Dorset Mental Health Forum
Sports and Social Connection

Sports & Social Activities
Dorchester, Portland & Weymouth

MONDAY

Portland - Café Social / Walking Group: 11am-1pm. A gentle stroll varying every week on this interesting island. Followed by a café for a rest , chat and a cuppa. Then stroll back. Ben & Tia our Peers lead the walk and it is never too far or too quick. Starting points vary week to week. To find out more call Dave on 07788312844.

Weymouth - Fortnightly Women's Group: 11am-1pm, Coffee#1 St Mary Street, DT4 8PN. A fortnightly women only lunchtime social get together. A chance to sit amongst women of all ages and background discussing a wide range of topics. A safe and a welcoming space. It is a great group for building confidence for other groups or simply getting out around others. Call Tia on 07436 127186 for details.

Weymouth - Badminton: 2.30pm-3.30pm, Redlands Sports Hall, Dorchester Road, DT3 5AW. £3 per person. Join us at this modernised sports centre and attend this friendly group. All abilities catered for here. When we finish there is an opportunity to have a cuppa and a chat in the very reasonably priced café. £3 to play with equipment provided. You just need trainers and clothes you feel comfortable wearing.

TUESDAY

Weymouth - Café Social / Walking group: 11am usual start time. A gentle stroll varying every week from seafront to nature reserves to fields and much more. Followed by a café for a rest, chat and a cuppa. Then stroll back. Dave or Ben our Peers lead the walk and it is never too far or too quick. Starting points vary week to week. To find out more call Dave on 07788312844.

Weymouth - Social Gym Group: 4.30pm–5.30pm, Coastland Sports Centre, Cranford Avenue, DT4 7LQ. £3 per session. Join our Peers Rob/Tia at this quiet venue for light exercise or a full on work out. If you are new to using a gym we can show you how to safely use the gym equipment and you just need to bring trainers and clothes that you feel comfortable in wearing. Our peers will be happy to meet you by the entrance and show you around if its your first time. To find out more call Dave on 07788312844

Weymouth - Gardening Group: 2pm-4pm, Quibo Lane allotments, Quibo Lane, DT4 0RR (opposite crematorium car entrance). An opportunity to get out in the fresh air, meet people and do some gentle tasks like growing from seed, potting on, planting out, weeding, watering. Also maintenance tasks like painting shed, planters. We have some raised beds which for some, make tasks easier. We have a nice seating area, small fruit trees, shrubs, pond, bug hotel and nice shed. Toilet facilities also on site and we also provide refreshments. For more details call Dave 07788 312844.

WEDNESDAY

Weymouth - Indoor Skittles: 11am-1pm, Centenary Club, 21 Jubilee Close, DT4 7BG (around a 7 minute walk from the train station). This is a free activity that gets everyone involved. A friendly sociable vibe and small prizes too. No skill involved just come along and have a go! Hot drinks here are a bargain at just £1 and everyone is very welcoming.

Weymouth - Pool & Snooker: 1.30pm-2.30pm, Snookes Sports Bar (down the lane next to Primark) 9-10 Caroline Place, DT4 8NW. £3 per person. Fancy some friendly games of pool or a more difficult game of snooker. The choice is yours! This venue has cheap hot & soft drinks and a selection of rolls etc. Cost is just £3.

Weymouth - Art & Craft Group: 2pm-3.30pm at Hope House, 2 Dorchester Road, DT4 7JS. This friendly, welcoming group is run jointly between The Forum and the Community Resource Team. Both Sarah and Amanda look after the session which varies every week. You may have a particular skill you can share with the group or if not, just join in with everyone else. Just a £2 cost to cover materials.

THURSDAY

Dorchester - Women's Group: ***Fortnightly,*** 12noon-2pm, Vivo Lounge, 23 Weymouth Avenue, DT1 1QR. Join our Women's Group for a cuppa and a chat at this friendly get together. Call Tia on 07436 127186 to find out more.

Weymouth - Café Social: 11am-1pm, Nautico Lounge, St Thomas Street, DT4 8EL. Join us at this very accessible, sociable venue in the heart of town. Drop in for a cuppa and a chat at this friendly session. Hear about other activities in the community that may be of interest to you.

Weymouth - Football: 2pm-3pm, Redlands Sports Centre, Dorchester Road, DT3 5AW. Mixed abilities. Come along and join us for a free friendly kick about or small sided game. Inside in the spring/winter months and outside in the summer. All abilities welcome and you can stay for as little or as long as you fancy.

Weymouth - Golf Putting: 2pm-3pm, Greenhill Gardens (meeting at the hut beside the green), £3 per person. A super setting to have a game, located just above the seafront and overlooking the sea. Come join in with this friendly, small group who try every week to get that elusive hole in one shot. Ben is our peer who looks after this session and this ends in a social cuppa at the Jurassic Café.

Weymouth - Gym Group: 4.30pm–5.30pm, Coastland Sports Centre, Cranford Avenue, DT4 7LQ. £3 per session. Join our peer Rob at this quiet venue for light exercise or a full on work out. If you are new to using a gym we can show you how to safely use the gym equipment and you just need to bring trainers and clothes that you feel comfortable in wearing. Rob will be happy to meet you by the entrance and show you around if its your first time. To find out more call Dave on 07788 312844.

FRIDAY

Dorchester - Gardening Volunteering: 11am-1pm, Wolfeton Manor Care Home (16 East Hill, Charminster DT2 9QL). Join us at this quiet setting to do a range of tasks including planting, watering, digging, painting. A variety of birds, hedgehogs and if you're lucky a deer can randomly appear at this lovely garden. Refreshments provided.

Dorchester - Café Social: 1.30pm-3pm, Vivo Lounge, 23 Weymouth Avenue, DT1 1QR. Join us at this accessible, sociable venue in the heart of town. Drop in for a cuppa and a chat at this friendly get together. Hear about other activities in the community that may be of interest to you and maybe link up with our peer Ben and his regular Friday afternoon Cinema group too.

SATURDAY

Weymouth - Gym Group: Coastland Sports Centre, Cranford Avenue, DT4 7LQ. 9am-10am, £3 per session. There is free parking at the college car park on Saturdays and it is one of the quieter times to use the gym which means you will have access to most of the equipment. Tia is around for conversation and some training if wanted, but it can also be a quiet space without overwhelm or expectation.
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**