

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

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!



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

Call 0800 840 1628 or visit livewelldorset.co.uk



LiveWellDorset

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

Silent Snow, Still Mind

Embrace the winter stillness, nurture your soul.

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.yogaindorset.com



BLANDFORD REPAIR CAFE

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

Repair Café On The Road sessions coming soon

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



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

Coming Soon!

Swanage Forget-Me-Not Group

Launching 14th January 2026

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

Dorchester Forget-Me-Not Group

Launching 5th January 2026

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

Dorchester Seated Exercise Classes

Launching January 2026

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

To register call 01305 269444 or 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



ADULT ONLY CREATIVE WORKSHOP



Looking for a different kind of date night or want a place to go with friends or just happy to come and have some time away from the world? This workshop is for you! Dive into hands-on activities, learn new techniques, and walk away with something uniquely yours with all the supplies you need supplied. Order in a takeaway, bring alcohol if you want some or we have other drinks on offer.

DIFFERENT

THEMES

EACH WEEK



2ND & 4TH
WEDNESDAY



STARTS AT
6PM TO 8PM

Visit Our Website
www.natalies-den.com

BOOK YOUR SEAT TODAY

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



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.



Blandford Library Timetable of Events

What's on at Blandford Library

Monday

Cuppa and company
10:00am - 12:00pm, weekly
• Drop in for a warm welcome and a free cuppa

Shared Reading
2:00pm - 3:30pm, fortnightly
• Join us for a relaxed discussion of a piece of writing or poetry, no preparation needed.

Blandford reading group
3:15pm - 4:15pm, last Monday of the month
• Subject to membership availability and fees

Tuesday

Craft and chat
10:30am - 12:00pm, third Tuesday of the month
• Enjoy a morning of crafting and chatting

Reminiscence
11:00am - 12:00pm, fourth Tuesday of the month
• Informal group to share recollections and chat

Rhyme time
2:00pm - 2:30pm, weekly
• Join us for some fun songs and stories
• Ages 0-4, no booking required

Digital Champions
10:00 - 12:00pm, fortnightly
• Solve your IT queries with our Digital Champions
• Booking essential

Thursday

Rhyme time
10:00am - 10:30am, weekly
• Join us for some fun songs and stories
• Ages 0-4, no booking required

Digital Champions
10:00 - 12:00pm, fortnightly
• Solve your IT queries with our Digital Champions
• Booking essential

Library opening times

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

Saturday

Library gets lively
11:00am - 11:30am, weekly
• Drop in for a fun craft
• Ages 3-8

SENSational story and play
11:00am - 11:30am, first Saturday of the month
• A story and chat with other families who have young children with additional needs, sharing a range of sensory toys
• Aimed at pre-schoolers

Lego club
2:00pm - 3:30pm, every Saturday,
• Drop in to the library and build your next Lego masterpiece

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

BLANDFORD BOXING CLUB

For Ages 7-10

FUN BOX

WEDNESDAYS
18:00 - 19:00

£5

Unit 2
Shaftesbury Lane
DT11 7TB

Facebook: Blandford Boxing Club

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!