

# THE COVERage

Welcome to the May Edition of our newsletter!

# Our Spring Fair



On Good Friday we held our Springtime fayre at our Hub in Crown Square. The event was hosted by a team of volunteers, Diane, Jan, Louise, Kay, and Hazel and Tracy our community Fundraiser.

The team alongside other creative volunteers - Ruth Y, Ruth K, Joan and Annie created a beautiful craft stall full of their cleverly hand knitted, sewn and crafted items.

During the Spring Fayre there was a chance to enter our spring raffle. Over the last few months, we have been selling raffle tickets. In total the spring fayre event and raffle raised over **£900.00**.

The spring fayre will be followed each month with our Maker's market. Our team of creative volunteers will be selling their handcrafted items on the 1<sup>st</sup> Friday of each month. Come along and join us for a cuppa, home baked sweet treats, a chat and the launch of our Summertime raffle and home-grown plant stall on Friday 1st May - 2-4pm at the Hub crown square, Poundbury.

Thank you to everyone who supported us.



# Community Insight and Impact Group

The first meeting of the Community Insight and Impact group took place in April. It was lovely to meet new members and to elect Kay Kay as Chair. The aim of the group, which is made up of volunteers, service users and carers, is to provide feedback to the charity to ensure we are meeting the needs of the local community. We would love to have someone from Bridport or Purbeck represented in the group, which meets once a month in Poundbury. If you are interested in taking part, please contact Kathy on 01305 231 382 or email [koborne@ageuknswd.org.uk](mailto:koborne@ageuknswd.org.uk)



Photo L to R- Lynn Stone, Penny Nicholls, Angie Forsey, Kay Kay ( Chair) Ellen Masterson, Clare Stoot, Kathy O'Borne (Clerk)



01305 269444



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



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# Volunteer Social



Kathy ( Volunteer Coordinator) and Hilary (Independent Living Coordinator) enjoyed the company of Weymouth and Dorchester volunteers at the Upwey and Broadwey Memorial Hall this month. It was lovely to get to know each other and share volunteering experiences. The cake was OK, too! If you would like to join the volunteer team, please contact Kathy on 01305 231 382.

## Frauds and Scams Talk

Volunteer Coordinator Kathy O'Bone spoke to residents of Somerleigh Court this month about how to avoid becoming the victim of a scam. The talk covered how to recognise and report online fraud, how to deal with scam phone calls and what to do when faced by doorstep traders. Kathy also talked about the call blocking devices, funded by the Dorset OPCC, that we can install free of charge to prevent scam calls. Sam Mc Cartney, Activities Coordinator at Somerleigh Court, said that the group had found the talk very useful. If you would like a similar talk at your organisation or community group, please phone Kathy on 01305 269 444.



## Join the Age UK North, South & West Dorset Volunteer team

We have a new Coffee Club opening on Wednesdays at the Poundbury Hub, between 11.30 am and 1pm. If you enjoy a good chat and like meeting new people, why not volunteer to help?

We are looking for a volunteer to help at a Memory Cafe in Gillingham on a Thursday morning. The Cafe is a group for people with a diagnosis of dementia and their carers.



We need Volunteer Visitors in Weymouth and Dorchester to visit isolated older people in their homes. Our volunteers visit once a week for a friendly chat- it's a role with huge benefits for both sides! Please let me know if you can help.

Do you know your *one little duck* from your *knock on the door*? We are looking for a volunteer Bingo caller to help us fundraise.

If you are interested in any of these opportunities, please contact Kathy on 01305 382 or email [volunteerenquires@ageknswd.org.uk](mailto:volunteerenquires@ageknswd.org.uk) for more information.

To apply, use this link:

[Volunteer Application Form: Age UK North, South and West Dorset – Fill out form](#) or QR code



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

Call Kathy on 01305 269444 for more information

# What's Going On



Wednesdays 11.30am-1.00pm

## Delightful Coffee Break



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



## 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](mailto:wellbeingservice@ageuknswd.org.uk)



## 30 DAY WALKING CHALLENGE

CHALLENGE YOURSELF TO WALK AT LEAST 10,000  
STEPS EVERYDAY THROUGHOUT JUNE AND HELP  
SUPPORT OUR CHARITY



THROUGHOUT  
JUNE 2026

CONTACT US FOR MORE DETAILS

01305 269444

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

PLEASE JOIN US FOR A

## FABULOUS, FUN AND FREE EVENT



To our valued Friendly Food Club friends,

Join The Friendly Food Club team, 50 other friends and a great team of chefs, including Celebrity Chef **Lesley Waters** (Ready Steady Cook), **Nicholas Balfe** (Great British Menu & Holm, Somerset) and **Steve Yates** (Kings Arms, Dorchester) and compered by **Steve Oxford** (Oxford's Bakery).

You will be guided through making a delicious 3-course lunch, which we will then sit and eat altogether.

Everything is provided!

RSVP: [getdorsetcooking@thefriendlyfoodclub.org](mailto:getdorsetcooking@thefriendlyfoodclub.org) or tell your session tutor.

### WHEN

Wednesday 20<sup>th</sup> May  
Arrive at 10am  
for 10.30am start till 2.45pm

### WHERE

Dorchester Corn Exchange,  
High Street, Dorchester  
DT1 1HF



## Poetry Club

New members are welcome at our poetry group which meets on the last Monday of each month from 3.30-5.00. We read a wide range of poetry together and share our own writing in a friendly, supportive environment. If you would like to join us, please contact Kathy on 01305 231 382.



Please join us for a

## National

Monday 8<sup>th</sup> June 2.30pm

Tea, Coffee & Cake

## Carers week

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

call 01305 269444



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



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## 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)

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!

North, South & West Dorset  
**ageUK**  
 Let's change how we age

# SUMMERTIME FAYRE

Sunday 12th July 2026  
 10am to 4pm

THE GREAT FIELD, POUNDBURY

**FREE ENTRY!**

JOIN US FOR LOTS OF FUN!

- bouncy castle •
- entertainment •
- market stalls •
- delicious food •
- and much more!

North, South & West Dorset  
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# QUIZ NIGHT

THU 14<sup>TH</sup> MAY

**7.30PM TO 9.30PM**

Famous Old Spa  
 Radipole Weymouth

TEAMS OF 4-6 PEOPLE  
 £5.00 PER PERSON

Entry includes 20% discount on food

CALL TO BOOK- 01305 269444  
 EMAIL - [fundraising@ageuknswd.org.uk](mailto:fundraising@ageuknswd.org.uk)

# Our Handyperson Service

Did you know that the income generated from our paid for services directly supports the delivery of our other services, including our community groups and welfare and benefits advice team?

Our handyperson service is available to people across North, South and West Dorset. Prices start from £35 for the first hour and £15 for each additional 30 minutes. The handyperson service is available to everyone of any age.

Recently, our handyperson, Simon, helped a single parent with several odd jobs within the home. These included assembling flatpack furniture, securing furniture safely to walls, and installing baby gates.

In addition, Simon provides gardening services. We are pleased to offer a free, no-obligation quote for both one-off and ongoing gardening work.

For more information, or to book in with Simon, please call us on 01305 269444 or email [handyperson@ageuknswd.org.uk](mailto:handyperson@ageuknswd.org.uk)



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# FOOTCARE SERVICE

**Tired, aching feet?**

**Finding it increasingly difficult to reach your feet?**

**Hard or cracked skin? In growing nails?**

Our expert footcare practitioners provide gentle, professional treatments to keep your feet healthy, comfortable, and looking their best.

## Our Services



### Initial Assessment Appointment

60 minutes- includes in-depth assessment of feet, first toenail cut, the start of any treatments and moisturising mini massage £45



### Treatment Appointment

45 minutes – includes a foot health check, toenail cut, footcare treatment and moisturising mini massage £35



### Toenail Cut

30 minutes – foot health check, toenail cut and moisturising mini massage £25



**To Book Call:**

**01305 269 444**

**Sherborne**

**Weymouth**

**Dorchester**



01305 269444



enquiries@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 (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 13.30-14.30	£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)
Weymouth	Bethany Hall	Tue 15.00 – 15.45	£5 per session – Starts 5 <sup>th</sup> May (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 13.30-14.30	£6 per session (RB)
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 – Starts 5 <sup>th</sup> May

### 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 10.00-11.00 (DB)	£5
Poetry Group	4th Monday of each month	15.30- 17.00 (KOB)	£5
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](mailto:wellbeingservice@ageuknswd.org.uk)