

MILTON ABBAS

WELLBEING TEAM GROUPS

2024

Further details can be
found on our surgery
website

www.masurgery.co.uk

or you can ask at
Reception

BEFRIENDING

WEEKLY CALL

Fancy a bit of a chat
about life, the last
book you read, your
latest success in the
garden, or the sport
results?

Then our volunteer
befrienders could be
just the thing for you!

Contact Kelly at the
surgery for a referral.

WALKING

WEDNESDAYS

Meeting at 10am at
different starting
points - pick up a
walking programme
for more information.

Friends who walk
together



LINE DANCING

MONDAYS

2.00pm to 3.00pm
The Village Hall,
Winterborne
Whitechurch

Beginners welcome
All about having fun



NURTURED BY NATURE

THURSDAYS DURING TERM TIME

3.00pm to 5.00pm
Luccombe Hub
Farm

Spending time outside
with furry friends - large
and small!



PAPERCRAFT

WEDNESDAYS

1.30pm on the 1st &
3rd Wednesday of the
month

Milborne St Andrew
Sports Club Pavilion

Getting creative with
company

