

CLUBS AND ORGANISATIONS

SOCIAL and SUPPORT GROUPS

Mental Health Peer Support	Royal British Legion Hall Coppice Street	1 st Thursday 2 pm -4 pm	S
	The Royal Chase Hotel (please text 07749062327 to confirm)	3rd Thursday 2 pm – 4 pm	S
	Royal British Legion Club School Lane, SP8 4QW	2nd and 4th Thursdays 2 pm - 4 pm	G
Gillingham Craft & Chat	Gillingham Library Free donation £1 for refreshments	Every Friday 10.00 am – 12.00 pm	G
Memory Café	Royal British Legion Hall Contact 07884 333117 or email injollygoodcompany@gmail.com	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 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	King Alfred's Kitchen (upstairs) High Street	Every Monday 2.00 pm – 3.00 pm	S
	Gillingham Library (bring own mug) Beth 07837 015655	Every Tuesday 11 am – 12 noon	G
	Gillingham Slade Centre	Every Tuesday 11 am - 12 noon	G
	Stalbridge Dike & Son Cafe	Every Tuesday 2 pm - 3.30 pm	Stal
	Guggleton Farm Arts	Thursday 11 am	Stal
	The Country Market, The Exchange	Every Tuesday 10 am - 11 am	SN
Donhead Happy Gathering	Charlton Remembrance Hall £1.50 per session Mrs Z Gillespie 828335	Thurs/Fri £5 membership 2.30 pm - 3.30 pm	Nr S

"Sofa Talk"	Friends of Stour Connect Cafe - friendly chat and advice	Tues and Thurs AM	SN
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	CURRENTLY ONLINE Contact judelask@icloud.com		S
Westminster Hospital League of Friends Refreshments	Quaker Meeting House	1 st Saturday 10 am – 12 noon	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)	Motcombe Memorial Hall membership@sgu3a.org.uk www.sgu3a.org.uk , https://u3asites.org.uk/sgu3a/home	1 st Wednesday	Mot
Open House	Father's House Church	Every Tuesday 10 am – 2 pm	S
Gillingham Friends Together	Janet Dann 01747 822256		G
Gillingham WI (Evening)	Gillingham Primary School Contact Linda Anson 837981	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)	Contact 01305 262771 (Rethink)	2 nd and 4 th Wednesday 10 am – 12 noon	G
Men's Shed Stour	Men and Ladies! Stour Connect	Tues and Thurs 9 am -3 pm	SN
Memory Cafe	Stour Connect Tel. 01258 471359		SN
Mindful Memory Cafe	Gillingham Social Club Barbara 07910663392	Alternate Tuesdays 10 am - 12 noon	G
Living Well with Fibro (peer support for those with Fibromyalgia)	Abbey View Medical Centre Sturminster Newton Medical C. Tel. 07825 691508 bvpsocialprescribing@dorsetgp.nhs.uk	Alternate Thursdays 2 - 3 pm Alternate Thursdays 2 - 3 pm	S SN

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

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
Knit and Natter	Shaftesbury Library	BOOKING ESSENTIAL	Tuesdays 10 am - 12 noon	S
Green GANG – Gillingham Action for Nature Group	Work parties/outings, any age. bobmesser@hotmail.com , 07419211797		Various	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	NOT ON YET	Every Thursday 2.30 pm – 3.30 pm	G
Scribblers Writing Group	Milton on Stour, 01747 835689 tiggghayes@hotmail.co.uk			
Adult colouring & puzzle fun Creative Writing Drum circle	Sturminster Exchange			SN
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			SN

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
Shaftesbury Ukulele Band	Shaftesbury Arts Centre Contact Robin Walter 07824 552414		Every Tuesday (term time) evenings, 3 ability sessions Between 4.30 pm and 7.15pm £5 instrument provided	S
Music and Drama Group	Shaftesbury Arts Centre 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
Melodies Remembered	Singing Group for People with Dementia Shaftesbury Football Club Contact 07871 665927 or dementiafriendlyshaftesbury@gmail.com		Thursdays (fortnightly)	S

EXERCISE AND FITNESS

Shaftesbury Walking Group Walking for Health	Meet outside Town Hall Contact bvpsocialprescribing@dorsetgp.nhs.uk			
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	Meet outside Town Hall	Every Wednesday 10.30 – 12 noon (Starter)	S
	Meet Tesco Arch	Every Weds 10.30 am (Stroller)	
	Meet Barton Hill Free Car Park	Every Wednesday 10.30 am (Strider)	S
Gillingham Walking Group	Barn Surgery, Gillingham	Every Monday 2.30 pm, 1 hour	G
	Peacemarth 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	SN
Walk for Wellbeing	Meet outside Shaftesbury Abbey	Friday 10.00 am - 11.30 am	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
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,	Mon 9.30 -10.30 am Tues 6 pm – 7 pm	S

	07729 222622 or tamzin@tamzinrimes.co.uk	Wed 5 pm – 6 pm	
Dru Yoga	Shaftesbury Arts Centre Rutter Room, Kirsty Elliott 07783 780128	Mon 6 – 7.30 pm	S
Wessex Yoga	The Clock Hall, Motcombe Mixed ability. Kym Mitchell 07800785327 Kym.mitchell@live.co.uk	Wed 7 pm – 8.30 pm	G
Zen Yoga	The Grosvenor Arms BOOK askme@heidimarke	Tues 5.15 pm - 6.15 pm	S
Yoga, Massage	www.jessielow.co.uk 07961 265 938		
Nordic Walking	Helen Gilchrist 07745413194 helengilchrist@polesahead.co.uk		
Buggy Walk for Toddlers	Shaftesbury Children's Centre Contact 01258 474036 for details	1.30 pm - 2.30 pm Tues	S
Buggy Walk for Toddlers		10 am - 11 am Tues	G
Buggy Walk for Babies & Toddlers		Weds 10 am - 11 am	SN
Shaftesbury Karate Club	Lindlar Hall 07780 133548	7.30 pm – 8.30 pm	S
Tai Chi & Qi –Gong with Mrs Bao	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 Healing Group	Friends Meeting House Shaftesbury, Angela Mitchell	Wednesdays 01747 852923	S
Shaftesbury Oasis Swimming Pool	852420	Summer	
Royal Chase Hotel, Christy's Lane, SP7 8DB Swimming Pool	853355		
Port Regis School, Motcombe Swimming Pool	857957		
Shaftesbury Homegrown Community Farm	Breach Lane, SP7 8LF Between St James & Enmore Green	Friday or Sunday between 10 am and 1 pm	S

OTHER

Marnhull Hub	Village Hall, Repairs, recycling, cafe, vegetables PCSO once a month.	Every Saturday 10 am - 12 noon	
Digital Champions	Sturminster & Gillingham BOOK TO SEE THEM IN LIBRARY	Monday - Friday 10 am - 12 noon	SN&G
Shaftesbury Job Club	Lindlar Hall, Shaftesbury	Every Friday am	S
Gillingham Job Club	Town Hall 07544921671 - David Walsh Brenda Rideout	Every Friday 10 am - 1pm	G
Digital Champions	Trinity Centre, 01305 221048	12 – 2	
Repair Café	nikydaley@yahoo.co.uk 01747 828514 www.repaircafe.org	828514	
Gillingham Litter Pickers	Various locations Shirley 07599 829539	1 st Wednesday 2 pm	G
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
Open House	Father's House, Shaftesbury	Tuesdays 10 – 2 Inc. Foodbank	S
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
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

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. Lots online.

Help and Care – Self Management Coaches and Link Workers

At Abbey View Medical Centre, Sturminster Newton Medical Centre and Gillingham Medical Practice. Telephone your surgery or ring Help and Care on 0300 111 3303.

SHASTON SOCIAL CLUB - OPEN 7 PM - 11.30 PM, 11AM - 12 MIDNIGHT FRI & SAT, 11 AM - 10.30 PM SUN.
TELEPHONE 01747 852348

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

HEARING LOSS AND HEARING AID HELP - SHAFTESBURY HOSPITAL 10 - 12 NOON. RING 01722 580014

SHAFTESBURY ARTS CENTRE YOUTH THEATRE - 11 - 18 YEARS, youththeatre@shaftesburyartscentre.org.uk
01747 825349

MENTAL HEALTH SOCIAL GROUP AT THE GINGER VIKING, BLANDFORD, FRIDAYS 11 - 1. Blandford

CHILDREN'S CENTRES - Please ring **01258 474036** or email northlocality@dorsetcouncil.gov.uk for latest news before attending.

Messy Mites (under 2s)	Shaftesbury Children's Centre	Wed 10-11.30 am	S
Learning Together (2-4)	Shaftesbury Children's Centre	Thurs 10 - noon	S
Baby & Me	Riversmeet	Mon 10 -11	G
The Incredible Years		Fridays	G

HOMESTART GROUPS - Mothers in Mind, Mess & More, Walking Group - <https://www.home-start.org.uk/>

Parent Carer Support Group - Friends of Stour Connect

For parents in the area who have children aged 0-25 years with additional needs, learning disabilities, or lifelong conditions in a peer support type manner.

Stour Connect	Mondays 9.30am - 11.00am	SN
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