Swanage & Purbeck Development Trust and Swanage Area Forum

NEWSLETTER

Community News from Swanage and the Surrounding Villages



I am very sad to announce that one of the original founders of the SPDT Newsletter, Geraldine my wife and partner of over 62 years, passed away on January 15th at Poole Hospital. Myself and other members of her closest family were with her when she passed. Geraldine (Gerry to many) devoted herself in recent years to this community newsletter right up to last summer when bad health forced her to stand down. Geraldine was always an advocate of a strong community in Purbeck and had previously led many campaigns to save or indeed to introduce new services to our localities. She will be sadly missed by family and her many friends.

I would also like to sincerely thank the many folk that have already sent their best wishes to me either by card or email and I shall endeavour to reply to them as soon as is possible.

If you would like to attend Geraldine's funeral of February 13th please let me know. The details are on the link below.

Geraldine Norris funeral details

Mel Norris Newsletter Coordinator Trustee Swanage & Purbeck Development Trust email: <u>melvyn.norris@icloud.com</u> mobile: 07446 677924

find the newsletter at <u>www.sandpdt.org.uk</u>

Please pass this newsletter on to your friends, neighbours and other contacts. Also, if you are a member or participant in another group which does not publicise their activities in the newsletter, then why not make a

DEADLINE

for contributions to the April/May 2025 issue of the Newsletter

MONDAY 17 MARCH 2025



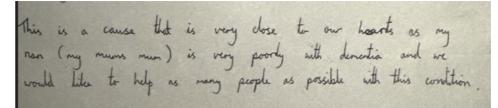


DEMENTIA FRIENDLY PURBECK

Our greatest achievement to date is the appointment of a Community Admiral Nurse (Dementia equivalent of cancer care nurse). This was only possible with support from Purbeck residents. Dr Hildo Hayo, Chief Executive, Dementia UK seeks to double the number of Admiral Nurses and appealed for urgent investment from the Government. Rather than waiting for the Government to respond we met with local from Dorset Healthcare Trust and Dementia UK and secured their agreement to us raising funds for a second Admiral Nurse in Purbeck.

To do this we need to raise at least ± 120 k and again, the response from the community has been very supportive and we are almost halfway there. The latest donations have come from two teams who entered in Wareham Lions Swim for Charity.

A mother and daughter team donated £210.00. Their motivation to do this in this extract from their letter:



The other team were a family who have regularly supported us and they raised £863.

Our **MAKING MEMORIES CAFE** is back after the Christmas Break. Come and join us in the Show Bar of the Mowlem with fantastic views across Swanage Bay. There's always lots of fun, chatter and laughter and a really friendly vibe. We're open from **10.00am - 12 noon every first and third Tuesday of each month**. There's tea, coffee and delicious homemade cake. For the last half hour we usually have musical entertainment to ensure you all leave feeling happy. All of this is free but a donation is always welcome to help with the costs.

The Joy Sparks and the other voluinteers who run the cafe were proud to receive positive endorsement of their work in a Christmas card:

Plea for helpers: occasionally we are short of regular volunteers and hope to set up a contact list of people who would be willing to help eg putting up our gazebo. If you think you could help please contact one of our volunteers or use contact link on our website or Facebook page.

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Wareham Lions

Another successful "Swim For Charity' Event in Purbeck Sports Centre in October 2024 raised over £19k for local good causes. Well done to all those who swam and raised sponsorship.

Statistics of the event: 301 swimmers in 54 teams from 24 organisations swam 2479 laps of the pool! That translates to 124 kilometres, which equates to a return trip from Swanage beach to Weymouth via Bere Regis and Dorchester!

This is a very efficient way for local groups to fund raise so why not enter a team this year?



Swim for Charity Presentation Evening



Zelie Long donating her cheque to Tim Lench from Dementia Friendly Purbeck. Zelie swam with her mother Wendy because her grandmother is living with







Swanage & Purbeck

Development Trust

Charity Reg. No. 1162662

Swanage Disabled Club

The Club has had two meetings since the beginning of the year, the first gave everyone the chance to chat as well as playing various games and practising their craft skills. The second involved a rather chaotic game of bingo! All enjoyed themselves especially with cake during the tea break.

We are planning a trip to Wareham, to the Lion's Club annual after-Christmas party at the end of this month, always good fun with plenty of food and entertainment. The beginning of February brings our annual Club lunch, always held at this time when the after Christmas slump has affected most of us and we need a little pick-up. Later in the month, there is the Silver Saturday event, hosted by the local Rotary Club. Altogether there is plenty to look forward to over the next couple of months.

Our transport 'department' continues to offer our services, in particular to anyone in a wheelchair who needs taking to appointments or family events. There being no wheelchair taxi locally, this has proved to be a godsend to some of our residents. It does need to be booked in advance as it is run by volunteers. Our minibuses are also available to groups that include anyone with a disability.

At the present, we urgently need drivers and helpers for our bus trips. Also, we would like to have some new people willing to serve on the committee to assist in planning meetings, outings etc. If you think you could help us with any of the above, please contact the number given below or email me on <u>scp.swanlidge@gmail.com</u>.

Our members tend to be older people but we do welcome anyone with a disability, a term which covers a multitude of different conditions. If you are interested, you can contact me on 07426928224 or come along to one of our meetings at All Saints Church on Monday afternoons from 2.00pm to 4.00pm.

We look forward to, and wish you all, a happy, healthy and enjoyable 2025.

Sue Payne, Secretary Swanage Disabled Club





Swanage Hospital Ward Volunteers

Have you considered helping out on the ward at Swanage Community Hospital ?

The current volunteers normally cover 4 hours on one day per week. That can be on a weekday or at the weekend. You can volunteer by yourself or with another person. Ward volunteers do not undertake anything that the skilled nursing staff do but assist with more general things like tea trolley, befriending, reading, assist patients with lunch etc.

FRIENDS OF SWANAGE HOSPITAL befriending, reading, assist patients with lunch etc. <u>https://www.friendsofswanagehospital.org.uk/</u> If you think you might be interested to find out more

https://www.friendsofswanagehospital.org.uk/ If you think you might be interested to find out more without committing at this stage then email to membership@friendsofswanagehospital.org.uk or

drop a letter into the Hospital addressed to the Friends of Swanage Hospital marked "membership" and include your contact details. We will then be in contact to discuss further with you.

If you do decide to take up the role then you do become an NHS volunteer attached to Swanage Hospital. Ward volunteering is very rewarding and volunteers are well appreciated.

Swanage Hospital Archives

The Friends of Swanage Hospital have been gifted many old records and documents relating to the Hospital over the years. The boxes of documents range from the opening of the Hospital in 1895 and up to the recent past.

As we are cataloguing the records with a view to long term preservation, we will be putting a selection on our website for your interest and in some cases amusement. The fascinating, historic records will be available on the Friends of Swanage Hospital website under **News & Events**, from the Archives tab. The first documents to be uploaded will be the Hospital annual records from 1896, 1898 and 1900 and summarise what happened in each year and who donated and subscribed to the Hospital funds. They should be on the website within the next few weeks.

In the coming months, more records will be added including details of the costs of surgical procedures and the cost of an overnight stay in the 1920s - all before the NHS was formed !

Dates for your diaries :

Saturday 14 th June, 2pm to 4pm Afterno	on Tea/Summer Fete
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Tuesday 7th October AGM – time and venue to be confirmed

We are very grateful for everyone's continued support of Swanage Community Hospital

Swanage Pier Update

As we welcome the New Year, I want to take a moment to reflect and express our heartfelt gratitude to everyone who supported the Pier in 2024. Whether through a donation, attending our events or simply enjoying activities like strolling, fishing or diving, the Pier would not be here without your support.



New Years Resolution



As the new year begins, there's no better

resolution than to embrace the fresh air and natural beauty of Swanage Pier. Imagine starting your mornings with a peaceful stroll along the historic Pier, breathing in the crisp sea breeze and soaking in the stunning coastal views. By becoming a Friend of Swanage Pier, you not only commit to your own well-being but also support the preservation of this cherished landmark. It's a wonderful way to connect with nature and ensure that future generations can enjoy the same serene experiences.

A year's membership costs a modest £24 per person or £46.00 for a joint annual membership (for two people living at the same address). For full details and how to join visit - www.swanagepiertrust.com/

friends-of-swanage-pier

Are you getting married in 2025?

Choosing Swanage Pier for your wedding ceremony offers a unique and picturesque setting that will make your special day unforgettable. Imagine exchanging vows with the sound of gentle waves in the background, creating a romantic and serene atmosphere. The historic Pier, with its elegant Victorian architecture, adds a touch of timeless charm to your celebration.

Whether you prefer an intimate gathering or a larger event, Swanage Pier offers a versatile space that can be tailored to your needs.

www.swanagepiertrust.com/Weddings.aspx



Visit our website or follow us on social media to find out about all our events and activities happening in 2024.



Just before Christmas we held a successful raffle raising almost £500 to support the Hospital staff and those working in the Purbeck community. We are so grateful to those who kindly provided raffle prizes and to those who bought tickets!

Our work will continue in 2025 when we will be supporting the transfer of the Purbeck Community Mental Health Team (CMHT) to the hospital site bringing together mental health team members on one site. Fundraising will be needed to provide 'the extras' for the CMHT and we will welcome support.

The Friends of Wareham and Swanage Hospitals spend a lot of time defending and supporting local services in Purbeck so it is very disappointing to hear that a high number of

patients failed to attend for appointments in December across all service areas when there is such a local need. Please do contact the hospital if you are unable to attend an appointment so it can be offered to someone else and so that we can all make the best use of the clinical time available to us locally.

In the better weather we will continue our work in the hospital garden - an area which is greatly appreciated by patients, visitors and staff - and as a committee we will continue to support this valuable community asset as best we can .

Thanking all for the support we do receive.

Maggie Hardy, Friends Chair



People experiencing depression, anxiety or loneliness are being offered a free nature-based course aimed at improving their mental health. The move is part of the NHS's new drive on preventative medicine, with an emphasis on helping people to help themselves.



Community group **Planet Purbeck** has been awarded funding from NHS Dorset

to conduct a pilot scheme in the local area. And the result is a nine-week course called Thrive In Nature, run free of charge by wellbeing experts Sara Greenwood and Jane Woods. Sara, whose services under the name Vibrant Earth include "nature and forest therapy," said: "If you're feeling anxious, depressed, lonely, isolated or living with a long-term health condition this could be the course for you."

Participants in the programme, which will run on Wednesday mornings across January, February and March, will be given opportunities to work creatively with natural materials such as clay and leaves. And there will be walks, talks and moments of contemplation in the glorious Purbeck countryside. Sara said: "We are aiming to create a small, friendly, supportive and understanding group to help with stress reduction and build resilience. The focus will be on self-care and fostering positive changes in day-to-day living."

Both Sara and Jane, who runs Jane Woods Coaching to "help people navigate the ups and downs of life," are active supporters of Planet Purbeck. Jane said: "We hope this course will enable people to feel less alone and will provide strategies to boost wellbeing for those living in the Purbeck community."

The NHS's prevention plan seeks to reduce the burden on hospitals and other services by encouraging individuals to take action through supported self-management. A crucial part of the scheme involves funding local projects, in this case via the Dorset Community Foundation.

Planet Purbeck's co-leader Rob Waitt said: "It is an honour for us to be delivering such a course for the NHS, in which we all have a stake. And we are confident those who take part in it will emerge with new hope for the future."

For more information email thriveinnaturepurbeck@gmail.com or go to planetpurbeck.org.





Left-Right: A group enjoying bird-watching by Poole Harbour; Jane Woods, Rob Waitt and Sara Greenwood; The course will explore creativity with nature-based activities

SWANAGE TOWN COUNCIL - GREENSPACE QUESTIONNAIRE

Did you know that Swanage Town Council manages over 37 hectares of green spaces? This includes parks, gardens, allotments, sports areas, cemeteries, event fields, and a Local Nature Reserve!

We're currently developing a 'Swanage Town Council Greenspace Strategy' and would love to hear from you. Your feedback is invaluable in helping us understand how you use these spaces, what you value most, and how we can improve their management for the future. Please take a few moments to complete our short questionnaire (it will only take 5 minutes!):

https://docs.google.com/forms/d/e/1FAIpQLScUN8IexzvCirpHyBvUK6gLKtAMLV1qOPjvc93jbzItQciv_g/viewform? usp=dialog

If required, paper copies of the questionnaire are available at the Town Hall, and Swanage Information Centre.

PLEASE NOTE: CLOSING DATE FOR RESPONSES TUESDAY 11TH FEBRUARY 2025

Thank you for helping us shape the future of Swanage's green spaces!

Sarah Relph, Administration Officer, Swanage Town Council



Happy New Year!

Well, it's a happy new year for many of us, but of course not all. It only takes one change in someone's circumstances for everything to come crashing down - perhaps a relationship ending, a redundancy or health blow, a landlord wanting his property back or putting up the rent. Maybe a build-up of debt or making some unwise choices.

Swanage Food Bank



Swanage Food Bank is here to help all who are genuinely struggling to put food on a plate.

Thank you so very much to everyone who has contributed to the Swanage Food Bank in any way over the Christmas period. Through your donations of money (including some extremely generous individual donations and Christmas collections from groups and churches), food (including special Christmas treats), bags, pet food and unused toiletries, as well as prayers and kind words of thanks or support, you have helped us to support a lot of local people through the first part of the Winter. And yes, some weeks we have been incredibly busy! Unfortunately it looks like it may well continue that way.

If you read the signs on the lids of the Food Bank collection bins around town (in Budgens, Coop, Costcutter and Spar) you'll discover just how many people we helped last year! *Food was given out on 586 occasions* - sometimes as a one-off emergency, sometimes to help a client or family through a particular crisis; sometimes for a slightly longer period to enable people to access other help and get back in control of their life and finance.

Can we encourage you to keep donating, as you are able?

The items in short supply at the moment are many and include:

Breakfast and snacks

Cereals, smaller sizes of tea & coffee, long life milk, squash or juice, marmalade

Lunch

Tins of tuna, ham, pork etc, baked beans, tinned or packet pasta meals, savoury crackers

Dinner

Pasta sauces, 'hot meats' eg. chicken in white sauce, minced beef, stew, meatballs, Fray Bentos pies, plus tinned curry & chilli (including vegetarian), rice, noodles and tinned vegetables.

Pudding

Tinned fruit, rice pudding, sponge puddings & custard

Please make sure all donations are well within their Sell-by or Use-by date: we do not give out-of-date food out. Bags for life, toiletries & pet food are also handy. No alcohol please.

We have plenty of soup, pasta, pulses and sweet biscuits / cake at the moment.

If you (or anyone you know) is in need of help with food, please give us a ring on **07759 230313**. Leave a message if we can't pick up. NB Fridays can be particularly busy, so please consider phoning us on a Monday or Wednesday by 12.30pm. The Food Bank is actually open 12 - 2pm.

After the initial contact and help, we may ask you to get a referral from an agency that is aware of your circumstances. That agency will need to phone us to confirm that you need food.

Purbeck Sounds Partnership News

Your local radio station Purbeck Sounds have been busy building community partnerships, in 2024:

Purbeck Sounds were named as the official Supporting Sponsor of 2025 Purbeck Business Awards

Purbeck Sounds supported and orchestrated the first official Literary Festival in Swanage.

We extended our library partnership and will be running our first community library workshop in March 2025 'Words To Inspire - The Poetry Workshop'. Tickets available from the library.

We began working with The Swanage School to develop the Youth Radio Program.

Purbeck Sounds is your community radio station, our focus is to build community, connection, and companionship across Purbeck and beyond.



Swanage Medical Practice Patient Participation Group

Swanage Medical Practice PPG works with the Practice Manager and the GPs at the Swanage Medical Practice to help improve and shape local health services. The PPG is made up of patients registered with the Practice who have volunteered to get involved. We meet every two months - and we are always looking for new members!



We last met on 19 November 2024, when we were joined by Danielle Jackson-

Orchard, who is Purbeck's Social Prescriber. Dani supports all six GP Practices in the Purbeck Primary Care Network, including Swanage Medical Practice, and offers non-clinical support to people who are suffering from issues affecting their wellbeing, such as loneliness and stress related to financial issues or poor housing. She takes referrals from a wide range of healthcare professionals. She spends time listening to each person referred to her to get a better understanding of their situation and what matters to them and then works with them to link them into local charities and other organisations that can help. She prefers to see people in person - this will either be at the Surgery or at The Focus Centre in Swanage. She also offers telephone consultations and home visits for those who are housebound.

You can find more information about the PPG and what we do, including Minutes of our meetings, at: www.swanagemedical.org.uk/pages/Patient-Participation-Group.

If you are interested in joining the PPG, please contact Natasha Ritchie, the Practice Manager, or email the PPG directly at ppgswanage@gmail.com.

Flu Vaccination

It's still not too late to get your flu vaccination. If you are eligible to receive the flu vaccine and have not yet been vaccinated, please ring the Surgery to make an appointment - the Practice still has plenty of flu vaccine available. The flu vaccine helps protect against flu (influenza), which can be a serious or life-threatening illness. You may have heard that many people have needed to be admitted to hospital this Winter after becoming seriously unwell with flu. Each year, the NHS offers the vaccine to people at higher risk of getting seriously ill from flu. This year, those eligible for the flu vaccine include:

- People aged 65 and over
- All those aged 18 to 64 years who have health conditions that make them more vulnerable or who have a learning disability
- Those who are the main Carer for an older or disabled person, or are in receipt of Carer's Allowance
- People living in Care Homes all those living in Care Homes in Swanage have now been offered the flu vaccine
- Frontline health and social care staff
- Pregnant women they should book their vaccinations with their Maternity Team
- Children aged 2 or 3 years on 31 August 2024
- School aged children and young people (from Reception to Year 11) their vaccinations are given in school.

Those living with someone who has a weakened immune system should contact the Surgery for advice as to whether they should also receive the flu vaccine.

Further information about the flu vaccine can be found on the Stay Well Dorset website.

Mrs Margaret Broadhurst (Dr Margaret Guy) Chair, Swanage Medical Practice PPG

Swanage Town & Community Partnership Update

In October last year, the Partnership invited Dorset Council's Head of Growth & Regeneration, Nick Webster, to join us to discuss the county's plans for developing new strategies, and how Swanage can take an active role in shaping its own growth and regeneration plan. Nick is working closely with the Town & Community Partnership to help create a vision for Swanage that is meaningful, ambitious, and tailored to the town's unique character. This is an exciting period for the Partnership. We are currently maintaining our guarterly meeting schedule and encourage club, activity, and community leads in Swanage to join us. To sign up for our mailing list, please email Swanage Town Council at: admin@swanage.gov.uk



Alex Brocklesby, Project Officer for Outdoor Experiences & Purbeck Projects, Purbeck Engagement Team, National Trust

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TAPAS LUNCH Corfe Community Kitchen Soup 'n Pud

Corfe Castle Village Hall Saturday 15th February 2025 12.15pm for 12.30pm

Tickets £20 pp for 3 course meal

Free glass of Sangria Table Quiz & Wine Bottle Raffle Fund raising venture for the Village Hall New Kitchen



Tickets from The Village Stores or Gill, Sue and Chris





2025 Plans!

We are kicking off 2025 with a fun **Theatre Skills Workshop** on February 10th at 7pm in the Village Hall. Charmaine is leading this, having inspired us in our contribution to The Shaftesbury Tales last summer.

Once we are involved with rehearsals for a show, there's not much time for thinking about the finer points of acting – just trying to remember our lines and where we should be on stage is quite enough for most of usl This workshop will give us the chance to improve many aspects of what we do on stage, which should help us to perform better, and make our performances more enjoyable for the audience too. As well as existing members, anyone thinking about joining us is welcome to come along – we ask for just £1 each (50p for youngsters).

Coming up later in the Spring will be our AGM on March 3rd followed by a DIY entertainment by some of our own members. Who knows what hidden talents will be displayed then? As always, others are invited to come along and enjoy the evening, for just £1 each.

The indefatigable Peter Smith is once again preparing a **Murder Mystery Walk** for Wednesday evenings from July 16th to August 20th. Look out for further details as tickets are snapped up fast.

In late November we are putting on 'Alice In Cuckoo Land' by Peter Nuttall. This original take on Alice and her Wonderland friends contains everything you would hope for and expect in a seasonal pantomime. More details will feature in the CVN as usual.

Double Act is fortunate to have the Village Hall as our usual rehearsal and performance venue, and over the years we have gathered together a large amount of costumes, props, lighting and sound equipment, and stage and set paraphernalia. From time to time things need replacement, and the time has now come to replace the curtain track. Hopefully by November we will have achieved this, and audiences will enjoy a smoother and more stylish swish of the curtains!

In support of the Village Hall's project to refurbish the kitchen, we are devising a kitchen-and-food-focussed Quiz, titled 'QUIZINE' (do you like the pun?). Keep a look out for this, get one while you can and see how well you do! More details soon.

If you would be interested in joining our friendly safe group or for more details, slease contact the chairman, David Kemp 01929 480007, or secretary David Watson 01929 481265 - or email doubleactdramagroup@gmail.com New members of all ages and abilities are always welcome!





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AGM Friday 17th January 2025

Chairs Report for the Year Ended 31st October 2024

Just after we had finished in December 2024 someone visited Greengage who had not been in for some time. He asked whether he could look round so we walked round together. His comment at the end was 'how much we'd done to the site since his last visit' and how right he was.

Thanks to Les a lovely new area has replaced a really untidy area in the corner next to Prospect Green. The paved patio in the corner near to the small greenhouse is well used for sitting in the sun or potting on and tending plants. The fruit cage is cleared. The old raised beds have been cleared away. The large greenhouse is much tidier with the horrible sink unit out of the way. The herb garden looks good and the cut flower area has been popular with visitors. The pond and wildflower area also seem to be doing well.

Last years fundraising was a record with just over £3500 raised by donations for plants, open days and our wonderful Christmas Fayre of 2023. Increasingly numbers come in to see what we are growing and generally give generously for what they take away.

Our lovely volunteers worked hard for Carnival and were rewarded with a donation of £1500 for new raised beds.

We've also welcomed people from Allsort'd who come with their carers and Beavers have been in touch about a gardening evening in the Spring and I would like to see a lot more groups from the Community use our garden.

We filled hanging baskets and pots for the hospital again this year and I would love to see us produce more this Summer ... pots and baskets go really well with all our visitors and friends.

I think even more importantly to all the things we do are the friendships that have developed at Greengage over the years and new ones are still being forged. Support for each other has always been part of the project and it is so important.

We've had a good year then with lots happening, but also a sense of frustration that we are still waiting to complete our building project. This is through no fault of our own. Steve has worked tirelessly to get the funding in position and Steve will provide an update at the AGM. What we do hope is that we have some really positive news within the next few weeks. Soon after we can start to really move, get the new raised beds moving, having first removed the temporary ones but the new raised beds may appear sooner ... we shall see.

We have also been nominated by the Coop as one of their community projects (causes) so if you nominate Greengage Community Garden some of the money you spend will be donated to us. Thank you. My thanks again to Steve for his tireless work to get all this sorted.

Thanks also to the rest of the committee and to all the volunteers who give so much of their time and energy to Greengage.

My personal priorities for this season:

- Greater variety of plants of interest in the greenhouse.
- Growing plants that we need in the garden but also what our visitors want as they raise the funds for us by their donations.
- Some lovely raised beds in the garden.
- More people to help with the heavy work either regularly or evening/weekend work parties!
- We have also been invited to give two talks in February: one to Swanage WI and one to University of the Third Age who meet in Stoborough. It would be great to take a number of people ... more details later.
- Greater use of our Facebook page. Please 'like' Swanage Matters posts, and please visit the Greengage website. Thanks also to Swanage News for their coverage and their support.

I know I will have forgotten much and/or missed things out. I apologise for that but thank you for everything you do for Greengage. Bob Walters







The Christmas results are in

Christmas is an important time for everyone - not least Swanage Rotary where we aim to combine fun and fund-raising. This year's Christmas activities have raised over £16,000!! None of this could have been achieved without the fantastic



involvement from our loyal and supportive community to whom we want to say a very big thank you! Our fantastic range of Christmas events were:

- · A very successful, albeit delayed, Christmas Market with over 55 stalls participating
- A full programme of visits by Santa's sleigh to the streets of Swanage, Langton and Corfe.
- The despatch of over 2,700 Christmas cards to local addresses through our Charity Mail Service.
- Filling over 350 Christmas shoeboxes that have been sent to underprivileged children in Eastern Europe.
- · Providing 26 Gift bags on Christmas Eve to needy local residents
- Donating Christmas books to every preschooler in Swanage, Langton and Corfe plus giving 30 brand new toys and games to families who may not otherwise have presents
- A highly popular pop-up shop selling a range of Christmas treats. As before the products on sale proved very
 popular and many items sold out very quickly. We are extremely grateful to John Corben and the shop owner for
 making space available in their premises at no cost to Rotary.



Corfe Community Kitchen Soup 'n Pud A choice of Soups and a Roll Followed by Puds with Custard Corfe Castle Village Hall



12.30 – 1.45pm Come and join local friends for a simple, healthy, filling and sustainable

Saturday February 1st 2025

Free Lunch

This venture is provided by volunteers, on a not-for-profit basis, in a friendly environment for local residents to increase community spirit. If you wish to make a donation, either of food or money please feel free but it is not obligatory.

We had wondered whether our numbers would be down a little in gloomy, cold January but not a bit of it, we were graced with about 50 diners all keen to eat well and cheer one another up at the start of 2025. They enjoyed the borscht (beetroots kindly donated by a village resident) or chicken and vegetable soup followed by 2 seasonal favourites; goodwill tart and clementine upside down pudding.

Thanks are once again due to our willing volunteers and Dragon's Bakery for their bread rolls.

Several folk brought us in some empty screw top wine bottles for our bottle raffle which was great. We could still do with a few more and one or two full ones would not go amiss!! This is for our forthcoming Tapas Event (in addition to our usual S 'n P) to raise funds towards the enlarged and improved kitchen that is planned for the Village Hall.

We are changing this from an evening event to a lunchtime one as several people have said they prefer coming out during the day. I hope this does not inconvenience anyone planning on attending as we would love to see lots of you.

Our Tapas Lunch will be a ticketed event, still on Saturday February 15th in the Village Hall but will start at 12.30pm. The cost will be £20.00 per person to include a 3 course meal and a free glass of sangria. There will be a simple table quiz and a wine bottle raffle for between courses to add to the fun. We are hoping for at least 9 tables of 6 but will need to know numbers by February 9th for catering purposes.

Tickets are on sale at the Village Stores or from Gill, Sue and Chris.

We cater for vegetarians and food allergies but if you do have a serious allergy please let us know beforehand so that we can adjust our menus to fit.

WHY DON'T YOU GIVE SOUP 'N PUD A TRY?

Purbeck Association of the National Trust (PANT)

Who we are

We are a local social group supporting the work of the National Trust, by organising talks, outings, social events and holidays. You don't have to be a member of the National Trust to join us.

What we're doing

February brings a talk in Swanage about Studland in World War II by Pam White. Known to many of us for her long years working with the National Trust in Purbeck, Pam will be giving us her new talk on 'Studland in World War II'. Studland Bay, today loved for its sandy beaches and as part of an important Natural Nature Reserve, became one of the most important WWII Battle Training Areas in the country with thousands of troops, many destined for D-Day. Remains of WWII structures remain dotted around the site. This is a fresh look at the Bankes Archive and the Canadian and British War Diaries revealing stories, many of which have never told before. Pam says 'I feel very privileged to be able to present this story, the archaeology of Studland is telling us more and more.' The talk is at 2.30pm in All Saints Church Hall in Ulwell on Tuesday 18th February. Everyone is welcome. Entry is £4 (£3 PANT Members)

Later in the month we're running a coach trip to Southampton. No doubt the shopping at West Quay will be a big attraction, but this also gives a chance to visit Southampton City Art Gallery, which houses one of the best collections in the country outside London. In addition there's the Titanic Exhibition, located in Sea City, and The Tudor House. All this, and no need to drive or find and pay for a parking place.

March sees a talk in Wareham (we alternate with Swanage), when Richard Wirdnam, author and musician, talks about Nature in Poetry. An expert on Jane Austen and Thomas Hardy, Richard is a lively and amusing speaker. It's on Thursday 20th at 2.30pm in Carey Hall, Mistover Road. Again, everyone is welcome. Entry is £4 (£3 PANT Members) Later in the month we have our annual Spring lunch at the Isle of Purbeck Golf Club, where it's difficult to decide which is better, the food or the views.

Find out more

Swanage Community

Defibrillator Partnership

We do all these things to enjoy ourselves, whilst also raising money for the National Trust locally. You can find out more about us, including details of our forthcoming activities, and of how to join us, by going to our website <u>www.pubecknt.org.uk</u>, or you can email us at <u>info@purbecknt.org.uk</u>, or call 01929 552872.

Keep the heart of Swanage beating

A Celebration year and our plans to ensure sustainability!

2025 marks the 10th Anniversary year of Swanage Community Defibrillator Partnership (SCDP); it will become a year of Celebration after many years of committed hard work but also a year of fundraising to support the now extensive SCDP estate of 47 Defibs and 42 cabinets. *Sustainability* of this now successful community project has always been a key objective and will remain an important aspect of our work.

We would welcome financial help or any suggestions on fundraising opportunities. Donations can be made in person at Corbens Estate Agents in Station Road, Swanage or by bank transfer

Name:	Swanage Community Defibrillator Partnership
Acc:	28100368
Sort Code:	30-99-12

At a recent annual review of the SCDP estate it has been highlighted that several Defibs are in need of updating and a number of cabinets are reaching the end of their operational life and in need of replacement. Some local organisations are supporting SCDP with on going maintenance costs but we would like to be able to extend the help offered from other sites whilst also seeking funds for the required updating and replacement.

To date Defibs have been deployed 243 times since the inception of the project and we are incredibly fortunate to have devices in most areas of the town and in local villages .

A recent addition has been a public access Defib and cabinet installed at the main entrance to St Mary's School near Compass point and we are planning another device in North Swanage / Redcliffe Rd area. A new cabinet is about to be installed at St Aldhelms Head , thanks to Worth Parish Council and we are committed, as a Partnership, to continue this important work undertaken by our volunteer Defib Guardians and Steering group members .

Thank you all.

Maggie Hardy, SCDP







Anne's Personalised Occupational Therapy Support from Lewis-Manning Hospice Care's 'Hospice at Home' Team in Swanage

Anne's Health Challenges: Swanage based, 90-year-old Anne was experiencing declining health, including difficulty walking, advanced macular degeneration, and cataracts, which impacted her independence and well-being.



Watch the video to learn the value of personalized occupational therapy and hospice care in improving independence, physical health, and emotional well-being for elderly individuals.

Anne's Story - Hospice at Home in Swanage - Occupational Therapy - YouTube



Introduction to Support: A hairdresser who worked with Lewis-Manning Hospice Care suggested that Anne shouldn't be alone so often and put her name forward for assistance and support from the hospice's 'Hospice at Home' team.

Occupational Therapy Intervention: An occupational therapist (Sue) assessed Anne and discovered that walking caused her significant pain. Sue learned that Anne enjoyed aqua aerobics because water alleviated her pain and developed a plan around this insight.

Positive Outcomes: Sue advised, "One key intervention was installing a bath lift, which allowed Anne to bathe comfortably again, something she hadn't done in a long time.

"With the bath lift and tailored exercises, Anne regained strength, stamina, and mobility She can now get out of chairs more easily and engage in activities that help her maintain her independence."

Emotional and Lifestyle Impact: Anne and her husband, married for 56 years, feel their lives have improved significantly due to the care and support from Lewis- Manning Hospice Care.

Anne has expressed gratitude for the changes, noting how these interventions enhanced her quality and pattern of life.

All services at Lewis-Manning Hospice Care are free to access.

Big Give Christmas Campaign - 'one donation, twice the impact'

Lewis-Manning's Director of Fundraising & Marketing, Nicki Cluley advised, "We'd love to urge the public to support their local hospice by taking part in The Big Give Christmas Challenge which runs from 3rd - 10th December and has the strapline, 'one donation, twice the impact', as all donations are matched funded!'

"The match funding for the campaign is being provided by a number of philanthropic champions"

Lewis Manning Hospice Care Director of Clinical Services, Laura Adams, added 'Every matched donation will support our important Hospice at Home service. This allows us to bring all our services to patients in the comfort of their own home or care home, across Purbeck and East Dorset, ensuring no one has to face a difficult time alone."

How the Big Give works:

- 1. Register your interest to receive a reminder when the campaign goes live. https://bit.ly/48UkgLF
- 2. Between midday 3rd and midday 10th December, **donate to Lewis-Manning Hospice Care** via the <u>Big Give</u> <u>website</u>.
- 3. Your donation is doubled through match-funding.
- 4. Help us provide extraordinary hospice care at home.

ALCOHOLICS ANONYMOUS® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. ... Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.



This is still a very unsettling time. It is stressful for many people in many new ways. Some people turn to alcohol to help them cope and get through it. This can be more of a danger than a help to some of us. If you think you have a problem with alcohol we can help:

IF DRINK IS COSTING YOU MORE THAN MONEY then we can help you. Please telephone our free Helpline today: 0800 917 7650

Updates from the National Trust

New strategy - Focus on nature

In mid-January, the National Trust celebrated its 130th birthday – and also launched an ambitious new 10-year strategy!

The goals of our strategy are:

- To restore nature not just on National Trust land, but everywhere.
- To end unequal access to nature, beauty and history.
- To inspire millions more people to care and take action.

Across the country, we'll revive ailing rivers, wetlands and coast, protect peatlands which are critical stores of water and carbon, and nurture rare species. We'll also support farmers to be even bigger players in nature recovery and climate resilience, while producing good, healthy food and running sustainable businesses.

In Purbeck, we are already underway with much of this work, but we'll be launching exciting new projects (watch this space!). We'll continue working in partnerships such as the Purbeck Heaths Super National Nature Reserve, the Dorset Peat Partnership, and Dorset Goes Wild which is giving all Purbeck children the chance to connect with nature.

Find out more about our strategy here: www.nationaltrust.org.uk



National

Trust

Photo: Peatland restoration in Purbeck, Gen Crisford



Gorse – the burning question

With bright yellow flowers and coconut scent, gorse is a familiar and much-loved feature of our countryside. It also provides food and shelter for wildlife. So why do we burn it?

The answer is that we burn small areas of gorse on the Purbeck Heaths and Corfe Common each winter. Without control, gorse will quickly take over the heathland, causing the loss of light-loving plants and insects, and blocking access for people. Its flammability also makes it a serious wildfire hazard in dry conditions. Burning is strictly controlled and carried out by skilled rangers or contractors. Read more about it here.

Photo: Cathy Lewis

Enjoy the Kings' View

For the first time since 1646 when Corfe Castle was destroyed in the English Civil War, visitors are able to access a tower that was built for royalty. Called the Kings' View, we have been granted rare permission by Historic England to build a viewing platform as part of the conservation works in the castle. The platform offers a once-in-a-lifetime chance to experience panoramic views and rare historical features not seen for nearly 400 years. Find out more and book your place here.





Photo: Male bullfinch, Mark

Let bramble take a ramble!

Photo: Richard Gregory

Did you know that brambles are foot food for wildlife, even in the depths of winter? To prove it, this handsome bullfinch is feasting on the seeds!

While wildlife feeds on the leaves, flowers, fruit and seeds of bramble, the thorns protect nesting birds and mammals from predators. So, if you want to create a wildlife haven in your garden, let bramble take a ramble!

Going back to the bullfinch, this is a shy, secretive bird – but you can often hear its breathless piping and whistling. Notice its short, stout beak, perfect for cracking open seeds, nuts and buds.

If you have any queries, please email us on <u>purbeck@nationaltrust.org.uk</u> Cathy Lewis, National Trust



What's On at Harmans Cross Village Hall

There's plenty of good reasons to come along to HXVH over the next couple of months - here are some dates for your diaries for events you might like to enjoy:

Stalls at the Hall from 9.30am – Noon on Saturday 1st March

Crafts, curios, coffee, cake and conversation - a lovely way to spend a Saturday morning. Free entry from 9.30am to 12 noon. To book a table, contact Kelly at <u>bookings@harmanscrosshall.co.uk</u> or on 07384 848 419

Movie Nights - doors and bar open at 7pm. Entry £6.00 on the door

Tuesday 11 February – Battle Over Britain

Set over a period of just 24 hours, Battle Over Britain tells the story of a handful of heroic spitfire pilots as they fight to the last man in the skies over Britain, against overwhelming odds.

Tuesday 11 March – Woman in Gold

The remarkable true story of one woman's journey to reclaim her heritage and seek justice for what happened to her family. Sixty years after she fled Vienna during World War II, an elderly Jewish woman, Maria Altmann (Helen Mirren), starts her journey to retrieve family possessions seized by the Nazis, among them Klimt's famous painting 'The Lady in Gold'. Together with her inexperienced but plucky young lawyer Randy Schoenberg (Ryan Reynolds), she embarks upon a major battle which takes them all the way to the heart of the Austrian establishment and the U.S. Supreme Court and forces her to confront difficult truths about the past along the way.

Please note - we have no Movie Night in April at HXVH

Coffee Junction – alternate Thursday mornings 10.30-12.30

Come along for coffee (or tea) and conversation. 6 and 20 February, and 6 and 20 March

Church Service starting at 6pm - 16 February and 16 March

Alison and the HXVH Committee

Swanage Skatepark Community Project

Talbot Village Trust has awarded Swanage Skatepark a £15,000 grant! This incredible support brings our fundraising total to £61,000

What Next?

At the recent Swanage Town Council Community Services Meeting on the 6th Nov, we made a request for funding from the 2025/2026 financial year budget. Our request will be considered at the Finance and Governance meeting taking place 11th December 2024. We'll update you as soon as Swanage Town Council shares their decision, along with what it means for moving forward with a Phase 1 build to get our community rolling again in 2025!





Day of workshops & Skate Jam in Memory of Will Paddy rescheduled for Sat 12th Apr 2025. Save the date!



We're On a Roll, Can You Make a Donation?

- Our <u>Crowdfunder</u> remains open for donations, don't forget to select Gift Aid if you're a UK tax payer!
- We have packages for corporate sponsorship available. If you or your employer could be interested drop us an email to find out more: Swanageskatepark@gmail.com

An award-winning Purbeck photographer is passing on his love of nature by planting a tree for every job he undertakes.



Swanage-born Andy Farrer, 51, decided to embark on the scheme after witnessing dramatic deforestation during his travels around the world, which has increased his fears over habitat loss and climate change.

A tree will now be planted for every order he receives for his evocative photographs, every workshop or personal tuition session he runs and every professional printing job he carries out at his studio in Corfe Castle's Sandy Hill arts complex.

Andy, who specialises in landscape and wildlife photography, said:

"I got my love of nature as a kid, birdwatching and walking along our wonderful Jurassic coast. And I've been lucky enough to continue an outdoor life as a career, showcasing not only Dorset but countries I have visited all over the globe.

"I've seen first-hand the deforestation in places like Brazil and Madagascar and I've seen the opposite in the dense woodlands of Finland. It made me intrinsically aware of how important trees are and how important it is to maintain this fragile planet for future generations."





Andy Farrer's photo of a part of Madagascar that has lost 80 per cent of its original forest cover

Andy's award-winning photo of "Bat's Head in the Snow"

Andy was named Landscape Photographer of the Year in 2015 in an international competition entered by thousands of his peers – and has been shortlisted on several more recent occasions. His winning photo, "Bat's Head in the Snow," is a wintry view of the headland west of Lulworth Cove.

For his tree-planting, he uses the services of London-based company Treeapp. Payments he makes digitally are passed to

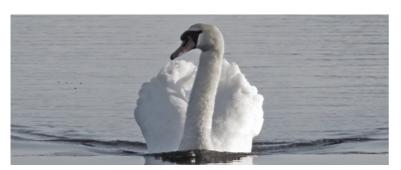


teams in Britain and across the world who employ local people, including farmers, to run nurseries and plant saplings. The firm has planting and carbon-offsetting links with far larger organisations than Andy's, such as Virgin, Marriott and the NHS.

Andy said:

"It's a nice idea that aligns with my upbringing and my values. It seems to me that trees are being chopped down all over the place. So if I can at least stem some of that and make a positive difference in my own small way, then why not?"

Chris Hockley



DEADLINE for contributions to the April/May 2025 issue of the Newsletter MONDAY 17 MARCH 2025

Photograph by Gwenda Yeomans