



BRIDPORT  
TOWN  
COUNCIL

## **Bridport Tourist Information Centre**

Bridport Town Hall

Bucky Doo Square

South Street

Bridport

DT6 3LF

[www.bridportandwestbay.co.uk](http://www.bridportandwestbay.co.uk)

01308 424901



**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

May 2026

[www.bridportandwestbay.co.uk](http://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 Hillbil-lies 01308 423202/[allingtonhill@gmail.com](mailto:allingtonhill@gmail.com)

**Allotments Society**- 01308 250266 [bridportallotmentsociety@gmail.com](mailto:bridportallotmentsociety@gmail.com)

**Alzheimer's Society**- [dorset@alzheimers.org.uk](mailto:dorset@alzheimers.org.uk)

**Asker Nature Reserve Project**- Email: [info@anrp.co.uk](mailto: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](mailto:diana@parishofbridport.org)

**Blind Club**- 01308 898484/ [ian.ibbotson@btinternet.com](mailto:ian.ibbotson@btinternet.com)

**Bonhays Meditation & Retreats**- 01297 489615

**Bridport Bridge Club**- St Swithus Church Hall, [bridportbridge-club@gmail.com](mailto:bridportbridge-club@gmail.com)

**Bridport Area Neighbourhood Plan**- 01308 456722 / [ddixon@bridport-tc.gov.uk](mailto: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](mailto:wendy.wdbc@gmail.com)

**Bridport Bridge Club**- [www.bridgewebs.com/bridport/](http://www.bridgewebs.com/bridport/) email: [bridportbridge-club@gmail.com](mailto:bridportbridge-club@gmail.com)

**Bridport Buddhist Meditation Group**- [bridportbuddhistmeditation.yolasite.com](http://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/>

**Sing With Flow** Friends Meeting House South St. 2nd/4th Fridays 10am-11.15am Contact Penny 07721 373957 £2 (First session free)

**St Marys Masonic Lodge**- 01308 422224 email: [707@dorsetfreemasonry.info](mailto: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](mailto:caroline.rendell@sja.org.uk)

**Stepping Out - Cancer Rehabilitation Community Group**- [www.steppingoutbridport.co.uk/](http://www.steppingoutbridport.co.uk/) [j.perfect@bridportleisure.com](mailto:j.perfect@bridportleisure.com)

**Sustainable Bridport**- [sustainablebridport.org.uk](http://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](mailto: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](mailto: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](mailto:janesilvercorren@gmail.com)

**West Bay Community Forum**- [wbcf@outlook.com](mailto:wbcf@outlook.com)

**West Bay Days**- 07899 780420/[westbaydays@gmail.com](mailto: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](http://www.westdorsetmencap.org.uk)

**Women's Dance** St. Mary's Church South St. FRI 1130am-1230pm £2 first session free

**Youth & Community Centre**- 01308 422009/ Email [bridportycc@gmail.com](mailto: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](mailto: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](mailto:bookings@othonawestdorset.org.uk)

**Paddleboard SUP Tours**- Email. [baypaddleboarding@gmail.com](mailto: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](mailto:cdenby@parkinsons.org.uk)

**The Pilsdon Community**- 01308 868308, Email: [pilsdon@pilsdon.org.uk](mailto:pilsdon@pilsdon.org.uk). Web: <https://www.pilsdon.org.uk>

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

**Playful Singing** Bridport YCC Gundry Lane Tues 1pm-2pm Penny: 07721373957

**Probus Club (Beaminster)**- Malcolm Webster [malcolmwebster@hotmail.com](mailto: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. 1<sup>st</sup> Thursday of every month between 3.30-5.00pm [olivia.stevens@rethink.org](mailto: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](mailto:bridportrbllhall@outlook.com) / <https://counties.britishlegion.org.uk/counties/dorset/>

**Bridport Carers Support Group**- Ren Daire 07436 816039/  
[ren.daire@rethink.org](mailto:ren.daire@rethink.org)

**Bridport Children's Centre**- [westlocality@dorsetcouncil.gov.uk](mailto: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/](http://www.facebook.com/bridportcommunityfridge/) email: [Bridport-community-fridge@outlook.com](mailto:Bridport-community-fridge@outlook.com)

**Bridport Community Kitchen**– Beacon Church, Priory Lane

**Bridport Community Orchard**- [bridportcommunityorchard@gmail.com](mailto:bridportcommunityorchard@gmail.com) / [www.bridportcommunityorchard.org.uk](http://www.bridportcommunityorchard.org.uk)

**Bridport Community Shed**- [bridportcommunityshed@gmail.com](mailto:bridportcommunityshed@gmail.com) 07593 880428

**Bridport Complimentary Health Centre**- Jenn Adshead O'Shea  
Email: [bridportcomplementaryhealth@gmail.com](mailto:bridportcomplementaryhealth@gmail.com) Website: [www.bridportcomplementaryhealth.co.uk](http://www.bridportcomplementaryhealth.co.uk)

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

**Bridport Environment Group**-01308 420808/ [bridportenvgroup@btinternet.com](mailto:bridportenvgroup@btinternet.com)

**Bridport Food Bank**- Mondays 5-7pm and Wednesday 11-1pm at St. Mary's Church. 07443 596096 [www.bridportfoodbank.org](http://www.bridportfoodbank.org)

<https://www.bridportfoodbank.org>, email: [info@bridportfoodbank.org](mailto: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](mailto: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](http://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](mailto: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](mailto:secretary@bridportlionsclub.org). <http://www.bridportlionsclub.org>

**Bridport Local Area Partnership (BLAP)**- 01308 456722/[enquiries@bridport-tc.gov.uk](mailto:enquiries@bridport-tc.gov.uk)

**Bridport Local Food Group**- [admin@bridportfoodfestival.co.uk](mailto:admin@bridportfoodfestival.co.uk)

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

**Brit Valley Rotary Club**- 01308 423626/ [www.rotary-ribi.org](http://www.rotary-ribi.org)

**Bridport Round Table**- [bridportroundtable@gmail.com](mailto:bridportroundtable@gmail.com), Simon Hartley [www.hartleysaccountants.co.uk](http://www.hartleysaccountants.co.uk)

**Bridport Stroke Club**- Chris Farmer, 07909 228778.  
Email:[helpline@stroke.org.uk](mailto: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](mailto:lindabdt6@aol.com) [www.facebook.com/BridportTwinningAssociation](http://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](mailto: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](mailto: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](mailto: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](mailto:jcsocialprescribing@dorsetgp.nhs.uk)

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

**Dorset Mental Health Forum**- [hello@dorsetmentalhealthforum.org.uk](mailto:hello@dorsetmentalhealthforum.org.uk) / 01305 257172

**Dorset Race Equality Council**- 01202 [392954](tel:392954)/ [enquiries@dorsetrec.org.uk](mailto: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](mailto:fp.enquiries@theyoutrust.org.uk)

**George Gotts Counselling**- [George@georgegottscounselling.co.uk](mailto:George@georgegottscounselling.co.uk) / <http://georgegottscounselling.co.uk>

**Good Neighbours—Hospital lifts** - 07778211140

**Harmony Drop In Centre**- Mental Health and wellbeing. 01308 801154/ [www.theharmonycentre.org.uk/drop-in](http://www.theharmonycentre.org.uk/drop-in)

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