

Category	Activity	Info	Website	When
Carer	Carers Group PramaLife (Upton and Lytchett)	Caring for a relative or friend? Would you like to meet people in a similar situation. Come along for information and advice	https://www.pramacare.org.uk/PramaLIFE_Clubs.html	
Children	Little Lights	parent and babies/toddlers group held each Thursday in term time	50p donation per family. Toys, craft activities and nursery rhyme sing-along-time	Thursday 10am-1130am, term time
Children	Rhyme Time	Rhyme time sessions are aimed at babies and toddlers along with their parents and carers	Lytchett Matravers Library, call 01202 621281 for more details	Monday 215pm-245pm
Children	Cheeky Monkeys Toddler Group (0-5)	Group for 0-5years	Lytchett Matravers Village hall, call 01929 552864 for more details	Monday 930am-11.30am
Entertainment	Young at Heart Club	Different activities happen on different dates	Call 01202 623712 for more details	2nd and 4th Thursday 2pm-4pm
Entertainment	Let's do a jigsaw together	All welcome, make friends, bring friends and have fun.	https://familyinformationdirectory.dorsetforyou.gov.uk/kb5/dorset/fsd/service.page?id=7f5HgON5Dq0	Friday 2pm-7pm
Exercise	Over 60's body balance	£4 a session. Gentle and fun exercise class aimed at better posture, strength, stability and reducing the risk of falls		
Lunch	Lunches	The food is all homemade, proceeds go to various charities	Call 01929 459319 for more details	Tuesday (not the last Tuesday of
Reading	Home Library Service	For people who are unable to visit the library themselves	www.boroughofpoole.com/libraries	Thursday 630pm-9pm
Youth	Pitstop	Family pop in event	Call 01202 628976 for more details	Thursday 10am-12pm
	The Best Foot Forward Leg Club	If you are a patient at The Adam Practice and you have, or have a history of, Ulceration, Cellulitis, Eczema of the lower limbs, then come along to one of our Leg Club clinics where we will be happy to help you.	http://www.adampractice.co.uk/page1.aspx?p=1&t=8	Thursday 9-12pm