

Summer 2024 Client Newsletter

A Note From Our Chief Executive



As we shrug off the colder weather, we welcome summer with open arms and look forward to the warmer months ahead.

We hope that you enjoy our summer newsletter.

We have our new activity timetable included in this edition, so if you fancy keeping fit, or socialising at one of our Pub Clubs or Lunch Clubs, please give us a call on 01202 530530.

We have also just launched our new Dementia Services which includes our Day Centre which operates on a Monday, for people living in Bournemouth, Poole & Christchurch, our Making Memories groups and Memory Clubs which run in various locations Monday- Friday.

Due to circumstances out of our control we had to suspend most of our community foot care service at the beginning of this year; we are hoping that this will start again in August. We continue to operate these services in some areas and at our hub based in Ferndown.

We have also opened our gardening service again, so if your garden needs a summer spruce please get in contact.

Our charity, like most businesses, has suffered significant financial losses since Covid, so we have made the decision to close our main office on a Friday. This won't affect service delivery to our clients, but will affect your ability to phone and book on our activities or receive information and advice. From the 8th of July our offices will open Monday-Thursday 9.45am-3.45pm.

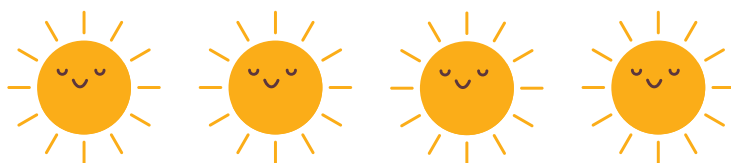
This has been a very difficult decision for us to make but we have had to do this to cut down on our overall costs, this has included looking very critically at our staff and running costs.

I have made a very conscious decision that these changes will not affect the services we provide to older people, we are acutely aware of how important these are to support physical and mental well being and how much you all enjoy coming to our groups, activities and services we provide, so thank you for your continuing support.

Summer is, of course, an exciting time. The weather, hopefully, will take a more positive turn, bringing some sun and warmer temperatures for all to enjoy. But of course, when the climate grows hotter, this can also lead to several health issues, especially for older people, so please ensure that you keep hydrated, avoid spending too much time in the sun, wear hats where possible, and apply sun cream!

I hope you all have a happy & healthy summer.

Sarah Lloyd



Day Services Activities

It's been a summer of laughter, new friendships and fun activities for members of our 'Let's Connect' Day Centre, Dementia Day Centre and Meet and Eat Club. Our June activities included D Day celebrations and Museum of East Dorset outreach reminiscence team visits.

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Our Day Services attendees enjoyed themed activities, music, and food while reflecting upon the sacrifices made by troops during the historic military operation that occurred 80 years ago.



Activities Timetable

Please note: all classes and activities need to be booked in advance by filling out an enrolment form, which can be downloaded and printed from our website:

<https://www.ageuk.org.uk/bournemouthpooleeastdorset/activities-and-events/>

Alternatively, a hard copy of our enrolment form can be requested by calling 01202 530530. Bookings are accepted at our discretion and subject to a medical questionnaire.

Activity Name	Day and Time	Venue	Cost (Monthly unless stated)
Pub Clubs	Tuesday 2nd July AM-PM	Hare & Hounds, Sway	Regular mains from £12.95 Lighter lunches from £8.95 Plus £12 for transport
	Thursday 4th July AM - PM	The Lambs Inn, Winkton	Regular mains from £13.00 Lighter lunches from £7.50 Plus £12 for transport
	Tuesday 9th July AM - PM	The Clay Pipe Inn, Holton Heath	2 main courses from £12.75 Regular mains from £9.49 Lighter lunches from £7.79 Plus £12 for transport
	Thursday 11th July AM - PM	The Wheatsheaf Inn, New Milton	Special Lunch Carvery for Seniors £8.50 includes pudding Regular Carvery from £10.95 Plus £12 for transport
	Tuesday 16th July AM-PM	The Lynton Court, Bournemouth	2 main courses £11.49 Regular mains from £11.29 Plus £12 for transport
	Thursday 18th July AM-PM	The Smugglers Inn, Milford on Sea	Smaller Appetites from £9.95 Regular Mains from £12.95 Plus £12 for transport
	Tuesday 23rd July AM-PM	The Bridge House Hotel, Longham	Carvery from £10.99 Lighter options from £7.00 Plus £12 for transport
	Thursday 25th July AM-PM	The Cross Keys Inn, Holt	Regular mains from £14.50 Lighter lunches from £7.50 Plus £12 for transport
	Tuesday 30th July AM - PM	Black Water Stream Pub, Broadstone	Regular mains from £10.95 Lighter lunches from £7.50 Plus £12 for transport

Activity Name	Day and Time	Venue	Cost (Monthly unless stated)
Memory Club	Monday 1st July 10am – 12pm	Poole	£35
	Monday 8th July 10am – 12pm		
	Monday 15th July 10am – 12pm		
	Monday 22nd July 10am – 12pm		
	Monday 29th July 10am – 12pm		
	Tuesday 2nd July 9:45am - 11:45am	Canford Cliffs	£35
	Tuesday 9th July 9:45am - 11:45am		
	Tuesday 16th July 9:45am - 11:45am		
	Tuesday 23rd July 9:45am - 11:45am		
	Tuesday 30th July 9:45am - 11:45am		
	Tuesday 2nd July 10am – 12pm	Christchurch	£35
	Tuesday 9th July 10am – 12pm		
	Tuesday 16th July 10am – 12pm		
	Tuesday 23rd July 10am – 12pm		
	Tuesday 30th July 10am – 12pm		
	Tuesday 2nd July 1:30pm – 3:30pm	Wimborne	£35
	Tuesday 9th July 1:30pm – 3:30pm		
	Tuesday 16th July 1:30pm – 3:30pm		
	Tuesday 23rd July 1:30pm – 3:30pm		
	Tuesday 30th July 1:30pm – 3:30pm		
Wednesday 3rd July 10am – 12pm	Ferndown	£35	
Wednesday 10th July 10am – 12pm			
Wednesday 17th July 10am – 12pm			
Wednesday 24th July 10am – 12pm			
Wednesday 31st July 10am – 12pm			
Thursday 4th July 1:30pm – 3:30pm	Southbourne (moved to Beaufort)	£28	
Thursday 11th July 1:30pm – 3:30pm			
Thursday 18th July 1:30pm – 3:30pm			
Thursday 25th July 1:30pm – 3:30pm			

Activity Name	Day and Time	Venue	Cost (Monthly unless stated)
Memory Club (continued)	Friday 5th July 10am – 12pm	Charminster	£28
	Friday 12th July 10am – 12pm		
	Friday 19th July 10am – 12pm		
	Friday 26th July 10am – 12pm		
Gentle Yoga	Monday 1st July 1:30pm – 3pm	Moordown Community Centre	£28 for 4 sessions or £35 for 5 sessions
	Friday 5th July 10am – 11:30am		
	Monday 8th July 1:30pm – 3pm		
	Friday 12th July 10am – 11:30am		
	Monday 15th July 1:30pm – 3pm		
	Friday 19th July 10am – 11:30am		
	Monday 22nd July 1:30pm – 3pm		
	Friday 26th July 10am – 11:30am		
Monday 29th July 1:30pm – 3pm			
Chair Yoga	Wednesday 3rd July 1:15pm – 2:15pm	Canford Cliffs Village Hall	£35 for 5 sessions
	Wednesday 3rd July 2:45pm – 3:45pm		
	Wednesday 10th July 1:15pm – 2:15pm		
	Wednesday 10th July 2:45pm – 3:45pm		
	Wednesday 17th July 1:15pm – 2:15pm		
	Wednesday 17th July 2:45pm – 3:45pm		
	Wednesday 24th July 1:15pm – 2:15pm		
	Wednesday 24th July 2:45pm – 3:45pm		
	Wednesday 31st July 1:15pm – 2:15pm		
	Wednesday 31st July 2:45pm – 3:45pm		
Meet and Eat Club	Tuesday 2nd July 11am – 2:30pm	Braeside Village Hall, St Leonards and St Ives	£87.50 (includes transport)
	Tuesday 9th July 11am – 2:30pm		
	Tuesday 16th July 11am – 2:30pm		
	Tuesday 23rd July 11am – 2:30pm		
	Tuesday 30th July 11am – 2:30pm		
Energetic Walking Group	Two Tuesdays in July, dates TBC	Various locations and times – details upon booking	£15 annual

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Dementia Action Week

Dementia Action Week took place in May, which focused on raising awareness about the resources available locally for those who have been diagnosed with dementia or are experiencing cognitive issues.

Receiving a dementia diagnosis, or simply feeling worried about memory issues can cause lots of emotions to arise, for both the person directly affected and their loved ones. It's something that no one should have to go through alone, which is why we offer Memory Clubs and our Dementia Day Centre for those either with a dementia diagnosis or memory issues. Our Making Memories groups are only available if you or your loved one have a dementia diagnosis.

There are lots of entertaining and engaging activities that our Day Centre, Memory Club, and Making Memories clients experience. These include team games, quizzes, creative and musical activities, and much more. Some of the effects of these activities include improvements in communication, increased levels of happiness and having more energy.

“My father’s dementia symptoms became worse during the lockdown period which I have been told was probably due to lack of social interaction with others outside of his home environment. Since attending the Day Centre, it really seems to give him a sense of purpose and something to look forward to every week. I have noticed an improvement in my father’s general outlook, as he really enjoys the time he spends with the other people, and he always enjoys the activities provided at the Centre.”

For the full information about all of our dementia services, please visit our website - <https://www.ageuk.org.uk/bournemouthpooleeastdorset/our-services/dementia-services/>

If you don't have internet access, you can call 01202 530530 for more information and to request one of our Guide to Services brochures, which contains the full list of the activities and services we have on offer.

Parkstone and Wimborne Charity Shops



If you're passing by our Parkstone charity shop and you're feeling lucky, pop in and enter our Big Summer Raffle. Tickets are £1 per strip and drawn on Saturday 6th July at 1pm. We have a range of exciting prizes, including:

- A barbecue
- David Lloyd pass
- West Hants club passes and food voucher
- A food hamper
- Breeze Thai massage voucher
- And more!



A big thank you to the West Hants Lawn Tennis Club, Greggs, Homebase, Breeze Thai, Waitrose, and David Lloyd who all donated the brilliant prizes.



We have two shops located in Wimborne and Parkstone. Their opening hours are:

Monday-Saturday 9:30am-4pm

And the shop addresses and phone numbers are:

**2 Jessop House, Mill Lane, Wimborne, BH21 1HG
01202 076959**

**247 Ashley Road, Poole, BH14 9DS
01202 744997**

If you're having a clear out, please consider donating some of your pre-loved items to one of our charity shops. We accept most items, with the exception of used bedding and any furniture which doesn't fit comfortably inside our shops.

Collections can be arranged if you live in Wimborne, but we have a limited number of staff and volunteers, so we ask if you would kindly bring your donations to our shops if you live in another area.

Summer Wordsearch

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

Barbeque

Lemonade

Sunscreen

Beach

Pool

Swimming

Flip Flops

Summer

Vacation

Ice Cream

Sunglasses

Watermelon



Pub Clubs

Fancy sitting out in a scenic beer garden with a plateful of delicious food in front of you, chatting with new friends, all without the hassle of having to drive or wait for public transport?

Our Pub Clubs are a brilliant way to get out and about and socialise whilst enjoying some scenery on your travels - our minibus drivers will pick you up from home (postcode dependant) and drop you back afterwards.

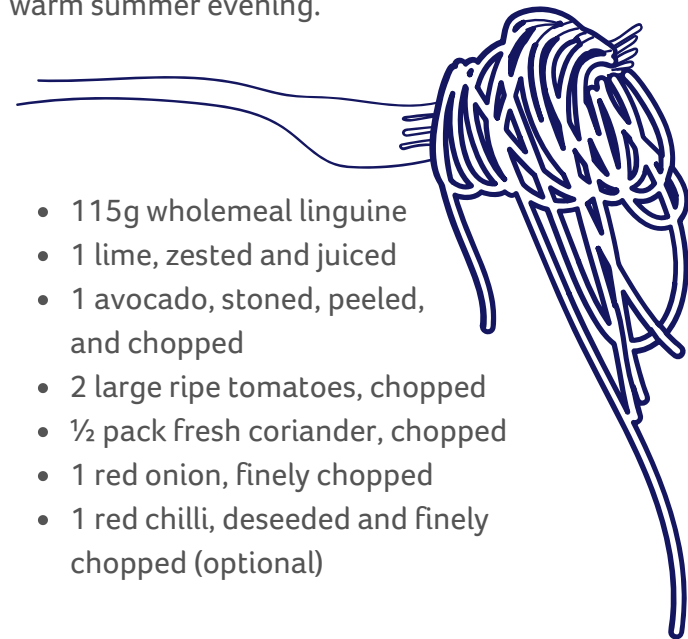
Please note that eligibility criteria applies: These trips are not suitable for those with memory issues or walking aids as they are self-supporting. Pick ups are available from BH1 - BH14 & BH22 - BH23.

Payments should be made at the time of booking. Please note that cancellations will only be credited in extenuating circumstances and at our discretion.



Avocado, Tomato & Lime Linguine Recipe

Now that summer has (sort of!) arrived, why not experiment with a lighter summer linguine recipe, full of flavour with avocado, tomatoes and lime. The perfect meal for eating outside in the garden on a warm summer evening.



- 115g wholemeal linguine
- 1 lime, zested and juiced
- 1 avocado, stoned, peeled, and chopped
- 2 large ripe tomatoes, chopped
- ½ pack fresh coriander, chopped
- 1 red onion, finely chopped
- 1 red chilli, deseeded and finely chopped (optional)

1. Cook the pasta according to pack instructions – about 10 mins. Meanwhile, put the lime juice and zest in a medium bowl with the avocado, tomatoes, coriander, onion and chilli, if using, and mix well.
2. Drain the pasta, toss into the bowl and mix well. Serve straight away while still warm, or cold.

Volunteering Opportunities

We are very fortunate to have a team of dedicated volunteers helping us to keep our services and activities running, but as the saying goes, many hands make light work, so if you have a relative or friend who would be interested in any of the below volunteering opportunities, please visit our website (<https://www.ageuk.org.uk/bournemouthpooleeastdorset/get-involved/volunteer/volunteering/>) or phone our office on 01202 530530 for the full details.



- Trustee
- Befriending Volunteer
- Minibus Passenger Assistant
- Volunteer Drivers
- Making Memories Group Assistant
- Exercise Class Volunteers
- Wimborne and Parkstone Shop Volunteers
- Day Centre Volunteers
- Memory Club Volunteers

We Welcome Your Feedback

To ensure that a high quality of service is provided by Age BPED we welcome feedback, comments, or suggestions on how we can improve the services or activities we provide. This gives you the opportunity to tell us about your experience, what is good or bad about the service or activity we provide or how things can be improved. Information can be provided anonymously. If you would like to provide feedback, please contact the Chief Executive Sarah Lloyd on 01202 530530 or via email sarah.lloyd@ageukbped.org.uk



Legacies, Donations and Fundraising

Age UK Bournemouth, Poole & East Dorset is committed to being there for older people who need us, and we are only able to do this with the ongoing support of our local community.

Please bear in mind that, while we operate under the Age UK name, there is an important distinction to be made between ourselves and the national charity; we are in fact a local independent charity and therefore rely on legacies, donations and grants to support our operations and service delivery. Age UK BPED is a trading name of Age Concern Bournemouth which is a registered charity number 1113294 and a company limited by guarantee registered in England and Wales number 5401464.

Whilst financial support is always needed, we know that it is not always possible for everyone to provide this and we are extremely grateful to anyone who is able to give either their time or money to support our mission. There are many ways you can

donate to Age UK BPED, including:

- Making a payment in cash, by cheque, or bank transfer. You can donate as a one-off, or through a regular contribution
- Online through our Just Giving page
- By playing the BH Coastal Lottery
- Donating equipment or professional services
- Gifting items or services as a raffle prize

If you would like to leave a legacy in your will, please contact sarah.lloyd@ageukbped.org.uk for more information on how you can do this.

We also raise funds through a range of activities and events, so if you or someone you know would like to do a sponsored event to raise funds, we would love to hear from you!

Please Share Your Stories

Our staff and volunteers working in the community love hearing your stories of times gone by. We think it's important that these stories are preserved and passed down the generations. That's why we're looking for people to be interviewed about their youthful exploits, either by video, audio, or as a written interview. Please call 01202 530530 or email anna.wilkinson@ageukbped.org.uk if you're happy to have your story told on our website and social media platforms.



Our Services

Health & Wellbeing

We run a variety of activities for the over 55s across Bournemouth, Poole, Christchurch & East Dorset. Our Health & Wellbeing service provides activities that promote physical and mental health, and give you the opportunity to have fun and meet new people!

- Meet & Eat Lunch Club
- Pub Clubs & Day Trips
- Yoga
- Chair Yoga
- Walking Groups

Day Centre

Our day centres make an important contribution to the lives of older people by acting as a preventative measure for problems caused by a lack of social interaction and stimulation. They also play a vital role in supporting individuals and help to maintain their contact with the community. We hope that our day services are a focal point of the week, and something that gives structure and purpose.

- Over 60's in Bournemouth, Christchurch & Poole
- Nutritious, tasty 2 course meal
- Stimulating activities
- Transport available
- Trained staff & volunteers to ensure a great day out

Help at Home

This service enables clients to remain as independent as possible, for as long as possible, in their own home. We cater for over 55s living in the Bournemouth, Christchurch, Poole & East Dorset areas.

- Domestic support
- Light garden maintenance
- 1:1 IT support
- Companionship
- Shopping

Information & Advice

Age UK Bournemouth, Poole & East Dorset offers a free and confidential information and advice service for older people, their families, and carers. We can also help with attendance allowance & blue badge forms for a small fee.

- Signposting to other organisations
- Tradespeople
- Money and benefits
- Housing

Footcare

Our footcare service helps you to stay comfortable on your feet. We operate three footcare clinics across the local area, and we also do home visits for those who are unable to get to a clinic. The service is for anyone aged 55+.

- Ferndown Hub (22 Victoria Road). We can perform advanced footcare at this clinic
- Toenail cutting in your own home, or at our clinic

Community Connections

Loneliness and isolation can have big impact on the health and wellbeing of older people. We provide a Community Connections Service to help tackle the causes of isolation and loneliness.

- Over 60's in the local area
- For those who have become isolated or detached from community life
- Befriending - over 60's long-term low-level support across BCP

Dementia Services

We provide a variety of dementia services aimed at supporting those with dementia, their family, and their carers.

- Making Memories (formerly known as CST), fully funded by the NHS
- Dementia Day Centre
- Memory Clubs (formerly known as Maintenance Cognitive Stimulation Therapy)

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