

Category	Activity	Info	Website	When	Where
Activity	Young at Heart Club	For the over 50's at Upton Community Centre	Call Paula or Ray 01202 623712	2nd and 4th Thursday	Upton Community Centre
Activity	Petanque Group	At Upton Country park, new members welcome. Boules can	Contact Janet Moreton 01202 649056		Upton Country Park
Activity	Stamp/Postcard Club	Meets on the 1st and 3rd Thursday of the month, Upton	Contact Michael 01202 604741 or www.philatellyinbour	715pm	Upton Community Centre
Activity	Upton Trefoil Guide	A group of 25 people who have been involved in Girl Guiding and help out when we can. Come along and join a friendly group,	Contact Val 01202 240338		Upton Methodist Church
Activity	U3A	For semi retired people to get together, share education, creative, leisure and social activities	www.u3asites.org.uk/upton-lychett		
Adults	Meeting Point	We are a friendly group of ladies who meet in the church at 2pm on the first Wednesday of the month. We enjoy a varied programme of events such as speakers, craft, games, activities etc. as well as	01202 625204	1st Wednesday of the month. 2pm	Upton Methodist Church, Dorchester Road, Upton, BH16 5NN
Adults	Welcome Café	The café is open every Tuesday and Wednesday morning, during term-time, from 9am until 12noon. Plenty of Fairtrade tea & coffee, toasted teacakes and conversation. Crafts and activities most weeks. Come along and see for yourself. Make it your place to meet with friends!	01202 623381	open every Tuesday and Wednesday morning, during term-time, from 9am until 12noon	Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

Art and Crafts	Craft Classes	Friendly classes to learn patchwork, rug making, tea and coffee inc. 3 hours sessions to suit	Call 07789 122646 for more details		Palmerston Road, Upton
Art and Crafts	Craft Classes	Friendly Classes of patchwork, rug making, upholstery. Tea, coffee and laughter included	Call Christina 07789 122646 for more information	Mondays or Fridays 11am-4pm	Palmeston Road, Upton
Art and crafts	Adult Colouring	Relaxation and chat, all materials provided and hot drinks available	Upton Library 01202 623744	Monday 2pm-3.30pm	Upton Library, BH16 5PW
Art and Crafts	Lytchett and Upton Floral Club	Affiliated to NAFAS, at Upton Community Centre	Contact 07776 175673 or strep1@sky.com	1st Wednesday of the month	Upton Community Centre, Upton
Carer	Carers Group	Are you caring for a relative or friend? Would you like to meet people in a similar situation and gather	https://www.pramacare.org.uk/Community_Groups.html	Wednesday 2-330pm	St Dunstans 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
Children	Under 1s	Group for children under 1 and their	Upton Health Centre	Wednesdays 10-1130am	Upton Library, BH16 5PW
Children	Lego Club	Come and have a go	Upton Library 01202 623744		Upton Library, Corner House, Upton Cross, Poole, BH16 5PW
Children	Rhyme Time	Songs and stories	Upton Library 01202 623744		Upton Library, Corner House, Upton Cross, Poole, BH16 5PW
Children	Lego Club	Children under 8 must be accompanied by an	Upton Library 01202 623744	Friday 3.45pm-4.45pm	Upton Library, BH16 5PW
Children	Rhyme Time	Singing for babies and toddlers	Upton Library 01202 623744	Wednesday 215pm-245pm	Upton Library, BH16 5PW
Children	Upton Library Gets Lively	0-4 years	Upton Library 01202 623744	Wednesday 33-4pm	Upton Library, BH16 5PW
Children	ALL Together	0-5 years	Upton Library 01202 623744	Friday 10-1130am	Upton Library, BH16 5PW
Children	Girl guiding	rainbows 5-7yrs, Brownies 7-10-yrs, Guides 10-14yrs, Rangers 14-26yrs in Upton	uptondistrict@hotmail.co.uk		
Children	Wildcats Football	Under 9 girls football team, training at Upton Rec	www.lurtfc.co.uk	Training Thursday 6-7pm Matches Saturday mornings	Upton Rec
Children	Preschool	The church runs an Ofsted approve Preschool every weekday during term-time. It is a happy, stimulating & secure environment for children and their families. Warm and friendly staff encourage the children to grow in	Please speak to Karen on 01202 631915 or 07950 7003 202 for details.		Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

Children	Noah's Ark Toddler Club	This runs on Thursdays during term-time between 1pm & 2.45pm. Children under 5 and their parents are very welcome.	Contact Karen for details on 07950 700202	Thursday 1pm-2.45pm	Upton Methodist Church, Dorchester Road, Upton, BH16 5NN
Children	Daisy Chains	We are a group for special needs children, siblings, parents and carers. We run during the school holidays for a weekly meet up. A chance for the children to enjoy a safe environment whilst the adults have a cuppa and a chat with like-	Check out our Facebook page for forthcoming dates or call the preschool for more information on 01202 631915 or 07950 700202		Upton Methodist Church, Dorchester Road, Upton, BH16 5NN
Computer	Digital Champion	One to one sessions on how to use your laptop, table or smartphone	Call 01202 623744 for more info	Wednesday (term time) 5pm-6pm	Upton Library, Corner House, Upton Cross, Poole, BH16 5PW
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	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
Gardening	Allotments	For residents of Upton	Contact Lynn 01202		
Gardening	Lytchett Minster and Upton Gardening Club	Monthly meetings at the community centre	Contact secretary@lmugc.org.uk		Upton Community Centre, Upton
Library	Housebound Rounds	Books bought out to you every 3 weeks, contact Upton Library	Upton Library 01202 623744		Upton Library, BH16 5PW
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

Lunch	Seniors Thursday Lunch Club	£4 for two courses, home cooked meals	Call Pete 07784 942397 for more details	Thursday 12-130pm	Upton Café c/o Upton's Working Men's Club, Court Road Upton, BH16 5HX
Youth	Pitstop	Family pop in event	Call 01202 628976 for more details	Thursday 10am-12pm	Youth Hut High Street Lytchett Matravers Dorset, BH16 6BJ