

Contact: Bridget Barrett on 01202 207310 or 07867354578 bridget.barrett@prama.uk

DAY	VENUE	FREQUENCY		TIME	LEADER/CONTACT
MONDAY					
Sporting Memories Group	The Old Rope Walk, Blandford Rd, Hamworthy, BH15 4AU	Alternate Mondays	£1 per person	11:00am - 13:00pm	Bridget - 07867 354578
Memory Lane Group	The Old Rope Walk, Blandford Rd, Hamworthy, BH15 4AU	Weekly (not bank holidays)	£3 per person	14:00pm - 16:00pm	Margaret Reeks- 07999 402155
TUESDAY					
Armchair Keep Fit: followed by refreshments	The Old Rope Walk, Blandford Rd, Hamworthy, BH15 4AU	Weekly	£3 per person	11:00am – 11:30am followed by coffee & raffle	Bridget - 07867 354578
Tuesday Lunch Club	The Old Rope Walk, Blandford Rd, Hamworthy, BH15 4AU	2 nd & 4 th Tuesday (Booking essential)	£5 per person	12:00pm - 13:30pm	Bridget – 07867 354578
Craft & Chat	The Lounge, Parkstone Baptist Church, 11 Loch Rd, Poole BH14 9EX	Alternate Tues	£1 for tea	10:00am - 12:00pm	Kay Powell - 01202 732046
Gardening Club	The Aldbury Care Home, 627 - 674 Ringwood Road, BH12 4NA. Phone beforehand	Weekly (On Hold)	Free	Please call for information	Lara Warrilow 01202 746752 (option 1)
Pop-In Social Bingo	The United Reformed Church, Skinner Street, Poole BH15 1RH	Weekly	Pay for bingo	14:00pm - 16:00pm	Bridget - 07867 354578 Linda & Diane 01202 679097
Memory Lane Group	Christ Church Creekmoor, 28 Northmead Drive, Poole BH17 7XZ	Weekly	£3 per person	14:00pm - 16:00pm	Sue Parsons 07999 402162

WEDNESDAY					
Knit & Natter	Belmont Court, 6 Glen Road, Parkstone BH14 0HF	Weekly	50p for tea	10 - 12noon	Bridget - 07867 354578 Jean Stacey 01202 740960
Bingo at Baiter	Community Room, Baiter Gardens, Poole Town BH15 1WZ	weekly	Pay for bingo	14:00pm - 16:00pm	Julie Mills 07703 101360 sherrin
Memory Lane Group	The Beacon Church, Mitchell Road, Canford Heath, BH17 8UE	Weekly	£3 per person	14:00pm - 16:00pm	Caroline Sullivan – 07471 000973
Music Club	The Aldbury Care Home, 627 - 674 Ringwood Road, BH12 4NA.	1st Wednesday of every month	Free	14:00pm – 15:00pm	Lara Warrilow 01202 746752 (option 1)
Carers Support Group	St Dunstan's Church Lounge, Poole Road, Upton, BH16 5JA	Monthly - 4 th Weds	Free	14:00pm - 3:30pm	Bridget - 07867 354578
THURSDAY					
Time for Carers Group	Waters Edge Elim Church, 1 Douglas Road, Poole BH12 2AU	Weekly	Free	10:00am - 12:00pm	Susan Sutherland s.e.s.chaplain@outlook.com
Pop-In Social Bingo	Bob Hann House, Shillito Road, Parkstone, BH12 2BW	Weekly	Pay for bingo	14:00pm - 16:00pm	Bridget - 07867 354578 Maree Agar 01202 731093
Young at Heart Club A varied programme of entertainment/ outings & refreshments.	Upton Community Centre, Poole Road, Upton BH16 5JA.	2 nd and 4 th Thurs (Not Aug)	£8 annual club fees £4 per session	14:00pm – 16:00pm	Angela Evans – 07548 771253 Bridget Barrett – 07867 354578
Musical Memories	Sherrin Close, Oakdale, Poole BH15 3DZ	Weekly	£3 per person	14:00pm – 16:00pm	Bridget - 07867 354578
FRIDAY					
Coffee Morning	Old Rope Walk, Hamworthy BH15 4AU	Weekly	£2.50	10:30am – 12:00pm	Cynthia Andrews –

					01202 677563
Dementia Cafe	The Aldbury Care Home, 627 - 674 Ringwood Road, BH12 4NA. Phone beforehand	Last Friday of every month	Free	10:00am - 12:00pm	Lara Warrilow 01202 746752 (option 1)
Memory Lane Group	Alderney Community Centre, 287 Herbert Avenue, BH12 4HT	Weekly	£3 per person	14:00pm - 16:00pm	Leisl Dade – 07469 680437
SATURDAY					
Sporting Memories Group	Alderney Community Centre, 287 Herbert Ave, BH12 4HT	Alternate Saturdays	Free	10:00am - 12:00pm	Judith Bacon 07538 502740
Young Onset Dementia Carers Group	Aldbury Care Home, 627 - 674 Ringwood Road, BH12 4NA. Phone beforehand	1 st Saturday of the month	Donation	14:00pm - 16:00pm	Sue Michell – 01202 804914
Saturday Friends	St Paul's Church Hall, Culliford Crescent, Canford Heath BH17 9DW	2 nd & 4 th Saturdays of the month	£3 per person	10:00am – 12:00pm	Julie Mills 07703 101360

1-2-1 Telephone befriending contact Wendy for more information

FOCUS – Carers Support and Mentoring (BCP area) Wendy Bartlett 07736 134143 wendy.bartlett@prama.uk

PramaLife East Dorset

Contact: Carol Davies on 07736133445 or carol.davies@prama.uk



DAY	VENUE	FREQUENCY	TIME	LEADER/CONTACT
MONDAY				
Otago, Balance & Falls Prevention class	The Barrington Centre, Penny Walk, Ferndown BH22 9TH	Weekly – Monday £6.00 per session	12:50pm -13:35pm	Jo Sinclair 07970886393 Or www.allsortsrehabfitness.co.uk
Crane Valley Carers Event	Monthly carers event held in Verwood and West Parley. Please contact for further information	Monthly – 4 th Monday of the month	2:00pm - 16:00pm	Carol Davies 07736133445
Kurling Club	Bearwood Community Centre, Kings Johns Avenue, Bearwood, BH11 9TF	Weekly - Monday	13:30pm - 15:00pm	
TUESDAY				
Moors Manor Carers Cafe	Moors Manor Care Home 243 Ringwood Road, St Leonards, BH24 2DW	Monthly – every 3 rd Tuesday of each month	10:30am -12:00pm	Carol Davies 07736133445 or Moors Manor on 01425 383911
Harleston House Lunch & Activity Club	Harleston House, Harleston villas, St Johns Road, Wimborne, BH21 1DB	Weekly – Every day, 7 days a week £7.50 per session	12:00pm - 14:00pm	Harleston House – 01202 882067
Parley Place Memory Lane Group	Parley Place Care Home 300 Christchurch Road, West Parley, Ferndown BH22 8SL	Weekly – Tuesday £3.00 per session	14:00pm - 16:00pm	Gilly on 07549018942
Fernhill Singing Club	Fernhill Care Home, Colten Care 122 Ringwood Road, Ferndown BH22 9AW	Monthly – 1 st Tuesday of the month	14:00pm - 16:00pm	Fernhill 01202 651800 Carol Davies 07736133445

Stress Busters Carers Group	Parley Place Care Home, 300 Christchurch Road, West Parley, BH22 8SL	Monthly – Fourth Tuesday of the month	14:00pm - 15:30pm	Janet on 01202 875495
WEDNESDAY				
Alderholt Carers Support	Carer's Café Alderholt Chapel, 3 – 5 Hillbury Road, SP3 3BQ	Monthly - 3 rd Weds No charge	10:30am - 12:30pm	Ann Cakebread – 01425652870 or Carol - 07736133445
Fairlawn Memory Lane Group	Fairlawn Care South Care Home St Marys Road Ferndown BH22 9HB	Weekly – Wednesday £3.00 per session	14:00pm – 16:00pm	Gilly on 07549018942
Adapted Tai Chi Exercises for Health	The Barrington Centre Ferndown BH22 9TH	Weekly - Wednesday £6 - £8 per session	11:10am - 11:50am	Jo Sinclair 07970886393 or www.allsortsrehabfitness.co.uk
THURSDAY				
Howell House Memory Lane Group	Howell House, Middlehill Road Colehill BH21 2EY	Weekly £3.00 per session (K)	14:00pm - 16:00pm	Gilly on 07549018942
Trickets Cross Memory Lane Group	The Ferndown Centre Barns Road, Ferndown, BH22 8XH	Weekly - Thursday £3.00 per session	14:00pm - 16:00pm	Karen 07469689506
Harleston House Lunch & Activity Club	Harleston House, Harleston villas, St Johns Road, Wimborne, BH21 1DB	Weekly - Every Thursday £7.50 per session	12:00pm - 14:00pm	Harleston House – 01202 882067 or via email on d@abbeyfieldwessex.org
Ferndown Carers Support Group	Heathland House Care Home 405 Wimborne Road East Ferndown BH22 9LZ	Monthly - 1 st Thurs No charge	10:30am - 12:00pm	Carol - 07736133445
Ferndown Manor Lunch Club & afternoon activities	“Come Dine with us” Ferndown Manor, 110 Golf Links Road, Ferndown, BH22 8DA	Monthly – Last Thurs of the month	12:15pm - 14:15pm	Ferndown Manor on 01202 863100
Community Cafe	Heathland House Care Home 405 Wimborne Road East Ferndown BH22 9LZ	Twice Monthly – second and four Thursday	11:00am - 12:30pm	Heathland House 01202 078127
FRIDAY				
Wimborne Carers Support Group	St John's Church Hall, Wimborne, BH21 1AE	Monthly - 3 rd Fri No charge	10:30am - 12:30pm	Mary on 01202 883421 or Carol - 07736133445
Ferndown Craft Group	Ferndown Village Hall (in the main hall), Church Road, Ferndown, Bh22 9ET	Twice monthly -2 nd and 4 th Friday morning	10:00am - 12:00pm	Hazel on 01202 914127

Friday Coffee Morning	The Barrington Centre, Ferndown, BH22 9TH	Weekly £2.50	9:30am – 11:30am	Jean 01202 875926
SATURDAY				
20 Active Groups				Updated 13/05/2025

Wimborne and surrounding area neighbour car scheme Tel: 07912273722 – volunteer transport service to hospitals, GP appointments and to any social events, groups, or activities.

Good Neighbour scheme across West Moors, Ferndown, and Wimborne Tel: 01202 804003 – Volunteer service undertaking small tasks to enable people to remain independent in their own homes.

PramaLife Southbourne



Contact: Church office on 01202 424994 or Sally Nevitt on 07743 190180

See www.immanuelsouthbourne.org/older-people for more details

DAY	VENUE	FREQUENCY	TIME/COST	LEADER/CONTACT
TUESDAY				
After Care (Bereavement Group)	Immanuel Church, Southbourne BH6 3QJ	Monthly - 2 nd Tuesday	14:00pm Free	Sally Nevitt
Memory Lane	Immanuel Church	Weekly (not August)	14:00pm. £5, carers free	Sally Nevitt
Seated exercise to music with Suzie -Ann	Immanuel Church	Weekly	11:00am £5, carers free	Sally Nevitt
WEDNESDAY				
Community Lunch	Immanuel Church, Southbourne BH6 3QJ	Weekly	12:30 – 14:00pm	Sally Nevitt
Men's Shed	Immanuel Church	Weekly	10:00am	Church office
Friendship Club	Immanuel Church	Weekly	14:00pm	Sally Nevitt
Memory Lane	Immanuel Church	Weekly	14:00pm - 16:00pm £5, carers free	Sally Nevitt
THURSDAY				
Men's Shed	Immanuel Church	Weekly	10:00am	Church office
Midweek Communion	Immanuel Church, Southbourne BH6 3QJ	Weekly	11:00am	Sally Nevitt

Carers Support Group	Immanuel Church	Monthly – 1 st Thursday	14:00pm Free	Sally Nevitt
FRIDAY				
Friday Film Club	Immanuel Church, Southbourne BH6 3QJ	Weekly	14:00pm - 16:00pm £4	Sally Nevitt
Songs for the Mind	Immanuel Church	Weekly	10:30am - 12:00pm £3 (carers free)	Sally Nevitt

PramaLife Bournemouth



Contact Tess Champion on 07912 272077 tess.champion@prama.uk

DAY	VENUE	FREQUENCY	TIME	LEADER/CONTACT
MONDAY				
Coffee Club at the Westbourne Pub (includes a quiz)	The Westbourne, 45 Poole Rd, Westbourne, Bournemouth BH4 9DN	Weekly (not bank holidays)	11:10am - 13:00pm	Tess – 07912 272077
Boscombe Memory Lane	Boscombe Salvation Army, BH1 4HT.	Weekly (not bank holidays)	14:00pm -16:00pm £3 per person	Tess 07912 272077
TUESDAY				
Winton Park Carers Café	Winton Park Café, Winton Rec, BH9 1BX	Weekly	10:30am – 12:00pm	Tess – 07912 272077
Winton Woolies	Winton Park Café, Winton Rec, BH9 1BX	1 st and 3 rd Tuesday		Tess 07912 272077
WEDNESDAY				
‘Good Vibrations’ Carer Friendly Choir	Moordown Community Centre,	Weekly	10:00am Free for 3 months for carers	Debbie- 07795 167316
Moordown Memory Lane	Life Centre, Wimborne Road, BH9 2AU	Weekly	14:00pm – 16:00pm £3 per person	Tess 07912 272077

Drop in Afternoon: play board games or bring your own craft	IN PARTNERSHIP WITH IAAC. Sea Rd, Boscombe, Bournemouth BH5 1DH	Weekly	12:00pm – 14:00pm	Charmaine 07761 756363
Westbourne Memory Lane	Westbourne Tower Care Home, 16-18 Poole Road, Westbourne, BH4 9DR.	Weekly	14:30pm – 16:30pm	Wendy (Care Home)- 01202 784002 or Tess
Winton Community Shed (registered Men's Shed)	Winton Recreation Ground, Bournemouth, BH9 1BX	Weekly	13:30pm - 15:30pm	Tess
THURSDAY				
Kinson Memory Lane	Kinson Community Centre, BH10 7LH. HAS A WAITING LIST.	Weekly	14:00pm – 16:00pm £3 per person	Tess – 07912 272077
Christchurch (Mudford) Memory Lane	Trafalgar Court, Nelson Drive, BH23 3RZ. HAS A LONG WAITING LIST, PLEASE CALL FOR DETAILS OF OTHER LOCAL GROUPS.	Weekly	14:00pm – 16:00pm £3 per person	Tess – 07912 272077
Redhill Park Carers Cafe	Redhill Park Café, Redhill Park, Redhill Avenue, BH9 2SW	Every 2 nd and 4 th Thursday	10:30am – 12:00pm	Tess – 07912 272077
FRIDAY				
Winton Park Board Games	Winton Park Café, Winton Recreation Ground	Every Friday	10:30am – 12:00pm	Tess 07912 272077
Christchurch Carers Group	The Priory Tea Rooms (Room 8), The Priory, Quay Road, BH23 1BU	2 nd and 4 th Friday	10:00am - 11:30am	Tess or Jo – 07999 402128
Boscombe Lunch Club	Boscombe Salvation Army, Palmerston Road BH1 4HT. BOOKING ESSENTIAL BY THE WEDNESDAY BEFORE	Weekly	10:30 – 14:00pm	Tess 07912 272077
SATURDAY				
Memory Lane @ Pokesdown	St James Church Annexe, Pokesdown, BH7 6DW	Monthly – 1st Saturday	14:00pm - 15:30pm donations	Ruth Crosland – 01202 474067

Please note:

Activities in red are not currently open.

Groups in Orange on hold currently

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