

Sports & Social **Activities**

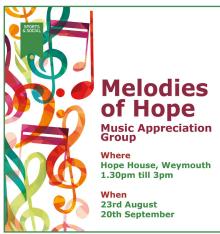


MONDAY

- Portland Café Social / Walking group, 11am-1pm, meeting points vary depending on where the walk is taking place. Call Dave on 07788 312844
- 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.

TUESDAY

- Boscombe 7 a side football with AFCB Community Trust, 3.30pm-4.30pm, AFCB mini astro pitches, mixed abilities (free first week but usually £2.50 contribution to pitch costs).
- Bournemouth Social group, 12noon-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. Call Steve on 07584 304719 for details. **Weymouth** Pool and Snooker, 2pm-3pm, 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.
- **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 (free first week but usually £2.50 contribution to pitch costs).
- Shaftesbury Café Social, 2pm-4pm, Royal Chase Hotel, Christy's Lane (from 14th December 2023).
- Boscombe 7 a side football with AFCB Community Trust, 3.30pm-4.30pm, AFCB mini astro pitches, mixed abilities (free first week but usually £2.50 contribution to pitch costs).
- Weymouth Golf Putting, 2pm-3pm, Greenhill Gardens, £3 per person

- 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, 11am to 1pm, Centenary Club, 21 Jubilee Close, Weymouth DT4 7BG.

SATURDAY

Weymouth - Gym group at Weymouth College, 9am-10am, £3 per session. Call 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



