



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. Our Peer will be in the cafe from 2.30pm if you fancy a chat or coffee before the session.
- **Gillingham** – Social group, 2pm-4pm, Waitrose Cafe, Le Neubourg Way.

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** – Social group, 12noon-2pm, The Brasshaus, Westover Road
- **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.
- **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.
- **Bournemouth** – Social Gym group, 1pm-2pm, BHLive, Littledown Centre.
- **Dorchester** – Gardening Volunteering, 11am-1pm, Wolfeton Manor Care Home (16 East Hill, Charminster).

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).
- **Weymouth** – Golf Putting, 2pm-3pm, Greenhill Gardens, £3 per person

FRIDAY

- **Boscombe** – Café social, 11am-1pm, The Well Café, Boscombe Royal Arcade
- **Blandford** – Café social, 11am-1pm, The Ginger Viking, 28 East Street.
- **Weymouth** – Indoor Skittles, 11am to 1pm, Centenary Club, 21 Jubilee Close, Weymouth DT4 7BG.

SATURDAY

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

Melodies of Hope
Music Appreciation Group

Where
Hope House, Weymouth
1.30pm till 3pm

When
24th May
21st June
19th July
23rd August
20th September

For further details on any of the above activities:

Call: 01305 818595

Email: sportsandsocial@dorsetmentalhealthforum.org.uk

Visit: www.dorsetmentalhealthforum.org.uk

