

The Sherborne Area Directory for Health and Care



WHO CAN HELP IN THE SHERBORNE AREA 2025

This Directory lists contact details of local organisations that offer support to help you stay healthy and independent. It is arranged A-Z. The information has been compiled and distributed by the Patient Participation Group of The Grove Medical Centre and the Sherborne Area Health Champions for the benefit of the community of Sherborne and District

**For updates to this Directory please provide any
alterations or additions in writing to:**

grovesherborneppg@gmail.com

BEFRIENDING

Sherborne Good Neighbours: Fiona Ashley Miller 07989 238309

<https://www.sherbornegoodneighbours.org>

Offers friendly assistance to all, of any age, living in or near Sherborne, who are registered with either The Grove or the Apples medical practices and who would need or welcome help: Essential transport, letter writing and form filling, reading to the elderly or housebound, etc.

BENEFITS

Age UK North, South & West Dorset: 01305 26944 <https://www.ageuk.org.uk/northsouthwestdorset/>

Free confidential advice and information for older people, their families & carers.

Citizens Advice—Sherborne: Manor House, Newland, Sherborne. 0800 1448848

<https://centraldorsetca.org.uk/contact-sherborne>

Independent charity offering free advice and information on welfare, benefits, employment, debt, and housing etc.

Dorset Council: Benefits Team—Dorset Council. 01305 211930 Email: benefits@dorsetcouncil.gov.uk

<https://www.dorsetcouncil.gov.uk/benefits/benefits> Information about welfare benefits.

Sherborne Social Services: Yeatman Hospital, Sherborne. 01935 601499

BEREAVEMENT

Bereavement Advice Centre: 0800 634 9494. A free helpline service provided by Co-op Legal Services. Practical advice on the many issues and procedures one is faced with after the death of a loved one.

Cruse Bereavement: 01305 260216 <https://cruse.org.uk> Email: dorset@cruse.org.uk

Cruse offers face-to-face, group, telephone, email and website support.

Mosaic: 01258 837071 <https://mosaicfamilysupport.org> Email: info@mosaicfamilysupport.org

Counselling for bereaved children and young people in Dorset.

CARERS

MYTIME Young Carers: 01202 710701 <https://www.mytimeyoungcarers.org/>

Email: enquiries@mytimeyoungcarers.org

A Dorset-based charity supporting children and young people aged 5 to 25 who care for a family member with an illness, disability, or addiction. Their mission is to level the playing field for young carers through dedicated programmes that offer support, opportunity, and friendship.

Carer Support Dorset : 0800 368 8349 <https://www.carersupportdorset.co.uk>

Carer Support Dorset supports all unpaid carers, from 5 years upwards, in Dorset. Their aim is to create a society which understands and supports unpaid carers.

They help carers to access services, information, education and training, respite, and breaks from their caring role.

Caring Qualified Companionship: Contact: Torrun Vik Rynn 07779 677911

Email: torunnvr@outlook.com

Offers a range of services to those who need companionship, assistance with rehabilitation after hospital stays, organisation of and accompaniment to medical, dental and personal care appointments. She is also happy to do shopping and collect prescriptions. She works in Longburton and surrounding areas

CARE AND RESIDENTIAL HOMES

Abbey View: Abbey View, Fairfield, Bristol Road, Sherborne. **01935 813222**

<https://www.coltencare.co.uk/abbey-view/home>

Barchester—Trinity Manor Care Home, Bradford Rd, Sherborne. **01935 574967**

<https://www.barchester.com/home/trinity-manor-care-home>

Eastbury House: Long Street, Sherborne. **01935 812132**

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

Fir Villa Residential Home: Camel Street, Marston Magna, Yeovil. **01935 850670**

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

Garden House: Garden House Rest Home, Priestlands, Sherborne. **01935 813188**

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

Sherborne House Care Home: 131 Sherborne Road, Yeovil. **01935 423210**

<https://altogethercare.co.uk/care-homes/sherborne-house>

The Evergreens Lodge: Westbury, Sherborne DT9 3QZ . **01935 812046**

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

The Hayes Residential Home: Culverhayes, Long Street, Sherborne. **01935 814043**

<https://www.tricuro.co.uk> Email: enquiries@tricuro.co.uk

The Old Vicarage Care Home: The Old Vicarage, Leigh, Sherborne. **01935 873033**

<https://www.healthcarehomes.co.uk/care-homes/the-old-vicarage>

CHEMIST

Boots: 29 Cheap Street, Sherborne. **01935 812345**

The Abbey Pharmacy 83 Cheap Street, Sherborne. **01935 812060** <https://www.theabbeypharmacy.com>

Well Sherborne 77 Cheap Street, Sherborne. **01935 812035**

<https://finder.well.co.uk/store/sherborne-cheap-street>

COUNSELLING

Free From Your Fears: Contact: Christina Juppe **07880 906944** <http://freefromyourfears.com/>

Health & Wellbeing coaching with sessions both online and in-person and happy to visit or welcome clients to her home practice.

Georgie Simon: The Meeting Rooms, Westbury, Sherborne. **07827 482305**

<https://www.counselling-directory.org.uk/counsellors/georgie-simon>

Experience of working with anxiety, bereavement, depression, relationship issues (one-to-one, not couple counselling), self-esteem, sexual abuse, stress, trauma and supporting clients through difficult life situations.

The Sherborne Practice: The Old Glove Factory, Bristol Road, Sherborne DT9 4HP

Contact: 07751 080529 <https://thesherbornepractice.co.uk/>

Provides counselling and psychotherapy services in Sherborne and the surrounding area, as well as sessions online and over the phone, making support accessible wherever you are.

DAY ACTIVITIES AND SUPPORT GROUPS

Art Life: The Francis Building, Marston Road, Sherborne. DT9 4EZ

Contact: Anna Timmis **Email:** artlifesherborne@gmail.com

Art-Life is an adult mental wellbeing art course. The art classes are held one morning and one afternoon each week. <http://www.art-life.co.uk>

Bishops Caundle Quilter: **Contact:** Carol West **01963 23864**

Meets at Bishops Caundle Village Hall, Holt Lane, Bishops Caundle, Sherborne DT9 5NB

Bishops Caundle Short Mat Bowls: **Contact:** Sheila Deane **01963 23157**

Meets at Bishops Caundle Village Hall, Holt Lane, Bishops Caundle, Sherborne DT9 5NB

Bloom Baby Class: Milborne Port Village Hall, Springfield Road, Milborne Port. DT9 5RE.

Contact: 07837 064471

<https://www.netmums.com/local/l/bloom-baby-classes-in-milborne-port-sherborne>

Multi-sensory, Makaton Friendly baby classes run by Emma; specifically designed to aid your baby's natural development, whilst strengthening the bond between you both.

Board Game Club: **Contact:** Sherborne Library **01935 812683**

Meets every Friday 3.30pm to 5.00pm. For children over 5 to play board games. Bring your own game or games can be supplied.

Buckland Newton - Chair Based Exercise Group: **Contact:** Sarah Mitchell **01258 817288**

Email: hartmoorfarm@outlook.com Meets Tuesdays 2.00pm to 3.00pm Buckland Newton Village Hall, Buckland Newton, Dorchester, Dorset DT2 7BZ

Chat and Craft: **Contact:** Sherborne Library **01935 812683**

Meets every Monday 1.30pm to 3.30pm. People can bring their own projects to work and socialize.

Chatty Café: The Pear Tree, 4 Half Moon St. Sherborne DT9 3LS **Contact:** Vicky Morland – **07859 201617**

Email: vicky.morland@dorsetgp.nhs.uk

Drop in for a friendly chat every Monday 2.00pm to 3.30pm.

Code Club: **Contact:** Sherborne Library **01935 812683**

Meets second and fourth Saturday mornings 10.00am to 11.00am. For ages 8 to 13 who meet for a fun introduction to the creative world of programming.

Community Cuppa: The Rendezvous, Cheap Street Church Hall, Sherborne DT9 3BJ.

Brighten up your Monday morning and join us for a chat 10.00 — 11.45 am. The 3rd. Monday of each month.

Digital Champions: **Contact:** Sherborne Library **01935 812683**

Pre-bookable 'one to one' help for one hour sessions at 2pm, 3pm and 4pm on Thursdays and Fridays 11am, 12pm, and 1pm.

Dorchester Art -

'Rise' wellbeing arts course: Contact: 01305 266926 or rise@dorchesterarts.org.uk
<https://www.dorchesterarts.org.uk/rise/>

Meets Tuesdays (Term time) 10.30am to 12.30pm in Raleigh Hall, Digby Road, Sherborne DT93LW.

The Rise course is designed to support mums who are experiencing postnatal depression and anxiety. It runs for 12 weeks during term time and offers a range of creative and therapeutic activities alongside a selection of tools and coping strategies. There is a dedicated peer supporter on hand to provide a warm welcome and listening ear, with a wealth of experience and training in perinatal mental health. A free crèche is available which runs alongside the two hour class, meaning mums have a safe space where their babies can be cared for, allowing them two precious hours to themselves.

We welcome self-referrals and referrals from health care professionals. Places are limited so booking is essential. This FREE course is generously funded by the Foyle foundation

Parkinsons Dance: Contact: 01305 266926 <https://www.dorchesterarts.org.uk/parkinsons-dance/>

Meets Thursdays in term-time, 2.30pm – 4.00pm in Sherborne Area Youth & Community Centre, Tinneys Lane, Sherborne, DT9 3DY

This fun class with therapeutic benefits and movement is specifically designed for the symptoms of Parkinson's. Developed to be fun, stimulating, motivating and challenging, these sessions support the improvement of balance, coordination and suppleness. Sessions will be led by trained specialists and will be taught in a comfortable and safe environment. Not sure if this is for you? Let us help you decide: have your first session for free. £5.00 per session (carers free). No need to book - just turn up!

Art Life: Contact: DORCHESTER: engage@dorchesterarts.org.uk or 01305 266926,
SHERBORNE: artlifesherborne@gmail.com <https://www.dorchesterarts.org.uk/art-life/>

Art Life runs short art courses in Sherborne and Dorchester for adults who are currently experiencing mental health challenges, such as depression, anxiety, stress, panic attacks, grief, SAD, loneliness and low self-esteem. It is also open to those with chronic health conditions that have an impact on mental health, such as long covid, fibromyalgia, chronic pain and insomnia. Art life is a non-judgemental, nonclinical space where you can come and feel supported whilst exploring your artistic expression. All sessions are led by a professional art tutor, and no previous artistic experience is necessary, beginners are welcome. We welcome self-referrals and referrals from health care professionals.

Dorset Blind Association - Sherborne Social Club: Richmond Green Community Room, Richmond Green, Sherborne. Contact: Leah Cross 07789 997620 <http://www.dorsetblind.org.uk/>

A social club for people with a visual impairment in Sherborne. Most club meetings offer entertainment and occasional outings. Meets third Thursday of the month 2.00pm to 4.00pm.

Forget Me Not Day Nursery Bristol Road, Sherborne. 01935 810112

Email: nursery@forgetmenotdaynursery.com <http://www.forgetmenotdaynursery.com>

Forget Me Not Day Nursery is a 'place to grow' for children aged Birth to Five years.

Glanvilles Wootton — Community Breakfast and optional Countryside Walk

Contact: 01963 210562 for dates and details.

Hen House Toddlers: Contact: Yvonne Bright 07975 755031

West End Community Hall, Littlefield, Sherborne DT9 6AU.

Hen House is a safe environment for mums and their toddlers where they can share advice and support one another. Meets every Wednesday 1.00pm to 3.00pm.

Holwell Nursery: Contact: 01963 23368 Crouch Lane, Holwell DT9 5LP

<http://www.holwell-nursery.btck.co.uk/>

Provides care in the nursery and pre-school for children from 3 months – 4 years. Monday - Friday 8.00am - 5.30pm (excluding bank holidays) for 50 weeks per year.

Home Start Blackmore Vale: Contact: 01935 726438 Email: office@homestartblackmorevale.org.uk

<https://homestartblackmorevale.org.uk/> Provides support to parents with at least one child under 5 who are going through a difficult time.

Just Strollin' – Friendly Walking Group: Contact: Sue Dando 07598 051506

Email: dandosusan01@gmail.com

This group is based in Charlton Horethorne but welcomes members from anywhere. They meet on the third Wednesday of each month and walk about 4 miles. They walk in a circular route from the pub and have a lunch at the pub afterwards .

The start point is usually within 30 mins drive from Charlton Horethorne. New members welcome.

Kaleidoscope Nursery: Sherborne Business Centre, East Mill Lane, Sherborne 01935 812424

<https://www.kaleidoscopenursery.com/>

Kaleidoscope Nursery is a childcare provision accepting children from birth to 5 years of age.

Kore Pilates: Contact: Sara Page 07902164586 Email: info@korepilates.org

<https://www.korepilates.org>

Sarah offers Pilates and movement classes in Sherborne. Pilates is a low impact form of exercise designed for restoring balance in the body and mind. With a series of core strengthening, spine lengthening and joint mobilising movements, you'll leave feeling both calm and re-invigorated.

Lego Club: Contact: Sherborne Library 01935 812683

Meets Saturday mornings. Lego provided for children to play with.

Leigh Coffee Morning: St Andrews Church, Leigh DT9 6HL

First Tuesday of each month 10.30am to 12.00pm.

Leigh Village Hall—The Snug: Opens every Wednesday afternoon (1.00pm to 4.00pm) during the winter months. This provides people with a cosy space to knit, natter or just get together.

Leweston Nursery: Leweston, Sherborne. Contact: 01963 210691 or 01963 210790

<https://www.leweston.co.uk/nursery> Leweston Nursery welcomes children from 3 months to 4 years and is divided into four 'units', based on age; Babies, Toddlers, Transition 1 and Transition 2.

Local Vocals—Dorset Community Choir: Digby Memorial Church Hall, Digby Road, Sherborne.

Contact: Lesley 07933 928122 Email: Lesley@whatfish.plus.com

Fun and friendly harmony singing—no auditions, and beginners welcome Thursdays (term-time) 10.15am –12.00 midday.

Longburton Garden Club: Contact: Eileen Fox 01963 210591

Meets on the first Thursday in every month during term time.

Longburton Village Café: Coffee tea and cakes and a good neighbourly chat. Held in the church every second Tuesday from 10.30 to 12. Simply turn up!

Lower Covey Montessori Nursery: Lower Covey, Chapel Lane, Yetminster. **01935 488215**

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

Nursery offers quality care and education for children aged 0-11 years

Monkey Music Baby & Toddler Classes: Contact: Alison Bryant **01935 850541**

The Scout Hall, Blackberry Lane, Sherborne DT9 4DE.

<https://www.monkeymusic.co.uk/area/frome-sherborne-dorchester-and-weymouth>

Music for babies and toddlers every Tuesday morning.

Nature Writing: Sherborne Library **01935 812683**

Meets every Monday 11.0am to 12.30pm. Offers fun creative writing exercises, using nature and the outdoors as inspiration.

NCT Yeovil and Sherborne: Contact: **0300 330 0700**

<https://www.nct.org.uk/local-activities-meet-ups/yeovil-sherborne-and-district>

NCT is UK's largest charity for parents - supporting you through the first 1,000 days of parenthood. Run by local parents, we offer support, information and friendship to new parents and parents-to-be.

Pear Tree Nursery & Pre School: Simons Road, Sherborne **01935 814837**

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

Pear Tree Nursery is a warm and welcoming setting that works to provide first class care and education for children up to school age.

Pilates — Cam Vale Community Hall, Wildewood Rise, Longburton, Sherborne, DT9 5FZ.

Contact: Emma Marfe **07967 830741** Email: emma@marfepilates.com

Wednesdays 10am, Cam Vale Community Hall. Come of the Pilates, stay for the coffee afterwards!

Poetry Writing Group: Sherborne Library **01935 812683**

Meets first Thursday of the month 11.30am to 12.00pm. Meet together for poetry writing.

Private Pilates and or Yoga Classes: Contact: Ali Wells **07828 625897**

<https://www.Positive-Postures.co.uk> Email: Ali@Positive-Postures.co.uk

Specialises in Physio Therapy referrals. Available in Charlton Horethorne and the Sherborne area.

Pulham - Fit Moves: Contact: Sarah Mitchell **01258 817288**

Email: hartmoorfarm@outlook.com Meets Mondays 6.30pm to 7.30pm at Pulham Village Hall, Duntish View, Pulham Dorchester DT2 7DZ

Rendezvous — Young Parents Group: Cheap Street Church Hall, Sherborne.

07873 232465 <https://www.therendezvous.org.uk/young-parents/>

If you're a parent aged 25 or under you can join one of Grace's weekly young parents' groups or meet her one to one for advice and support on Wednesdays.

Rhyme Time: Sherborne Library **01935 812683**

Meets Fridays 10.00am to 10.30am. Songs and rhymes for under-fives.

SB Elevate: Contact: **01305 266926** Raleigh Hall, Digby Rd, Sherborne DT9 3LW

<https://www.dorchesterarts.org.uk/sb-elevate/> Meets Mondays 10.00am to 11.45am. Programme to improve the physical, mental and social wellbeing of people living with mental and social wellbeing of people living with MS. Fun classes helping you explore your creativity, musicality, fluidity, balance and posture. Welcome to bring a friend, partner, or carer. Seated or standing. Booking essential.

Sherborne Bowling Club: Culverhayes, Sherborne DT9 3NJ **07931757501**

Email: sherbornebowls@gmail.com <https://sherbornebowling.club/> Any one interested in joining the club as new members can arrange a visit. They can meet the Coaches and other club officials, and make arrangements to have a few taster lessons.

Sherborne Children's Centre (North Dorset locality): Tinney's lane, Sherborne DT9 3DY

Groups are provided free of charge, though donations are welcome to help us provide additional resources. They will run **during term time only**. <https://www.facebook.com/groups/northlocality> news, events and support. See: <https://www.dorsetcouncil.gov.uk/w/sherborne-childrens-centre>

Note: Some dates may change at short notice so please check before attending. All groups and courses must be booked in advance, except drop ins, or where stated. You can contact us by [emailing us](#).

Sherborne Connect—The Shielings: The Avenue, Sherborne. **01935 816321**

<https://adultsocialcare.dorsetcouncil.gov.uk/>

Offers a great range of activities and support designed to keep people healthy and well for as long as possible. It is inclusive and open to all adults, regardless of age or disability.

Sherborne Health Walks: Contact: 07825 691508

Free health walks from Paddock Gardens, Newland, Sherborne Fridays 2.00 pm.

Sherborne Library - Storytime: Contact: 01935 812683 Every Tuesday 10.00am to 10.30am. Suitable for children 2 to 5 years. Booking essential.

Sherborne Memory Café: Wingfield Room, Digby Hall, (next to the Library), Sherborne DT9 3AA

Contact: Mel on **07860 592407** or Jim on **07719 074485** Email: admindorset@alzheimers.org.uk

Meet new people in a friendly, fun and social environment for people affected with dementia. 2nd. and 4th. Thursday of the month 10.30am to 12.00 midday.

Sherborne Rock Choir: Contact: Andy Hollick Digby Hall, Hound Street, Sherborne.

<https://rockchoir.com/join> The choir meets Wednesdays at 10.30am. Book a free taster via website (also evening session in Yeovil).

Spaced Sherborne: Contact : 01202 205279

Email: hello@spaceyouthproject.oc.uk Meets two evenings a month, supporting Young LGBT+ people.

St Pauls - Tea and Chat: St Paul's Church, St Paul's Close, Sherborne.

All Mondays except Christmas and Easter for 2 weeks, August and Bank Holidays 2pm to 4pm. A group for older folk who meet for tea and chat, followed by line dancing, a speaker or an activity, finishing with more tea and homemade cake. £2 per week.

St Pauls - TTT - Tums, Tinies and Tots: St Paul's Church, St Paul's Close, Sherborne.

Most Wednesdays in term time 10am to 12 Midday. Group for parents and carers to bring their pre-school children for play, crafts, snack time, stories and singing. Refreshments available from the beginning, a chance to chat to others and for your children to learn to share and socialise. £1.50 per week.

Stay and Play - Sherborne Primary School: 01935 812619

Baby, Toddlers and Parents Wednesdays 2.00pm to 3.00 (Term-time only).

Tea & Togetherness: Abbey View Care Home, Fairfield, Bristol Road, Sherborne **01935 813222**

Enjoy company and conversation over a lovely cup of tea, and a slice of homemade cake. Third Wednesday of the month 2.30pm to 4.30pm. Booking essential.

The Countrymen's Club—Future Roots: Rylands Farm, Boyshill Drove, Holnest, Sherborne.

Contact: **01963 210789** <https://www.futureroots.net/who-we-help/the-countrymens-club/>

Future Roots provides an innovative health and social care service on Tuesday and Thursday afternoons that uses farming to support the wellbeing of men with conditions such as Dementia and Parkinsons.

The Friendship Club—Bradford Abbas: Meets the first Tuesday of each month at 2.00pm at the Bradford Abbas Sports and Social Club. There is Bingo, a draw, Tea & Biscuits and a chance to have a chat and laugh with fellow villagers, new members are welcome.

The Plodders—Longburton: Contact: Graham Anderson **01963 210629**

A walking group that meet at the bus stop opposite the church at 10.30 am on the second Saturday of each month.

The Sherborne Library Scribes: Contact: Sherborne Library **01935 812683**

Library writing group for sharing and discussion first & third Friday of the month 11am to 12.30pm

Thornford Community Hub: Thornford Village Hall, Thornford. DT9 6QB

Email: communityhubthornford@gmail.com

Information sharing, try something new, board games, exchange ideas... Every Wednesday 10.00am to 11.30am.

TinyTalk North Dorset & South East Somerset: Contact: Natalie Dalzell

<https://www.tinytalk.co.uk/nataliedalzell/contact.php>

Meets Friday, 10:00am - 11:00am Sherborne Area Youth & Community Centre Tinneys Lane, Sherborne. Learn to communicate with your baby before they can speak, at an award-winning TinyTalk baby signing class.

Treacle Eater Clog North-West Morris Dancers & Musicians:

Contact: Jenny **01963 210562** or **07974 590927**

Meets every Monday evening 7.30 pm to 9.30pm. during autumn and winter at Rimpton Village Hall BA22 8AH. Performs during summertime on Monday evening at local towns and villages.

Vinyassa Flow Yoga: Digby Memorial Hall, Digby Road, Sherborne. **Contact: 07403 245546**

Wednesdays 8.30 am to 9.20 am.

Vinyassa Flow Yoga: Milborne Port Village Hall **Contact: 07403 245546**

Mondays 9.00 am to 10.00 am. and Thursdays 10.30 am to 11.30 am.

Wednesday Club: Richmond Green Community Room, Richmond Green, Sherborne.

Contact: Jane Carling **07814 511294** Email: ejcarling@gmail.com

Social group that meets on the first Wednesday of each month 7 pm to 9 pm with entertainment, tea and a raffle.

Wriggle Valley Produce Market: Jubilee Hall, Yetminster, DT9 6LG

An opportunity to purchase local produce ranging from jams, preserves, breads and cakes to cheeses, vegetables and meats. There is also a chance to meet and catch up with friends over a coffee or tea and to enjoy the renown WVPM bacon butties! There is no entry charge. This is a community enterprise initiative with all “profits” going to local groups including the local Primary School. 9.30am to 11.30 am on the first Saturday of each month

Wriggle Valley Women's Group: The Gallery, Yetminster. DT9 6LF

Contact: Ruth **01935 872973** or Philippa **01935 873892**

<https://yetminsterparishes.gov.uk/community/wriggle-valley-womans-group/>

Meets on the first day of each month unless the date is the day of the village market, in which case the meeting will be held in the Jubilee Hall, Yetminster at 10.30 am. (No speaker).

Yetminster and Ryme Intrinseca Bowling Club: Jubille Hall, Yetminster.

Contact: Janet Turner (Club Scretary). **Email:** Janetcturner@hotmail.com

A friendly club, which meets on a Thursday afternoon between 2.00pm and 5.00pm, with a break halfway through for a cuppa.. First three sessions are free as taster sessions, thereafter £3.00 mat fees payable. Spare bowls for beginners to try, and expert tuition from seasoned players.

Yetminster and Ryme Intrinseca Walking Group: **Contact Email:** yetpath@gmail.com

<https://yetminsterparish.gov.uk/community/walking-group>

Monthly walks starting points in the local area.

Yetminster Baby and Toddler Group: St Andrews C of E Primary School, Yetminster, DT9 6LS.

Contact: **01935 872430** Meets Tuesdays 9.30am to 11.00am.

Yetminster Coffee, Cake and Chat: Jubille Hall, Yetminster.

Contact: Angela **07455102247** or Grace **07456197009**

Provides a meeting place to meet friends and enjoy a coffee and piece of homemade cake. Everyone welcome. There is no charge, but we are a non-profit organisation and welcome donations which are donated to charities chosen by the attendees. First Wednesday of each month 10.30am to 12.00pm.

Yetminster Table Tennis Club: **Contact:** Dave Donaldson **07858608453**

Email: dave.donaldson@live.co.uk

Jubilee Hall, Church St. Yetminster DT9 6LQ. Meets every Monday 10.00am to 12.00pm.

Yoga: Longburton Village Hall For details **Email:** info@camvalecommunityhall.org.uk

YogaSherborne: For details **Contact:** Dawn **07817 624081**. **Email:** hello@yogasherborne.co.uk

Instagram: [#yogasherborne](https://www.instagram.com/yogasherborne) **Facebook:** [@yogasherborne](https://www.facebook.com/yogasherborne)

Hatha Yoga classes in and around Sherborne

DENTISTS

Brooklyn House dental Practice: 26 Cheap Street, Sherborne. **Contact:** **01935 814258**

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

Bupa Dental Care: 89 Cheap Street, Sherborne. **Contact:** **01935 812184**

<https://www.bupa.co.uk/dental/dental-care/practices/sherborne>

Sherborne Dental Centre: Yeatman Hospital, Hospital Lane, Sherborne. **Contact:** **01935 817827**

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

Wessex House Dental Practice: Wessex House, Westbury, Sherborne. **Contact:** **01935 817950**

<https://www.wrssex.house>

DRUG AND ALCOHOL ISSUES

Alcoholics Anonymous: Contact: 0800 9177 650 (helpline).

Self-help membership organisation. The only requirement for membership is the desire to stop drinking. Sherborne meetings at The Catholic Church Hall, Westbury, Sherborne on the first and last Wednesday of each month at 7.30 pm.

Reach Drug and Alcohol Services: Contact: 0800 043 4656.

A Dorset Council commissioned service offering support to those aged 18+ to address their drug and alcohol use.

FOOD BANK

Sherborne Community Fridge: Fridays 10.00 am to 12.00 pm and 1.00 pm to 3.00 pm

The Pod 54 Cheap Street, Sherborne DT9 3BJ

Set up by Sherborne Town Council and The Pod where fresh food donated by FoodShare partners is available for free. Please bring your own bags.

Sherborne Food Bank: Contact: 07854 163869 <https://www.sherbornefoodbank.org/>

A volunteer-run organisation helping the hungry, and families in crisis, within and around the Parish of Sherborne, Dorset. Established in 2011 and is a registered charity (No. 1156481)

Sherborne FareShare Larder: Fridays 9.30am to 10.30am St Paul's Church, St Paul's Close, Sherborne
The Larder is a membership scheme aimed at helping people make their money go further by reducing food shopping bills. Just turn up to find out more.

Sherborne FareShare Larder: Saturdays 9.30am to 10.30am West End Community Hall, Littlefield, Sherborne DT9 6AU .

The Larder is a membership scheme aimed at helping people make their money go further by reducing food shopping bills. Just turn up to find out more.

HEALTHY LIVING

As One—Alexander Technique: Contact: Vi Cresswell 01935 872352 <https://www.vicresswell.co.uk>

Email: vi.cresswell@btinternet.com A well established technique involving verbal instruction and gentle hand guidance to improve how you sit, stand and move.

Dietitian: Leah Seamark, Contact: info@leahseamarkdiet.co.uk Website: www.leahseamarkdiet.co.uk
Offers private dietetic consultations, either via Zoom, or in-person at Glencairn House Clinic, Sherborne.

Feel Good PT Fitness: The Trim Room, Jubilee Hall, Yetminster. **Contact: Chris 07447 858005**

Email: feelgoodptfitness@gmail.com Classes every Wednesday afternoon at 1pm, 3pm and 5pm, £5 a person.

LiveWell Dorset: Contact: 01305 233105/0800 8401628

<https://www.livewelldorset.co.uk/contact/submit-an-enquiry/>

Free service for adults who want to change their lifestyle: stopping smoking, weight loss, reduction in alcohol consumption, taking exercise. Commissioned by Public Health Dorset.

Oxley Sports Centre: Bradford Road, Sherborne. **Contact: 01935 818270**

<https://www.oxleysc.com>

Facilities include 25m swimming pool, adult swimming, fitness suite and various classes. Treatment room: treatments include massage, therapy and reflexology.

Sherborne School Sports Centre: Abbey Road, Sherborne. **Contact: 01935 810548**

Email: gym@sherborne.org

Range of facilities including swimming pool, classes, fitness suite and exercise referrals.

Wholistic Health: Contact: Sandra Miller **01935 639634** <https://www.wholistichealth.co.uk/>

Email: info@wholistichealth.co.uk

Help people apply diet and lifestyle changes that can improve their health outcomes.

HEALTHCARE SERVICES

Age Uk North South and West Dorset Footcare Service: Colten Care, Abbey View Care Home, Sherborne.

Contact: 01305 269444 **Email:** footcare@ageuknswd.org.uk

The cost of initial assessment is £35. Prices for routine appointments begin at £25. Contact for more information on all services available with a Footcare Practitioner.

Chiropodist & Osteopath: Glencairn House Clinic, South Street, Sherborne. **Contact: 01935 817442**

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

Physiotherapy, Osteopathy, Chiropody, Sports Massage, Acupuncture, Bowen Technique.

Communifit: Contact: Craig Hardaker <https://www.communifit.co.uk/>

Communifit offers Personal Training, group exercise classes for all ages and abilities, specific sports team training, running groups and a wide variety of events.

Complementary Therapy: Sue Spratt, 3 Earls Close, Sherborne. **Contact: 01935 812227**

Specialising in massage and reflexology.

Elite Foot Care, Dorset: **Contact:** Susannah Duvalle SAC Dip RFHP **07795 977648**

<http://www.westdorsetmobilefootclinic.com/> Foot care within the comfort of your own home.

Girling Hearing Aids: 4 Swan Yard, Sherborne. **Contact: 01935 815647**

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

Provides a full service to both new and existing hearing aid wearers.

Grace Haine Eyecare Ltd. 45 Cheap Street, Sherborne. **Contact: 01935 345145**

<https://gracehayneeyecare.co.uk>

Providing a wide range of spectacles, quality eye care specialising in eye health using modern technology.

Matthews Opticians: 1 Tilton Court, Digby Road, Sherborne. **Contact: 01935 813355**

<https://www.matthews-opticians.com/> Offers a very wide range of spectacle frames, lenses, contact lenses and sun spectacles.

Physiotherapist: **Contact:** Jane Redfern, Park House Farm, Chetnole, Sherborne. **01935 872833**

<https://chetnole.cylex-uk.co.uk/company/ms-jane-redfern>

Provides treatment for circulatory problems, back pain, joint problems, and chest problems.

Scrivens Opticians & Hearing Care: 44 Cheap Street, Sherborne. **Contact: 01935 812971**

<https://scrivens.com/branch/sherborne>

Offers eye services such as NHS referrals and fast track referrals. Hearing aids and free hearing health checks.

Sherborne Community Mental Health Team: Yeatman Hospital, Sherborne. **Contact: 01935 816552**

<https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/community-mental-health-adults-all-ages-cmht>

The CMHTs provide care, advice and information for people aged 18 and over with significant mental health problems.

Sherborne Podiatry: **Contact:** Adele Clinch **01935 812231**

<http://sherbornepodiatry.com> Domiciliary service provides home visit podiatry appointments for people in and around the Sherborne area.

Sherborne Wax Removal and Hearing Care: 5 Tilcon Court, Digby Road, Sherborne **07594 022953**

Professional fully Qualified Independent and Friendly Audiological team offering Ear Wax removal via Microsuction and Water Irrigation also all aspects of Hearing care , Hearing Tests, Hearing Aids , Impression taking, Services and Repairs, Ear Protection , Tinnitus advise.

The London Road Clinic: 56 London Road, Milborne Port. **Contact: 01963 251860**

Email: info@56londonroad.co.uk

Offers a range of therapies such as physiotherapy, osteopathy, massage, chiropody, hypnotherapy and counselling.

Total Wellbeing Matters: **Contact:** Amanda Whitlock **07786 251637**

<https://totalwellbeingmatters.com/> We specialise in providing emotional and practical support for those times when you need a helping hand. Whether you need daily or weekly assistance due to aging, illness, recovery, or rehabilitation.

West Country Foot Care: **Contact:** Helen Lockey **07852 131414**

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

Private, professional, friendly home visits, caring for the health of your feet in Sherborne and surrounding villages.

Yeovil Orthopaedic Clinic: Kingston Wing, Yeovil District Hospital, Higher Kingston, Yeovil BA21 4AT **Contact: 01935 606589** <https://www.yeovilorthoclinic.co.uk/>

Provides high quality specialist care for all musculoskeletal conditions other than spinal surgery.

Yeovil Podiatry: 154 South Street, Yeovil. BA20 1QG **Contact:** Jean Hamilton **01935 475050**

Email: info@jeanettehamilton.co.uk

Yeovil based clinic with parking. Our podiatrists are HCPC registered, consulting on all aspects of foot care, foot health and foot mobility. Home visits in the Sherborne area are available.

HEALTH CONDITION—SUPPORT GROUPS

Autism Wessex—Community Connect service: Contact: 01202 483360

Email: Advice@autism.unlimited.org

The service is available to children, families and adults with autism and other developmental disorders. Provides services to people of all ages in their own homes or for the purpose of accessing a community activity or duty such as work, college or day services.

Dorset Blind Association: Richmond Green Community Room, Richmond Green, Sherborne.

Contact: 01202 712864 <https://dorsetblind.org.uk/>

A social club for people with a visual impairment in Sherborne. Meets first Thursday of each month 2.00pm—4.00pm at the above address and offers entertainment and occasional outings.

Contact: Judy Bannon 07748 212009

FCN Farming Community Network: Contact: 03000 111 999

To talk to a sympathetic person who understands farmers and rural life.

Calls will be answered in person from 7am to 11pm every day of the year.

LiveWell Dorset: Free healthy living advice. Contact: 0800 8401628 / 01305 233105

<https://www.livewell Dorset.co.uk/> Free service for adults who want to change their lifestyle, stopping smoking, weight loss, reduction in alcohol consumption, taking exercise. Commissioned by Public Health Dorset.

Macular Society - Sherborne Support Group: Cheap Street Church Hall, Sherborne.

Contact: 0300 3030111

Meets at on the second Monday of each month 10 am to 12 noon.

General advice and information: Contact: Tyler Phillips (Regional Manager) 07920 643710

<https://www.macularsociety.org/support/localgroup/>

National Ankylosing Spondylitis Society - Yeovil Branch: Contact: Simon Edge 07779 386152

<https://nass.co.uk/in-your-area/nass-yeovil/>

Please note that you must have a UK diagnosis of axial spondyloarthritis (Axial SpA) or ankylosing spondylitis (AS) to attend this branch.

Rethink Mental Illness: Support group for carers of people with a mental illness.

General enquiries: Contact: 01215 227007 Email: info@rethink.org

To reach nearest support groups www.rethink.org/help-in-your-area

Contacts in Yeovil and Dorchester are available.

Sherborne Breastfeeding Group: Email: dorset@breastfeedingnetwork.org.uk

www.breastfeedingnetwork.org.uk/dorset Friendly, free and welcoming breastfeeding support group is run by trained peer supporters who provide emotional support to parents and families, support parents with positioning and attachment, and signpost parents to further information. Everyone is welcome - from pregnancy to combination feeding, expressing, exclusively breastfeeding right through to natural term feeding.

Sherborne Singing for the Brain: Wingfield Room, Digby Hall, Hound Street DT9 3AA.

Contact: Mel 07860 592407 or Jim 07719 074485. Email: admindorset@alzheimers.org.uk

Meets first and third Thursday of the month 10.30 am to 12.00pm. Refreshments available.

Steps2Wellbeing: Contact: 0800 484 0500

Offer talking therapy for common mental health issues. So, if you are feeling down, worried or stressed we can help.

www.kooth.com: XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and **free** at the point of use.

Yeovil & Sherborne District Support Group for MS: Contact: Shirley Condon 01935 863718

Contact: MS Nurse: **01823 344037** Email: yeovil@mssociety.org.uk

Run by volunteers working alongside local staff. The services offered include: emotional and practical support, financial help, information and social events.

HELP AND INFORMATION:

Help & Care: Contact: 0300 111 3303 <https://www.helpandcare.org.uk/>

Free, confidential information, advice and signposting for people in Dorset living with a long-term health condition, unpaid carers, and isolated, housebound and/or older people.

HELP AT HOME

Able2achieve: 23/25 Princes Street, Yeovil, **Contact: 01935 429430**

<http://www.able2achieve.org.uk/care/domiciliary-care/>

This service provides personal care for people living in their own homes. The needs of people using the services may vary greatly, but packages of care are designed to meet individual circumstances.

Astral Home Help Services: Contact: Karen Hinson-Davis 07756 636103

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

This service offers help in the home in the Yeovil and Sherborne areas. If you need a hand with the housework etc.

Bramley Home Care: Contact: 01747 855 844 <https://www.bramleycare.co.uk>

Bramley Care specialises in providing bespoke, professional care for older people.

Candlelight Homecare: Contact: 01935 817800 <https://www.candlelightcare.co.uk>

Providing friendly, reliable, professional and flexible services to help people at home.

Cared by Melina: Melina Buckling, 137 Goldcroft, Yeovil. **Contact: 07736 424028**

Covers Sherborne and the surrounding area, including Thornford, Bradford Abbas, Yetminster and Longburton.

Dorset & Wiltshire Fire and Rescue Service: Contact: 01722 691000 or freephone 0800 038 2323

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

A Safe and Well visit is a totally free service to visit you in your home, at a convenient time to see what we can do together to make you safer.

Heartfelt Care: Contact: Domonick Cole (Local Manager) 01935 479994 or 01935 315551

11 High Street, Yeovil <https://heartfelt.care>

Provides highly personalised care and support, enabling our clients to maintain their independence in their own home.

Hearts of Avalon: Contact: Zoumpoulia Petraki 07436 855755 Email: z.petraki@gmail.com

Sherborne based experienced Care Provider and Personal Assistant Services. Offers care at home, personal care and meals preparation, medication and health aid, outdoors respite, transportation and safeguarding, companionship, communication and confidentiality. A reliable carer with Personal Liability Insurance, Manual Handling Training, First Aid training and a full DBS."

Home Instead: Contact: 01935 577030 or 07801 553926

<https://homeinstead.co.uk> Provides help for clients to remain in their own homes for longer, and encouraging people to talk about what is important to them, allowing the service they receive to be truly personal.

Realise (South West): Contact: 01823 447135 Email: realiseenquiries@somersetcare.co.uk

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

Provides support and care services to people who have learning difficulties and complex needs.

RVS Home Library Service: Contact RVS Office: 01305 236666 or Sherborne Library 01935 812683

Email: maria.jacobson@royalvoluntaryservice.org.uk

If you or somebody you know or care for are unable to get to your local library whether in the short or long term, the Home Library Service can deliver a regular supply of books to your home completely free of charge.

Silverstars Care: The Old Glove Factory, Bristol Road, Sherborne. Contact: 01935 507792

<https://www.silverstarscare.com/> Dedicated team of care workers who can provide a range of services tailored to the needs of an older person, from simple assistance around the home, to help with bathing, to medicinal assistance.

HOSPICES

Weldmar Hospicecare: Trimar House, Cromwell Road, Weymouth, Dorset DT4 0JH

Contact: 01305 215300 <https://www.weldmarhospicecare.org>

Weldmar Hospicecare provides specialist end of life care for people living in Dorset.

HOSPITALS

Yeatman Hospital: Hospital Lane, Sherborne. Contact: 01935 813991

<https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/community-hospitals/yeatman-hospital>

The Yeatman Hospital delivers a wide range of services on behalf of Dorset HealthCare. It has a 30 bedded in-patient unit called the Willows which includes the Rowan and Beech wards, each with a purpose built end of life suite. The hospital also has a minor injury unit.

Yeovil District Hospital: Higher Kingston, Yeovil. Contact: 01935 475122

<https://yeovilhospital.co.uk/> Provides a full-range of clinical services – including general medicine, cardiology, general surgery, orthopaedic surgery, trauma and paediatrics – with an emphasis on enhanced recovery achieved through multi-disciplinary input and delivered through laparoscopic-techniques, day-surgery procedures, and patient-enabling support.

HOUSING

First Point Dorset (DIPS): Contact: 0330 123 2550 Email: fp.enquiries@theyoutrust.org
<https://theyoutrust.org.uk/first-point-dips/> Provides housing related support and guidance to people over 16 years of age facing eviction, rent arrears, court action and budgeting issues.

Magna Housing: House, Railway Triangle Industrial Estate, Everdene, Poundbury Rd, Dorchester DT1 2PJ. Contact: 0800 358 6025 <https://www.magna.org.uk/>
Partnership with the Councils on a range of issues dealing with lettings and allocations, delivering the homelessness strategy, dealing with crime and disorder, fuel poverty and energy efficiency initiatives, fitting aids and adaptations for disabled residents and a range of community initiatives.

LUNCH CLUBS

Meet and Eat Lunch Club: St Paul's Church, St Paul's Close, Sherborne. Contact: 01935 816444
Email: admin@spcssherborne.co.uk <https://spcs.church/meet-and-eat/>
Most Mondays in term time. 12.15 pm to 1.30pm. 2 course hot lunch - £4- come and enjoy a delicious home cooked lunch with company. Booking by Friday before essential.

RVS Sherborne Lunch Club: Digby Hall, Hound Street, Sherborne, DT9 3AA.
Contact: Rabiah 07502 130241.
Lunch Club for Older People, every other Tuesday. Tea/coffee from 11am, lunch at 12.15pm. Transport can be arranged.

Sherborne Community Kitchen: Raleigh Hall, Digby Road, Sherborne. Contact: 07561 067381
Email: communitykitchenteam@gmail.com
Providing meals to the elderly, vulnerable and to people who need a good, home cooked, inexpensive two course meal on Thursdays and Fridays at 12.30pm. open from 11.30am. All meals are cooked on site using fresh ingredients. Advisable to book in advance.

MEDICAL PRACTICES

The Apples Medical Centre: East Mill Lane, Sherborne Contact: 01935 812633
<https://www.sherborneapples.co.uk>

The Grove Medical Centre: Wootton Grove, Sherborne. Contact: 01935 810900 or 813848
Dispensary 01935 810909 or 814486. <https://www.thegrovemedcentre.co.uk>

Yetminster Health Centre: Church Street, Yetminster. Contact: 01935 872530
<https://yetminsterhc.com>

REGISTRAR

Dorchester Registration Office: Dorset History Centre, Bridport Road, Dorchester, Dorset DT1 1RP
Contact: 01305 225153 Email: registrars@dorsetcouncil.gov.uk
<https://www.dorsetcouncil.gov.uk/-/dorchester-registration-office>
Registrar of Births, Deaths, Marriages. (NOTE) Sherborne Office closed at present.

SHELTERED HOUSING

Abbeyfield House: Coldharbour, Sherborne. **Contact: 01935 812761**

<https://www.abbeyfield.com/supported-housing/abbeyfield-house-in-sherborne-at-dt9-4ha/>

Abbeyfield supported houses offer you your own space to enjoy later life combined with the peace of mind there's someone on hand to support you with daily activities.

Gainsborough House: 48 Gainsborough, Milborne Port, Sherborne. **Contact: 01702 342059**

<https://www.lwphomes.org.uk/gainsborough-house>

The key criterion for admission of residents is that they have an enthusiasm to reside in and embrace an active Christian community.

Hillbrook Court: Acreman Street, Sherborne. **Contact: 01935 816656**

<http://www.housingcare.org/housing-care/facility-info-16391-hillbrook-court-sherborne-england.aspx>

Hillbrook Court retirement apartments was purpose built in the late 1980's specifically catering for those over the age of 60. The building has a resident house manager during office hours with a 24 hour care line organised to cater for emergencies day or night

Napier Court – Sherborne: Westbridge Park, Sherborne. **Contact: 0370 1924198 Ext.24198**

<http://www.housingcare.org/housing-care/facility-info-6116-napier-court-sherborne-england.aspx>

Napier Court consists of 32 one bedroom flats, some of which are of mobility standard.

Raleigh Court: Long Street, Sherborne. **Contact: 01935 814896**

<http://www.housingcare.org/housing-care/facility-info-18802-raleigh-court-sherborne-england.aspx>

An attractive development of cottages and apartments situated just off Long Street and close to the centre of Sherborne.

SUPPORT EQUIPMENT

Brotherwood Automobility Ltd: Beer Hackett, Sherborne. **Contact: 01935 872603**

<https://www.brotherwood.com/>

Accessible cars to enable wheelchair passengers to travel in comfort, inclusively and safely; sitting closely with other passengers within the vehicle, with a comfortable ride and good visibility.

Casterbridge Care & Mobility Ltd: Queensway Place, Yeovil. BA20 1DL **Contact: 01935 414882**

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

Range of products including mobility scooters, wheelchairs, beds, chairs and shoes.

Hart Mobility: Lyde Road, Yeovil. **Contact: 01935 421111**

<http://www.hartmobility.co.uk/> Offers an extensive range of equipment

comprising mobility scooters, wheelchairs, rise and recline chairs, stair lifts, walking aids and daily living equipment.

TRANSPORT

Ability Transport: **Contact: 0845 459 8490** (access charge and service charge apply) .

<https://www.abilitytransport.co.uk/> Ability Transport is a market leading company using high tech services, delivering wheelchair/patient transport for today's environment with professional and cost effective solutions.

Dorset Community Transport (ECT Charity): 25e Sunrise Business Park, Higher Shaftesbury Road, Blandford Forum. **Contact: 01258 287980**

Email: dorset@ectcharity.co.uk <https://ectcharity.co.uk/>

Operates a wide range of community transport services.

Dorset County Council – Blue Badge Scheme: Contact: 01305 224321

Email: parkingbadges@dorsetcouncil.gov.uk

<https://www.dorsetcouncil.gov.uk/w/apply-renew-blue-badge>

Whether you travel as a driver or as a passenger, if you're unable to walk, or struggle significantly when making journeys, then you may qualify for a badge.

Dorset Patient Transport Bureau: Contact: 01278 727457

<https://www.dorsetptb.co.uk/> On the day queries: To check on the whereabouts of your transport on the day of travel, or to amend a booking on the day of travel, call E-zec directly on **0300 777 6666**.

Sherborne Voluntary Ambulance: John Miller Contact: 01935 873784

<https://www.dorsetcouncil.gov.uk/travel/public-transport/community-transport/dorset-community-transport-directory/>

Community bus available with driver to hire by local organisations (not individuals) for shopping, leisure, cultural and social activities or for group outings at weekends.

Sherborne Good Neighbours Transport: Contact: 01935 815806; 817306; 813153; 07990 905626;

07989 238309; 07779 741006 <https://www.sherbornegoodneighbours.org/>

Offers assistance to all, of any age, living in or near Sherborne, who are registered with either The Grove or the Apples medical practices .

To ask for help, please call any of these numbers between 9am and 6pm giving at least 48 hours notice of your needs . **Important:** please do not leave messages as they may not be picked up in time.

Wriggle Valley PlusBus: Contact: 01258 287987.

https://ectcharity.co.uk/files/uploads/Wriggle_Valley_Flyer.pdf

Email: dorset@ectcharity.co.uk

Starting Friday 11 October 2024 a local bus service travelling into Yeovil and Sherborne on alternate Fridays stopping at Chetnole, Leigh, Yetminster, Ryme Intrinseca, Thornford and Bradford Abbas. Fare £5.00 round trip cash and card accepted. **NOTE: Register to use the service by phone, email or website.**

Yeo Valley Health Transport: Contact: 01258 473154 (10am to 4pm Monday to Friday)

<https://www.dorsetcouncil.gov.uk/travel/public-transport/community-transport/>

Aims to help those from Sherborne, and the surrounding villages, who currently lack reliable and affordable transport to and from their non-emergency health related appointments within Sherborne and the south west.

YOUTH CENTRES

Sherborne Area Youth & Community Centre: Tinneys Lane, Sherborne.

<https://www.tinneysyc.org/> **Email:** info@tinneysyc.org

Tinney's Youth Club opening times: Monday & Wednesday 6.30pm – 8.30pm for ages 11-16 [Years 7 to 11]. Junior session Monday only 4pm – 6pm [Year 6] Closed during school holiday periods. £1 per Session, new members first night Free. Members, introduce a friend & both of you have a free session.



LiveWellDorset

**WE'RE HERE
FOR YOUR
HEALTH AND
WELLBEING**

We're a free health service provided by your council. We'll guide you to a healthier lifestyle through advice and coaching.

"LiveWell Dorset gave me the helping hand I needed. My clothes are too big and I have had to buy new ones! My life has been transformed!"

- OWEN



Get Active

Do you want to become more active?

No matter your experience or daily schedule, we'll guide you towards embracing an active lifestyle.



Lose Weight

Finding it hard to lose weight?

We'll empower you to manage your weight through healthy eating habits and physical activity.



Stop Smoking

Thinking about quitting smoking?

If you want to escape smoking, but are not sure what steps to take, talk to us.



Drink Less

Need help to curb your drinking?

Reducing your alcohol intake can do wonders for your health. We'll support you to cut down and drink less.

Get in touch today to access your free advice and coaching.

 **01305 233 105**

www.livewelldorset.co.uk