

SPORTS & SOCIAL ACTIVITIES

MONDAY

- **Portland** – Café Social / Walking group with Dave 11am-1pm, meeting points vary depending on where the walk is taking place. Call us for details.
- **Weymouth** – Badminton at Redlands with George 3pm-4pm £3 per person includes court & racket hire.
- **Bournemouth** – Table Tennis group at Bournemouth Uni Talbot Campus. Meet outside the main entrance to the Uni (next to Uni Bus station), session from 2pm-3pm. £2.50 per session with Stacey.
- **Bournemouth** – Football group at Bournemouth Uni Talbot Campus. Meet outside the main entrance to the Uni (next to Uni Bus station), session from 1pm-2pm. £2.50 per session with Stacey.
- **Gillingham** – A relaxed Café Social with Dave at The Royal British Legion Club, School Lane, 2pm-4pm.

TUESDAY

- **Boscombe** – 7 a side football with AFCB, with Sam/Stacey. 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.
- **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.
- **Bournemouth** – Social group with Steve at Bobby's in Bournemouth Square (a relaxed, newly opened cafe in this modern cool store) at 11am-1pm.
- **Weymouth** – Walk and chat followed by a café stop with George. A variety of strolls and on occasions longer walks always ending in some refreshments. Enjoy some fresh air, nice scenery and meet some friendly people. 11am usual start time- meeting points vary depending on where the walk is taking place. Call us for details.

WEDNESDAY

- **Poole** – Social Group with Steve, 11am-1pm at Poole Lighthouse (first floor seating area)
- **Bournemouth Uni Talbot Campus** – Social gym session with Sam/Stacey 1-2pm £2.50
- **Weymouth** – Pool and Snooker, 2pm-3pm at Snookes Weymouth (£3 per person)
- **Weymouth** – Craft group with Sarah at The Palm House, Swannery Lake, Commercial Road, Weymouth DT4 7TZ 2pm-3.30pm.
- **Weymouth** – Putting/Social - Meet Karl at Greenhill Gardens by the Putting Green kiosk (£3 per person) for a bit of friendly competition and a chat whilst overlooking the sea. 11am - 12.30pm

THURSDAY

- **Weymouth** – Café Garden social with Karl at Vinolo, Custom House Quay, 11am-1pm.
- **Weymouth** – Football with Karl 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, with Sam/Stacey. 3.30pm-4.30pm at AFCB mini astro pitches (free first week but usually £2.50 contribution to pitch costs).
- **Shaftesbury** – Drop in for a relaxed Café Social with Dave at The Silver Band Hall, Bleke Street, 2pm-4pm.

FRIDAY

- **Dorchester** – Social with Sarah at Vivo Lounge, 23 Weymouth Avenue, Dorchester DT1 1QR, 11am to 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 Street. Drop in any time at this very relaxed social catch up.

SATURDAY

- **Weymouth** – Gym group at Weymouth College, 11am-12pm, £3 per session. Contact Tia beforehand on 07436 127186.

Contact the team on **01305 818595** for more details

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

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