



## 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, Crown Hotel, West Street Blandford Forum, DT11 7AJ.
- **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**  
23rd August  
20th September

**For further details on any of the above activities:**

**Call:** 01305 818595

**Email:** [sportsandsocial@dorsetmentalhealthforum.org.uk](mailto:sportsandsocial@dorsetmentalhealthforum.org.uk)

**Visit:** [www.dorsetmentalhealthforum.org.uk](http://www.dorsetmentalhealthforum.org.uk)

