


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

CAR BOOT & TABLE TOP SALE

SATURDAY 25TH APRIL 2-4PM
WINTERBORNE WHITECHURCH VILLAGE HALL

CAR SPACE £3 INDOOR TABLE £5
EMAIL BOOKINGS.WWVH@GMAIL.COM

HOT/COLD DRINKS

BURGERS FREE ENTRY



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

RAFFLE **CRAFTS**

SPRING TIME FAYRE

PLANT SALE **CAKE STALL**

GOOD FRIDAY
APRIL 3RD

THE HUB, CROWN SQUARE, POUNDBURY

2.00- 4.00PM

Neighbourcar
Need help with transport for a medical appointment?
01258 470333



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

ENDOMETRIOSIS SOUTH COAST DORSET CIRCLE

A free therapeutic support group for those on the journey to receiving a diagnosis of endometriosis or adenomyosis, and for those already diagnosed.

First Tuesday of the month
Beginning 5th May

Hambledon Health Clinic
Blandford Forum

6pm – 7.30pm

For more info or to book your space, please contact:
Katie
07955685021



Search Endometriosis South Coast – Dorset on Facebook

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!



Coastland Events

SILENT DISCO

Saturday 11th April

Kingston Maurward — ESTATE —

8pm - 11pm | Tickets £20



HECKLE & SQUELCH COMEDY CLUB

the hope programme **help&care**

HOPE

- Help Overcome Problems Effectively -
Take a positive approach to looking after yourself and sign up for our free six week group course.



HOPE is a free six-session course that covers topics including:

- Managing stress and fatigue
- Getting better sleep
- Mindfulness
- Dealing with setbacks
- Communication and relationships
- Getting active, creative and eating well
- Using your strengths to make you happier

"From nerve racking, fear of the unknown, sad and scared to happy joyful, pleasant, hopeful and positive."
- Anon, Course Attendee, 2023

To book a place, please contact:
☎ 0300 111 3303 ✉ hope@helpandcare.org.uk

SCAN ME 

Help & Care is a Company Limited by Guarantee | Registered in England and Wales Registered Company No 03187574 | Registered Charity No. 1055056
The Hope Programme has been developed by Coventry University and is delivered under current valid licence from Hope for the Community, CIC.

**NEWLY REFURBISHED
LIBRARY & SNUG
Winterborne Whitechurch
Village Hall**

OPENING FROM 16TH MARCH 2026

OPENING TIMES*
MONDAYS 10:00-11:30AM
WEDNESDAYS 3:15-4:15PM

PLUS THE FOLLOWING FRIDAYS 1:30-3:00PM:
20TH MAR, 10TH APR, 1ST MAY, 5TH JUN

CHILDREN'S AND ADULT BOOKS
AVAILABLE TO BORROW

FREE
Hot Drinks during
first week of opening

*EXCLUDING BANK HOLIDAYS

**Stickland
Farmers Market**

Our 2026 Farmers Market Dates

- Saturday April 25th
- Saturday August 22nd
- Saturday November 14th

10am to 1pm

Local produce from local businesses.



**Knees
Up**

Exercise Classes
for Mature
People

Knees Up Studio,
Common Lane,
DT11 7DX
(behind The
Factory Shop)

www.knees-up.co.uk

**Spring Yoga
Classes**

♥ Winterborne Whitechurch
Monday 5-6pm
Friday 5-6pm

♥ Winterborne Kingston
Wednesday 6.30-7.30pm
Sunday 9.30-11am

With Victoria
Info and bookings
07872163388

Welcome the energy of new beginnings.
Move with intention and purpose.
I create balance in my life.

Winterborne Whitechurch
Village Hall

**THE 3 C'S
CRAFTS, CHAT
& COFFEE**

IN THE SNUG 13:00-14:45
20TH MAR,
10TH APR, 1ST MAY, 5TH JUN

Bring your
own craft

Hot drinks
available to
purchase

Donations for
session to go
towards hall
fundraising

For more information contact Carole on
bookings.wwwvh@gmail.com

Charity 209082

TABLE TENNIS CLUB

Winterborne Stickland Village Hall



Tuesday afternoons from 2-4pm, and from 7-9pm most Friday evenings. £2 per session charge. It is a club for adults. They play for pleasure and do not enter any leagues! Please contact Graham on 01258880740 if you need further information.

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

**Perinatal and antenatal
support group**

To boost wellbeing, have creative fun and make new friends!
No individual story sharing encouraged to avoid triggering others
For Pregnant and Postnatal People and their babies



1st Monday of the month
(Except Bank Holidays)

12.30-1.30pm

• **The Crafty Cuppa** •
46 High East Street, Dorchester,
DT11HU

Midwife-led

We also run an online yoga class and an online managing anxiety workshop to learn skills, no story sharing necessary.

Ask your midwife for the link if you want to join these events.
Or email MentalHealthMidwives@dchf.nhs.uk / phone 07795541529

**MAKERS
MARKET**

Discover Handmade Treasures!

**THE FIRST FRIDAY OF EACH MONTH
FROM 3RD APRIL 2026**

2.00PM -4.00PM

AGE UK NSW DORSET HUB
CROWN SQUARE
POUNDBURY

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



Looking for work and to learn new skills?

**Borrow an iPad for
up to six weeks** **Free**

Available from all
Dorset Council libraries

Easy to use – instructional
video and digital support
from library staff

Fully loaded – information
on trusted job searches,
claiming benefits and
health and wellbeing

Free data – no internet
connection required,
county-wide coverage



For more information and to apply go to
dorsetcouncil.gov.uk/borrow-an-ipad



Our mission is to **Inspire, Connect
and Enable** our communities



Creation station

Join us for a weekly children's pop-up craft. Each week we will have a different themed craft activity with materials and instructions for you to follow. No need to book.



Blandford Library

**Every Saturday
10:30am - 11:30am**



Suitable for ages 3-8 years.
**Children under 8 must be
accompanied by an adult.**

For more information:
blandfordlibrary@dorsetcouncil.gov.uk
01258 452075
[@DorsetLibraries](https://www.facebook.com/DorsetLibraries) [DorsetLibraries](https://www.facebook.com/DorsetLibraries)



dorsetcouncil.gov.uk/libraries