd.org.uk](mailto:wellbeingservice@ageuknswd.org.uk)

Wednesdays 11.30am-1.00pm

## Delightful Coffee Break

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

## Monthly FUN QUIZ

*(Normally Second Thursday each Month)*  
 Delayed this month due to World Cup Qtr Finals

**Thursday 16<sup>th</sup> July 7:30**

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

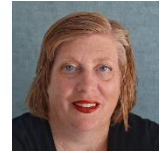
**£5 per Person**  
 (£4 in Advance)

Entry includes 20% Discount on Food

**CALL to Book 01305 269444**

Email: [quizinaidofdsaa@btinternet.com](mailto:quizinaidofdsaa@btinternet.com)  
 or [fundraising@ageuknswd.org.uk](mailto:fundraising@ageuknswd.org.uk)

# Welcome to Rachael Craig



A bit about me. I enjoy cold water swimming, even in the winter! I have made it my mission to do 50 things before I'm 50. These range from bird watching, to making pasta, to painting watercolours, to hypnotising chickens! I enjoy travelling and making memories with friends and family.

Rachael has joined the team as a Wellbeing Facilitator.

On the 10th June, our Independent Living Service Co-ordinator, Hilary, (far right) visited the Ageing Without Limits Day held at the Veterans Hub Community Cafe in Weymouth. Organised by the Cafe in partnership with You Trust, the event brought organisations together to offer support and information focussing on ending the stigma of ageing and social isolation. Although a breezy day, this mainly outside event was well attended with people enjoying free hamburgers and hot drinks; music from the Tambourine Man; a Reiki taster session; a ride in a trishaw via Cycling Without Age.....and lots more! Lots of information was available and Hilary was busy talking to local older people, giving out information and making appointments to visit people who need some support.



Thanks.....Hils



Come and enjoy a beautiful wellbeing walk with us! 🌿  
We meet every Friday at 9:30am at the Hub – everyone is welcome to join.

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## FUN - Had by All

At one of our Forget Me Not sessions in Wareham we held our Irish Skittles competition - a game requiring a large amount of skill and precision! It was great fun with 18 competitors. Points awarded for hitting the skittle as well as landing nearest, not easy as I had bought a bag of wonky potatoes. There was lots of encouragement, advice (not always helpful) and laughter. It was won by Maureen with Gwen and Jean a close 2nd and 3rd. I've attached a couple of photos.



### The Big Knit 2026

Last year, thanks to a team of dedicated knitters, we raised over £1200 by taking part in the Big Knit. It's time to grab your knitting needles and crochet hooks and get involved - every hat knitted raises 30p to help Age UK North South and West Dorset provide much-needed services and support to older people. You can find patterns at the link below, or we can send printed copies if needed.

<https://www.ageuk.org.uk/get-involved/fundraise/the-big-knit/>

Once your hats are complete, just drop them in at Age UK NSW, 5 Crown Square, Poundbury, DT1 3EN

If you want help (or company) we have a monthly crafts session at our Poundbury Hub (the first Friday of each month from 2pm- 4pm), with wool, needles and patterns available.

Please spread the word - anyone can join in!

## 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)

# THANK YOU!

A heartfelt thank you to Richard for sharing such a powerful and insightful account of his experiences growing up in care in the 1950s. His talk was both moving and thought-provoking, offering a deeply personal perspective that resonated with everyone in the room. Richard's honesty and openness sparked meaningful conversation and reflection, and it was clear how much his story touched those who attended. It was a truly memorable session, and everyone left with a greater understanding and appreciation of his journey.



## World Cup-Themed Session

Our recent football-themed session brought plenty of energy and enthusiasm as we helped participants get into the spirit of the World Cup. Designed especially for those living with memory difficulties, the session used the universal appeal of football to spark conversation, connection, and reminiscence.

Participants enjoyed chatting about past tournaments, favourite teams, and memorable matches, sharing stories and personal experiences in a relaxed and supportive setting. Familiar themes like football songs, colours, and national pride helped to trigger positive memories and encourage engagement.

The session also included light, inclusive activities inspired by the game, giving everyone a chance to join in at their own pace. These kinds of themed sessions are a great way to promote wellbeing, reduce isolation, and support cognitive stimulation in a fun and meaningful way.

It was wonderful to see so many smiles, hear laughter, and watch friendships grow — proving that sport really can bring people together, whatever their circumstances.



## 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 [wellbeingsservice@ageuknswd.org.uk](mailto:wellbeingsservice@ageuknswd.org.uk)