



BRIDPORT
TOWN
COUNCIL

Bridport Tourist Information Centre

Bridport Town Hall

Bucky Doo Square

South Street

Bridport

DT6 3LF

www.bridportandwestbay.co.uk



BRIDPORT

a Rights Respecting Town

*Striving for a fair, safe and
kind community*

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

March 2025

www.bridportandwestbay.co.uk

Age UK Bridport Forget-Me-Not dementia support group- Bridport Youth and Community Centre, every 2nd & 4th Thursday of the month 1.30-3pm.

The Allington Hill, Coopers Wood & Field Community Group- Allington Hill bil-lies 01308 423202/allingtonhill@gmail.com

Allotments Society- 01308 250266 bridportallotmentsociety@gmail.com

Alzheimer's Society- dorset@alzheimers.org.uk

Asker Nature Reserve Project- Email: info@anrp.co.uk/ website: <https://askernaturereserve.co.uk>

Bereavement Support- Greenfields, Bridport Hospital, 2.30pm - 4.00pm, every 4th Monday of the month.diana@parishofbridport.org

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

Bonhays Meditation & Retreats- 01297 489615

Bridport Bridge Club- St Swithus Church Hall, bridportbridge-club@gmail.com

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

Bridport Bereavement Support- 01308 428943. Meet at the Burrough Harmony Centre, on the first Thursday of the month 11.30-1pm.

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

Bridport Bridge Club- www.bridgewebs.com/bridport/ email: bridportbridge-club@gmail.com

Bridport Buddhist Meditation Group- bridportbuddhistmeditation.yolasite.com

Bridport Carers Coffee Morning- Coffee#1, 35 East St, Bridport DT6 3JX. 2nd Thursday of each month, 10:30am. <https://www.carersupportdorset.co.uk/support-groups-in-the-community/>

St Marys Masonic Lodge- 01308 422224 email: 707@dorsetfreemasonry.info

St John's Ambulance Cadets- the St John Ambulance Badgers 5-10 year olds and St John Ambulance Cadets meet on Monday 6-7:30pm. Adults then meet @ 7:30pm . At the TS Keppel sea cadet hall, DT6 5BJ .caroline.rendell@sja.org.uk

Stepping Out - Cancer Rehabilitation Community Group-
www.stepsoutbridport.co.uk/ j.perfect@bridportleisure.com

Sustainable Bridport- sustainablebridport.org.uk

S.T.A.R.T- We offer support to people across the central Dorset Locality, offering various open groups. All groups are free and open to anyone over the age of 18. Email: dhc.start@nhs.net

The Cowshed- Plot 17 Allotments next to Medical Centre West Road, a happy place where Bridport Medical Centre patients can be referred to increase their wellbeing through growing flowers and vegetables, sharing a cuppa and meeting new people. 07769720773/ bridportallotmentsociety@gmail.com

U3A- Chairman Alastair Forbes 07962 099530 <https://bridport.u3asite.uk>

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

West Bay Community Forum- wbcf@outlook.com

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

West Dorset Friends of The Earth- [nfo@westdorsetfriendsoftheearth.org.uk/](mailto:nfo@westdorsetfriendsoftheearth.org.uk)
Web: <https://www.westdorsetfriendsoftheearth.org.uk>

West Dorset Mencap- The Gateway Club meets fortnightly in Bridport WI Hall, offering a varied programme of music and activity to support people with learning disabilities 01308 459545/ www.westdorsetmencap.org.uk

Youth & Community Centre- [01308 422009/](http://01308422009/) Email bridportycc@gmail.com
Web: <https://bridportycc.com>

Knit and Natter– Bridport Library, Saturdays 1:30-3pm . Free but space is limited, call 01308 422778 .

The Living Tree- self-help support group for people who have experienced cancer and for their families/carers 07341 916976/<https://www.thelivingtree.org.uk>

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

Men's Wellness Group- Bridport Youth and Community Centre, Gundry Lane, Bridport. Mondays 07:30-09:30pm (Every 2 weeks) For more info email Nick at menswellness@hotmail.com

Othona Community- 01308 897130 bookings@othonawestdorset.org.uk

Paddleboard SUP Tours- Email. baypaddleboarding@gmail.com Phone. 07902 242207

Parkinsons UK Bridport Support Group- Monthly 4th Tuesday 2-4pm, Swithun's Church Hall. Claire Denby 020 7963 3731 cdenby@parkinsons.org.uk

The Pilsdon Community- 01308 868308, Email: pilsdon@pilsdon.org.uk. Web: <https://www.pilsdon.org.uk>

Poetry Appreciation club- Bridport Library. 1st Tuesday of the month 11:15am - 12:15.

Probus Club (Beaminster)- Malcolm Webster malcolmwebster@hotmail.com

Read Easy Bridport– Free 1-2-1 help with reading for adults. 07707259905

Rethink carer groups in Bridport and Dorchester - at The Chapel in the Garden (enter via Rax Lane), DT6 3JL. 1st Thursday of every month between 3.30-5.00pm olivia.stevens@rethink.org

Rising Voices Wessex- singing group for people with cancer and their carers. 07500 676083 <https://www.risingvoices.org.uk>

Royal British Legion (Bridport)- bridportrbllhall@outlook.com / <https://counties.britishlegion.org.uk/counties/dorset/>

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

Bridport Children's Centre- westlocality@dorsetcouncil.gov.uk 01308 425241

Bridport Community Fridge- Tuesday 10am Chapel in the Garden, East Street. Thursday 9.30am @ St Swithun's, Saturday 10am Chapel in the Garden, East Street. www.facebook.com/bridportcommunityfridge/ email: Bridport-community-fridge@outlook.com

Bridport Community Kitchen– Beacon Church, Priory Lane

Bridport Community Orchard- bridportcommunityorchard@gmail.com / www.bridportcommunityorchard.org.uk

Bridport Community Shed- bridportcommunityshed@gmail.com 07593 880428

Bridport Complimentary Health Centre- Jenn Adshead O'Shea
Email: bridportcomplementaryhealth@gmail.com Website: www.bridportcomplementaryhealth.co.uk

Bridport Deaf Club-bridport.deafclub@hotmail.com/Facebook : Bridport Deaf Club

Bridport Environment Group-01308 420808/ bridportenvgroup@btinternet.com

Bridport Food Bank- Mondays 5-7pm @ Bridport Youth and Community Centre. 11am and 1pm every Wednesday at St. Mary's Church. 07443 596096/
<https://www.bridportfoodbank.org>, email: info@bridportfoodbank.org

Bridport Garden Glut- Facebook @BridportGardenGlut

Bridport Health & Well Being - We run monthly talks and groups for health and well-being and education, meditation, nutrition and exercise, and put on health events. lynliard@btinternet.com / <https://practitioners.the-pha.org/hubs/bridport-health-well-being/>

Bridport Health Walks- 9.45 every Wednesday, 1st & 3rd Thursday at Bridport United Church. Sarah Davies 01305 252222. www.dorsetcouncil.gov.uk/dorset-health-walks

Bridport History Society- Meetings are held at the United Church Hall, East Street, on the 2nd Thursday of the month (except July and August)Membership af.nantes@btinternet.com. <https://bridporthistorysociety.org.uk>

Bridport Library Reading Group– 1st Tuesday of the month, call 01308 422778 to book

Bridport Lions Club- 07930636804 , secretary@bridportlionsclub.org. <http://www.bridportlionsclub.org>

Bridport Local Area Partnership (BLAP)- 01308 456722/enquiries@bridport-tc.gov.uk

Bridport Local Food Group- admin@bridportfoodfestival.co.uk

Bridport Millennium Green- 01308 458630 <https://bridportmillenniumgreen.co.uk>

Brit Valley Rotary Club- 01308 423626/ www.rotary-ribi.org

Bridport Round Table- bridportroundtable@gmail.com, Simon Hartley www.hartleysaccountants.co.uk

Bridport Stroke Club- Chris Farmer, 07909 228778.
Email:helpline@stroke.org.uk. Web: <https://www.stroke.org.uk/finding-support/clubs-and-groups/bridport-stroke-club>

Bridport Twinning Association- Email: lindabdt6@aol.com www.facebook.com/BridportTwinningAssociation

Bridport Unitarian Chapel in the Garden- 07566 751752

Chancery trips– affordable and accessible day trips for small groups of people. 01308 538188/ chancerytrips@gmail.com

Coffee Morning- [01308 459191](tel:01308459191) Every Wednesday and Saturday. United Church, East Street, Bridport <https://buc.cool>

Colmer WI- sarah.fletcher33@hotmail.co.uk / 07790 000518

Community Coffee Morning- St Swithuns Church, 1st Thurs of the month 09:30-11:15 liz4jones@yahoo.co.uk

Conservative Club- 01308 423231

Cuppa and Company– Bridport Library, every Friday 10am– 12

Diabetes Support Group– Wi Hall, North Street. 1st Tues of the month 3:30-5pm 01308 428943/ jcsocialprescribing@dorsetgp.nhs.uk

Digital Champion Session– Bridport Library, Every Monday/Wednesday 01308 422778

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

Dorset Race Equality Council- 01202 [392954](tel:392954)/ enquiries@dorsetrec.org.uk.
Web: <https://www.dorsetrec.org.uk>

First Point Dorset- is a service by The You Trust that helps people recover from poor mental health in their own space. 0330 123 2550/ fp.enquiries@theyoutrust.org.uk

George Gotts Counselling- George@georgegottscounselling.co.uk / <http://georgegottscounselling.co.uk>

Harmony Drop In Centre- Mental Health and wellbeing. 01308 801154/ www.theharmonycentre.org.uk/drop-in

Home - Start Wessex– [01202 574877](tel:01202574877) /office@homestartwessex.org.uk

Home Library Service- provided to customers who cannot use the conventional library service. 01305 225000/ www.dorsetcouncil.gov.uk/w/home-library-services

Hughes Unit Group Supporters (HUGS)- <https://hugsdorset.org.uk>

Jurassic Multicultural Network- 07917 713227, supported by <https://www.dorsetrec.org.uk/>