

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



1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month at 12.30pm

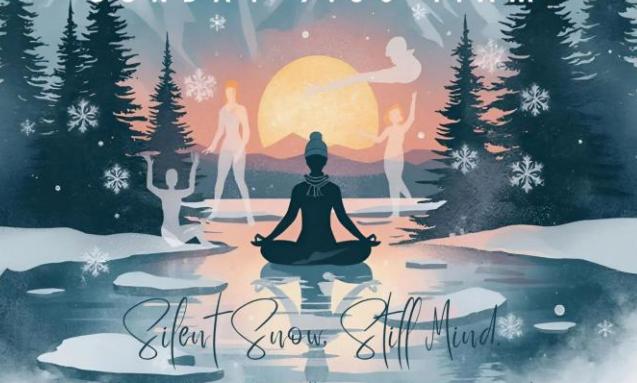
Milborne St Andrew Sports Club Pavilion (DT11 0JA)

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

## Winter Yoga\*

WINTERBORNE  
WHITECHURCH  
FRIDAY 5 - 6 PM

WINTERBORNE KINGSTON  
MONDAY 7 - 8 PM  
WEDNESDAY 6.30 - 7.30 PM  
SUNDAY 9.30 - 11 AM



Victoria 07872163388

For more info and bookings

£10 per session

## YOGA FOR MEN

EVERY THURSDAY AT 7:30 PM

£15.00 per session

A strong, grounding practice designed to build flexibility, focus, and ease – no experience needed.

Come as you are and discover how yoga can support strength, mobility, and stress relief.

To book, WhatsApp  
Sally: 07873336662

[www.yogain dorset.com](http://www.yogain dorset.com)



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](http://www.masurgery.co.uk)



## Neighbourcar

Need help with transport for a medical appointment?

01258 470333

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!



Call 0800 840 1628 or visit [livewell dorset.co.uk](http://livewell dorset.co.uk)

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



LiveWellDorset

## BLANDFORD REPAIR CAFÉ

We are a free friendly community group for people in Blandford & surrounding villages. You can bring your broken items to see if one of our lovely team can fix them. We have wonderful volunteers who can fix electrical items, bikes, clothes, ceramics and much more. We also have drinks and cakes for while you wait and if you don't need anything fixed it's a great place to socialise and meet new people.

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

### UPCOMING DATES

- Sat 13th Dec
- Sat 17th Jan
- Sat 21st Feb
- Sat 21st March
- Sat 18th April
- Sat 16th May
- Sat 20th June

All at 1:30 - 4pm (last repairs 3:30)



Don't Throw It Away, Bring it our way!

We rely on donations and teamwork to make their dream work. If you can help out as a volunteer, by bringing a cake, are a local business that could donate a raffle prize or can put a poster up please get in touch.  
Email [blandfordrepaircafe@gmail.com](mailto:blandfordrepaircafe@gmail.com)



North, South & West Dorset  
**age UK**  
Let's change how we age

## Coming Soon!

### Swanage Forget-Me-Not Group

Launching 14<sup>th</sup> January 2026

Wednesday's 10.30-12.00 | Emmanuel Church, Victoria Avenue Swanage | £2.50 per person

### Dorchester Forget-Me-Not Group

Launching 5<sup>th</sup> January 2026

Monday's 1.30-3.00 | Age UK NSW, Crown Square, Poundbury, DT1 3EN | £2.50 per person

### Dorchester Seated Exercise Classes

Launching January 2026

Age UK NSW, Crown Square, Poundbury, DT1 3EN | £5 per person

To register call 01305 269444 or email:  
[wellbeing service@ageuknswd.org.uk](mailto:wellbeing service@ageuknswd.org.uk)

The Wellbeing Team can be contacted by telephoning the surgery 01258 880210 or email [mawellbeingteam@dorsetgp.nhs.uk](mailto:mawellbeingteam@dorsetgp.nhs.uk)

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

## ADULT ONLY CREATIVE WORKSHOP

**NATALIE'S DEN**  
UNLEASHING IMAGINATION

Different themes each session

Are you new to the area and looking to make new friends? Do you struggle with your mental health and need an outlet? Or do you just enjoy an evening out with the lads that's fun and relaxing? Maybe playing some games together or doing something creative?

Open to all men 6pm-8pm, First and Third Wednesday's Based inside Natalie's Den. Book your seat at [Natalies-den.com](http://Natalies-den.com).

2ND & 4TH WEDNESDAY

STARTS AT 6PM TO 8PM

Visit Our Website [www.natalies-den.com](http://www.natalies-den.com)

BOOK YOUR SEAT TODAY

Our Location  
CE 12 The Grainstore,  
Shaftesbury Lane, DT11 7EG

DIFFERENT THEMES EACH WEEK

Different themes each session

NATALIE'S DEN  
UNLEASHING IMAGINATION

Are you new to the area and looking to make new friends? Do you struggle with your mental health and need an outlet? Or do you just enjoy an evening out with the lads that's fun and relaxing? Maybe playing some games together or doing something creative?

Open to all men 6pm-8pm, First and Third Wednesday's Based inside Natalie's Den. Book your seat at [Natalies-den.com](http://Natalies-den.com).

# Blandford Library Timetable of Events

## What's on at Blandford Library

Monday	Tuesday	Thursday	Saturday														
<p><b>Cuppa and company</b> 10:00am - 12:00pm, weekly</p> <ul style="list-style-type: none"> <li>Drop in for a warm welcome and a free cuppa</li> </ul> <p><b>Shared Reading</b> 2:00pm - 3:30pm, fortnightly</p> <ul style="list-style-type: none"> <li>Join us for a relaxed discussion of a piece of writing or poetry, no preparation needed.</li> </ul> <p><b>Blandford reading group</b> 3:15pm - 4:15pm, last Monday of the month</p> <ul style="list-style-type: none"> <li>Subject to membership availability and fees</li> </ul>	<p><b>Craft and chat</b> 10:30am - 12:00pm, third Tuesday of the month</p> <ul style="list-style-type: none"> <li>Enjoy a morning of crafting and chatting</li> </ul> <p><b>Reminiscence</b> 11:00am - 12:00pm, fourth Tuesday of the month</p> <ul style="list-style-type: none"> <li>Informal group to share recollections and chat</li> </ul>	<p><b>Rhyme time</b> 10:00am - 10:30am, weekly</p> <ul style="list-style-type: none"> <li>Join us for some fun songs and stories</li> <li>Ages 0-4, no booking required</li> </ul> <p><b>Digital Champions</b> 10:00 - 12:00pm, fortnightly</p> <ul style="list-style-type: none"> <li>Solve your IT queries with our Digital Champions</li> <li>Booking essential</li> </ul>	<p><b>SENSational story and play</b> 11:00am - 11:30am, first Saturday of the month</p> <ul style="list-style-type: none"> <li>A story and chat with other families who have young children with additional needs, sharing a range of sensory toys</li> <li>AIMED at pre-schoolers</li> </ul> <p><b>Lego club</b> 2:00pm - 3:30pm, every Saturday</p> <ul style="list-style-type: none"> <li>Drop in to the library and build your next Lego masterpiece</li> </ul>														
<p><b>Library opening times</b></p> <table border="1"> <tr> <td>Monday</td> <td>10:00am - 6:00pm</td> </tr> <tr> <td>Tuesday</td> <td>10:00am - 5:00pm</td> </tr> <tr> <td>Wednesday</td> <td>10:00am - 5:00pm</td> </tr> <tr> <td>Thursday</td> <td>10:00am - 5:00pm</td> </tr> <tr> <td>Friday</td> <td>10:00am - 5:00pm</td> </tr> <tr> <td>Saturday</td> <td>10:00am - 4:00pm</td> </tr> <tr> <td>Sunday</td> <td>CLOSED</td> </tr> </table>				Monday	10:00am - 6:00pm	Tuesday	10:00am - 5:00pm	Wednesday	10:00am - 5:00pm	Thursday	10:00am - 5:00pm	Friday	10:00am - 5:00pm	Saturday	10:00am - 4:00pm	Sunday	CLOSED
Monday	10:00am - 6:00pm																
Tuesday	10:00am - 5:00pm																
Wednesday	10:00am - 5:00pm																
Thursday	10:00am - 5:00pm																
Friday	10:00am - 5:00pm																
Saturday	10:00am - 4:00pm																
Sunday	CLOSED																

Follow us @DorsetLibraries

We are looking for another volunteer to join our Wellbeing Team and help lead our walking group. It would be once a month on a Wednesday morning. Could that be you?

If interested, please contact Kelly or Anna at the surgery 01258 880210

## Youth Club

The Vale FAMILY HUB

Unit 22B Butts Pond Trading Estate  
Sturminster Newton DT10 1AZ

Tuesday - Yr 4/5/6 5.30pm - 7.30pm

Thursday - Yr 7+ 6.00pm - 9.00pm

It's the place to be!!!

ENTRY £1

TUCK SHOP

DJ DAZZER WORKSHOP YOUTH CLUB LEARN TO MIX!

VIRAL WORKSHOP EVERY TUESDAY & THURSDAY AT THE HUB YOUTH CLUB 5-MINUTE CRAFTS FX MAKEUP EFFECTS HAIR STYLING TRENDS

## BLANDFORD BOXING CLUB

**FUN BOX**  
WEDNESDAYS  
18:00 - 19:00

Facebook: Blandford Boxing Club

Unit 2  
Shaftesbury Lane  
DT11 7TB

## BLANDFORD BOXING CLUB

**Junior & Senior Classes**  
Tuesday, Wednesday & Thursday  
19:00-20:30  
£5 a session

Facebook: Blandford Boxing Club  
Tel: 07788 907343

Unit 2 Shaftesbury Lane DT11 7TB

## Save the Date! Surgery Coffee Morning

We would like to warmly invite all unpaid carers and anyone else who would like a cuppa and some company to our next Surgery Coffee Morning on **Tuesday 17th February** at the Winterborne Whitechurch Village Hall 10.30am to 12.00pm. Tea, coffee and cake will be available.

We would love to see you!