

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

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.

COUNTRY NIGHT

The Old Powerhouse
Bryanston

AT THE OLD POWERHOUSE
**SATURDAY
5TH SEPTEMBER 2026**
★ STARTING 7PM ★

★ COMMUNITY EVENT ★
for the whole family

INCLUDES A CALLER,
TO HAVE A GO AT SOME
LINE DANCING!

TICKETS
£9PP

CHILDREN GO FREE
BRING THEIR OWN LITTLE PICNIC
AND ICE CREAM FOR PUDDING
ADD £1 FOR A SLICE OF PIE

MENU
SPICY CHILLI
OR
BOSTON BEANS
AND APPLE PIE
WITH ICE CREAM

TICKETS CAN BE PURCHASED
OVER THE BAR OR VIA
WWW.TICKETSOURCE.CO.UK/THEOLDPOWERHOUSE

WE NEED YOU

NEXT MEETING:

WHEN: 22nd September 2026

TIME: 7.00pm

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

Group Information and Support Meetings
Menopause Educational Talks

**THE PIP CAFE IN POUNDBURY,
DORCHESTER**
on the 2nd Monday of each month
7pm to 9pm, starting 14th September



Offering support, guidance and education on
Perimenopause, Menopause
and the **Post Menopausal** years
throughout the South West

www.dorsetmenopausesupport.co.uk
dorsetmenopause@gmail.com
Company number 15411037

POSTUREFLEX
PILATES
Move • Strengthen • Thrive

Autumn Pilates Classes

let's move with the seasons

**Classes start w/c
14th September 2026**

- Puddletown Village Hall**
Monday 6:30pm
- Bere Regis Primary School**
Tuesday 6:30pm
- Wool Primary School**
Thursday 6:00pm
- Milborne St Andrew Village Hall**
Friday 9:00am and 10:15am

Try your first class FREE —
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 257377

Doggy Treasure Trail



Mili invites you to join her on
Sunday, 6th September at 4 –
6.30pm

Winterborne Whitechurch

£5 entry (to include tea and cake)

Collect your clues from the Old School Room

Any questions: ask Helen 07810123713

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



Neighbourcar

Need help with transport for a medical appointment?

01258 470333



FREE Taster Week

Discover Your Next Course

Dorchester Library • 1-4 September 2026

TUESDAY 1 SEPT	WEDNESDAY 2 SEPT	THURSDAY 3 SEPT	FRIDAY 4 SEPT
PC1476J Word Taster 10:00-12:00	PC1493J Becoming A Counsellor 10:00-12:00	PC1484J Maths Taster 10:00-12:00	PC1481J Creative Writing Taster 10:00-12:00
PC1497J Art Taster 13:30-15:30	PC1503J Italian Taster 10:00-12:00	PC1486J English Taster 10:00-12:00	PC1477J Microsoft Excel Taster 10:00-12:00
PC1474J Bookkeeping Taster 14:00-16:00	PC1480J Photography Taster 14:00-16:00		PC1498J Art Taster 13:30-15:30
			PC1501J Spanish Taster 13:30-15:30

BOOK YOUR PLACE TODAY!

www.skillsandlearningace.com | 01202 123444

BEGINNER LINE DANCING

LESSONS

EVERY THURSDAY

6.30PM – 7.30PM

£5 PER SESSION (Cash or Card)

Pamela Hambro Hall, West Street,
Winterborne Stickland, DT11 0NT

Enquiries – 07795 844244 or taralee.nix@gmail.com

NO EXPERIENCE NECESSARY – A GREAT WAY TO HAVE FUN AND KEEP FIT

♥ 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




STURMINSTER NEWTON CHEESE FESTIVAL

TWO DAYS OF CHEESE, FOOD & FESTIVAL FUN
12 & 13 SEPTEMBER 2026
OPEN 10AM – 5PM

TICKETS
£9 ADVANCE
£10 ON THE GATE

BOOK YOUR TICKETS NOW
CHEESEFESTIVAL.CO.UK
OR VIA QR CODE BELOW



DOGS ARE WELCOME AT THE
STURMINSTER NEWTON CHEESE FESTIVAL;
HOWEVER, DOGS ARE NOT PERMITTED
INSIDE ANY OF OUR FOOD MARQUEES FOR
FOOD HYGIENE REASONS. ASSISTANCE
DOGS ARE PERMITTED.

JOIN US FOR THE 27TH STURMINSTER NEWTON CHEESE FESTIVAL
AND ENJOY A FANTASTIC WEEKEND CELEBRATING SOME OF THE
BEST FOOD, DRINK, CRAFTS AND ENTERTAINMENT FROM DORSET
AND BEYOND.

CHEESE • LOCAL FOOD • DRINK • CRAFTS • LIVE MUSIC • FAMILY ENTERTAINMENT

boogie woogie

LIVE MUSIC EVENT

5 September 2026

4:30pm – 6:30pm



- ★ Tea and cake provided
- ★ Cash donations on the day
- ★ Online donations accepted beforehand
- ★ Contact: timorman@me.com

Shillingstone Station

Dorset DT11 0SA

what3words ///positive.polka.tapers



Forget-Me-Not Groups

Support group for those living with Dementia and their carers

Mondays 10.30-12 Swans Rugby Club, Wareham
Mondays 1.30-3pm Age UK HUB, Crown Square
Dorchester
Wednesdays 10.30-12.00 Emmanuel Church, Swanage

Activities, Guest Speakers, Warm Drinks and a Warm Welcome!

£2.50 per person

For more information: call 01305 269444
Email: wellbeingsservice@ageuknswd.org.uk

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 8th September 2026** at the Winterborne Whitechurch Village Hall 10.30am to 12.00pm