

Blackmore Vale Partnership The heart of the community Social Prescribing Shout Out 7022

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 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



Carers Celebration Home

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

Library Service

Books, talking books

and more are

available!

Arrange for them to

visit you at home

now...

Shaftesbury area

Sturminster Newton

area

01258 472669

01747 852256

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

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 Ilness2022





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**

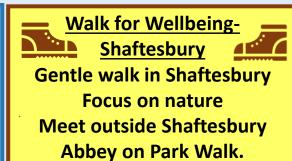
Starter Walk- Weds 10:30 Town Hall Stroller Walk- Weds 10:30 Tesco Arch Strider Walk- Weds 10:30 Barton Hill Free Car Park

Email: eve.payler@hda.org.uk



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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.



Friday's 10-11:30am dorsetforestbathing@gmail.com

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**



National Carers Week

7-12th June

Did you know there is a

Carers Support Group

locally?

Every 4th Wednesday of



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**

Stroke Club

Huntington's Disease The Stroke Club is held 2nd and **Association Family Event** 4th Tuesday in the month A Family Fun Day with an between 11 – 2pm, and opportunity to socialise, transport is available. Stroke gain information and share Club offers general support with others your and friendship as well as experiences of living with speakers on a variety of Huntington's. subjects. They offer hand-care, 30th July gentle exercise and **Brockenhurst Village Hall** refreshments, including lunch 10:45am-3:15pm and meals out with carers at **FREE lunch included** times too! Contact; Call: Eve 02380 612218

01747 853428

Mindful memory Café

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



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





12 noon-6pm