

THE COVERage

Welcome to the January Edition of our newsletter!

Happy New Year!

Thank you to all our supporters

Pictures of our clients Christmas lunches at The Trumpet Major, Dorchester and The Famous Old Spa, Weymouth.

Heartfelt Thank You to The Watercress Company who sponsored both these events, your generosity is gratefully appreciated.



Forget Me Nots Wareham

Had fun reminiscing from their past Christmases, the group participants made decorations which were entered into the Christmas Tree festival at St Martins Church Wareham and displayed for all to see.



Thank You!

Thanks to the pupils and parents of Dorchester Middle School and Miss Ashley for organising and donating 'Gifts of Love' again this year. Photo (right) shows Linda one of our Home Support clients with her gift bag, which she was very happy to receive!



Wreath's Galore

A massive thanks to all who attended our wreath making workshops and those who provided foliage and helped on the day! Picture's below of our wreath making workshops. Thank you everyone, we raised just over £1,300 in total. The workshops were held in our Poundbury Hub, Somerleigh Court Retirement Village and Wolfeton Manor Care Home. Massive thanks to all who attended, provided foliage and helped on the day!



NEW starting 5th January

New Forget Me Not Group in Poundbury

Forget Me Nots is a support group for those living with Dementia and their carers. The group offers an opportunity to socialise and provides support for carers. There are group activities, guest speakers, warm drinks and a warm welcome.

The group starts 5th January and will meet every Monday, 1.30pm - 3pm and is £2.50 per person at Age UK NSW, 5 Crown Square, Poundbury, DT1 3EN



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

Coming Soon!

Dorchester

Forget-Me-Not Group

Launching 5th January 2026

Support group for those living with Dementia and their carers.
The group offers an opportunity to socialise and provides support for carers.

Monday's 13.30-15.00

Age UK, 5 Crown Square Poundbury DT1 3EN
£2.50 per person

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

For more information: call 01305 269444
Email: wellbeingservice@ageuknswd.org.uk



01305 269444



enquiries@ageuknswd.org.uk



www.ageuk.org.uk/northsouthwestdorset

NEW - starting 20th January

Starting
Soon

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

Dorchester

Pilates Classes

Help build core strength, improve posture, flexibility, balance,
and body awareness

Low-impact, full-body workout that
integrates breath and precise
movements, making it adaptable for all
ages, fitness levels, and
complementary to other sports.



Key Benefits

- Strengthens deep abdominal, back, and pelvic muscles, essential for spinal support.
- Helps correct imbalances, aligns the spine, and improves overall body posture.

£6 per session

Starting Tuesday 20th January

Every Tuesday 12.00pm - 12.45pm

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

To Book

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



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www.ageuk.org.uk/northsouthwestdorset

Fancy A Quiz?

Dorchester Lions present

Quiz Night Extraordinaire

*in aid of Age UK, North,
South and West Dorset*



*Sponsored by
Igloo Mortgages
With Quizmaster
Alistair Chisholm*

**On Friday 30th January, 2026
7.00pm**

CROSSROADS, POUNDBURY

Teams of Four, £10 per head.

Raffle Refreshments available

**Tickets from Matt at Crossroads
or Sahil at Buttermarket Post Office**



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www.ageuk.org.uk/northsouthwestdorset

NEW - starting 20th January

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.

The start date is yet to be confirmed but will be in January 2026.

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 wellbeingsservice@ageuknswd.org.uk



Dorchester


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



Starting 20th January

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: wellbeingsservice@ageuknswd.org.uk

Age UK North, South & West Dorset
Charity Number 1142519

NEW footcare clinics now available to book



NEW FOOTCARE CLINICS IN POUNDBURY

**New Clinics at AgeUK NSWd in Poundbury
from February 2026 on a Thursday & 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



01305 269444



enquiries@ageuknswd.org.uk



www.ageuk.org.uk/northsouthwestdorset

NEW starting 14th January

New Forget Me Not Group in Swanage

Starting on January 14th 2026 there will also be a new Forget Me Not Group in Swanage. It will take place on Wednesday's 10.30-12.00 at the Emmanuel Church, Victoria Avenue Swanage and cost £2.50 per person.



Coming Soon!

Swanage Forget-Me-Not Group

Launching 14th January 2026

Support group for those living with Dementia and their carers
Wednesday's 10.30-12.00
Emmanuel Church, Victoria Avenue Swanage
£2.50 per person

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

For more information: call 01305 269444
Email: wellbeingservice@ageuknswd.org.uk



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Upcoming Events...

What's on in January Age UK North, South and West Dorset

5 Crown Square, Poundbury, DT1 3EN **01305 269 444**

Monday 5th	CST Referral Only 10.30-12.00	Forget Me Nots 13.30 – 15.00
Wednesday 7th	Board Games Club 11.30- 13.00 £2.50 donation suggested	The Hub 13.30-16.30 Targeted Dementia Support £25pp
Thursday 8th	Coffee Club 10.30-12.00 £2.50 donation suggested	Brain Training 14.30-15.30 £6pp
Monday 12th	CST Referral Only 10.30 – 12.00	Forget Me Nots 13.30-15.00
Wednesday 14th	Board Games Club 11.30- 13.00 £2.50 donation suggested	Brain Training 14.30-15.30 £6pp
Thursday 15th	Coffee Club 10.30- 12.00 £2.50 donation suggested	Brain Training 14.30-15.30 £6pp
Monday 19th	CST Referral Only 10.30 – 12.00	Forget Me Nots 13.30-15.00
Tuesday 20th	Pilates 12.00-12.45 £6pp	Seated Exercise 13.30-14.15 £5pp
Wednesday 21st	Board Games Club 11.30- 13.00 £2.50 donation suggested	Brain Training 14.30-15.30 £6pp



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www.ageuk.org.uk/northsouthwestdorset

Upcoming Events...

Thursday 22nd	Coffee Club 10.30- 12.00 £2.50 donation suggested	Brain Training 14.30-15.30 £6pp
Monday 26th	CST Referral Only 10.30 – 12.00	Forget Me Nots 13.30-15.00
Tuesday 27th	Pilates 12.00-12.45 £6pp	Seated Exercise 13.30-14.15 £5pp
Wednesday 28th	Board Games Club 11.30- 13.00 £2.50 donation suggested	Brain Training 14.30-15.30 £6pp
Thursday 29th	Coffee Club 10.30- 12.00 £2.50 donation suggested	Brain Training 14.30-15.30 £6pp



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

Support at Home Helping You Stay Independent

Friendly, reliable support to help you stay safe, confident and comfortable in your own home. Whether you need a one-off job done or regular assistance, our team is here to help.

SERVICES OFFERED:

- ✓ Companionship & social visits
- ✓ Help with appointments & outings
- ✓ Shopping & errands
- ✓ Laundry & cleaning
- ✓ Small repairs & odd jobs

☎ Call us for a friendly chat, no pressure, just helpful guidance
01305 269 444
Email: Homesupportteam@ageuknswd.org.uk

Ask us about our weekly dementia-friendly afternoon respite group.
A safe, engaging space for loved ones while carers take a well-earned break.