

MONDAY

- **Bournemouth / Poole / Christchurch** - Café Social / Mindful Walking Group, 1.30pm-3.30pm, meeting points vary depending on the walk. Call Darren on 07436 127214 for details.
- **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, 2.30pm-3.30pm, Redlands Sports Hall, £3 per person includes court & racket hire. Followed by Café Social at Redlands till 4pm.
- **Weymouth** - **Fortnightly** Women's Group, 11am-1pm, Coffee#1 Weymouth. Contact Tia on 07436 127186.

TUESDAY

- **Bournemouth** - Social Group, 12pm-2pm, The Brasshaus, Westover Road, BH1 2BY.
- **Bournemouth** - Stepping Stones Evening Social, 6pm-8pm, TOSH (The Old School House), Boscombe, BH7 6BG.
- **Sherborne** - Café Social, 11am-1pm, Oliver's, 19 Cheap Street, DT9 3PU.
- **Weymouth** - Social Gym Group, 2pm-3pm, Coastland Sports Centre, Cranford Avenue, DT4 7LQ. £3 per session.
- **Weymouth** - Gardening Group, 2pm-4pm, Quibo Lane allotments, DT4 0RR.
- **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** - Football Group, 1pm-2pm at Bournemouth Uni Talbot Campus, meet in the visitor's car park from 12.40pm. Please note car park fees apply to all visitors.
- **Poole** - Café Social, 11am-1pm, The Lighthouse, Kingland Road, BH15 1UG. Meet on the first floor.
- **Weymouth** - Pool & Snooker, 1.30pm-2.30pm, Snookes Sports Bar, Caroline Place, DT4 8NW. £3 per person.
- **Weymouth** - Craft Group with Weymouth & Portland Community Resource Team, 2pm-3.30pm, Hope House, 2 Dorchester Road, DT4 7JS. £2 per person to cover materials.
- **Weymouth** - Indoor Skittles, 11am-1pm, Centenary Club, 21 Jubilee Close, DT4 7BG.

THURSDAY

- **Bournemouth / Poole** - Café Social for young people aged 18-25, 2pm-4pm, alternating between Flirt Café and Delfino Lounge. Contact us or look at our socials to check location.
- **Poole** - **Fortnightly** Bowling Group, 2pm-4pm, Hollywood Bowl, Branksome, BH12 1DA. £3.60 a game with concessions. Call Darren on 07436 127214 for details.
- **Shaftesbury** - Café Social, 2pm-4pm, The Grosvenor Arms, High Street SP7 8JA.
- **Sturminster Newton** - Café Social, 11am-1pm, Stur of the Moment Café, Bath Road, DT10 1AS.
- **Weymouth** - Café Social, 11am-1pm, Nautico Lounge, St Thomas Street, DT4 8EL.
- **Weymouth** - Football, 2pm-3pm, Redlands Sports Centre, mixed abilities. Meet in the foyer beforehand, games will either be inside the building on a vinyl floor or outside on grass depending on the weather.
- **Weymouth** - Golf Putting, 2pm-3pm, Greenhill Gardens, Greenhill, DT4 7SG. Meet at the hut beside the green. £3 per person.
- **Weymouth** - Gym Group, Coastland Sports Centre, Cranford Avenue, DT4 7LQ. 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, BH1 4BT.
- **Dorchester** - Gardening Volunteering, 11am-1pm, Wolfeton Manor Care Home, 16 East Hill, Charminster DT2 9QL.
- **Dorchester** - Café Social, 1.30pm-3pm, Vivo Lounge, 23 Weymouth Avenue, DT1 1QR.

SATURDAY

- **Weymouth** - Gym Group, Coastland Sports Centre, Cranford Avenue, DT4 7LQ. 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

