Dorset Mental Health Forum
Sports and Social Connection

Sports & Social Activities

MONDAY
Bournemouth / Poole / Christchurch - Café Social / Mindful Walking Group, 1.30pm-3.30pm, meeting points vary depending on the walk. Call Darren on 07436 127214 for details.
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, 2.30pm-3.30pm, Redlands Sports Hall, £3 per person includes court & racket hire. Followed by Café Social at Redlands till 4pm.
Weymouth - ***Fortnightly*** Women's Group, 11am-1pm, Coffee#1 Weymouth. Contact Tia on 07436 127186.

TUESDAY
Bournemouth - Social Group, 12pm-2pm, The Brasshaus, Westover Road, BH1 2BY.
Bournemouth - Stepping Stones Evening Social, 6pm-8pm, TOSH (The Old School House), Boscombe, BH7 6BG.
Sherborne - Café Social, 11am-1pm, Oliver's, 19 Cheap Street, DT9 3PU.
Weymouth - Social Gym Group, 2pm–3pm, Coastland Sports Centre, Cranford Avenue, DT4 7LQ. £3 per session.
Weymouth - Gardening Group, 2pm-4pm, Quibo Lane allotments, DT4 0RR.
Weymouth - Café Social / Walking Group. 11am usual start time, meeting points vary depending on the walk. Call Dave on 07788 312844 for details.

WEDNESDAY
Bournemouth - Football Group, 1pm-2pm at Bournemouth Uni Talbot Campus, meet in the visitor's car park from 12.40pm. Please note car park fees apply to all visitors.
Poole - Café Social, 11am-1pm, The Lighthouse, Kingland Road, BH15 1UG. Meet on the first floor. **This group will be relocating to "The Kitchen" Café in Poole Park through August as The Lighthouse is closed for maintenance*.*
Weymouth - Pool & Snooker, 1.30pm-2.30pm, Snookes Sports Bar, Caroline Place, DT4 8NW. £3 per person.
Weymouth - Craft Group with Weymouth & Portland Community Resource Team, 2pm-3.30pm, Hope House, 2 Dorchester Road, DT4 7JS. £2 per person to cover materials. **This group will be taking a break over the summer but will start again on 2 September*.*
Weymouth - Indoor Skittles, 11am-1pm, Centenary Club, 21 Jubilee Close, DT4 7BG.

THURSDAY
Bournemouth / Poole – Café Social for young people aged 18-25, 2pm-4pm, alternating between Flirt Café and Delfino Lounge. Contact us or look at our socials to check location.
Dorchester - ***Fortnightly*** Women's Group, 12pm-2pm, Vivo Lounge Dorchester. Contact Tia on 07436 127186.
Poole - ***Fortnightly*** Bowling Group, 2pm-4pm, Hollywood Bowl, Branksome, BH12 1DA. £3.60 a game with concessions. Call Darren on 07436 127214 for details.
Shaftesbury - Café Social, 2pm-4pm, The Grosvenor Arms, High Street SP7 8JA.
Sturminster Newton - Café Social, 11am-1pm, Stur of the Moment Café, Bath Road, DT10 1AS.
Weymouth - Café Social, 11am-1pm, Nautico Lounge, St Thomas Street, DT4 8EL.
Weymouth - Football, 2pm-3pm, Redlands Sports Centre, mixed abilities. Meet in the foyer beforehand, games will either be inside the building on a vinyl floor or outside on grass depending on the weather.
Weymouth - Golf Putting, 2pm-3pm, Greenhill Gardens, Greenhill, DT4 7SG. Meet at the hut beside the green. £3 per person.
Weymouth - Gym Group, Coastland Sports Centre, Cranford Avenue, DT4 7LQ. 4pm-5pm, £3 per session.

FRIDAY
Blandford - Café Social, 11am-1pm, Crown Hotel, West Street, Blandford Forum, DT11 7AJ.
Boscombe - Café Social, 11am-1pm, The Well Café, Boscombe Royal Arcade, BH1 4BT.
Dorchester - Gardening Volunteering, 11am-1pm, Wolfeton Manor Care Home, 16 East Hill, Charminster DT2 9QL.
Dorchester - Café Social, 1.30pm-3pm, Vivo Lounge, 23 Weymouth Avenue, DT1 1QR.

SATURDAY
Weymouth - Gym Group, Coastland Sports Centre, Cranford Avenue, DT4 7LQ. 9am-10am, £3 per session. Call Tia on 07436 127186 for details.

For further details on any of the above activities:

Call: 01305 818595
Email: sportsandsocial@dorsetmentalhealthforum.org.uk
Visit: www.dorsetmentalhealthforum.org.uk