

Art and Crafts	Adult Colouring	Poole Library Tel 01202 262421 or email: libraries@poole.gov.uk	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/poole-central-library/	Tuesday 10-11am
Art and Crafts	Knit for Charity	Knit for different charities, help needed-no experience necessary	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Thursday 10-11am
Art and Crafts	Knit and Natter	Knitting and natter at the same time	http://www.poolefamilyinformationdirectory.com/kb5/poole/fis/family.page?familychannel=1	Friday 11-1pm
Art and Crafts	Colouring Club	Colouring activities	http://www.poolefamilyinformationdirectory.com/kb5/poole/fis/family.page?familychannel=1	Tuesday 11-12pm
Art and Crafts	Knit and natter	Knitting and natter at the same time	http://www.poolefamilyinformationdirectory.com/kb5/poole/fis/family.page?familychannel=1	Tuesday 215pm-4pm
Art and Crafts	Craft Group	Bring your own craft to do or learn something new. It is dementia friendly	No website available: Thursday 10am, call 01202 267427	Thursday 10am
Art and Crafts	Poole Community Exchange	Meet new people, tea/coffee and cake, craft activities, knitting etc	No website available: Wednesday drop in anytime between 1030-330pm , call 01202 737659	Wednesday drop in any time for as long as you want between 10.30am-3.30pm
Art and Crafts	Art and Craft Studio	Arts, crafts, small friendly groups. Please contact for more details or look on website for more details	www.artisancommunityartstudio.com	See website
Art and Crafts	Beading Club	Beading club	www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/oakdale-library/	1st Wednesday 2-4pm
Art and Crafts	Card Making Club	Different activities making cards	www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/oakdale-library/	2nd Wednesday 2-4pm
Carer	Group for Carers of people with mental health	Drop in or call Debra Thistlethwaite	http://leonardotrust.org/	Wednesday 7-9pm
Children	Messy Play Under 5's	Messy play for under 5's	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Tuesday 10am-11am

Children	Mini Cherries Football session under 5's	£2 per session	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Wednesday 1030am-1130am
Children	Premier League Kicks-Football for home educated children	Free session	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Friday 11am-1pm
Children	Rhyme time for children under 5	Free session	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/children-and-family/bookstart/	Wednesday 1015am-1045am
Children	Fusion Kids	Evening of games, craft, hair, table tennis, a short 'Bible Bit'	www.smlpoole.org.uk	Please call for details
Coffee	Coffee Morning	Call for more details	http://www.poolefamilyinformationdirectory.com/kb5/poole/fis/service.page?id=ao_XnXqdi00	Tuesday 1030am-12pm
Coffee	Coffee, Community and Chat	Free, no need to book just turn up	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/parkstone-library/	4th Friday of the month 11am-12 noon - starting Fri 27th April
Coffee	Coffee and Crossword	Come along and do a coffee and crossword	No website available: Friday 1030-1130am, call 01202 262467 for more details	Friday 1030am-1130am
Coffee	Men's Sheds	Coffee Morning at Poole Climbing Centre, Dolphin Centre	Contact Alan on 01202 668178 for more details	Monday 10-12
Coffee	The Café@SML	Homemade cakes and hot drinks, everybody is welcome. Pop in	https://smlpoole.org.uk/Groups/242048/Whats_On.aspx	Thursday 10am-12pm
Computer	Computer Buddy Drop in Session	Somebody will sit with you at the computer and help you use it	http://www.poolefamilyinformationdirectory.com/kb5/poole/fis/service.page?id=ao_XnXqdi00	Monday 1030-1230pm Wednesday 2pm-4pm Friday 10am-12pm
Computer	Computer buddy drop-in	Somebody will sit with you at the computer and help you use it	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/oakdale-library/	Tuesday 10am-12pm
Cooking	Community Cooking Course	Learning to use simple ingredients to make lovely meals. 5 week course. **Referrals to St Mary's for this service only	www.smlpoole.org.uk	Please call for details

Dance	Cut Loose Dance Class	All abilities welcome	Call 01202 253527 for more details	Thursday 730pm-9
Dementia	Memory Café Alzheimer's Society	£2 per session. No need to book, just turn up and a member of the team will greet you. For people with dementia and their carers	Call local office for more details	Wednesday 2pm-4pm
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Dementia	The Greenwood club (part of Dorset Forest School)	This is a Dementia Friendly group. £5 including a shared lunch and refreshments. The group meets in the outdoors and together decides what they would like to make utilising what's available within the local environment.	http://dorsetforestschoo.org/greenwood-club/	Friday 10am-1pm
Dementia	Stretch and Relax- gentle exercise session	£5 per session, carer can attend for free	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Monday 2pm-4pm
Dementia	PramaLife Memory Café	£2 per session inc tea and biscuit. A social afternoon with activities, advice and support for people affected by dementia and their carers	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Monday 2pm-4pm
Dementia	Book Group for people with Dementia	Tea and coffee provided. Annette Brooke	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/broadstone-library/	Mondays 11am-12 noon
Dementia	Twigs Garden Club	Gardening club, all welcome	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/rossmore-library/	Last Saturday 1030am-1230pm
Dementia	Memory Lane (Pramacare)	Activities for those who live with or care for somebody with dementia or memory loss. £2	https://www.pramacare.org.uk/PramaLIFE_Clubs.html	Monday 2pm-4pm
Dementia	PramaLife Memory Café	£2 per session inc tea and biscuit. A social afternoon with activities, advice and support for people affected by dementia and their carers	https://www.pramacare.org.uk/PramaLIFE_Clubs.html	Wednesday 2pm-4pm
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Dementia	Pramalife Memory Café	£2 per session inc tea and biscuit. A social afternoon with activities, advice and support for people affected by dementia and their carers	https://www.pramacare.org.uk/PramaLIFE_Clubs.html	Friday 2pm-4pm
Dementia	Dementia Arts Group	£4 including materials, no experience required. Includes refreshments, carers welcome and free to attend	No website available: Friday 2-4pm, call 01202 264310 for more details	Friday 2pm-4pm
Dementia	Memories and Melodies	£1 for refreshments. People with dementia	No website available: Friday 2pm, call 01202 678953 for more details	Friday 2pm
Dementia	Stepping Stones Memory Café	Free to attend with refreshments	No website available: Friday 2pm-4pm, call 01202 696523 for more details	2nd Friday 2pm-4pm
Dementia	Stretch, Balance and Shake	Fun Dance Class for people have recently been diagnosed with dementia. £5 per session, inc tea and biscuits	No website available: Thursday 1030-1130am, call 01202 633971 for more details	Thursday 1030-1130am
Dementia	Bitter Sweet Harmony	£5 to attend, free to carers. Open to everybody including people with dementia and their carers.	No website available: Thursday 430pm-630pm and 7pm-9pm, call 077840 976584 for more details	Thursdays 430pm-630pm 7pm-9pm
Dementia	The Greenwood Club	Dorset Forest School facilitates the club and try to ensure it has a similar flow each week. Each woodland session includes- coffee and cake, introduce activities, choose and complete activities, review what has been made and finish with a shared lunch around the fire.	Please contact Jill on either jill@dorsetforestschool.org or	Friday 10-1pm
Dementia	Dementia Friends Sessions	Contact Lynsey Moore-Dementia Nurse Specialist/Practice Educator	www.dementiafriends.org.uk	Different dates and times
Entertainment	Games Club for Adults	Board games	http://www.poolefamilyinformationdirectory.com/kb5/poole/fis/service.page?id=ao_XnXqdi00	Friday 2pm-3pm
Entertainment	Tea Dance	Free if accompanying somebody with dementia, £5.50	https://www.lighthousepoole.co.uk/what-s-on/#?filtered=true&artform=dance	Bi-monthly
Entertainment	Films at The Lighthouse	Dementia Friendly Screening of classic movies are now a regular feature of a film. The volume is slightly reduced, the house lights are left on low and it is understood that people may talk, move around or leave. Staff are on hand to assist. Tickets are £5	No website available: call 01202 280000 for more details	Monthly, call the Lighthouse for more details

Entertainment	Rummikub	Free, no need to book just turn up	No website available: Monday 2pm, call 01202 693504 for more details	Mondays 2pm
Entertainment	Meet, Cook and Eat	Prepare, cook and eat lunch together. Ingredients supplied. Help can be provided with transport costs. Develop new cooking and budgeting skills. Stay on for crafts after lunch. Hosted by the Friendly Food Club. Suggested donation of £5	No website available: Wednesday 10-3pm call 01202 733580 for more details	Wednesday 10am-3pm
Exercise	North Dorset Karate	For all ages. First session is free. £6	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Monday 6pm-7pm
Exercise	Walking Football-over 50's	Free, no need to book just turn up	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Monday 10am-11am
Exercise	Chi Kung	Chinese Exercise System £5	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Friday 10am-11am 630pm-730pm
Exercise	Football for 16+year olds, with any form of disability	Free session	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Thursday 1030am-1130am
Exercise	Premier League Kicks	Free session	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Wednesday 430pm-530pm
Exercise	Short Mat Bowls	All abilities welcome, just turn up.	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Thursday 130pm-330pm
Exercise	Silent Yoga for adults	£8 per session	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Wednesday 630pm-730pm
Exercise	Sporting Memories	£1 including refreshments	http://www.pwbcollaborative.org.uk/community-groups/	Mondays (new group) 11am-1pm

Exercise	Sporting Memories	£1 including refreshments	https://gallery.mailchimp.com/224f8c5de13d9f50f54d812e2/files/8977accf-2ee1-46d3-96d3-7aad9de58a78/Sporting_memories_A4_2018.pdf	twice a month on Saturdays 10am-12pm
Exercise	Healthy Walk	all welcome to join in for an hours circular walk down and along the promenade	No website available: 1st Tuesday 6pm-7pm, email recreation.development@poole.gov.uk for more details	1st Tuesday 2pm-3pm
Exercise	Ladies Fitness Club	£5 per session	No website available: Monday 7.15pm-8.15pm, call 01202 920947 for more details	Monday 715am-815am
Exercise	Petanque	Existing group actively seeking new members. They are a friendly group. It is FREE to play and there are Petanque balls available if you do not have your own.	No website available: Tuesday and Fridays, 10-12pm, call 01202 649056 for more details	Tuesdays and Fridays 10am-12pm
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		
Gardening	Broadstone Horticultural Society	No need to be a member to attend the meeting	http://broadstonehortsoc.blogspot.co.uk/	2nd Tuesday 730pm
Gardening	Tatnum Organic Patch	A community garden and organic allotment on a triangular piece of land bordering St Mary's Catholic Church and Tatnum Farm allotments in Oakdale, Poole.	http://tatnampatch.org.uk/	1st Sunday of the month and 3rd Saturday of the month
Gardening	Parkstone Gardeners Society	Join us at the monthly meetings	http://www.pgsgreenfingers.co.uk/about-us	3rd Tuesday 730pm
Gardening	OLGA – Oakdale Library Gardens Association	March-Nov	https://oakdalelibrarygarden.wordpress.com/	Monday 9am-12pm
Gardening	Busy Bee Gardening Club	Gardening club, all welcome	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/canford-heath-library/	2nd Thursday 730pm
Gardening	Community Garden Alderney West	Gardening club, all welcome	Thursday 4pm-530pm, call 01202 261700 for more details	Thursday 4pm-530pm
Gardening	Community Garden Poole Town	A community garden in Poole. Everyone is welcome to join in, in whatever way suits them - no gardening experience needed.	Tuesday 315pm-445pm, call 01202 261700 for more details	Tuesday 315pm-445pm
Gardening	Florish at Livability Holton Lee	Lots of activities available, please see website for more details	www.livability.org.uk	Various

Learning	Skills and Learning at the Oakdale Centre	Now is the perfect time to learn something new. We are supporting thousands of learners each year to improve their skills, employment prospects and well-being.	https://www.skillsandlearningbdp.co.uk/venues/oakdale-centre-poole/	Look at website
Lunch	Lunch Club	In the church centre	Call 01202 338733 for more details	1st Wednesday of the month, 12-2pm
Music	Singing for the Brain	£2 per session includes refreshments, For people affected by dementia	Call local office for more details	2nd and 4th Mondays 2pm-330pm
Music	Drum Club	Hand drumming in the art studio. Drums are provided	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Tuesday (not the last Tuesday of the month) 7pm-830pm
Music	Sing Together	£3 per session inc refreshments. Inclusive choir to those with recent diagnosis of dementia. The support of the carer maybe required		Thursday 1030am-1130am
Reading	ESOL Chat and Reading group	English Speakers of other languages reading group	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/oakdale-library/	Friday 1030am-1130am
Reading	Reading group	Read a selection of different books	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/oakdale-library/	Last Friday 230pm-330pm
Reading	Books on Prescription	Provide info and advice for people with dementia and their carers	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/poole-central-library/	
Reading	Home Library Service	For people who are unable to visit the library themselves	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/poole-central-library/	
Reading	Home Library Service	For people who are unable to visit the library themselves	www.boroughofpoole.com/libraries	Thursday 630pm-9pm
Reading	Reading Group	Various call 01202 262421 or email libraries@poole.gov.uk for more details	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/poole-central-library/	Various
Reminiscence	Museum Memory Club	£2 per session – a social afternoon of reminiscence, friendship and support. Encouraging reminiscence	http://www.poolemuseum.co.uk/whatson/calendar/	Friday 2pm-4pm

Youth	Sunnyhill Youth Club	£1 per session	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Thursday 630pm-9pm
Youth	Youth Club 10-16 years	£1 per session	http://www.poolecommunitiestrust.org.uk/branksome-centre/branksome-centre-activities/	Tuesday 330pm-730pm
	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