

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

1<sup>st</sup> & 3<sup>rd</sup> 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

## 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](http://www.masurgery.co.uk)

THE CRAFTY CUPPA

## DESTASH SALE

June 6th 26  
12-4pm  
at the Crafty Cuppa

Stock up on amazing craft supplies at our first-ever destash sale. Browse a wide range of materials including papers, tools, kits, fabrics, yarns and more.

You're bound to find a bargain—so don't forget to bring a bag... you'll need it!

Entry is free  
Book a table for £12 by contacting the cafe.

St Marys Sturminster Marshall  
Saturday 6<sup>th</sup> June 12-4 pm

## Church Fete

- Children's Competitions & Treasure Hunt
- Photography competition (adults & childrens classes)
- Senior and Junior Hat competition and parade
- Fun Dog Show, Wang a Welly
- Aunt Sally and other games

Ice-creams, Raffle, Plant stall, PIMMS Cream Teas, Cakes Barista-style Coffee  
£50 prize for winning programme number.

For details of the classes to enter and age groups, please go to the Red Post Churches website, by using this QR code, or look out for messages on our Red Post Churches facebook page:  
<https://www.facebook.com/share/14ZK7FXBK3/>  
or Sturminster Marshall News and Views Facebook.

## Sticklebacks

BABY AND TODDLER GROUP

- Winterbourne Stickland
- Pamela Hambro Hall
- Tuesday (term time)
- 10-12
- Snack and adult refreshments
- £3 per family

A warm welcome awaits

MINI FIRST AID

## BABY & CHILD FIRST AID

2 hour class for Parents & Carers

JUNE IN DORSET

Shaftesbury	Tuesday 9 <sup>th</sup> June 12.30pm
Dorchester	Wednesday 10 <sup>th</sup> June 6.00pm
Bridport	Sunday 21 <sup>st</sup> June 2.00pm
Sherborne	Saturday 27 <sup>th</sup> June 10.00am

Father's Day Special - Dad's get one free Teddy Hot & Cold Pack

www.dorset.minifirstaid.co.uk

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

## SAMARITANS

### TRAIN TO BE A LISTENER

Here for anyone. Anytime.

CALL 116 123 FREE • 24/7

VISIT [samaritans.org](http://samaritans.org) HELP • INFORMATION • SUPPORT

WE'RE HERE 24 HOURS EVERY DAY

A listening ear can save a life

WE DON'T GIVE ADVICE. WE JUST LISTEN.

Every conversation matters. You could be there for someone when they need it most.

TRAINING STARTS JUNE 2026

Information sessions: May & early June

Meet & Greet: 17th June

Training begins: June 2026

YOU'LL BE SUPPORTED EVERY STEP OF THE WAY

- 8 weeks of weekly classroom sessions
- 3 months of weekly mentored shifts alongside monthly training
- Then monthly mentored shifts for 6 months, or until confident

You are never on shift alone. You'll always have an experienced Shift Leader for support and debriefing.

WEYMOUTH BRANCH  
SUPPORTING THE WHOLE OF DORSET  
CALLS FROM ACROSS THE UK

QUESTIONS? GET IN TOUCH  
[Weymouth.branchrecruitment@samaritans.org](mailto:Weymouth.branchrecruitment@samaritans.org)  
[samaritans.org/support-us/volunteer](http://samaritans.org/support-us/volunteer)

Please donate any spare seeds to:

## Puddletown Community Library

### SEED SWAP

There will be a box of seeds in the library available to buy or to swap with your spares

Library Open  
Wednesday 3-5pm  
Friday 10am-12noon  
Saturday 10am-12noon

# CARERS WEEK

8th – 14th June 2026

Carers Week is a time to recognise the incredible work done by unpaid carers across the UK.

You might not see yourself as a carer - many people simply help a family member or friend without thinking twice. But if you support someone with an illness, disability, mental health condition or addiction, and they rely on you, then you are a carer.

Letting us know you're a carer means we can better support you. If you haven't already, please tell the surgery that you're an unpaid carer and who you care for, so we can note it on your records. You can also pick up a carers information pack from Reception or view it online on our surgery carers page at [www.masurgery.co.uk](http://www.masurgery.co.uk).

To all carers – thank you. We see you, we appreciate you, and we're here to help.

FREE ENTRY

LUCCOMBE HUB INVITES YOU TO

## HUB FEST

SUNDAY 5<sup>th</sup> July 2026  
12pm - 6pm  
Luccombe Hub, DT11 0BD

Live Music From **bonados**, **echohead**, **THE HUBSTERS**

AND KARAOKE

BBQ - CAKE STALL - LICENSED BAR - CRAFT STALLS - ANIMAL FEEDING - ALPACA WALKING - RAFFLE - FACE PAINTING - NOVELTY DOGSHOW - GAMES & COMPETITIONS, MAKE A WISH ON THE UNICORN, BIRDS OF PREY, HORSE DEMONSTRATIONS

ALL IN AID OF OUR WONDERFUL CHARITY **FRIENDS OF LUCCOMBE HUB**  
CHARITY NUMBER: 1205268

To Book a FREE stall or table email [office@luccombehub.com](mailto:office@luccombehub.com)

**GROUNDING MEN'S FARM EVENINGS**  
community - nature - wellbeing

Join us for relaxed Thursday evenings on the farm  
LIGHT FARM WORK | FOREST WALKS | FIREPIT  
tea, coffee and lite snacks & once a month bbq

WHEN: Thursdays, 6-8pm  
WHERE: Puddletown Blueberries / DT2 8QL  
WHO: Men of all ages welcome

No pressure | No experience needed | Just come as you are

Redeemable token for 200g punnet of blueberries during the PYO season

QR codes: @PUDDLETOWNBLUEBERRIES, @GROUNDINGMEN

**Bereavement drop in at the Vale Family Hub, Sturminster Newton**

2nd Monday of every month, 10am – 12pm

A chance to connect with others who have lost a loved one, in a relaxed and supportive environment.

Whether you'd like to pop in, or stay for the duration, you are most welcome to join us. Facilitated by Weldmar Hospicecare but open to anyone who has been bereaved.

Free to attend but you can enjoy a cup of tea or coffee and slice of cake for just £2.50.

Weldmar Hospicecare  
Find the Vale Family Hub at 22B Butts Pond, Sturminster Newton, Dorset DT10 1AZ

[weldmarhospicecare.org](http://weldmarhospicecare.org)

We will be running our annual flu vaccination clinic for our over 65yrs old eligible patients on **Saturday 3rd October 2026** at the Winterborne Whitechurch Village Hall. Please save this date as we would like as many of our eligible patients to attend. Details of dates and locations for the flu vaccination clinic for our eligible patients under 64yrs old will also follow.

**COFFEE MORNING**

We would like to warmly invite all unpaid carers, veterans, and anyone else who would like a cuppa and some company to our next Surgery Coffee Morning on **Tuesday 9th June 2026** at the Winterborne Whitechurch Village Hall 10.30am to 12.00pm.

## Cream Teas

Featuring the amazing Dave and his saxophone

The Old School Room,  
Winterborne Whitechurch

### Saturday

13<sup>th</sup> June 2026  
3.00pm until 5pm  
£5  
All welcome!

## The Potty Childminder

CHILD CARE SERVICE

Need to work or fancy a night out? Adults have responsibilities... but staying home is SO MUCH MORE FUN with The Potty Childminder!

WHAT WE OFFER:

- POTTERY PAINTING
- FUN GAMES
- MOVIE NIGHTS
- CREATIVE PLAY & MORE!

PRICES START FROM **£18.50 PER HOUR** (MINIMUM 2 HOUR BOOKING REQUIRED)

Includes pottery painting and all materials

SAFE, TRUSTED & QUALIFIED

- Fully Enhanced DBS
- Level 3 Safeguarding
- First Aid Trained
- Works with Dorset Council

A Fun, Creative and Enjoyable Time For All

CONTACT US TODAY TO BOOK YOUR CHILD'S NEXT CREATIVE ADVENTURE!

[www.pottery-corner.co.uk](http://www.pottery-corner.co.uk)  
[info@pottery-corner.co.uk](mailto:info@pottery-corner.co.uk)  
07340565344

Happy kids. Happy parents. That's our promise!

## June Yoga Classes

Bring your special person for free

- Winterborne Whitechurch  
Monday 5-6pm with crystal bowls  
&  
Friday 5-6.15pm with crystal bowls
- Winterborne Kingston  
Monday 7-8pm  
&  
Wednesday 6.30-7.30pm
- Winterborne Stickland  
Tuesday 6.30-7.30pm

With Victoria  
£10 per class  
Info and bookings  
07872163388

Welcome the energy of new beginnings. Move with intention and purpose. Create balance in life.

## WHAT'S STOPPING YOU?

It's normal to have questions...

- I'm too unfit
- I don't want to come alone
- Everyone else will know what they're doing
- I haven't exercised in years
- I won't keep up

That's exactly why our classes are here. Friendly, supportive and designed for ALL fitness levels.

**9AM KEEP FIT**  
Fun, energetic class to build strength & boost energy

**10AM FITNESS YOGA**  
Stretch, strengthen & relax body and mind

ALL AGES & ABILITIES WELCOME | MOVE AT YOUR OWN PACE | EXERCISES ADAPTED FOR YOU | NO MEMBERSHIP DROP IN WHEN YOU CAN

No membership | No pressure | Men & women welcome!