

GROWING COMPASSIONATE COMMUNITIES

# CARPET BOWLS

Every 2nd Thursday of the month.

2 pm – 4 pm

Broadstone War Memorial Hall

Refreshments are available. All welcome. £3 session.

No previous experience necessary.

## More Information:

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[www.corfemullendfc.uk](http://www.corfemullendfc.uk)

GROWING  
COMPASSIONATE  
COMMUNITIES

Working towards  
inclusiveness of all diverse  
groups and people



## ABOUT CARPET BOWLS

Our carpet bowl activity is designed to reduce isolation and loneliness as well as increase 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!

## WHY

People who have dementia and their carers in our local community have reported that they experience isolation, and 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 well-being 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 well-being benefits that can improve the quality of life for people in all stages of the condition and their carers.

## OTHER EVENTS INCLUDE:

### **Health Walks**

Dementia Friendly. Every Tuesday. Meet at BH Live, Wareham Road. Approx. 1-hour walk.

### **Drop-In**

Advice and Support.

Every 4th Friday. 10-12. Village Hall.