

There are many activities and things for you to do in the local community to get you out and about and keep you busy.

Milton Abbas Surgery Wellbeing Team

Craft Group

1st & 3rd Wednesday of the month at 12.30pm
Milborne St Andrew Sports Club Pavilion
(DT11 0JA)

Craft material, tea, coffee & biscuits available.
No need to book.



Milton Abbas Surgery
Wellbeing Team

BEGINNERS LINE DANCING

Winterborne Whitechurch Village Hall
Mondays 2.30pm – 3.30pm



All welcome, no need to book, free entry

Milton Abbas Surgery Wellbeing Team



Walking Group

Friends who walk together - Wednesday's at 10am

Please pick up a walk schedule at Reception or online on our surgery website: www.masurgery.co.uk



MINSTER MARKET

THE ALLENDALE CENTRE EVERY FRIDAY 8AM – 2PM

LOCAL PRODUCE, CRAFT BUSINESSES,

ANTIQUES, AND A CAFE ON SITE



BLANDFORD REPAIR CAFÉ

Don't replace it - repair it!

Our monthly Repair Café is a free community group for people in Blandford & surrounding villages to bring their broken items to see if one of our lovely team can fix it. We have volunteers who fix electrical items, bikes, clothes, ceramics and more. We also have drinks and cakes for while you wait, and if you don't need anything fixed it's a great chance to meet new friends.

WITH A RAFFLE!

Saturday 22nd Feb
1.30pm – 4.00pm



We rely on donations and team work to make the dream work - if you can help out as a volunteer, by bringing a cake, are a local business who could donate a raffle prize, or can put up a poster, get in touch!

Email blandfordrepaircafe@gmail.com

Find us at Blandford Scout Hut, Eagle House Gardens, DT11 7BT



MILTON ABBAS SURGERY ARE SEEKING BUDDING ARTISTS!

We want to make our surgery walls fun and colourful by hanging up some artwork from local artists.

Anyone can join in and all abilities welcome! Your artwork can be any size up to A4. Please remember to put your name, age, and contact details on the back when you drop it off at Reception. We can't wait to see them!

Categories: 0-5 years old / 6-11 years old / 12 to 18 years old / 18 years and over

Theme:
WHAT MAKES ME HAPPY!

Closing date extended to Friday 28th February 2025

New Year
New You

AQUA FITNESS CLASSES

Fun, low impact
and excellent
cardio

Mondays 6pm
Gorcombe, Blandford

PLEASE MESSAGE EMMA AT
INFO@SWIMSOUTH.UK FOR
MORE INFORMATION
07584209300



The Wellbeing Team can be contacted by telephoning the surgery 01258 880210 or email mawellbeingteam@dorsetgp.nhs.uk

Please note that the wellbeing team are not clinical staff and cannot advise you on clinical matters

MINI
FIRST
AID 

BLANDFORD

2025

Sat 18th Jan 10am - 12pm
Sat 15th Feb 10am - 12pm
Sat 15th Mar 10am - 12pm



For more details go to
www.dorset.minifirstaid.co.uk

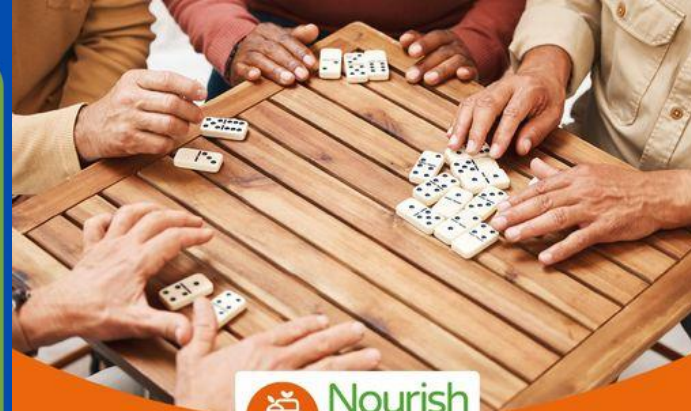
Community Drop In

Your Surgery as part of Mid Dorset PCN invites you to our monthly community drop-in sessions being held at

Dorchester Library
on the fourth Wednesday of each month
10am - 12pm

Come along and meet your PCN Carers and Social Prescribing Leads, together with other community Services.

An opportunity to socialise, have some refreshments and find out what support is available in your communities



Friendship Cafe

A warm and welcoming space for those wishing to meet new people or simply relax with a hot drink.

Including: free hot drinks and cake, a range of activities and board games or just pop in for a chat.

When: Tuesdays, 10am - 2pm
Thursdays, 10am - 4pm

Where: Nourish, United Reformed Church, Salisbury St, Blandford, DT11 7PY

FOR ANY ENQUIRIES:

Email: nourish@faith-works.org.uk | Call: 01258 456093

Website: faith-works.org.uk

Charity no. 1108714

Neighbourcar

Need help with transport for a medical appointment?

01258 470333



Every third Thursday:

Photography Support Group
7.30 onwards
Blandford Forum Camera Club,
The Old Water Tower, Station
Court DT11 7RJ

The Royal British Legion (Blandford) Club



Come down and join in, all welcome

Monday Lunchtime Bingo

Thursday Evening Bingo

Sunday Evening Bingo

Quiz every 2nd & 4th Tuesday Night

Indoor Kurling

£3 per person

@ Winterborne Whitechurch

Village Hall

Thursday's 10am - 12pm

Beginners welcome.

No booking required.

Any questions contact us:

07956865566 / 07813404830



TABLE TENNIS CLUB

Winterborne Stickland Village Hall

Tuesday afternoons from 2-4pm, and from 7-9pm most Friday evenings.

£2 per session charge.

It is a club for adults. They play for pleasure and do not enter any leagues!

Please contact Graham on 01258880740 if you need further information.

The Valley Gardening Club

Pamela Hambro Hall, Winterborne Stickland

Talks every 3rd Wednesday of the month. (Feb to June & Sep to Nov) Spring & Summer Shows and other events.

Non-members welcome (£3.00)

For full event and membership info, visit our website:
sites.google.com/view/valleygardeningclub
or contact Mark 07938 171045

#ANDYSMANCLUB

SUICIDE IS THE BIGGEST KILLER OF MEN UNDER 45
1 MAN EVERY 2 HOURS

ALL OUR GROUPS MEET MONDAY 7PM

TO FIND YOUR NEAREST GROUP VISIT OUR WEBSITE
WWW.ANDYSMANCLUB.CO.UK

JOIN THE CONVERSATION

-  [andysmanclub](https://www.facebook.com/andysmanclub)
-  [andysmanclubuk](https://www.instagram.com/andysmanclubuk)
-  [@andysmanclubuk](https://twitter.com/andysmanclubuk)
-  info@andysmanclub.co.uk



#ITSOKAYTOTALK

We are a peer to peer support group for men. Come have a brew and a chat!

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