



A lovely day at Sculpture by the Lakes

Last month, twenty of our volunteers enjoyed a well-deserved, relaxing afternoon at Sculpture by the Lakes, near Tincleton. Volunteer Coordinator Kathy said "It was such a lovely opportunity for us to say thank you for all the brilliant work our volunteers do and to spend time with some amazing people".

After strolling around the sculptures, lakes, trees and kitchen garden, we met up for a coffee break and celebrated the birthday of volunteer,

Di (pictured) said "Thank you so much for our visit to Sculpture by the Lakes. It was beautiful and tranquil and our goody bags were just right. I was touched that you arranged a birthday cake and candles for me. The cafe and shop were well worth a visit too!"

Thanks to Rachael Craig and Debbie Ball for their support with the trip - we already have ideas for another Swanage based outing!

If you would like to support older people in Dorset, why not join our fantastic volunteer team? Call Kathy on 01305 231 382 or email volunteerenquiries@ageuknswd.org.uk for more info.



Frauds and Scams Talk

Kathy O'Borne visited the Vale Ladies group in Child Okeford this month to give advice on how to protect yourself from doorstep, mail, phone and online scams. Kathy was also able to offer attendees free installation of a call-blocking device, which can stop scam callers getting through on a landline.

This service has been made possible through funding and support from Dorset Police the Dorset Police Crime Commissioner. Unfortunately, most of us had stories to share about scam attempts, proof that everyone is a potential victim of these distressing crimes. Programme Secretary Kathy Webber said "Thank you very much for your talk last night. Several of the ladies said how much they had enjoyed it, and what a clear speaker you were".

If you would like a similar talk at your organisation or would like us to install a call-blocking device on your landline, please contact us on 01305 269 444 or email enquiries@ageuknswd.org.uk.



DORSET
POLICE & CRIME
COMMISSIONER
DAVID SIDWICK



DORSET
POLICE



01305 269444



enquiries@ageuknswd.org.uk



www.ageuk.org.uk/northsouthwestdorset



Purbeck CST Groups

Last month, we were discussing nature. We shared our experiences and feelings when we are outside, the nice things about the coming of Autumn, the light and colour, cosy evenings and the lack of holidaymakers. We talked about animals we came across, foxes, rabbits and quite a few snake stories. We have some ornithologists in our groups who could recognise many bird calls and told us some fascinating facts.

We also produced some mandalas using flowers and leaves which was great fun, even those reluctant crafters had a go!



BRIDPORT PRIZE INTERNATIONAL CREATIVE WRITING COMPETITION *Raising funds for Bridport Arts Centre*

Try memoir writing at Blandford Library this autumn!

Ever thought about writing a memoir but didn't know where to start? Maybe you'd like to share experiences with your family and friends about something you did or something interesting that happened to you?

Sound interesting? Then this **FREE** short course is for you. No writing experience needed. And there's tea and biscuits too!

~~~~~

**Friday mornings from 10:30 am to 1pm:**  
**Sept 25 / Oct 9 / Oct 23 / Nov 6 / Nov 20 / Dec 4**

~~~~~

Only ten places available.
Participants need to attend all six sessions.

Like to find out more?
Come along and meet the tutor, Alex Wallace on **Tuesday 8th September**. Drop in between 11am and midday for a cuppa and a chat.

Want to sign up now?
Register at the library information desk to book your place or call 01258 452075

About the tutor
Alex has run memoir and creative writing workshops across West Dorset. She has many years' experience helping and encouraging people of all ages begin to write. It's never too late!

Supported by Amazon Literary Partnerships
www.bridportprize.org.uk

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

Clothing Swap



£5 ENTRY & REFRESHMENTS

FRIDAY 6TH NOVEMBER
12.00 - 3.00PM

Bring in 3 items of unwanted items - clothes, handbags, hats, accessories

.....

THE HUB @ POUNDBURY
AGE UK NSWD, CROWN SQUARE
DT1 3EN

.....

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

Themed FUN Music & GK QUIZ

Halloween Thurs 8th Oct

Winter is Coming Thurs 12th Nov

Christmas is nearly Here Thurs 10th Dec

End of the Year Mon 28th Dec

ALL START AT 7:30

Famous Old Spa, Weymouth DT3 5EQ

Teams Max 6 People

£5 per Person

Book 3, 4th comes for FREE!!!

Entry includes 20% Discount on Food

Facebook Ellen and Roy's Quiz

CALL to Book 01305 269444

eMail quizinaidofdsaa@btinternet.com

or pay on the Door Cash or Card

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

BINGO AND AFTERNOON TEA

£12.50

Join us for an unforgettable afternoon of excitement and the thrill of the win at Bingo games! Get your daubers ready and mark your calendars for an afternoon filled with anticipation and fun

PRIZE | FOOD | FUN

Friday 30th October, 1.30pm

Age UK Hub, Crown Square Poundbury DT1 3EN

To Book call 01305 269444 or email; wellbeingsservice@ageuknswd.org.uk
Please let us know of any dietary requirements



THE COVERage

Out and about in the community

What a lovely day meeting so many wonderful people in Dorchester! A heartfelt thank you to everyone who stopped by for a chat and took away information about our facilities.



Could you help us make a difference?

We are looking for kind, friendly volunteers to help make our Age UKNSWD activities and events even more special. By giving your time, you can help reduce loneliness, create friendships and bring companionship, laughter and new experiences to older people in our community.

Volunteering is rewarding for you too. It is a chance to meet new people, learn new skills and become part of a friendly, caring team. Whether you can spare a little time or would like to join us regularly, every hour you give can brighten someone's day and leave a lasting impact.

If you would like to make a real difference in your community, please contact Kathy on 01305 269444 — we would love to welcome you to our team!



01305 269444



enquiries@ageuknsd.org.uk



www.ageuk.org.uk/northsouthwestdorset

A lovely celebration in Bridport

Thank you to Bridport Youth & Community Centre for inviting us to celebrate its 10th anniversary.

It was a real pleasure to spend time with so many local organisations and charities doing brilliant work across the community, and to celebrate a venue that has clearly become such an important part of Bridport life.

We were delighted to be there to talk about the support we provide for older people locally, from information and advice, dementia support and wellbeing activities to practical help, footcare and opportunities to stay connected.



Debbie Ball, our Community & Wellbeing Manager, is leading much of our community engagement work and helping us build even stronger relationships across Dorset. We're always keen to connect with local groups, organisations and community partners who share our ambition to make Dorset a great place to grow older- get in touch!

Call us on 01305 269444 or email via enquiries@ageuknswd.org.uk



01305 269444



enquiries@ageuknswd.org.uk



www.ageuk.org.uk/northsouthwestdorset

Dementia support in Dorset - informed nationally, delivered locally

Last month, we joined colleagues from across the country at the Alzheimer's Society Annual Conference, continuing the conversations, learning and partnerships that help shape and strengthen the support we provide here in Dorset.

There was a strong focus on the future of dementia and social care, neighbourhood health and the importance of support being rooted in the communities where people live.



We want local people affected by dementia, and the family members and carers alongside them to know that support is available here, in their own community.

Our dementia support continues to grow and includes Cognitive Stimulation Therapy (CST), Forget-Me-Not groups, carer respite, brain health and cognitive activities, support and information for carers, and opportunities for people to stay connected, active and involved. And we aren't standing still.

By taking part in national conversations about dementia, ageing and social care, we can make sure that the experience of people here in Dorset is represented, while continuing to bring new ideas, evidence and learning back into our own services.



THE COVERage



At the heart of all of it is something very simple: helping people live well with dementia, and making sure nobody has to navigate it alone.

Our incredible Dementia & Carer Lead, Rachel, and the wider team are here to help, whether you have recently received a diagnosis, are supporting somebody else, want to understand what support is available, or simply don't know where to start.

01305 269444 | enquiries@ageuknswd.org.uk

Please get in touch or share this with somebody who might need us.



01305 269444



enquiries@ageuknswd.org.uk



www.ageuk.org.uk/northsouthwestdorset

THE COVERage

Energy Confidence Dorset

Older people across Dorset keep telling us the same thing: they're worried about the cost of keeping warm. With energy prices rising again from 1 October, that worry is only growing.



ENERGY CONFIDENCE DORSET

Worried about heating your home this winter?

Free, friendly home energy help for older people in Dorset. No pressure, nothing to buy.

Register your interest 01305 231380

energy-confidence.co.uk/dorset
Monday to Friday, 9am to 5pm

A free service from



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

So we're launching Energy Confidence Dorset, a new free home energy service from Age UK North, South & West Dorset, created in response to what older people in our community are facing this winter.

A qualified energy support worker can visit your home, talk things through, fit free draught-proofing and small improvements where needed, and help you make sense of your bills. There's nothing to buy and no pressure.

We're getting the service up and running now. If you'd like to be part of it, please register your interest and we'll be in touch as home visits become available.

Register: energy-confidence.co.uk/dorset | Call: 01305 231380



01305 269444



enquiries@ageuknswd.org.uk



www.ageuk.org.uk/northsouthwestdorset

THE COVERage

Dementia, veterans and bringing learning back to Dorset

Chief Executive, Terri, joined colleagues from [Bournemouth University](#), the Fusiliers, Chelsea Pensioners and others at RHQ Fusiliers at the Tower of London, for a day focused on the SERVED project, brain health education, dementia and veterans.

It is an important conversation for us here in Dorset. Our county has one of the largest veteran communities in the country, with around 58,000 veterans estimated to live in Dorset, a disproportionately high number compared with our share of the UK population.

With an ageing population too, understanding how dementia affects those who have served, and how support can better recognise their experiences, matters enormously to the communities we work with.

This event was an opportunity to hear about the work of the SERVED project, listen to veterans and those working alongside them, explore brain health education, and build relationships with organisations sharing many of the same aims.

We're always looking beyond our immediate services, learning from others, developing partnerships and bringing ideas and knowledge back to strengthen the support available to older people here in Dorset. It's what helps shape our service offering.

A huge thank you to Dr Michele Board and Rebecca Dew at Bournemouth University for the invitation, and to Major Paul Martin and the Fusiliers for such generous hospitality.



THE COVER**age**

Meet the team - Footcare Edition



Did you know?
ANYONE over the
age of 18 can
access our Footcare
services.

Expert footcare, closer to home.

Everyone can access our services for basic nail care and treatment for corns, calluses, cracked heels, treatments for diabetics, simple in growing toenails and fungal care.

**Bridport from Wed 7 October | Blandford Forum from Wed 7 October | Sturminster
Newton from Tues 13 October | Weymouth (Littlemoor) from Tues 13 October**

Appointments			
Initial Assessment Appointments	60 mins	Detailed review of foot health, a nail cut, the start of any treatment and a mini massage with luxurious moisturiser.	£45
Treatment Appointments	45 mins	Review of foot health, treatment for corns, calluses, cracked heels, simple in growing toenails or fungal care. toenail cut and mini massage with luxurious moisturiser.	£35
Nail Cutting Appointments	30 mins	Review of foot health, toenail cut and a mini massage with luxurious moisturiser.	£25

Call: 01305 269 444 | Email: footcare@ageuknswd.org.uk



01305 269444



enquiries@ageuknswd.org.uk



www.ageuk.org.uk/northsouthwestdorset

THE COVERage

Footcare Client Feedback

*“ Best afternoon ever -
lovely lady
who made my feet feel
better than they
have for years ”*

*“ Very happy with this service.
Informative and
professional, will definitely
recommend to others. ”*

*“ Explained everything
clearly, toe nails cut
and hard skin
removed. 10 out of 10
for Lisa! ”*

*“ Explained everything
clearly, toe nails cut
and hard skin
removed. 10 out of 10
for Lisa! ”*

*“ Lisa always greets you with a genuinely
friendly smile. As I am diabetic, she knows
exactly what to check on my regular visits
and provides me with good advice. ”*



THE COVERage



Big thank you to these guys for joining our monthly quiz night at the famous spa in Weymouth!

Emma, Emily, Cameron, Lewis, Alex, and Sam were down here today tackling their own self-funded 20-mile Housebuilder Walk along the Jurassic Coast.

Despite having their own big mileage and fundraising goals to focus on, they still took the time to support our fundraising quiz for Age UK North, South & West Dorset!

The kindness didn't stop there — a massive congratulations and an extra HUGE thank you to Sam, who won our quiz cash prize draw and generously re-donated it straight back to the

charity! People like Sam and the rest of the crew make our community quiz nights unforgettable. Safe travels on the rest of your 20-mile trek today, guys! Thank you all so much!

A reminder of how you can donate today to Age UK North, South & West Dorset, thank you for your continued support.



Phone:
01305 269 444



Online:
[www.justgiving.com](https://www.justgiving.com/charity/ageuk-dorchester)
[/charity/ageuk-](https://www.justgiving.com/charity/ageuk-dorchester)
[dorchester](https://www.justgiving.com/charity/ageuk-dorchester)



Cheques:
Payable to:
"Age UK North,
South, West Dorset"



Leave a legacy:
[www.ageuk.org.uk/northso](https://www.ageuk.org.uk/northsouthwestdorset/get-involved/leave-a-legacy/)
[uthwestdorset/get-](https://www.ageuk.org.uk/northsouthwestdorset/get-involved/leave-a-legacy/)
[involved/leave-a-legacy/](https://www.ageuk.org.uk/northsouthwestdorset/get-involved/leave-a-legacy/)



01305 269444



enquiries@ageuknswd.org.uk



www.ageuk.org.uk/northsouthwestdorset

A morning at the museum with our Forget Me Not group

Last Monday our Purbeck Forget Me Not group went to Wareham Town Museum as guests of Katie Seal, the museum's Co-ordinator. The museum even closed to the public for the morning so we could look around at our own pace.

Over 30 of us met for tea and a chat in the Corn Exchange first. Then we explored Wareham's history, from dinosaurs and an Iron Age skeleton to Roman artefacts, the great fire and both world wars.



There was plenty of reminiscing over old photos of the town. We all laughed at a 1950s picture of Pond's Ironmongers, because it looks exactly the same today!

Many of us had never been to the museum before, so it was a lovely morning spent with friends.

A big thank you to Katie and the team at Wareham Town Museum. This is the Purbeck community supporting each other at its best.

Would you like to find out more about our wellbeing groups in Purbeck? Call us on 01305 231382.



Thank You for Supporting Our Macmillan Coffee Morning

A huge thank you to everyone who took part in our Macmillan Coffee Morning.

We would like to thank all our amazing volunteers and staff who baked and donated such delicious cakes, and everyone who came along to enjoy coffee, cake, and great company.

Thanks to your kindness and generosity, we raised a fantastic £47 for Macmillan Cancer Support.

Every contribution helps make a difference to people living with cancer and their families. Thank you all for helping to make the morning such a lovely success!

With heartfelt thanks from everyone at The Hub.



Celebrating the People Making Dorset More Age Friendly

Community, connection and a shared ambition for a Dorset where everyone can age well.

On Friday 9 October, Age Friendly Dorset welcomed ambassadors, community partners and residents to Charlton Down Village Hall for an afternoon of celebration, learning and conversation about what makes our county a great place to grow older.

Organised by Dorset Council and proudly sponsored by Age UK North, South & West Dorset, the event was an opportunity to recognise the people helping to turn the ambition of an age-friendly Dorset into meaningful action within our communities.



The celebration came as Age Friendly Dorset marked its first anniversary, having become the UK's 100th recognised age-friendly community in October 2025.

The afternoon opened with an address from Michael Dooley, Lord-Lieutenant of Dorset, who is also Patron of Age UK North, South & West Dorset and an Age Friendly Dorset Ambassador. His involvement reflects the importance of bringing people and organisations together to champion positive ageing across the county.

Guests then enjoyed a presentation from Rachel Woodward Carrick, author of Happy Silver People, exploring how different parts of the body change as we grow older. Her talk encouraged a more informed and positive perspective on ageing, reminding us that understanding the ageing process is an important part of maintaining our health, independence and wellbeing.



THE COVERage

What's on your doorstep?

One of the afternoon's highlights was the Community Ribbon activity, inspired by the 2026 International Day of Older People theme, What's on your doorstep?

The activity encouraged participants to think about the places, people, services and opportunities that make their communities special, and the barriers that can make accessing them more difficult.

Whether it's a welcoming community space, a local activity, accessible transport or simply having someone nearby to talk to, the conversations highlighted how much our immediate surroundings influence our ability to live well as we age.



THE COVERage

Working together for an age-friendly Dorset

Age Friendly Dorset is a Dorset Council initiative supported by a growing network of ambassadors, community organisations and partners who share a commitment to making the county more inclusive, accessible and welcoming for people of all ages.

Cllr Steve Robinson, Dorset Council's Cabinet Member for Adult Social Care, has been an important advocate for the programme, recognising that making Dorset a better place for older people ultimately benefits every generation.

Sarah Parsons, Dorset Council's Age Friendly Dorset Lead, shared insights into the programme's priorities and future direction, while Julia Ingram, Director of Adult Social Care at Dorset Council, brought the afternoon to a close.

The Age Friendly Dorset Working Group is chaired by Terri Lewis, Chief Executive of Age UK North, South & West Dorset, reflecting the important role of the voluntary and community sector in helping to shape the county's age-friendly ambitions.

For Age UK North, South & West Dorset, supporting the event was a natural extension of the work we undertake every day. Through our services, activities and partnerships, we see first-hand the importance of helping older people remain independent, connected and actively involved in their communities.

But creating an age-friendly county is about more than providing services. It's about listening to older people, challenging outdated assumptions about ageing and ensuring that the places we live are designed with everyone in mind.

Most importantly, it's about turning good intentions into meaningful change.

Our sincere thanks go to Dorset Council, Cllr Steve Robinson, Sarah Parsons, all our speakers, fellow sponsor Bridgwater Energy and everyone involved in making the event possible.

And a particularly heartfelt thank you to our Age Friendly Dorset Ambassadors, whose enthusiasm, local knowledge and commitment are helping build a better Dorset for us all.



THE COVERage

Would you like to help make your community more age friendly?

The Age Friendly Dorset Ambassador programme welcomes anyone who wants to support positive ageing and make a difference in their community.

Find out more at www.dorsetcouncil.gov.uk/en/age-friendly-dorset



THE COVERage



Read Easy is a national charity that supports adults who struggle with reading through free, confidential, one-to-one reading coaching.

The local group is Read Easy South Dorset covering Weymouth, Dorchester and Portland. Local groups operate independently under the Read Easy UK model and provide structured literacy support using trained volunteer reading coaches.

Read Easy services are free to access and support adults who have never learnt to read or who wish to improve their reading skills. Coaching is delivered on a one-to-one basis to provide a confidential and supportive learning environment. Support is delivered at the individual's pace in community venues.

The aims of Read Easy are to improve literacy, alongside this there is often an increase in readers confidence, independence, employability and the ability to access services.

Vicky was a reader who completed the course and went on to achieve nationally recognised qualifications. Vicky said "I'm glad I gave Read Easy a go. It's made my life a lot easier. To anyone thinking about Read Easy I'd say just get and do it!"

Di is a coach and said "Watching my reader grow in confidence as her reading progresses, and the pride she has in her achievements is immensely rewarding for myself as a coach and never fails to bring a smile to my face. I feel proud to be part of her journey.'

Do you know someone we could help to improve their reading? Please tell them about Read Easy. Call Irene on 07490 757756 or email irene@readeasy.org.uk for more information.

Volunteer with us if you can help Read Easy support local people who want to improve their reading. Call Della on 07984 413145 or email sdleader@readeasy.org.uk



01305 269444



enquiries@ageuknswd.org.uk



www.ageuk.org.uk/northsouthwestdorset

Activity & Social Sessions

Forget Me Not Group

For carers and service users

Wareham	Wareham Rugby Club	Mon 10.30 - 12	£2.50 per person (LS)
Swanage	Emmanuel Baptist Church	Wed 10.30 - 12	£2.50 per person (LS)
Dorchester	HQ - Poundbury	Mon 13.30 - 15.00	£2.50 per person (SB)

Seated Exercise

Gentle movement to music

Dorchester	HQ - Poundbury	Tue 13.30-14.15	£5 per session (RN)
Dorchester	HQ - Poundbury	Thur 13.00-13.45	£5 per session (RN)
Charlton Down	Chestnut Court	Thurs 15.45-17.00	Residents Only (LS)
Stalbridge	Village Hall	Tue 12.00-12.45	£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)

Activity & Social Sessions

Seated Exercise continued

Gentle movement to music

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)
------------	----------------	------------------	----------------------

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 (AD)

Activity & Social Sessions

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
Coffee/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, please call 01305 269 444 or email us via
wellbeingservice@ageuknswd.org.uk**