

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 10am
Please pick up a walk schedule at Reception or online on
our surgery website: www.masurgery.co.uk

PET SERVICE

A Celebration of Our Animal Companions



SUNDAY, 14TH SEPTEMBER
10:30 AM

MILTON ABBAS PAVILION AND SPORTS FIELD

Join us for a special service to bless and give thanks
for the pets who enrich our lives: dogs, cats,
rabbits, ponies, and guinea pigs.



Family Friendly
All Pets Welcome
(on leads or in carriers)

Music Blessings Refreshments
Bring your pet, your friends, and your love for animals!
Rain or shine – we'll be there with tails wagging!



PARENT & BABY AQUA FITNESS

Thursdays mornings
Gorcombe Sports
Centre
Blandford



MESSAGE EMMA AT INFO@SWIMSOUTH.UK

Neighbourcar

Need help with transport for a
medical appointment?
01258 470333

WE NEED YOU

NEXT MEETING:

WHEN: 9th September 2025

TIME: 7.00pm

WHERE: The Reading Rooms, Milton Abbas

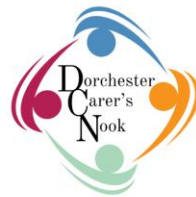
JOIN OUR
PATIENT VOICE!

Our Patient Voice meetings are open to all patients
over 18yrs old.

We would really appreciate support in how we can
improve our service provision, and would love to
hear what patients from all backgrounds have to
say. Why not come along to our next meeting?

If you are interested in knowing more, please
visit our surgery website or contact the
Secretary Nigel Hodder on 07983 013781.

www.masurgery.co.uk/patient-voice



Your Space. Your Support. Your Community

Are you a carer?

Whether you support a loved one full-time or
occasionally, your role matters.

The Dorchester Carers Nook - a welcoming space for
support, connection, and advice, made just for carers
like you.

Upcoming Sessions

September - Physical wellness
October - Winter wellness
November - Men's health
December - No session

What can you expect?

2nd Wednesday
of every month

10am-12pm

Dorchester Connect
Day Centre



Time to connect – Meet other carers, share
experiences, and enjoy a cuppa in a relaxed,
supportive space.



Guidance & support – Speak with local
community and voluntary services for expert
advice and helpful resources.



Peace of mind – Book your loved one into a
safe, fully-staffed social session or activity
while you take a well-earned break.



For more information scan the QR code or visit www.mid-dorsetpen.co.uk/dorchester-carers-nook



Save the Date!

What: Our annual flu vaccination clinic

When: Saturday 4th October 2025

Where: Winterborne Whitechurch Village Hall

Please save this date as we would like as many
of our eligible patients to attend.

Further details to follow!

Online Seated Exercise Classes



Want to be more active?
Finding it increasingly difficult to get around?
No transport or easy way of getting places?

**Exercise at home from your own chair with
our Online Seated Exercise web sessions**

Online Seated Exercise Classes, offer gentle chair based exercises that are
designed to improve confidence, increase stability, improve mobility and
balance, strengthen muscles, improve posture and help prevent falls.

Every Thursday for 1hr | £4 per session | 10am - 11am

All you need is a PC or mobile device, speakers & internet

To Book Call 01305 269 444

Email: wellbeingsservice@ageuknswd.org.uk



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

Empower Your Health: Blood Pressure and Type 2 Diabetes Prevention

LW TC
Living Well
Taking Control

Join **Living Well Taking Control** for a **free webinar** to learn how taking control of your blood pressure can help to reduce your risk of type 2 diabetes, and explore other practical strategies to protect your wellbeing

Find Out About:

- ✓ The connection between blood pressure and blood glucose
- ✓ Practical lifestyle tips to reduce blood pressure
- ✓ Achieving balanced nutrition & hydration
- ✓ Ways to add movement into your daily routine
- ✓ How to manage stress
- ✓ Tips for improving sleep

Scan Me!

REGISTER NOW

Date: 10 Sep 2025
Time: 12:00-12:40pm
Registration Link:
<https://blood-pressure-and-diabetes-lwtc.eventbrite.com>

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

LW TC
health
exchange

Craft and Chat

Do you like to knit, crochet, embroider or more? Come along to our friendly, informal craft session. Bring your own craft and enjoy a morning of craft and chat.



Blandford Library

**Third Tuesday of the month
10:30am to 12:00 noon**

For more information ☎ **01258 452075**

🐦 @DorsetLibraries 📘 DorsetLibraries

THE WESSEX HEAVY HORSE SOCIETY

Wessex Heavy Horse Show & Country Fair
including The West of England In-Hand & Harness Championships

Early bird tickets - £8.00
plus booking fee

<http://www.ticketsource.co.uk/wessex-heavy-horse-society-ltd>

Great Fun For All The Family

Trade Stands, Craft Stalls, Refreshments, Classic Vehicles, Stationary Engines, Adams Axemen, Meet and Greet 2025, Crufts Show Poodle Disco, Fun Dog Show, Farrier Shoemaking Competition & Scurry racing

Sunday 21st September 2025

Turnpike Showground
SP7 9PL

WINTERBORNE WHITECHURCH VILLAGE HALL

BINGO

SAT 6th SEPTEMBER

DOORS OPEN 6.15pm – EYES DOWN 7pm

**Guaranteed
£50 WIN***

Adult & Children's Raffle (School Age)

Bar & kitchen Refreshments

*Full House on free flyer 'Finale Game' with purchase of a bingo book

N.B. No Cash Awarded or Alcohol Served to Under 18's
(Charity No. 209082) RAISING FUNDS TOWARDS THE BAR DISHWASHER

Please join us at the
WINTERBORNE KINGSTON VILLAGE HALL

BINGO

CASH PRIZES

Friday 26th September

Doors open 6.15pm | Eyes down at 7pm
Soft drinks and snacks available or BYOB!
£1 RAFFLE with lots of prizes to be won.
Reservations appreciated.
Profits donated to local charities.

SAVE THE DATE

FARMERS MARKET

SATURDAY NOVEMBER 1ST
PAMELA HAMBRO VILLAGE HALL
10AM - 1PM

**LOCAL PRODUCE
FROM LOCAL
BUSINESSES**

**YOUNG LIVES
vs CANCER**

BINGO

WEDNESDAY 3RD SEPTEMBER
PIMPERNE VILLAGE HALL
DOORS OPEN 6.15PM
EYES DOWN 7.30PM

Contact Marilyn for
enquiries on 07927674338

**All money raised goes to
Young Lives vs Cancer
Charity Number 1107328**

89 16 8