



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

theWI Chalk Valley 


CPR & Defibrillator Training Session

Saturday 9th May
Two Sessions: 10-12am or 1-3pm

FREE COMMUNITY EVENT


What You'll Learn

- How to spot a cardiac arrest.
- How to perform chest compressions.
- How to use a defibrillator.



The Old Brewery Hall, Ansty
DT2 7PN

Tea/coffee & cake available for a small donation

Sponsored by Dorsetfest 

To book a place please email chalkvalleywievents@gmail.com

The Cinnamon Trust Presents

The Big Walk



Blandford
PAWS OF DORSET CAR PARK,
TINPOT LANE, BLANDFORD, DT11 7TD
9:30AM - MONDAY 4TH MAY

LACE UP YOUR WALKING SHOES, GATHER YOUR FRIENDS, AND JOIN US FOR A DOG WALK!

HELP US TO RAISE AWARENESS IN YOUR COMMUNITY

- REGISTER YOUR ATTENDANCE TO SECURE YOUR GOODY BAG
- DOG BANDANA FOR YOUR CANINE COMPANIONS

REGISTER FOR FREE AT CINNAMON.ORG.UK/THEBIGWALK OR SCAN THE QR CODE 

BIG WALK PARTNERS  

01736 758 701
www.cinnamon.org.uk
bigwalk@cinnamon.org.uk
Registered Charity No. 1134680

Milton Abbas Surgery Wellbeing Team 

Craft Group

1st & 3rd Wednesday of the month at 1pm
Milborne St Andrew Sports Club Pavilion (DT11 0JA)

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

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

WINTERBORNE WHITECHURCH VILLAGE HALL

FAMILY FRIENDLY

BINGO

Sat. 23rd May (Revised Date)

Free £40 FINALE GAME

OFFER - Purchase 3 more chances £2
Or better still - 6 more chances £3!


DOORS/BAR OPEN 6.15pm – START 7pm

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 Hall Kitchen Facilities

MONDAY MORNING MAMAS CLUB




Mondays 9-11am
RUCO CAFE | Blandford

New mamas + babes (0-6months)

£5 with coffee, croissant + guided conversation in circle

Optional Monthly Membership: £15 + your first Monday FREE

For the love of Coffee, Croissants & Connection

AIMEE STRONGMAN  RUCO CAFE.

Neighbourcar

Need help with transport for a medical appointment?

 **01258 470333**

Take control of your health

NHS England South West 

the hope programme 

Help Overcome Problems Effectively

FREE ONLINE COURSE

"It was great to access the course at home, at my own pace, doing as much or as little I wanted each day"

YOU ARE NOT ALONE

Your Hope, your choice - join a group course with trained facilitators on a set date or start right away and learn on your own.

TRY IT NOW 

- Managing stress and fatigue
- Relaxation and self-care
- Healthy lifestyle and sleep
- Goal setting and tracking
- Building resilience
- Connecting with others

GROUP COURSES Start regularly throughout the year

SELF GUIDED Start anytime

BOOK NOW WWW.H4C.ORG.UK/HPSW
EMAIL CONTACT@H4C.ORG.UK - CALL 024 7736 0153

ROYAL NAVY & ROYAL MARINES CHARITY  HOME START Blackmore Vale 

Helping military families through every day challenges

Scan here for more information 

We can help with the stress of family life

Parenthood can be incredibly demanding, but for those in the armed forces community, the stresses of family life can be even more intense due to deployment, separation and isolation.

We are helping families by pairing them with trained volunteers who offer in-home support and guidance.

For military families, especially those where one parent is deployed, this kind of support can be transformative.

If you feel that a home visiting volunteer could help support your family, please contact us.

 referrals@homestartblackmorevale.org.uk

 Or call Charley on 07842 415505.



Blandford Hedgehog Group

Fundraiser & Coffee Morning

To raise funds for the Hedgehog Rescues in Dorset & Hedgehog Fosterers

Saturday 16th May 2026

If you can volunteer, please contact us using details at bottom

**Open 9.30am – 2pm,
Guest Stalls 10am – 2pm**

Blandford Parish Centre, DT11 7DW
what3words: rips.surfaces.charities

Perfectly Purbeck Preserves
Sherborne Help4Hedgehogs Group (HH Nestboxes/feeding stations, bird boxes)
Morgan's Dorset Honey
Shels Sparkly Crafts
URBSoapCo
Tropic Skin Care

Raffle Stall – to be drawn at 1pm
Tombola & Bric a Brac Stalls
BHGG Stall & Hedgehog Information
ARK Hedgehog Biscuits
Wheelee Bin Stickers
BHPS Hedgehog Highway signs

Everyone Welcome
Cash & Card

Date for your diary for the next BHGG fundraising event & coffee morning
Saturday 21 November 2026

Blandford Forum, Hedgehog Friendly Town
Rescue, Education, Fosterers, Release, Support
hedgehogs@blandfordforum.com
Tel: 01258 452075

SEN SUPPORT GROUP FOR PARENTS

A friendly space to chat, make friends, chill and feel supported.

WEDNESDAY 6TH MAY
AT 9:30AM

RUCO CAFÉ
2a Barnack Walk,
Blandford Forum DT11 7AL

ALL ADULTS WELCOME, parents, carers, grandparents, aunts, uncles, friends.
Anyone who's struggling with this battle **you are not alone.**

Please remember, we are all in the same boat, no judgement, this is a space to just chat about how you feel, you can cry, scream and even ask for a hug. We're just mummies struggling too

If you feel anxious about coming on your own or have any questions, send Amanda & Shannon a message to our facebook group:
Parents SEN Support Group
Or email us to:
parent_sengroup@outlook.com

NO JUDGEMENT JUST SUPPORT

HOPE TO SEE YOU ALL THERE!

YOU ARE NOT ALONE

Social Craft & Coffee Mornings

A relaxed monthly get-together for crafty people

Bring along your:

- Crochet
- Knitting
- Hand Sewing
- Colouring

(or any quiet craft you love!)

Enjoy a couple of lovely hours with other local crafty folks – plus **great coffee and cake!**

**Upstairs Events Room
The Forum Café, Blandford**

**First Wednesday of every month
10:00am – 12:00pm**

No pressure. No teaching.
Just crafting, chatting, and good company.

All welcome

BLANDFORD LIBRARY

LEGO CLUB

Create your own amazing Lego model!
Suitable for ages 4 to 11.
Drop in session, no booking required

**Every Saturday throughout the year
2:00pm - 3:30pm**

FOR MORE INFORMATION CALL
01258 452075

BLANDFORD LIBRARY

STORY AND CRAFT

Join us for a fun story and craft session!
suitable for children aged 3-8 years.

**Every Saturday throughout the year
11:00am - 11:30 am**

FOR MORE INFORMATION CALL
01258 452075

PEOPLE'S POSTCODE LOTTERY | POSTCODE SUPPORT TRUST | VIRTUAL VILLAGE HALL | ROYAL VOLUNTARY SERVICE

WELCOME TO THE VIRTUAL VILLAGE HALL




Exercise & Dance




Health & Wellbeing




Cooking & Baking



Gardening & Outdoors



Skills & Learning



Crafts & Making

Scan to find out more

Free online activity sessions & community



KNEES UP

Exercise Classes for Mature People

Knees Up Studio, Common Lane, DT11 7DX (behind The Factory Shop)
www.knees-up.co.uk

CARERS

You may be entitled to a reduction on your Council Tax bill if you, or someone living in the same property as you, provides care for at least 35 hours a week. To see eligibility criteria or to apply go to www.dorsetcouncil.gov.uk/w/council-tax-discount-for-carers

CONNECT TO WORK

Funded by UK Government

Want to work but need support to get there?



We can offer specialist support to help you to find and keep the right job for you. Connect to Work is a FREE and voluntary programme supporting Dorset residents who have experienced challenges finding and staying in work. This includes people with disabilities, health conditions, or other barriers.

SKILLS & LEARNING | Dorset Council | BCP | Department for Work & Pensions | CONNECT TO WORK

YOUTH CONNECT SOUTH WEST
Inspiring Young People

STURMINSTER NEWTON YOUTH CLUB

JOIN US FOR MUSIC, GAMES, CHILLOUT SPACE AND MORE

SCHOOL YEAR 9+ EVERY WEDNESDAY 6PM - 8PM

SCHOOL YEAR 7 & 8 EVERY FRIDAY 4PM - 6PM

UNIT 2, RICHMAR TRADING CENTRE, BUTTS POND IND ESTATE, DT10 1AZ

For more info get in touch with Claire:
07977859700
claire.bailey@ycsw.org.uk

Scan to join our WhatsApp group for updates!

This is proudly supported by Sturminster Newton Town Council with funding from The Charity of William Williams.

MOVE IT OR LOSE IT! with Pippa

Over 55? Age with confidence!
Feel younger and fitter with our fun and friendly exercise classes to improve your

- ✓ balance & confidence
- ✓ mobility & flexibility
- ✓ strength & independence

Standing, seated or with chair support so all abilities are catered for!

Milborne St Andrew Village Hall
Tuesday mornings at 10.15
£6 weekly or £20 for a block of four sessions

First class is free!
Free parking

Please contact pippa.thurgood@moveit.orloseit.co.uk to book!

FABS
Flexibility | Aerobic | Balance | Strength

It's friendly and fun and has given me my life back!

Cuppa and Courage Community



If you've experienced loss or bereavement and would like to meet with others who know what it's like, then join us to chat, listen or simply be, over tea or coffee and cake.

Where - The Crafty Cuppa, DT1 1HU
When - Wednesday 12-2pm every 2nd and 4th Wed of the month.

This is a kind and supportive group which offers understanding and sharing rather than therapy. We ask for a voluntary donation towards costs only. Contact Shelly 07305129460 or chellebdaniels@icloud.com