

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 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

Our Dorset Services

Supporting people to live the lives they choose

Follow us on:



help&care

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

2026 © Help & Care. Registered Company No. 03187574 | Registered Charity No. 1055056 | Unit A49 Aerodrome Studios, 2-8 Airfield Way, Christchurch, Dorset, BH23 3TS

BRIANTSPUDDLE VILLAGE HALL CAFE

IN THE JUBILEE ROOM
& COURTYARD GARDEN

EVERY
SATURDAY
MORNING
10AM TIL
MIDDAY

BACON ROLLS

TEA & COFFEE

SELECTION OF
HOMEMADE CAKES

Come and
support local!

BARK in the PARK

The Great Field
Poundbury
23rd August



The Bark Bazaar



Dog Classes



Inflatables



Vintage Vehicles



Painting Competition



Face Painting



Pizza Van



Fire Service



Pawsome Raffle

POSTUREFLEX
PILATES
Move • Strengthen • Thrive

Pilates Summer Classes

this is your chance to focus on you!



CLASSES START
w/c 27th July 2026



Puddletown Village Hall
Monday 6:30pm and Friday 11am



Bere Regis Primary School
Tuesday 6:30pm



Milborne St Andrew Village Hall
Friday 9:30am

Leave feeling *stretched, stronger & more relaxed*



Message us for more information or to book your space



hayley@postureflexpilates.co.uk



Hayley: 07352 341512



Simon: 07508 257337

TRY YOUR FIRST
CLASS
FREE

The Wellbeing Team can be contacted by telephoning the surgery 01258 880210 or email mawellbeingteam@dorsetgpc.nhs.uk
Please note that the wellbeing team are not clinical staff and cannot advise you on clinical matters

BLANDFORD ANIMAL SANCTUARY

Kids SEN Day

Wed 26th August 10am till 12pm
1pm till 3pm

2 SESSIONS AVAILABLE

£2.50 DONATION PER CHILD

15 CHILD SPACES AVAILABLE

PARENTS / CARERS FREE

ANIMAL FEEDING
GARDENING
OUTDOOR TOYS
Games and Activities
BRING A PICNIC

TEAS AND COFFEES AVAILABLE TO PURCHASE AT THE SANCTUARY
BRING A BAG OF CARROTS TO FEED THE ANIMALS

TICKETS AVAILABLE ON TICKET SOURCE
<https://www.ticketsource.com/parents-sen-group>



St Mary's Church, Winterborne Whitechurch
Featuring the amazing Dave and his saxophone

Cream Teas

The Old School Room,
Winterborne Whitechurch

Saturday

15th August 2026

3pm - 5pm

£5 per person

All welcome!



CHARITY PRIZE BINGO NIGHT

RAISING MONEY FOR
BLANDFORD AMATEUR BOXING CLUB

BLANDFORD BOXING CLUB

ROYAL BRITISH LEGION BLANDFORD FORUM

DOORS OPEN 7 PM
EYES DOWN 7:30 PM

FRIDAY 14th AUGUST

GREAT PRIZES TO BE WON!

Come along, have fun and support a great cause!



Winterborne Whitechurch Village Hall Open Day

Our surgery Wellbeing Team will have a table at the Winterborne Whitechurch Village Hall Open Day on Saturday 22 August 2026, from 11.30am to 3.30pm.

Come along to find out more about the groups and support our Wellbeing Team offers, as well as the other activities taking place at the village hall.

♥ Could you spare a little time to make a big difference? ♥

We're looking for volunteer befrienders to support people who live alone, spend a lot of time on their own, or who are housebound. Just a 15-minute phone call every few days – or even once a week – can brighten someone's day and help them feel less alone. If you can spare a little time each week, we'd love to hear from you! ☎ Contact Anna or Kelly on 01258 880210 ✉ Email: mawellbeingteam@dorsetgp.nhs.uk

Neighbourcar

Need help with transport for a medical appointment?



01258 470333

STICKLAND FARMERS MARKET

SATURDAY 22ND AUGUST

At the
PAMELA HAMBRO VILLAGE HALL
WINTERBORNE STICKLAND.
DT11 0NT

LOCAL PRODUCE from LOCAL BUSINESSES

Jams & Preserves

Rainbow Trout

LOCAL GIN

Open 10am - 1pm

SUPPORT LOCAL • EAT LOCAL • LOVE LOCAL



WINTERBORNE WHITECHURCH VILLAGE HALL

FAMILY FRIENDLY

BINGO

Sat. 1st August

DOORS/BAR OPEN 6.15pm – START 7pm

'FREE FINALE GAME'

£50 this month!

Optional Purchase - 3 more chances £2 or 6 more chances

Adult & Children's Raffles

Includes Prize Tickets for
Swanage Railway & Dorset County Museum

Bar & kitchen Refreshments

N.B. No Cash Awarded or Alcohol Served to Under 18's
(Charity No. 209082) Children Age Guidance 5+ Raising funds for Bar Refurbishment

PARENTS SEN

SUPPORT GROUP

Wednesday 5th August
at 9:30am

Pigeon Close Children's Play Park
52 Chettell Way, Blandford St Mary,
Blandford Forum DT11 9PH

As its the summer holidays this week's group will be at the park instead of Rucos Cafe, so you can bring your little ones for a play and we can still have our catch up.

Group will start again at Rucos on
Wednesday 2nd Sept

Cant wait to see you all there!



Charity Pop Up Cafe

Good Company Great Cause!

Holy Trinity Church, Stourpaine

AUGUST 9th 2026
2PM TO 4PM

ROCK & POP

IN THE CHURCH
by Sandra House

In aid of **Cancer Research, Crohn's Disease and Colitis**

Drop in and enjoy delicious tea and cakes.

