Milton Abbas Surgery Wellbeing Team Bulletin November 2026

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

BEGNNERS LINE DANCING

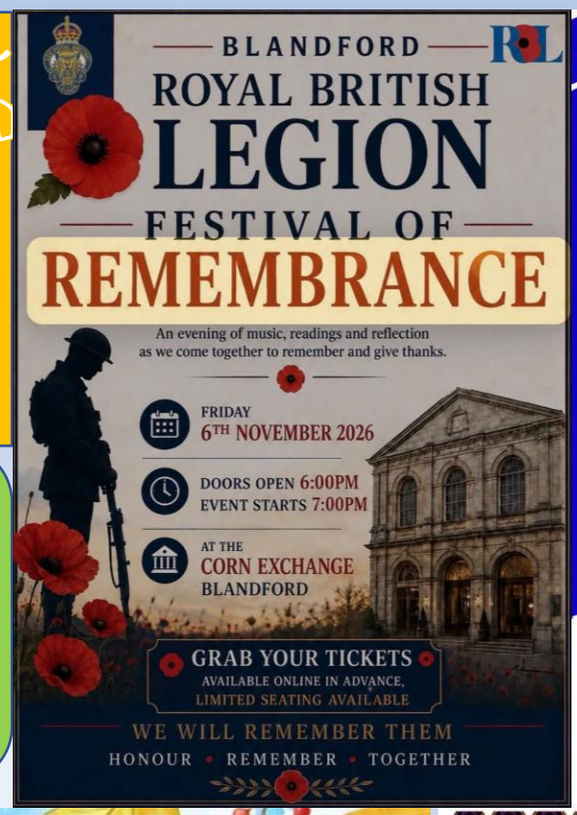
Winterborne Whitechurch Village Hall
Mondays 2.30pm – 3.30pm

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













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









Milton Abbas Neighbourcar is a voluntary service helping patients get to and from medical appointments. Could you help keep this valuable service going?

Neighbourcar are looking for more volunteer drivers. If you have some spare time and would like to make a real difference in our community, They would love to hear from you. Please call **01258 470333** to find out more.







The Winterborne Wanderers

Join us on Saturday 7th November

3.5 mile walk from Turnworth to Winterborne Houghton.



'Pause for Thought' along the route with Revd Lewis.

- Meet at St Mary's Church, Turnworth, at 10:30am. Lifts will be organised back to Turnworth at the end of the walk.
- Bring a drink and a snack.
- Walking boots recommended.
- Dogs are welcome!

Please contact Julia Goy (juliagoy268@gmail.com) to let me know if you are coming.