

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	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
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	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
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		