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

BEGNNERS 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 10am Please pick up a walk schedule at Reception or online on our surgery website:

www.masurgery.co.uk

Chair Pilates

For Complete Beginners



- Strengthen your Core and look after your Spine
- Learn good Movement Techniques
- Improve your Posture
- Reduce every day Pain and Fatigue
- Recommended by Physiotherapists and Osteopaths

Start Time: 9.15 - 9.50am - Followed by Free Tea/Coffee/Biscuits

Where: Winterborne Kingston Village Hall

Day: Each Monday morning

If you would like to join the class, please contact Steph at Stefpilates@outlook.com or simply come along one Monday morning at 9.00am for a chat to see if the class is suitable for you.

BLANDFORD FORUM Community SUPPLIES FORUM COMMUNITY FORUM FORUM COMMUNITY FORUM F

25[™] AUGUST FROM 10AM

FUN FAIR, ENTERTAINMENT, MARKET, CHARITY & FOOD STALLS DEMONSTRATIONS and more!

AT MARSH & HAM, DT11 7AW



PURBECK MODEL RAILWAY SHOW

BH193EB

10am-5pm (-4pm Sun)

Neighbourcar

Need help with transport for a medical appointment?
01258 470333

CHALLENGE PATCH CLUB

Every Friday during the school holidays 3.30-5pm

£5 a session Booking essential

Suitable for ages 5-12+

Join Patch the dragon on a badge adventure, complete fun tasks from cooking to crafting, construction to games.

Your child will earn a new badge each week during the summer holidays.

Complete 6 to get a bonus one!

PATCHC

Starts Friday
25th July at the
Crafty Cuppa.
DT1 1HU
www.craftycuppa.uk



LIVE MUSIC · FOOD WAGONS

TRADE AND CRAFT STALLS \cdot CRAFT TENT

SUNDAY MORNING CAR BOOT SALE

WWW.PURBECKRALLY.COM

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





Charity Number 209082

SUMMER SHOW

The Valley Gardening Club

SAT 16TH AUG 2.30 to 4.15

Pamela Hambro Hall WINTERBORNE STICKLAND

RAFFLE · REFRESHMENTS

REFRESHMENTS SERVED UNTIL 4PM

Admission: 50p, Accompanied Children Free

ENTRIES CLOSE TUESDAY 12th AUGUST 6pm



COMMUNITY COFFEE MORNING

Tuesday 12th August 2025 10.30am – 12.30pm Winterborne Whitechurch Village Hall

All patients who would like a cuppa and company are welcome. Our Surgery Health Champions will be there to chat about the different local groups they help run. We are also pleased to have attending representatives from our Occupational Therapy Team and from Dorset Adult Care.

Tea, coffee, and cake will be available.



National Garden Scheme visits are a special experience – you can wander through beautiful gardens on a guided tour, enjoy tea and homemade cakes, and connect with like-minded people.

Find a garden near you / www.findagarden.ngs.org.uk



Age UK Dorchester Forget-Me-Not Dementia Support Group

Monthly drop in every third Monday of the month 1.30pm to 3.00pm. Shire Hall Museum, High West Street, Dorchester, DT1 1UY £2.50 per person Join for activities, guest speakers, games and a warm welcome.

Breast Cancer Now

SUNDAY 10TH AUGUST 2-4PM WINTERBORNE WHITECHURCH

VILLAGE HALL



Bar *Refreshments

2pm Games for Kids and Dart Competition for adults

3pm Game of Bingo* (£1 per flyer)
3.30pm Raffle Drawn*
Great prizes to be won





£6 per





Wheelchairs