

Parkinsons Café

Join us for coffee, chat, support. Friends and family welcome!

1ST Thursday of the month

10.30 – 12.30

bvpsocialprescribing@dorsetgp.nhs.uk

Bereavement Peer Support Group

Providing support and opportunity to get together with others

Refreshment available

Abbey View

Stour Connect

Medical centre

the last Weds of

1ST Fri of the month

each month

5-6.30pm

10-11:30am

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Over 50's Cinema

Did you know that you can watch films locally? At Shaftesbury Arts Centre on the 3rd Tuesday of the month at 2pm. The facility has wheelchair access. Each film shown has an Interval with refreshments. Sept 20th Film- Phantom of the Open, A comedy drama about a dreamer and optimist.

NEW- Mental Health

Support Group in Sturminster Newton!

Every 2nd Monday of the month, 2-4pm at Stour Connect, starting on 12th

September



Lunch Club

Friends of Stour Connect are running a lovely lunch club on Mondays at Stour Connect, Transport can be provided. Please call for details 01258 471359



Menopause Support Group

A new support group run by women, for women who are living with pre/current/post menopausal symptoms

Abbey View Medical Centre
Every 2nd Fri of the month, 5-6:30pm

Sturminster Newton Medical Centre
Every 4th Fri of the month, 2:30-4pm



Carers Support Group

Come along for a chat and have a nice cuppa and slice of cake. Operated by Blackmore Vale Health Champions on the last Tues of the month 10:30- 12:30 at Sturminster Christian Fellowship

Who fancies a Sing - Song?

This Singing group operates via Zoom generally but occurs Face to Face on the last Wednesday of the month at Reddeman House, Sturminster Newton. With a mix of relaxation, breathing exercises and singing you can guarantee there will be lots of fun and a very supportive atmosphere!

Contact Emma House emmahouse1@outlook.com
Or Liz Rose 07960043980 for further information

Help for Mental Health North Dorset

Peer support group, 1st & 3rd Thurs of the month (location varies -Shaftesbury) Contact Amanda on 07749062327



U3A



U3A open day! Pop along and find out what its all about! With something for everyone, from walking to wine tasting U3A is a great way to stay social!
 Fri 23rd Sept, 10am
 The Exchange, Sturminster Newton



Age Concern



Your local charity for all age-related Advice. Befriending, Welfare advice, Telephone support, Foot clinic and more!
 Phonelines open Mon, Wed, Fri 10am-2pm
 01258 475582

Walking for Health



We have some lovely walks designed to improve your Health and Wellbeing on offer to you in both Sturminster Newton and Shaftesbury

Sturminster Newton Walks
 Meet at the entrance to the Exchange- All levels of walk
 Mondays 2pm



Shaftesbury Walks
 Starter Walk- Town Hall
 Stroller Walk- Tesco Arch
 Strider Walk- Barton Hill Free Car Park
 All on Wednesday at 10:30am

Walk for Wellbeing- Shaftesbury

Gentle walk in Shaftesbury
 Focus on nature
 Meet outside Shaftesbury Abbey on Park Walk.



Fri 10am



Stroke Club



General Support and friendship, as well as hand care, gentle exercise and refreshments, including lunch and meals out with carers at times too!
 Held on the 2nd and 4th Tuesday of the month, 11 – 2pm, Transport is also available. Call for details;
 01747 853428

Blackmore Vale Coffee Companions

Pop over and have a cuppa, a chat and maybe even a tasty slice of cake!

Country Market,
 The Exchange
 Tuesdays at 10am



Guggleton Farm
 Arts
 Thursdays at 11am

Socially Connecting Shaftesbury

FREE drop in for a cuppa and a chat! Everything related to Wellbeing and Mental Health!
 Shaftesbury Town Council
 Last Weds of Month
 2-6pm



Age UK

If you need Information and Advice, Personal Alarms, Social opportunities, Handy people, Help keeping active and help around the home contact Age UK on 01305 269 444

Shaftesbury Car Link



Transport to medical appointments, and social events
 07763 426 664



NORDCAT



NORDCAT provides a door-to-door dial-a-ride service enabling access to shopping, visiting friends, medical appointments and more. Vehicles are wheelchair accessible. Contact 01258 472164



Home Library Service



Books, Talking/Audio books, and more available!
 Arrange for them to visit you at home now...
 Shaftesbury area 01747 852256
 Sturminster Newton area 01258 472669