

SPORTS & SOCIAL ACTIVITIES

1st June - 30th June 2022

MONDAY

- **Portland** – Café Social / Walking group – join Dave outside The Sugar Loaf Café in Easton 11am-1pm
- **Weymouth** – Badminton at Redlands with George 3pm-4pm £3 per person includes court & racket hire.
- **Bournemouth Uni Talbot Campus** – alternating weekly astroturf football 1pm-2pm and table tennis 1.30pm – 2.30pm. Both £2.50 per session. Call Kyle for details (number below).

TUESDAY

- **Weymouth** - Weymouth casual walk with George 11am. Each week a different walk taking in lovely scenery. A takeaway drink always features for those of us who need coffee!
- **Boscombe** - 7 a side football with AFCB, Kyle and Adam. 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 & talk with Steve various locations 11am-1pm
- **Weymouth** – Weymouth gardening group at Quibo Lane allotments, 1.30pm to 3.30pm with Dave. A friendly, relaxed group where people can come do a little or a lot. There will be a range of tasks to get involved in from developing the plot – woodwork, painting, digging and planting. All towards the goal of growing vegetables and flowers. All the fresh produce will be shared amongst everyone.

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 and Laura 1-2pm £2.50
- **Blandford** – Weekly walk followed by a coffee , meet Dave at The Ginger Viking at 11 (finish c.1pm)
- **Weymouth** - 1-2pm Putting Green social, join Karl for a round on the putting green at Greenhill followed by a catch up and a coffee at the seafront café (putting is £2.50 per person)

THURSDAY

- **Weymouth** – Café Garden social with Kyle at Vinolo, Custom House Quay, 11am-1pm.
- **Weymouth** – Football with Kyle 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).
- **Boscombe** - 7 a side football with AFCB, Kyle and Double D. 3.30pm-4.30pm at AFCB mini astro pitches (free first week but usually £2.50 contribution to pitch costs).
- **Weymouth** – Weymouth gardening group at Quibo Lane allotments, 1.30pm to 3.30pm with Dave. A friendly, relaxed group where people can come do a little or a lot. There will be a range of tasks to get involved in from developing the plot – woodwork, painting, digging and planting. All towards the goal of growing vegetables and flowers. All the fresh produce will be shared amongst everyone.

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 an **ORANGE** location please call **Dave on 07788 312844**

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

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

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