

# THE BLANDFORD GROUP PRACTICE

## GROUPS CURRENTLY RUNNING



**Fibromyalgia, Chronic Pain and Fatigue Peer Support-** Mondays *Blandford Connect*

1-3pm

**Nordic Walking-** Friday mornings start points vary contact 01258 458350

**Beginners Running-** Wednesday mornings 9am on the Milldown

**Asthma/COPD Peer Support-** Last Thursday of the month *Blandford Connect 2* - 3pm

**Crafts with Mary-** Wednesday afternoons 2-4pm *Blandford Youth Club*.

**Type 2 Diabetes Peer Support-** 1<sup>st</sup> Wednesday of the month 7.30pm *British Legion Helen* 01258 880883

**Type 2 Diabetes-** Our expert Patient holds talks in The Whitecliff Surgery contact Sara 01258 452501 for information on the next talk.

**Leg Club-** Every Wednesday morning 9.30am -11.30am, for dressing and a cuppa (Nurses)

**Health Walks-** Various walks throughout the week contact 01258 458350

**Bereavement Counselling-** Contact Sara for more information 01258 452501

**Befriending-** If you know someone that would benefit from this contact Sara or you would like to join our volunteers, please contact 01258 450095.

**PTSD Support-** Contact Sara for more information 01258 452501

**Macular Degeneration Support-** Every 3rd Wednesday of the month *Eagle House Surgery* 10.30 -12 – Contact Sara

**Health Coaching-** Working with *Help and Care* free 4 week group courses, managing the emotional impact of living with a health condition, 1-1 sessions also available.- Contact Sara 01258 452501

**Carers-** *Step Ahead* support each other with looking after loved ones living with Dementia. Blandford Connect 1<sup>st</sup> Wednesday of the month 1.30 -3.30pm (Sara/Claire DJ or Rosemary)

**Lunch Club-** 1<sup>st</sup> Friday of the month contact 07850500552

**Cycling-** “*Is It Wheely Wednesday*”, Contact Dilys on 01258 860157

**Cycling** – Wednesday 2pm various locations Contact Hilary 07909622898

**Bio-Energy Meditation/Yoga** - contact Fiona – 0797274102

**Arts & Crafts**– Primary school children and siblings during school holidays  
Keep an eye out for information or contact Sara 01258 452501

**Gardening** – Currently at Blandford Connect on a Friday 10am – 3pm (Sara)

**Therapy through gardening and crafts** – In a lovely location in Fontmell Magna, Keep an eye out for next session Contact Sara for more info 452501

**Women’s Mental Health** –10am – 12.00, 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month - Blandford Youth Club - *Dorset Mind* are running group meetings for women, provides a safe, secure and understanding environment in which women can support each other regarding their mental health.

**Square Dancing-** A square dance is a dance for four couples arranged in a square, any age and is a great way to get some exercise and learn a fun style of movement at the same time.

**Table Tennis** – For all ages and abilities, fun and socialising.

**COMING SOON:**

**New mums to be** – Come and chat with other new mums, guest speakers with all the information you need before your baby arrives.

*If you would like any further information on any of the above groups or you would like to become a BHC Volunteer to run another group please contact Sara (Social Prescribing Lead) on 01258 452501.*