

Bournemouth and Poole:

D&M	The 60+ Fit Club	The Beehive Studio, BH6 3EN.	07775 430282 - sofiactive.co.uk - sofiactive@outlook.com
M	BSO "Rusties"	Bournemouth Locations.	01202 644717 - bsolive.com/rustymusicians
P&D	"Make Friends with a Book"	Broadstone Library, BH18 8DP.	01202 693504 - libraries@poole.gov.uk
O	Red squirrel walks	Brownsea Island, BH13 7EE.	01202 707744 - brownseaisland@nationaltrust.org.uk
P&D	Reading group	Canford Cliffs Library, BH13 7BN.	01202 693504 - libraries@poole.gov.uk
P&D	Hengistbury Writers	Hengistbury Head Visitor Centre, BH6 4EW.	01202 451618 - visithengistburyhead.co.uk
P&D	Reading group	Oakdale Library, BH15 3EF.	01202 674213 - libraries@poole.gov.uk
D&M	"Older and Perfect" & other classes*	Pavilion Dance South West, BH1 2BU.	01202 203630 - pds.org.uk - info@pds.org.uk
H&VA	Behind-the-scenes tours	Russell-Cotes Art Gallery & Museum, BH1 3AA.	01202 451858 - russellcotes.com
M	Bournemouth Male Voice Choir	The Salvation Army Hall, BH5 2AT.	07376 199817 - musicaldirector@bournemouthmalechoir.co.uk
M	St Aldhelm's Orchestra	St Aldhelm's Church, BH13 6BT.	07930 262700 - st-aldhelms-orchestra.co.uk
M	St Peter's Singers	St Peter's Church, BH21 2EE.	01202 290986 - stpetersbournemouth.org.uk
M	Free lunchtime organ recitals	St Peter's Church, BH21 2EE.	01202 290986 - stpetersbournemouth.org.uk
M	Free lunchtime recitals	St Peter's Parkstone Church, BH14 0NN.	01202 749085 - stpetersparkstone.org.uk/church
M	St Stephen's Church Choir	St Stephen's Church, BH2 6JX.	01202 290986 - ianfharrison@msn.com
M	Free lunchtime recitals	St Stephen's Church, BH2 6JX.	01202 290986 - btcp.org.uk/who-we-are/st-stephens
O	Nordic Walking & other walks*	Upton Country Park, BH17 7BJ.	01202 262 753 - uptoncountrypark.com
F&P	Lyme Bay Photography Club	Woodmead Halls, DT7 3PG.	01297 443121 - lymebayphotographicclub.org

Christchurch:

M	Christchurch & Highcliffe Brass Band	Burton Green Church Hall, BH23 7JN.	07837 670354 - candhbrass.com - info@candhbrass.com
C	"Needles and Pins"	Christchurch Library, BH23 1AW.	01202 485938 - christchurchlibrary@dorsetcc.gov.uk
M	Free lunchtime organ recitals	Christchurch Priory, BH23 1BX.	01202 485804 - christchurchpriory.org
M	Coda Ukulele Band	Coda Music Centre, BH23 5QL.	01425 276161 - coda-music.com - contact@coda.org.uk
D&M	Over 60s Training & other classes*	Highcliffe Castle, BH23 4LE.	07775 430282 - getfit@sofiactive.co.uk
D&M	The 60+ Fit Club	Somerford ARC, BH23 3EH.	07775 430282 - sofiactive.co.uk - sofiactive@outlook.com
D&M	The 60+ Fit Club	Stanpit Village Hall, BH23 3NE.	07775 430282 - sofiactive.co.uk - sofiactive@outlook.com
D&M	Beginner's Latin American Dance	Stanpit Village Hall, BH23 3NE.	01425 278121 - cosmopolitan-dance.co.uk
D&M	The 60+ Fit Club	St Joseph's Church, BH23 1EH.	07775 430282 - sofiactive.co.uk - sofiactive@outlook.com
D&M	Beginner's Ballroom & social dances*	St Mark's Hall, BH23 5AA.	01425 278121 - cosmopolitan-dance.co.uk/html/programme.html

East Dorset:

P&D	"Glow Worms" reading group	Wimborne Library, BH21 1ED.	01202 882770 - wimbornelibrary@dorsetcc.gov.uk
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North Dorset:

M	Bournemouth Sinfonietta Choir	Blandford Methodist Church, DT11 7HA.	bschoir.org.uk - nigel.wyatt@dial.pipex.com
H&VA	Art group	Shaftesbury Arts Centre, SP7 8AR.	01747 854321 - shaftesburyartscentre.org.uk/art
P&D	“MAD” music and drama group	Shaftesbury Arts Centre, SP7 8AR.	01747 828333 - stage@shaftesburyartscentre.org.uk
M	Palida a capella choir	Shaftesbury Arts Centre, SP7 8AR.	01747 850978 - shaftesburyartscentre.org.uk/music-groups
F&P	Shaftesbury Arts Centre film society	Shaftesbury Arts Centre, SP7 8AR.	01747 853224 - shaftesburyartscentre.org.uk/film-groups
M	Free lunchtime organ recitals	Sherborne Abbey, DT9 3LQ.	01935 812452 - sherborneabbey.com

Purbeck:

O	“Meet a Moth”	Durlston Country Park, BH19 2JL.	01929 424443 - durlston.co.uk - info@durlston.co.uk
O	Nordic walks	Purbeck Nordic Walking, Purbeck locations.	0789 660 4495 - purbecknordicwalking.co.uk
M	St Nicholas Moreton Church Choir	St Nicholas Moreton Church, DT2 8RH.	0843 8868668 - info@stnicholasmoreton.org.uk
D&M	“A Dance a Day”	Wareham Corn Exchange, BH20 4NS.	01305 260954 - rosalind@activateperformingarts.org.uk
C	“Craft and Chat”	Wareham Library, BH20 4LR.	01929 556146 - warehamlibrary@dorsetcc.gov.uk
D&M	“Movers and Shakers”	Winfrith Newburgh Village Hall, DT2 8LR.	01305 263489 - lynpainez@aol.com

West Dorset:

D&M	“Better Balance”	Age UK Dorchester, DT1 1PW.	01305 269444 - info@ageukdorchester.org.uk
P&D	Shared reading group	Bridport Library, DT6 3NY.	01308 442778 - bridportlibrary@dorsetcc.gov.uk
O	Fossil walks	Charmouth Heritage Coast Centre, DT6 6LL.	01297 560772 - info@charmouth.org
D&M	“A Dance a Day”	Charmouth Village Hall, DT6 6NU.	01305 260954 - rosalind@activateperformingarts.org.uk
C	“Get Creative”	Dorchester Library, DT1 1EF.	01305 224 440 - dorchesterlibrary@dorsetcc.gov.uk
C	Dorchester Men’s Shed workshops	Dorchester Men’s Shed, DT2 9SL.	01305 267722 - dorchestermentsshed.org.uk
O	Mary Anning walks & other walks*	Lyme Regis Museum, DT7 3QA.	01297 443370 - walks@lymeregismuseum.co.uk
O	Jane Austen tours of Lyme Regis	Behind the Rock Point Inn, DT7 3QD.	07763 974569 - literarylyme.co.uk/15-jane-austen-tours
M	St Peter’s Bellingers; and choir	St Peter’s Church, DT1 1XA.	01305 570733 - dorchesteranglican.info/churches/st-peter
D&M	“Movers and Shakers”	The Swan Centre, DT1 2PG.	01305 263489 - lynpainez@aol.com
M	Dorchester community orchestra	United Church Dorchester, DT1 1EE.	07747 842992 - catherineoakley@btinternet.com

Weymouth and Portland:

M	The Quangle Wangle Choir	618 Dorchester Road, DT3 5LH.	01305 814940 - quanglewanglechoir.co.uk
M	Weymouth Choral Society	St Aldhelm’s Church, DT3 5EW.	07929 519973 - weymouthchoralsociety.org.uk
M	Wacapella women’s choir	The Warehouse Theatre, DT4 8TU.	01305 814940 - wacapella.co.uk - julietharwood@hotmail.com
D&M	“Better Balance”	Weymouth Community Fire Station, DT4 0QF.	01305 269444 - info@ageukdorchester.org.uk

Bournemouth & Poole:

R	Sporting Memories	Alderney Manor Social Club, Poole, BH12 4HT.	Alternate Saturdays, 10am-12noon	Free	01202 977073	info@pwb collaborative.org.uk	
D&M	“Stretch, Balance and Shake”	Baiter Gardens, Poole, BH15 1WZ.	Thursdays, 10.30-11.30am	£3 session	01202 633971	a.shiels@poole.gov.uk	
M	“Sing Together” community choir	Bob Hann House, Poole, BH12 2BW.	Thursdays, 10-11.30am	£3 session	01202 633971	a.shiels@poole.gov.uk	
P&D	“Stepping Stones” memory reading group	Broadstone Library, Poole, BH18 8DP.	Mondays, 11am-12noon	Free	01202 693555	libraries@poole.gov. uk	poole.gov.uk/leisure-and- culture/libraries/your-libraries
M	Songs for the Mind	Immanuel Church, Bournemouth, BH6 3QJ.	Alternate Fridays, 10.30am-12.30pm	£2.50 session, Free carers	01202 419506	facesouthbourne@aol. com	immanuelsouthbourne.org.uk
C	Clay workshops	Immanuel Church, Bournemouth, BH6 3QJ.	Fridays, 1.30-3.30pm	Suggested Donation £4-6	01202 419506	facesouthbourne@aol. com	immanuelsouthbourne.org.uk
O	Twigs gardening club	Oakdale Library, Poole, BH15 3EF.	2nd Sat of month, 10.30am-12.30pm	Free	01202 716429	deetrish12spot@ gmail.com	twiggers-relaxwithtwigs. blogspot.co.uk
D&M	“Reawakenings” dance	Pavilion Dance South West, Bournemouth, BH1 2BU.	Fridays, 1.30-3pm (Funding dependent)	£4 session, Free carers	01202 203642	lisal@pds.org.uk	pds.org.uk/classes
O	Summer birdwatching cruises	The Quay, Poole, BH151HJ.	Summer dates, 6pm	£16.20 Adult, Carer discount	02077 400400	info@citycruises.com	citycruisespoole.com
O	Sea Train Adventure	The Quay, Poole, BH151HJ.	Summer dates, 10.30am	£16.20 Adult, Carer discount	02077 400400	info@citycruises.com	citycruisespoole.com
O	Twigs gardening club	Rossmore Library, Poole, BH12 4HS.	4th Sat of month, 10.30am-12.30pm	Free	01202 716429	deetrish12spot@ gmail.com	twiggers-relaxwithtwigs. blogspot.co.uk
M	“Sing Together” community choir	St Barnabas Church, Bournemouth, BH8 9JN.	Fridays, 10.30-11.30am	£3 session	01202 633971	a.shiels@poole.gov.uk	
M	Bournemouth Bach Choir	St Luke’s Church Hall, Bournemouth, BH3 7LR.	Sundays, 7.30-9.30pm	£132 annual	01202 470059	secretarybmthbach choir@yahoo.co.uk	bournemouthbachchoir.org

M	Music for Memory	St Peter's Church, Bournemouth, BH21 2EE.	Tuesdays, 11am-12.30pm	Suggested donation £3	07891 838969	gemmadixon80@ icloud.com	mylifemycare.com/music -for-memory
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East Dorset:

P&D	Reading group	Corfe Mullen Library, Wimborne, BH21 3LE.	Wednesdays, 2-4pm	Free	01202 659755	corfemullenlibrary@ dorsetcc.gov.uk	dorsetforyou.gov.uk/corfe mullenlibrary
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R	"Time to Remember"	Corfe Mullen Library, Wimborne, BH21 3LE.	1st Fri of month, 2-4pm	Free	01202 659755	corfemullenlibrary@ dorsetcc.gov.uk	dorsetforyou.gov.uk/corfe mullenlibrary
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North Dorset:

H&VA	"Art for Everyone"	Blandford Forum, Sturminster Newton, and Shaftesbury.	Mondays or Thursdays weekly	£85 term, 10 sessions	01258 820349	deb_chisman@ hotmail.com	
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M	Shaftesbury Community Choir	Shaftesbury Town Hall, Shaftesbury, SP7 8LY.	Wednesdays, 7.30-9.30pm	£3 session	01747 854225	juliaemarkus@ gmail.com	shaftesburycommunity choir.org
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P&D	"Feel Better with a Book"	Sherborne Library, Sherborne, DT9 3AA.	Mondays, 2-3pm	Free	01935 81263	sherbornelibrary@ dorsetcc.gov.uk	dorsetforyou.gov.uk/ sherbornelibrary
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Purbeck:

H&VA	Medieval Masterpieces of Bere Regis	St John the Baptist Church, Bere Regis, BH20 7HQ.	Tuesdays 11am, Thursdays 3pm	Free	01929 471339	bereheath@ btinternet.com	bereregiswithaffpuddle.org.uk/ bere-regis/guided-tours
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West Dorset:

O	Bridport Allotment Group	Bridport Community Orchard, Bridport, DT6 3RW.	2nd Thurs of month, 2-4pm	Free	01202 764352	admindorset@ alzheimers.org.uk	bridportcommunity orchard.org.uk
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O, C	"Greenwood" Rural Crafts Club	Howards Woods, Netherbury, DT6 5LL.	Tuesdays, 10.30am-12.30pm	Free	07813 814875	jill@dorsetforest school.org	
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O, C	"Greenwood" Rural Crafts Club	Max Gate, Dorchester, DT1 2AB.	Tuesdays, 10.30am-12.30pm	Free	07813 814875	jill@dorsetforest school.org	
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H&VA	ArtResQ art classes	Willoughby Cottage, Puddletown, DT2 8FH.	Wednesdays, 10.30am-12.30pm	£10 session	07970 675429	g.s.lacey@ btinternet.com	artresqdorset.com/index.htm
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Weymouth and Portland:

M	Weymouth Concert Brass Band	The Compass, Weymouth, DT4 0QU.	Tuesdays, 7.30-9.30pm	Free	07738 587556	weymouthconcert brass@gmail.com	weymouthconcertbrass. org/index.html
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R	"A Trip to Memory Lane"	Weymouth Library, Weymouth, DT4 8NN.	3rd Fri of month, 10.30-11.30am	Free	01305 762410	weymouthlibrary@ dorsetcc.gov.uk	dorsetforyou.gov.uk/ weymouthlibrary
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Bournemouth & Poole:

M	“Just Sing” choir	Lytchett Matravers School, Poole, BH16 6NY.	Wednesdays, 7.15-9.15pm	£6 session	07738 907782	justsingadultchoir@ gmail.com	justsingadultchoir.com
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Christchurch:

M	Organ recitals	Christchurch Priory, Christchurch, BH23 1BU.	Thursdays, 12.30pm	Free	01202 485804	prioryhouse@christ churchpriory.org	christchurchpriory.org
M	Coda Community Singers	Coda Music Centre, Christchurch, BH23 5QL.	Tuesdays, 7.30pm	£6 session	01425 276 161	contact@coda.org.uk	coda-music.com

East Dorset:

M	“Just Sing” choir	Colehill First School, Wimborne Minster, BH21 2LZ.	Tuesdays, 7.30-9.15pm	£6 session	07738 907782	justsingadultchoir@ gmail.com	justsingadultchoir.com
O	Feeding the Heavy Horses	Dorset Heavy Horse Farm Park, Verwood, BH21 5RJ.	Daily, 10.30am	Inc. in £9.95 Admission	01202 824040		dorset-heavy-horse-centre.co.uk /index.php/daily-schedule
O	Harnessing a Heavy Horse	Dorset Heavy Horse Farm Park, Verwood, BH21 5RJ.	Daily, 11.15am	Inc. in £9.95 Admission	01202 824040		dorset-heavy-horse-centre.co.uk /index.php/daily-schedule
O	Romany Culture Talk	Dorset Heavy Horse Farm Park, Verwood, BH21 5RJ.	Daily, 1pm	Inc. in £9.95 Admission	01202 824040		dorset-heavy-horse-centre.co.uk /index.php/daily-schedule
H&VA	Museum Memories	Priest’s House Museum. Wimborne Minster, BH21 1HR.	4th Mon of month, 2.15-3.30pm	£1.50 session	01202 882533	museum@priest- house.co.uk	priest-house.co.uk
R	“Busy Hands and Minds”	Verwood Library, Verwood, BH31 6DS.	3rd Mon of month, 2.15-3.45pm	Free	01202 822972	verwoodlibrary@ dorsetcc.gov.uk	dorsetforyou.gov.uk/ verwoodlibrary
R	“Do You Remember?”	Wimborne Library, Wimborne Minster, BH21 1ED.	4th Thurs of month, 2-3.30pm	Free	01202 882770	wimbornelibrary@ dorsetcc.gov.uk	dorsetforyou.gov.uk/ wimbornelibrary

North Dorset:

O	Blandford Archaeology Group	Blandford Town Museum. Blandford Forum, DT11 7HQ.	3rd Thurs of month, 7.30pm	£10 annual	01258 452831	blandfordtown museum@uwclub.net	blandfordtownmuseum.org/ arcaeology.html
O	Blandford Town Museum Garden Club	Blandford Town Museum. Blandford Forum, DT11 7HQ.	Alternate Saturdays and Sundays	£10 annual	01258 452831	blandfordtown museum@uwclub.net	blandfordtownmuseum.org/ garden_club.html
O	The Countryman's Club	Future Roots Ryland's Farm, Sherborne, DT9 5PS.	Mondays to Fridays	£10 session	01963 210703	countrymen@ futuraeroots.net	futuraeroots.net
R	"Down Memory Lane"	Sherborne Library, Sherborne, DT9 3AA.	4th Fri of month, 2-3pm	Free	01935 812683	sherbornelibrary@ dorsetcc.gov.uk	dorsetforyou.gov.uk/ sherbornelibrary
H&V, M	Memory Art	Sherborne Museum, Sherborne, DT9 3BP.	Mondays, 10am-12noon	Free	01935 815899	info@sherbornearts link.org.uk	sherborneartslink.org.uk

Purbeck:

M	Singing for Pleasure choir	Emmanuel Baptist Church, Swanage, BH19 1AZ.	2nd and 4th Thurs of month, 2pm	Free	01929 427706	contact@emmanuel bc.org.uk	emmanuelbc.org.uk
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West Dorset:

R	Reminiscence group	Bridport Library, Bridport, DT6 3NY.	1st Wed of month, 2-3pm	Free	01308 422778	bridportlibrary@ dorsetcc.gov.uk	dorsetforyou.gov.uk/ bridportlibrary
C, R	"Take Your Time"	Dorset History Centre, Dorchester, DT1 1RP.	Mondays, 10am-12noon	Free	01305 228947	m.gayton@ dorsetcc.gov.uk	dorsetforyou.gov.uk/ dorsethistorycentre
R	Reminiscence group	Dorchester Library, Dorchester, DT1 1EF.	4th Fri of month, 11am-12noon	Free	01305 224 440	dorchesterlibrary@ dorsetcc.gov.uk	dorsetforyou.gov.uk/ dorchesterlibrary
O	The Countryman's Club	Future Roots Whitfield, Dorchester, DT2 9SL.	Mondays to Fridays	£10 session	01305 251731	countrymen@ futuraeroots.net	futuraeroots.net

Weymouth and Portland:

M	Forget-Me-Not Songsters	All Saints Church Hall, Portland, DT5 1HG.	Alternate Wednesdays, 10-11.30am	£3 session	01305 823789	islandcommunityaction @btinternet.com	
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Arts Listings for Dementia - All Stages (Dorset)

Bournemouth & Poole:

M	BSO Cake Concerts	Lighthouse, Poole, BH15 1UG.	Regular dates	£5.50 session	01202 644717	bjennings@bs orchestra.co.uk	bsolive.com/bs-participate- events
D&M	BSO Tea Dances	Lighthouse, Poole, BH15 1UG.	Alternate Thursdays, 2-4pm	£5.50 session	01202 644717	bjennings@bs orchestra.co.uk	bsolive.com/bs-participate- events
F&P	Dementia-Friendly Screenings	Lighthouse, Poole, BH15 1UG.	4th Wed of month, 2pm	£5 screening	01202 280000	info@lighthouse poole.co.uk	lighthousepoole.co.uk
M	“Singing for the Brain”	St Mary’s Longfleet Church, Poole, BH15 2LP.	2nd and 4th Mon of month, 2-3.30pm	£2 session	01202 764352	admindorset@ alzheimers.org.uk	alzheimers.org.uk/info/20172/ your_support_services
M	Lunchtime organ recitals	St Peter’s Church, Bournemouth, BH21 2EE.	Wednesdays, 1.15-145pm	Free	01202 290986		stpetersbournemouth.org.uk
M	Lunchtime recitals	St Peter’s Parkstone Church, Bournemouth, BH4 9DN.	Fridays, 1-1.30pm	Free	01202 749085		stpetersparkstone.org.uk/ church
M	Lunchtime recitals	St Stephen’s Church, Bournemouth, BH2 6JX.	Saturdays, 11am	Free	01202 290986		btcp.org.uk/who-we-are/ st-stephens
M	“Singing for the Brain”	West Cliff Baptist Church Hall, Bournemouth, BH4 9DN.	2nd and 4th Fri of month, 1.30-3pm	£2 session	01202 764352	admindorset@ alzheimers.org.uk	alzheimers.org.uk/info/20172/ your_support_services

Christchurch:

R	Reminiscence group	Christchurch Library, Christchurch, BH23 1AW.	4th Tues of month, 10.30-11.30am	Free	01202 485938	christchurchlibrary@ dorsetcc.gov.uk	dorsetforyou.gov.uk/ christchurchlibrary
M	Lunchtime organ concerts	Christchurch Priory, Christchurch, BH23 1BX.	Thursdays, 12.30pm	Free	01202 485804	prioryhouse@christ churchpriory.org	christchurchpriory.org
M	“Singing for the Brain”	St Joseph’s Parish Centre, Christchurch, BH23 1EH.	4th Wed of month, 2-3.30pm	£2 session	01202 764352	admindorset@ alzheimers.org.uk	alzheimers.org.uk/info/20172/ your_support_services

East Dorset:

O	“Step Outside”	Kingston Lacy, Wimborne, BH214EA.	1st and 3rd Tues of month, 2-3.30pm	Free	01202 764352	sarah.rampton@ alzheimers.org.uk	
M	“Melodies for Memories”	Wareham United Reformed Church, Wareham, BH20 4HH.	3rd Friday of month, 10.30am-12noon	Free	07747 533252	natalie.betts@ageuk bournemouth.org.uk	ageuk.org.uk/bournemouth/ services--activities

North Dorset:

M	“Singing for the Brain”	Blandford United Reformed Church, Blandford, DT11 7PY.	Alternate Thursdays, 2-3.30pm	£2 session	01202 764352	admindorset@ alzheimers.org.uk	alzheimers.org.uk/info/20172/ your_support_services
M	“Singing for the Brain”	The Catholic Church Hall, Sherborne, DT9 3RA.	Alternate Thursdays, 10.30am-12noon	£2 session	01202 764352	admindorset@ alzheimers.org.uk	alzheimers.org.uk/info/20172/ your_support_services
O	“The Countryman’s Club”	Future Roots Ryland’s Farm, Sherborne, DT9 5PS.	Mondays to Fridays	£10 session	01963 210703	countrymen@ futereroots.net	futereroots.net
M	Lunchtime organ concerts	Sherborne Abbey, Sherborne, DT9 3LQ.	Wednesdays, 1pm	Free	01935 812452		sherborneabbey.com
M	Lunchtime concerts	Sherborne School, Sherborne, DT3 3BJ.	Fridays, 1.30pm	Free	01935 810518		sherborne.org/co-curricular/ music/music-events
M	“Singing for the Brain”	The Town Hall, Gillingham, SP8 4QR.	Wednesdays, 2-3.30pm	£2 session	01202 764352	admindorset@ alzheimers.org.uk	alzheimers.org.uk/info/20172/ your_support_services

Purbeck:

O	Dementia-Friendly Strolls	Durlston Country Park, Swanage, BH19 2JL.	Regular events - Website listed	Free	01929 424443	info@durlston.co.uk	durlston.co.uk
M	“Melodies for Memories”	Wareham United Reformed Church, Wareham, BH20 4HH.	3rd Friday of month, 10.30am-12noon	Free	07747 533252	natalie.betts@ageuk bournemouth.org.uk	ageuk.org.uk/dorchester/ services/dementia-support

West Dorset:

O	“The Countryman’s Club”	Future Roots Whitfield, Dorchester, DT2 9SL.	Mondays to Fridays	£10 session	01305 251731	countrymen@futureroots.net	futureroots.net
M	Beaminster “Sing On” Melodies for memories	Abbeyfield House, Beaminster, DT8 3EQ.	Alternate Tuesdays, 10-11.45am	£3 session, Carers 50p	01305 269444	h.foggo@ageukdorchester.org.uk	ageuk.org.uk/dorchester/activities-and-events
M	“Singing for the Brain”	Dorchester Community Church, Dorchester, DT1 1EF.	Alternate Thursdays, 10.30am-12noon	£2 session	01202 764352	admindorset@alzheimers.org.uk	alzheimers.org.uk/info/20172/your_support_services
O	Dementia-Friendly walks	Hardy’s Birthplace Visitor Centre, DT2 8QH.	Bi-monthly	£3 session	01305 751507	c.platten@dorsetcc.gov.uk	dorsetforyou.com/hardys-birthplace
O	“Discover Arne” walks	RSPB Arne Nature Reserve, Wareham, BH20 5BJ.	Wednesdays, 10am-12.30pm	£3 session, £1 members	01929 553360	arne@rspb.org.uk	

Weymouth and Portland:

O	“Discover Radipole” walks	RSPB Radipole Lake Nature Reserve, Weymouth, Dt1 2AB.	1st Thurs, 10am-12.30pm	£3 session, £1 members	01305 778813	weymouth.reserves@rspb.org.uk	
O	Wellbeing walks	RSPB Radipole Lake Nature Reserve, Weymouth, Dt1 2AB.	3rd Thurs of month, 11am-12noon	Free	01305 778813	weymouth.reserves@rspb.org.uk	
M	“Singing for the Brain”	Salvation Army Hall, Weymouth, DT4 8NS.	Alternate Tuesdays, 2-3.30pm	£2 session	01202 764352	admindorset@alzheimers.org.uk	alzheimers.org.uk/info/2017/your_support_services
M	Chickerell “Sing On” Melodies for memories	Sports Pavilion, Chickerell, DT3 4AJ.	Alternate Thursdays, 10.30am-12noon	£3 session, Carers 50p	01305 269444	h.foggo@ageukdorchester.org.uk	ageuk.org.uk/dorchester/activities-and-events

Locations with a beautiful historic or sensory setting, providing a natural welcome to people with dementia and cognitive benefits of talks, tours, recitals and performance.

East Dorset:

Knoll Gardens, Wimborne Minster, BH21 7ND.

This four-acre garden of rare trees and shrubs is owned by Neil Lucas, the leading UK expert in the ornamental grasses for which Knoll Gardens is world renowned.

North Dorset:

Sherborne Castle and Gardens, Sherborne, DT9 5NR.

Built by Sir Walter Raleigh in 1594 and seized by King James I, Sherborne Castle is the home of the Digby family. With magnificent staterooms, collections and a museum, the castle lies in landscape designed by Capability Brown.

Purbeck:

Corfe Castle (National Trust), Wareham, BH20 5EZ.

Once one of England's most important royal castles, dating back 1000 years, Corfe fell to the Round heads in the Civil War in 1645. Exploring its majestic ruins in the Purbeck hills, to learn its colourful history, provides fine cognitive exercise.

West Dorset:

Abbotsbury Subtropical Gardens, Abbotsbury, DT3 4LA.

In a wooded and sheltered valley, leading down towards Chesil Beach, Abbotsbury has some of the most extensive gunnera plantings in England in its valley garden and palm trees flourishing in the old kitchen garden.

Athelhampton House and Gardens, Dorchester, DT2 7LG.

One of the finest early Tudor houses in England, Athelhampton has heraldic glass of special interest, splendidly contrasting art by the Russian cubist painter Marevna (1892-1984) and Grade I listed gardens, with 30-foot high yews, dovecote, fountains, and water pools.

Weymouth and Portland:

Bennetts Water Gardens, Weymouth, DT3 4AF.

These eight-acre gardens house the national collection of water lilies.

Portland Castle (English Heritage), Portland, DT5 1AZ.

Built by Henry VIII in the early 1540s to protect against French and Spanish invasion, the fine coastal fort overlooks Portland Harbour. Its sheltered Governor's Garden overlooking the sea, was once part of a series of 16th century defensive Device Forts, which ran from Kent to Cornwall.

Dementia-Friendly Arts & Heritage Locations (Dorset)

DF Certificated locations and those with DF trained staff and/or DF services*

Bournemouth and Poole:

- ✿ Immanuel Church, Southbourne, BH6 3QJ.
- ✿ Lighthouse, Poole's Centre for the Arts, Poole, BH15 1UG.
- ✿ Parkstone Baptist Church, Poole, BH14 9EX.
- ✿ Parkstone United Reformed Church, Poole, BH14 0JW.
- ✿ Poole Museum, Poole, BH15 1BW.
- ✿ Poole History Centre, Poole, BH15 1BW.
- ✿ St Katharine's Church, Southbourne, BH6 4AR.
- ✿ St Nicholas Church, Southbourne, BH6 4EP.
- DF** Artisan Studio, Branksome, BH12 2EA.
- DF** Pavilion Dance South West, Bournemouth, BH1 2BU.

Christchurch:

- ✿ Coda Music Centre, Christchurch, BH23 5QL.
- ✿ Red House Museum, Christchurch, BH23 1BU.

East Dorset:

- ✿ Avon Heath Country Park, Ringwood, BH24 4DH.
- ✿ Kingston Lacy (National Trust), Wimborne Minster, BH21 4EA.
- ✿ The Minster Church of St Cuthburga, Wimborne Minster, BH21 1HT.
- ✿ Moors Valley Country Park and Forest, near Ringwood, BH24 2ET.
- ✿ Priest's House Museum and Garden, Wimborne Minster, BH21 1HR.
- ✿ St Mary the Virgin Church, Ringwood, BH22 0JF.
- ✿ St Michael and All Angels Church, Colehill, BH21 2RY.
- ✿ Tivoli Theatre, Wimborne Minster, BH21 1LT.

North Dorset:

- ✿ The Exchange, Sturminster Newton, DT10 1FH.
- ✿ Future Roots, Ryland's Farm, near Sherborne, DT9 5PS.
- ✿ Gillingham Museum, Gillingham, SP8 4UA.
- DF** Shaftesbury Abbey Museum and Garden, Shaftesbury, SP7 8JR.
- DF** Sherborne Abbey, Sherborne, DT9 3LQ.
- DF** Sherborne Museum, Sherborne, DT9 3BP.

Purbeck:

- ✿ Durlston Country Park, Swanage, BH19 2JL.
- ✿ The Etches Collection, Museum of Jurassic Marine Life, Kimmeridge, BH20 5PE.

West Dorset:

- ✿ Dorset County Museum, Dorchester, DT1 1XA.
- ✿ Future Roots, Whitfield, near Dorchester, DT2 9SL.
- ✿ Hardy's Birthplace Visitor Centre and Thorncombe Woods, Dorchester, DT2 8QJ.
- DF** Athelhampton House, Puddletown, DT2 7LG.
- DF** Bridport Arts Centre, Bridport, DT6 3NR.
- DF** Dorset History Centre, Dorchester, DT1 1RP.

Weymouth and Portland:

- ✿ RSPB Radipole Lake Nature Reserve, Weymouth, DT1 2AB.

✿ **All Dorset libraries:** dorsetforyou.gov.uk/libraries/opening-times.

✿ **Dorset Area of Outstanding Natural Beauty:** "Stepping into Nature" partnership project. dorsetaonb.org.uk/our-work/health-and-wellbeing.

* For locations keen to become Dementia Friendly, see page 136.

Dementia-Friendly Arts & Heritage Locations (Dorset)

Arts & Heritage locations keen to become Dementia Friendly

Bournemouth and Poole:

Bournemouth Pavilion Theatre, Bournemouth, BH21 2BU.
The Gallery, Arts University Bournemouth, Poole, BH12 5HH.
Hengistbury Head Visitor Centre, Bournemouth, BH6 4EW.
Museum of Design in Plastics (AUB), Bournemouth, BH12 5HH.
Shelley Theatre, Bournemouth, BH5 1LX.
St Augustin's Church, Bournemouth, BH2 6NU.
St Peter's Church Bournemouth, Bournemouth, BH1 2EE.
St Peter's Parkstone Parish Church, Poole, BH14 0NN.
St Stephen's Church, Bournemouth, BH2 6JZ.
Upton Country Park and Upton House, Poole, BH17 7BJ.

Christchurch:

Bournemouth Aviation Museum, Christchurch, BH23 6BA.
Christchurch Priory, Christchurch, BH23 1BU.

East Dorset:

Walford Mill Crafts, Wimborne Minster, BH21 1NL.
Wimborne Model Town and Gardens, Wimborne Minster, BH21 1DY.

North Dorset:

Blandford Fashion Museum, Blandford Forum, DT11 7AA.
Blandford Town Museum, Blandford Forum, DT11 7HQ.
Milton Abbey, Blandford Forum, DT11 0BZ.
Shaftesbury Arts Centre, Shaftesbury, SP7 8AR.

Purbeck:

Emmanuel Baptist Church, Swanage, BH19 1AZ.
St John the Baptist Church, Bere Regis, BH20 7HQ.
St Nicholas Moreton Church, Moreton, DT2 8RH.
Studland Bay (National Trust), Studland, BH19 3AQ.
The Tank Museum, Wareham, BH20 6JG.

West Dorset:

Bridport Museum, Bridport, DT6 3NT.
Dinosaurland Fossil Museum, Lyme Regis, DT7 3PY.
Dorset Centre for the Creative Arts, Dorchester, DT1 3AR.
Lyme Regis Museum, Lyme Regis, DT7 3QA.
The Keep Military Museum, Dorchester, DT1 1RN.
Kingston Maurward Gardens and Animal Park, Dorchester, DT2 8PX.
Mapperton House, Beaminster, DT8 3NR.
Max Gate (National Trust), Dorchester, DT1 2FN.
St Peter's Church, Dorchester, DT1 1XA.
The Town Mill, Lyme Regis, DT7 3PU.
Wolfeton House, Dorchester, DT2 9QN.

Weymouth and Portland:

Nothe Fort, Weymouth, DT4 8UF.
Portland Bill Lighthouse and Visitor Centre, Portland, DT5 2JT.
Portland Museum, Portland, DT5 1HS.
Weymouth Pavilion, Weymouth, DT4 8ED.

A4D's new mobile friendly website provides national listings of arts events for dementia in the community and has the facility to map dementia friendly (DF) arts venues and heritage sites nationwide. It is designed to enable:


- **GPs, memory and social care services, families affected by dementia** to find local arts events and DF sites appropriate to their needs and interests. (See **Finding arts events**, below).
- **Arts & Heritage (A&H) organisations** to post dedicated events (one-off or weekly/fortnightly/monthly) for people affected by dementia (See **Posting an Arts event**, overleaf).
- **A&H venue and site owners** to post and identify themselves as DF (See **Finding DF Arts & Heritage Venues** below).

Finding arts events

- 1) Click **Events** on the main menu (at the top of every page).
- 2) Type in your **POSTCODE** (or, on a tablet smartphone, use current location) and the Maximum distance. Either go direct to 4) or
- 3) Select the following options:
 - **DAY** of the week.
 - **DATE** range, a specific day or two to select a range of dates.
 - **ART FORM** Select one, any combination from
Crafts, Dance & Movement, Drama & Poetry, Film & Photography, Heritage & Visual Arts, Music, Outdoor Arts, Reminiscence, or **Select all art forms**
 - **DEMENTIA NEED:**
 - Arts 4 Wellbeing (to protect against onset).
 - Arts suited to or specially for early-stage dementia.
 - Arts for Moderate dementia.
- 4) Select **All events** or Recurring events
- 5) **Apply filters**
- 6) A map will now show locations of all qualifying events within the specified distance, followed by a listing. This includes all key details: address, date and time, art form, dementia need and cost, if applicable, and whether it may be free or discounted for carers.
- 7) Sort the list by **Date (soonest)** or Distance (nearest).
- 8) Click on any individual event for further information.
- 9) Maps and listings can be printed out as a PDF.
- 10) Clinicians, memory and care services can print out listings appropriate for their patients and service users.

Finding Dementia-friendly Arts & Heritage Venues

The A4D listing of arts and heritage sites includes historic houses, museums, galleries, theatres, concert halls, arts centres, music and dance studios, churches, cathedrals, country parks, nature reserves, gardens of special interest, and other DF arts or heritage related sites. These are all shown here, for simplicity, as “Venues”.

Venues that have achieved Alzheimer’s Society DF certificates are marked with . Others either offer DF services, have had DF training, or provide a natural and stimulating welcome to people with dementia, through talks, guided tours, free or discounted, recitals and performances.

To locate DF venues:

- Click **Dementia-friendly venues** on the menu bar at the top of any page.
- Enter your **POSTCODE** (or, on a tablet smartphone, use current location) and Maximum distance.

You will then see a map and a listing with key details.

[View venue details](#)

Click through any listed venue for further information, including talks, free daytime recitals, tours, relaxed performances or screenings, wellbeing walks and special events for dementia.

Please note:

- While dementia-friendly venues in Dorset are now mainly uploaded to the website, elsewhere this is a work in progress. We shall be adding dementia-friendly venues over time.
- All event and venue listings are offered as a guide. Arts 4 Dementia cannot take responsibility for facilities and descriptions.

For further information about posting
your venue and/or events on
arts4dementia.org.uk, please contact:

Imelda Dooley Hunter
Arts 4 Dementia
Phoenix Yard, 65 King’s Cross Road,
London WC1X 9LW.

Posting an arts event

Post an event

Button at the top of every page.

Log in

If you already have a profile) or

Create a profile

You can upload an organisation logo (minimum size, 205 px wide x 64 px high) which will by default show on your events.

- Insert the event's **Title**.
- Select the **Event date** (of the next event, if it's one of a series).
 - Choose your event repeats (select all that apply): by day of the month, weekly, fortnightly, first/second/third/fourth day of the month.
 - Length of time of your recurring event series (you can later edit this): one month, six months, twelve months.
- **Location:** Enter the postcode. **Look up address.**
- **Add your main event image** Choose a file from your computer
A landscape image (jpg, png or jif), minimum size 710px wide x 640px high.
- **Add your organisation logo** by default your organisation profile logo, or Choose a file from your computer (minimum size, 205 px wide x 64 px high).
 - **About the event:** Enter your description.
 - **Cost** options include **carer free** or **carer discount**.
 - **Art form:** Select one or more of Crafts, Dance & Movement, Drama & Poetry, Film & Photography, Heritage & Visual Arts, Music; Outdoor Arts and Reminiscence.
 - **Dementia need:** one or more of Arts 4 Wellbeing; Early stage; or Moderate dementia.
 - **Access:** Select all that apply of Disabled access, Disabled toilets, Hearing aid loop, Guide dog friendly, Dementia-friendly venue.
 - **Contact details** can be as per your profile, or you can enter other details.
 - When complete [Review and submit your event](#)
 - You will then be able to preview your listing and [Edit listing](#) or [Confirm and post](#)

Note that you can quickly copy an existing or past event – including all details – and edit it, for example, to create a similar series on another day of the week, or at other or multiple locations.

Listing your dementia-friendly arts or heritage venue

On the Home Page, scroll down to **For Arts and Heritage Organisations**

Signposting your events or dementia friendly-venue

Click [List your Venue](#)

Enter venue details:

- **Name of DF venue**
- **DF venue logo image** Choose a file from your computer A landscape image (jpg, png or jif), minimum size 710px wide x 640px high
- **Add logo** by default your venue's profile logo, or Choose a file from your computer (minimum size, 205 px wide x 64 px high)
- **About the venue:** Enter your address, website, telephone number, email address and description.
- **Cost options include carer free or carer discount.**
- **Dementia-Friendly Provision: Select**
 - Have Alzheimer's Society DF certificate.
 - Staff trained in dementia awareness.
 - Select DF services: talks, guided tours, free recitals, relaxed performances, wellbeing walks, special events for people affected by dementia.
- **Access:** Select all that apply of Disabled access, Disabled toilets, Hearing aid loop, Guide dog friendly.

User input about DF Arts & Heritage venues and events

As A4D develops this website to meet arts and heritage needs for dementia in the community, we welcome input from our user community about DF arts and heritage venues and arts events.

On the Home Page, scroll down to

- **Tell us about events for families affected by dementia**
- **Tell us about a DF venue near you**

[Suggest an event](#)

[Suggest a DF venue](#)

Your contributions will enable A4D to offer and improving service for families affected by dementia and those who care for them.

The A4D website includes sections on **Training, Resources & Evidence** and **News**. More features will be available.