

START's Open Groups

(Winter 23 - Spring 24)

Mondays

Dorchester - Walking Group

11am every Monday morning, meet at the San Telmo chip shop in Fordington. Contact Hannah for further details.

Lyme Regis - START's Walking for Wellbeing

Join our friendly group for an hour's walk at a gentle pace, with frequent stops to take in the beautiful views. Every Monday 11am, meet next to Cobb Gate car park (by the big anchor), Bridge Street, Lyme Regis, DT7 3QD. Call Pam for more details.

Online - Coffee Group

All welcome to join our online coffee group every Monday at 1pm via Microsoft teams. Contact Hannah for further details.

Tuesdays

Dorchester - Circuit Group

Our START circuit class at Anytime Fitness in Dorchester from 11:35-12:30 With Ross and Haylee (Meet outside the gym 5 minutes before) Address: 2 Eldridge Street, Brewery Square, DT1 1GY. Please contact Haylee for further details

Dorchester - Social Group

Social/Pub games group at The Junction, Every Tuesday from 12:30 - 13:30pm. Contact Haylee or for more details

Bridport - Talking Café

We meet at Coffee #1 in Bridport at 13:30pm. Contact Sarah/Pam or Tanya for more details.

Bridport - Creative Flow Group

Art & crafts, poetry reading, knitting, crochet group at Bridport's coffee #1. Tuesday's 3 - 4pm. Contact Tanya and Pam for further details (not on first Tuesday of the month)

START Staff contact numbers

Tanya 07768 375345 Hannah 07769 931698 Haylee 07766 026673
Pam 07717 736234 Sarah 07717 422049 Matt 07824 104646

START email: dhc.start@nhs.net

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Axminster - Talking Café

Meet for a hot drink at the Waffle House in Axminster between 11-12. Please contact Pam for more details

Thursdays

Bridport - START Cooking - 'Cook to Connect'

Join Sarah for a fun, back to basics cooking group. Learn how to make simple, tasty, healthy and inexpensive meals. The group runs every fortnight on a Thursday at Harmony on Gundry Lane, Bridport, maximum 6 per group. Please contact Sarah for more details on how to join.

Dorchester - Photography Group

Join Hannah for her new photography group. Meet behind Waitrose in Dorchester every **other** Thursday at 12 midday. Plan for 2/3 hours with us and bring camera or phone with built in camera and money for tea/coffee if we find a café where-ever we go. Contact Hannah for more details.

Fridays

Dorchester - Talking Café

Join our well-established talking café at the Shire Hall in Dorchester, every Friday at 11am. Contact Sarah or Haylee for further details

Online - Social Group

All welcome to join our online social group every Friday at 11am via Microsoft teams. Contact Hannah for further details

Dorchester - Art Group

Fridays from 1-3pm. At Dorchester Museum (There is a one-off payment of £11. This gives membership to the Museum for a whole year). Please contact Hannah for more information

Fight Back Mental Health Dorchester - Boxing/Boxercise group

Join Matt and Haylee for a boxing focussed exercise group at Anytime Fitness, every Friday from 1-2pm - Contact Matt or Haylee for more info.

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Every Month

Maiden Newton - Tea Together

Join us for a cup of tea, company or a change of scene. The second Wednesday of each month, 2 - 4 pm - Webbers Piece Community Room. For more information contact Sarah in partnership with Jurassic Coast PCN. Contact Sarah for more details.

Bridport - START book club

Meet on the first Monday of the month, 1pm - 2pm at Bridport library. We are a friendly and welcoming group who enjoy a range of fiction, poetry and stories to celebrate the seasons! Please contact Pam for more details.

Beaminster - Talking Café

On the last Monday of the Month from 3 - 4pm at the Tangerine Café, 2 North St, DT8 3DZ, Contact Tanya or Sarah for more info - (first group is 30th October 2023)

Also

Fight Back Mental Health - Weymouth

Boxing (non-contact), 90 minutes of boxing related exercise. No experience needed. Mondays at 10:30am -12pm at Weymouth Boxing Club, 32a Hardwick Street, Weymouth DT4 7HS. Text Matt for further details.

Lyme Regis - Vitamin Sea dips:

There are regular small group sea swims / dips at Lyme Regis.
Contact Pam for more information.

Harmony's MENTAL health walking group - Bridport:

Boost your wellbeing step-by-step at Harmony's **Men's** walking group, facilitated Rob. Meet 2pm every Tuesday at the Shelter on St Mary's field (near the footbridge). Please wear suitable clothing and footwear for countryside walking. Partner's/Supporters and Dogs are welcome. Call 07597379290 for more details.

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