



Bridport Tourist Information Centre

Bridport Town Hall

Bucky Doo Square

South Street

Bridport

DT6 3LF

www.bridportandwestbay.co.uk

01308 424901

WELLBEING & SUPPORT GROUPS

IN AND AROUND THE BRIDPORT AREA



Whilst every effort has been made to ensure that the information contained in this leaflet is correct at the time of print, Bridport Town Council cannot accept any responsibilities for any errors or omissions. Inclusion in this leaflet does not imply any recommendation by Bridport Town Council.

Bridport Tourist Information Centre January 2020.

Alzheimer's Society Memory Cafe—St Swithun's Church Hall, DT6 5DU, Alternate Thursdays 2-3.30pm - 01202 764352 or admindorset@alzheimers.org.uk

ASD & Social Anxiety Group— Karen 07974826891

Bereavement Support—Diana Wright 01308 456967

Blind Club—ian.ibbotson@btinternet.com /01308 898484 or Ann Cook 01308 427915

Bonhays Meditation & Retreats—01297 489615

Bridport Breast Cancer Support Group—01308 424435/
dorsetbreastcancersupport.org.uk/find-us/

Bridport Buddhist Meditation Group—01297 551547

Bridport Community Fridge— www.facebook.com/bridportcommunityfridge/

Bridport Carers Support Group - 01308 427494

Bridport Deaf Club—bridport.deafclu@hotmail.com/
www.bridportdeafclub@btck.co.uk

Bridport Disabled Carers & Friends Club— Pete Bowditch 01308 423620 /
pete.bowditch@hotmail.com

Bridport Healing Centre—01308 422269

The Hearties Heart Support Group— *01308 456706/rogerlewis1944@hotmail.com*

Carers Support Group—01308 427494

Death Café - max@consciousageing.org / 07811 948811

Dorset Age Partnership—Sue Warr 01305 224841

Dorset Mental Health Forum— admin@dorsetmentalhealthforum.org.uk / 01305 257172

Dorset POPP/Wayfinder—Bridport (Debra) 07970 168919 / Beaminster (Liz) 07818 518777/Lyme Regis (Angela) 07702 336753

Friendship Club—Ann 01308 422162

George Gotts Counselling—George@georgegottscounselling.co.uk/07747 142088 / georgegottscounselling.co.uk

Harmony Drop In—07597 379290/harmonydropin@outlook.com

Health Walks—leisure@westdorset-weymouth.gov.uk/01305 252263

Holistic Mobile—Sarah 01308 898754/sarahleboff@gmail.com

Home Support—Lucy or Carol 01305 269 444

Hughes Unit Group Supporters (HUGS) -
hughesunitserviceusers@gmail.com

Othona Community—01308 897130

The Living Tree—Cancer support 01308 427851/
thelivingtreedorset@gmail.com

Parkinsons UK Bridport Support Group—01297 560833/
sue.pritchett@outlook.com

Voices of Hope — well being group, singing to make you happy 07887 675161 janesilvercorren@gmail.com

Rising Voices—singing group for people with cancer and their carers (The Living Tree) 07887 675161

The Pilsdon Community—01308 868308

Slimming World Bridport—Natalie 01308 426521 0787940165 / Sue 07542 649812

Stroke Club—Barbara Powell 01308 897389/
barbarareevespowell@gmail.com

Sure Start—01308 421714/westfamily.partnershipzone@dorsetcc.gov.uk

Wisdom Tree Yoga & Meditation—07740 409401

Tea & Chat— 01308 455674 3rd Sunday of the month United Church, East Street, Bridport

Bridport Unitarian Chapel in the Garden - 01308 422448