

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

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

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

Neighbourcar

Need help with transport for a medical appointment?
01258 470333

WE NEED YOU

NEXT MEETING:

WHEN: 10th March 2026

TIME: 2.00pm

WHERE: The Reading Rooms, Milton Abbas

JOIN OUR PATIENT VOICE!

Our Patient Voice meetings are open to all patients over 18yrs old.

We would really appreciate support in how we can improve our service provision, and would love to hear what patients from all backgrounds have to say. Why not come along to our next meeting?

If you are interested in knowing more, please visit our surgery website or contact the Secretary Nigel Hodder on 07983 013781.

www.masurgery.co.uk/patient-voice



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 or orloseit.co.uk to book!



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

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!)

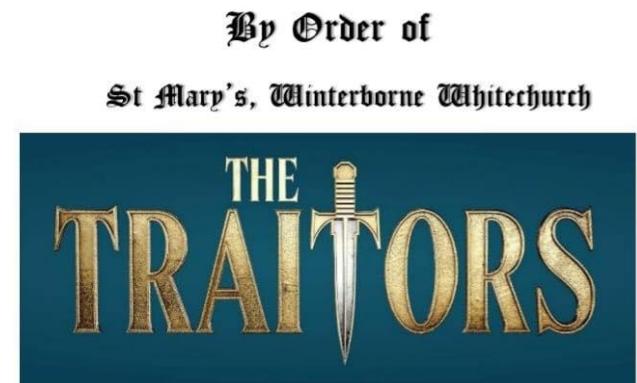
Enjoy a couple of lovely hours with other local crafty folks — plus **great coffee and cake!**

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



You are invited to a Traitors evening

The Old School Room

7pm Saturday, 21st March 2026

£10 per ticket (to include a ploughman's)

Advance booking essential – numbers limited.

For tickets, please call Liz 881650

Bring your own drinks

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
 The Maternal Alchemist

RUCO CAFE.

SPRING BINGO!

Saturday 7th March 2026
 6.30pm eyes down 7pm
 Finish 9pm.
 at 46 High East St, Dorchester.



Prizes donated by sellers and local businesses. Raffle and refreshments available to purchase in cafe.
 Tickets available at craftycuppa.uk or from the cafe.

£2.50
 For 1 strip of games.
 Additional strips £1.50 each
 (=£10 for a full book of games.)

Join Us For
 Milborne St Andrew First School
FAMILY EASTER BINGO
 Saturday 28th March 2026
 Milborne St Andrew Village Hall

Doors Open: 5.30pm
 Eyes Down: 6.30pm

6 Books - £10
 3 Books - £5
 10 Games in a Book
 Includes a Flyer Game

Along With a Kid's & Adult's Raffle
 Lots of Lovely Prizes to Be Won!
 Refreshments on Sale
 Cash Only

BLANDFORD TUG OF WAR

TRAINING: EVERY THURSDAY FROM 6.30PM / SELECTED SUNDAY'S FROM 10AM, LARKMEAD, BLANDFORD, DT11 7LU

NEW MEMBERS ALWAYS WELCOME, NO MEMBERSHIP FEES
 POP US A MESSAGE OR JUST TURN UP

LIVEWELL DORSET

Get Active, Lose Weight, Stop Smoking, Drink Less

Get in touch today to access free advice & coaching 01305 233105

ATTENDANCE ALLOWANCE

Attendance Allowance is a benefit for people over State Pension age who need help with personal care or supervision due to illness or disability. There are two weekly rates based on how much help is needed. The money can be used flexibly and doesn't have to be spent directly on care. Many people use it for things like meal deliveries, taxis, or equipment to stay independent, as well as for everyday costs like bills.

For more information, please call the Attendance Allowance helpline on 0800 731 0122 or go to www.gov.uk/attendance-allowance

Young Carers Action Day – Wednesday 11th March

This year's theme is 'Fair Futures for Young Carers'.
 A young carer is anyone under 18 who helps care for a family member, like a parent, sibling, or grandparent. If you know of anyone who is a young carer, please encourage them to let the surgery know so we can support them.

OPEN MIC NIGHT

MILBORNE SAINT ANDREW VILLAGE HALL
 7PM - 11PM

LAST FRIDAY OF EVERY MONTH

Music • Stand-up • Poetry • Sing

Hangout • Have a drink

tickets available on our website
 £6 in advance with a free beer or glass of wine
 £5 on the door

www.boozetea.club

THE HAMBRO ARMS GRAND

6PM - LATE

27 MARCH

WINE/BEER
 COCKTAILS
 MUSIC
 GOOD VIBES



SUPPORT YOUR NEW LOCAL FAMILY RUN PUB

OPENING PARTY



THE HAMBRO ARMS
 MILTON ABBAS
 BLANDFORD FORUM
 DT11 0BP



Becksteins Bats by Nick Tomlinson

DORCHESTER SCIENCE FESTIVAL



SCAN HERE FOR TICKETS

SOUNDS OF THE SKY: FROM BATS TO BUGS

Wednesday 11th March, 7pm-9pm
 Dorchester Corn Exchange, DT1 1HF

FREE

An evening of talks by Nick Tomlinson and David Hardie: discover intriguing lives of Bats and Insects and what we can learn from them.

Nick Tomlinson – Bats: The Real Stars of the Night!
 What are bats, how long have they been around, how do they live and how do they see things without sight?
David Hardie – Insects and Sound: what can we learn?
 Insects and arthropods have been crawling over the planet for nearly half a billion years. They have evolved to become sophisticated animals, able to sense their surroundings and communicate. Their intriguing phenomena such as sound and vibration can help us humans develop technology.

Book your tickets at <https://tinyurl.com/sounds-of-the-sky>

WATERCOLOUR CLASSES



From flowers to woodland creatures learn how to paint the natural world.

Tuesday 1.00-3.30

@ Dorchester Craft Workshop, Durngate street
 Beginners welcome!
 Call 07907361257 for more information and to book a place.

