

CLUBS AND ORGANISATIONS IN SHAFTESBURY AND GILLINGHAM

SOCIAL and SUPPORT GROUPS

Shaftesbury/
Gillingham

Mental Health Peer Support	Royal British Legion Hall Coppice Street The Grosvenor Hotel	1 st Thursday 2 pm -4 pm 3 rd Thursday 2 pm – 4 pm	S
Fibromyalgia, Chronic Pain Chronic Fatigue Syndrome Support Group	Abbey View Health Education Room email Debbie.martin@dorsetgp.nhs.uk Or Tel. 07738 104905	11.30 am – 1.30 pm Fridays Fortnightly	S
Fibro Buddies Support Group Fibromyalgia Action UK	The Community Church Hall National Helpline 0300 999 3333 Or search Groups on Facebook.	12.30 am – 3 pm	G
Age Concern Pop-In	The Pavilions, St Martin’s Lane Games, quizzes, pub lunches, outings 01258 472131 or 01747 858218	1 st Monday 10 am	S
Gillingham Craft & Chat	Gillingham Library Free donation £1 for refreshments	Every Friday 10.30 am – 12.30 pm	G
“My Time” support group For Carers	Shaftesbury Plus, Trinity Centre	3 rd Tuesday 2 pm – 4 pm	S
Memory Café	Royal British Legion Hall	1 st & 3 rd Wed (usually) 10 am – 12 noon	S
Bereavement Drop-in	Bell Street United Church	1st Saturday 12.30 pm -	S
Bereavement Café	The Mellows Care Home Contact 01747 826677 Laura, Maureen or Angela	Every Wednesday 10 am – 12 noon	G
Carers Support Group	Riversmeet Leisure Centre Gillingham	4 th Wednesday 10 am – 12 noon	G
Royal British Legion Coffee Morning	Coppice Street Legion Hall Non-members welcome Brian 850898 or Robin Miler 854765	Every Thursday 10 am – 11.30 am	S
RAFA Meet & Greet Coffee	RBL Coppice Street Brian 850 898	1 st Wednesday 10.30 am	S
Coffee Companion Hours	John Peel restaurant High Street 853178 or derekbeer@icloud.com	Every Monday 2.30 pm – 3.30 pm	S
	The Rising Sun – Coffee Tavern Salisbury Rod, Donhead St Mary 828514, nikydaley@yahoo.co.uk	Every Friday 2.30 pm – 3.30 pm	S
	Café Newt, Wyke Road	Every Monday	G

	Gillingham Library	11.00 am – 12 noon Every Tuesday	G
	The Secret Garden Café, Thorngrove Garden Centre	11 am – 12 noon Every Thursday	G
Ludwell Social Group Also art classes and speakers	Charlton Remembrance Hall £1.50 per session	Thurs/Fri £5 membership	Nr S
Community Lunch	Shaftesbury Plus, Trinity Centre, Bimport Booking essential Tel 854959 £6 for 2 course meal and beverage	Every Wednesday All welcome	S
Mindfulness and Chat	Abbey View Health Education Room Shaftesbury	Tuesday fortnightly 10.30 am – 12 noon	S
Westminster Hospital League of Friends Refreshments	Quaker Meeting House	1 st Saturday 10 am – 12 noon	S
Shaftesbury WI (Morning)	RBL Hall, Coppice Street Contact President, Brenda Skaife 01747 851514	3 rd Monday 10.00 am	S
Shaftesbury WI (Evening)	United Church Hall, Bell Street Contact President Mrs Lorna Irvine 01747 854949	2 nd Wednesday 7 pm	S
U3A (Shaft and Gill)	Fathers' House, Shaftesbury membership@sgu3a.org.uk www.sgu3a.org.uk	1 st Thursday	S
Fifty Plus Social Group	Wine Bar, Queen Street Info Jean 01747 590260	Every Tuesday 7.30 pm	G
Open House	Father's House Church	Every Tuesday 10 am – 2 pm	S
Gillingham WI (A'noon)	RBL Hall Contact Barbara 833678	Mon 2.15 pm	G
Gillingham WI (Evening)	Gillingham Primary School Contact Alison 01747 824540	1 st Thursday 7 pm	G
Shaston Social Club	Tel 852348 Free snooker/pool at weekends BT Sport, Darts, Skittles, Quizzes, Beer Garden		
Rethink Gillingham Carers Group (for carers of people with mental illness)	Gillingham Community Church The Old Library (opposite Costa) 01305 262771 (Rethink)	2 nd and 4 th Wednesday 10 am – 12 noon	G

SHAFTESBURY TOWN TWINNING ASSOCIATION

Holds regular social/fundraising events such as Quiz nights and Skittles as well as visiting and receiving guests from Brionne, France and Lindlar, Germany.

If you would more information about the association or would like to join then please contact Roy Mitchell on 01747 858219 or email secretary@shaftesburytwinning.org

ACTIVITIES AND HOBBIES

Making Space Creative Workshops for Adults	Shaftesbury Band Hall, SP7 8QA Contact Sue 07920870192 makingspacefun@outlook.com Donation £2.50 - £5 includes refresh.	Usually 2 nd Mon 10.30 am – 11.30 am	S
Creative Writing	Shaftesbury Library	2 pm Mondays	
Shaston Gardening Ass.	Bell St United Church Contact Karen 01747 850269 www.shastongardenassociation@webeden.co.uk	1 st Friday 7.30 pm	S
Hobbies & Crafts	Shaftesbury Plus, Trinity Centre Bimport. Contact Toni 01747 854959	Every Tuesday 10.30 am – noon	S
Art and Social, 'Enthusiastic Amateurs'	Melbury Abbas Village Hall	Every Tuesday 9.30 am - midday.	
Gillingham Craft and Chat	Gillingham Library - (contact for further session details)	1 st session Friday 13 th July 10.30 am – 12.30 am	G
Knit and Natter	Waitrose	Wednesdays	G
Knitwits in the Buff	Buffalo Inn, Gillingham Contact Cate on 01747 821473	Every Monday	G
Green GANG – Gillingham Action for Nature Group	Work parties/outings, any age. bobmesser@hotmail.com , 07419211797	Various	G
Gillingham Flower Club	Gillingham Town Hall Contact Jan 01747 824874	1 st Tuesday 7.30 pm	G
Gillingham Cribbage League	Various venues Contact Pauline 0196334210 paulineninnim@btinternet.com	Every Tuesday 8.30 pm Sept – Apr.	G
Gillingham Gardening Society	Royal British Legion Hall Janet 01747 822256 or Carol 01747 825424 (limited parking)	2 nd Wednesday 2.30 pm	G
Writing Group	Shaftesbury Arts Centre Richard or Elizabeth writing@shaftesburyartcentre.org.uk	1 st and 3 rd Tuesdays 7 – 9 pm	S

Poetry Group	Shaftesbury Arts Centre Pam Kelly 852744 pamkellycircles@yahoo.co.uk	4 th Thursday 7.30 pm	S
Reading Group	Shaftesbury Arts Centre Viv Rudd 851619 vivrudd@hotmail.com	3 rd Thursday 7.30 pm – 9 pm	S
Green Gang (Recovering Mental Health While Working for the Environment)	Bob Messer 01747 822269 bobmesser@hotmail.com Nature Reserves, Town Meadow, Footpaths.	Wednesdays – roughly once a fortnight, 10 am – 1 pm For the 1 st two visits you need To be accompanied by a Professional or a family member	G
Gillingham Litter Pickers	Contact Shirley on 07599 829539	1 st Wednesday 2 pm	G
Writing Group	Gillingham Library	Every Tuesday 1.45 pm – 2.45 pm	G
Adult Colouring	Gillingham Library 01747 822180	Every Thursday 2.30 pm – 3.30 pm	G
Scribblers Writing Group	Milton on Stour, 01747 835689 tiggylhayes@hotmail.co.uk		
Adult colouring & puzzle fun Creative Writing Drum circle	Sturminster Exchange		Stur
Friends of Gillingham Station	Part of Blackmore Vale Line Community Rail Partnership Contact Belinda Ridout cclrbelindaridout@gmail.com	“Make new friends and make a difference to your local station”	
Dorset Countryside Volunteers	www.dcv.org.uk		
Dorset Lavender Farm	www.dorsetlavenderfarmproject.co.uk Tel. 07786 896 135		Stur
MUSIC			
Shaftesbury Community Choir	Contact Julia Marcus on 01747 854225, 07957619968 £3. www.shaftesburycommunitychoir.co.uk	Every Wednesday 7.30 pm – 9.30 pm	S
Gillingham Community Choir	Vicarage School Rooms £5 www.gillinghamchoir.com	Every Thursday 7 pm – 9.15 pm	G
Gillingham Singers	Gillingham School Hall Contact Carole on 0747 82586	Every Monday 7.15pm – 9 pm	G
Shaftesbury Ukulele Band	Shaftesbury Arts Centre	Every Tuesday (term time)	S

Contact Robin Walter
07824 552414
evenings, 3 ability sessions
Between 4.30 pm and 7.15pm
£5 instrument provided

Music and Drama Group	Shaftesbury Arts Centre Rosie King 01747 229843 stage@shaftesburyartscentre.org.uk	Tuesdays 7.30 pm Thursdays 7.30 pm	S
Palida A Cappella Choir	Shaftesbury Arts Centre Karen Wimhurst 850978 karen@karenwimhurst.co.uk £7	Tuesdays 7.30 pm – 9.30 pm	S
EXERCISE AND FITNESS			
Shaftesbury Walking Group	Meet outside Town Hall Contact Peter.wells5@icloud.com 07732 106 713	Every Tuesday (summer) 6 am – 7 am	S
	Meet outside Tesco	Every Wednesday 10.30 – 12 noon	S
	Meet outside Town Hall	Every Thursday 7pm – 8 pm	S
Gillingham Walking Group	Barn Surgery, Gillingham	Every Monday 2.30 pm, 1 hour	G
	Peacemarsh Surgery Debbiesparkes@gmail.com 01747 853006	Every Tuesday 2.30 pm	G
Walking for Health Sturminster Newton	Meet at the Surgery Karine 01258 471968	Every Monday 2 pm	Stur
Core Pilates	Shaftesbury Arts Centre Contact Julia Davis-Sellick julianne@live.co.uk	Every Monday 6.30 pm – 7.30 pm	S
Shaftesbury Tennis Club	Shaftesbury Tennis Courts 852705/07727061077 www.shaftesburytenniscentre.co.uk	Every Tue/Thur	S
Short Mat Bowls, S'Bury	Coppice Street Hall Contact secretary on 855490	Every Tue/Thurs	S
Dance to Keep Fit With Paris Helen Also Dancercise, Classical Ballet Workout, Tap into Shape	Shaftesbury Arts Centre	Every Wednesday 9.30 – 10.30 and 10.45-11.45	S
Traditional English Dance Group	Shaftesbury Arts Centre Contact Sam Skey on 07815094524	Every Wednesday 7 pm – 9 pm	S
Shaftesbury Jive Club	The Assembly Room, The Grosvenor Arms Hotel. No need to book, £5 Tel. 07710 878178	Every Wednesday 7 pm – 9.30 pm	S
TLW Dance	TLWdance@googlemail.com 075843 40897		

Gillingham Country Dancing And Folk Dancing	Methodist Hall £2.50 - £3.00 01747 822329/824590	Every Monday 7.15 pm – 9.15 pm Beginners welcome	G
Gillingham Walkers	Barn Surgery 1 hr comfortable walks	Every Monday	G
Gillingham Wheelers	Wheels/Café Rimini Beginners Sat, Experienced Sun	Every Sat/Sun 9 am	G
Marnhull & Gillingham Badminton Club	Riversmeet	Mon - Pay and Play Tues - Club	G
Royal Chase Leisure Club (Swimming Pool +?)	01747 853355	Mon – Sun 7.30 am – 9 pm	S
Pilates	Shaftesbury Arts Centre Phoenix Room, 07729 222622 or tamzin@tamzinrimes.co.uk	Mon 9.30 -10.30 am Tues 6 pm – 7 pm Wed 5 pm – 6 pm	S
Dru Yoga	Shaftesbury Arts Centre Rutter Room, Kirsty Elliott 07783 780128	Mon 6 – 7.30 pm	S
Wessex Yoga	The Methodist Hall, Gillingham Mixed ability. Kym Mitchell 01747 840740, Kym.mitchell@live.co.uk	Wed 7 pm – 8.30 pm	G
Circle Dances from around The World	Shaftesbury Arts Centre Phoenix Room, Pam Kelly 01747 852744 or pamkellycircles@yahoo.co.uk	2 nd Tuesday 2 pm – 4 pm	S
Yoga, Massage	www.jessielow.co.uk 07961 265 938		
Nordic Walking	Helen Gilchrist 07745413194		
Shaftesbury Karate Club	Lindlar Hall 07780 133548	7.30 pm – 8.30 pm	S
Tai Chi & Qi –Gong	St Peter’s Church Hall Shaftesbury Riversmeet, Gillingham Geoffrey1145@gmail.com (check) www.wyverntaichi.com	Every Tuesday 6 pm – 7 pm Mon 10.30 – 11.45	S
Shaftesbury Oasis Swimming Pool	852420	Summer	
St Mary’s School, Donhead St Mary, SP7 9LP	857120		

Swimming Pool

Royal Chase Hotel, 853355
Christy's Lane, SP7 8DB
Swimming Pool

Port Regis School, Motcombe 857957
Swimming Pool

Shaftesbury Homegrown Community Farm	Breach Lane, SP7 8LF Between St James & Enmore Green	Friday or Sunday between 10 am and 1 pm	S
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OTHER

Shaftesbury Job Club	Lindlar Hall, Shaftesbury	Every Friday am	S
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Gillingham Job Club	Town Hall 07544921671	Every Friday 10 am - 1pm	G
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Digital Champions	Trinity Centre, 01305 221048	12 – 2	
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Repair Café	nikydaley@yahoo.co.uk 01747 828514 www.repaircafe.org	828514	
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Gillingham Litter Pickers	Various locations Shirley 07599 829539	1 st Wednesday 2 pm	G
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Hill Top Litter Pickers	Opposite Tesco petrol station off Christy's Lane. Ty Crooks 01747 851783	1 st and 3 rd Wednesday 2.30 pm	S
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Open House	Father's House, Shaftesbury	Tuesdays 10 – 2 Inc. Foodbank	S
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Open Door Drop-in Service And Foodbank Collection point	Gillingham Community Church Old Library (opposite Costa)	Every Monday and Thursday 10 am – 12 noon	G
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HOPE PROJECTS – (Helping Other People Evolve) www.shaftesburycarers.org Shaftesbury and District Carers, Units 4-6, Plot 25c, Longmead Industrial Estate, SP7 8PL Tel. 01747 851397 email: hopeprojects@btconnect.com 1 st Point housing and Debt Advice, Food bank HOPE 2 BAKE - COOKERY GROUPS/CLASSES HOPE 2 GROW – GARDENING GROUPS/CLASSES HOPE 2 CYCLE – CYCLE MAINTENANCE HOPE 2 DO JEWELLERY			S
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HOPE DROP-IN CENTRE – CAB, COMPUTER AND INTERNET ACCESS AND INSTRUCTION, ARTS GROUP.

THE RECOVERY EDUCATION CENTRE

Courses on many aspects of Mental Health.

Telephone 01202 584478 or 07787 836708

Email: recovery.educationcentre@dhuft.nhs.uk

Termly timetable, sometimes courses are in Shaftesbury, Gillingham or Sturminster Newton.

Help and Care – Self Management Coaches and Link Workers

Ask at Abbey View Health Centre

Artsreach

Entertainment at reasonable prices (ballpark £10 per performance) around Dorset villages and small towns.

www.artsreach.co.uk

info@artsreach.co.uk

01305 269512