

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

Royal British Legion (Bridport) - bridportrbllhall@outlook.com

Slimming World Bridport—Natalie 01308 426521 0787940165

St Marys Masonic Lodge—01308 422224

Stepping Out - Cancer Rehabilitation Community Group -

www.stepsoutbridport.co.uk / j.perfect@bridportleisure.com

Sustainable Bridport—sustainablebridport.org.uk

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

The Cowshed—07769720773, Plot 17 Allotments next to Medical Centre

Tricuro Adult Day Centre - 01308 422666/enquiries@tricuro.co.uk

U3A— [Bridport U3A Contact Page](#) Chairman Alastair Forbes 07962 099530

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

West Bay Community Forum—wbcf@outlook.com

West Bay Days— 07899 780420/westbaydays@gmail.com

West Dorset Friends of The Earth—info@westdorsetfriendsoftheearth.org.uk

Colmer WI—rosinaresbrook45@gmail.com / 01308 423001

Youth & Community Centre—01308 422500/bridportycc@gmail.com

The organisation S.T.A.R.T work with people who access support from the Dorchester and Bridport Community Mental Health Teams. We offer support to people across the central Dorset Locality, including Lyme Regis. They offer various open groups. Email: dhc.start@nhs.net All groups are free and open to anyone over the age of 18.

Wellbeing & Community 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

April 2024

www.bridportandwestbay.co.uk

Alzheimer's Society—admindorset@alzheimers.org.uk

The Allington Hill, Coopers Wood & Field Community Group—Allington Hillbillies 01308 423202/allingtonhill@gmail.com

Allotments Society—01308 250266 / bridportallotmentsociety@gmail.com

Asker Nature Reserve Project—www.anrp.co.uk

Bridport Bereavement Support—01308 428943. Meet at the Burrough Harmony Centre, on the first Thursday of the month 10-11.30.

Blind Club—ian.ibbotson@btinternet.com /01308 898484

Bonhays Meditation & Retreats—01297 489615

Bridport Breast Cancer Support Group—01308 424435 / wendy.wdbc@gmail.com

Bridport Buddhist Meditation Group— bridportbuddhistmeditation.yolasite.com

Bridport Carers Support Group - Ren Daire 07436 816039/ ren.daire@rethink.org

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

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

Bridport Complimentary Health Centre—JO'shea bridportcomplementaryhealth@gmail.com

Bridport Health Walks— 9.45 every Wednesday & 3rd Thursday at Bridport United Church. Sarah Davies 01305 252222

Bridport Lions Club—0845 833 7409, secretary@bridportlionsclub.org

Bridport Unitarian Chapel in the Garden - 01308 422448

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

Carers Support Group—01308 427494

Bridport Area Neighbourhood Plan—01308 456722 / ddixon@bridport-tc.gov.uk

Bridport Community Fridge –events@bridportunitarians.co.uk

Bridport Child Contact Centre—077920 75972 / bridportccc@live.co.uk

Bridport Bridge Club— Debbie bridportbridgeclub@gmail.com, Wednesdays 7 –10pm, Fridays at 2 pm at St Swithun's Church Hall. online session on Thursdays at 7pm

Bridport Rotary -[Rotary Club of Bridport - welcome. \(rotary-ribi.org\)](http://Rotary Club of Bridport - welcome. (rotary-ribi.org))

Bridport Round Table—bridportroundtable@gmail.com

Dorset Race Equality Council - 077394 14149

Dorset Age Partnership—Sue Warr 01305 224841

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

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

Friends of Dorset Women's Refuge—friendsofwestdorsetreguge@gmail.com

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

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

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

Jurassic Multicultural Network , Reading Room Unitarian Chapel, East St., Bridport. Meet 7pm second Monday of the month. Hot drinks and biscuits available.

The Living Tree—07341 916976/thelivingtreedorset@gmail.com

Melplash Agricultural Society—01308 423337/ office@melplashshow.co.uk

Othona Community—01308 897130

Paddleboard SUP Tours—Sally Newman 07812 456839, lessons & board hire available.

Parkinsons UK Bridport Support Group—Monthly 4th Tuesday 2-4pm, Josie Taylor tel:0344 225 3744. St Swithun's Church Hall

The Pilsdon Community—01308 868308

Probus Club (Beaminster) - Malcolm Webster 01308 488088