

Activities for people with Dementia and their carers in Dorset

Activities in Bournemouth

Southbourne, Bournemouth	Forget-me-not Coffee Morning	Every Tuesday 10.30-11.30am (starting 15 Oct)	Ludo Lounge, 34 Southbourne Grove, Southbourne, BH6 3RA
Westbourne	Memory Café	1 st & 3 rd Fridays 1.30–3.00pm	West Cliff Baptist Church Hall, Poole Road, Westbourne, Bournemouth, BH4 9DN
	Singing for the Brain	2 nd & 4 th Fridays 1.30–3.00pm	
Bournemouth	Memory Café	Monday 2pm-4pm	14 Vale Road, Bournemouth, Dorset BH1 3SY
	Melodies for memory	Monday 2pm-4pm	

Activities in Poole

Poole	Memory Café	Tuesday 2pm-4pm	Simmonds Close, Wimborne Road, POOLE, Dorset BH15 3EB
	Melodies for memory	Tuesday 2pm-4pm	
Hamworthy	Memory Café	Wednesday 2pm-4pm	Hincliffe Close, HAMWORTHY, Dorset, NH15 4DY
	Melodies for memory	Wednesday 2pm-4pm	
Poole	Information and Support drop in "Poppins-Poole"	Every Tuesday 11.00am-12.00pm	The Lodge Alderney Hospital, Poole Dorset BH12 4NB

Activities in Dorset

Purbeck Locality

Swanage	Memory Café	2 nd & 4 th Thursdays 2.00-3.30pm	Swanage Baptist Church, 160 Victoria Avenue, Swanage, BH19 1AZ
Upton	Memory Café	1 st & 3 rd Thursdays 2.00–3.30pm	Please contact 01202 716393 for further information. <i>Due to low numbers now closed. Setting up for younger people with dementia evening meal/lunch twice a month in North Dorset and West Dorset.</i>
Wareham	Memory Café	1 st & 3 rd Mondays 10.30am–12.00pm	United Reformed Church, Church Road Wareham, BH20 4HH
Swanage	Melodies for memory	Every 1 st & 3 rd Thursday from 1045-	Swanage United Reformed Church, High Street, SWANAGE, Dorset BH19

		1215pm	2NY Music facilitator Natalie Betts For more information contact Yvonne Cable 07747533252
Wareham	Melodies for memory	Every 2 nd & 4 th Thursday from 1.45- 3.15pm	Wareham United Reformed Church, Church Street Wareham Dorset BH20 4HH Music facilitator Natalie Betts For more information contact Yvonne Cable 07747533252

Christchurch Locality

Christchurch	Memory Café	2 nd Wednesday 2.30–4.00pm	St. Josephs Parish Centre, 67 Purewell, Christchurch, BH23 1EH
	Singing for the Brain	4 th Wednesday 2.00–3.30pm	

East Dorset Locality

Ferndown	Memory Café	1 st & 3 rd Wednesday 1.30–3.00pm	Barrington Centre, Penny's Walk, Ferndown, BH22 9TH
Verwood	Memory Café	2 nd Monday 11.30am–1.00pm	The Hub, Brock Way, Verwood, BH31 7QE
Longham	Information Coffee Morning	4 th Monday 10.00–11.00am	Haskins Garden Centre, Longham
Ferndown	Melody for Memories	Every 2 nd 2 nd & 4 th Wednesday from 1.45-3.15pm	Barrington Centre, Pennys Walk FERNDOWN, Dorset BH22 9 TH Music facilitator Natalie Betts For more information contact Yvonne Cable 07747533252
Highcliffe	Melody for Memories	Every 1 st & 3 rd Thursday from 1.45- 3.15pm	Christchurch day centre, Lymington Road, Highcliffe, Dorset, BH23 5ET Music facilitator Natalie Betts For more information contact Yvonne Cable 07747533252
Wimborne	Melodies for Memory	Every 1 st & 3 rd Wednesday from 1.30-3.00pm	St Catherines Church Hall, 4 Lewens Lane, WIMBORNE, Dorset, BH211LE Music facilitator Natalie Betts For more information contact Yvonne Cable 07747533252

Activities for younger people with dementia and carers in the east of Dorset

Younger People's Groups	Social dinner	1 st Thursday From 7.00pm	03 Oct – Man in the Wall - Wimborne 07 Nov – The Somerford, Christchurch. 12 Dec –The Avon Causeway
	Activities	18 ^t Oct – Skittles Merley Sports Club 7pm (inc buffet) 22 ⁿ Nov – Museum trip venue TBC	
Information session	Information and advice	Every Tuesday 10.00–11.00am	The Lodge, Alderney Hospital, Ringwood Road, Poole, BH12 4NB

For information on any of the above call us on **01202 716393** or email dorset@alzheimers.org.uk

**Alzheimer's Society East Dorset office, The Lodge, Alderney Hospital,
Ringwood Road, Poole, BH12 4NB**

Weymouth and Portland Locality

Portland	Singing for the Brain	Alternate Wednesdays 10.00–11.30am From 2 October	Community 2000 Hall, 6 Straits, Easton, Portland, DT5 1HG
Weymouth	Memory Café	Alternate Tuesdays 2.00–3.30pm From 8 October	Salvation Army Hall, Westham Road, Weymouth, DT4 8NS
	Singing for the Brain	Alternate Tuesdays 2.00–3.30pm From 1 October	
	Carers Group	2 nd Tuesday 2.00–3.00pm	The Acorns, Grosvenor Road, Weymouth, DT4 7QL
Chickerell	Melodies for memory	Thursday 1030am-12noon every fortnight	Sports Pavilion, Putton Lane, Chickerell, WEYMOTUH, Dorset, DT3 4AJ Contact Hilary Foggo on 01305 269444 for more details

West Dorset Locality

Bridport	Memory Café	Closed until further notice. Please contact 01202 716393 for further information.	
	Singing for the Brain		
Bridport	Carer Workshops	Every Thursday from 10.00am-12.30pm For four sessions	Bridport Medical Centre, West Allington, BRIDPORT, Dorset, DT6 5BN
Crossways	Memory Café	Alternate Wednesdays 2.00–3.30pm From 9 October	Please contact 01202 716393 for further information. <i>Due low numbers, now closed. Setting up for younger people with dementia evening meal/lunch twice a month in North Dorset and West Dorset.</i>
Dorchester	Memory Café	Alternate Thursdays 10.30am–12.00pm From 10 October	Dorchester Community Church, Acland Road, Dorchester, DT1 1EF
	Singing for the Brain	Alternate Thursdays 10.30am–12.00pm From 3 October	
Cerne Abbas	Memory Café	Alternate Wednesdays 10.30am–12.00pm From 2 October	Please contact 01202 716393 for further information. <i>Due to low numbers, now closed. Setting up for younger people with dementia evening meal/lunch twice a month in North Dorset and West Dorset.</i>
Lyme Regis	Memory Café	Alternate Tuesdays 10.30am–12.00pm From 1 October	Woodmead Halls, Hill Road, DT7 3PG
Lyme Regis	Melodies for Memory	Every fortnight on a Tuesday 1015am- 12 noon	Woodmeads Halls, Hill Road, Lyme Regis DT7 3HN Contact Hilary Foggo on 01305 269444 for more details
Beaminster	Melodies for Memory	Every fortnight Tuesdays 10.00-11.45am	Abbeyfield House, Yarn Barton, Fleet Street, BEAMINSTER, Dorset, DT8 3EQ Contact Hilary Foggo on 01305 269444 for more details

North Dorset Locality

Blandford	Memory Café	Alternate Thursdays 2.00–3.30pm From 10 October	United Reformed Church, Salisbury Street, Blandford, DT11 7PY
	Singing for the Brain	Alternate Thursdays 2.00–3.30pm From 3 October	
Gillingham	Singing for the Brain	Every Wednesday 2.00–3.30pm	The Town Hall, School Road, Gillingham, SP8 4QR
Shaftesbury	Memory Café	Alternate Tuesdays 10.00am–12.00pm From 8 October	Friends Meeting Hall, Abbey Walk, Shaftesbury, SP7 8BB
Sherborne	Memory Café	Alternate Thursdays 10.00am–12.00pm From 3 October	The Catholic Church Hall, Westbury, Sherborne, DT9 3RA
	Singing for the Brain	Alternate Thursdays 10.00am–12.00pm From 10 October	

LEGEND

Dorset HealthCare

The responsibility for running services currently managed by Dorset Healthcare will transfer to the successful provider.

Alzheimers Society

Age UK

These services do not fall under the responsibility of this contract.

Services in Red have or will be closed

Mapped 211013