

Rowan Cottage News

November/December 2019



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GET IN TOUCH

To find out more please contact us:



01305 269444



ageuk.org.uk/Dorchester



enquires@ageukdorchester.org.uk



4 Prince of Wales Road,
Dorchester, Dorset, Dt1
1PW

Don't forget to follow us on social media:



@AgeUkDorchester



AgeUKDorchester



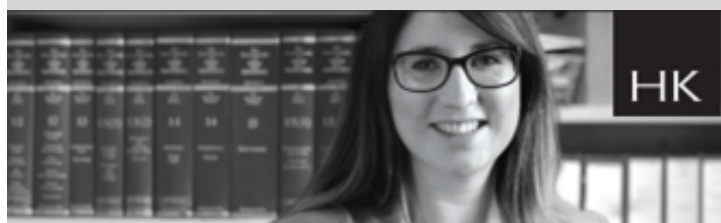
@AgeUK_Dorchester

To ensure the newsletter is produced on time, and to a high standard, this newsletter will be issued every quarter; Spring, Summer, Autumn, and Winter.

November/December will be the last monthly issue, and from January it will change to quarterly.

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Trust is the most important aspect when it comes to legal matters

Our Private Client Team have many years experience providing personal, expert advice on all aspects of:

Family Trusts	Tax Planning	Powers of Attorney
Wills	Family Matters	Administration of Estates

For further information and advice please contact our Dorchester branch

HK Humphries Kirk
01305 251007
hklaw.eu/dorchester
40 High West St, Dorchester, DT1 1UR

Green fingered trio raise funds for Age UK Dorchester

Bridport Gardening Club members have raised over £300 for Age UK Dorchester by growing and selling plants.

Celia Evans, Ann Brown and Maureen Coombs presented Age UK Dorchester Operations Manager, Sarah Frigot, with a cheque at the Charity's shop in Bridport on 31 October 2019.

The green fingered ladies sold their own plants over the summer, and Sarah was delighted to receive their generous donation.

Sarah said:” Thank you so much to Celia, Ann and Maureen and everybody who bought plants in aid of Age UK. Our services are an essential lifeline to many older people in West, North and South Dorset. It is because of generosity such as this, that Age UK Dorchester can continue to provide help, advice, friendship and care to local people in the Bridport area”.

For more information about Age UK Dorchester and their services, please call on 01305 269444 or visit their website on ageuk.org/Dorchester.



MEET THE TEAM

Lisa Holmes



Hi all

Lisa here, Head of Information, Advice and Care at Age UK Dorchester. What can I tell you about myself and my role? Well, it's certainly varied and no two days are alike. I oversee the reception area at Rowan Cottage which is manned by reception volunteers, Information and Advice volunteers and a team of volunteer advocates. I also manage the Reach Out (befriending) service as well as the Good Neighbour service.

I started my working life as a switchboard operator for British Telecom in the days when we had to operate a manual switchboard with plugs – a maze of wires, switches and different colour holes! A red buzzer would sound on top of the board when anyone dialled 999 and we would all drop everything to answer it – not a very sophisticated system compared to technology these days but it worked!

Other jobs I've had along the way include working in a flower shop (cold but fun!), various roles at Dorset County Council as it was then, a short stint jointly owning a sandwich company (yes, I did eat my own body weight in sandwiches!), working at Dorset County Hospital doing both admin work and as an Occupational Therapy Assistant (OTA) on the orthopaedic wards which was an eye opener!

I then worked at Greenwood Independent Living Centre as an OTA before joining the Alzheimer's Society as a Dementia Support Worker. This was a real learning curve not only finding out all about the different types of dementia and how it can affect people but I had never led groups before or done talks in public. On one occasion I ended up running a Singing for the Brain session trying to manage one older gentleman who added a very rude verse to the end of every song! I also gave an after dinner speech at a hotel in Weymouth to a group of about 30 gentlemen – something way out of my comfort zone!

I joined Age UK Dorchester in 2011 as a Memory Adviser and then moved into a managerial role in 2014. Since being here, I've visited many people in their own homes, led activities in the social club, set up the Good Neighbour service (with Hilary's help), expanded the Reach Out service, dabbled in the Nail Cutting service and am now getting to grips with Information and Advice. I almost forgot to mention leaping from a plane at 15,000 feet for Age UK Dorchester which I absolutely loved!

When I'm not at work I love walking and hubby and I are currently 98 miles in to the South West Coast Path which we will resume in Clovelly (North Devon) in the spring. Only another 532 miles to go – we aim to reach the end before we retire!

Sarah Frigot



I am Sarah Frigot, Operations manager here at AUKD. My role involves overseeing and developing all of our chargeable services.

I have mainly worked within the health and social care or housing sectors, I have been responsible for keeping and winning projects including Improving the Quality and Compliance of services. Prior to coming to Age UK I was managing a large team across Dorset who were working on a lottery funded project which improves vulnerable adults lives and increases peoples employability by providing, benefits help, housing support, job searches, interview skills and work related training.

Prior to this I have managed a wide range of businesses including a Footcare service, 24 hour home care services, social independence support services and a recruitment agency. I have also overseen homeless hostels, day centres, care homes, learning disability support services, young persons services and housing projects across Dorset, Devon, Wiltshire, Hampshire and Somerset.

I recently moved to the Weymouth area from Poole and wanted to join an organisation where the work being undertaken is truly benefiting clients and wanted to work in a role that is challenging yet rewarding.

I like being able to see service improvements or make a difference to some ones day, it makes you feel your work is worthwhile. The people we support I feel make the work you do rewarding just that small interaction with someone that comes in off of the street makes all the difference.

The people that work for Age UK Dorchester make the organisation a good place to work, everyone is working to the common goal of helping others.

I have two cats and enjoy outdoor activities, I play the trumpet and go walking in my spare time.

REACH OUT SERVICE

Our aim is to re-establish social contacts for older people who have become isolated in their own homes away from their local community.

Where possible, we aim to enable those people to become active outside of their home environment however, where this is not possible, we try to provide a volunteer to visit people at home once a week for a chat and a cup of tea or possibly take them out.

To find out more about the Reach Out service or volunteering, please contact Lisa Holmes on 01305 269444 or email lhomes@ageukdorchester.org.uk



Remembering Pat Woodley

It was with great sadness that we learnt of the death of Pat Woodley at the age of just 66 years old.

Pat was one of our dedicated and very popular volunteer Computer Tutors for a number of years. Under her expert guidance she helped many older people master computer skills and instil them with confidence. Also, as a long-time member of the Somerset and Dorset Family History Society, she enthusiastically shared her passion for the subject by presenting a series of successful workshops for our clients at Rowan Cottage, and put them on the first steps of finding out about their own family history.

Pat was always very kind and patient with her students and will be sadly missed by her many friends at Age UK Dorchester. We extend our condolences to her family and especially her husband Peter who himself used to be a volunteer himself.

God bless you Pat – rest in peace.

NOTHING LIKE A DAME - FILMS & TEA

Monthly Friday films celebrating the work of our great British Dame Actresses

Fri, 8th November - Dame Celia Johnson

1:45pm start followed by retro-style served tea and cake (included)

£3 per person plus optional raffle

BRIEF ENCOUNTER





Tis the season to be jolly

CHRISTMAS CONCERT

TICKETS £8

AVAILABLE FROM AGE UK DORCHESTER
OR YOUR LOCAL AGE UK SHOP * Dorchester * Weymouth * Bridport

SATURDAY 14TH DECEMBER, 7.30PM
DORFORD CENTRE, TOP 'O' TOWN, DORCHESTER

IN AID OF AGE UK DORCHESTER



Dorset Police Male Voice Choir

DASP Schools Choir



Darron Garnett "The Voice Of Swing"

MULLED WINE & MINCE PIES * CAR PARKING OPPOSITE THE VENUE

Do you need to make or change a Will or Power of Attorney?

Every few months Age UK Dorchester has a by appointment surgery where individuals can come and ask an expert questions about wills, powers of attorney and other legal aspects of your home and finances. This is a **FREE** one-to-one surgery.

Bridport surgery:

Given by Cordelia English and Tim Wilkes from Nantes Solicitors. This surgery takes place on the 3rd Wednesday of the month 9.30am to 1.00pm at Age UK Dorchester shop, 16 West Street, Bridport, DT6 3QP. Next dates: 20th November & 18th December.

Dorchester surgery:

November surgery given by : Cordelia English and Tim Wilkes from Nantes Solicitors on Friday 29th November 9.30am – 1.00pm at Age UK Dorchester.

First surgery of the new year given by Orla Laurenson, associate solicitor at Humphries Kirk, solicitors on Friday 3rd January 9.30am – 3.30pm at Age UK Dorchester.

New Weymouth surgery:

Given by Cordelia English and Tim Wilkes from Nantes Solicitors. This new surgery will take place on the 1st Wednesday of the month 9.30am to 1.00pm at Asda Supermarket, Newstead Rd, Weymouth DT4 8JQ. Next dates: 6th November & 4th December.

Please ring 01305 269444 to book an appointment at any of the above surgeries.



Would you like to help with our
Christmas Raffle?!

If you would like to donate a prize,
please drop it into
Holly at Age UK Dorchester,
or, one of our shops:
Bridport, Weymouth or Dorchester.

Every penny we raise goes back in to the
services that we can provide for older people
in North, South & West Dorset.

Thank You!

Over 75s TV licences – advice for people affected by the changes and next steps

Lisa Holmes from Age UK Dorchester met with TV Licensing's Communications Specialist for the South West, Natasha Lee, in August. Natasha was able to pass on useful advice following the BBC's announcement that from June 2020, the Government scheme to fund free TV licences for the over 75s will cease and the BBC will fund TV licences for over 75s who get Pension Credit.

How is the over 75s licence fee concession changing?

- Currently, anyone aged over 75 qualifies for a free TV licence. In June this year, following a public consultation, the BBC announced that from June 2020, those aged 75 and over who get Pension Credit will receive free TV Licences, paid for by the BBC.

What does this mean for me?

- If you currently have a free over 75s licence that is still valid until 31 May 2020. You don't need to do anything now. TV Licensing will contact you before 31 May 2020 to let you know what you need to do.
- If you are turning 75 before then you will get a licence dated until 31 May 2020
- From June 2020, if you are over 75 and do not receive Pension Credit, you will need to buy a TV licence.

When do I need a TV licence and how much is it?

- You need to be covered by a TV licence to watch or record programmes as they are being shown on TV or live on an online TV service or to download or watch BBC programmes on iPlayer. This applies to any provider and any device, including a TV, desktop computer, laptop, mobile phone, tables, games console, digital box or DVD/VHS recorder.
- A TV licence currently costs £154.50 for colour and £52 for black and white.

Concessions

- If you are registered blind or severely sight impaired, you are eligible for a concession on the cost of your TV licence. Your licence will also cover anyone who lives with you, but the licence must be in your name.
- If you are over 75 and live in certain categories of housing known as "Accommodation for Residential Care" such as publicly-provided sheltered housing or a local authority care home, you may be eligible for a concessionary licence.

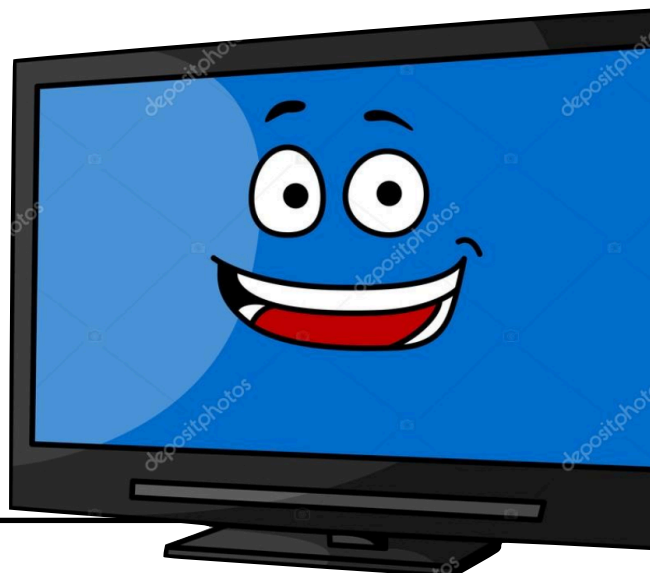
What support is available to people affected by the change?

- From next year there will be face to face assistance through specially-trained support staff within communities and at home. We hope to hold a drop-in session where people can get advice and have their questions answered.
- A new payment scheme is being developed, offering the option to pay in smaller, regular instalments from around £3 a week. The payment plan will be available when the changes to the over 75s licence come into effect.

Further information

- For further information go to www.tvlicensing.co.uk/southwest or call 0800 232 1382.

We are looking to hold a drop-in session here at Age UK in the spring of next year – if you would like to register your interest for this, please contact Lisa at Age UK Dorchester on 01305 269444.



STAY WARM THIS WINTER

Winter is not everyone's favourite season and Age UK Dorchester is keen to ensure that all older people are fully prepared for the winter months ahead.

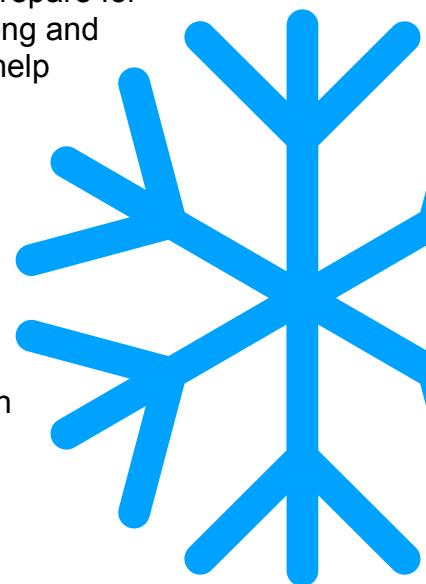
Age UK Dorchester is working hard to raise awareness of the effects that the cold can have on older people who are particularly vulnerable to the impact of low temperatures. Cold temperatures not only raise blood pressure which puts people at greater risk of heart attacks and strokes, they also increase the likelihood and severity of flu, chest infections and other respiratory problems.

AGE UK'S TOP TIPS FOR STAYING WARM AND WELL THIS WINTER

- 64°F (18°C) is the ideal temperature for your bedroom and 70°F (21°C) is the ideal temperature for your living room. Check your thermostat or use a room thermometer to monitor temperature
- Keep your bedroom window shut on at night. Breathing in cold air can increase the risk of chest infections. Close your curtains at dusk to keep the heat in.
- Stay active and when you are indoors try not to sit still for more than an hour, if you can get up. Walk around or make a hot drink.
- Eat well. It's important to eat well, especially in the winter. Have at least one hot meal a day and have regular hot drinks, as they help to keep you warm. Also stock up on basic food items in case of a cold snap.
- If you're feeling under the weather, get help as soon as possible and tell your friends, family or carer. You can also get advice from your local pharmacist or from www.nhs.uk/staywell/ The earlier, the better. If you feel down and it's stopping you from going out or making you feel lethargic, consider making an appointment with your GP.

Lisa Holmes, Head of Information, Advice and Care at Age UK Dorchester said: "It's really important to look after yourself in the winter. Many people are not fully aware of how the cold affects our bodies differently as we age. Keeping warm inside and outside the home can reduce your risk of serious health problems that are more common in the colder months, such as chest infections, heart attacks and strokes. Winter can be an incredibly challenging and difficult time for older people, especially those who live alone or are housebound, so it's vital that we do all we can to help them prepare for the colder weather. We would encourage older people and others to come along and find out about what they can do to stay warm and well, and how Age UK can help them."

Age UK produce a free 'Winter Wrapped Up' guide which contains a free thermometer and provides tips on staying warm in winter along with the booklet 'Recipes for a Warmer Winter'. To get your free copy or to find out more about other services that Age UK Dorchester provide, call in to Rowan Cottage, 4 Prince of Wales Road, Dorchester, DT1 1PW, contact them on 01305 269444 or look at the website: www.ageuk.org.uk/dorchester Alternatively, older people and their families can call Age UK Advice for free on 0800 169 65 65, where they can order a free copy of the guide and recipe booklet.



BENEFIT ADVICE SESSIONS

An initiative by Dorset Welfare Benefits Partnership

BENEFIT ADVICE SESSIONS – In partnership with Welfare Benefits Officers from Dorset Council.

Dorchester

Sessions will operate on the fourth Thursday in each month, between 9am and 12.30 pm at Age UK Dorchester. To make an appointment, please contact Age UK Dorchester on 01305 269444 or at Rowan Cottage, 4 Prince of Wales Road, Dorchester DT1 1PW iholmes@ageukdorchester.org.uk

Dates : 28th November, No session in December, 23rd January

Portland - Easton (an initiative with Island Community Action)

Sessions will operate on the second Tuesday in each month, between 10am and 12.15pm at Island Community Action. To make an appointment, please contact Island Community Action on 01305 823789 or at The Easton Centre, Portland DT5 1EB. office@islandcommunityaction.org.uk

Dates: 12th November, 10th December

Weymouth

Sessions will operate on the second Thursday in each month, between 9.30am and 11.30am at Weymouth Community Safety Centre (new fire station), Radipole Lane, Weymouth, DT4 0QF. To make an appointment, please contact Age UK Dorchester on 01305 269444. iholmes@ageukdorchester.org.uk

Dates: 14th November, 12th December

Bridport

Sessions will operate on the first Wednesday in each month, between 9.30am and 12pm at Age UK Dorchester shop in Bridport, 16 West Street, Bridport, DT6 3QP. To make an appointment, please contact Age UK Dorchester on 01305 269444. iholmes@ageukdorchester.org.uk

Dates: 6th November, 4th December



“You did a thorough and professional job, beyond the call of duty. We owe you a debt of thanks.”

Our clients say it best

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Email ian.campbell@blanchardsbailey.co.uk

www.blanchardsbailey.co.uk

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T: 01258 459 361

Dorchester
T: 01305 251 222

Shaftesbury
T: 01747 440 447

Weymouth
T: 01305 831 795

EVERGREENS CINEMA

13th November 2019 - Lady and the Tramp

'Lady and the Tramp' will be dropping at the Evergreens Cinema when Walt Disney's wonderful animated film of the same name gets a special screening at Age UK Dorchester on Wednesday 13th November 2019

This 1955 classic film filled with fun, adventure and memorable music, tells the tale of pampered spaniel Lady and Tramp, the mutt from the other side of the tracks who fall in love. With the odds stacked against them, this fast-moving tale becomes a heart-warming and exhilarating experience. 'Lady and the Tramp' is as fresh today as it was when first released more than 60 years ago. This is a rare opportunity to see this film as it should be seen – on the big screen.



Also, on the programme this month, to compliment the release of the new biopic 'Judy', we will be showing a compilation of some of Judy Garland's greatest performance on screen – real treat for all of Judy's fans, especially if they can't wait for next month's film 'Meet Me in Louis'

11th December 2019 – Meet Me in St Louis

Judy Garland says 'Meet Me in St Louis' when her film of the same name gets a special Christmas screening at the Evergreens Cinema on Wednesday 11th December 2019 at Age UK Dorchester.

Full of wonderful songs, this 1944 classic Hollywood musical transports you back to the turn of the 20th century and the St Louis World's Fair. Judy Garland is full of exuberance and sings some of the most famous songs in cinema history, including 'The Trolley Song' and probably the most iconic Christmas song of all time, 'Have Yourself a Merry Little Christmas'. Margaret O'Brien gives a beguiling performance as Judy's little sister making this one of the most charming and heart-warming films ever made. Not to be missed! And as Christmas will be just around the corner, come along and enjoy a festive mince pie with a nice cup of tea at the December Evergreens Cinema.



The cinema lights will dim at 1.45pm, tea and biscuits are always served during the showing for just £2.00, ice creams will also be available. No need to book and everyone is welcome to come along to the Evergreens Cinema at Age UK Dorchester's centre in Prince of Wales Road to enjoy these especially selected films and events in good company. January's Evergreens Cinema programme features a special Elvis Presley afternoon with a showing of his classic movie 'Jailhouse Rock', to commemorate what would have been his 85th birthday.

For further information please contact Lucy on 01305 269444 or email Margaret at aukdmemories@outlook.com

Feelgood Sunday Films

Film starts promptly at 2pm - doors open 1.30pm
Enjoy a feelgood film; good company; refreshments
All for £3.50 - all over 18s welcome!

Film Programme 2019-20

24th November

Fisherman's Friends

Daniel Mays, David Hayman, Tuppence Middleton
The discovery of a local singing group in Cornwall.



22nd December

Green Book

Viggo Mortensen, Mahershala Ali, Linda Cardellini
An Italian-American bouncer drives an African-American classical pianist through the 1960's American South.



26th January

Yesterday

Himesh Patel, Ed Sheeran, Lily James
Re-writing music history with the disappearance of The Beatles.



23rd February

The Guernsey Literary and Potato Peel Society

Lily James, Penelope Wilton, Tom Courtenay
A London writer makes links with Guernsey's WW2 occupation.



22nd March

Once More (The Magic of Belle Isle)

Morgan Freeman, Virginia Madsen, Emma Fuhrmann
An older writer regains inspiration through new friends.



26th April

Blinded By The Light

Viveik Kalra, Rob Brydon, Hayley Atwell
A Pakistani teenager in Luton discovers Bruce Springsteen.



More information from Hilary on 07891 351766



Did You Know?

We provide a wide variety of services in your local area including:

- Day services / lunch clubs**
- Footcare clinics**
- Cognitive Stimulation Therapy**
- Gentle exercise classes**
- Benefits help**
- Information and advice**
- Independent living support**
- Advocacy**
- Befriending**
- Will writing surgeries**

To find out more please contact us:

01305 269444

enquiries@ageukdorchester.org.uk

ageuk.org.uk/Dorchester

Registered Charity Number : 1142519

IDBBOS373 08/15



Finding it difficult to cut your toenails?

Are you almost ready to hide your feet for the Autumn and Winter? Just because feet inevitably go into hiding during these seasons, does not mean you should not take as much care.

Some tips -:

- * Wash and dry feet and toes daily
- * Avoid footwear that compresses the toes
- * Remove damp footwear as soon as you can
- * Routinely inspect feet and toes
- * Keep nails short

If you are finding it difficult to cut your toenails, Age UK, Dorchester offers a simple toenail cutting service for older people. The cost is £15 plus an initial outlay of £16 for your own clippers.

Telephone Alison Williams on 01305 269444 for further information.

THE ROWAN CLUB

Would you or someone you care for benefit from spending a few hours in the Rowan Club at Age UK Dorchester?

We offer activities, company and a two course home cooked lunch.

The Rowan Club is ideal for people who would like to get out a bit more. We have plenty of sociable men and ladies and also perfect for those who suffer memory loss or physical frailty. We provide a range of activities aimed at helping people make the most of life.

Activities include; gentle exercises, bowls, skittles, creative activities, reminiscence, quizzes, cognitive stimulation therapy, and much more.

Full day (9:30am - 3:00pm) £15 to include lunch and refreshments throughout the day.

Please contact Jane Carter on 01305 269444 for more information.

BETTER BALANCE

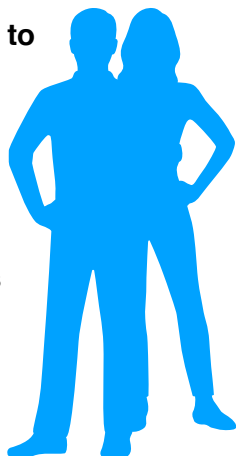
Better balance gentle exercise class come and join us for fitness and fun.

Weymouth every Friday 09.30 to 10.30 or 10.45 11.45.

Dorchester have 1 hour slots all day every Tuesday and Thursday.

Bridport Better balance sessions coming soon.

Contact us for further information on 01305 269444



GRASSBY FUNERAL SERVICE



Still a family business, serving the local community since 1861

8 PRINCES ST, DORCHESTER

Tel. 01305 262338

(24 Hours)



www.grassby-funeral.co.uk

Golden Charter
Funeral Plans



Need a Good Neighbour?

If you need help with a small one off task, look no further than our Good Neighbours. We can't always help but it's always worth asking as you may be surprised at the things we can assist with. The Good Neighbour service covers the Dorchester, Weymouth and Portland areas. We try to contact people within two days of receiving a request but it may take longer in some cases.

Things like changing a light bulb, clearing some rubbish or tuning in a TV are all small jobs but you may just need a helping hand. We ask for a minimum donation of £3.00 to cover costs. We are lucky enough to have some great volunteers who go the extra mile to help others – we could not operate the service without them. The number to call if you would like to request a Good Neighbour is 0300 777 1037 or neighbours@ageukdorchester.org.uk If you would like more information about this service or would like to discuss becoming a Good Neighbour volunteer, please contact Lisa on 01305 269444 or email Lisa:

lholmes@ageukdorchester.org.uk

SATURDAY CLUB

For only £10 you get a raffle ticket, fun activities, cooked lunch, coffee, tea and cake, in the company of caring and compassionate volunteers.

For more information about being a member of the Saturday Club, please contact Dave on 01305 549924 or Robert on 01305 773500

Melodies for Memories



Join us for a singsong and a cuppa at our informal and fun dementia-friendly Group.

Chickerell
Bedminster
Wareham

Please see the Age UK Website diary for dates and further information

Call Jules on 01305 269444 for more details.

£3.00 per person, 50p per carer.

Donations

The eBay Team are in need of bubble wrap, boxes, tissue paper, padded envelopes etc. If possible medium sized boxes in reasonable condition.

If you have any of these items, please send donations to Rowan Cottage, 4 Prince of Wales Road, Dorchester, Dorset, DT1 1PW.

Thank you for your generosity!!

eBay Team