

Sports and Social Activities May 1st - 31st 2022

MONDAY

- **Portland** – Café Social / Walking group – join Dave outside The Sugar Loaf Café in Easton 11am-12.30pm
- **Weymouth** – Badminton at Redlands with George 3pm-4pm £3 per person includes court and racket hire.

TUESDAY

- **Weymouth** - Weymouth casual walk with George starting at 11am. Each week a different walk taking in lovely scenery. A takeaway drink always features for those of us who need coffee!
- **Weymouth** – Allotment session with Dave P 1:30 – 3:30 at Quibo Lane, Weymouth, DT4 0RR
- **Boscombe** - 7 a side football with AFCB and Kyle. 3.30pm–4.30pm at AFCB mini astro pitches. (Free first week but usually £2.50 contribution to pitch costs)
- **Weymouth** – Social gym session with Karl, Weymouth College gym 3.15pm–4.15pm - £3 per session
- **Bournemouth/Boscombe/Southbourne** – Weekly walk and talk with Steve various locations 11am-1pm

WEDNESDAY

- **Dorchester** - Gardening group at Dorchester Community Centre, Kings Road with Sarah from 10-30am to 1pm. A friendly, welcoming group that grows vegetables from seeds and now maintains the whole site. What we grow we share together!
- **Poole** – Social Group with Steve , 11-1 pm at Poole Lighthouse (first floor seating area)
- **Bournemouth Uni Talbot Campus** - Social gym session with Kyle 1-2pm £2.50

THURSDAY

- **Weymouth** – Café Garden social with Karl at Vinolo, Custom House Quay. 11am-1pm
- **Weymouth** – Allotment session with Dave P 1:30-3:30 at Quibo Lane , Weymouth, DT4 0RR
- **Weymouth** – Football with Karl/Dave on Astro pitch at Redlands Sports Centre, Dorchester Road, Weymouth 2pm-3.30pm - All abilities welcome to this fun and friendly session. (Free first week but usually £2.50 contribution to pitch costs)
- **Blandford** – Social walk followed by a coffee, meet at The Ginger Viking at 11, please call Dave for details
- **Boscombe** - 7 a side football with AFCB and Kyle 3.30pm–4.30pm at AFCB mini astro pitches. (Free first week but usually £2.50 contribution to pitch costs)

FRIDAY

- **Dorchester** - Gardening group at Dorchester Community Centre , Kings Road with Sarah from 10.30am-1pm.
- **Boscombe** – Social Coffee catch up with Steve, 11am-1pm The Well Café, Boscombe Royal Arcade
- **Blandford** - Blandford social with Dave , 11am-1pm at The Ginger Viking, 28 East St. Drop in any time at this very relaxed social catch up.

For groups listed with a **RED** location please call Dave on 07788 312844

For groups listed with a **GREEN** location please call Kyle on 07436 127185

If you'd rather email please use sportsandsocial@dorsetmentalhealthforum.org.uk