

Blackmore Vale Partnership The heart of the community Social Prescribing Shout Out

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

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

Bereavement Peer Support Group

Providing support and opportunity to

get together with others Refreshment available **Abbey View Stour Connect** the last Weds of **Medical centre**

1ST Fri of the month each month 5-6.30pm 10-11:30am

bvpsocialprescribing@dorsetgp.nhs.uk

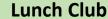
Over 50's Cinema

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





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



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 Reddleman 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

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

Help for Mental Health North Dorset Peer support group, 1st & 3rd Thurs of the month (location varies -Shaftesbury) Contact Amanda on 07749062327

You can contact the Wellbeing Team by phoning the surgery, finding us on Facebook @SturminsterNewtonandMarnhullCommunityKindness and @ShaftesburyCommunityKindness or by emailing us at bvpsocialprescribing@dorsetgp.nhs.uk (Please note we are not clinical staff and cannot advise you on clinical matters)

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



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

Shaftesbury Car



medical appointments, and social events 07763 426 664

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

NORDCAT

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

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

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

Walk for Wellbeing-**Shaftesbury**

Gentle walk in Shaftesbury Focus on nature **Meet outside Shaftesbury** Abbey on Park Walk. Fri 10am

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