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**WYKE REGIS AND LANEHOUSE MEDICAL PRACTICE (with CHICKERELL)**

**DIRECTORY OF SERVICES FOR PATIENTS, CARERS, AND FAMILIES**

JANUARY 2020

# ****DISCLAIMER****

This Directory contains general information about local facilities and events for registered patients of the Wyke Regis and Lanehouse Medical Practice and their families and carers. The information and content has been obtained from third parties and does not constitute or imply endorsement, recommendation or favouring by the Wyke Regis and Lanehouse Medical Practice.

Whilst every effort has been made to verify the accuracy of the information in this Directory, the Wyke Regis and Lanehouse Practice and the Wyke and Lanehouse Surgery Friends cannot be held liable for any errors or omissions. Readers of this Directory should contact the organisers of any activity listed to confirm costs, timing and suitability before turning up for an event.

You must not rely on the information in this Directory as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in this Directory.

**CONTENTS**

*If you identify any errors or omissions* ***please email:***[***wykefriends@gmail.com***](mailto:wykefriends@gmail.com)***including the term “Patient Services Directory” in the email header or contact the surgery by telephone.***

[DISCLAIMER 2](#_Toc31453395)

[Introduction 11](#_Toc31453396)

[Patient Participation Group (PPG) 11](#_Toc31453397)

[Section 1: General Activities 12](#_Toc31453398)

[Arts and Crafts 12](#_Toc31453399)

[Art: Chesil Art (ChAt): 12](#_Toc31453400)

[Art: (Menzies Art Group): 12](#_Toc31453401)

[Crafting: (Royal Manor Workshops): 12](#_Toc31453402)

[Crafting: (Bits and Bobs): 12](#_Toc31453403)

[Crafting (Craftline): 13](#_Toc31453404)

[Knit and Natter: 13](#_Toc31453405)

[Knit and Natter Extra: 13](#_Toc31453406)

[Sugar Craft: 13](#_Toc31453407)

[Wood Carving: 13](#_Toc31453408)

[Associations and Groups 14](#_Toc31453409)

[General Activities 14](#_Toc31453410)

[Angling: Weymouth Angling Society 14](#_Toc31453411)

[Angling: Portland Angling Club 14](#_Toc31453412)

[Book Club: Peto Book Club: 14](#_Toc31453413)

[Computing: 14](#_Toc31453414)

[Chickerell and Charlestown Towns Women’s Guild: 14](#_Toc31453415)

[Cycling without Age: 14](#_Toc31453416)

[Gardening: 15](#_Toc31453417)

[Family History: 15](#_Toc31453418)

[Folk Dancing: 15](#_Toc31453419)

[Flower Arranging: 15](#_Toc31453420)

[Making Movies: 15](#_Toc31453421)

[Model Engineering: 16](#_Toc31453422)

[Railways: 16](#_Toc31453423)

[Reading: 16](#_Toc31453424)

[Scottish Country Dancing: 16](#_Toc31453425)

[Wyke Ladies Club: 16](#_Toc31453426)

[Wyke Regis Women's Institute: 17](#_Toc31453427)

[Faith Groups 18](#_Toc31453428)

[All Saints Church: 18](#_Toc31453429)

[All Saints Church: 18](#_Toc31453430)

[St Anne`s Church: 18](#_Toc31453431)

[Weymouth Independent Evangelical Church: 18](#_Toc31453432)

[Christian Spiritualist Church: 18](#_Toc31453433)

[Weymouth and Portland Quakers: 18](#_Toc31453434)

[Children and Young People 19](#_Toc31453435)

[Cadets 19](#_Toc31453436)

[Army Cadets: 19](#_Toc31453437)

[Marine Cadets: 19](#_Toc31453438)

[Sea Cadets: 19](#_Toc31453439)

[Junior Sea Cadets: 19](#_Toc31453440)

[Guides 20](#_Toc31453441)

[Rainbows: 20](#_Toc31453442)

[Brownies: 20](#_Toc31453443)

[Guides: 20](#_Toc31453444)

[Rangers and Senior Section: 20](#_Toc31453445)

[Scouts 21](#_Toc31453446)

[Beavers: (1st Portland): 21](#_Toc31453447)

[Beavers: (2nd Portland): 21](#_Toc31453448)

[Beavers: (Weymouth South): 21](#_Toc31453449)

[Cubs: (Weymouth South): 21](#_Toc31453450)

[Cubs: (1st Portland): 21](#_Toc31453451)

[Cubs: (2nd Portland): 22](#_Toc31453452)

[Scouts: (Weymouth South): 22](#_Toc31453453)

[Scouts: (2nd Portland): 22](#_Toc31453454)

[Explorers: (Gauntlett Explorers): 22](#_Toc31453455)

[Explorers: (Peake Explorers): 23](#_Toc31453456)

[Pre-School, Toddler and Play Groups 23](#_Toc31453457)

[Wyke Weenies: 23](#_Toc31453458)

[Play Group: 23](#_Toc31453459)

[Pre-School: 23](#_Toc31453460)

[Parent and Toddler Swimming: 23](#_Toc31453461)

[Baby Rhyme Time: 24](#_Toc31453462)

[RSPB Toddler Group: 24](#_Toc31453463)

[SaturDads: 24](#_Toc31453464)

[Toddler Praise: 24](#_Toc31453465)

[Exercise and Sport 25](#_Toc31453466)

[Badminton: 25](#_Toc31453467)

[Ballet: Silver Swans: 25](#_Toc31453468)

[Ballet: Weymouth School of Ballet: 25](#_Toc31453469)

[Bowls: (Moonfleet 2000): 25](#_Toc31453470)

[Bowls: (Wellworthy Bowls Club): 25](#_Toc31453471)

[Bowls: Weymouth and Melcombe Regis Bowls Club: 25](#_Toc31453472)

[Bowls: Greenhill Bowls Club: 26](#_Toc31453473)

[Cross Fit: 26](#_Toc31453474)

[Diving: 26](#_Toc31453475)

[Fitness: Osteocise: 26](#_Toc31453476)

[Fitness and Rehabilitation: C'Fit: 26](#_Toc31453477)

[Fitness: Fit+ Exercise Class: 27](#_Toc31453478)

[Fitness: “Move it or Lose It”: 27](#_Toc31453479)

[Fitness: "Get Together" Seated Exercise Class: 27](#_Toc31453480)

[Fitness: Young at Heart: 27](#_Toc31453481)

[Fitness: 27](#_Toc31453482)

[Football: Walking Football: 28](#_Toc31453483)

[Football: Walking Football: 28](#_Toc31453484)

[Gig Rowing: 28](#_Toc31453485)

[Judo: 28](#_Toc31453486)

[Line and Partner Dancing: 28](#_Toc31453487)

[Netball: Walking Netball: 29](#_Toc31453488)

[Pilates: 29](#_Toc31453489)

[Sailing: Castle Cove Sailing Club: 29](#_Toc31453490)

[Sculpt and Tone: 29](#_Toc31453491)

[Social Gym: 29](#_Toc31453492)

[Spinning: 29](#_Toc31453493)

[Stretch Class: 30](#_Toc31453494)

[Strength Class: 30](#_Toc31453495)

[Swimming: 30](#_Toc31453496)

[Swimming: 30](#_Toc31453497)

[Table Tennis: (Wyke Table Tennis Club): 30](#_Toc31453498)

[Table Tennis (C'Siders Table Tennis Club): 31](#_Toc31453499)

[Table Tennis Club (Preston): 31](#_Toc31453500)

[Tai Chi: 31](#_Toc31453501)

[Walking: Chickerell Walkers Club: 31](#_Toc31453502)

[Walking: (Walking for Health, 31](#_Toc31453503)

[Walking: (Walking for Health, Radipole): 32](#_Toc31453504)

[Walking: (Dorset Wild Life Trust): 32](#_Toc31453505)

[Walking: (South Dorset Ramblers): 32](#_Toc31453506)

[Walking: (Walking for Health, Weymouth Esplanade): 32](#_Toc31453507)

[Walking: (Gentle Walk): 32](#_Toc31453508)

[Walking: RSPB Radipole: 33](#_Toc31453509)

[Walking: (Walking for Health) 33](#_Toc31453510)

[Yoga: (Yoga with Debbie): 33](#_Toc31453511)

[Yoga: (Sacred Shores): 33](#_Toc31453512)

[Yoga: (Deep Relaxation): 33](#_Toc31453513)

[Yoga (Gentle): 34](#_Toc31453514)

[Yoga: (Yoga with Debbie): 34](#_Toc31453515)

[Yoga: Osprey Leisure Centre: 34](#_Toc31453516)

[Music, Drama and Dance 34](#_Toc31453517)

[Choir: (One Voice): 34](#_Toc31453518)

[Choir: (Weymouth Choral Society): 34](#_Toc31453519)

[Weymouth Drama Group: 34](#_Toc31453520)

[Youth Musical Theatre Group: 35](#_Toc31453521)

[Recorded Music: Osmington Recorded Music Society 35](#_Toc31453522)

[Recorded Music: Weymouth Classical Recorded Music Society 35](#_Toc31453523)

[Tea Dance: 35](#_Toc31453524)

[Weymouth Scottish Country Dancers: 35](#_Toc31453525)

[Singing: The Community Crooners: 36](#_Toc31453526)

[The Forget-Me-Not Songsters, Dementia Friendly: 36](#_Toc31453527)

[Skills 36](#_Toc31453528)

[First Aid: Cadets: 36](#_Toc31453529)

[First Aid: (Adults): 37](#_Toc31453530)

[Health and Safety: 37](#_Toc31453531)

[Lip Reading and Communication Skills: 37](#_Toc31453532)

[Social Events 38](#_Toc31453533)

[Colour and Chatter: 38](#_Toc31453534)

[Café: (Veterans): 38](#_Toc31453535)

[The Community Café 38](#_Toc31453536)

[Social Club: Blind and Partially Sighted Dorset Blind Club 38](#_Toc31453537)

[Wyke Regis Pop in Club: 38](#_Toc31453538)

[Wellworthy Sports and Social Club: 38](#_Toc31453539)

[Wyke Regis Working Mens Club: 38](#_Toc31453540)

[Breakfast Clubs 39](#_Toc31453541)

[Armed Forces and Veterans Breakfast Club 39](#_Toc31453542)

[Morning and Lunch Clubs 39](#_Toc31453543)

[Tea Pot Tuesday: 39](#_Toc31453544)

[St Anne`s Church Coffee Morning 39](#_Toc31453545)

[Rembrandt Hotel Lunch Club, 40](#_Toc31453546)

[St Aldhelm's Midweek Lunch 40](#_Toc31453547)

[Island Community Action Lunch Club 40](#_Toc31453548)

[Marquis of Granby Chickerell Lunch Club 40](#_Toc31453549)

[Beachview Community Centre Lunch Club 40](#_Toc31453550)

[The Forum Sports and Social Club Coffee and Social Group 41](#_Toc31453551)

[Afternoon Social Events 41](#_Toc31453552)

[Tuesdays Tea Together: 41](#_Toc31453553)

[Cinema: 42](#_Toc31453554)

[Wyke Regis Pop Up Club 42](#_Toc31453555)

[Social and DIY 42](#_Toc31453556)

[Evening Social Events 43](#_Toc31453557)

[Bingo: 43](#_Toc31453558)

[Bingo: 43](#_Toc31453559)

[Whist Drive: 43](#_Toc31453560)

[Whist: 43](#_Toc31453561)

[Whist: 43](#_Toc31453562)

[Section 2: Patient, Carers and Family Support and Advice 44](#_Toc31453563)

[Samaritans: 44](#_Toc31453564)

[Abuse: Domestic Abuse: You First: 44](#_Toc31453565)

[Ageing: Age UK: 44](#_Toc31453566)

[Anxiety UK: 44](#_Toc31453567)

[Aphasia: Weymouth Aphasia Group: 44](#_Toc31453568)

[Arthritis UK: 45](#_Toc31453569)

[Asthma: Asthma UK: 45](#_Toc31453570)

[Autism: National Autistic Society: 45](#_Toc31453571)

[Autism: Dorset SEND: 45](#_Toc31453572)

[Bereavement: Cruse: 45](#_Toc31453573)

[Blind and Partially Sighted: 45](#_Toc31453574)

[Blind and Partially Sighted: Dorset Blind Association: 46](#_Toc31453575)

[Brain Tumour: Brain Tumour Trust: 46](#_Toc31453576)

[Cancer Research UK: 46](#_Toc31453577)

[Cancer: C'Siders: 46](#_Toc31453578)

[Cancer: Macmillan Cancer Support: 46](#_Toc31453579)

[Carers: Weymouth Carers Support Group: 47](#_Toc31453580)

[Carers (Local Support): 47](#_Toc31453581)

[Cavernoma: Cavernoma Alliance UK: 47](#_Toc31453582)

[Cystic Fibrosis: Cystic Fibrosis Trust: 47](#_Toc31453583)

[Deafness: Action on Hearing Loss: 47](#_Toc31453584)

[Dementia: Dementia UK: 47](#_Toc31453585)

[Diabetes: Diabetes UK: 48](#_Toc31453586)

[Diabetes: West Dorset Diabetes UK Group 48](#_Toc31453587)

[Down's Syndrome Association: 48](#_Toc31453588)

[Epilepsy: Epilepsy Action: 48](#_Toc31453589)

[Epilepsy: Epilepsy Action: 48](#_Toc31453590)

[Facial or body differences: Changing Faces: 48](#_Toc31453591)

[Facial or body differences: Changing Faces: Skin Camouflage Service 49](#_Toc31453592)

[Genetic Disorders: Genetic Disorders UK: 49](#_Toc31453593)

[Haemochromatosis: Haemochromatosis UK 49](#_Toc31453594)

[Heart Disease: British Heart Foundation: 49](#_Toc31453595)

[Hepatitis C: Hep C Trust: 49](#_Toc31453596)

[Kidney Disease: Dorset Kidney Fund: 49](#_Toc31453597)

[Kidney Disease: Chronic Kidney Disease UK: 49](#_Toc31453598)

[Leukaemia: Leukaemia UK: 50](#_Toc31453599)

[Live Well Dorset: 50](#_Toc31453600)

[Liver Disease: British Liver Trust: 50](#_Toc31453601)

[Mental Health: Mind Mental Health Charity: 50](#_Toc31453602)

[Young Minds: 50](#_Toc31453603)

[Young Minds Crisis Messenger: Mental Health: Young people in crisis 50](#_Toc31453604)

[Childline: 51](#_Toc31453605)

[The Migraine Trust: 51](#_Toc31453606)

[Motor Neurone Disease Association. 51](#_Toc31453607)

[Multiple Sclerosis Society: 51](#_Toc31453608)

[Multiple Sclerosis: Southwest Dorset MS Support Group: 51](#_Toc31453609)

[Osteoporosis: Royal Osteoporosis Society: 51](#_Toc31453610)

[Pagets Disease: Pagets Association: 51](#_Toc31453611)

[Parkinson’s: Parkinson’s UK: 52](#_Toc31453612)

[Respiratory Disease: Breathe Well Weymouth: 52](#_Toc31453613)

[Scoliosis: Scoliosis Association UK: 52](#_Toc31453614)

[Stillbirth and neonatal death: Stillbirth and Neonatal Death Charity: 52](#_Toc31453615)

[Stroke: Stroke Association Group: 52](#_Toc31453616)

[Stroke: Weymouth Stroke Support Group: 53](#_Toc31453617)

[Section 3: General Advice and Support 54](#_Toc31453618)

[Access Dorset: 54](#_Toc31453619)

[Advice Dorset: 54](#_Toc31453620)

[Benefits Advice: 54](#_Toc31453621)

[Debt Management: 54](#_Toc31453622)

[Digital Champion: Wyke Regis: 54](#_Toc31453623)

[Digital Champion: Chickerell: 54](#_Toc31453624)

[Dorset Wayfinders: 55](#_Toc31453625)

[Frugal Food: 55](#_Toc31453626)

[Healthy Homes Dorset: 55](#_Toc31453627)

[Housing: You First: 55](#_Toc31453628)

[Legal Advice: 55](#_Toc31453629)

[Relate (Dorchester): 56](#_Toc31453630)

[The Silver Line: 56](#_Toc31453631)

[Utility Contract/Costs: 56](#_Toc31453632)

[SSAFA: 56](#_Toc31453633)

[Universal Credit: 56](#_Toc31453634)

[Employment Support and Skills Development 56](#_Toc31453635)

[Computer Training 56](#_Toc31453636)

[Employment Support and Volunteering 57](#_Toc31453637)

[Skills and Learning Jobs Club: 57](#_Toc31453638)

[Practical Support 57](#_Toc31453639)

[Befriending: 57](#_Toc31453640)

[Dog walking: 57](#_Toc31453641)

[Gardening 57](#_Toc31453642)

[Gardening: 57](#_Toc31453643)

[Repairs, Upcycling: 57](#_Toc31453644)

[Transport 58](#_Toc31453645)

[Car Transport 58](#_Toc31453646)

[Shopping Service: 58](#_Toc31453647)

[Section 4: Community Groups 59](#_Toc31453648)

[Civic Society: 59](#_Toc31453649)

[Friends of Weymouth Library: 59](#_Toc31453650)

[Weymouth Peace Garden: 59](#_Toc31453651)

[Weymouth and Portland U3A: 59](#_Toc31453652)

[Weymouth and Portland Lions Club: 60](#_Toc31453653)

[Weymouth and Portland Holzwickede Twinning Association: 60](#_Toc31453654)

[Wyke Regis Community Association: 60](#_Toc31453655)

[Wyke Regis Society: 60](#_Toc31453656)

# Introduction

*If you spot any errors or omissions please email:* [*wykefriends@gmail.com*](mailto:wykefriends@gmail.com) *including the term “Patient Services Directory” in the email header or ring the surgery with feedback.*

*We would also like to hear of your experiences of using the Directory by email or phone*.

This Directory of Services is produced by the Friends of Wyke and Lanehouse Practice (with Chickerell). The Directory provides information for patients of the practice and their families and their carers. It contains information on a wide range of activities in the area served by the practice and in and around Weymouth. Included are regular social events, sport, exercise, art and craft sessions and community and patient support groups/advice services. The Wyke Regis and Lanehouse Medical Practice team are delighted to see this project come to fruition. Staff will be using the Directory to support patients and help signpost them to activities and services that may meet their needs. It is hoped this will help patients to take more control of their health and well-being. We aspire to work in partnership with patients, their families and their carers to enable them to access activities that make the most of the expertise, capacity and potential of people, families and communities in delivering better outcomes and experiences. We expect the Directory to be a useful resource to support Health Coaching and as Social Prescribing is rolled out across Dorset. We welcome your feedback.

# Patient Participation Group (PPG)



Mrs Rosemary Smeeton

Chair of the PPG

*For further information on the work of the PPG please visit the practice website or contact me via 01305 761454 or email: rosemary.smeeton2@btinternet.com or contact Evie at the surgery.*

As Chair of the PPG I welcome this updated version of the Patient Services Directory. This initiative, led by the Friends of Wyke and Lanehouse Practice (with Chickerell) provides a valuable resource to help patients improve their own health, wellbeing and social welfare using the information in the Directory to connect them to appropriate activities and community services. For example, signposting people with a heart condition or cancer to exercise classes that might meet their needs or by highlighting dementia friendly activities. It should also be helpful for patients new to Weymouth looking for local information and activities for themselves and their families.

The PPG itself holds regular face-to-face meetings and hosts an on-line virtual group. We attend local and national health and care events to provide the patient perspective on current and proposed activities. The PPG has a key role in bringing the patient perspective to the work of the practice and we have provided feedback to the Friends during the development phase of the Directory.

# Section 1: General Activities

This section includes information about Arts and Crafts (e.g. Knitting, Woodcarving); Associations and Groups (e.g. Scouts, Cadets, Guides, Play Groups, Reading Groups); Music and Drama (e.g. Choir and Drama Groups; Dance); Exercise and Sport (e.g. Badminton, Bowls, Walking, Yoga); Faith Groups; Skills (e.g. First Aid, Lip Reading); Social (e.g. Bingo, Cinema, Lunch Clubs).

## Arts and Crafts

Art: Chesil Art (ChAt): Tuesdays, 13.30 –15.30. All welcome.

Island Community Action, Portland, St. John’s Hall, Ventnor Road, Fortuneswell.

Members can enjoy painting or sketching alongside others in a friendly and welcoming environment, using a range of materials. Suitable for beginners upwards. Tutor support. Materials can be borrowed for the first few sessions.

£4 per session.

For further information call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

Art: (Menzies Art Group): Thursdays, 9.30 - 12.30. Adults

Upwey and Broadwey, Upwey and Broadway Memorial Hall, Victoria Avenue, Upwey, Weymouth DT3 5NG.

The Menzies Art Group meets in the Menzies room at the rear of the memorial Hall and there is ample parking at the front. This is a small, friendly group who love to paint, but often don't have time. The weekly sessions provide the opportunity and support to develop skills in a relaxed environment. We are not a teaching group, but are happy to share our experience. All abilities are welcome.

Cost: £2.50 per session including refreshments (payable in advance for 1 month). 1st session is free.

Contact Carol Old. 01305 787769

Website not located

Crafting: (Royal Manor Workshops): Various days and times, please check with organiser. All welcome.

Crafting, Royal Manor Workshops, Portland, Royal Manor Workshops. Meet in the Skylark Studio, St. George's Centre, Reforne, Portland.

Cost: £25 annual membership to join 1 or all of the groups. Joining Royal Manor Workshops gives members reduced fees for workshops and talks as well as discounts at some local art and craft supplier.

For further information call 01305 826820 or via website.

[https://royalmanorworkshops.weebly.com/-about-us.html#](https://royalmanorworkshops.weebly.com/-about-us.html)

Crafting: (Bits and Bobs): Various days and times, please check with organiser. Open to all. Offers a range of new and exciting art and craft related courses each month. Charge payable.

For further information call 01305 773966 or via website.

<https://www.bitsandbobscrafts.co.uk/>

Crafting (Craftline): Various days and times, please check with organiser. Open to all.

Craftline, Weymouth, Craftlines, 4 Westham Road, Weymouth DT4 8N offer courses in a range of crafts. Charge payable.

For further information call 01305 767302 or via website.

<https://en-gb.facebook.com/Craftlines-Weymouth-177593792808460/>

Knit and Natter: 2nd Monday of the month, 14.30 - 16.00. Open to all.

Wyke Regis Library, Wyke Regis, Wyke Regis Library, Wyke Regis Health Centre, Library, Portland Road, Weymouth DT4 9BE. **FREE ACTIVITY**

Bring your knitting or your craft and have a cup of tea or coffee and a good natter,

For further information call 01305 760191 or via website.

<https://www.dorsetcouncil.gov.uk/libraries-history-culture/libraries/find-your-local-library/wyke-regis-library.aspx>

Knit and Natter Extra: 25th Oct, 22nd Nov and 20th Dec 2019, 10.30 - 12.00.

Wyke Regis Library, Wyke Regis, Wyke Regis Library, Wyke Regis Health Centre, Library, Portland Road, Weymouth DT4 9BE. **FREE ACTIVITY**

Bring your knitting or your craft and have a cup of tea or coffee and a good natter.

For further information call 01305 760191 or via website.

<https://www.dorsetcouncil.gov.uk/libraries-history-culture/libraries/find-your-local-library/wyke-regis-library.aspx>

Sugar Craft: Saturday (3rd of the month), 10.00 - 12.00, for 7 - 18 year olds.

The Cygnet Group, Weymouth, St Paul’s Church Hall, 58 Abbotsbury Rd, Weymouth DT4 0BJ. Activity for children wishing to learn the skill of Sugar Craft.

For further information call 01305 760191 or via messenger: m.me/340541199863729 or via website.

<https://en-gb.facebook.com/pages/category/Social-Club/Wessex-Sugar-Craft-Guild-Weymouth-Cygnets-340541199863729/>

Wood Carving: Tuesdays (except after a bank holiday), 19.00 - 21.00. All welcome. South Dorset Woodcarving Club BWA, Upwey, Old School Village Hall, Church St, Upwey, DT3 5QE, New members are asked to join the British Woodcarvers Association who provide public liability insurance cover and a quarterly magazine. https://www.britishwoodcarvers.com/. First 2-weeks free; £25 per quarter thereafter.

For further information contact david.whiddett@gmail.com or text 07948502857 or land line 01305 812064 for a chat. This enables the necessary support to be provided for a first simple project.

<https://southdorsetwoodcarvingclub.co.uk/>

## Associations and Groups

## General Activities

### **Angling:** Weymouth Angling Society

A friendly community Society with a clubhouse in the harbour. The Society is active running competitions, leagues and clubs for all types of anglers.

<https://www.facebook.com/groups/Weymouth-Angling-Society-153522491151/>

### Angling: Portland Angling Club

Encourages the sport of sea angling and promotes the interest of marine conservation. Actively runs competitions, leagues and clubs for local residents.

For further information please contact 07864839835 (Ian Burden, Membership Secretary) or email guffer777@live.co.uk or visit the website.

<http://www.portlandac.co.uk/index.htm>

Book Club: Peto Book Club: 2nd Monday of the month 14.00 15.30

Chickerell Community Library, 51 East St, Chickerell, Weymouth DT3 4DT

For further information please contact 01305 760095 or visit the website:

<https://chickerellcommunitylibrary.co.uk/>

Computing: Monday (fortnightly), 19.30 - 21.30. All welcome.

Portland Island Computer Klub, Portland, Jubilee Hall, South Portland Working Men's Conservative Club, Easton, Portland

Small computer club. New members welcome whatever their level of knowledge. Opportunity to discuss computer problems with other members.

£4 per session incl. raffle ticket. Children free (accompanied by an adult)

For further information please contact picklubb@waitrose.com

http://www.picklub.co.uk

Chickerell and Charlestown Towns Women’s Guild: Every 3rd Monday of the month at 10:30. Marshallsay Court (Communal Room), Marshallsay Road, Chickerell, Weymouth, DT3 4BE

Townswomen’s Guilds is one of the largest women’s organisations in the UK, with around 550 Guilds and 17,000 members. Guild members usually meet at least once a month to enjoy each other's company, develop friendships, to get involved with events and crafts, to try new things and to campaign on social issues. Every Guild is unique and can offer a diverse range of activities to suit you.

For further information you are welcome to attend a meeting or visit:

<https://www.the-tg.com/homepage.aspx>

Cycling without Age: CYCLING WITHOUT AGE WEYMOUTH FREE TRISHAW RIDES for people with limited mobility the right to wind in your hair.

Please contact des@cyclingwithoutage.org.uk or www.cyclingwithoutage.org.uk/Weymouth or Facebook https://www.facebook.com/pg/weymouth.cwa

Gardening: For days and times please check with organiser. All welcome.

Wyke Regis Horticultural Society, Wyke Regis, Headquarters and Trading Post, Rylands Lane, Wyke Regis, Weymouth, DT4 9PY, Local gardening Club.

For further information including costs please call 01305 759668.

<http://wrhs.org.uk/home.php>

Family History: Friday (3rd Friday of month), 14.00. All welcome.

South Dorset Group of the Somerset and Dorset Family History Society, Weymouth, St Aldhelm's Church Centre, Spa Road, Weymouth, DT3 5EW. Helps people to research their family history. Costs: UK individual £18; UK Family £20.

For further details call 01305 776008 (John Yallop) or via website, <http://www.sdfhs.org/groups/south-dorset/>

Folk Dancing: Monday’s 19.30 - 21.30 (half-hour break for refreshments). Beginners welcome. Phoenix Folk Dancing Group: St Augustines Church Hall, 8 Dorchester Road, Weymouth DT4 7JZ. *Please note - the church is closed – The hall has to be accessed from the first lane on left as you go into Cranford Ave from Dorchester Road.* Friendly group of mostly mature folks who enjoy dancing.

£2.50 per class includes refreshments.

For further information please call the leader and caller Sue Peach 01305 773147.

Flower Arranging: Thursday (3rd Thursday of month, except August and December is the 2nd Thursday), 19.30 - 21.90 (Doors open 19.00). All welcome. Weymouth (Melcombe Regis) Flower Arrangement Society, Weymouth, United Reformed Church Hall, Spa Road, Radipole Weymouth DT3 5JQ. The group arrange flowers most months and have regular demonstrations, talks, workshops, competitions or other social events.  Clubs often organise flower festivals and garden visits for their members. Visitors can turn up to either just watch or learn or with a bunch of supermarket flowers and members can assist

Annual membership is £17.50 from April - end of March. Visitors and new members welcome: £5 visitors fee.

For further information call 07970460855 (Denise Jones) or chairperson.mrfcweymouth@gmail.com or information about workshops / practise nights or secretary.mrfcweymouth@gmail.com for general enquiries. [https://www.nafas.org.uk/clubs/weymouth-melcombe-regis-flower-arrangment-society/ and https://www.facebook.com/Melcombe-Regis-Weymouth-Flower-Arrangement-Society-1134436469942671/](https://www.nafas.org.uk/clubs/weymouth-melcombe-regis-flower-arrangment-society/)

Making Movies: Wednesday (alternate) Sept to May, 19.30, All Welcome.

Weymouth Movie Makers, Weymouth, Centenary Club, 1 Jubilee Close, Weymouth, Dorset, DT4 7BG. Members are continually out and about filming either as groups on the latest drama or their own productions.

For costs and further information please contact organisers via 01305780140 or email: weymouthmoviemakers@gmail.com [www.weymouthmoviemakers.weebly.com](http://www.weymouthmoviemakers.weebly.com/)

Model Engineering: Tuesday and Saturday, 19.00 (Tue) and 10.00 (Sat), All Welcome. Weymouth and District Model Engineering Society, Weymouth, Budmouth Technology College. Chickerell Road, Weymouth DT4 9SY.

The club welcomes new members. The club philosophy is one of enjoying a hobby in the company of good friends and having an opportunity to learn new skills. You do not have to own your own locomotive to join.

For further information including costs please contact organisers via website or e[mail: info@weymouth-dmes.co.uk](mailto:info@weymouth-dmes.co.uk)

<http://weymouth-dmes.co.uk/>

Railways: Friday (last of the month except Aug and Dec), 19.30. All welcome. Somerset and Dorset Railway Trust, Dorchester Area Group, Dorset Room, Colliton Club, County Hall, Dorchester.

Promotes the spirit and history of the Somerset and Dorset Railway. Members receive a quarterly magazine and discount on travel on the West Somerset Railway, Many also volunteer to repair and restore rolling stock and research and write articles. £14 per year.

For further information email info@sdrt.org

<http://www.sdrt.org/>

Reading: Last Monday of each month, 10.30 - 12.30. Open to all.

Book Club, Wyke Regis, Friends of Wyke Library, Wyke Regis Library, Wyke Regis Health Centre, Library, Portland Rd, Weymouth DT4 9BE. **FREE ACTIVITY**

Share views on the books you have read recently, join the book club or just catch up with friends.

For further information call 01305 760191 or see website. <https://www.dorsetcouncil.gov.uk/libraries-history-culture/libraries/find-your-local-library/wyke-regis-library.aspx>

Scottish Country Dancing: Mondays, 19.45 - 21.30. All welcome. South Dorset Caledonian Society, Chickerell, Willowbed Hall, Chickerell, Weymouth DT3 4AJSouth Dorset Caledonian Society hold Ceilidh dances on Mondays at Willowbed Hall Chickerell, DT3 4AJ at 19:45 - 21:45, costs are £2.50 a session (including tea or coffee). All are very welcome and for taster sessions non-members are welcome too.

The society promotes traditional Scottish interests and holds social events and dances and celebrates occasions such as Burn's Night.

For further details email: [sdcssec@btinternet.com](mailto:sdcssec@btinternet.com) (Mrs. C. Irving) or via the web site [www.southdorsdetcaledonians.org](http://www.southdorsdetcaledonians.org/)

Wyke Ladies Club: Monday (1st of the month), check with organiser for times. Ladies.

Wyke Ladies Club, Wyke Regis, Wellworthy Sports and Social Club, Dunbarton Road, Wyke Regis, Weymouth, DT4 9BY

A fun club for ladies with a monthly meeting plus regular activities and outings.

Annual Membership fee £25.

For further details call 07966 782494 (Sue)

<https://www.wykelc.co.uk/>

Wyke Regis Women's Institute: Thursday (2nd of the month), 19.00 - 21.15. Women aged 18 and over.

Women's Institute, WI Hall, Wyke Regis, 1 Gallwey Rd, Weymouth DT4 9AJ. Monthly meetings with speakers and a range of groups that meet at regular times including Art, Book Club, Craft, Poetry and Keep Fit.

Annual subscription £42 allowing members to attend all meetings and interest groups. Those joining later in the year pay pro rata.

For further information call 07719312901 or email: secretary@wykeregiswi.org.uk, <http://www.wykeregiswi.org.uk/>

## Faith Groups

All Saints Church:Sunday, 8.00; 9.30. Open to all.

1 Portland Road, Weymouth DT4 9ES. **FREE.** Come and join in the life and work of the church in Wyke Regis.

For further information call 01305784649 or visit website

https://www.parishofwykeregis.org.uk/

All Saints Church:Sunday School:2nd/3rd Sunday. For times check with organiser. Children. Holy Communion, 1 Portland Road, Weymouth DT4 9ES. **FREE**

Provides a space for the faith of children to grow and be nurtured.

For further information call 01305784649 or visit website

https://www.parishofwykeregis.org.uk/

St Anne`s Church:1st Monday, 14.00, Dementia Friendly Service.

St Anne`s Church Hall Radipole, Radipole Lane, Weymouth DT3 5HS. **FREE**

Parking and toilets in schoolroom opposite. The service is a simple half hour worship service with a short message. It is designed to be accessible for people living with dementia but is open to anyone and everyone. There is parking and refreshments in the schoolroom opposite. The service is also preceded by a stroll through Radipole Woods. This begins at 1.30pm from the carpark at St Ann's so best to arrive a little before that.

There is also a walk on the 3rd Monday of the month without a service afterwards if you'd like to join us. **FREE ACTIVITY.**

For further information please visit website

<http://www.staldhelmstann.co.uk/StAnns/DementiaFriendlyServices.html>

Weymouth Independent Evangelical Church:Sunday, 11.00 and 18.30. All welcome. Weymouth Independent Evangelical Church, WI Hall, Wyke Regis, 1 Gallwey Road, Weymouth DT4 9AJ. Morning service includes Sunday School.

For further information please call 01305 774523 (John Mann) or email: contact.wiec@gmail.com

<https://weymouthchurch.org.uk/>

Christian Spiritualist Church: Sunday, 18.00 for 18.15. All welcome.

St John Ambulance Hall, Westwey Road, Weymouth DT4 8SU. Sunday services and spiritual healing.

For further details please call 01305 776 459

[http://wspiritualistchurchweymouth.com](http://wspiritualistchurchweymouth.com/)

Weymouth and Portland Quakers: Sunday (1st and 3rd of month), 10.30. All Welcome.

Weymouth and Portland Quakers, Weymouth Community Safety Centre, Community Room 2, Radipole Lane, Radipole Lane, Weymouth, DT4 0QE. Access on Sundays is via the side door adjacent to the large car park from 10:15am to 10:40am only. No 3 bus from Debenhams.

Quakers are a faith group committed to working for equality and peace.

For further information call 01305 78845 or visit website  
<https://www.quaker.org.uk/meetings/weymouth-portland>

## Children and Young People

## Cadets

Army Cadets: Most detachments meet one or two evenings a week with occasional weekend camps and competitions, normally starts at 7pm or 7.30pm and runs for two hours. Young People (12-18 years).

Army Cadets, Weymouth, Building 2, Chickerell Camp, Chickerell Road/Fleet Lane, Weymouth, Dorset, DT3 4DG

Provide opportunities to take part in activities, including First Aid training, DofE (The Duke of Edinburgh's Award), BTEC Certificate in Public Services (equivalent to 4 GCSE A\* grades), not to mention the military skills and adventurous training. Joining Fee: £25 (for insurance) - Uniform is free but new recruits will need to provide their own Brown Boots.

Costs: Weekend Training Camps £12; Easter/Spring Camp (1 week) £40; Summer Camp (1 week) £60.

For further details call 01305 263954 or via website

<https://armycadets.com/county/dorset-acf/>

Marine Cadets: Tuesdays and Fridays, 19.00 - 21.00, Young People (13-18 years).

Royal Marines Cadets, Weymouth, Sea Cadets Weymouth, SCTC Weymouth, Barrack Road, DT4 8TZ

Aims to give young people an experience that will help them grow into the person they want to be in a safe and friendly environment. Activities can include sailing, windsurfing, powerboating, rock climbing, camping, and music.

For details of costs please contact organisers, call 01305 775191 or email: shipsoffice@weymouthseacadets.org.uk

<https://www.sea-cadets.org/weymouth>

Sea Cadets: Tuesdays and Fridays, 19.00 - 21.00, Young People 12+ years.

Sea Cadets Weymouth, SCTC Weymouth, Barrack Road, DT4 8TZ.

Sea Cadets aims to give young people an experience that will help them grow into the person they want to be in a safe and friendly environment. Activities can include sailing, windsurfing, powerboating, rock climbing, camping, and music.

Costs: £8.00 per month for Cadets (12 +)

For further details call 01305 775191 or email: shipsoffice@weymouthseacadets.org.uk

<https://www.sea-cadets.org/weymouth>

Junior Sea Cadets: Fridays, 19.00 - 21.00, Young People 10 – 12 years.

Sea Cadets, Weymouth, Sea Cadets Weymouth, SCTC Weymouth, Barrack Road, DT4 8TZ.

Sea Cadets aims to give young people an experience that will help them grow into the person they want to be in a safe and friendly environment. Activities can include sailing, windsurfing, powerboating, rock climbing, camping, and music.

Costs: £4.00 per month for Junior Cadets

For further details call 01305 775191 or email: shipsoffice@weymouthseacadets.org.uk

<https://www.sea-cadets.org/weymouth>

## Guides

Rainbows: Register your child via the website to obtain details of times and venues. Children (4 – 7 years). Chickerell, 1st Wyke Regis, 1st and 2nd Portland, Wyke Regis or Chickerell, WI Hall, Wyke Regis, 1 Gallwey Rd, Weymouth DT4 9AJ.

Rainbows is all about developing self-confidence, building friendships, learning new things and having fun. Girls get their hands dirty with arts and crafts, get in touch with nature and play games - it's all about learning bydoing.

Costs are in the order of £35 per term but do vary. Some units charge weekly and there are grants available to help with costs.

For further information see website or if you do not have IT access call Linda (County Office) on 01202 620006 (Tuesday and Thursdays) who will happily help with further questions including how to register.

<http://www.girlguiding-dorset.org.uk/>

Brownies: Register your child via the website to obtain details of times and venues. Children (7 – 10 years). 1st and 3rd Wyke Regis, 1st Chickerell, 2nd Fortuneswell, 2nd Portland, 1st Weston, Wyke Regis or Chickerell.

Brownies is about getting together to work on badges, learn new skills, play games and see friends. It's about trying adventurous activities and going along to special events, day trips, sleepovers, camps and holidays.

Costs are in the order of £35 per term but do vary. Some units charge weekly and there are grants available to help with costs.

For further information see website or if you do not have IT access call Linda (County Office) on 01202 620006 (Tuesday and Thursdays) who will happily help with further questions including how to register.

<http://www.girlguiding-dorset.org.uk/>

Guides:Register your child via the website to obtain details of times and venues. Young People (10 – 14 years). 1st and 3rd Wyke Regis, 2nd Portland.

What you do in Guides is up to each child, from taking part in lots of exciting activities at regular meetings to special events and trips away. There are opportunities to learn new skills and try new challenges.

Costs are in the order of £35 per term but do vary. Some units charge weekly and there are grants available to help with costs.

For further information see website or if you do not have IT access call Linda (County Office) on 01202 620006 (Tuesday and Thursdays) who will happily help with further questions including how to register.

<http://www.girlguiding-dorset.org.uk/>

Rangers and Senior Section: Register your child via the website to obtain details of times and venues. Young People (14+ years). 3rd Wyke Regis, Portland, Wyke Regis or Portland, Register your child via the website to obtain details.

Members aged 18 to 30 can choose from seven themed pathways either following one or mix and match. There is access to learning and awards programme and there is a range of fun opportunities to make new friends and catch up with old ones., Costs are in the order of £35 per term but do vary. Some units charge weekly and there are grants available to help with costs.

For further information see website or if you do not have IT access call Linda (County Office) on 01202 620006 (Tuesday and Thursdays) who will happily help with further questions including how to register.

<http://www.girlguiding-dorset.org.uk/>

## Scouts

Beavers: (1st Portland): Tuesday, check with organiser for times. Children (6 – 8 years). Beavers, 1st Portland, Portland, Weston Community Hall, Weston Road, Portland. Beaver Scouts are the youngest members. They usually meet weekly to take part in a wide range of activities including games, crafts, singing, visits and good turns, along with plenty of outdoor activities and experience the fun and excitement of camps and sleepovers.

For details of costs please contact organisers via website

<http://www.weymouthandportlandscouts.org.uk/our-groups/>

Beavers: (2nd Portland): Thursday, check with organisers for times. Children (6 – 8 years). Beavers, 2nd Portland, Portland, Old Brackenbury School Hall, Fortuneswell, Portland.

Beaver Scouts are the youngest members. They usually meet weekly to take part in a wide range of activities including games, crafts, singing, visits and good turns, along with plenty of outdoor activities and experience the fun and excitement of camps and sleepovers.

For details of costs please contact organisers via website. <http://www.weymouthandportlandscouts.org.uk/our-groups/>

Beavers: (Weymouth South): Fridays, check with organiser for times. Children (6 – 8 years). Beavers, Weymouth South, Wyke Regis, Scout Hut, Rylands Lane, Wyke Regis. Beaver Scouts are the youngest members. They usually meet weekly to take part in a wide range of activities including games, crafts, singing, visits and good turns, along with plenty of outdoor activities and experience the fun and excitement of camps and sleepovers.

For details of costs please contact organisers via website. <http://www.weymouthandportlandscouts.org.uk/our-groups/>

Cubs: (Weymouth South): Tuesdays and Thursdays, check with organiser for times. Children (8 - 10.5 years). Cubs, Weymouth South, Wyke Regis, Scout Hut, Rylands Lane, Wyke Regis,

For Cubs, excitement and adventure are key. Their programme offers a huge variety of activities surrounding areas of fitness and beliefs; whilst allowing them to be creative and get involved in their local communities. Cubs are introduced to exciting outdoor skills and take part in adventurous activities, as well as camps and residential experiences.

For details of costs please contact organisers via website. <http://www.weymouthandportlandscouts.org.uk/our-groups/>

Cubs: (1st Portland): Tuesday, check with organiser for times. Children (8 - 10.5 years). Cubs, 1st Portland, Portland, Weston Community Hall, Weston Road, Portland, For Cubs, excitement and adventure are key. Their programme offers a huge variety of activities surrounding areas of fitness and beliefs; whilst allowing them to be creative and get involved in their local communities. Cubs are introduced to exciting outdoor skills and take part in adventurous activities, as well as camps and residential experiences.

For details of costs please contact organisers via website. <http://www.weymouthandportlandscouts.org.uk/our-groups/>

Cubs: (2nd Portland): Tuesday, check with organisers for times. Children (8 - 10.5 years). Cubs, 2nd Portland, Portland, Old Brackenbury School Hall, Fortuneswell, Portland, For Cubs, excitement and adventure are key. Their programme offers a huge variety of activities surrounding areas of fitness and beliefs; whilst allowing them to be creative and get involved in their local communities. Cubs are introduced to exciting outdoor skills and take part in adventurous activities, as well as camps and residential experiences.

For details of costs please contact organisers via website. <http://www.weymouthandportlandscouts.org.uk/our-groups/>

Scouts: (Weymouth South): Mondays and Wednesdays, check with organiser for times, Children (10.5 – 14 years). Scouts, Weymouth South, Wyke Regis, Scout Hut, Rylands Lane, Wyke Regis, Scouts aims to build and develop young people’s confidence, sense of adventure and outdoor skills, as well as encouraging them to explore their beliefs and attitudes and be creative.  It offers them the independence to put these skills into practice at camps and even on international trips.

For details of costs please contact organisers via website. <http://www.weymouthandportlandscouts.org.uk/our-groups/>

**Scouts: (1st Portland):**  Mondays and Wednesdays, check with organiser for times. Children (10.5 – 14 years). Scouts, 1st Portland, Portland, Weston Community Hall, Weston Road, Portland Scouts aims to build and develop young people’s confidence, sense of adventure and outdoor skills, as well as encouraging them to explore their beliefs and attitudes and be creative.  It offers them the independence to put these skills into practice at camps and even on international trips.

For details of costs please contact organisers, via website. <http://www.weymouthandportlandscouts.org.uk/our-groups/>

Scouts: (2nd Portland): Thursday, check with organiser for times. Children (10.5 – 14 years). Scouts, 2nd Portland, Portland, Old Brackenbury School Hall, Fortuneswell, Portland.

Scouts aims to build and develop young people’s confidence, sense of adventure and outdoor skills, as well as encouraging them to explore their beliefs and attitudes and be creative.  It offers them the independence to put these skills into practice at camps and even on international trips.

For details of costs please contact organisers via website. <http://www.weymouthandportlandscouts.org.uk/our-groups/>

Explorers: (Gauntlett Explorers): Check with organiser for times. Young people 14 - 18 years. Gauntlett Explorers, Wyke Regis, Scout HQ, Rylands Lane, Wyke Regis, Weymouth, DT4 9PY

Explorer Scouts are encouraged to lead themselves, design their own programme and work towards the top awards that Scouting offers. With exciting prospects like being a part of camps and expeditions both home and abroad; adventurous activities such as mountaineering, parascending and off shore sailing; Explorers offers fun and adventure for all.

For details of costs please contact organisers via website. <http://www.weymouthandportlandscouts.org.uk/our-groups/>

Explorers: (Peake Explorers): Check with organiser for times. Young people 14 - 18 years. Peake Explorers, Portland, 1st Portland Scout Hut, Weston Road, Portland.

Explorer Scouts are encouraged to lead themselves, design their own programme and work towards the top awards that Scouting offers. With exciting prospects like being a part of camps and expeditions both home and abroad; adventurous activities such as mountaineering, parascending and off shore sailing; Explorers offers fun and adventure for all.

For details of costs please contact organisers via website. <http://www.weymouthandportlandscouts.org.uk/our-groups/>

## Pre-School, Toddler and Play Groups

Wyke Weenies: Monday, 9.30 - 11.30, open during term time for 0 – 5 year olds and their parents/carers. Wyke Regis Community and Sports Association, 7 Ryemead Lane, Weymouth DT4 9NS. Large hall, lots of toys, crafts and snack time.

For details of costs please contact organisers via Facebook

<https://en-gb.facebook.com/wykeweenies>

Play Group: Tuesdays, 9.30 - 11.30, Pre-School (0 – 4 years).

Play and Learn, Portland, St Georges Centre, The Reforne, Portland, DT5 2AN Playgroups are informal sessions where mums, dads, grandparents, caregivers, children and babies meet together in a relaxed environment.

For details of costs please contact organisers on 01305 823794 (Outlooks Children Centre).

Website not located.

**Play Group:** Tuesdays, 13.00 - 14.30, Pre-School (0 - 4years).

Rodwell Pre School Parent and Toddler Group, Weymouth, Rodwell Ave, Rodwell, Weymouth, DT4 8SG

Playgroups are informal sessions where mums, dads, grandparents, caregivers, children and babies meet together in a relaxed environment.

For details of costs please contact organisers via website.

<http://www.rodwellpreschool.co.uk/meet-the-team>

Pre-School: Open term time only 9am – 3pm., Sessions 9am – 12pm, 12pm – 3pm or all day, 2 years 9 months until school age. Wyke Regis Pre-School, Wyke Regis, Shrubbery Lane, Wyke Regis, Weymouth, Dorset, DT4 9LU.

Committee run charity for pre-school.

For further details including costs please call 01305 789222 or see website.

<http://wykeregispreschool.co.uk/>

Parent and Toddler Swimming:Wednesdays, 09:30 - 10:00

Osprey Leisure Centre, Castletown, Portland, DT5 1BD. Drop-in pre-school parent and toddler swim.

For details of costs and to confirm times please contact organisers.

<https://www.ospreyleisure.co.uk/programme/all-activities/>

Baby Rhyme Time: Alternate Fridays from 7th February 2020, 10.30 - 11:30

Chickerell Library, 51 East St, Chickerell, Weymouth DT3 4D. **FREE ACTIVITY**

Baby Rhyme time is for babies that are not yet steady on their feet and their parents/carers. Enjoy stories and rhymes together in a small but friendly community library.

Parking is on the road but usually there's a few spaces available.

For details of costs and to confirm times please contact organiser Michelle Walden on 07793893626 or michellewalden197594@googlemail.com

RSPB Toddler Group: 2nd Friday of the month, 10.30 - 11.30, 0 – 4 years.

Weymouth, Discovery Centre, Radipole Lake, Swannery Carpark, Weymouth, Dorset, DT4 7TZ

Playgroups are informal sessions where mums, dads, grandparents, caregivers, children and babies meet together in a relaxed environment. , £3 per child which includes the organised session and a child's juice drink.

For further details call 01305 778313 or via website. <https://community.rspb.org.uk/placestovisit/weymouthwetlands/b/weymouthwetlands-blog/posts/may-at-radipole-lake>

SaturDads:1st Saturday of the month, 9.30 - 11.00, for babies to year 6

The Park Community Centre, Chelmsford Street, Weymouth, DT4 7HR

Run by St Johns Church for dads and their children. Drop in for games and activities, Bacon Butties and refreshments.

Cost: £2 per family.

Call 01305 777708 (Tom Coopey) or visit website.

<https://www.theparkarea.co.uk/activities-and-groups/saturdads-dads-babies-group/>

Toddler Praise: 1st Wednesday each month, 14.00. **FREE**.

Pre-School: All Saints Church, Toddler Praise, Wyke Regis, All Saints Church, 1 Portland Rd, Weymouth DT4 9ES.

For babies and pre-school children and their parents, grandparents or carers with stories, singing craft activities and refreshments.

For further details call 01305784649 or see website. <https://www.parishofwykeregis.org.uk/>

## Exercise and Sport

Badminton:Monday, 15.00 - 16.00. All Welcome.

The Forum Sports and Social Club, Weymouth Redlands Community Hub, Dorchester Road, Weymouth DT3 5AW. Badminton Group for all abilities. Sessions are fun, friendly and enjoyable for all abilities and fitness levels - the groups are all about taking part. £3 including racket hire.

For further information call 01305 257172 or fax: 01305 261049 or email via the website.

<http://www.dorsetmentalhealthforum.org.uk/reach.html>

Ballet: Silver Swans:Tuesday and Wednesdays, 10.00 - 11.00. Older People.

Wyke Regis Silver Swans, Wyke Regis Memorial Hall, Chamberlaine Road, DT4 9EY. Ballet classes for over 55's. £3 per class

For further information call Hazel Scott on 01305 761364

<https://en-gb.facebook.com/pg/HazelScottSchoolofDance/posts/>

Ballet: Weymouth School of Ballet: Monday 156.30 – 18.30 and Tuesday 14.00 – 18.00. Victory Hall, Putton Lane, Charlestown, Dorset DT3 4DA, Putton Ln, Weymouth DT4 9TL

For further information please contact Lisa on 07703463974

Bowls: (Moonfleet 2000): For details of days and times checkwith organisers.All welcome. Moonfleet 2000 Indoors Bowling Club, The Marsh Sports Ground Knightsdale Road Weymouth DT4 0HU.

6 rink indoor bowls, well stocked bar, a good catering facility and a comfortable lounge / dining area. Ample car and coach parking is provided at the clubhouse.

For further information and costs call 01305759106 or email: moonfleet2000@btconnect.com (Mike)

<http://weymouthindoorbowlingclub.co.uk/welcome-to-the-moonfleet-2000-indoor-bowls-club/>

Bowls: (Wellworthy Bowls Club): Contact organisers for details of days and times. All welcome. Wellworthy Bowls Club, Wellworthy Sports and Social Club, Dumbarton Road DT4 9BY.

Indoor bowls is essentially an indoor version of the outdoor game. Indoors it is played on strips of replica green of a comparable length to lawn bowls.

Winter indoor membership £45; summer outdoor membership £50

Call 01305 786873 (Ron) or e-mail:wellworthybowls@secretary.net

<http://www.bowlsdorset.org.uk/page163.html>

Bowls: Weymouth and Melcombe Regis Bowls Club: For details of days and times check with organisers. All welcome.

7 Commercial Road, Weymouth DT4 7DW. Outdoor lawn green bowls club.

Fees. £4 per 2 hours. £1 for hire of a set of bowls.

For further information call 01305 766923

<http://www.weymouthbowlsclub.co.uk/>

Bowls: Greenhill Bowls Club: For details of days and times checkwith organisers.All welcome. 33 Greenhill, Weymouth DT4 7SN

Overlooks Weymouth Bay and shoreline and offers excellent facilities for its members and guests. Whatever your ability, the club offers competitions throughout the playing season for the experienced players and lessons for all those wishing to learn or improve their skills.

For further information and costs call 01305 784268 to make a reservation to play.​<https://www.greenhillbowlsclub.com/>

Cross Fit:See website for time table. All welcome.

Portland Beach CrossFit, Portland Beach Rd, Weymouth DT4 9JZ

Crossfit aims is to get people ready for any of life's challenges, the unknown and the unknowable. They offer programming that includes constantly varied workouts, utilising functional movements and is done at a high intensity.

For details of costs please contact organisers. Free trials available.

Call 01305 776 565 (main) or 07743 346 468 (mobile) or email richard@portlandbeachcrossfit.co.uk

<https://www.portlandbeachcrossfit.co.uk/>

Diving:Thursday evening, April to Sept. Check with organiser. All welcome.

Weymouth and Portland Sub-Aqua Club (BSAC), Weymouth Angling Society, Commercial Road, Weymouth, Dorset, DT4 8NF

Weymouth and Portland SAC strive to provide as many diving opportunities to our members as possible at sites in the 18-35m range.

For further information and costs please call 07860 201207 (Andrew Symms) or see website.

<https://www.bsac.com/club-life/find-a-bsac-club/weymouth-portland/>

Fitness: Osteocise: Every Monday, 10.00 - 11.15

Island Community Action, Osteocise, Portland Girt Hall, St Georges Centre, Reforne.

A medium energy class with seated and standing exercises, stretching, stamina and core strengthening work. £4 per session.

For further information call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

Fitness and Rehabilitation: C'Fit: Wednesday, 11.15

Osprey Leisure Centre, Castletown, Portland, DT5 1BD.

The Cancer Rehabilitation Exercise Scheme at the Osprey Leisure Centre is aimed at cancer patients and run by Dawn, a qualified Level 4 Cancer Rehab Exercise specialist. Exercise can help both during and after treatment.  
It can help you to:   
✔ regain mobility after surgery  
✔ improve your general fitness, help with weight loss and increase muscle mass  
✔ improve your ability to perform everyday tasks with ease  
✔ reduce pain in joints and improve bone density  
✔ improve balance and core strength  
✔ feel more confident, less stressed and improve your general happiness  
✔ reduce frustration and bring control back into your life  
✔ make new friends and meet people in a similar situation.

Ask your GP or other health professional for an exercise referral to the C'Fit scheme to confirm that they are happy for you to take part. You will be able to attend 12 sessions free of charge. Once you have your referral, contact Dawn Haigh by e-mail at cfit@csiders.org or leave a message for her at Osprey on 01305 824378 to arrange an initial assessment.

http://csiders.org/cfit/ and for referral form http://csiders.org/wp-content/uploads/Referral-Leaflet.pdf

Fitness: Fit+ Exercise Class: Every Wednesday, 11.30 – 12.30.

Island Community Action, Portland, YMCA, Easton.

Features cardio and core muscle strengthening exercises with a ‘hint of disco-ball.’ Tutor led. Suitable for those not quite up to running for the bus, but capable of speed walking to the stop!

£4 per session

For further information call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

Fitness: “Move it or Lose It”:Thursday, 10.30 -11.30. Older People.

The New Fire and Community Centre, Radipole Lane, Weymouth.

This standing or chair based exercise class is designed for older people of all abilities and brings together the four key components for healthy ageing – Flexibility, Aerobic, Balance and Strength exercises – in one fun-filled class.

For details of costs and further information please contact organiser.

Fitness: "Get Together" Seated Exercise Class: Thursday, 10.30 - 11.30. >/= 50years. Portland YMCA, Reforne, Portland.

Gentle exercise to improve fitness, strengthen joints, increase inner core strength, keep you moving and improve stability to prevent falls. Tutor led.

£3 per session (including refreshments).  Transport available at £3 return.

For further information call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

Fitness: Young at Heart:Monday, 13.30 - 15.30, for older adults

Osprey Leisure Centre, Castletown, Portland, DT5 1BD

A great relaxed social activity including short mat bowls, badminton and table tennis for seniors.

For details of costs and to confirm times please contact organisers

Please check with Osprey Leisure Centre on 01305 824378 that your current level of fitness is appropriate for the session.

<https://www.ospreyleisure.co.uk/programme/all-activities/>

Fitness: Weymouth Swimming Pool and Fitness Centre, Knightsdale Road, Weymouth, DT4 0HX

Weymouth Pool and Fitness Centre offers a full programme of group fitness classes that have been designed to suit just about everybody

For details of costs and to confirm times please contact 01305 774373 or visit the website.

<https://www.everyoneactive.com/centre/weymouth-swimming-pool-and-fitness-centre/>

Football: Walking Football: Mondays, 20.00 - 21.00, over 50's. Redlands Community Sports Hub, Dorchester Road, Weymouth, DT3 5AW

Fun and sociable 5-a-side version of the game is slow-paced but lacks none of the passion or excitement of the original game. Walking football outlaws all running and allows either no contact or only minimal physical contract between players. Over-head height restrictions and indirect free kicks ensure that the sport is played safely with full consideration to the age of the participant.

For details of costs please contact organisers.

Call 07854 953603 or email: stevetingle11:hotmail.co.uk

<http://www.dorsetfa.com/players/ways-to-play/walking-football>

Football: Walking Football:Monday, 19.30 - 20.30 and Wednesday, 9.30 - 10.30, for older adults. Osprey Leisure Centre, Castletown, Portland, DT5 1BD

Cardio with competitive fun for older adults. For details of costs and to confirm times please contact organisers.

Please check with Osprey Leisure Centre on 01305 824378 that your current level of fitness is appropriate for the session.

<https://www.ospreyleisure.co.uk/programme/all-activities/>

Gig Rowing:For details of days and times checkwith organisers. >10 years. Portland Gig Rowing Club, Portland Marina, Osprey Quay.

Offers the sport of Cornish Pilot Gig Rowing to any person who wishes to try gig rowing, thereby encouraging fitness and spirit within the community for non-rowers and accomplished rowers alike.

Day (£5), half yearly or yearly membership available. Offers three free taster sessions to those new to the sport.

For further information via website for more details.

[www.portlandgigrowingclub.co.uk](http://www.portlandgigrowingclub.co.uk/)

Judo:Fridays, 19.30, please arrive a bit before then to register. Juniors (8 years onwards) and Seniors (any age). Judokai Weymouth, Wyke Regis Community and Sports Association, 7 Ryemead Lane, Weymouth DT4 9NS

This class is for both kids and adults. So why not come on down and give it a go.

For details of costs please contact organisers via Facebook

<https://en-gb.facebook.com/JudokaiWeymouth/>

Line and Partner Dancing: Monday and Wednesday 19.30 – 21.00, all welcome

Join us for a fun evening of dance at Victory Hall, Putton Lane, Charlestown, Dorset DT3 4DA, Putton Ln, Weymouth DT4 9TL

For further details please contact Dixie Six on 01305 772668

No website located

Netball: Walking Netball:Tuesday, 19.00 - 20.00, Adults. Budmouth Community Sports Centre, Weymouth, DT4 9SY. Walking Netball is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supported and friendly environment. A game of walking netball is for all ages and abilities and every session contains a gentle warm up.

Cost: £4.50 per session. Call 07540 126594 (Karen Peaty) for further information or email: karen.peaty@englandnetball.co.uk

<https://www.mylifemycare.com/article/7853/Walking-Netball---Weymouth>

Pilates:Monday, 13.30, all welcome

Osprey Leisure Centre, Castletown, Portland, DT5 1BD

All about posture, core and flexibility.

For details of costs and to confirm times please contact organisers.

Please check with Osprey Leisure Centre on 01305 824378 that your current level of fitness is appropriate for the session.

<https://www.ospreyleisure.co.uk/programme/all-activities/>

Sailing: Castle Cove Sailing Club: Old Castle Road, Weymouth, DT4 8QE

Castle Cove Sailing Club is an active and friendly, family club located on the north shore of Portland Harbour. The club has a strong self-help ethos and runs an extensive programme of racing for both dinghies and keelboats. In conjunction with a busy sailing calendar they have a full social diary taking pride in being a very friendly club, run by members for members.

For details of costs and to confirm times please contact organisers.

Call 1305 783708

<http://www.ccsc.org.uk/>

Sculpt and Tone:Wednesday, 19.00, all welcome

Gym Session, Osprey Leisure Centre, Castletown, Portland, DT5 1BD

Serious shape and agility – more advanced and specific weights work for women and men. For details of costs and to confirm times please contact organisers.

Please check with Osprey Leisure Centre on 01305 824378 that your current level of fitness is appropriate for the session.

<https://www.ospreyleisure.co.uk/programme/all-activities/>

Social Gym:Tuesdays, 15.00 - 16.00. All Welcome.

The Forum Sports and Social Club, Weymouth College Gym, Cranford Ave, Weymouth DT4 7TL

Sessions are fun, friendly and enjoyable for all abilities and fitness levels - the groups are all about taking part.

£3 followed by coffee and a catch up.

For further information call 01305 257172 or fax: 01305 261049 or email via the website.

<http://www.dorsetmentalhealthforum.org.uk/reach.html>

Spinning:Wednesday and Thursday, 18.00, all welcome

Gym Session, Osprey Leisure Centre, Castletown, Portland, DT5 1BD

Challenging cardio and calorie burning on bikes – great group motivation.

For details of costs and to confirm times please contact organisers.

Please check with Osprey Leisure Centre on 01305 824378.that your current level of fitness is appropriate for the session.

<https://www.ospreyleisure.co.uk/programme/all-activities/>

Stretch Class:Friday, 11.00, all welcome.

Exercise Session, Osprey Leisure Centre, Castletown, Portland, DT5 1BD

Flexibility and balance – a great way to improve mobility.

For details of costs and to confirm times please contact organisers.

Please check with Osprey Leisure Centre on 01305 824378 that your current level of fitness is appropriate for the session.

<https://www.ospreyleisure.co.uk/programme/all-activities/>

Strength Class:Monday, 19.00, all welcome

Exercise Class, Osprey Leisure Centre, Castletown, Portland, DT5 1BD

Challenging tone, shape and stamina – more free weights based.

For details of costs and to confirm times please contact organisers.

Please check with Osprey Leisure Centre on 01305 824378 .that your current level of fitness is appropriate for the session.

<https://www.ospreyleisure.co.uk/programme/all-activities/>

Swimming: Weymouth Swimming Pool and Fitness Centre, Knightsdale Road, Weymouth, DT4 0HX

Weymouth Pool and Fitness Centre has two pools and offers swimming lessons, as well as a multitude of other aquatic activities, including Aqua Aerobics classes.

For details of costs and to confirm times please contact 01305 774373 or visit the website.

<https://www.everyoneactive.com/centre/weymouth-swimming-pool-and-fitness-centre/>

Swimming:For details of days and times checkwith organisers. Children.

Tornadoes ASA Swimming Club, Osprey Leisure Centre, Castletown, Portland DT5 1BD

Extensive learn to swim programme for children from school age and over and competitive squad programme.

For further details and costs call Sharon Howe 01305814105 or via website

<https://uk.teamunify.com/Home.jsp?team=swrtornadoes>

Table Tennis: (Wyke Table Tennis Club): Monday, 19.30 - 21.00. Players of all abilities and skill from beginners upwards are welcome.

Wyke Regis Community and Sports Association, 7 Ryemead Lane, Weymouth DT4 9NS

The club boast excellent facilities at Wyke Sports and Community Centre, which can accommodate up to four tables for practice and match nights, while refreshments are also available.

For details of costs please contact organisers.

Call John Southway on 01305 784577 or email southway78@gmail.com

No website located

Table Tennis (C'Siders Table Tennis Club): Mondays, 13.00 - 14.00, for people who have cancer or someone they care for has been affected by cancer.

Wyke Regis Community Sports Club, 7 Ryemead Lane, Wyke Regis, DT4 9NS

Weekly table tennis to help keep us active in great company! If you haven't tried it before, why not start now? You don't have to be able to play, just come along and give it a go.

For further information please call 07430695462 or visit website

[https://www.facebook.com/events/513870806050970/?event\_time\_id=513870819384302 or http://csiders.org/events/](https://www.facebook.com/events/513870806050970/?event_time_id=513870819384302%20or)

Table Tennis Club (Preston):Wednesday (practice) and some Thursdays (practice and matches), 19.00 - 21.00. All welcome although you must be 16 or over or accompanied by an adult. Preston (Weymouth) Table Tennis Club, Gould Sports Hall at Westfield Arts College, Littlemoor Road. Weymouth DT3 6AA

We have people with a range of abilities; some play in the Weymouth league and others play for fun.

Membership is £6 per year, due on the 1st September. For new members joining mid-year, the fee is 50p per month outstanding to the next 1st Sept. £3 per evening for members; £4 per evening for non-members; £2 per evening for the first two evenings for newbies.

Call 01305 835108 (Dave Clegg) or 01305 773375 (Malcolm Smith) or email: secretary@prestonweymouthttclub.co.uk

<http://www.prestonweymouthttclub.co.uk/>

Tai Chi: Wednesday 20.30 – 22.00, Beginners welcome. Scutt Memorial Hall, Sutton Poyntz, Sutton Road, Preston, Weymouth, DT3 6BX

Tai chi combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, tai chi is now practised around the world as a health-promoting exercise. It is a form of exercise promoted by the NHS as part of their Live Well advice.  
For details of costs and further information please call leader and Tai Chi Master Sue Branch 01305 834583.

Walking: Chickerell Walkers Club: All welcome at this local walking club where a range of walks are organised which may include both short and long walks, sometimes with Breakfast or Lunch at local eateries. Lift sharing is encouraged.

For further information please ring Brian on 01305 770678

Walking: (Walking for Health, **Easton Square Gardens, Portland**): Monday, 10.30. Meet in Easton Square Gardens, Portland, DT5 1BY. Open to all. **FREE ACTIVITY.** Walking for Health, Weymouth and Portland.

Friendly and welcoming health walk scheme. Walks range from a gentle walk for around 15 minutes, a walk lasting about 30 minutes and a brisk walk - lasting around 45 minutes.

For further information call Guy Patterson on 01305 838415or email:juliehursthouse@weymouthtowncouncil.gov.uk

<https://www.walkingforhealth.org.uk/walkfinder/weymouth-portland-health-walks>

Walking: (Walking for Health, Radipole): Dementia Friendly: Every other Monday, 13.30. **FREE ACTIVITY.**

Radipole, St Anne`s Church Hall Radipole, Radipole Lane, Weymouth DT3 5HS

Dementia friendly walk.

For further information call 01305 239306 / 07980730029 (Julie Hursthouse, Coordinator) or email:juliehursthouse@weymouthtowncouncil.gov.uk

<https://www.walkingforhealth.org.uk/walkfinder/weymouth-portland-health-walks>

Walking: (Dorset Wild Life Trust):Details of days and times via website or organiser. Open to all. **FREE ACTIVITY**

Walking for Health and Wellbeing, Dorset Wildlife Trust, Lorton Meadows Conservation Centre, Lorton Lane Weymouth DT3 5QH

Health and Wellbeing walk around Lorton Meadows.

For further information call 01305 816546 or email sdallimore@dorsetwildlifetrust.org.uk <https://www.walkingforhealth.org.uk/walkfinder/weymouth-portland-health-walks>

Walking: (South Dorset Ramblers): Usually meet 10.00am on Wednesdays, Saturdays and Sundays. All welcome.

Walking group centred on Dorchester and Weymouth, and surrounding areas but can cover the entire county and beyond. Walks range from about 5 to 12 miles. People are welcome to join a few walks before deciding whether to join Ramblers

For further information of costs please contact organisers via Website

<https://www.ramblers.org.uk/go-walking/group-finder/areas/dorset/groups/south-dorset.aspx>

Walking: (Walking for Health, Weymouth Esplanade): Thursday, 10.30. Meet at the beach office on Weymouth Esplanade. Open to all. **FREE ACTIVITY**

Friendly and welcoming health walk scheme. Walks range from a gentle walk for around 15 minutes, a walk lasting about 30 minutes and a brisk walk - lasting around 45 minutes.

For further information call 01305 239306 / 07980730029 (Julie Hursthouse, Coordinator) or email:juliehursthouse@weymouthtowncouncil.gov.uk

<https://www.walkingforhealth.org.uk/walkfinder/weymouth-portland-health-walks>

Walking: (Gentle Walk):Last Thursday of the month, 11.00 - 12.00, all welcome

Chesil Beach Centre, Portland Beach Road, Portland DT4 9XE. **FREE ACTIVITY**

A gentle, relaxing, health walk around Chesil Beach and the Fleet Lagoon, taking in the seasonal wildlife. Meet at the Chesil Beach Centre at 11 am. Over 18s only. All abilities welcome. This walk is dementia friendly, and particularly suitable for anyone wishing to discover the outdoors, lose weight, recover from illness or wanting to improve their mental health and wellbeing.

This event is FREE as it is funded by Stepping into Nature through the Big Lottery Fund. No booking necessary.

Please contact Marc Kativu-Smith 01305 206191 or email: chesilbeach@dorsetwildlifetrust.org.uk

<https://www.dorsetwildlifetrust.org.uk/events/2019-09-26-wildlife-wellbeing-walk-chesil>

Walking: RSPB Radipole:Every 3rd Thursday of the Month, 11.00 - 12.00, for adults, dementia friendly walk. RSPB Radipole Lakes Discovery Centre, Weymouth, DT4 7TZ This is a relaxed, sociable and gentle monthly walk which is open to all, a health walk for healthy body and mind. Enjoy a gentle 40 – 60 minute walk taking in about a mile in distance around our Radipole reserve in the heart of Weymouth. A great chance to make new friends or get to know your local nature reserve and find some calm in your day. This walk is dementia friendly, and particularly suitable for anyone wishing to lose weight, recovering from illness or wanting to improve their mental health and wellbeing.

This event is funded by the Stepping into Nature project, through the National Lottery Community Fund.

Call 01305 778313 for further information. No booking required, just meet in the Discovery Centre.

<https://www.dorsetaonb.org.uk/events/reedbed-wellbeing-walk/>

Walking: (Walking for Health) **Radipole**: Friday 10.30am. Meet at the Swannery Car Park, Radipole Park Drive. Open to all. **FREE ACTIVITY**

Friendly and welcoming health walk scheme. Walks range from a gentle walk for around 15 minutes, a walk lasting about 30 minutes and a brisk walk - lasting around 45 minutes.

For further information call 01305 239306 / 07980730029 (Julie Hursthouse, Coordinator) or email:juliehursthouse@weymouthtowncouncil.gov.uk

<https://www.walkingforhealth.org.uk/walkfinder/weymouth-portland-health-walks>

Yoga: (Yoga with Debbie): Tuesday, 19.30 - 20.30. All welcome.

Active Fitness, Newstead Road, Weymouth DT4 8JE. This yoga practice structure is focusses on the breath at the beginning of the class, followed by a warm-up to include a series of areas working the whole of the body, including standing postures, balance, inversions, seated folds/twists, relaxation postures and full relaxation to finish the practice.

All classes pay as you go no need to book.

£7 per session

For further information call [07921 845367 or email: debbie\_r-m@outlook.com](mailto:debbie_r-m@outlook.com)

<https://www.facebook.com/pg/Yoga-with-Debbie-279793585845044/about/?ref=page_internal>

Yoga: (Sacred Shores): Tuesdays, 10.00 - 11.00, all welcome.

Safewise Community Centre, 481 Radipole Ln, Weymouth DT4 0QF

Sacred Shores offers a treasure trove of possibilities and resources to support your own special needs including Yoga and Meditation practices, Life Coaching, NLP, Healing, Reiki and Yumeiho, Music and Dance as well as stress management, relaxation techniques

For details of costs please email sian.sacredshores@gmail.com

[www.sacredshores.net](http://www.sacredshores.net/)

Yoga: (Deep Relaxation):2nd Tuesday of month, 18.00 - 19.00, all welcome.

The Art of Deep Relaxation, Peter Trim Hall, St Georges Centre, Reforne, Portland.

For details of costs please contact organisers.

For details of costs please email sian.sacredshores@gmail.com

[www.sacredshores.net](http://www.sacredshores.net/)

Yoga (Gentle):Wednesday, 12.00 - 13.00, all welcome.

Yoga with Debbie, Weymouth Swimming Pool, Knightsdale Rd, Weymouth DT4 0HX. This is a more gentle class but still with a focus on the breath at the beginning of the class, followed by a warm-up to include a series of areas working the whole of the body, including standing postures, balance, inversions, seated folds/twists, relaxation postures and full relaxation to finish the practice.

All classes pay as you go no need to book. £7 per session.

For further information call [07921 845367 or email: debbie\_r-m@outlook.com](mailto:debbie_r-m@outlook.com)

<https://www.facebook.com/pg/Yoga-with-Debbie-279793585845044/about/?ref=page_internal>

Yoga: (Yoga with Debbie): Wednesday, 18.00 - 19.00, all welcome.

Redlands, Dorchester Rd, Weymouth DT3 5AW.

This yoga practice structure, is focusses on the breath at the beginning of the class, followed by a warm-up to include a series of areas working the whole of the body, including standing postures, balance, inversions, seated folds/twists, relaxation postures and full relaxation to finish the practice.

All classes pay as you go no need to book. £5.50 per session.

For further information call [07921 845367 or email: debbie\_r-m@outlook.com](mailto:debbie_r-m@outlook.com)

<https://www.facebook.com/pg/Yoga-with-Debbie-279793585845044/about/?ref=page_internal>

Yoga: Osprey Leisure Centre: Thursday, 11.15, all welcome.

Osprey Leisure Centre, Castletown, Portland, DT5 1BD.

Tone, flex and de-stress – suitable for all levels.

For details of costs and to confirm times please contact organisers.

Please check with Osprey Leisure Centre on 01305 824378 .that your current level of fitness is appropriate for the session.

<https://www.ospreyleisure.co.uk/programme/all-activities/>

## Music, Drama and Dance

Choir: (One Voice): Rehearsals Thursday, 19.30 - 21.30. Open to all.

Weymouth Bay Methodist Church, 32 Melcombe Avenue, Weymouth DT4 7TH

Mixed Voices and Ability Choir.

For further information call 01305 573713 (Musical Director Grazina Ellis)

<http://www.onevoiceweymouth.com/index.php>

Choir: (Weymouth Choral Society):Monday(term times), 19.30 -- 21.30. Open to all. St Aldhelm’s Church Centre, Radipole Lane, Weymouth DT3 5EW.

Weymouth Choral Society is a group of about 80 singers of all ages and abilities.

For further information call 07929 519973 or visit website.

<http://www.weymouthchoralsociety.org.uk/>

Weymouth Drama Group:Details of days and times via organiser. Open to all.

The Warehouse Theatre, 7 Hope Street, Weymouth, DT4 8TU.

Amateur club that has been producing comedies and plays since 1931. Performances are held at The Warehouse Theatre (the club’s own intimate studio theatre) and a variety of other local venues.

For further information call 01305 750050 or visit website.

<http://www.weymouthdramaclub.com/>

Youth Musical Theatre Group:Details of days and times via organiser. Ages 10 – 18 years. WoW, 25-27 Park St, Weymouth DT4 7D

WOW Youth Musical Theatre is an educational charity that develops the confidence, teamwork and talent of 10-18 year olds by performing high quality, award-winning musical theatre. A professional creative team sets each production to the highest standards and ‘show week’ gives members the unforgettable experience of performing to large theatre audiences with professional musicians, sound and lighting.

For further information call 01305 457997

<https://www.wowyouththeatre.org.uk/>

### Recorded Music: Osmington Recorded Music Society

Usually 1st and 3rd Monday of the month (April to October excluding August), 14.15 (doors open 14.00). All welcome. Osmington Village Hall, Shortlake Lane, Osmington, near Weymouth, Dorset. Plenty of car parking available.

Mainly (but not exclusively) a Classical Music society but great music in good company.

Annual Membership is £12 plus £1 per meeting to cover refreshments. Temporary members and visitors pay £2 per meeting. A discount on annual membership is available if they wish to join later.

For further information call [01305 262121 or email heather.foster1@btinternet.com](mailto:heather.foster1@btinternet.com)

<https://www.thefrms.co.uk/affprogs/osmington.htm>

### Recorded Music: Weymouth Classical Recorded Music Society

Usually 2nd and 4th Monday each month to 18th May 2020 (no meeting Mon 23rd Dec 2019. There will be one meeting in April 2020 (20th) and one in May 2020 (18th AGM). 19.30 - 21.30. All Welcome.

Weymouth Connect (formerly The Acorns Day Centre), 5 Grosvenor Road, Weymouth DT4 7QL. Car parking available.

An interesting variety of classical recorded music (CDs) is played. There is an interval during the evening provides an opportunity to chat over tea, coffee and biscuits at a small extra cost. There’s also a raffle.

Annual Membership £20 per person. £1 for temporary membership each meeting.

For further information call 01305 815747(Roz) or email rozhope6@yahoo.com

No website located

Tea Dance: First Friday of each month, 14.00 – 16.00, all welcome.

Just turn up to this fun social event and enjoy dance and tea.

Willowbed Hall, 39 Putton Lane, Chickerell, Weymouth, DT3 4AJ

Entrance £3 including refreshments and raffle.

Weymouth Scottish Country Dancers: Wednesday (social), 19.30 - 22.00. All welcome.

St Edmunds Church Hall, Lanehouse Rocks Road, Weymouth, DT4 9HZ

Group of Scottish Country Dancing enthusiasts who meet to dance and socialise in Weymouth. Social class.

£3 per session

For further information call Valerie 01305 265177 or email valtom123@btinternet

<https://weymouthscottishcountrydancingblog.wordpress.com/>

**Scottish Country Dancing:** Thursday (beginners), 19.30 - 21.30. Beginners.

Weymouth Scottish Country Dancers, Southill Community Centre, Radipole Lane, Weymouth, DT4 9SF

Teaching the basics.   No previous experience is needed, nor is a partner.  Come in loose cool clothes and soft flat shoes.

£3 per session.

For further information call [Judie 01305 833660 or email grajudseymour@hotmail.com)](mailto:grajudseymour@hotmail.com)

<https://weymouthscottishcountrydancingblog.wordpress.com/>

Singing: The Community Crooners: Every Tuesday, 10.00 –11.30

Island Community Action, Girt Hall, St Georges Centre, Reforne.

A weekly sing-a-long group with occasional performances.

£4 per session (including refreshments).

For further information call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

The Forget-Me-Not Songsters, Dementia Friendly:Wednesdays, 10.00 - 11.30

Island Community Action, C2000 Hall, Easton, Portland.

This is a warm and welcoming community-based singing group, with each activity and song carefully chosen to keep the mind stimulated. Great for anyone who has concerns about their memory.

£4 per session (including refreshments).

For further information call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

# Skills

First Aid: Cadets: Monday, 19.00 - 21.00, 10 - 18 (Cadets).

St John Ambulance, Westwey Road, Weymouth, DT4 8SU

Fun, community and developing your skills. You can learn first aid, earn your Grand Prior Award and volunteer within your community.

For details of costs please contact organisers via website or call 01305 784493

<http://www.sja.org.uk/sja/young-people.aspx>

**First Aid: (Badgers):** Wednesday, 18.00 - 19.00, 6 - 10 (Badgers).

St John Ambulance, Westwey Road, Weymouth, DT4 8SU

Fun and adventurous Badger Setts are packed with activities for children so they can learn important life skills in an exciting and safe environment.

For details of costs please contact organisers via website or call 01305 784493

<http://www.sja.org.uk/sja/young-people.aspx>

**First Aid: (RISE):** See website for details.13 - 25

St John Ambulance, Westwey Road, Weymouth, DT4 8SU

RISE is a community programme aimed at training young people who are not in employment, education or training.

For details of costs please contact organisers via website or call 01305 784493

<http://www.sja.org.uk/sja/young-people.aspx>

First Aid: (Adults):Wednesday, 19.30 - 21.30, Adults.

St John Ambulance, Westwey Road, Weymouth, DT4 8SU

Opportunity to learn and develop first aid skills.

For details of costs please contact organisers via website or call 01305 784493.

http://www.sja.org.uk/sja/young-people.aspx

Health and Safety:Details via website. All welcome.

St John Ambulance, Westwey Road, Weymouth, DT4 8SU

St John Ambulance offer training courses including fire marshal, risk assessment and moving and handling.

For details of costs please contact organisers via website

<http://www.sja.org.uk/sja/training-courses/training-venues.aspx?LocationId=8561>

Lip Reading and Communication Skills:Monday (term time only). Classes begin on Monday 23rd Sept to Dec 2nd 2019, 14.00 - 16.00, all welcome.

Lip Reading and Communication Skills.

The Frank Reynolds Community Centre, Dorchester Road, Broadwey, Weymouth, Dorset, DT3 5BY

Most people, but not all, have hearing loss ranging from mild to profound and people with Cochlear Implants. The emphasis is on communication in all its forms and strategies for coping socially with hearing loss. We learn the basics of Lip-reading which gives the deaf person a tool to use effectively when trying to communicate. Lip-reading is not signing which tends to be used by the born Deaf community. Most of the class have had hearing difficulties more recently.

£3.50 per session to cover the cost of the hall and the tutor’s expenses.

For further details email: elizabeth.ian.messer@gma

No website located

# Social Events

Colour and Chatter: 1st and third Tuesdays 14.00 – 15.30.

Chickerell Library, 51 East St, Chickerell, Weymouth DT3 4D. **FREE ACTIVITY**

For further information please contact 01305 760095 or visit the website:

<https://chickerellcommunitylibrary.co.uk/>

Café: (Veterans):Tuesdays to Saturdays, 10.00- 16.00, Veterans.

The Community Café, The Community Face, The Community Café, 114B Portland Road, Wyke Regis.

An array of hot and cold drinks as well as cakes and treats all made on site

For details of costs please contact Andy on 01305 777788

<https://m.facebook.com/veteranshubweymouth>

### Social Club: **Blind and Partially Sighted Dorset Blind Club**

25 social clubs around Dorset, where people with sight loss can come together and enjoy each other’s company. Volunteers make you feel welcome and get you a cuppa and a tasty treat. Volunteer drivers will come and collect people.

Please call on 01202 712869 or visit website.

<http://dorsetblind.org.uk/how-we-can-help-you/social-clubs/>

Wyke Regis Pop in Club: **T**hursdays, 1st week of the month, 14.00 - 16.00, all welcome.

Memorial Hall, All Saints' Rd, Weymouth DT4 9EZ (use side entrance).

Talk, Entertainments, quizzes and games.

For further information call 01305 768678 (Val)

Website not located

Wellworthy Sports and Social Club:Every Day: 11.30 - 14.30 and 18.30 - 23.00 except Sunday: 11.30 - 14.30. All welcome.

Wellworthy Sports and Social Club, Dumbarton Road DT4 9BY. A warm welcome awaits you at this Sports and Social Club which offers a range of activities including Darts, Pool, Skittles, a Bingo night, Carvery lunches, Fish and Chips (Fridays) and Monday cake mornings.

A small charge is made.

For details of cost and further information please call 01305 779316 or visit the Facebook page.

<https://en-gb.facebook.com/pg/Wellworthys-Sports-and-Social-Club-1560808914141308/about/>

Wyke Regis Working Mens Club:Every Day, 10.30 - 23.00, all welcome.

Wyke Regis Working Mens Club, 56 Portland Road, Weymouth.

A warm welcome awaits you at the Wyke Regis Working Mens Club which offers a relaxing and friendly environment. Regular entertainment, reasonably priced drinks and wholesome food.

For further information please contact organisers via email: wykeworkies@gmail.com or visit their website

<https://www.facebook.com/wykeworkingmensclub/>

## Breakfast Clubs

**Breakfast Club:** Saturday, 10.00, Veterans and Serving Members of the Armed Forces

Armed Forces and Veterans Breakfast Club, Harvester, Bowleaze, Coveway, Weymouth, DT3 6PN.

We are a group of veterans and serving members of her Majesty's Armed Forces. There are no commitments or subs just a great place to meet likeminded people for support, chat and banter and not forgetting breakfast.

For further information call 07891395428 or email: Tbaloobear@gmail.com

[https://www.afvbc.net/clubs/weymouth-portland/ or https://www.facebook.com/login/?next=https%3A%2F%2Fwww.facebook.com%2Fgroups%2F103779986766228%2F](https://www.afvbc.net/clubs/weymouth-portland/)

## Morning and Lunch Clubs

**Coffee Morning:** Last Monday of every month from 10:30 - 11:15, all welcome.

Wyke Regis Library, Wyke Regis Health Centre, Library, Portland Road, Weymouth DT4 9BE

For further information call 01305 760191 or see website. <https://www.dorsetcouncil.gov.uk/libraries-history-culture/libraries/find-your-local-library/wyke-regis-library.aspx>

Tea Pot Tuesday:Tuesdays, 11.00 - 12.30, all welcome. Social Event, Gracewell, Wyke, Cross Road, Weymouth DT4 9QX. A friendly, informal social for anyone who wold like to spend an hour or two in a warm environment. Join people for conversation or come along with a book or newspaper and enjoy complimentary homemade cakes and a selection of hot drinks.

For further information call 01305 235655 (Esther)

Website not located

**Coffee Morning:** 1st Wednesday each month, 10.00 - 12.00, all welcome.

St Anne`s Church Coffee Morning, St Anne’s Church Hall Radipole, Radipole Lane, Weymouth DT3 5HS. Parking and toilets in schoolroom opposite.

A chance to chat and make friends, enjoy coffee and cake and exchange surplus garden produce in St Ann's Schoolroom, opposite St Ann's Church, Radipole.

For further information please visit website

<http://www.staldhelmstann.co.uk/StAnns/CoffeeMorningatStAnns.html>

**Lunch Club:** Monday to Friday (only Wednesday to Friday during summer school holidays and closed bank holidays), 12.00, check date and time with organisers. Older People. St Francis Café, St Francis of Assisi Church, Merredin Close, Littlemoor, DT3 6SJ.

Opportunity to socialise. Please check cost with organiser.

Self-Referral, call 07708 562002

<https://www.mylifemycare.com/st-francis-cafe-weymouth?returnto=7308>

**Lunch Club:** Wednesdays, 1st week of the month. Check date and time with organisers. Older People.

Rembrandt Hotel Lunch Club, Dorchester Road, Weymouth, DT4 7JU

Lunch club for older people that meets once a month for a carvery lunch at the Rembrandt Hotel, Weymouth .

Price as per menu.

Self-Referral, call to book 01305 779393

<https://www.mylifemycare.com/patsys-club-rembrandt-hotel?returnto=7308>

**Lunch Club:** Wednesdays, 3rd week of the month, 12.30, Older People.

St Aldhelm's Midweek Lunch, St Aldhelm's Church Lounge, Spa Road, Radipole, Weymouth, DT3 5EW

A home cooked two course lunch.

No charge, donations welcome.

Self-Referral, call to book 01305 786043

<https://www.mylifemycare.com/st-aldhelms-midweek-lunch?returnto=7308>

**Lunch Club:** 2nd Monday and last Wednesday of each month, 12.00 - 13.30

Island Community Action Lunch Club, The Dining Room, Foylebank, Castletown.

Two courses and tea/coffee. **Booking essential.**

£6 per person for 2 courses and teas or coffees.

For further information call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

**Lunch Club:** Thursdays, 1st week of the month. Check date and time with organisers. Older People.

Marquis of Granby Chickerell Lunch Club, Chickerell Road, Chickerell, DT4 9TW.

Lunch club for older people in the Chickerell area of Weymouth.

Please book in advance. For bookings, cancellations or further information please call Ann on 01305 783002 or Janet on 01305 750232

<https://www.mylifemycare.com/chickerell-lunch-club?returnto=7308>

**Lunch Club:** Thursday, 12 .00 - 14.00, check date and time with organisers. Older People. Wellworthy Lunch Club, Wellworthy Sports and Social Club, Dumbarton Road, Wyke Regis, DT4 9BY

Opportunity for lunch in a social setting.

Please check cost with organiser.

Self-Referral: Call 01305 779316, please book in advance

<https://www.mylifemycare.com/wellworthy-sports-and-social-club-lunch?returnto=7308>

**Lunch Club:** Thursday and Saturday, 12.00, all welcome.

Beachview Community Centre Lunch Club, Beachview Close, Wyke Regis, DT4 9JA.

Lunch club in a social setting.

For further information call 01305750541 to reserve your place

Website not located

**Lunch Club:** Once a month on a Friday. Check date and time with organisers. Older People. The Crown Hotel Lunch Club, St Thomas Street, Weymouth, DT4 8EQ.

Lunch club for older people in Weymouth that meets once a month at the Crown Hotel.

Price as per menu. Self-Referral: call to book 01305 779393

<https://www.mylifemycare.com/patsys-club-crown-hotel?returnto=7308>

**Lunch Club:** Every other Friday (with a break at Easter, during the summer and Christmas), 13.00 - 14.30, over 50's. St Pauls Church Munch Club, St Pauls Church Hall, St Pauls Church, 58, Abbotsbury Road, Weymouth, DT4 0BJ

An opportunity for members of the parish to get together for a communal meal. Dates are advertise on their news boards.

£4 for a 2 course meal with a drink.

Self-Referral: Call the Parish Office on 01305 771217 or email: stpweymouth@gmail.com

<http://www.stpaulsweymouth.org/outreach/>

**Lunch Club:** Saturdays, 10.30 - 15.30, Check date and time with organisers. Older People. Acorns Day Centre Lunch Club, 5 Grosvenor Square, Weymouth, DT4 7QL A Saturday lunch club for older people living in Weymouth.

For details of costs please contact organisers. Self-referral, book in advance, **transport available**. Call 01305 774226 or 01305 549924

<https://www.mylifemycare.com/saturday-lunch-club?returnto=7308>

**Coffee and Social Group:** Wednesdays, 11.00 - 13.00. All welcome.

The Forum Sports and Social Club Coffee and Social Group, Nautico, 63-66 St Thomas St, Weymouth DT4 8EL Social event, price as per menu.

Self-Referral: call 01305 257172; fax: 01305 261049 or email via the website <http://www.dorsetmentalhealthforum.org.uk/reach.html>

**Coffee and Lunch:** Wednesdays, 10.00 - 12 00, check date and time with organisers. Older People. Safewise Weymouth Coffee and Lunch Club, 481 Radipole Lane, Weymouth, DT4 0QF

A coffee morning followed by lunch for older people in the Weymouth area

Price as per menu.

Self-Referral, call Anne to check dates as these vary and we do not meet every week on 01305 783002.

<https://www.mylifemycare.com/coffee-morning-club-chickerell?returnto=7308>

## Afternoon Social Events

Tuesdays Tea Together:Tuesdays, 14.00 - 16.00. All patients, families and carers of Wyke Regis and Lanehouse Practice welcome. **FREE ACTIVITY**

Wyke Regis Medical Practice, Portland Rd, Weymouth DT4 9BE

Join the Wyke and Lanehouse Friends for a hot or cold drink, cakes and conversation.

For further information call 01305 782226 or email: [wykefriends@gmail.com](mailto:wykefriends@gmail.com)

<http://www.wykeregisandlanehousemedicalpractice.co.uk/>

**Afternoon Club:** 1st Tuesday of the month, 13.30 - 15.30, widows. Widows Social Network, Chickerell Sports Pavilion, Lower Way, Chickerell, DT4 4AW

Monthly meeting at a local pub or restaurant (might as well make it a social event) where they can join in with ideas for a monthly social agenda The aim of each group is to connect widows locally and nationally to help widows regain a social life through friendship and social events.

Annual £10 charge.

For further information please visit website.

<https://thejollydollies.co.uk/>

**Afternoon Club:** Wednesday, 13.45 - 16.00, Older People. Re-cycled Teenagers, St Pauls Church, 58, Abbotsbury Road, Weymouth, DT4 0BJ

A group of over 60s (range from 60 to 94 years) who meet at St Paul’s church hall. For details of costs please contact organisers.

Self-Referral, call 01305 772441 (Celia) 01305 780270 (Pam)

<http://www.stpaulsweymouth.org/outreach/>

Afternoon Club: Over 50s Club. 2nd and 4th Wednesday of each month except August, 14.30 - 16.00. Over 50s Club

The Park Community Centre, Chelmsford Street, Weymouth, DT4 7HR.

Social gathering with talks from local speakers and occasional trips. Also includes a raffle and lucky dip ball dip. Both are optional.

Call 01305 839579 or visit website.

[https://www.theparkarea.co.uk](https://www.theparkarea.co.uk/)

Cinema:Wednesday, 13.00. This is only available for people in Wyke or Portland.

Island Community Action, Cinema Club, Gracewell, Wyke, Cross Road, Weymouth DT4 9QX.

Limited seats available. Booking essential. £7 per person including the movie, transport and refreshments ice-cream, cake or popcorn.

For further information call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

**Social Club:** Thursday, 14.00 - 16.00, all welcome.

Wyke Regis Pop Up Club, Wyke Regis Memorial Hall, All Saints' Road, Weymouth DT4 9EZ (entry through side door). Talks, entertainment, quizzes and games.

For further information call 01305768678 (Val)

Website not located

## Social and DIY

**Social and DIY:** Open Monday, Wednesday and Friday, 10.00 – 12.30 and 13.30 – 16.00, age 18 and over. Island Community Action, The Man Shed, 41 Chiswell, Lower Workshop (by Ocean Bay – Chinese Take Away).

Offering an informal and welcoming space for men aged 18+ to share and learn new skills, socialise and work on individual and/or community-based DIY, woodworking and furniture restoration projects.

£15 life membership + £5 per 2.5 hour session thereafter.  Attend the am or pm sessions, or both.

For further information call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

**Social and DIY:** Open every Thursday, 10.00–12.30 and 13.30–16.00, Age 18+

Island Community Action, Women's Shed, 41 Chiswell, (by the side of the Ocean Bay Chinese take away). Are you 18 or over with an interest in basic DIY, woodworking or furniture refurbishment? Let the Women’s Shed team help get you started.

£15 life membership + £5 per 2.5 hour session thereafter.  Attend the am or pm sessions, or both.

Call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

## Evening Social Events

Bingo: Every Monday except Bank Holidays, 19.00. Marshallsay Court Social Club, Chickerell, Weymouth, Dorset, DT3 4BE

You are not going to win a fortune but you might have a laugh.

No website available

Bingo:Tuesday, 19.30 - 21.00, all welcome. Wyke Regis Community and Sports Association, 7 Ryemead Lane, Weymouth DT4 9NS

Prize Bingo. New Members always welcome, come along and meet new friends

For further information please contact organisers via Facebook

<https://www.facebook.com/WykeCommunityBingo/>

Whist Drive:Tuesday, 18.30, all welcome. Join us for an evening of Whist and Military Whist Drive, Moonfleet Bowls Club, The Marsh Sports Ground, Knightsdale Road, Weymouth DT4 0HU. A whist drive is a social event at which progressive games of whist are played.

For further information call: 01305 784056

Website not located

Whist: Wednesdays, 14.00 – 17.00, all welcome. Join this regular afternoon of Whilst at Victory Hall, Putton Lane, Charlestown, Dorset DT3 4DA, Putton Ln, Weymouth DT4 9TL

Website not located

Whist:Thursday, 14.15 - 17.00, all welcome. The Park Community Centre, Chelmsford Street, Weymouth, DT4 7HR. Come along and join the fun with teas/coffees and cash prizes, what more do you want!

Cost £2.00 per session.

Call 013052 839579 or visit the website

<https://www.theparkarea.co.uk/activities-and-groups/whist/>

# Section 2: Patient, Carers and Family Support and Advice

This section contains information on a range of specific conditions. NHS information including an A-Z of health and medications and NHS services is also available via <https://www.nhs.uk/>.

Useful information can also be found on our practice website <http://www.wykeregisandlanehousemedicalpractice.co.uk/>

Samaritans: Adults in Crisis available by phone 24 hours of the day, 365 days of the year. Also available at the Weymouth office (Samaritans, 13 King Street, Weymouth, Dorset, DT4 7BJ):

Monday: 16.00 – 20.00  
Tuesday: 10.00 – 13.00 and 16.00 – 20.00  
Wednesday: 16.00 – 20.00

Thursday: 13.00 – 20.00

Friday: 13.00 – 16.00 and 19.00 – 20.00  
Saturday: 16.00 – 20.00

Adults contact a Samaritan If you need someone to talk to, they listen. They won't judge or tell you what to do.

Call 116123 or email jo@samaritans.org (response time 24hrs) or 01305 771777

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Abuse: Domestic Abuse: You First:Support and Advice Service.

You First work with women, men and children and operate and run care, support, and information and advice services for vulnerable people across Hampshire and Dorset. Their services span stalking, domestic abuse and sexual violence.

Call the Domestic Abuse Helpline for Dorset (You First): 0800 032 5204 or email: youfirst@theyoutrust.org.uk

[https://www.dorsetcouncil.gov.uk/your-community/community-safety/domestic-abuse/help-for-those-who-have-experienced-domestic-abuse.aspx or Email: youfirst@theyoutrust.org.uk](https://www.dorsetcouncil.gov.uk/your-community/community-safety/domestic-abuse/help-for-those-who-have-experienced-domestic-abuse.aspx%20or%20Email: youfirst@theyoutrust.org.uk)

Ageing: Age UK:National Support and Advice Service.

Provide free information and advice to help people on topics as diverse as claiming benefits to care homes and conditions and illnesses such as incontinence, depression and anxiety and hearing loss.

If you need advice or information on money, care or health, call 0800 678 1602. Open 8.00 – 19.00 every day of the year.

<https://www.ageuk.org.uk/information-advice/>

Anxiety UK:National UK Support and Advice Service

Source of support and help if you’ve been diagnosed with, or suspect you may have an anxiety condition. They can also help you deal with specific phobias such as fear of spiders, blushing, vomiting, being alone, public speaking, heights – in fact, any fear that’s stopped you from getting on with your life.

Call 03444 775 774 Monday – Friday, 9:30 – 17.30 or text 07537 416 905

<https://www.anxietyuk.org.uk/get-help/>

Aphasia: Weymouth Aphasia Group: Local Support and Advice Group

1st and 3rd Wednesday of the month, 14.00 - 16.00. Gracewell of Weymouth, Cross Road, Weymouth, Dorset, DT4 9QX.

Weymouth Aphasia Group is a **FREE** drop-in group for people in the Weymouth and Portland area with Aphasia. They meet up twice a month and enjoy the company of other people with Aphasia. The afternoons are spent catching up over tea and coffee, finding support from others and having fun.

Call 01305 779971 or 07775 953155

[https://www.mylifemycare.com/article/7061/Weymouth-Aphasia-Group or https://en-gb.facebook.com/Weymouth-Aphasia-Group-236835670096151/](https://www.mylifemycare.com/article/7061/Weymouth-Aphasia-Group)

Arthritis UK: National Support and Advice Service. Provides information and support for people with arthritis and their families and carers including causes, symptoms and treatments and exercises to manage pain.

Call free helpline 0800 5200 520; Monday – Friday, 9.00 – 20.00

<https://www.versusarthritis.org/get-help/>

Asthma: Asthma UK: National Advice and Support Network. If you’re struggling to cope with difficult feelings it is important to get support because stress, anxiety or depression can affect all areas of your life, including your asthma. You can speak in confidence to an asthma nurse specialist about any questions or concerns you have about asthma, no matter how big or small.

Call 0300 222 5800 (9.00 – 17.00, Monday - Friday) or chat to an asthma nurse team via WhatsApp. We aim to reply to all your messages within three working days.

<https://www.asthma.org.uk/advice/manage-your-asthma/emotional-support/network/>

Autism: National Autistic Society: National Support and Advice Service. Information is provided about services directed towards autistic people, parents and carers and professionals and information and guidance. This includes diagnostic services, schools and work. There is currently no local branch near Weymouth.

Autism Helpline - Monday: Thursday 10.00 16.00 and Friday 9.00 – 15.00.

Supporter Care - Monday: Friday 10.00 – 14.00.

<https://www.autism.org.uk/>

Autism: Dorset SEND: Local Information, Advice and Support Service. We are an independent and impartial service that can provide advice, information and support to parents and carers of children and young people with SEN throughout the Dorset Local Authority (LA) area. We work closely with the Local Authority, Schools, the Voluntary sector and other agencies. We aim to ensure that parents and carers are able to play an informed part in planning provision to meet their child's special educational needs.

Call 07748 624609 or email: pps@dorsetcc.gov.uk

<https://www.autism.org.uk/directory/search-results/pg=1~sid=2323056~s=1/resources/6824.aspx>

Bereavement: Cruse:Local Face-to-face, telephone, email and website support.

1st Wednesday of the month, 10.00 - 12.00. Pilgrim House, 1 Hope St, Weymouth DT4 8TU or via Dorchester Office/Website or National Help Line

Advice and information for children, young people and adults when someone dies. Aims to enhance society’s care of bereaved people.

Freephone National Helpline. Monday - Friday 9.30 – 17.00 (excluding bank holidays), Tue, Wed and Thur open 20.00.

Local number: 01305 260 216/778208 or dorset@cruse.org.uk

<https://www.cruse.org.uk/get-help/local-services/south-west/dorset>

Blind and Partially Sighted: Local support group: Wednesday, 13.30 - 16.00.

Weymouth Community Safety Centre, Radipole Lane, Weymouth Support group for people affected by sight loss or blindness.

For help and information call 01305 787065 (Jenny)

No website located

Blind and Partially Sighted: Dorset Blind Association:Local telephone advice and face-to-face training and activities. Sight loss advice, reading services. One of our core services is helping blind and partially sighted people learn how to use low vision aids. We have sight equipment vans that travel around our rural county to bring these services to you. Our home visit service has hundreds of volunteers, offering one-to-one support. We run a range of activities, including a goal ball group, acoustic shooting and our annual blind driving day. Our driving day includes some brilliant driving instructors going off-road with some of our members.

For help and information call 01202 712 869 or RNIB Helpline 0303 123 9999

<https://www.rnib.org.uk/rnibconnect/dorset-blind-association>

Brain Tumour: Brain Tumour Trust: National Support and Advice Service

A brain tumour diagnosis is a life changing event, not just for the individual themselves, but for the friends and family around them. The Brain Tumour Trust have put together some ideas, practical tips and advice about how you can support your loved ones on this journey, using the experiences and opinions expressed within our community. They host a closed Facebook group is a safe and secure space to connect with other carers and share your experiences.

Call 0808 800 0004 (free from landlines and mobiles; open Mon-Fri, 09:00-17.00) or email support@thebraintumourcharity.org

<https://www.thebraintumourcharity.org/living-with-a-brain-tumour/relationships/support-family-and-friends/>

Cancer Research UK:National Support and Advice Service

If you've been diagnosed with cancer, or know someone who has, this services provides practical advice on everything from symptoms and screening, to coping after treatment. Via the website people can chat with others affected by cancer on the online forum. It’s free to join and available 24 hours a day.

For general enquiries call on 0300 123 1022, Monday to Friday, 8.00 to 18.00 (closed Wednesdays 11.00 – 11.30, weekends and bank holidays) or email: supporter.services@cancer.org.uk. To ask a nurse a question 0808 800 4040 (Monday to Friday 9.00 – 17.00.

<https://www.cancerresearchuk.org/>

Cancer: C'Siders:Local Support and Advice: 1st and 3rd Mondays, 19.30 - 21.00, Wyke Smugglers, 76 Portland Road, Wyke Regis, DR4 9AB. For people who have cancer or someone they care for has been affected by cancer. It’s a worrying time and you might be feeling you need some support other than just from your medical team.  That’s what we offer!

For help and information07430695462 or csiders@btinternet.org

<http://csiders.org/>

Cancer: Macmillan Cancer Support:National Support and Advice Service

This service can help if you or someone you know has been diagnosed with cancer. Find out what to expect, get information, practical advice and support, hear from experts and read about other people’s experiences.

Call 0808 808 00 00 7 days a week, 8.00 – 20.00

<https://www.macmillan.org.uk/information-and-support>

Carers: Weymouth Carers Support Group: Local Carers Support and Advice Group: Friday, 10.00 - 13.00. The Leon Centre, 13 Fernhill Avenue, Weymouth, DT4 7QU.

Support group for carers of people with experience of mental illness. An opportunity to share information and support in a friendly, informal setting over a cup of tea or coffee and treats. The group offers a friendly, safe and confidential place for a chat and can signpost you to other services, just call in.

Call 01305 262771 or 07562 500278 or email: weymouthcarersgroup@rethink.org

<https://www.rethink.org/help-in-your-area/support-groups/weymouth-carers-support-group/>

Carers (Local Support): Local Carers Support and Advice Group:

Weymouth Library and Learning Centre, Great George Street, Weymouth, DT4 8NN

2nd Thursday of the month, 10.00 - 11.30. This is a FREE event

Coffee morning and social event for carers. Drop in for a chat or support and advice.

Call 01305 762410 for further information.

<https://www.dorsetcouncil.gov.uk/libraries-history-culture/libraries/club.aspx?c=3f41e851-969d-4a2b-a518-b09d91e422a1>

Cavernoma: Cavernoma Alliance UK:National Advice and Support

The [Cavernoma Alliance UK aim to support people affected by cavernoma in a number of ways from providing information, hosting an online forum, running events or simply being on the end of the telephone for a chat.](https://www.cavernoma.org.uk/talk-to-us/)

For information or support, then please either email info@cavernoma.org.uk or call 01305 213876. The support telephone line is open 10:30 to 14:30 Monday to Friday.

<https://www.cavernoma.org.uk/support-for-you-2/>

Cystic Fibrosis: Cystic Fibrosis Trust:National Advice and Support.

Offers practical support and information for people living with Cystic Fibrosis and their families. They provide a number of different grants, support with applying for benefits and information about prescription charges. They also offer a range of information packs and factsheets on a number of issues relating to cystic fibrosis that can be downloaded or ordered as hard copies. The factsheets cover issues related to cystic fibrosis, including diagnosis, related complications like bone health and diabetes, treatments, nutrition, physiotherapy, the issues associated with living with Cystic Fibrosis.

Call 0300 373 1000 or email helpline@cysticfibrosis.org.uk <https://www.cysticfibrosis.org.uk/the-work-we-do/support-available>

Deafness: Action on Hearing Loss:National Advice and Support Action on Hearing Loss support people across the UK to manage their deafness, tinnitus and hearing loss. We provide useful information and community-based care and support services, develop technology and treatments, and campaign for equality.

Information Line: Email information@hearingloss.org.uk; call 0808 808 0123 or Textphone 0808 808 9000

Dementia: Dementia UK:National Advice and Support. The support and advice Dementia UK provides includes information leaflets, a helpline and advice videos. There is no Admiral Nurse in the locality of Weymouth.

Please call the Dementia Helpline 0800 888 6678 or call Admiral Nurse Dementia Helpline on 0800 888 6678 from 9.00 – 21.00 Monday to Friday, and from 9.00 to 17.00 during the weekend.

<https://www.dementiauk.org/sources-of-support-for-families/>

Diabetes: Diabetes UK: National Advice and Support. Diabetes UK provides a helpline that is a dedicated diabetes helpline for all people with diabetes, their family or friends, and people who are worried they might be at risk. They host a Diabetes Support Forum which is an online community where people can exchange knowledge and experiences with other people with diabetes, family and carers

For help and advice call 0345 123 2399, Monday to Friday, 9.00 – 18.00

<https://www.diabetes.org.uk/>

Diabetes: West Dorset Diabetes UK Group **:** 13, Verlands Road, Weymouth, Dorset, DT3 6BY. The West Dorset Diabetes UK Group is a volunteer group who actively carry out Diabetes awareness and education in the whole of Dorset. The group aims to provide awareness and education events for all those living with Diabetes. They hold group meetings where we have speakers on Diabetes related topics, Diabetes awareness days in local surgeries.

Call 01305 835870 or email WestDorsetGroup@gmail.com

<https://west-dorset.diabetesukgroup.org/>

Down's Syndrome Association:National Support and Advice Service

Offer information, support and advice on any question or concern you have related to Down’s syndrome. They have specialist advisers who can provide you with information and support on issues such as health, social care, benefits and education for people with Down’s syndrome.

Call 0333 1212 300 or email info@downs-syndrome.org.uk.

<https://www.downs-syndrome.org.uk/for-families-and-carers/>

Epilepsy: Epilepsy Action:Local. 2nd Thursday of every month at the Palmhouse café from 13.30 to 15.30. This is an informal event where you can come along and meet other people with epilepsy. We aim to bring together anyone affected by epilepsy to share their experience and reduce isolation and provide a point of contact for people living in the Weymouth area.

[**https://www.epilepsy.org.uk/near-me/search/dt4%209ge**](https://www.epilepsy.org.uk/near-me/search/dt4%209ge)

Epilepsy: Epilepsy Action:National Advice and Support

Provides advice and information and if you become an Epilepsy Action member to get personalised support and much more. Also provide on-line courses.

[For help and information call 080 8800 5050](https://www.epilepsy.org.uk/)

<https://www.epilepsy.org.uk/>

Facial or body differences: Changing Faces:National Advice and Support

Changing Faces supports people who have any condition or injury that affects their appearance, anywhere in the UK. Changing Faces is the UK’s leading charity for everyone with a scar, mark or condition on their face or body that makes them look different. They provide advice, support and psychosocial services to children, young people and adults. We challenge discrimination and we campaign for Face Equality: a world that truly values and respects people who look different

For help and information call 0300 012 0275 (10.00 – 16.00 Monday to Friday) or contact via the website: <https://www.changingfaces.org.uk/>

### Facial or body differences: Changing Faces: Skin Camouflage Service

Face to face appointments. The Skin Camouflage Service offers appointments with trained skin camouflage practitioners at around 80 clinics across England and Scotland.

For information on referral call 0300 012 0275 or email support@changingfaces.org.uk

<https://www.changingfaces.org.uk/skin-camouflage>

Genetic Disorders: Genetic Disorders UK:National Advice and Support

Provide information to support people when their child is diagnosed with a genetic disorder including guiding people through the jargon, the science and the tools needed to learn about the world of genetics. Also provide information on education, benefits, financial help and social care and tips for day to day living. Call free on 0800 987 8987 or visit website

<https://www.geneticdisordersuk.org/support-and-information/>

Haemochromatosis: Haemochromatosis UK: National Advice and Support

Patient advocacy group and a source of high quality information about genetic haemochromatosis (iron overload). Provides support and information for patients and families affected by haemochromatosis. There are currently no patient support groups in the Southwest.

Call the Haemochromatosis Helpline 03030 401 102 or email helpline@huk.org.uk

<http://haemochromatosis.org.uk/support/>

Heart Disease: British Heart Foundation:National Advice and Support

Provide advice on heart conditions, risk factors, tests and treatment and has guides to adopting a healthier lifestyle; managing everyday issues including emotional support and has an online community and booklets and guides. Help and information is available via the website. For urgent help please call 0300 330 3322 or call 111.

<https://www.bhf.org.uk/informationsupport>

Hepatitis C: Hep C Trust:National Support and Advice Service

UK national helpline, staffed solely by people who have had experience of living with hepatitis C. National helpline for prisoners to access information and support.

[Call Monday to Friday from 10.30 to 16.30, on 020 7089 6221 or by email to helpline@hepctrust.org.uk. Freephone national helpline specifically for prisoners to access information and support on 0800 999 205](mailto:helpline@hepctrust.org.uk)

[www.hepctrust.org.uk/support](http://www.hepctrust.org.uk/support)

Kidney Disease: Dorset Kidney Fund:Local Advice and Support

Provide support of renal patients throughout Dorset and South Somerset.

For help and information call 01305 834954 (Diana) or 01305 269293 (Sue)

No website located

Kidney Disease: Chronic Kidney Disease UK: National Advice and Support

Offer support through patient grants, holiday grants, a counselling service and advocacy service, as well as funding to improve care services.

Call 01420 541424, lines open Monday – Friday 9.00 – 17.00

<https://www.kidneycareuk.org/get-support/>

Leukaemia: Leukaemia UK:National Advice and Support

Leukaemia UK will support those affected by blood cancer, and their family and friends, through the physical, psychological and financial uncertainty that lies ahead.

Call 020 7922 7982 or via website

https://www.leukaemiauk.org.uk/Pages/Contact.aspx or

<https://www.leukaemiauk.org.uk/pages/category/patient-support>

Live Well Dorset: Live Well Dorset uses evidence-based behavioural science methods, developed by University College London to support individuals to sustain changes in behaviour including getting active, losing weight, stopping smoking and drinking less. Most people just need a little bit of help, a brief intervention or a nudge in the right direction. For t hose that need a little more help Live Well Dorset provides personalised, one-to-one coaching.

<https://www.livewelldorset.co.uk/find-activities-and-classes-near-you/>

Liver Disease: British Liver Trust:National Advice and Support. The British Liver Trust support patients and families so they don’t have to face liver disease alone. They campaign to improve awareness so more people are aware of the risks to the liver.

[Call 0800 652 7330 between 10.00 and 14.45 Monday to Friday (not bank holidays) or email helpline@britishlivertrust.org.uk](mailto:helpline@britishlivertrust.org.uk)

<https://www.britishlivertrust.org.uk/find-support/>

Mental Health: Mind Mental Health Charity:National Advice and Support

MIND provides advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

Call MIND information line 0300 123 3393 or text 86463. Lines are open 9.00 to 19.00, Monday to Friday (except for bank holidays). For legal information call 0300 466 6463 or email: legal@mind.org.uk or write to MIND, PO Box 75225, London, E15 9FS. Webchat also available.

<https://www.mind.org.uk/information-support/helplines/>

Young Minds: Mental Health: Parents Helpline. Monday to Friday 9.30 – 16.00. Young People and their parents/carers. Signpost access to urgent support for crisis situations; provide advice about some common feelings and mental health symptoms, how to cope, and where to go to get help; information on different mental health conditions; tips on looking after yourself; A beginner's guide to the NHS's Child and Adolescent Mental Health Services (CAMHS) for young people and parents and information on who you can call if you need to talk to someone and information for parents.

Helpline for Parents: 0808-802-5544. Free for mobiles and landlines

<https://youngminds.org.uk/>

### Young Minds Crisis Messenger: Mental Health: Young people in crisis

Available 24hrs a day, 7 days a week

[Crisis messenger service provides free, 24/7 crisis support across the UK](sms:85258?body=THEMIX)

Text YM to 85258.

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>

Childline: Mental Health: Children. Available 24hrs a day, 7 days a week

Childline is a free, private and confidential service. You can contact Childline about anything by phone and the website. If you are deaf or hard of hearing, you can get support from Childline in lots of ways. The website has advice sections which may be useful.

Call free on 0800 1111; Log in for a 1-2-1 counsellor chat; send an email via website

<https://www.childline.org.uk/get-support/>

The Migraine Trust:National Advice and Support. The Migraine Trust fund research, provide evidence-based information, campaign for and support people affected by migraine in the UK.

Call the Information Service on 0203 9510 150 or email via website

<https://www.migrainetrust.org/living-with-migraine/asking-for-support/>

Motor Neurone Disease Association. Whether you have been diagnosed with MND or you know someone who has, the services available can make a real difference to how you cope in the future. MND offer information and support including areas such as benefits advice service, loan equipment, financial support grants and communications advice service

Call 01604 250505 or email enquiries@mndassociation.org

<https://www.mndassociation.org/support-and-information/>

Multiple Sclerosis Society:National Advice and Support. The MS Society helps with support and information about everything about multiple sclerosis from telling your family to what your rights are at work spanning emotional support, financial help and support for carers. The MS Society also has a wide range of publications on all topics, which you can browse, download or order at https://www.mssociety.org.uk/care-and-support/resources-and-publications. Call the helpline on 0808 800 8000 (Monday to Friday, 9.00 – 19.00 except bank holidays) or email helpline@mssociety.org.uk or you can send us a direct private message on Facebook messenger via the website

<https://www.mssociety.org.uk/care-and-support>

Multiple Sclerosis: Southwest Dorset MS Support Group:National Advice and Support. The group has MS Support Volunteers who are trained to confidentially offer emotional support, information, help to access specialist services and help to get financial support.

Please call Heather Field on 07554 882414 and leave your telephone number and our Support Volunteer Nick Power will call you back or email: swdorset@mssociety.org.uk

<https://www.mssociety.org.uk/care-and-support/local-support/local-groups/south-west-dorset-group>

Osteoporosis: Royal Osteoporosis Society:National Advice and Support

The Royal Osteoporosis Society aims to help the nation look after its bones and appreciate the importance of bone health for everybody. For those who do develop osteoporosis, we're here to help them live well.

Call 0808 800 0035 (free) or email nurses@the ros.org.uk

<https://theros.org.uk/information-and-support/>

Pagets Disease: Pagets Association:National Advice and Support

Wherever you live, all members of the Paget's Association can join the Paget’s Support Network. This is a free network to enable members to talk to others who either have Paget’s disease or who care for someone who has the condition. Communication can be by telephone, letter or email. It is a free, mutually supportive network and is open to any Paget’s Association member wherever you live in the UK or abroad. The association also provide a downloadable “Paget's Disease - The Facts” Free booklet

For general information call 0161 799 4646 or the nurse helpline on 07713 568 197

<https://www.paget.org.uk/information-support/local-support/>

Parkinson’s: Parkinson’s UK:National Advice and Support. If you have Parkinson's or you know someone who has this group can provide support and information. Find out about all the services they offer.

Call free on 0808 800 0303, opening times: Monday-Friday 9.00 – 21.00, Saturday 10.00 – 14.00 or email: hello@parkinsons.org.uk.

<https://www.parkinsons.org.uk/information-and-support/support-you>

Respiratory Disease: Breathe Well Weymouth:Local Group. 2nd Wednesday, 14.30 - 16.30. The New Fire and Community Centre, Radipole Lane, Weymouth A support group for people with breathing problems.

For help and information call 01305 814600 (Mike) or 07792846463

<https://www.blf.org.uk/support-in-your-area/breathe-easy-weymouth-support-group>

Scoliosis: Scoliosis Association UK:National Advice and Support

The Scoliosis Association UK is the only UK wide patient support organisation for people with scoliosis and their families. They can provide details of the nearest scoliosis specialists and they organise patient meetings.

Call on 0208 964 1166 or if email info@sauk.org.uk

<https://www.sauk.org.uk/supporting-you/supporting-you>

Stillbirth and neonatal death: Stillbirth and Neonatal Death Charity:National telephone and on-line advice and support SANDS is the stillbirth and neonatal death charity. Founded in 1978, Sands exists to reduce the number of babies dying and to ensure that anyone affected by the death of a baby receives the best possible care and support for as long as they need it wherever they are in the UK. SANDS provides a free national helpline and a bereavement support app for parents, families, carers and health professionals; a UK-wide network of support groups with trained befrienders; an online forum enabling bereaved families to connect with each other and a wide range of bereavement support resources available online and in print.

For help and information call 0808 164 3332 or email helpline@sands.org.uk

<https://www.sands.org.uk/>

Stroke: Stroke Association Group:National Advice and Support.

The Stroke Association support people to make the best possible recovery following a stroke. Discover easy-to-read information, advice and videos to support you during your stroke recovery. They often do this by offering financial support to those most in need via their Life After Stroke Grants programme. They provide advice on aids and equipment for independent living. They also provide a Stroke Information Pack will help you, your family, carers and friends to understand what a stroke is and what to expect. The telephone helpline offers information and support for anyone affected by stroke; call on 03033033100.

<https://www.stroke.org.uk/finding-support>

Stroke: Weymouth Stroke Support Group:Local Advice and Support Group

1st and 3rd Tuesday of the month, 10:30 - 12:30. Weymouth Bay Methodist Church, 32 Melcombe Avenue, Weymouth, DT4 7TH. The Weymouth Stroke Support Club is a friendly group who help each other by sharing information and experiences, and enjoying social activities such as bowling, meals, exercise, art and games.

Call 7580664210 (Gerry) or email barr\_gerry@yahoo.co.uk

<https://www.stroke.org.uk/finding-support/weymouth-stroke-support-club>

# Section 3: General Advice and Support

Access Dorset: support for people with disabilities, older people and carers, long term health conditions. Telephone Advice: 10.00 – 4.00 Monday – Friday

Support for disabled people, people with long term health conditions, older people and carers.

Provide free information and advice; face to face advice surgeries (in Bournemouth) and crisis advocacy service, call 01202 771336 or enquiries@accessdorset.org.uk

<http://accessdorset.org.uk/>

Advice Dorset: Advice service: Central Dorset Citizens Advice - Outreach. Wyke Health Centre, Portland Road, Wyke Regis, Weymouth, DT4 9BE

On-line advice and outreach service. All welcome.

The website provides information about local services in Dorset where people can go for advice in social welfare law (benefits, debts, housing employment, immigration, relationships, energy, health and care).

For further information call the Outreach Service in Wyke Regis 03444 111 444 or via either website listed

[https://advicedorset.org.uk/ or http://westdorsetca.org.uk/](https://advicedorset.org.uk/)

Benefits Advice: Monthly benefits advice service. Island Community Action, Age UK Benefits Advice Surgery. One-to-one appointments available.

Free. Please book in advance.

For further information call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

Debt Management: Christians Against Poverty. Face to Face and online support, all welcome. There are 3 debt coaches who offer home visits and via the website a simple self help guide will walk people step by step through the process of getting out of debt.

For further information call 01274760720

[www.capuk.org](http://www.capuk.org/)

Digital Champion: Wyke Regis: Advice and help with your computer queries with a Digital Champion. Wyke Regis Library, Wyke Regis Health Centre, Library, Portland Road, Weymouth DT4 9BE. **FREE ACTIVITY**

Wednesday, 10.15 - 12.15. Booking Essential. Call 01305 760191

<https://www.mylifemycare.com/article/7787/Computer-Help---Wyke-Regis-Library-Digital-Champion>

Digital Champion: Chickerell: Advice and help with your computer queries with a Digital Champion plus 2 public use computers and a printer and free Wi-Fi is available. Chickerell Library, 51 East St, Chickerell, Weymouth DT3 4D. **FREE ACTIVITY**

For further information please contact 01305 760095 or visit the website:

<https://chickerellcommunitylibrary.co.uk/>

Dorset Wayfinders: Access service. Support to access services and opportunities for everyone run by and for disabled people, older people and carers. All welcome.

Wayfinders will work with you to help access services and opportunities that may ultimately improve people’s situations and help maintain independence. They will offer guidance on everything from local lunch clubs, exercise classes, toe nail cutting services and transport schemes to finding the right people to support you with your housing concerns, finance and benefits challenges, personal care matters and appropriate healthcare provision. For further information call 01305 548111 or 01202 946111 or email:poppadmin@helpandcare.org.uk

<https://www.helpandcare.org.uk/about-us/wayfinders/>

Frugal Food: Every Friday during term time; 10.30 - 13.30, all welcome. The Park Centre, Chelmsford Street, Weymouth, DT4 7HP. Come to cook at 10.30am or come to eat at 12 noon. Come along to cook and eat lunch (ingredients provided). Share and learn how to cook cheap, healthy meals for you and your family. No charge is made but donations are welcome. Call 07502 010858 to book your place for a meal.

<http://www.frugal-food.org.uk/>

Healthy Homes Dorset: Home Energy Advice. Dorset Residents. Helps Dorset residents keep warm by installing loft and cavity wall insulation. It also offers free, impartial energy advice. Healthy Homes Dorset will install insulation, and in some cases, new heating systems completely free of charge if a member of the household has a cardiovascular condition; respiratory condition; mental health condition or disability: is aged 65 or over; is a child under 5; Is pregnant; Is living with addiction; has attended hospital due to a fall; is a recent immigrant and asylum seeker; has a low income. Call 0300 003 7023 or contact via website (office hours)

<https://www.healthyhomesdorset.org.uk/>

Housing: You First: 56 St Mary’s Street, Weymouth, Dorset, DT4 8PP.First Point Dorset provides housing related support and guidance to people over 16 years of age facing eviction, rent arrears, court action and budgeting issues. We can help you with accessing and appealing benefit claims, budgeting or household debts, rent arrears and other housing-related issues, finding more suitable accommodation, acting as an advocate for you or linking in with your landlord, benefit agencies or your local council. You can self-refer to the service via telephone or email or you can be referred to the service through an agency.

Call 0330 123 2550 or email fp.enquiries@theyoutrust.org.uk

[https://en-gb.facebook.com/FirstPointDorset/ or https://theyoutrust.org.uk/service/homelessness/dorset-firstpoint-housing-and-community/](https://en-gb.facebook.com/FirstPointDorset/)

Legal Advice: Advice service, monthly (2nd Saturday each month except July and August). Island Community Action Pengillys Solicitors Legal Advice Clinic

Local solicitor providing free legal advice. **FREE**

One-to-one appointments available. Please book in advance.

For further information call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

Relate (Dorchester): Advice and face-to-face service. On-line advice and office (Dorchester) based service. All welcome. Offers Relationship Counselling; Family Counselling; Children and Young Peoples Counselling; Sex Therapy; Support to Armed Forces; Help for Domestic Violence; a Parents Apart Programme; web and email counselling; supervised child contact sessions. Not all face-to-face services are available at the Dorchester branch.

For further information email enquiries to: enquiries@relatedorset.org.uk or visit the offices Inspirations, 2 Poundbury Business Centre, Dorchester, DT1 3WA. See website for opening hours.

<https://www.relate.org.uk/dorset-south-wiltshire>

The Silver Line: Open 24 hours a day, every day of the year. Older People

The Silver Line is a free confidential telephone helpline offering information, friendship and advice to older people in the United Kingdom, available 24 hours a day. Call ANYTIME on: 0800 4 70 80 90 or see website for further information

<https://www.thesilverline.org.uk/>

Utility Contract/Costs: Advice service, monthly. Advice on utility contracts/costs - are you getting the best deal? One-to-one appointments available. Please book in advance. **FREE**

Call 01305 823789, email:office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

SSAFA: Telephone or face to face advice. SSAFA Dorset, SSAFA Local Office: 1, Hope Square, Weymouth. DT4 8TU. Telephone and on-line advice or visit local branch 09.00-17.00. Serving personnel, their families and veterans. Help to cope with bereavement, injury and other forms of stress; provide welfare services to the family members of the armed forces community; social care, advice and housing for the armed forces community, support serving personnel, their families and veterans with anything related to disability and give emotional and physical support to older veterans.

Contact Forces line - it’s free and confidential on 0800 731 4880. For the local branch call 07726127532

<https://www.ssafa.org.uk/>

Universal Credit: Advice on Universal Credit for adults. Weymouth Library and Learning Centre, Great George Street, Weymouth, DT4 8NN. Wednesday and Friday: 10.00 - 12.00. Bookable appointments with the Citizens Advice team.

<https://www.dorsetcouncil.gov.uk/libraries-history-culture/libraries/club.aspx?c=6fa85835-9270-4d56-8ee9-781111063896>

## Employment Support and Skills Development

Computer Training: Weymouth Community Volunteers, as and when required. >/= 55 years. 17A Cambridge Rd, Weymouth DT4 9TJ

Learn general computing skills including General Computer Skills including Windows OS, Email, Open Office, Microsoft Office and Project Based Learning including   
Design with Microsoft Publisher, Open Source, Graphic Design, Front End Web Development with HTML, CSS and JavaScript, Back End Web Development with PHP and Laravel; Ionic 3 App Development.

For further information call 01305 830255 or email sue.follan@wcv.org.uk

<http://www.wcv.org.uk/>

Employment Support and Volunteering: Weymouth Community Volunteers, as and when required. All welcome. 17A Cambridge Rd, Weymouth DT4 9TJ

Support employment, access to training and volunteering opportunities.

For further information call 01305 830255; fax: 01305 774879; email: info@wcv.org.uk or visit website

<http://www.wcv.org.uk/>

Skills and Learning Jobs Club: Adults. Weymouth Library and Learning Centre, Great George Street, Weymouth, DT4 8NN. **FREE**

Need help in getting a job then why not come along to our free Employment and Learning Hub drop-in sessions, run by our partners Skills and Learning. Included in these extended Job Clubs will be the opportunity to have a free skills assessment; receive professional career development advice and help to fill in gaps in your skills.

Tuesday: 14.00 - 16.00. Call 01305 762410 for further information.

<https://www.dorsetcouncil.gov.uk/libraries-history-culture/libraries/club.aspx?c=82b273ad-0ec6-43e2-9941-61fd273cd7e3>

## Practical Support

Befriending: Befriending service, as and when required, people 50 years plus living in Portland and Wyke Regis. Island Community Action offers a range of befriending services, from companionship to help with local errands, personal correspondence or perhaps just a friendly phone call or chat over a cup of tea. All volunteers are police (DBS) and reference checked, interviewed and fully insured.

Call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

Dog walking: Dog walking service, as and when required. Island Community Action can help with dog walking.

Call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

Gardening**:** Weymouth Community Volunteers, as and when required. Older people.

17A Cambridge Rd, Weymouth DT4 9TJ. Provide low cost gardening projects for the elderly. Cutting grass, pruning, cutting back and general tidying of gardens.

Call 01305 830255; fax: 01305 774879; email: info@wcv.org.uk or visit website

<http://www.wcv.org.uk/>

Gardening: Gardening as and when required. Island Community Action are able to offer help with gardening, including mowing, weeding, planting and hedge trimming and landscaping. Charge payable.

Call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

Repairs, Upcycling: Repair Café, Monthly, All welcome. Repair Cafes are free meeting places to repair things together. If you can carry it, they can try to fix it. If it is big, bring a photo and they will discuss it. Palm House Café, Melcombe Regis Car Park, Commercial Road, Weymouth DT4 7DW. Donation.

For further information visit website

[https://repaircafeweymouth.org/ or https://www.facebook.com/RepairCafeWeymouth/](https://www.facebook.com/RepairCafeWeymouth/)

## Transport

Car Transport: Weymouth Community Volunteers, as and when required. >/= 55 years. 17A Cambridge Rd, Weymouth DT4 9TJ. This service enables people of 55 years of age and over, to access transport to any health related appointments and/or visit your spouse/partner in hospital or nursing homes. You must live south of The Ridgeway to use the scheme. Annual membership fee of £5.00 per household and a donation for your journey.

For further information call 01305 830255 or email: community.transport@wcv.org.uk

<http://www.wcv.org.uk/>

**Car Transport:** Island Community Action, Community Car and Minibus (wheelchair friendly), as and when required, for people living in Portland and some areas of Wyke Regis. The community car is available for all your appointments and shopping trips. Advanced booking is essential. This service operates on donations with volunteer drivers.

For further information and booking call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

Shopping Service: Island Community Action, as and when required, for people living in Portland and some areas of Wyke Regis. Cost £3 return.

C and book on 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

**Shopping Service:** Thursday and Friday am, as and when required, for people 50 years plus living in Portland and some areas of Wyke Regis. Island Community Action, shopping service to Tesco. Call Island Community Action to book.

£3 per person and is only available currently on Portland

For further information and booking call 01305 823789 or email: office@islandcommunityaction.org.uk

<https://islandcommunityaction.org/>

# Section 4: Community Groups

Civic Society: Monthly meetings (2019: 16th Sept; 21st Oct; 18th Nov - annual awards), 19.30. All welcome.

The Civic Society was founded in 1944 to serve the people of Weymouth, Portland and surrounding areas. The society aims to stimulate public interest in the environment within the Weymouth and Portland area, particularly the built environment, and to promote high standards of planning and architecture in the area. Members work to secure the preservation, protection, development and improvement of features of historic, public or natural interest in the area. The Society monitors local planning applications and makes observations and offers opinions to the local authorities, based on the views of representative groups of members. The Society owns the Tudor House and leases the Nothe Fort from Dorset Council which is run by a committee of paid staff and volunteers. Annual Membership. Single Member: £12, two members at the same address: £20

For further information email: civicmembers@gmail.com or visit website

<https://www.weymouthcivicsociety.org/>

Friends of Weymouth Library: 1st Tuesday, 11.00 - 12.30, all welcome.

Wyke Regis Library, Portland Rd, Weymouth DT4 9BE.

Supports and promotes our valuable library service. Runs a programme of events such as talks, trips, quizzes and socials to raise money for library projects and equipment.

For further information call 01305 832613 or call into the library.

<https://www.dorsetcouncil.gov.uk/libraries-history-culture/libraries/library.aspx?l=c767be16-ced4-4b27-97d4-a67433ba7bf3>

Weymouth Peace Garden: Barrack Road, (adjacent to Nothe Tavern), DT4 8TZThere is a public car park opposite the garden.

The garden is open all year with working parties taking place on the first and third Saturday of the month from 10am. Anyone with a bit of time to spare is welcome to join in and work in the garden.

Please contact us via email: [weymouthpeacegarden@hotmail.co.uk](mailto:weymouthpeacegarden@hotmail.co.uk) or visit our website.

<https://www.weymouthpeacegarden.org.uk/>

Weymouth and Portland U3A: St Aldhelm's Church Centre, Spa Road, Weymouth, DT3 5EW.

The U3A is a world-wide self-help learning organisation for those who are retired or semi-retired. The aim of U3A is to encourage and enable older people to learn new skills or revive former ones and to help others to do the same. It is a friendly, informal way to follow personal interests, to try something new or to share your knowledge and skills. In addition to the monthly meeting there are more than 45 special interest groups including Ukulele; Science; Games (including Scrabble for Fun, Mah Jong, Bridge, Chess, Rummikub; Members on their Own, Languages (including Italian, German, French), Creative Writing, Exercise and Relaxation (including Qi Gong, Progressive Relaxation, Local Walks, Exercise Group, Badminton, Golf, Table Tennis).

Costs for activities vary but as an example Table Tennis is currently £2 per session.

Membership subscription for 2019 is £12 (£7 from August). Contact membership secretary via website, no phone number appears to be available.

<https://u3asites.org.uk/weymouth-portland/welcome>

Weymouth and Portland Lions Club: Meets 1st Tuesday of each month for dinner. 3rd Tuesday for a business meeting, 19.30. All welcome.

[Rembrandt Hotel, 12-18 Dorchester Rd, Weymouth, Dorset DT4 7JU](http://www.hotelrembrandt.co.uk/).

Currently there are around 30 members from all walks of life who work to raise money to help those in need in the community

<https://weymouthlionsclub.co.uk/>

Weymouth and Portland Holzwickede Twinning Association: All welcome.

The Weymouth and Portland Holzwickede Twinning Society was formed in 1986. Twinning has a practical purpose to support and encourage language learning and school exchanges, sports, music and culture and involvement in the festivals of our towns which help to strengthen the ties between us and our countries and a philosophical aim to ensure that knowledge and understanding of friends should replace fear and ignorance of strangers.

For further information call 01305 832694 (Chris Merlin) or 01305 832007 (Fred Flack) or via website

<https://www.weymouthandportlandtwinning.co.uk/home.html>

Wyke Regis Community Association: All welcome

Aims to continue to bring all the local residence and businesses together to form one voice in order to protect and improve the area of Wyke Regis for the benefit of its inhabitants.

www.wykeregiscommunityassociation.co.uk

Wyke Regis Society: Meets the 2nd Tuesday every other month. All welcome.

Working Mens Club, 56 Portland Rd, Weymouth DT4 9AB.

The aims of the society are to protect the amenities and character of the area; work for the benefit of the local community and improve the environment and protect it from pollution.

Annual Membership £2.50

<http://www.wykeregissociety.com/>