

| Category | Activity | Info | Website | When | Where |
|----------|---|---|---|---------------------------------|--|
| Carer | Carers Group | Are you caring for a relative or friend? Would you like to meet people in a similar situation and gather information and advice? | https://www.pramacare.org.uk/Community_Groups.html | Wednesday 2-330pm | St Dunstons Church Lounge, Poole Road, Upton, BH16 5JA |
| 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 | | St Dunstan's Church Lounge, Poole Road, Upton, BH16 5JA |
| 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 | The Lighthouse Church, Unit D22, Admiralty Park, Station Road, Holton Heath |
| Children | Lytchett and Upton Red Triangle Football Club | Saturday Mornings 9-10am for ages 4-10years. Teams 11-18 years throughout the week. Matches 7+ on Sundays | Contact Mike Fudge 07545 778342 or chairman@lutfc.co.uk | See info | |
| 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 | Lytchett Library, High Street, Lytchett Matravers, BH16 6BG |
| 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 | Lytchett Matravers Village Hall, High Street, Lytchett Matravers, Dorset. BH16 6DD |

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| Dementia | Memory Lane Group | Do you live with or care for somebody who is experiencing memory loss or dementia? Come and join us for a social afternoon or activities and advice and support £2 | https://www.pramacare.org.uk/supporting-you/ | Thursday 2-4pm | Reef Youth and Community Centre, Colehill Lane, Wimborne, BH21 7AB |
| Entertainment | Young at Heart Club | Different activities happen on different dates | Call 01202 623712 for more details | 2nd and 4th Thursday 2pm-4pm | Upton Community Centre |
| Entertainment | Jolly Teapot | Coffee and cake social. All welcome. £3 per person | http://www.roseandcrownlytchett.co.uk/tea-and-cake-break/ | Thursday 10am 3rd Thursday of the month | Rose and Crown, Lytchett Matravers |
| 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 | Lytchett Matravers library |
| Lunch | Lunches | The food is all homemade, proceeds go to various charities. Anybody is welcome, whether or not you are a church member | Call 01929 459319 for more details | Tuesday (not the last Tuesday of the month) 7pm-830pm | Methodist Church, 169 Wareham Rd, Lytchett Matravers, Poole BH16 6EA |
| Youth | Pitstop | Family pop in event | Call 01202 628976 for more details | Thursday 10am-12pm | Youth Hut High Street Lytchett Matravers Dorset, BH16 6BJ |