



Directory

of local organisations working with older people

Updated March 2018

[Link Visiting Swanage](#)

[21 Commercial Road, Swanage, BH19 1DF](#)

[Tel: 07495 534171](#)

[E-mail: swanage@linkinglives.uk](mailto:swanage@linkinglives.uk)

www.sandpdt.org/link-visiting



Link Visiting Swanage is a befriending service operating throughout east Purbeck. It is mainly for those over sixty who find themselves requiring some extra friendship and support.

We aim to match volunteers with elderly people who would love to see a friendly face on a regular basis, perhaps once a week for an hour or so.



We always need volunteer visitors.

**If you can help us, please contact us for more information
or an application form**

Or refer to us anyone you think might benefit from



Place of Welcome

Social/Support

An informal drop-in for people of all ages.
Free drink, listening ear, simple information
Tuesdays and Fridays 10—12
21 Commercial Road (beyond Chococo)

Contact: Alan Dominy

Tel: 07495 534171

E-mail: swanage@linkinglives.uk

Website: www.sandpdt.org.uk

Swanage Forum

Funday Sundays

Social/Leisure

Monthly film show with refreshments and other social activities
2nd Sunday of each month, 1.30—4.30
Swanage Day Centre, High Street
£3.50, including refreshments

Contact: Gerry Norris

Tel: 426127



Flourish

Health

A well-being project, using horticulture, conservation, woodworking and landscaping, that helps disabled people of all ages learn skills, build confidence and make friends.

Livability at Horton Lee, various days each week.

Funding and transport available

Contact: Emma Browning

Tel: 01202 625562

E-mail: ebrowning.holtonlee@livability.org.uk

Website: <http://www.holtonlee.org/garden-projects/flourish/>

Fitness Fun

Health

Fridays 10.15am

'Tone & Stretch, Strengthen & Mobilise!'

Classes are energetic & fun, focusing on stretching & toning with cardiovascular work while improving the posture & moving to fantastic music.

"EXTEND!" Classes with seated exercises at 11.30am

Emmanuel Baptist Church, Victoria Avenue, Swanage.

£4.00 per session (Trial session free)

Contact: Marion Carle

Tel: 01929 423923

E-mail: carleofswanage@hotmail.com

Website: <http://extend.org.uk/>

Walking for Health

Health

Short gentle walks (½ - 1 mile) plus coffee and chat

Tuesdays at 10.30am. Meet at shelter outside the Mowlem Theatre

Longer afternoon walks in various locations also arranged

Contact: John Kirwin

Tel: 01929 481000

E-mail: swanage.wfh@gmail.com

Website: www.walkingforhealth.org.uk/swanage

The logo for Citizens Advice, featuring the words "citizens advice" in white lowercase letters inside a blue speech bubble shape.

Citizens Advice

Advice

Confidential advice and support on any issue (eg Benefits, debt, housing, energy-saving and consumer issues). Help with form-filling. Free.

Swanage Town Hall (rear entrance)

Drop-in Mondays 10.15—2.00. Appointments can be arranged.

Telephone Advice Mondays—Fridays 10.00 – 4.00

Contact: Purbeck Citizens Advice

Tel: 0344 245 1291 (for advice)

E-mail: asm@purbeck.cabnet.org.uk.

Website: www.purbeckadvice.org.uk (gives advice on a wide range of issues)



Dorset POPP

Advice

Advice, guidance and signposting for older people

Home visits on request

Contact: Jude Evans (Swanage Wayfinder)

Tel: 07966 927082

E-mail: jude.evans@helpandcare.org.uk

Website: www.helpandcare.org.uk



Age UK

Advice

Advocacy: Helping people control their own lives and make their own choices, and a helping hand to sort out problems. Free

Welfare Benefits Advice: We can carry out benefits entitlement checks, provide support in claiming benefits and can support to appeal stage. Free

Information and Advice on various matters including money and benefits, social care and housing options. Free

Insurance: AgeUK Group offers a range of products and services, tailor-made for the over-60s. Premiums payable

Tel: 01305 269444

E-mail: info@ageukdorchester.org.uk

Website: www.ageukdorchester.org.uk

Alzheimer's Society is the UK's leading dementia charity.

The Memory Support and Advisory Service is designed for anyone with memory loss or diagnosed with dementia and for carers across Dorset.

The Memory Adviser will support you throughout your journey towards getting a diagnosis of dementia and ongoing support following a diagnosis for you and your family

Memory Advisers work closely with GPs and other health professionals to provide consistent on-going support

Contact: Poundbury Office

Address: - 27 Great Cranford Street
Poundbury
Dorchester
DT1 3SQ

Tel: 0300 123 1916

Email: dorset@alzheimers.org.uk

Web: - www.alzheimers.org.uk/



Art Workshop

Leisure

Art and craft for all adults

Variety of beginners art and craft groups, materials provided. Very inclusive, informal and friendly
£7.50 per session (reductions for series paid in advance and people dependent on Benefits).

Beginners Groups at All Saints Church Hall, Friday mornings,
and L'Artishe Gallery, High Street, Wednesday mornings—Term times only.

Sew Time, monthly as arranged

Art Therapy for Chronic Pain—frequent courses, please inquire.

Contact: Suzanne Dominy

Tel: 01929 475883

E-mail: suzanne@artworkshop.org.uk

Website: www.artworkshop.org.uk

Fresh Prospects

Leisure

Provides gardening opportunities for people who enjoy it but find it difficult to do on their own

Thursdays 10.00—12.00

All Saints Church Garden, Ulwell Road

Contact: Andrew Fleming

Tel: 01029 422479

E-mail: flemingswanage@yahoo.co.uk

Website: www.sandpdt.org.uk/fresh-prospects/



Greengage Nursery

Leisure

Join us at our nursery in Swanage for light gardening and woodcraft activities.

Refreshments will be provided and there is a toilet on site.

Monday afternoons – for people living with Dementia and their carers, or anyone who may be experiencing memory loss

Friday mornings – open for self-referrals and for people who have mental health issues

Contact: Katie Wilkinson

Tel: 01202 692033

E-mail: kwilkinson@dorsetwildlifetrust.org.uk

Singing for Pleasure

Leisure

A singing group open to all - no audition, no need to read music, no particular skill, just fun!

2nd and 4th Thursdays at 2pm

Hillside Room, Emmanuel Baptist Church , Victoria Avenue

Contact: Jean Gibbs

Tel: 01929 425521

E-mail: jeanswanage@yahoo.co.uk

Computer Training

Leisure

Swanage Library offers free use of computers.

Basic training ,tailored to individual needs, is provided on Monday afternoons. Advanced booking recommended.

Contact: Swanage Library

Tel: 01929 423485



Red Cross Equipment Loan

Support

Loan of equipment for short periods.

eg Wheelchairs, Raised Toilet Seats, Walking Frames

Donation required

Contact: Mrs Carole Figg

Tel: 01929 423517

Wheelchair Transport

Support

Swanage Disabled Club have a vehicle for one wheelchair and a couple of passengers which is available to pre-book for hospital/dental/Health Centre appointments etc.

It is NOT a taxi service so there is no charge, but donations always welcome.
Please call Robert Payne 01929 423729.

Contact: Robert Payne

Tel: 01929 423729.



Communicare

Support

We do practical tasks for people:

eg. car transport to and from hospital (40p per mile); accompanying the frail and wheelchair users around town; help with form filling and writing letters; visiting and reading to the elderly and handicapped; "sit-in" service to relieve carers; visiting the bereaved, shopping services (all free).

Contact: Jenny Lazenbury

Tel: 427576 / 480932 / 477114 / 423587 / 423918 / 288177 / 07531 811375

E-mail: jenny.lazenbury@talktalk.net

Web-site: www.swanageforyou.co.uk

Carer's Support Group

Support

Support, sharing and information for carers.

Usually meet on 1st Tuesday of month 11.00-12.30 at Queensmead Hall and 3rd Tuesday 10.30-12.00 at Emmanuel Baptist Church, Victoria Avenue (drop in for coffee)

£1.00 / £1.50

Contact: Sandra Rhead

Tel: 01929 421251

Phone Sandra for any advice or information about caring

Tax Help for Older People is a service from the charity Tax Volunteers providing free, independent and expert help and advice for older people on lower incomes who cannot afford to pay for professional tax advice.

We answer simple questions over the telephone. For other problems, we'll arrange a face-to-face meeting with a volunteer adviser. For anyone unable to travel because of disability, we'll arrange a home visit.

Tel: 01308 488066

Website: <http://www.taxvol.org.uk/>

Radar keys give access to disabled public toilets for older or disabled people. In Swanage there are disabled toilets on Shore Road (by the beach huts), Stone Quay (behind the Heritage Centre), Main Car Park (Victoria Avenue) and Mermond Place Car Park.

Keys cost £4.00 and can be obtained from the Tourist Office, on presentation of ID.

Contact: Swanage Tourist Office, Shore Road

Tel: 01929 422885

Swanage Food Bank

Support

Clients are referred with voucher by local agencies (Citizens Advice, Medical and Social Services, REACH, etc).

We provide up to 7 days' food supplies per person (3 meals a day). Top up on fuel card if needed.

Home delivery when necessary or collection by arrangement from us at Salvation Army Hall, Kings Rd East BH19 1HN.

Tel: 07759 230313

Careline

Support

The Careline Alarm is a simple-to-use emergency call unit. Wear a pendant which puts you in touch with the emergency control centre within seconds.

Installation and first 8 weeks free. Then £16.90 per month.

Contact: Synergy Housing

Tel: 0333 400 8298

E-mail: info@synergyhousing.co.uk

Website: www.aster.co.uk/careline-services



Swanage Depression Support

Support

Self-help sharing group for those with depression and/or anxiety

1st & 3rd Wednesdays of month 7.30—9.00pm

Lower Hall, Salvation Army, King's Road East

Donation for a drink

Contact: Nick Viney / Mary Bevis

Tel: 07766 352062 / 01929 426896

E-mail: nickviney@hotmail.com



Dorset Advocacy

Support

We support older people and others affected by disability, dementia, cancer or caring responsibilities to speak up, defend their rights and access opportunities. We especially support those who struggle to get support, feel they are not listened to or cannot get their wishes across.

We meet you in a private place of your choice.

Tel: 0300 343 7000

E-mail: referrals@dorsetadvocacy.co.uk

Website: www.dorsetadvocacy.co.uk

THE BESOM

Purbeck Besom

Support

We collect and deliver good-quality household goods for people unable to afford them.

When enough volunteers are available we can also do odd jobs, including gardening

Contact: Davina Freedman

Tel: 07519 977732

E-mail: purbeckbesom@gmail.com

Home Library Service

Support

We deliver and collect books for older people who can no longer attend the library

Contact: Ann Emery

Tel: 01929 422 199(or Swanage Library 01929 423485)

E-mail: swanagelibrary@dorsetcc.gov.uk

Cancare

Support

Provides practical support for cancer sufferers and their carers

Contact: Vicky Fooks

Tel: 01929 761860

E-mail: v.fooks@sky.com



Swanage Dementia-Friendly Community

Support

Raises awareness for people living with dementia

Provides training for shop workers and others

Employing an Admiral Nurse to support people with dementia and their families

Contact: Jean Gibbs

Tel: 01929 425521

E-mail: jeanswanage@yahoo.co.uk

Purbeck Good Neighbours

Support

'If you are over 50 and have a small task that needs doing, just call Purbeck Good Neighbours and they can send a volunteer to give you a hand - all they ask is that you give a donation to cover their expenses. They are not an emergency service and do not do heavy work or continuing care. They only do small one-off tasks such as changing light bulbs - filing and paperwork - small sewing jobs - retuning televisions - clearing cupboards - sweeping paths'

Minimum Donation £2

Contact: Purbeck Good Neighbours

Tel: 01929 424363

E-mail: purbeckgoodneighbours@yahoo.co.uk

Swanage Stroke Club

Social /Support

Social and support group for stroke sufferers and their carers. Lunch, entertainment and outings.

Saturdays, once a month

Swanage Day Centre, High Street.

Contact: Deirdre Selwyn, who will arrange a pre-visit.

Tel: 01929 480279

Swanage Blind Club

Social /Support

Social meeting forum for people with sight impairment,
with entertainment and afternoon tea

4th Tuesday of each month 2.30pm

Rectory Classroom, Church Hill (park in St Mary's Churchyard)

Contact: Pam Drelin

Tel: 01929 426136

Swanage Disabled Club

Social /
Support

Weekly meetings, alternating handicrafts & activities / talk, sharing &
social. Monthly outings.

Mondays 2.0—4.0,

Queensmead Hall and Catholic Hall, Rempstone Road

Transport available.

£1.00 per meeting. £10.00 per year subscription.

Contact: Daphne Saville

Tel: 01929 425241

E-mail: daphne.saville@gmail.com

Parkinson's Club

Social /Support

Social group for Parkinson's sufferers and their carers. Talk and Tea
2nd Tuesday of each month 2.00—4.00
All Saints Church Hall, Ulwell Road
No set charge.

Contact: Dave Peters

Tel: 01929 551962

Not Just Tea

Social

Social afternoon tea
1st Wednesday of each month 3.30pm
Emmanuel Baptist Church, Victoria Avenue
£2.50
Transport can be arranged

Contact: Elena Petto

Tel: 01929 427706 (Emmanuel Office)

Cameo Lunches

Social

Social lunches for older people

2nd & 4th Thursdays 12.30pm

Emmanuel Baptist Church, Victoria Avenue

£5.00

Lifts can be arranged

Contact: Emmanuel Office

Tel: 01929 427706

E-mail: contact@emmanuelbc.org.uk

Hopper Bus Lunches

Social

A specially adapted bus will collect you from home and take you to a social lunch in a pub. Then return you home afterwards.

Every Tuesday. Pick-up times arranged.

NB You must book by the previous Friday.

Contact: Joy 01929 425314

Pearl 01929 425426

Sue 07894 035055

Mo 07971 338486



Coffee Pot

Social

Drop-in café for friendship and conversation

All Saints Church Hall, Ulwell Road

Thursdays 10.00—12.00

Contact: Andrew & Anje Fleming

Tel: 01929 422479

Website: <http://allsaints-swanage.org/CoffeePot.aspx>

Herston Senior Citizens

Social

Social group, with tea and occasional speakers

Every Wednesday at 2.00pm

Herston Hall, Jubilee Way

Contact: Joan Foot

Tel: 01929 423277



CU Tuesday

Social

Tea & Cake, Chat and Craft activities 50p
(some knitting, sewing & crochet instruction available)
An informal afternoon of fun and fellowship open to all.

1st & 3rd Tuesdays of each month 1.30—3.30pm
United Reformed Church, High Street
Transport can be arranged

Contact: Elizabeth Shore

Tel: 01929 422406

Welcome Club

Social

Hot drink and conversation
Tuesday afternoons 2.30pm and Friday mornings 10.00am
Salvation Army Lower Hall, Kings Road East

Contact: Margaret Warburton

Tel: 01929 425519



Eat and Meet Lunches

Social

Roast lunch followed by quiz—especially for people living on their own

Second Tuesday of each month 1.15pm—4.00

Royal British Legion, High Street

Roast £6.75; Two courses £10.00 (Reduction for RBL members)

Booking essential

Contact: Dave (RBL Steward)

Tel: 01929 422722

E-mail: swanagelegion@gmail.com

Website: www.rblswanage.co.uk

Over 60s Club

Social

Tea and Chat, occasional speakers and outings. Lots of laughter

Every Thursday at 2.15pm

Rectory Classroom, Church Hill (noisy for hard of hearing)

50p for tea & biscuit; £7.00 per year subscription.

Contact: Pam Wright

Tel: 01929 423736

Queensmead Coffee Morning

Social

Every Thursday morning 10.00 –12.00

Queensmead Hall

Coffee, chat and occasional outings

50p for coffee

Contact: Just Drop In



Memory Cafe

Social /
Support

Our informal activity group gives people with dementia and their carers the opportunity for tea and chat, and to take part in a variety of activities, socialise and get to know others in the group.

1st & 3rd Thursday of each month, 2-3.30pm

Emmanuel Baptist Church, Victoria Avenue, Swanage

£2:00

Contact: Alice Davies

Tel: 01202 764352 or 0300 123 1916

Email: dorset@alzheimers.org.uk

Web: - <https://www.alzheimers.org.uk/>

Tea Pot

Social/Support

A place of welcome for all ages in the community, especially those who are recently bereaved, lonely or new to the area. We are here to give listening ears and supportive friendship.

We aim to visit the newly bereaved and lonely, in their own homes.

1st Wednesday of each month 10.30—12.30

Rectory Classroom (Church Hill)

Contact: Jane Eastgate

Tel: 01929 421558

E-mail: jjaneeast@gmail.com



Swanage Friendship Lunch Club

Social

Provides hot lunches and companionship for retired single people

1st & 3rd Wednesday of each month (September—May) 12.00—1.30

United Reformed Church Hall, High Street

£3.50 for lunch plus £5.00 half-year membership

Transport can be arranged

Contact: Mrs Maureen Marriott

Tel: 01929 426325

E-mail: alan@amarriott.plus.com

While every attempt has been made to check the information in this Directory,
Link Visiting Swanage can accept no responsibility for its accuracy
or for the quality of service provided by those advertising here.

This Directory is circulated free of charge
thanks to generous sponsorship by the Rotary Club of Swanage and Purbeck



Link Visiting is part of



Registered Charity. No:
1162662
Company Limited by Guarantee
Registration No: 8743407
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