

START's Open Groups

(spring/summer 2024)

Mondays

Weymouth - Fight Back Mental Health

Boxing (non-contact), 90 minutes of boxing related exercise. No experience needed. Mondays at 10:30am -12pm at Weymouth Boxing Club, 32a Hardwick Street, Weymouth DT4 7HS. Text Matt for further details.

Dorchester - Walking Group

11am, meet at the San Telmo chip shop in Fordington. Contact Hannah for further details.

Lyme Regis - START's Walking for Wellbeing

Join our friendly group for an hour's walk at a gentle pace, with frequent stops to take in the beautiful views. Every Monday 11am, meet next to Cobb Gate car park (by the big anchor), Bridge Street, Lyme Regis, DT7 3QD. Call Pam for more details.

Online - Coffee Group

All welcome to join our online coffee group every Monday at 1pm via Microsoft teams. Contact Hannah for further details.

Tuesdays

Dorchester - Circuit Group

Our START circuit group at Anytime Fitness in Dorchester (Brewery Square, DT1 1GY) from 11:35-12:15. With Ross and Haylee. Please contact Haylee for further details

Dorchester - Social Group

START's weekly social at The Junction, Every Tuesday from 12:30 - 13:30pm. Contact Haylee or for more details

Bridport - Talking Café POD

Join us for a tea or coffee as well as all things creative (art, crafts, games etc) at The Chapel in the Garden (Rax lane entrance) from 14:15 till 15:30 - Contact Sarah and Tanya for more information.

Puncknowle - Flowerdew Farm

Join us every other Tuesday from 10:30 until 13:00 to connect with the countryside, enjoy wildlife, do some arts and crafts and even get up close with Alpacas and mini goats. (Wear clothing you don't mind getting dirty) Address: Flowerdew Farm, Hazel Lane, Puncknowle, Dorchester DT2 9BU. Contact Matt or Sarah for more details.

START Staff contact numbers

Tanya 07768 375345 Hannah 07769 931698 Haylee 07766 026673
Pam 07717 736234 Sarah 07717 422049 Matt 07824 104646

START email: dhc.start@nhs.net

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Wednesdays

Bridport (Modbury Farm) - The Flower Social

Join The Flower Social at Modbury farm, a chance to learn all about flowers in a relaxed countryside environment - fortnightly on a Wednesday 10am - 12pm. Starts 5th June 2024.

Contact Tanya for more details.

Bridport - Swimming group

Swimming at Bridport Leisure Centre every Wednesday at 12pm. Meet in the foyer. Price is £4.80 per person - Contact Matt for more details.

Dorchester - Swimming group

Swimming at 1610 from 3pm every Thursday (prices are £5.50 or £4 concessions). Meet in foyer. Contact Sarah for more details.

Thursdays

Bridport - START Cooking - 'Cook to Connect'

Join Sarah for a fun, back to basics cooking group. Learn how to make simple, tasty, healthy, and inexpensive meals. The group runs every fortnight on a Thursday at Harmony, Bridport, maximum 6 per group. Please contact Sarah for more details on how to join.

Dorchester - Photography Group

Join Hannah for her new photography group. Meet behind Waitrose in Dorchester every **other** Thursday at 12 midday. Plan for 2/3 hours with us and bring camera or phone with built in camera and money for tea/coffee if we find a café where-ever we go. Contact Hannah for more details.

Dorchester - Haylee's Fitness Club

Join our resident person trainer and fitness enthusiast Haylee who will be facilitating an exercise class on the Great Field every Thursday from 12 until 1. Whilst you're there get some diet and nutrition tips and get your own personalised training program. Call Haylee for more details. (starts: 9/5/24)

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Fridays

Dorchester - Talking Café

Join our well-established talking café at the Shire Hall in Dorchester, every Friday at 11am.
Contact Sarah or Haylee for further details.

Online - Social Group

All welcome to join our online social group every Friday at 11am via Microsoft teams. Contact Hannah for further details.

Dorchester - Art Group

Fridays from 1-3pm. At Dorchester Museum (There is a one-off payment of £11. This gives membership to the Museum for a whole year). Please contact Hannah for more information

Dorchester - Circuit Group

Our START circuit group at Anytime Fitness in Dorchester (Brewery Square, DT1 1GY) from 1-2pm. Please contact Haylee for further details.

Monthly Groups:

Maiden Newton - Tea Together.

Join us for a cup of tea, company, or a change of scene. The second Wednesday of each month, 2 - 4 pm - Webbers Piece Community Room. For more information contact Sarah in partnership with Jurassic Coast PCN. Contact Sarah for more details.

Bridport - START book club.

Meet on the first Monday of the month (other than bank holiday's), 1pm - 2pm at Bridport library. We are a friendly and welcoming group who enjoy a range of fiction, poetry and stories to celebrate the seasons! Please contact Pam for more details.

Beaminster - Talking Café.

On the last Monday of the Month from 2 - 4pm at the Tangerine Café - the first hour being a social and the second hour being dedicated to writing to wellbeing - 2 North St, DT8 3DZ, Contact Tanya or Sarah for more information.

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