

*For further details about carpet bowls and other activities delivered through the Wellbeing Center, please contact:*

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**Other events include:**

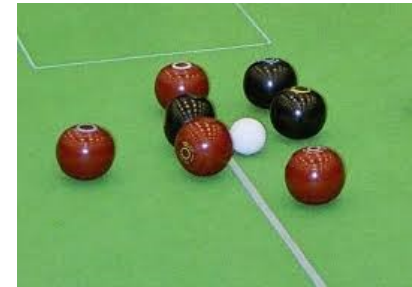
Dementia Walks. Every 2nd Friday. 2-3pm. Meet at the Guide Hut.

Drop In. Advice and Support. Every 4th Friday. 10-12. Village Hall.



**Corfe Mullen Wellbeing Centre.**  
**Growing a Compassionate Community.**

## **Carpet Bowls**



**Corfe Mullen Wellbeing Centre.**  
**Growing a Compassionate Community.**

## Why?

People who have dementia and their carers in our local community have reported that they experience isolation, loneliness and often feel forgotten.

There are estimated to be around 850,000 people living with dementia in the UK.

It is our vision in Corfe Mullen to grow a compassionate community that welcomes and supports all people.

Being physically active is proven to have a range of health and wellbeing benefits for all people.

- It can help to reduce the risk of developing dementia.
- It can improve the symptoms of dementia.
- It has a range of physical and wellbeing benefits that can improve the quality of life for people in all stages of the condition and their carers.

## About Carpet Bowls

Our carpet bowls activity is designed to reduce isolation and loneliness as well as increasing social interaction, combined with a fun activity.

This activity is particularly suitable for people with some form of memory loss and their carers (but is open to all).

This will be a fun afternoon, meeting new people, making friends, learning a new game and discovering a new interest.

All the equipment is provided.

Just turn up willing to have fun!



## When?

Every 4th Friday of the month.

2-4.30 pm.

No previous experience necessary.

Refreshments available.

All welcome.

Cost: £2 session.

## Where?

Corfe Mullen Village Hall.