



MONDAY

- **Portland** – Café Social / Walking group, 11am-1pm, meeting points vary depending on where the walk is taking place. Call Dave on 07788 312844 for details.
- **Weymouth** – Badminton, 3pm-4pm, Redlands Sports Hall, £3 per person includes court & racket hire. Our Peer will be in the cafe from 2.30pm if you fancy a chat or coffee before the session.
- **Gillingham** – Social group, 2pm-4pm, Waitrose Cafe, Le Neubourg Way, SP8 4UA.
- **Sherborne** – Café Social, 11am-1pm, Oliver's, 19 Cheap Street, DT9 3PU.

TUESDAY

- **Boscombe** – Pre-football Social Group, Kings Park Café, 2.30pm to 3.15pm (walk over to the pitch at 3:15pm).
- **Boscombe** – 7 a side football with AFCB Community Trust, 3.30pm-4.30pm, AFCB mini astro pitches, mixed abilities (free first week but usually £1 contribution to pitch costs).
- **Bournemouth** – Social group, 12pm-2pm, The Brasshaus, Westover Road.
- **Weymouth** – Social gym session, 3.15pm-4.15pm, Weymouth College gym, £3 per session.
- **Weymouth** – Gardening group, 1.30pm-3.30pm, Quibo Lane allotments.
- **Weymouth** – Café Social / Walking group. 11am usual start time, meeting points vary depending on the walk. Call Dave on 07788 312844 for details.

WEDNESDAY

- **Poole** – Café social, 11am-1pm, The Lighthouse (meet on the first floor).
- **Weymouth** – Pool and Snooker, 3pm-4pm, Snookes Sports Bar, £3 per person.
- **Weymouth** – Craft group with Weymouth & Portland Community Resource Team, 2pm-3.30pm, Hope House, 2 Dorchester Road. £2 per person to cover materials.
- **Bournemouth** – Social Gym group, 1pm-2pm, BHLive, Littledown Centre. Meet at the top of the stairs leading to the main entrance at 12.45pm. £3 per session.
- **Dorchester** – Gardening Volunteering, 11am-1pm, Wolfeton Manor Care Home (16 East Hill, Charminster).

THURSDAY

- **Weymouth** – Café social, 11am-1pm, Vinolo, Custom House Quay.
- **Weymouth** – Football, 2pm-3.30pm, Redlands Sports Centre, mixed abilities.
- **Shaftesbury** – Café Social, 2pm-4pm, Royal Chase Hotel, Christy's Lane, SP7 8DB.
- **Boscombe** – Pre-football Social Group, Kings Park Café, 2.30pm to 3.15pm (walk over to the pitch at 3.15pm).
- **Boscombe** – 7 a side football with AFCB Community Trust, 3.30pm-4.30pm, AFCB mini astro pitches, mixed abilities (free first week but usually £1 contribution to pitch costs).
- **Weymouth** – Gym group, Weymouth College, 4pm-5pm, £3 per session.

FRIDAY

- **Boscombe** – Café social, 11am-1pm, The Well Café, Boscombe Royal Arcade.
- **Blandford** – Café social, 11am-1pm, Crown Hotel, West Street, Blandford Forum, DT11 7AJ.
- **Weymouth** – Indoor Skittles, 12pm to 2pm, Centenary Club, 21 Jubilee Close, DT4 7BG.

SATURDAY

- **Weymouth** – Gym group, Weymouth College, 9am-10am, £3 per session. Call Tia on 07436 127186 for details.



Melodies of Hope
Music Appreciation Group
Where
Hope House, Weymouth
1.30pm-3pm
When
24th January
21st February
21st March

Board Game Social
Where
The Dry Dock, Weymouth
2pm-4pm
When
31st January
28th February
28th March




Women's Group
Where
Various locations between Weymouth & Dorchester
When
Bi-weekly - contact Tia on 07436 127186 for details

For further details on any of the above activities:

Call: 01305 818595

Email: sportsandsocial@dorsetmentalhealthforum.org.uk

Visit: www.dorsetmentalhealthforum.org.uk

