

START's December Open Groups

Due to bank holidays and annual leave, please contact group facilitator to confirm the group is going ahead during the Christmas period (21/12/20 to 04/01/21)

START: Follow Along Fitness.

Join Conor daily for his virtual fitness classes. To join in with the groups, all you need to do is go onto Facebook and join the group "Follow along Fitness". Wednesday is a cooking tutorial. Call Conor on 07826 877538 for further details.

START: Virtual Coffee Groups

Join us every Monday (1pm) and Friday (11am) for a coffee and a chat on Microsoft Teams. Please contact Hannah on 07769 931698 for further details on how to join.

START: Cycling Dorchester

All abilities welcome for a gentle cycle ride of approximately 10km. Just turn up with your bike, a cycle helmet and refreshments. Tuesdays: 11:00am - 12:30pm. Meet at (The CMHT) 30 Maiden Castle Road, DT1 2ER. Starts on 08/12/20. Call Matt on 07842 104646 for further details.

START: Walking Dorchester

All levels of fitness welcome for a walk. We'll walk various different walks about Dorchester. We'll aim to walk 2/3 miles. Meet Tuesday's at 13:30 at Dorchester Library. Call Sarah on 07717 422049 for further details.

START: Virtual Mindfulness

On Thursdays at 14:30, you are warmly invited to participate in the benefits of mindfulness to improve your mental and physical wellbeing. This group is on Microsoft Teams and please email Pam at pamela.goddard@nhs.net to book your place or for further details

START: Virtual Art

Join Hannah every Friday at 1pm for her virtual art group on Microsoft Teams. Have items to sketch or colour-in ready. Please contact Hannah on 07769 931698 for further details on how to join.

START: Walking Bridport

All levels of fitness welcome for a walk. We'll walk various different walks about Bridport. We'll aim to walk 2/3 miles. Meet Wednesdays at 2pm at The Car Park by Bridport Football Club, Skilling Hill Road, DT6 5LA. Starts 09/12/20. Call Pam on 07717 736 234 for further details.

Note: Microsoft teams can be downloaded for free from most app stores and outdoor groups are all subject to the latest social distancing government guidance

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All abilities welcome for a gentle cycle ride of approximately 10km. Just turn up with your bike, a cycle helmet and refreshments. Fridays: 10:00am. Meet at The Car Park by Bridport Football Club, Skilling Hill Road, DT6 5LA. Starts 04/12/20. Call Tanya on 07768375345 for further details.

Fight Back Mental Health: Boxing

No experience needed, 90 minutes of boxing related exercise in a friendly environment. Mondays 10:30am -12pm at KN Boxing and Fitness, Stanley Street, **Weymouth**, DT4 7BX. Book via messaging their Facebook Page @fightbackmh (max group size is 12 people and the latest government guidance will be in place) - Bring your own gloves, drink and be gym ready. Starts 07/12/20. Call Matt on 07842 104646 for further details.

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