



MONDAY

- **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, 3pm-4pm, Redlands Sports Hall, £3 per person includes court & racket hire.
- **Gillingham** – Social group, 2pm-4pm, Waitrose Cafe, Le Neubourg Way (from 11th December 2023).

TUESDAY

- **Boscombe** – 7 a side football with AFCB Community Trust, 3.30pm-4.30pm, AFCB mini astro pitches, mixed abilities (free first week but usually £2.50 contribution to pitch costs).
- **Bournemouth** – Café social, 11am-1pm, The Avenue Arcade (upstairs in unit previously occupied by Sports Direct).
- **Weymouth** – Social gym session, 3.15pm-4.15pm, Weymouth College gym, £3 per session.
- **Weymouth** – Gardening group, 1.30pm-3.30pm, Quibo Lane allotments.
- **Weymouth** – Café Social / Walking group. 11am usual start time, meeting points vary depending on the walk. Call Dave on 07788 312844 for details.

WEDNESDAY

- **Poole** – Café social, 11am-1pm, The Lighthouse. Call Steve on 07584 304719 for details.
- **Bournemouth** – Social gym session, 1pm-2pm, Bournemouth Uni Talbot Campus, £2.50 per person.
- **Weymouth** – Pool and Snooker, 2pm-3pm, Snookes Sports Bar, £3 per person.
- **Weymouth** – Craft group with Weymouth & Portland Community Resource Team, 2pm-3.30pm, Hope House, 2 Dorchester Road. £2 per person to cover materials.

THURSDAY

- **Weymouth** – Café social, 11am-1pm, Vinolo, Custom House Quay.
- **Weymouth** – Football, 2pm-3.30pm, Redlands Sports Centre, mixed abilities (free first week but usually £2.50 contribution to pitch costs).
- **Shaftesbury** – Café Social, 2pm-4pm, Royal Chase Hotel, Christy's Lane (from 14th December 2023).
- **Boscombe** – 7 a side football with AFCB Community Trust, 3.30pm-4.30pm, AFCB mini astro pitches, mixed abilities (free first week but usually £2.50 contribution to pitch costs).

FRIDAY

- **Boscombe** – Café social, 11am-1pm, The Well Café, Boscombe Royal Arcade
- **Blandford** – Café social, 11am-1pm, The Ginger Viking, 28 East Street.
- **Dorchester** – Gardening group, 10.30am-11.30am, in partnership with the Gap Project, Lubbeke Way.
- **Dorchester** – Café social, 11.30am to 1pm, Vivo Lounge, Weymouth Avenue.

SATURDAY

- **Weymouth** – Gym group at Weymouth College, 9am-10am, £3 per session. Call Tia on 07436 127186 for details.



Christmas Arts & Craft workshops

Christmas Decorations

Thursday 7th December,
1pm-3pm at Hope House,
Weymouth

Christmas Gift Making

Thursday 14th December,
1pm-3pm at Hope House,
Weymouth



Additional dates

Board Game Social

The Dry Dock, Weymouth

Friday 22nd December 2023

Friday 26th January 2024

Friday 23rd February 2024

1.30pm-3pm

For further details on any of the above activities:

Call: 01305 818595

Email: sportsandsocial@dorsetmentalhealthforum.org.uk

Visit: www.dorsetmentalhealthforum.org.uk

