

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

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

Our Dorset Services

Supporting people to live the lives they choose

Follow us on:



Dorset Carer Service

Supporting unpaid carers across Dorset - offering a listening ear, clear guidance, and helping you access the right support, at the right time.

HOPE

Help Overcome Problems Effectively

A free six week self-management group course, for people who are ready to explore new ways of looking after their health.

Social Prescribing Service

One-to-one practical support, connecting you to local services, groups, and activities that suit your needs and interests, supporting wellbeing and reducing isolation.

Health & Wellbeing Coaching

Focusing on what matters to you. One-to-one sessions to help you to find your own way forward, helping you build confidence and feel more in control of your health and daily life.

Dementia Coordinator Service

Here for every step of the journey - before, during, and after diagnosis.

Providing guidance and information for memory concerns, dementia, and cognitive changes.

Access Wellbeing Hubs

One-to-one help for emotional wellbeing, life challenges, and mental health support.



Contact us:

0303 303 0153

contact@helpandcare.org.uk

www.helpandcare.org.uk



SCAN HERE

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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.

SEN SUPPORT GROUP FOR PARENTS

A friendly space to chat, make friends, chill and feel supported.

WEDNESDAY 1ST JULY
AT 9:30AM

RUCO CAFE
2a Barnack Walk,
Blandford Forum DT11 7AL

ALL ADULTS WELCOME, parents, carers, grandparents, aunts, uncles, friends.
Anyone who's struggling with this battle *you are not alone.*

Please remember, we are all in the same boat, no judgement, this is a space to just chat about how you feel, you can cry, scream and even ask for a hug. We're just mummies struggling too

If you feel anxious about coming on your own or have any questions, send Amanda & Shannon a message to our facebook group:
Parents SEN Support Group
Or email us to:
parent_sengroup@outlook.com

NO JUDGEMENT JUST SUPPORT

HOPE TO SEE YOU ALL THERE!

YOU ARE NOT ALONE

INDOOR BOWLS

SHORT MAT BOWLS

At the **Pamela Hambro Village Hall**
Winterborne Stickland
Mondays 1.30pm - 3.30pm

Fun, Friendly & Great Company!

THE BOWLS GROUP ARE LOOKING FOR NEW MEMBERS TO JOIN THEM.
Come along and give it a try.

NO EXPERIENCE NEEDED

Winterborne Stickland Nursery CARBOOT SALE

We will also have
BBQ
CAKE SALE
ICE CREAM VAN
FUN GAMES
AND LOTS MORE TODO
We will also have steves Pitstop

Sellers from gam
Cars £3
Vans £5

Fundraising for Nursery
Sunday 26th July
10am till 4pm

Please contact Dan on d6036561@gmail.com for more information or to book your space

Winterborne Stickland, Blandford Forum DT11 ONN

POSTUREFLEX - PILATES -

MOVE • STRENGTHEN • THRIVE

Thinking about trying Pilates but not sure if it's for you?

If you're looking for friendly, inclusive classes to improve your posture, strength and mobility
Join us at **PostureFlex Pilates** for a gentle relaxed class designed for you to work at your own pace

- Leave feeling stretched, stronger & more relaxed
- Small, welcoming group
- No experience needed - everyone welcome

Try your first class FREE
no pressure, just come and see how it feels

Message us to book your space at a class near you

hayley@postureflexpilates.co.uk
Hayley: 07352 341512 Simon: 07508 257337

VENUE: Milborne St Andrew Village Hall
TIME: Friday Morning 9:30am
DATES: Weekly ongoing classes

Neighbourcar

Need help with transport for a medical appointment?
01258 470333

KIDS SUMMER CLUB



27, 30, 31 July
3, 4, 7, 10, 11 August 2026
10.00 - 14.00

BEST START IN LIFE

Dorset Council

Blandford Scouts Hut
Eagle House Gardens,
Blandford DT11 7BS

THE BLANDFORD SCHOOL FAMILY FUN DAY!

TBS does... The Blandford Trailway 1400KM in 24 HOURS
#ANDYSMANCLUB

SATURDAY 4TH JULY 9:00AM - 6:00PM TEDDY 20

WIN 2 HOSPITALITY TICKETS TO ENGLAND v SPAIN AT WEMBLEY
Saturday 26 September 2026

FANTASTIC PRIZES ALSO INCLUDE...

- PIZZA KING VOUCHER
- BIRDIES 2 x VOUCHERS 1 HOUR FOR UP TO 4 PEOPLE
- BLACK CAT CAFE BREAKFAST FOR TWO WITH TWO HOT DRINKS
- THE BURGER BOX 3 x £25 VOUCHERS
- Morrisons PRIZE DETAILS TO FOLLOW
- PLUS MORE PRIZES TO BE ANNOUNCED!

RAFFLE TICKETS AVAILABLE ON THE DAY ONLY!
TICKETS ON SALE BETWEEN 9:00AM - 6:00PM
OUR SIXTH FORM STUDENTS WILL BE SELLING TICKETS THROUGHOUT THE DAY

The Blandford School community is coming together to cover 1400km from The Leisure Centre to The Black Cat Café in support of Teddy20 and Andy's Man Club.

SIXTH

THE BLANDFORD SCHOOL

TBS does... The Blandford Trailway 1400KM in 24 HOURS
#ANDYSMANCLUB

Family Fun Day
4th July 2026
Leisure Centre Field

The Blandford School community is coming together to cover 1400km from The Leisure Centre to The Black Cat Café in support of Teddy20 and Andy's Man Club.

Join us for a Family Fun Day 9am - 6pm.

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

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.

WINTERBORNE KINGSTON SUMMER FAIR 2025

Car Show

CLASSIC CARS & MOTORCYCLES

Sat 4th July 2026
11.30am - 4pm
The Rec, DT11 9BL

ALL VEHICLES ENTERED INTO THE SHOW 'N' SHINE COMPETITION PRIZES & TROPHIES FOR THE WINNERS!
PLEASE BOOK IN ADVANCE
£5 ENTRY DONATION

FOOD TRUCKS, ICECREAM & LOCAL BREWERY TRADE STANDS, CHILDREN'S GAMES & ENTERTAINER, DOG SHOW, LIVE MUSIC AND MORE...

CONTACT DANI: 07532449405
WKSUMMERFAIR@GMAIL.COM

See you there!

@WKSummerFair

SUMMER FAIR

@ THE OLD GRAINSTORE EMPORIUM

SUNDAY 5TH JULY
10.30AM TILL 3.30PM

LIVE MUSIC THROUGHOUT THE DAY
WITH PLENTY OF LOCAL FOOD OPTIONS & DELICIOUS HOMEMADE CAKES & CREAM TEAS FROM US

AND OF COURSE A VARIETY OF CRAFT & VINTAGE STALLS PLUS LOTS MORE

EMAIL THEOLDGRAINSTOREEMPORIUM@OUTLOOK.COM OR PHONE SARAH ON 02745472795 FOR MORE INFO
THE GRAINSTORE, SHAFTESBURY LANE, BLANDFORD, DT11 7EG

AN EVENING AT BLOXWORTH WITH THE BOVINGTON MILITARY WIVES CHOIR

Join us for an evening of wonderful music!

A concert to help to continue to fund our beautiful old church

SATURDAY 11TH JULY 7 pm to 9 pm

BLOXWORTH CHURCH, BH20 7EG

Tickets cost £25 and include a glass of bubbly (non-alcoholic drinks available) and delicious canapés

TICKETS BY EMAIL FROM
sue.acland@btinternet.com
linda@willatts.co.uk
beverley700@icloud.com

Parking available in the Club Car Park - please follow the signs

60's Party Night

Dancing to Live music from Lisian

7.30pm

MARTYRS INN TOLPUDDLE

SATURDAY 11TH JULY

Come dressed for the event.