Dorset Mental Health Forum
Sports and Social Connection

Sports & Social Activities
Boscombe, Bournemouth & Poole

MONDAY

Bournemouth / Poole / Christchurch - Mindful Stroll: 1.30pm till 3.30pm. We meet on Monday afternoons at various different locations each week (weather dependent). For those looking to connect with nature, each other and their surroundings. Come along for a stroll outdoors, taking notice of and learning more about our surroundings as we stroll. Stopping for a drink and catch up along the way. Call Darren on 07436 127214cfor details.

TUESDAY

Bournemouth - Social Group: 12pm-2pm, The Brasshaus, Westover Road. Join us at this convenient, town centre location, where the staff are friendly, prices good and everyone is very welcoming. Drop in for a chat and a cuppa, maybe a spot of lunch too. Steve our Peer will be pleased to meet you.

Bournemouth - Stepping Stones Evening Social: 6pm-8pm, TOSH (The Old School House), Boscombe, BH7 6BG. Come and join our peer Ben Cheesman for some board games, cards and quizzes at our casual evening social.

WEDNESDAY

Poole - Café Social: 11am-1pm, The Lighthouse. Join us at this convenient, town centre location opposite the bus station. We meet on the first floor above the café and lifts are available if required. Comfortable seating and a warm welcome from Steve our Peer are assured. This group is friendly and welcoming, so why not drop in for a chat and a cuppa.

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. First time kicking a ball or just looking for a kick about? Come join Kyle and Ben for our open casual football session for anyone to attend. We have the use of 2 astro pitches which can accommodate 8 aside.

Bournemouth - Pool Group: 4pm-5pm at Oasis Fun, Glen Fern Road BH1 2LZ. Meet outside at the front of the building. £2.50 per session. We meet weekly, excluding school and bank holidays. Join Ben for some games like Killer Pool, Doubles and more. There are also some arcade machines if pool is not for you.

THURSDAY

Bournemouth / Poole – Café Social: For young people aged 18-25, 2pm-4pm, alternating between Flirt Café and Delfino Lounge. Contact us or follow our socials to check location.

Poole - Fortnightly Bowling Group: 2pm-4pm, Hollywood Bowl, Branksome. £3.60 a game with concessions. Call Darren on 07436 127214 for details. For those looking to be a bit more active, connect with others and have some fun. Come along and join our friendly group for a game of bowling and a social catch up.

FRIDAY

Boscombe - Café Social: 11am-1pm, The Well Café, Boscombe Royal Arcade. Join us at this beautiful café located in the Old Boscombe Royal Arcade. Here the staff are lovely, and the food and drinks are both good quality and reasonably priced. Our Peer Steve will be pleased to welcome you to this vibrant café and introduce you to our friendly group.

For further details on any of the above activities:

Call: **01305 818595**

Email: **sportsandsocial@dorsetmentalhealthforum.org.uk**

Visit: **www.dorsetmentalhealthforum.org.uk**