

Coffee Companions

Come along for a cuppa and a chat!



Tues 10am Country Market, The Exchange,



Sturminster Newton

Thurs 11am Guggleton Farm Arts, Stalbridge

Home



Library Service

Books, talking books and more are available!

Arrange for them to visit you at home now...

Shaftesbury area
01747 852256

Sturminster Newton area
01258 472669

Carers Celebration

We would like to invite all our registered Carers looking after their loved ones to a celebration event.

Come and join us for a Cream Tea

Marnhull Surgery gardens



8th June

2-4pm



No Booking necessary

SCARS

SCARS are Stalbridge Cancer and Recovery Support and is officially supported by Macmillan.

Are you, or someone you know living with Cancer?

SCARS is here to help you, currently running in Stalbridge and Sherborne



Next sessions are...

20 June- The Community Room at Manor Court, Sherborne, 2-4pm
27 June- The Annexe at Stalbridge Hall, 2-4pm



NORDCAT

Community Transport for shopping, visiting friends, medical appointments and days out
01258 472164



Shaftesbury Wellness



Shaftesbury Town Council and The Blackmore Vale Partnership have joined forces to offer you 'Shaftesbury Wellness'. All are welcome, you do not need to be a resident of Shaftesbury to attend. All events are FREE!

Come and try Yoga, Qi Gong or

Circuits
Book now;

[www.theyogawithin.co.uk/shaftesburywe](http://www.theyogawithin.co.uk/shaftesburywellness2022)

[llness2022](http://www.theyogawithin.co.uk/shaftesburywellness2022)

llness2022



Life is for Living



'Life is for Living' is for those living with Memory Loss, Dementia and their Carers. Sessions are held on Wednesday's at 1:30pm in Stour Connect, Sturminster Newton. There is usually art/craft type activities suitable for those with Dementia and Tea and Coffee is available. 01258 472957

Home Start

North Dorset



Home Start North Dorset is a charitable organisation that provides Friendly FREE non judgemental support for parents with at least one child under 5.

Contact
01258
473038



Walking for Health

We have some lovely walks on offer to you in both Sturminster Newton and Shaftesbury

Sturminster Newton Walks

Meet at Sturminster Newton Medical Centre on Mondays at 2pm for all levels of walk

Shaftesbury Walks

Starter Walk- Weds 10:30 Town Hall

Stroller Walk- Weds 10:30 Tesco Arch

Strider Walk- Weds 10:30 Barton Hill Free Car Park



01258
821629

The Shed is in session on Tuesday afternoon. Potential new members are very welcome to come and have a chat, a cup of tea and see what it's all about.

Walk for Wellbeing- Shaftesbury

Gentle walk in Shaftesbury

Focus on nature

Meet outside Shaftesbury Abbey on Park Walk.

Friday's 10-11:30am

dorsetforestbathing@gmail.com

National Carers Week

7-12th June

Did you know there is a Carers Support Group locally?

Every 4th Wednesday of the month at Fathers House in Shaftesbury
10:30-11:30am



MARNHULL
COMMUNITY CAFÉ

The next community café is on 17th June at Marnhull Village Hall between 10am-12 midday. All are welcome! This event is supported by the Blackmore Vale Partnership

Huntington's Disease Association Family Event

A Family Fun Day with an opportunity to socialise, gain information and share with others your experiences of living with Huntington's.

30th July

Brockenhurst Village Hall

10:45am-3:15pm

FREE lunch included

Contact; Call: Eve 02380 612218

Email: eve.payler@hda.org.uk

Stroke Club

The Stroke Club is held 2nd and 4th Tuesday in the month between 11 – 2pm, and transport is available. Stroke Club offers general support and friendship as well as speakers on a variety of subjects. They offer hand-care, gentle exercise and refreshments, including lunch and meals out with carers at times too!

01747 853428



The National Charity for the elderly, the terminally ill and their pets

Does your dog miss his daily walk? Do you need a pet-sitter while you are in Hospital?
01736757900

Shaftesbury Car Link

Transport to medical appointments and social events
07763 426 664



Age UK North Dorset

Age UK are able to provide everything from Information and Advice, Personal Alarms, Social opportunities, Handy people, Keeping active sessions and help around the home.

01305 269 444

Socially Connecting Shaftesbury

FREE drop in for a cuppa and a chat! Everything related to Wellbeing and Mental Health!
Shaftesbury Town Council
Last Weds of Month

12 noon-6pm



Mindful memory Café

Please call for more details- Stalbridge Area 07840 424148
and Gillingham Area 07910 663392