

Community Sports and Leisure Activities

For Everyone's Physical and Mental Wellbeing

Our wide range of activities has been designed to ensure that everyone has a chance to get involved, improve their fitness, make some new friends and most importantly to have some fun.

We run all sorts of events across West Dorset which are affordable, accessible and enjoyable from gentle yoga sessions through to fast paced 5 a side football

Please contact Con at the Forum in Dorchester on 01305 257172 for more details and for a full programme of events in your area.

