

THE COVERage

Welcome to the June Edition of our newsletter!

Meet Our Wellbeing Team



Back left to right - Debbie Ball, Rachel Newman, Rachael Bond, Alice Davies, Sara Bonnar, Lorraine Slowther. Front left to right – Jane Wraight and Sarah Weech.

Our Wellbeing Team are dedicated to supporting older adults in staying active, connected, and mentally stimulated through a wide range of uplifting groups and activities. We focus on nurturing the whole person — body, mind, and community — with programmes designed to boost confidence, independence, and overall quality of life.

Details of some of our Wellbeing Groups feature in this newsletter, Wellbeing Walks, Pilates, Seated Exercise, Quizzes, Coffee Club, Crafts and much more.

For more information on any of our groups and classes please contact us on **01305 269444** or email wellbeing@ageuknswd.org.uk



It is with great sadness that we share the news that our colleague and friend, Chris Bailey, died on 10 May following a period of illness.

Chris joined Age UK North, South & West Dorset just over a year ago and had become an important part of the organisation. It quickly became clear that he brought with him not only experience and capability, but also the compassion, integrity and commitment that make a real difference within a charity.

As Head of Operations, Chris played a key role in helping the charity navigate a period of significant change and growth. He worked closely with staff, volunteers and trustees to strengthen services, improve systems and ensure that older people across Dorset received the best possible support.

His commitment to the charity's mission and the people we serve was evident in everything he did. Chris built strong relationships

throughout the organisation and was respected by colleagues, volunteers, trustees, partners and supporters alike. He approached challenges with pragmatism, professionalism and good humour, and was always willing to offer support to those around him.

For those of us fortunate enough to work closely with him, Chris was far more than a colleague. He was a trusted deputy, a sounding board, a friend, and someone whose judgement and support I came to value greatly.

His loss has been deeply felt throughout the organisation. While his time with us was far too short, the impact he made on the charity and on the people around him will endure.

Our thoughts are with Chris' wife Deborah, his son Percy, and all of his family and friends at this incredibly difficult time.

We remain grateful to Deborah and the family for the kindness and support they have shown to colleagues during an incredibly difficult time.

On behalf of our Trustees, staff and volunteers, I would like to extend our heartfelt condolences and thanks for having had the privilege of knowing and working alongside him. I feel incredibly fortunate to have known Chris and to have worked beside him.

He will be greatly missed.

Terri Lewis, Chief Executive Officer

In Memory of Chris

Chris' family have created a tribute page where friends, colleagues and members of the community can share memories, leave messages of condolence and, if they wish, make a donation in his memory.

The page can be viewed here:

<https://christopher-bailey-2026.muchloved.com/>

We are grateful to Deborah and the family for allowing us to share this with those whose lives were touched by Chris.

Weymouth's Expo 2026 Event

This took place on Saturday, 16th May, along the Esplanade with over 40 community stalls and free entertainment.

Thanks to Nicky, Rachel, Kathy, Pam and Hilary who braved the windy conditions to promote our services, giving out information booklets and 'pieces of eight' as pirates enticing people to the stall with a game to guess where the treasure was buried, which proved very popular indeed!



Congratulations to Jane Bennett who won a family hamper of goodies having guessed correctly.



Special Brunch Featuring Richard Murphy

We invite you to a special brunch as we welcome our quest speaker, Richard Murphy, who will reflect on his journey growing up in care in Weymouth back in the 50s.

Friday 19th June 10.00am to 1.00pm, £10.00 per person. To Book call 01305 269444 or Email: wellbeingservice@ageuknswd.org.uk



Stronger Together

Thank you to Kathy and Hilary who represented Age UK NSW South West Dorset at the Dorset: We're Stronger Together event on the 14th May held at Weymouth Pavillion. Organised by the Volunteer Centre Dorset, this event brought together representatives from Dorset's voluntary sector, Dorset Council and the NHS to discuss how we could all work better and be stronger working together in partnership.

Catherine Howe, the Chief Executive of Dorset Council, gave the keynote address and outlined the Council's modernization plans, working in a more joined up way and wishing to develop better relationships with the voluntary sector. She also noted that, while Dorset Council is working under financial pressure, they are not under the same financial pressure that voluntary sector groups are facing.

The event was also an opportunity to showcase, through short videos, some of the great work that voluntary groups are delivering across Dorset.

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 enquiries@ageuknswd.org.uk

 www.ageuk.org.uk/northsouthwestdorset

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

Wellbeing Groups & Classes

NEW CLASS!



Weymouth 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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Wellbeing Groups & Classes

**Weymouth
Starting
Tuesday 5th
May**



Seated Exercise Classes

Come and join our friendly 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 3.00pm - 3.45pm Bethany Hall
14 Westham Road Weymouth DT4 8NP
To Book or Find Out More**

Call 01305 269444 | Email: wellbeingservice@ageuknswd.org.uk

Only £5 per session

Organised and run by Age UK North, South & West Dorset
Charity Number 1142519



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Feel-Good Fitness in Stalbridge North Dorset

Our seated exercise class at Stalbridge Village Hall (pictures below) continues to go from strength to strength and this week was no exception. The room was full of energy, smiles, and movement as participants enjoyed another uplifting session designed to boost strength, mobility, and confidence.

These photos capture just a glimpse of the fun, friendly atmosphere our wellbeing team creates every Tuesday from 1pm to 1.45pm. Whether you're looking to stay active, improve balance, or simply enjoy exercising in great company, this class is the perfect place to start.

If you'd like to join us or find out more, please contact our wellbeing team—
we'd love to welcome you.

For more information, please contact us on
01305 269444 or email wellbeingservice@ageuknswd.org.uk



Important Summer Fayre Update

Many of you will know that we had been exploring plans for a Summer Fayre in Poundbury this summer.

Following a detailed review of the resources, staffing and operational requirements needed to deliver the event safely and successfully, we have taken the difficult decision not to proceed with the Fayre in 2026.

This decision was not taken lightly. We know many people were looking forward to the event and we are extremely grateful to everyone who had expressed an interest in attending, exhibiting, sponsoring or supporting it.

As a charity, we must ensure that our time, people and resources remain focused on delivering the services that support older people across North, South and West Dorset. Following careful consideration, we concluded that this was the most responsible course of action.

We would like to thank our supporters, traders, volunteers and community partners for their understanding.

✨ Whilst the Summer Fayre will not take place this year, we look forward to continuing to engage with local communities through a range of other events and activities throughout the year. ✨



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Celebrating Those Who Care

Carers Week is a national opportunity to recognise and celebrate the incredible people who provide unpaid care to family, friends, and loved ones. Their dedication often goes unseen, but the impact they make every single day is immeasurable.

Throughout the week, we're shining a light on carers in our community — acknowledging their strength, compassion, and resilience. We're also highlighting the support available through our wellbeing services.

This week is a reminder that carers deserve support, recognition, and moments of rest just as much as those they care for.

We're proud to stand with them — not just during Carers Week, but all year round.



 North, South
& West Dorset
ageUK

Please join us for a

National

Monday 8th June 2.30pm
Tea, Coffee & Cake

Carers week

email: wellbeingservice@ageuknswd.org.uk
call 01305 269444

Calling All Quizzers

A big thank you to our Quiz master volunteers Ellen and Roy who hosted a fun night of interactive questions of music, TV and films.

Working with manager Darcy of The famous old Spa in Weymouth who kindly offered a 20% discount off food for quiz team members.

The night was busy raising £200 from 8 quiz teams. The quiz nights are set to become a monthly regular fundraising event at the venue for us. The winning team bagged a sweet treat goodie bags to share.

Our next quiz is on Thursday 11th June starting at 7:30 in the
Famous Old Spa, Dorchester Road, Weymouth DT3 5HF

Teams Max 6 People, £5 per Person

Entry includes 20% Discount on Food

CALL to Book **01305 269444** or email: fundraising@ageuknswd.org.uk

or pay on the Door Cash or Card. £5.00 per person for teams of 4 -6 people at 7.30-9.30pm.



Virtual Dementia Bus

Age UK NSW D staff members Debbie Ball, Kathy O’Borne, Hilary Foggo, and Community Ambassador Kay Kay visited Selwood House Care Home in Charlton Down to experience the Virtual Dementia Bus. This powerful, sensory-based tour offers a brief but eye-opening insight into the daily challenges faced by people living with dementia.

After completing the tour, Hilary reflected, “I think everyone should have a go at this to get a sense of what having dementia is like.” Kay Kay agreed, adding, “I feel a little bit humbled actually.”



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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 th Friday of each month Fri-10.30-12.00	£5.00 per session
Book Club	HQ-Poundbury	3 rd Monday of each month Mon-15.15-16.45	£2.50 per session
Singing group		Coming soon	