

## SOCIAL ACTIVITIES

COFFEE AND CHAT, CREATIVE, EXERCISE, HOBBIES AND MORE.

Location

### SOCIAL and SUPPORT GROUPS

Mental Health Peer Support (Dorset Mental Health Forum)	The Royal Chase Hotel, SP7 8DB Drop in between	Every Thursday 2 pm and 4 pm	S
	Waitrose cafe, SP8 4UA Drop in between	Every Monday 2 pm and 4 pm	G
	Contact Angela on 07596 899 496 or Dave on 07788 312 844 (both groups)		
Rethink Carers' Support Group (for carers of people with mental health difficulties)	Fathers House, Shaftesbury. SP7 8PH	4th Wednesday 10.30 am - 11.30 am	S
G	Gillingham Community Church SP8 4AF	2nd Wednesday  10.30 - 11.30 email (for both) <a href="mailto:ndorsetcarersgroup@rethink.org">ndorsetcarersgroup@rethink.org</a>	
Health Hub	Coffee, advice and chat with the Health Champions at Abbey View Medical Centre Contact <a href="mailto:alysonpeacock@icloud.com">alysonpeacock@icloud.com</a> for details	Every Thursday 10 am - 12 noon	S
Chatty Cafe	The Black Cactus 58 High Street, Shaftesbury SP7 8JE	Every Wednesday 2.30 pm - 3.30 pm	S
	Hillarnias Tea Room, Church St Fontmell Magna <a href="mailto:hillarnias@gmail.com">hillarnias@gmail.com</a> Fontmell Magna. Tel. 07747 025112	See Facebook page for opening hours	Fon
Coffee Companion Hours <a href="http://ruralcoffeecaravan.org.uk/">ruralcoffeecaravan.org.uk/</a> coffee-companions	Waitrose Cafe, Gillingham SP8 4UA Beth 07837 015 655	Thursday 11 am - 12 noon	G
	Gillingham Library Chantry Fields SP8 4UA	Tuesdays 11 am - 12 noon	G
	Guggleton Farm Arts Deanne 01963 363456 Dog friendly, creative activities.	Thursday 11 am - 12 noon	Stal
	The Royal Chase Hotel Shaftesbury.	Mondays 2 pm - 3 pm	S
	The Country Market, The Exchange	Tuesday 10 am - 11 am	SN
Carers Group	Sturminster Fellowship Hall Sturminster Newton, DT10 1AX Tel. 07825 691 508	Last Tuesday 10.30 am - 12.30 pm	SN

Carers Group	Gillingham Library	Every other Wednesday 2 pm - 4 pm	G
Parent/Carers Support Group	Stour Connect Sturminster Newton	Every Monday 9.30 am - 11.30 am (Drop-in)	SN
(Dorset Council Carers Case Worker Lynne White 01747 859 120 Carers Support Dorset 0800 368 8349 GP Surgery Carers Lead at Gillingham 01747 834 337 Shaftesbury 01747 856 786)			
Global Cafe	Father's House, Shaftesbury	Every Thursday 10 am - 12 noon and 3 pm - 6 pm	S
Open House	Father's House Church Social support, food, refreshments Specialist advice on debt, benefits, housing etc., food bank. Tel. 01747 852994	Every Tuesday 10 am - 2pm	S
Open Door	Community Church Wessex House Social Support, food, refreshments Specialist advice on debt, benefits, housing, food bank Mon/Thurs 01747 825611	Monday - Thursday 10.00 am - 12 noon	G
HOPE Projects	Social Group Snacks and hot drink  Drop-in for support	Every Thursday 11.30 am - 1.30 pm  Monday - Thursday 10 - 5	S
Community Front Room	For professional and peer help if needed for mental health.  <a href="http://www.shaftesburycarers.org">www.shaftesburycarers.org</a> Shaftesbury and District Carers, Units 4-6, Plot 25c, Longmead Industrial Estate, SP7 8PL Tel. 01747 851397	Thursday - Sunday 2 pm - 9.45 pm	S
Coffee Morning	Sturminster Newton Library	1st Thursday 10 am - 12 noon	SN
Coffee, Cake & Company	St Gregory's Church, Marnhull Everyone welcome	Every Thursday 10 am - 11 am	M
Royal British Legion Coffee Morning (sometimes lunch/pres'tions)	Coppice Street Legion Hall Non-members welcome Chair - Sue Minshaw 852975	Every Thursday 10 am – 1.30 pm	S
RAFA Meet & Greet Coffee	RBL Coppice Street Brian 850 898	1 <sup>st</sup> Wednesday 10.30 am - 12 noon	S
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

Coffee, Cake and Company	St Gregory's Church, Marnhull No charge.	Thursday 10 am - 11 am	Mar
Mindfulness and Chat	CURRENTLY ONLINE Contact <a href="mailto:judelask@icloud.com">judelask@icloud.com</a>	Tuesday 2 pm - 3 pm	
Tisbury Methodist Church 'Communita'	High Street Tisbury Children welcome Listening Space  Christine on <a href="mailto:tmchurch14@gmail.com">tmchurch14@gmail.com</a> <a href="http://www.tisburymethodistchurch.org.uk">www.tisburymethodistchurch.org.uk</a>	3rd Saturday 9.30 am - 12 noon (breakfast)  1st Wednesday 11.30 am - 1.30 pm (lunch)	Tis
Jolly Days Cafe Activity Meeting for people with or without memory loss	Royal British Legion Hall Contact 07884 333117 or <a href="mailto:sarah@injollygoodcompany.com">sarah@injollygoodcompany.com</a>	Every other Tuesday 10 am - 12 noon	S
Life is for Living Memory Cafe	Stour Connect, Bath Road, DT10 1JF Tel. 01258 471359 Activities and Carer Support with Louise Westbrook	Weds 1 pm - 4 pm	SN
Mindful Memory Cafe	Gillingham Social Club Barbara 07910 663 392 <a href="mailto:enquiries.mindful@gmail.com">enquiries.mindful@gmail.com</a>	Alternate Tuesdays 10 am - 12 noon	G
Stalbridge Mindful Cafe	Stalbridge Village Hall, Lower Road DT10 2NF. Contact as Gillingham	1st Monday 10 am - 12 noon	Stal
Monday Lunch Clubs	Friends of Stour Connect Socialise, Free Transport, Lunch - between £4.50 and £7.50 01258 471359. Please phone on at least the Friday before the Monday to book.	Every Monday Between 12.30 and 2 pm	SN
Day Centre Lunch Club	Shaftesbury Plus, Trinity Centre, Bimport Tel: 01747 854959	Mon - Fri (book in advance)	S
Daycation Adult Day Care	Diverse array of engaging activities and personalised care for elderly and those with dementia. <a href="https://www.daycation.org.uk">https://www.daycation.org.uk</a> 11 High Street, Gillingham Tel. 07514 495560	Weekdays	G
Marnhull Lunch Club	The Village Hall, Marnhull Contact Liz Bonnell 01258 821378 or Dawn Palmer 01258 820642 for over 60s	1st Friday 12 noon - 2.30 pm	Mar
Marnhull Hub & Repair Cafe	The Village Hall, Marnhull Contact 01258 820853 <a href="https://www.marnhullhub.org.uk">https://www.marnhullhub.org.uk</a>	Saturday 9.30-12.30	Mar

Shaftesbury WI (Evening)	United Church Hall, Bell Street Contact President Mrs Lorna Irvine 01747 854949	2 <sup>nd</sup> Wednesday 7 pm	S
U3A (Shaft and Gillingham) Lots of groups for all sorts of activities - retired and semi-retired people.	New Remembrance Hall, Charlton, Near Shaftesbury, SP7 0PL <a href="https://u3asites.org.uk/sgu3a/home">https://u3asites.org.uk/sgu3a/home</a>	1 <sup>st</sup> Thursday 10 am - 11.45 am	Nr S
Gillingham Friends Together	Janet Dann 01747 822256		G
Gillingham WI (Evening)	Gillingham Primary School Contact Linda Anson 837981	1 <sup>st</sup> Thursday 7 pm	G
Marnhull WI	Marnhull Village Hall Contact Nicola Denham on 01258 821343	2nd Monday (except August) 7.30 pm - 9.30 pm	Mar
Gill Shed	Meeting at the back of Orchard Park Garden Centre. Socialise, meet new people, create and repair woodwork Contact Phil on 07784777282 email. pacjcw@btinternet.com	Tues and Thurs 10 am - 1 pm	G
Marching on Men's Group	Gillingham Social Club Supporting men with memory loss and dementia. Meet new people, games and support. Free Contact Mike Turnbull on 07504 821558 <a href="mailto:enquiries.mindful@gmail.com">enquiries.mindful@gmail.com</a> or Sally Nutbeem 07840 424148	Thursday 10 am - 12 noon	G
Men's Shed Stour	Men and Ladies! Woodworking, Tea and biscuits. Friends of Stour Connect Tel 01258 471359 Sheryn, Julie or Tre.	Tues and Thurs 10 am - 3 pm	SN
Bereavement Peer Support	Stour Connect jackie.monkton@dorsetGP.nhs.uk	Last Wednesday 10.30 am - 11.30 am	SN
	Abbey View, Shaftesbury bvpsocialprescribing@dorsetgp.nhs.uk	1st Friday 5 pm - 6.30 pm	S
Menopause Support Groups	Abbey View Medical Centre menopausehelp.dorset@outlook.com	2nd Friday 5.30 pm - 7 pm	S
	Sturminster Newton Medical Centre Guggleton Farm Arts, Stalbridge	4th Wednesday 5.30 pm - 7 pm 4th Wednesday 5.30 pm - 7 pm	SN Stal
Menopause Support Group Gillingham	Dorset Menopause Support CIC Riversmeet Leisure Centre <a href="mailto:dorsetmenopause@gmail.com">dorsetmenopause@gmail.com</a> <a href="http://www.dorsetmenopausesupport.co.uk">www.dorsetmenopausesupport.co.uk</a>	3rd Wednesday 5.30 pm - 7 pm Donation £2	G
Blackmore Stroke Club	Chris 01747 853428 Charlton New Remembrance Hall	2nd & 4th Tuesday 11 am - 2 pm	

	General Support & Friendship hand care, gentle exercise, refreshments, lunch, meals out Transport available.		
Parkinson's Cafe SN	Coffee, chat, support. Friends & family welcome. Sturminster Fellowship Hall DT10 1AX contact <a href="mailto:bvpwellbeing@dorsetgp.nhs.uk">bvpwellbeing@dorsetgp.nhs.uk</a>	1st Monday 10.30 am - 12.30 pm	
Probus Club, Gillingham (Professional and Business men)	Chairman – Roger Ellis, <a href="https://probus-gillingham-dorset.org.uk">https://probus-gillingham-dorset.org.uk</a> North Dorset Rugby Club	Fortnightly Tuesdays 10 am	G
Shaftesbury Gold Hill Probus Club (Mixed gender)	Bell St United Church 01747 850898 <a href="mailto:shaftesburysp7@gmail.com">shaftesburysp7@gmail.com</a> <a href="https://www.probusfronline.org/gold-hill-shaftesbury/">https://www.probusfronline.org/gold-hill-shaftesbury/</a>	2nd Monday 10 am	S
Gillingham, Mere and Shaftesbury Lions Club	<a href="https://gmslions.org.uk/">https://gmslions.org.uk/</a> 20 Thurstin Way, Gillingham, SP8 4FN		G
Rotary Club, Shaftesbury	<a href="https://shaftesburyrotaryclub.org/">https://shaftesburyrotaryclub.org/</a>		S
Rotary Club, Gillingham	<a href="https://www.rotary-ribi.org/clubs/homepage.php?ClubID=655">https://www.rotary-ribi.org/clubs/homepage.php?ClubID=655</a>		G
Rotary Club Sturminster	<a href="https://www.rotary-ribi.org/clubs/homepage.php?ClubID=683">https://www.rotary-ribi.org/clubs/homepage.php?ClubID=683</a>		SN
Shaftesbury & Gillingham Round Table	For men aged 18-45 years lots of social events and activities <a href="mailto:RoundTable865@gmail.com">RoundTable865@gmail.com</a> <a href="https://www.facebook.com/ShaftesburyGillinghamRT/">https://www.facebook.com/ShaftesburyGillinghamRT/</a>	1st Wednesday	S&G
Shaston Social Club	Tel 852348 Free snooker/pool at weekends BT Sport, Darts, Skittles, Quizzes, Beer Garden	7 pm - 11.30 pm - M,T,W,T 11 am - 12 midnight Fri & Sat 11 am - 10.30 pm Sun	S
Gillingham Social Club	Coronation Club, Buckingham Road Gillingham, SP8 4QF 01747 822165		G
Mere Social Club	Hazzards Hill, Mere, BA12 6ET 01747 860463		Me
The Oddfellows	17 Wren Place, Gillingham, SP8 4WE		G
FIL Group (Independent Ladies)	Fovant Village Hall. Get-togethers, workshops, speakers outings. <a href="mailto:Filgroup15@gmail.com">Filgroup15@gmail.com</a> . Tel. 01722 714900 or 714654		Fovant
Action for Happiness Group	On Zoom but based relatively locally in Warminster. Company, short meditation, tips and support. See <a href="https://actionforhappiness.org/">https://actionforhappiness.org/</a> to sign up. Run by the lovely Ciara, Spencer and Sam		Online

## WhatsApp Group

Dorset 20s and 30s Social Group (DSG)	Meet-ups in Dorset including the North! <a href="https://www.facebook.com/groups/3009645729322293/">https://www.facebook.com/groups/3009645729322293/</a> A safe and fun group for people in their 20s and 30s looking to meet new people		Dorset
Gillingham and Shaftesbury YFC	Young Farmers Club (10 - 25 years) <a href="https://www.dorsetyfc.org.uk/gillingham-shaftesbury-yfc/">https://www.dorsetyfc.org.uk/gillingham-shaftesbury-yfc/</a>		G&S
Support Group for parents/carers of babies up to 10 months	Bell Street United Church, Shaftesbury Contact Ruth Jones 07764 497532	Every Wednesday 1.45 pm - 2.45 pm Term time only	S
Pip Johnson Wellness	Groups and classes, 'Brews & Babes' For parents and babies. See <a href="http://www.pipjohnsonwellness.co.uk">www.pipjohnsonwellness.co.uk</a> or Facebook page.		
North Dorset Blind Association	Royal British Legion Hall Shaftesbury Contact 07720443319	3rd Tuesday 1.30 pm	S
Gillingham and Shaftesbury Macular Support Group	Gillingham Library, SP8 4UA Contact Anne 01747 822201	3rd Monday 10.30 am - 12 noon	G
The Vale Sisters Circle	£5 inc. tea.- "the purpose is to bring women together and empower them to support one another. Age 18+ message via <a href="https://www.facebook.com/groups/462227289092325">https://www.facebook.com/groups/462227289092325</a>	Evenings 7.30 pm	G
<u>SHAFTESBURY TOWN TWINNING ASSOCIATION</u>			S
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 email <a href="mailto:secretary@shaftesburytwinning.org.uk">secretary@shaftesburytwinning.org.uk</a>			
<u>GILLINGHAM TWINNING ASSOCIATION</u> <a href="http://www.twinning.org.uk/DTA/Gillingham.html">http://www.twinning.org.uk/DTA/Gillingham.html</a>			G
<u>STURMINSTER NEWTON TWINNING ASSOCIATION</u> <a href="http://www.twinning.org.uk/sturminsternewton.htm">http://www.twinning.org.uk/sturminsternewton.htm</a>			SN
Royal British Legion Marnhull Mar	<a href="https://www.marnhullrbl.co.uk/">https://www.marnhullrbl.co.uk/</a> 01258 820613		
RAFA	Sturminster 07850 294 983		SN
Royal British Legion Club	Gillingham 01747 822439 rbl.gillingham@gmail.com		G

## HOBBIES AND ACTIVITIES

Gillingham Craft & Chat	Gillingham Library Free donation £1 for refreshments	Every Friday 10.00 am – 12.00 noon	G
Art and Social, 'Enthusiastic Amateurs'	Melbury Abbas Village Hall	Every Tuesday 9.30 am - midday.	Nr S
Sociable Arts & Crafts	The Exchange, Sturminster Newton Contact Shelley 01258 817682	Every Saturday 10.30 am - 12.30 pm	SN
Gillingham Craft and Chat	Gillingham Library	Every Friday 10 am - 12 noon	G
Gillingham Art Club	Gillingham Library	Every Thursday 10 am - 12 noon	G
Crafty Coffee	Milton on Stour Scout Hut	2nd and 4th Thursday 10 am - 12 noon	Nr G
Gillingham Writing Group	Gillingham Library <a href="mailto:gunn.nicolette@gmail.com">gunn.nicolette@gmail.com</a>	Every Tuesday (term time) 2.15 pm - 3.15 pm	G
Knit and Stitch	Father's House Contact Joyce Deavile Knit, Sew or just drink coffee	Thursdays 1 pm - 3 pm	S
Knit and Natter	Shaftesbury Library 01747 852256 email. shaftesbury <a href="mailto:library@dorsetcouncil.gov.uk">library@dorsetcouncil.gov.uk</a>	Tuesdays 10 am - 12 noon	S
Colouring for Wellbeing	Shaftesbury Library	Fridays 10.30 am - 12 noon	S
Colouring and Puzzles	Sturminster Newton Library	1st and 3rd Tuesdays 2 pm - 4 pm	SN
Craft and Chat	Sturminster Newton Library	4th Tuesday 2.30 pm - 4 pm	SN
Knit and Natter	Sturminster Newton Library	1st and 3rd Wednesday 2 pm - 3.30 pm	SN
Art Group	Shaftesbury Arts Centre	Mondays 2 pm - 4.30 pm	S
Blackmore Vale Art Group	Marnhull Village Hall All styles/media Contact Yvonne Vintner on 01258 820247	2nd Friday 10.30 am - 3.30 pm	Mar
Marnhull Life Drawing Group	Marnhull Village Hall Contact <a href="mailto:angusholbrook@hotmail.com">angusholbrook@hotmail.com</a> max 12 to draw/paint life models	4th Friday (except Aug & Dec) 10.15 am - 12.45 pm	Mar
Marnhull Craft Club	Marnhull Methodist Church Coffee and chat	1st Thursday 10 am - 12 noon	Mar

Contact Mary Palmer 01258 820232

Crafty Coffee	The Scout Hut, Milton on Stour £3 inc. coffee and materials	2nd and 4th Thurs 10 am - 12 noon	MoS
North Dorset Quilters	Royal British Legion Hall Contact RBL 0772044319	3rd Thursday 1.45 pm	S
Reading Group	Shaftesbury Arts Centre Viv Rudd 851619 <a href="mailto:reading@shaftesburyartscentre.org.uk">reading@shaftesburyartscentre.org.uk</a>	3 <sup>rd</sup> Thursday 7.30 pm – 9 pm	S
Marnhull Reading Group/ Book Club	Marnhull Contact Rachel Hoskins or Ros Eveleigh 01258 821049	3rd Thursday	Mar
Scribblers Writing Group	Milton on Stour, 01747 835689 <a href="mailto:tiggylhayes@hotmail.co.uk">tiggylhayes@hotmail.co.uk</a> Also courses/workshops at Shaftesbury Arts Centre		nr G
Hobbies & Crafts (Care Dorset) Day Centre	Shaftesbury Plus, Trinity Centre Bimport. Contact 01747 854959	Monday - Friday	S
Reminiscence	Sturminster Newton Library	2nd Tuesday 2.30 pm - 3.30 pm	SN
Youth Theatre 11 - 18 years	Shaftesbury Arts Centre <a href="mailto:youththeatre@shaftesburyartscentre.org.uk">youththeatre@shaftesburyartscentre.org.uk</a> 01747 825349		S
Shaftesbury Bridge Club	Royal British Legion Hall Contact RBL Hall bookings Officer for details 0772044319	Mondays 6.45 pm Wednesday 1.15 pm	S
RBL Bridge	Contact 0772044319	Fridays 1.15 pm - 5 pm	S
Gillingham Bridge Club	Gillingham Library	Thursday 2 pm - 4 pm	G
Mere Bridge Club	01747 860586		Mere
Marnhull Bridge Club	Contact Shirley Blackford 01258 820036		
Camera Club	Royal British Legion Hall Contact RBL 0772044319	Thursdays 7 pm - 10.30 pm	S
Tisbury Local History Soc.	01747 871254		T
Sturminster Amateur Dramatic Society	01258 836412		SN
The Great Games Gillingham	At Gillingham Social Club, Regular meets for tabletop/TCG games Beginners to veterans, all are welcome <a href="https://www.facebook.com/thegreatgamesgillingham">https://www.facebook.com/thegreatgamesgillingham</a> 07875 847527, <a href="mailto:contact@thegreatgames.co.uk">contact@thegreatgames.co.uk</a>		G



<https://thegreatgames.co.uk>

Shaftesbury and District Board Games Club	Donhead Sports Club <a href="https://www.facebook.com/DonheadSportsClub">https://www.facebook.com/DonheadSportsClub</a> run by Jon Rich	Monthly Tues evenings and Monthly Fri evenings	
Gillingham and Shaftesbury Ctrl-Alt-Elite	Online/Facebook with meetups <a href="https://www.facebook.com/groups/1282255012477459">https://www.facebook.com/groups/1282255012477459</a> for 'nerds'/'geeks'! Sci-Fi, Fantasy, board games, cosplay, D&D anime, manga, comics etc. etc.		
Gaming Lounge	Book online 1 hour £5, 2 hours £7.50, Day £10. Or drop in to shop. <a href="http://www.HyperGaming.co.uk">www.HyperGaming.co.uk</a> 54b High Street, Shaftesbury, Tel. 07508 624845		S
RBL Bingo	Royal British Legion Hall, Shaftesbury Tel. 0772044319	Last Friday 6.30 pm	S
Craft Workshops	Kit & Kaboodle 47 High Street, Shaftesbury Contact Helen 0777 6352434 <a href="mailto:hcbaddeley@gmail.com">hcbaddeley@gmail.com</a>		S
Sew Shaftesbury	Kit & Kaboodle Kate - 07442700229		S
Friends of Gillingham Station	Part of Blackmore Vale Line Community Rail Partnership Contact Belinda Ridout <a href="mailto:cclrbelindaridout@gmail.com">cclrbelindaridout@gmail.com</a>	"Make new friends and make a difference to your local station"	G
Shaftesbury and Gillingham Railway Society	West Stour Village Hall Guests welcome £1 Model and full sized railway interests <a href="https://sgrs.org.uk/">https://sgrs.org.uk/</a>	Every Monday 7.30 pm - 10 pm.	S & G
Mere Gin and Book Club	For those interested in reading or just coming out for a social. Message E-Megan Cotton at <a href="https://www.facebook.com/groups/408000345955459/user/100000765212890/">https://www.facebook.com/groups/408000345955459/user/100000765212890/</a>		Mer
Shaftesbury Bookworms	Meets monthly on a Thursday evening at The Mitre, High Street See <a href="https://www.facebook.com/groups/417691928564760">https://www.facebook.com/groups/417691928564760</a>		S
New Connections G (Gillingham, Dorset)	"A social group to make new friends in Gillingham and surrounding areas <a href="https://www.facebook.com/groups/1107184913604309">https://www.facebook.com/groups/1107184913604309</a>		"
Chapters (Book Club)	Meets in places such as Coffee#1, run by Tarren <a href="https://www.facebook.com/groups/chaptersdorset">https://www.facebook.com/groups/chaptersdorset</a>		S
Cookbook Club	at The Kitchen Table Shop, High Street, Shaftesbury "Cooking the Books". <a href="https://www.thekitchentabledorset.co.uk/">https://www.thekitchentabledorset.co.uk/</a> Tel. 01747 855769, hello@thekitchentabledorset.co.uk		S

## OUTSIDE AND GARDENING

GANG – Gillingham Action for Nature Group	Countryside Work parties/outings, any age. <a href="mailto:bobmesser@hotmail.com">bobmesser@hotmail.com</a> , <a href="https://gang.chessck.co.uk/Contact%20us">https://gang.chessck.co.uk/Contact%20us</a>	Various	G
Green Gang (Recovering Mental Health While Working for the Environment)	Bob Messer 01747 822269 <a href="mailto:bobmesser@hotmail.com">bobmesser@hotmail.com</a> Nature Reserves, Town Meadow, Footpaths.	Wednesdays – roughly once a fortnight, 10 am – 1 pm For the 1 <sup>st</sup> two visits you need To be accompanied by a Professional or a family member	G
Shaston Gardening Ass.	Bell St United Church Geoff <a href="mailto:m5eay.geoff@btinternet.com">m5eay.geoff@btinternet.com</a> 07837781744 <a href="https://shastongardeningassociation.weebly.com/about.html">https://shastongardeningassociation.weebly.com/about.html</a>	1 <sup>st</sup> Friday 7.30 pm	S
Gillingham Litter Pickers G	Contact Shirley on 07599 829539  <a href="http://litterfreedorset.co.uk/get-involved/litter_picking_groups/">litterfreedorset.co.uk/get-involved /litter_picking_groups/</a> Meet at Rolls Bridge	1 <sup>st</sup> Wednesday  2 pm	
Dorset Countryside Volunteers	Volunteer at weekends to help care for a wide range of sites throughout Dorset. <a href="http://www.dcv.org.uk">www.dcv.org.uk</a> . Tel. 07923 498760		
Dorset Lavender Farm	<a href="http://www.dorsetlavenderfarmproject.co.uk">www.dorsetlavenderfarmproject.co.uk</a> Tel. 07786 896 135 to volunteer		SN
Sturminster Floral Group	01258 472913		SN
Swarms Beekeeping	Sturminster 01258 473664 (473004?)		SN
Shaftesbury Homegrown Community Farm	Breach Lane, SP7 8LF Between St James & Enmore Green Contact Helen 07789845498 <a href="mailto:englishhv49@gmail.com">englishhv49@gmail.com</a>	Friday or Sunday between 10 am and 1 pm	S
Abbey View Community Gardens	Contact Keith 07855 360 208	Wednesday mornings	S
Fontmell Magna Friendship Garden and Pop Up Cafe	Sian Highnam, project coordinator <a href="mailto:garden.fmvh@mail.com">garden.fmvh@mail.com</a> At the Village Hall	Wednesdays 2-4pm	FM
The Garden Club	The Gasons, Stalbridge Lane, Sturminster, DT10 2JQ 01258 471147		SN
Marnhull Garden Club Mar	The Village Hall, Marnhull Contact Dave Bruce on email: <a href="mailto:Bruce11@sky.com">Bruce11@sky.com</a>	2nd Tuesday (except Aug & Dec)	

Wincanton & District Gardeners' Association.	01963 33160		Win
Hill Top Litter Pickers	Opposite Tesco petrol station off Christy's Lane. Ty Crooks 01747 851783	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday 2.30 pm	S

### Stepping into Nature

Dorset National Landscape (formerly AONB)

<https://dorset-nl.org.uk/project/stepping-into-nature/>

Lots of activities including those for people with disabilities

Cranborne Chase National Landscape

<https://cranbornechase.org.uk/welcome-to-cranborne-chase-national-landscape/>

## MUSIC

Shaftesbury Community Choir	Contact Julia Marcus on 01747 854225, 07957619968 £3. <a href="https://www.shaftesburycommunitychoir.org/">https://www.shaftesburycommunitychoir.org/</a>	Every Wednesday 7.15 pm – 9.15 pm	S
Rokit Choir	Adult choir open to all, based on the principle that music should be available to everyone. <a href="https://www.rokitchoir.com/">https://www.rokitchoir.com/</a>		G Win
Singing Group	On Zoom and Face-to-Face Reddeman House with relaxation, breathing exercises Emma House <a href="mailto:emmahouse1@outlook.com">emmahouse1@outlook.com</a> Liz Rose 07960 043 980	Face to Face Last Wednesday Zoom other Weds	Stur
The Gillingham Singers	Wyke Primary School, Deane Ave, <a href="http://www.gillinghamsingers.org">www.gillinghamsingers.org</a>	Monday 7.15 pm	G
Music and Drama Group	Shaftesbury Arts Centre 01747 229843 <a href="mailto:stage@shaftesburyartscentre.org.uk">stage@shaftesburyartscentre.org.uk</a>	Tuesdays 7.30 pm Thursdays 7.30 pm	S
Palida A Cappella Choir	Shaftesbury Trinity Centre Karen Wimhurst 850978 <a href="mailto:karen@karenwimhurst.co.uk">karen@karenwimhurst.co.uk</a> £7	Tuesdays 7.30 pm – 9.30 pm	S
Rock Choir	Shaftesbury Arts Centre	Tuesdays 10 am - 12.30 pm	S
Folk Group	Shaftesbury Arts Centre		
Melodies Remembered	Singing Group for People with Dementia and their carers Shaftesbury Football Club Contact 01747 852420 or	Thursdays (fortnightly) 2 pm - 4 pm	S

Dementia Friendly Gillingham 'Singing Together'	Rawson Court, High St, Gillingham SP8 4RZ. Community Lounge Contact Ann Kings annemkings2@btinternet.com	First and third Wednesday	G
Okeford Fitzpaine Strictly Singing	Contact Dilys 01258 860157 <a href="mailto:dilysgartside@gmail.com">dilysgartside@gmail.com</a>		
Sturminster Orchestra	01258 836412		
Ukulele Group	Royal British Legion Hall, Shaftesbury	1st Thursday 7.30 pm - 10 pm	S
Marnhull Community Choir	Marnhull Village Hall Open to all, no audition <a href="mailto:chris@christine-drake.com">chris@christine-drake.com</a> <a href="https://www.marnhullcommunitychoir.com">https://www.marnhullcommunitychoir.com</a>	Weds (term time) 7 pm - 9 pm	Mar
Marnhull Music Society	Marnhull Village Hall Contact Alan Loukes 01258 821629	3rd Monday 7.15 pm - 9.30 pm	Mar
Shaftesbury Symphony Orchestra	Rehearsals - St James' Church or Town Hall. Termly concert at St James' Church Contact - Ingrid Uden 07954 356961 shaftesburysymphonyorchestra@gmail.com	Monday evenings monthly	S

## EXERCISE AND FITNESS

Shaftesbury Walking Group Walking for Health	Contact <a href="mailto:bvpsocialprescribing@dorsetgp.nhs.uk">bvpsocialprescribing@dorsetgp.nhs.uk</a> or <a href="mailto:joannesnow3@tiscali.co.uk">joannesnow3@tiscali.co.uk</a>		
	Sunrise Walk - Meet Barton Hill	Every Tuesday 7.30 am	S
	Starter Walk - Meet Town Hall	Every Wednesday 10.30 am	S
	Stroller Walk - Tesco Arch	Every Wednesday 10.30 am	S
	Strider Walk - Barton Hill Car Park	Every Wednesday 10.30 am	S
	Evening Walk - Town Hall	Every Thursday 7 pm	S
Gillingham Walking Group	Gillingham Town Meadow <a href="mailto:Debbiesparkes@gmail.com">Debbiesparkes@gmail.com</a> 01747 853006 No need to book	Every Tuesday 2.30 pm, 1 hour	G
	Gillingham Library Penny 01747 823774 Starter walks available on request.	Every Monday 2.30 pm - 3.30 pm	G
Walking for Health Sturminster Newton	Meet at entrance to Exchange Karine 01258 471968	Every Monday 2 pm	SN

Tea/coffee afterwards

ALSO see [www.walkingforhealth.org.uk/walkfinder](http://www.walkingforhealth.org.uk/walkfinder). or phone 020 7339 8541

Gillingham Walkers G	Moderate Walk  Meet outside Waitrose, cafe area Free. email <a href="mailto:penelopepeat@gmail.com">penelopepeat@gmail.com</a>	Monday 2.30 pm approx 1 hr	
Poles Ahead Nordic Walking	Helen Gilchrist 07745413194 <a href="mailto:helengilchrist@polesahead.co.uk">helengilchrist@polesahead.co.uk</a> Based on cross country skiing, can be learned by anyone. <a href="http://www.polesahead.co.uk">www.polesahead.co.uk</a>	Monday and Wednesday  Several North Dorset Groups	G
Cranborne Chase National Landscape - Walks for Wellbeing (and more)	Monthly with Lyndsey Death of Dorset Forest of Dorset Forest Bathing in Broad Chalke Email <a href="mailto:dorsetforestbathing@gmail.com">dorsetforestbathing@gmail.com</a>		
Orienteering route Gillingham	<a href="http://www.wimborne-orienteers.co.uk/d7/node/195">www.wimborne-orienteers.co.uk/d7/node/195</a>		G
Meet-up Nature Walkers	Marnhull. Walks of less than 5 miles to experience nature. <a href="https://meetup.com">https://meetup.com</a>		Mar
South Wiltshire Ramblers' Group And Facebook at	<a href="http://www.wiltsswindonramblers.org.uk/index.php/south-wiltshire-ramblers">www.wiltsswindonramblers.org.uk/index.php/south-wiltshire-ramblers</a> <a href="http://www.facebook.com/southwiltshireramblers">www.facebook.com/southwiltshireramblers</a>		
Fitsteps dance and exercise	The Village Hall, Marnhull <a href="mailto:nicola@zumbafitsteps.co.uk">nicola@zumbafitsteps.co.uk</a>	Wednesdays 11.15 am - 12.15 pm	
Happy Hearts Exercise Sessions	Youth Club, Shaftesbury <a href="https://www.sallishappyhearts.co.uk/our-classes">https://www.sallishappyhearts.co.uk/our-classes</a> Salli: 07969 909 162	Every Friday 11 am - 12 noon	S
Shaftesbury Tennis Club	Shaftesbury School Tennis Courts 852705/07727061077 <a href="https://www.activedorset.org/directory/shaftesbury-community-tennis-club">https://www.activedorset.org/directory/shaftesbury-community-tennis-club</a>	Every Tue/Thur	S
Short Mat Bowls, S'Bury S	Coppice Street Hall  Contact secretary on 855490	Every Tue/Thurs	
Dance to Keep Fit With Paris Helen Also Dancercise, Classical Ballet Workout, Tap into Shape	Shaftesbury Arts Centre <a href="mailto:paris@parishelen.co.uk">paris@parishelen.co.uk</a>	Every Wednesday 7 pm - 8 pm and 10 - 11 am	S
Elevated Tap Company	Shaftesbury Arts Centre	Mondays 4.30 pm - 7.30 pm	S
Caron Parry School of Dance	Shaftesbury Youth Club, Coppice St Disco, Rock & Roll, Ballroom & Latin		S

Telephone 07936 036163  
 Also Charlton Remembrance Hall  
<https://caronparryschoolofdance.co.uk/timetable/>

TLW Dance	<a href="mailto:TLWdance@googlemail.com">TLWdance@googlemail.com</a> 075843 40897 Yoga, Pilates, Ballet, Tap		S
Zumba	Sports Bar (Football Club) Jean & Caroline 07719324148	Mondays 6.30 pm - 7.30 pm	S
Pilates	Sports Bar (Football Club) Ana	Tuesdays 7 pm - 8 pm	S
Pilates - Marnhull	Marnhull Village Hall Contact Colette Sykes: <a href="mailto:colette@pilates-evolution.org">colette@pilates-evolution.org</a>	Wednesdays (term time)	Mar
TAG Martial Arts	Sports Bar (Football Club) Gemma gemmaoborne6@gmail.com	Wednesdays 6 pm - 8 pm	S
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
Adult Classical Ballet	Shaftesbury Arts Centre	Weds 7 pm - 8 pm	S
Scottish Country Dancing	Contact Jean Miller 01258 820651	Thurs evenings	S
Gillingham Wheelers	Wheels/Café Rimini  Beginners Sat, Experienced Sun	Every Sat/Sun  9 am	G
Blackmore Vale Cycling Group	Coffee every Tuesday, Group rides every weekend (based in Marnhull) Contact Jill and Roger 01258 821233 <a href="http://blackmorevalecycling.com">http://blackmorevalecycling.com</a>		
Marnhull & Gillingham Badminton Club	Riversmeet, Gillingham	Mon - Pay and Play Tues - Club	G
Marnhull Table Tennis	The Village Hall Contact John Dowsett dowsettjohn48@gmail.com	Mon & Weds 2 pm - 5 pm	Mar
Marnhull Tennis Club	Contact Chris Gregory <a href="https://clubspark.lta.org.uk/MarnhullTennisClub">https://clubspark.lta.org.uk/MarnhullTennisClub</a>		
Pilates	Shaftesbury Arts Centre Phoenix Room, 07729 222622 or <a href="mailto:tamzin@tamzinrimes.co.uk">tamzin@tamzinrimes.co.uk</a>	Mon 9.30 -10.30 am Wed 5 pm – 6 pm	S
The Space Yoga	<a href="https://www.thespaceshaftesbury.co.uk/">https://www.thespaceshaftesbury.co.uk/</a> Yoga, Reflexology, Reiki, Meditation and more with Sally Rainbowchild		S

Wessex Yoga	The Clock Hall, Motcombe Mixed ability. Kym Mitchell 01749 572 991 Kym.mitchell@live.co.uk	Wed 7 pm – 8.30 pm	Mot
Hatha Yoga	The Clock Hall, Motcombe Anna Lubliner 07958 375730	Mon 6.30 - 7.30 pm	Mot
The Yoga Within	<a href="https://www.theyogawithin.co.uk/">https://www.theyogawithin.co.uk/</a> Lots of local classes for all abilities with Kirsty	Shaftesbury, Berwick St John, Motcombe, Iwerne Minster, Charlton, Fontmell Magna,	
Yoga with Nicky	Shaftesbury Arts Centre	Mondays 9 am - 10 am	S
Pregnancy Yoga	Royal British Legion Hall Shaftesbury. Contact Bookings Officer on 07720443319	Tuesdays 7 pm	S
Tai Chi	Royal British Legion Hall, Contact Bookings Officer on 07720443319	Wednesdays 5.30 pm	S
Matt Fiddes Martial Arts Gillingham	Milton on Stour Scout Hall <a href="http://mattfiddes.com/gillingham">mattfiddes.com/gillingham</a> 07804 464584, <a href="mailto:lucykatz@hotmail.co.uk">lucykatz@hotmail.co.uk</a>		Nr G
Shaftesbury (Shito-Ryo) Karate	Lindlar Hall, Shaftesbury SP7 8PS	Tues & Thurs 7 pm - 8 pm	S
Shaftesbury TAGB Tae Kwon Do	Shaftesbury School <a href="mailto:ShaftesburyTKD@gmail.com">ShaftesburyTKD@gmail.com</a>		S
Gracie Barra Jiu-Jitsu (Brazilian)	Unit 1, Grove House, High Street Gillingham, SP8 4AA 07731 900 606		G
Gillingham Tae Kwon Do	Riversmeet Leisure Centre		G
RMB Yoga and Wellbeing Bumps, Babies & Beyond	Various places including Shaftesbury and Wincanton Contact details: <a href="https://www.rmbyogaandwellbeing.com/">https://www.rmbyogaandwellbeing.com/</a>		S W
Buggy Walk for Toddlers S	Shaftesbury Children's Centre  Contact 01258 474036 for details	1.30 pm - 2.30 pm Tues	
Buggy Walk for Toddlers G	Shaftesbury Children's Centre	10 am - 11 am Tues	
Buggy Walk for Babies & Toddlers	Shaftesbury Children's Centre	Weds 10 am - 11 am	SN
Dorset Ramblers Club	01258 472907		
Marnhull Cricket Club	<a href="http://marnhull.play-cricket.com">marnhull.play-cricket.com</a>		Mar

RiversMeet Leisure Centre	Pilates, Fitness Yoga, Qi Gong and more Hardings Lane, Gillingham, SP8 4HX Swimming pool, gym, lots of classes badminton, Table Tennis, gymnastics and more. <a href="https://www.riversmeetgillingham.org">https://www.riversmeetgillingham.org</a>		G
Sturfit (Leisure Centre)	Honeymead Lane, DT10 1EW Gym, Sports Hall, dance studio Lots of classes and activities 01258 471774, <a href="http://www.sturfit.org">www.sturfit.org</a> / <a href="mailto:hello@sturfit.org">hello@sturfit.org</a> 01747 834013		SN
Rock Star Exercise Class (drumming)	Wincanton, Okeford Fitzpaine, Marnhull & Motcombe. Call Hayley 07786 553889, email. <a href="mailto:hayley.sandell@outlook.com">hayley.sandell@outlook.com</a>		
BOUNCE - Mini trampolines exercise - Wincanton Memorial Hall, Tues 7.30 pm - 8.30 pm, Thurs 7pm - 8 pm.			
Aerial Classes at TLW Dance in Shaftesbury with Phoenix Aerial (Hoops, Silk, Trapeze)	<a href="https://www.tlwdance.co.uk/phoenix">https://www.tlwdance.co.uk/phoenix</a> . Tel. Fran on 075841 44283		S
Shaftesbury Healing Group	Friends Meeting House Shaftesbury, Angela Mitchell	Wednesdays 01747 852923	S
<u><a href="https://www.neptuneaquatics.co.uk/stourview-hydrotherapy-pool">Neptune Aquatics Hydrotherapy Pool in Sturminster Newton</a></u>			
<u><a href="https://www.neptuneaquatics.co.uk/stourview-hydrotherapy-pool">https://www.neptuneaquatics.co.uk/stourview-hydrotherapy-pool</a></u>			SN
Tel. 01258 920020. Stour View Close, Sturminster Newton, Dorset DT10 1JF			
Hydrocise – With a mixture of station based activities and individual work-outs this class really is suitable for all levels of fitness.			
Hydro4Fibro – A low impact gentle class created specially for sufferers of Fibromyalgia and CFS. Helping to keep muscles functional and control pain			
Hydro4you - Follow your own personal exercise programme			
Personal Hydro Programme			
Hydro-rest and relax			
Family and Friends Private Pool Hire			
Shaftesbury Lido Swimming Pool	852420	Summer and trial of cold water swimming - Nov 2023	S
Royal Chase Hotel, Christy's Lane, SP7 8DB Swimming Pool	853355	Mon - Sun (Tues am - mums and babies only)	S
Port Regis School, Motcombe Swimming Pool	857957		Mot
Clayesmore School Swimming Pool and Sports Centre, Iwerne Minster	01747 813135 <a href="mailto:sportsadmin@clayesmore.com">sportsadmin@clayesmore.com</a>		Iwerne Minster
Gillingham Church Bell Ringers	01747 823797		G



Donhead Sports Club	01747 828130		L
North Dorset R.F.C.	01747 822748		G
Walking Football, Tisbury	01722 434240		T
Hawkers Hill Gym	Barton Depot, Barton Hill, Shaftesbury, SP7 8DQ Tel 01747 213105 Email: hawkershillgym@gmail.com	5 am - 10 pm	S
Crossfit Shaftesbury	<a href="https://www.crossfitshaftesbury.co.uk/">https://www.crossfitshaftesbury.co.uk/</a> Gym/Box		
BMV Health and Fitness	<a href="https://www.bmvhealthclub.co.uk/">https://www.bmvhealthclub.co.uk/</a> Blackmore Vale Services, Sherborne Causeway Shaftesbury, SP7 9PX 07900 936 717		
Fitness by Design	<a href="http://www.fitnessbydesign.ltd.uk/">http://www.fitnessbydesign.ltd.uk/</a> Annual membership, free guest session Gym, Toning Tables, classes The Udder Farm Shop, Front Street, East Stour, SP8 5LQ		

**Odstock Health and Fitness Referral Memberships, Salisbury District Hospital**

[www.odstockhealthfit.co.uk](http://www.odstockhealthfit.co.uk) Tel. 01722 425085 Referral from GP or other professional. Hydrotherapy Spinal Pool, Swimming pools, Gym, Classes, Cardiac and Cancer programmes

**Dorset Council Get Active Outdoors**

<https://www.dorsetcouncil.gov.uk/sport-leisure/getting-active-schemes-and-groups/health-and-activity>

Dorset Council's Health and Activity Team aims to support local people to get active through a range of entry level activities in green and open space.

"The programme and opportunities are developing, so keep up to date by signing up for our [Health and Activity e-newsletter](#) and by following [Health and Activity - Dorset Council on Facebook](#).

If you have a question about an activity, would like some help to get started or would like to volunteer, [get in touch](#) or [complete our online form and we will get back to you](#). Alternatively, come and have a chat with a member of the Health and Activity Team. You can [meet us on various dates and at many locations across Dorset this year.](#)"

Email: [healthandactivity@dorsetcouncil.gov.uk](mailto:healthandactivity@dorsetcouncil.gov.uk)

Telephone: 480811

**OTHER**

Marnhull Hub	Village Hall, Repairs, recycling, cafe, vegetables PCSO once a month. <a href="https://www.marnhullhub.org.uk/">https://www.marnhullhub.org.uk/</a>	Every Saturday 10 am - 12 noon	Mar
Digital Champions	Sturminster & Gillingham BOOK TO SEE THEM IN LIBRARY 01305 221048	Monday - Friday 10 am - 12 noon	SN&G

Digital Skills	Shaftesbury Library 01747 852256 to book	Thurs 2.30 - 4.30 pm Fri 10 am - 12 noon	S
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
Gillingham Repair Cafe	Vicarage Schoolrooms <a href="mailto:gillinghamrepaircafe@gmail.com">gillinghamrepaircafe@gmail.com</a>	2nd Saturday 12.30 pm - 3.30 pm	G
Open Fridge	at Father's House. Food drop and collect service. Open to all. Opening times not guaranteed	Mon, Wed, Fro 10-12 and 2-4	S
Storehouse Shaftesbury	Free household furniture and appliances subject to meeting eligibility criteria.		S
Gillingham Foodbank	Covers wide area incl. Bourton and Henstridge. <a href="http://gillingham.foodbank.org.uk/get-help">gillingham.foodbank.org.uk/get-help</a> <a href="mailto:info@gillingham.foodbank.org.uk">info@gillingham.foodbank.org.uk</a> 01747 822076		G
Community Larders	PAYG membership scheme Guggleton Farm Arts, Stalbridge Shaftesbury Primary School	Thurs and Sat 9.15 am - 10.30 pm Friday 9 am - 10 am	Stal S

#### HOPE PROJECTS – (Helping Other People Evolve)

[www.shaftesburycarers.org](http://www.shaftesburycarers.org)

S

Shaftesbury and District Carers, Units 4-6, Plot 25c, Longmead Industrial Estate, SP7 8PL

Tel. 01747 851397

email: [hopeprojects@btconnect.com](mailto:hopeprojects@btconnect.com)

1<sup>st</sup> Point housing and Debt Advice, Food bank

HOPE 2 BAKE - Cookery Groups/classes

HOPE 2 GROW – Gardening Groups

HOPE 2 CYCLE – Cycle Maintenance

HOPE DROP-IN CENTRE – Advice, Support, Friendly welcome, refreshments

FIRST POINT on Monday afternoons for housing, debt advice etc. Book if you can on the above number.

#### THE RECOVERY EDUCATION CENTRE

Courses on many aspects of Mental Health and Wellbeing

Telephone 01202 584478

Email: [dhc.recovery.educationcentre@nhs.net](mailto:dhc.recovery.educationcentre@nhs.net)

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

<https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/REC/>

#### SKILLS AND LEARNING

Some local courses on all sorts, some free, lots more online.

<https://www.skillsandlearningace.com/>

01202 123444

#### 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.

Citizens' Advice Dorset - Shaftesbury Library - 10 am - Drop-in S  
Sturminster Newton Medical Centre - 9 am - 12 noon. Appointments SN

#### ARTSREACH

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

[www.artsreach.co.uk](http://www.artsreach.co.uk)

[info@artsreach.co.uk](mailto:info@artsreach.co.uk)

01305 269512

#### HEARING LOSS AND HEARING AID HELP -

SHAFTESBURY HOSPITAL Fridays monthly 10 - 12 NOON. RING 01722 580014 S

Before Covid a support group and cafe were run at Salisbury Medical Practice as below, contact to find out current situation:

Hearing Café – Hear to Help Salisbury (RNID).

1<sup>st</sup> Wednesday Fountain Café, Salisbury Medical Practice, Fisherton House, Fountain Way, Salisbury, SP2 7FD – Katy Gillingham 01722 333034

Hearing Loss Support Group. Salisbury Medical Practice. 1<sup>st</sup> Wednesday 10 – 11.30, Marcen 01722 424457, Gill 01722 580014

[www.salisburymedicalpractice.co.uk](http://www.salisburymedicalpractice.co.uk)

#### 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](mailto:northlocality@dorsetcouncil.gov.uk) for latest news AND TO BOOK before attending as this may have changed:

FOR EXAMPLE - TERMLY TIMETABLE - free of charge.

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, Gillingham	Mon 10 -11	G
The Incredible Years		Fridays	G

Also See: <https://www.facebook.com/groups/northlocality>.

Sensory tent available for hire at Blandford Children's Centre for families of children age 0 - 8 with SEND.

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

#### READ EASY

A completely free one-to-one service designed for adults. People can learn to read at their own pace, without pressure.

Tel.. 01747 823774. [referrals.regs@gmail.com](mailto:referrals.regs@gmail.com)

#### BONES Youth Club (special needs)

Gillingham. Monday and Friday 6.30 pm - 7.30 pm

#### **VOLUNTEERING AND MISCELLANEOUS**

- Weldmar Hospicecare - Complementary Health Practitioner Volunteers. Contact Jo Pasker 01305 215346
- Could you support a young person facing homelessness today? [www.stepbystep.org.uk](http://www.stepbystep.org.uk) Supported Lodgings service helps young people aged 16-21 by placing them in safe and caring home environments. Tel. 01329 283786, email: [Debbie.moreton@stepbystep.org.uk](mailto:Debbie.moreton@stepbystep.org.uk)

- Dorset Countryside Volunteers [www.dcv.org.uk](http://www.dcv.org.uk) Tel. 07923 498760

**Community Chest** – Shop for Sturminster. Tourist and Community Information. 7 Market Cross, Sturminster Newton DT10 1AN, email [comcheststur@gmail.com](mailto:comcheststur@gmail.com), Tel. 07598 961372

## CHILDREN'S ACTIVITIES

[www.moo-music.co.uk](http://www.moo-music.co.uk) Moo Music – Moosical Fun for your Little One Sessions in Shaftesbury, Motcombe and Gillingham. Contact Jules Bond on 07789 88 88 91

## Youth Group

Father's House. Telephone 01747 854993, 9.30 am - 2 pm Thursday evenings 7 - 10 pm, at Lox Lane. For young people Year 7 and above

Run by Steve and Rachel Scott

## Wincanton MHA - Older person's charity.

Exercise classes, craft activities, lunch clubs, men's groups, befriending services, trips and days out. Judith Charmer - Scheme Manager. Tara Evans, MHA Office, Methodist Church Hall, 50 High Street, Wincanton, BA99JU, Tel 01963 33588. [Judith.charmer@mha.org.uk](mailto:Judith.charmer@mha.org.uk), [Tara.evans@mha.org.uk](mailto:Tara.evans@mha.org.uk)

## Carers Groups - Wincanton and Bruton

Balsam Centre, 2nd Monday, 2 pm - 3.30 pm. Activity sessions for your cared for whilst you join the group. Gwen Venture, Cath Holloway 07951 944420. [cathholloway@sparksomerset.org.uk](mailto:cathholloway@sparksomerset.org.uk)

## Country Link Social Group.

Fresh air, fun, food and friendship. Tel. Andy 01225 834834 or Val 01749 342918. [www.country-link.org.uk](http://www.country-link.org.uk)

## TRANSPORT

Dorset Council Community Transport Directory

[www.dorsetcouncil.gov.uk/travel/public-transport/community-transport-dorset-community-transport-directory](http://www.dorsetcouncil.gov.uk/travel/public-transport/community-transport-dorset-community-transport-directory)

Shaftesbury Car Link

Tel. 07763 426664 Martin and June Hull [shaftesburycarlink@gmail.com](mailto:shaftesburycarlink@gmail.com). Wheelchair friendly.

Gillingham Area Car Link 07599 311443

Sturminster Community Car Scheme - Andy/Sheryn 01258 471359

Nordcat door-to-door dial-a-ride service. Wheelchair accessible. 01258 472164

Dorset Community Transport 01258 287980 [www.ectcharity.co.uk/dorset](http://www.ectcharity.co.uk/dorset)

South Western Railway <http://southwesternrailway.com>

Wincanton Community Accessible Transport 01963 33864

[www.accessibletaxi.co.uk](http://www.accessibletaxi.co.uk) Accessible Taxis, Local & Long Distance Airports & Seaports. Wheelchair Friendly. 1 – 6 Passengers

## Digital services available through Dorset Libraries

App - LibrariesWest

[www.librarieswest.org.uk](http://www.librarieswest.org.uk)

Provides access to your library account and allows you to:

- Search the Libraries West catalogue and order books to be collected at your local library
- Renew any current checkouts
- Find your nearest library and contact details

Libby by OverDrive [www.overdrive.com/apps/libby/](http://www.overdrive.com/apps/libby/)

Provides free access to over 300 digital periodicals

Sign up with your library card for unabridged interactive colour magazines available at the same time as newsagents.

[www.libbyapp.com](http://www.libbyapp.com)

BorrowBox [www.borrowbox.com/librarieswest](http://www.borrowbox.com/librarieswest)

Provides free access to over 9000 e-books and 2500 e-audiobooks.

Sign up with your library card and borrow up to 10 e-books for 21 days and 10 e-audiobooks for 14 days. Multiple simultaneous access titles available in both formats.

**Also for more in MERE**

<https://merewilts.org/directory-category/clubs-and-societies/>

**For more in WINCANTON**

<https://www.wincantonwindow.co.uk/clubs-assocs.htm>

**Wincanton, Milborne Port and Buton - Live Well with Pain, a non-medical pain management programme.**

The Ten Footsteps is available to people registered with several surgeries in Somerset. It is open to individuals suffering with a long-term persistent pain condition where pain affects sleep and emotional wellbeing, or where it restricts daily activities. Those living with pain can meet others at Live Well with Pain cafes and hear about the Ten Footsteps programme at:

Milborne Port - First Tuesday of the month 11 am - 12.30 pm, the communal lounge in Wheathill Close (DT9 5EU).

Bruton - First Wednesday of the month, 11.30 am - 12.30 pm at the communal lounge in Brue Avenue/Eastfield (BA10 0HT)

Wincanton - 3rd Thursday, 2pm - 3 pm at the communal lounge in Balsam Close (BA9 9HW)

A monthly Live Well with Pain cafe meets online on Microsoft Teams on the third Wednesday of each month from 7 - 8 pm. Open to anyone listed with the surgeries taking part (includes Queen Camel and Castle Cary as well as those above).

To find out more visit [www.livewellwithpain.co.uk/ten-footsteps-programme](http://www.livewellwithpain.co.uk/ten-footsteps-programme)

For more information about the local service call Sue Crisfield on 07749 418850 or email [sue.crisfield1@nhs.net](mailto:sue.crisfield1@nhs.net).

**Ani Dolkar Meditation and Mindfulness**

Wednesdays 6.30 pm - 7.30 pm at Quaker Meeting Rooms, Shaftesbury.

contact [sophia.groom@live.com](mailto:sophia.groom@live.com) or see main Dorset page - spiritual and religious support section.