

MONDAY

- **Bournemouth / Poole / Christchurch** - Café Social / Mindful Walking group, 1.30pm-3.30pm, meeting points vary depending on the walk. Call Dave on 07788 312844 for details.
- **Gillingham** - Social group, 2pm-4pm, Waitrose Café, Le Neubourg Way, SP8 4UA.
- **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.
- **Sherborne** - Café Social, 11am-1pm, Oliver's, 19 Cheap Street, DT9 3PU.
- **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.

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 £1 contribution to pitch costs).
- **Bournemouth** - Social group, 12pm-2pm, The Brasshaus, Westover Road.
- **Weymouth** - Social gym session, 3.15pm-4.15pm, Coastland Sports Centre (formerly known as Weymouth College gym), £3 per session.
- **Weymouth** - Gardening group, 2pm-4pm, 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

- **Bournemouth** - Pool group, 4pm-5pm, Oasis Fun, Glen Fern Road BH1 2LZ. Meet outside at the front of the building. £2.50 per session. Meets weekly, excluding school and bank holidays.
- **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.
- **Poole** - Café social, 11am-1pm, The Lighthouse (meet on the first floor).
- **Weymouth** - Pool and Snooker, 3pm-4pm, Snookers 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.
- **Weymouth** - Indoor Skittles, 12pm to 2pm, Centenary Club, 21 Jubilee Close, DT4 7BG.

THURSDAY

- **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 / Poole** - Café social for young people aged 18-25, 2pm-4pm, alternating between Flirt Café and Delfino Lounge. Contact us to check location.
- **Shaftesbury** - Café social, 2pm-4pm, The Grosvenor Arms, High Street SP7 8JA.
- **Weymouth** - Café social, 11am-1pm, Nautico Lounge, St Thomas Street.
- **Weymouth** - Football, 2pm-3.30pm, Redlands Sports Centre, mixed abilities.
- **Weymouth** - Gym group, Coastland Sports Centre, 4pm-5pm, £3 per session.

FRIDAY

- **Blandford** - Café social, 11am-1pm, Crown Hotel, West Street, Blandford Forum, DT11 7AJ.
- **Boscombe** - Café social, 11am-1pm, The Well Café, Boscombe Royal Arcade.
- **Dorchester** - Gardening Volunteering, 11am-1pm, Wolfeton Manor Care Home (16 East Hill, Charminster).

SATURDAY

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



Melodies of Hope
Music Appreciation Group

Where
Hope House, Weymouth
1.30pm till 3pm

When
21 November
19 December



Board Game Social

Where
The Dry Dock, Weymouth
2pm-4pm

When
28 November (festive themed)



Women's Group

Where
Various locations between
Weymouth & Dorchester

When
Fortnightly - 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

