

ROWAN COTTAGE NEWS

Age UK Dorchester Monthly Newsletter

September - October 2019



Telephone: 01305 269444



Age UK Dorchester is a Registered Charity (No. 1142519) and Company Limited by Guarantee (No. 07614504)

TEAM WELCOME

Hello and welcome to the newly designed Age UK Dorchester Newsletter. We hope you enjoy the new style and format.

Over the next few months we will no doubt continue to develop our design to ensure our newsletters are fit for purpose and well suited for our audience. To do this, we would like to get your thoughts on what we should include within, maybe gardening tips, cooking recipes, or puzzles.

If you have any suggestions regarding the design or what is included within the newsletter please contact James Burridge via email on

jburridge@ageukdorchester.org.uk or call the main office number.

This issue will cover various topics, from our services as a Charity, up coming events in the month of September, and unfortunately a couple of farewells.



COVER IMAGE

This month's cover image was taken at Littlebredy. Littlebredy is a little village between Bridport and Dorchester. It's a great destination for a picnic lunch over looking the lake.

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Age UK Dorchester Team

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.

Jules Walker, Reach Out Development Officer in Purbeck and Dorchester has been working with a gentleman in Purbeck recently. He had received a recent diagnosis of dementia leading to a relatively quick decline from being very independent to needing a lot of support. His wife was struggling to manage this new situation alongside her own health concerns. Jules met with them both and introduced the gentleman to a Cognitive Stimulation Therapy (CST) class giving his wife an opportunity to join the informal carers group for attendees. This has given her a vital new support network of carers who have more experience of partners with dementia. The gentleman now attends CST, Melodies for Memories, Puddle Men's Group and a Memory Café and he has made a number of friends at these groups. He thrives in these social situations and this offers respite to his wife to chat with other carers or take some time out. Jules is now supporting them to get a Day Centre placement which would give the gentleman a whole day of activities and his wife a whole day of respite.



To find out more about the Reach Out service or volunteering, please contact

Lisa Holmes on 01305 269444 or email
lholmes@ageukdorchester.org.uk

NOTHING LIKE A DAME - FILMS & TEA

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

4th October - Dame Margaret Rutherford

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

£3 per person plus optional raffle

Passport to Pimlico

1949 classic Ealing Comedy film starring Dame Margaret Rutherford, Stanley Holloway and Hermione Baddeley. Residents of a part of London declare independence when they discover an old treaty.



EVERGREENS CINEMA

Marilyn Monroe will be finding 'Some Like it Hot' when the Evergreens Cinema returns

Marilyn Monroe will be finding 'Some Like it Hot' when her classic comedy movie, of the same name, kicks off the new season of the Evergreens Cinema at Age UK Dorchester on Wednesday 11th September 2019.

'Some Like it Hot, has Marilyn giving the performance of her career alongside Tony Curtis and Jack Lemmon. It's a rip-roaring story of two male musician who disguise themselves as girls and join an all-female band on a trip to Florida to escape gangsters after witnessing the St Valentine's Days Massacre in Chicago.

When the film opened in 1959, it found critical acclaim and received six Academy Award nominations, including Jack Lemmon, best actor and Billy Wilder, best director and over the years has taken \$40 million at the box office. 'Some Like it Hot' is now considered one of the greatest films of all time, this will be a great opportunity to see this wonderful film as it should be seen – on the big screen.

The cinema lights will dim at 1.45pm, tea and biscuits will be served during the showing for just £2.00, ice creams will also be available. 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. The October Evergreens Cinema programme features a special Doris Day tribute and a special screening of her most famous film, 'Calamity Jane'.

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



WILL SURGERIES

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 relating to your home and finances. This is a FREE one-to-one surgery.

The next surgery will be given by Orla Laurenson, associate solicitor at Humphries Kirk on **Friday 20 September between 09.30 and 15.30 hours at Age UK Dorchester.**

The October surgery will be given by Ian Campbell, Senior Associate at Blanchards Bailey solicitors on **Friday 25th October 9.30am to 12.30pm at Age UK Dorchester.** Please ring Age UK Dorchester on 01305 269444 to make an appointment.



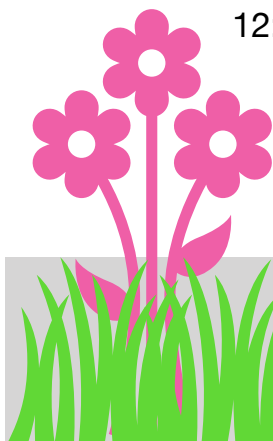
Social Club

This month the day centre social club have been having great fun getting creative with our personalised flower displays to take home.

Due to popular demand, our day centre social club is now opening Monday to Friday! Pop in and see us about joining.

Our Social Lunch Club will be offering home cooked meals Monday - Friday at 12:30 onwards.

Contact us for more information.



FAREWELL DORRIS

It is with great sadness that we say goodbye to Doris Foxwell who attended our social club for many years. Doris passed away on 8th July 2019 after a sudden deterioration in her health. Doris was well known in Dorchester and many knew her from Herrison Hospital and Dorset County Hospital where she worked as an experienced & respected Auxilliary Nurse in the Medical & Surgical Wards as well as the Children's Unit & Operating Theatres.

We have many fond memories of Doris who enjoyed a chat and a laugh and would always welcome any newcomers to the social club with a smile and a kind word. Doris took part in our 'Growing Old Disgracefully' calendar with great enthusiasm and was always happy to have her photo taken to help promote the work of Age UK Dorchester. We will miss her greatly.



Donations Request

For our Charity Shops

We are looking for the following in clean and useable condition:

- Women's, Men's and Children's clothing and footwear
- Handbags, Jewellery, Hats, Gloves and scarves
- Duvet Covers, Blankets and Throws
- Bric-a-brac
- Small electrical items for the home
- Children's Toys, Jigsaws and games
- Books - fiction or nonfiction, Adults or Children
- Wool and Craft Items

Carrier Bags also needed please



Our stores are open from 9am to 4pm for items to be dropped in.



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

Our clients say it best

To find out more about how we can help you, contact Ian Campbell:

Telephone 01305 217 310

Email ian.campbell@blanchardsbailey.co.uk

www.blanchardsbailey.co.uk

Blandford
T: 01258 459 361

Dorchester
T: 01305 251 222

Shaftesbury
T: 01747 440 447

Weymouth
T: 01305 831 795

BENEFIT ADVICE SESSIONS

An initiative by Dorset Welfare Benefits Partnership

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 www.ageuk.org.uk/dorchester

Dates : 26th September, 24th October

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, and will be by **appointment only**.

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: 10th September, 8th October

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, and will be by **appointment only**.

To make an appointment, please contact Age UK Dorchester on 01305 269444. www.ageuk.org.uk/dorchester

Dates: 12th September, 10th October

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 3QP2846

To make an appointment, please contact our Bridport shop on 01308 424859

Dates: 4th September, 2nd October



HK

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



VIEW OVERLOOKING THE JURASSIC COAST

MAKE YOUR MONEY GO FURTHER

with Age UK Dorchester

Ever wondered where your money goes?

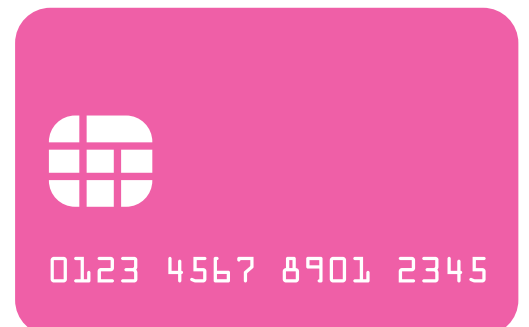
Learn how to budget, save and spend better with the help of a CAP Money coach.

Next surgery: Monday 9th September 2019 - 9:30am to 12:30pm

At Age UK Dorchester, Rowan Cottage, 4 Prince of Wales Road, Dorchester, DT1 1PW

To book your **FREE** surgery Appointment, please contact Age UK Dorchester on 01305 269444

**Please note that CAP coaches are volunteers, not financial advisers, and they do not recommend or sell financial products.



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

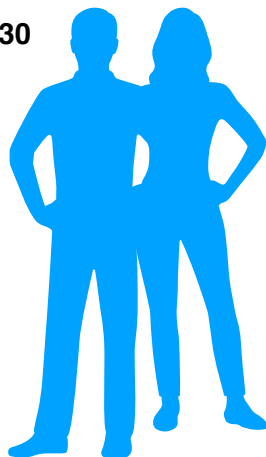
Better balance gentle exercise class come and join us for fitness and fun.

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.



Finding it difficult to cut your toenails?

Age UK offers a professional Toenail cutting service for older people.

Cost: £15.00

An additional one-off cost is payable for your personal clipper set.

For more details or to find out about our other services including where our clinics are based, Contact, Alison Williams or

Sarah Frigot at
Age UK Dorchester
on 01305 269444

Charity no 1142519 registered
company no 0761450

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Tel. 01305 262338
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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

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 cares.

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 01035 773500



We say farewell Ruth Moore who has sadly passed away.

VOLUNTEER AWARDS

Weymouth and Dorchester Day centre Social club volunteers have been nominated for the Volunteer group of year at the Volunteer awards held at the awards evening organised by Volunteer Centre Dorset.



ROWAN GAMES

Y E L S E I Y J W M N V B V E
S T Z D Y V N V U N I V M Z S
N O N E O B P X X A F B N E G
E Y C M K R E C P W F R A C R
E E D I V Z C N S O H L G N E
R M N E A V G H Y R P I E E A
G A U Q R L K P E P Q Q U L C
R D P Z O B C M X S M M K A H
E C A R Z T E L F M T J W B O
V B C S H Y H L U R R E N R U
E L K X N H S Y T B L U R E T
O K Z Z J L Q Y B T B T Y T F
A C W Z W X C L V H I U L T B
U J S I C O T T A G E L A E P
S E P T E M B E R V Q U J B C

ROWAN
COTTAGE
AGEUK
DORCHESTER
SEPTEMBER
LITTLEBREDY
REACHOUT
DAME
EVERGREENS
SOCIALCLUB
BETTERBALANCE

Donations Request

We need your help!

Age UK Dorchester are looking for galvanised metal bins, including the lid.

If you have any unwanted metal bins with the lid, please drop them off at Rowan Cottage.

Our gardeners would be most appreciative.

If you have any questions, please contact the office for more information.

Thank you again for your generosity.

