

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

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

Neighbourcar

Need help with transport for a medical appointment? **01258 470333**

WINTERBORNE WHITECHURCH VILLAGE HALL

FAMILY FRIENDLY



SAT. 8th NOVEMBER

DOORS/BAR OPEN **6.15pm** – EYES DOWN **7pm**

£40 FINALE' GAME!

Bring your carrier bags and choose from our selection of

Adult & Children's Raffles

Well stocked Bar

kitchen Refreshments

N.B. No Cash Awarded or Alcohol Served to Under 18's

(Charity No. 209082) Children Age Guidance 5+

RAISING FUNDS TOWARDS THE BAR DISHWASHER

FARMERS MARKET



**Saturday
November 1st**
Pamela Hambro village hall
Winterborne Stickland
10am – 1pm



**Local produce
from local businesses**

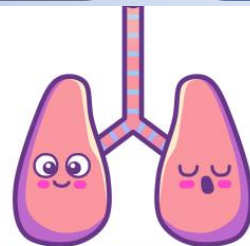
Pimperne Baby & Toddler Group



Baby & Children's Preloved Sale

Sunday 2nd November
at
Pimperne Village Hall
10:30am till 12:30pm

Clothes, toys, books, puzzles, linen, and nursery
equipment (maternity to 10 years).
Some child product business tables available.
Free entry, donations to Toddler Group appreciated.
Refreshments available (cash or card).
Don't forget to bring your shopping bags.
This is a table top sale, if you would like a table
£5 preloved/£10 business.
Please contact our Facebook page or
WhatsApp us on 07359788738



Do you have COPD?

Do you have to stop to catch your breath?

Does this stop you from doing your usual activities?

Pulmonary Rehabilitation

could help you

**Come along to our Pulmonary Rehab Drop-
In Awareness Session to find out more**

Meet our friendly team, chat with people who have already attended the groups
and learn how exercise can help you breathe easier and live better

- | | |
|----------------------------------|---------------------------------------|
| ✓ Understand your lung condition | ✓ Improve your quality of life |
| ✓ Breathe better | ✓ Reduce the risk of chest infections |
| ✓ Increase your activity levels | ✓ Increase your confidence |

Pulmonary Rehab Drop-In Awareness Session

Wednesday 19 November | 12–1pm

St Mary's Church Hall, Dorchester

To book your place, call: 01305 255203

NHS
Dorset County Hospital
NHS Foundation Trust

RACE NIGHT

Saturday 15th November

Winterborne Whitechurch
Village Hall

Doors Open 7pm, Races start 7:30pm

Booking Essential via
tashraw@aol.co.uk or 07765096207



**£6 per
person**

BAR

Charity Number 209082



Make a connection, make a spark!

Connect is a playful weekly drama group
accessible to all. This is a fully inclusive
session for adults and is aimed at those who
want to have fun in a creative and supportive
environment through the use of drama games
and activities. Everyone is welcome so why not
come and join in the fun!



**AUTUMN
SESSIONS
START
15th Sept!**

Mondays, 10.30am - 12.00pm

£5.00 per session (suggested donation) Carers free

**Location: The Corn Exchange, High East St,
Dorchester, DT1 1HF**

DorchesterArts

The Corn Exchange, High East Street, Dorchester DT1 1HF
enquiries@dorchesterarts.org.uk
01305 266926
www.dorchesterarts.org.uk

Supported by:
Dorchester Town Council
Dorset Council
Dorchester Arts Centre is registered in England and Wales
as a Company Limited by Guarantee No. 2752793.
Registered Charity No. 1015446.

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

St Mary's Winterborne Whitchurch invites you to a

CHRISTMAS FAIR

Saturday 15th November 2025

11.00am – 12.30pm

in

The Old School Room

Tombola

Raffle

Stalls

Refreshments

Everyone Welcome



CHRISTMAS CRAFT FAIR

ON

Sunday 16th November

Charlton Marshall Village Hall
DT11 9PF

OPEN 10.30am to 3pm

AN IDEAL TIME TO GET
CHRISTMAS GIFTS.

Free Entry.

Refreshments

and a Grand Raffle



Carers Money Matters Hub Now Live!

This hub is the one stop shop to find out everything you could ever need to know about the Carers Money Matters program. From help with finances, getting back to work, training courses, health and wellbeing, what's on and the support available in your community.

<https://www.carersupportdorset.co.uk/carers-money-matters>

manage weight move more drink less stop smoking

Support to live a healthier life is **FREE & EASY**

LIVE IN DORSET? THIS IS THE SERVICE FOR YOU!

FREE slimming vouchers
FREE smoking quit kits
FREE coaching sessions
FREE activity plans

Call 0800 840 1628 or visit livewelldorset.co.uk

LiveWellDorset

Borne Crafty
CHRISTMAS CRAFT FAIR
Saturday 29th November 2025
PAMELA HAMBRO HALL
WINTERBORNE STICKLAND
10 - 3pm

Showcasing our beautiful handmade gifts perfect for the festive season.

BARN DANCE
AT THE TOLPUDDLE VILLAGE HALL
Saturday 22nd November
Doors open at 7.00pm
Dancing at 7.30pm

Tickets £10 per person available on-line from
<https://wegottickets.com/event/678660>

A fun evening with live music supplied by
'No Strings Attached'

Pay Bar

All proceeds go to the Tolpuddle Old Chapel Trust.

'Twiglets'
Baby and Toddler
Group at
Winterborne
Stickland
Nursery

Every Friday 1.30pm-3pm
£2 per family
(refreshments included)
No need to book!

Winterborne Stickland Nursery
Winterborne Stickland
Blandford
DT11 0NN

DorchesterArts Art for Memory



A fortnightly art session for people experiencing the early stages of memory loss or waiting for a diagnosis

Guided by an experienced art tutor, each session explores different creative skills such as printmaking, painting, collage, and drawing, using a variety of techniques to spark imagination and self-expression. All sessions are relaxed and supportive, with plenty of time for tea, coffee, biscuits, and friendly conversation. A dementia-specialist support worker is also available to offer further information if needed.

No prior art experience is required, and all materials are provided.

Sessions run every other Wednesday

2.00-4.00pm

Dates for Autumn 2025:

Sept 17th;

Oct 1st, 15th;

Nov 5th, 19th;

Dec 3rd, 17th

Location: Dorchester Arts,
The Corn Exchange,
High East Street,
Dorchester, DT1 1HF

Come and try your first session for free.

Please email or call on the details below to book:

engage@dorchesterarts.org.uk

01305 266926

www.dorchesterarts.org.uk/joinin

£5.00
per session
Carers join free

Supported by:

ff FOYLE FOUNDATION



**TREADS
BRING & BUY
SALE**

crafts, nearly new items
cakes and lots more!

HELP US TO HELP OUR LOCAL
CHILDREN & YOUNG PEOPLE

29 November 2025
9.30 till 12.00
at
Woodhouse Garden Pavilion
Blandford Forum
DT11 7DN