



TUESDAY

Sherborne - Café Social: 11am-1pm, Oliver's, 19 Cheap Street, DT9 3PU. Join us at this town centre location yards from Waitrose. This is a small and friendly group where you can simply drop in for a chat, a cuppa and find out what is going on in the community. Our Peer Angela is very welcoming and keen to answer any questions you may have around health/ support. We meet to the rear of the café. To find out more call Dave on 07788 312844.

THURSDAY

Shaftesbury - Café Social: 2pm-4pm, The Grosvenor Arms, High Street SP7 8JA. Join us at this convenient and relaxed venue. This is a small friendly group so why not drop in for a chat, and a cuppa and find out what is going on in the community with our welcoming and knowledgeable peer Angela. To find out more call Dave on 07788 312844.

Sturminster Newton - Café Social: 11am-1pm, Stur of the Moment Café, Bath Road, DT10 1AS. Join us at this convenient town centre location. This is a new friendly group so why not drop in for a chat, and a cuppa and find out what is going on in the community with our welcoming and knowledgeable peer Angela. To find out more call Dave on 07788 312844.

FRIDAY

Blandford - Café Social: 11am-1pm, Crown Hotel, West Street, Blandford Forum, DT11 7AJ. Join us at this beautiful town centre location. Drop in for a chat and a cuppa and to get alongside our welcoming and knowledgeable peer Angela. This group is friendly and always keen to welcome new people. To find out more call Dave on 07788 312844.

For further details on any of the above activities:

Call: 01305 818595

Email: sportsandsocial@dorsetmentalhealthforum.org.uk

Visit: www.dorsetmentalhealthforum.org.uk

