



# KEEP IN TOUCH



## Activities and Warm Welcomespaces

All activities on this page are free or a small donation

### Monday

#### Radipole URC

Spa Road DT3 5EW  
Coffee Morning 10 - 11.45  
Donations to Charity

#### St Aldhelm's Church

Spa Road DT3 5EW  
Lunch and Activities 12.00 - 3pm

#### The Westham Centre

Newstead Road DT4 0AR  
Welcome Cafe  
10.30 - 2.30pm

#### Weymouth Family Church

Bethany Hall,  
14 Westham Road DT4 8NP  
Coffee Morning with  
MAKATON SIGNING 10.30 - 12

#### Hope House Craft Afternoon (Beside St John's Church)

Greenhill, DT4 7SS  
Bring your Craft 1.30 - 3.30pm  
1st and 3rd Mondays only

#### Cornerstone Church (Formerly Ebenezer)

Abbotsbury Road DT4 0JU  
Refreshments, lunch, chat and games  
Open 11am lunch served 12.15  
2nd Monday only. 11th Nov

### Thursday

#### SEA FRONT WALK 10.30AM

Meet by the Beach Office  
Prom Cafe near the Kings Statue  
DT4 7AN

Approximately 30 - 40 minute  
walks. Suitable for all abilities

#### Weymouth Family Church

Bethany Hall,  
14 Westham Road DT4 8NP  
Coffee Morning 10.30 - 12 noon

#### St Joseph's Church Hall

1 Stavordale Road DT4 0AB  
Refreshments and Soup Lunch with  
chat, games, papers and magazines,  
Internet access and support  
10.30 - 2.30pm

#### The Lantern Coffee Bar

2 Ranelagh Road DT4 7JD  
All Welcome 10am - 2pm  
Small discretionary charge

#### ADVANCE NOTICES

**ST PAUL'S WILL BE OFFERING A FREE  
CHRISTMAS DAY LUNCH FOR PEOPLE LIVING IN  
WESTHAM WHO WOULD OTHERWISE BE ALONE.**

BOOKING IS ESSENTIAL.  
PHONE TONY ON 07810498746

**ALSO CHRISTMAS DAY LUNCH  
AT ST ALDHELM'S, SPA ROAD  
OPEN TO ALL. BOOKING IS REQUIRED  
PHONE JACKIE ON 07762159218**

### Tuesday

#### St Mary's Church

43 St Mary's Street DT4 8PU  
Coffee & Cake Followed by  
Light Lunch 10.30 - 1.15

#### Emmanuel Church, Southill

Garden Dr, Southill,  
Weymouth DT4 9SF  
COFFEE SHOP 10am - 12 noon.  
Suggested Donation 50p

#### The Lantern Coffee Bar

2 Ranelagh Road  
DT4 7JD  
All Welcome 10am - 2pm  
Small discretionary charge

#### Weymouth Family Church

Bethany Hall,  
14 Westham Road DT4 8NP  
CRAFT EVENING 7 - 9pm  
Refreshments. Bring your own  
craft or join in with Bev!

### Friday

#### SWANNERY AREA WALK 10.30AM

Meet in the Swannery Car  
Park in the corner opposite  
McDonalds DT4 7BG.  
Approximately 30 - 40  
minute walks. Suitable for all

#### St Paul's Church Hall

58 Abbotsbury Road DT4 0BJ  
Free lunch and refreshments  
11am - 2pm

#### St Aldhelm's Church Centre

Spa Road DT3 5EW  
Friday Friends  
Activities and Fun every weeeek  
50p Donation for Refreshments  
2.30 - 4pm  
PHONE VAL ON 07812520548 FOR DETAILS

### Saturday

#### St Paul's Church Hall

58 Abbotsbury Road DT4 0BJ  
Free lunch and refreshments  
11am - 2pm

#### ENJOY A FUN INFORMAL SERVICE WITH BREAKFAST!

Breakfast Church at  
St Mary's DT4 8PU at 9am

OR

BREAKFAST@9  
St Aldhelm's Church Centre DT3 5EW

BOTH EVENTS BEGIN AT 9am  
ARRIVE FROM 8.45

### Wednesday

#### St Ann's Schoolroom

Radipole Lane DT3 5HS  
Coffee Morning 10 - 12pm  
The 1st Wednesday of the  
month ONLY

#### St John's Church Greenhill, DT4 7SS

Coffee and conversation, 10am-  
12pm and hot lunch served at  
12pm ALL WELCOME

#### St Mary's Church Simeon Room

43 St Mary's Street DT4 8PU  
Craft Followed by a Light  
Lunch 10.30 - 1.15

#### CLOSED 6th November

St Joseph's Church Hall  
1 Stavordale Road DT4 0AB  
Refreshments and chat,  
games, papers and  
magazines, internet access  
and support 12 noon- 4pm

The Lantern Coffee Bar  
2 Ranelagh Road DT4 7JD  
All Welcome 10am - 2pm  
Small discretionary charge

**CHAIR YOGA FOR OVER 50's  
12.30pm HOPE HOUSE  
2 Dorchester Road DT4 7JS  
CALL 01305 787940 and choose  
option 5 to book your place**

#### St Francis Church Littlemoor DT3 6SJ

Hot drinks for a small donation  
10am - 1pm

### Sunday

**BIG SCREEN WORSHIP  
TURNUP TUESDAY  
FOOD, CHAT AND GOD**

**From Tuesday 10th  
September 5.30 - 7.45pm  
(ALPHA from 16th September)**

**St Mary's Church  
43 St Mary's Street DT4 8PU**

**THRIVE Cafe Church  
FUN, FRIENDLY AND INFORMAL  
The Westham Centre  
Newstead Road DT4 0AR**



**4 - 5.30pm  
2nd Sunday of  
every month**



www.refreshweymouthandportland.com

weymouth and portland church in action

IF YOU WOULD LIKE TO RECEIVE THIS PROGRAMME VIA POST OR EMAIL  
CONTACT JACKIE ON 07902 217942 KEEPINTOUCH.WEYMOUTH@GMAIL.COM

**OTHER OPPORTUNITIES YOU MAY LIKE TO KNOW ABOUT**



**ST ALHELM'S CHURCH LOUNGE**  
SPA ROAD DT3 5EW  
WEDNESDAYS 10AM - 1.30PM  
AND THURSDAYS 9.30 - 1.30PM



**citizens advice Central Dorset**

Advice line  
10 am - 4pm  
Monday - Friday  
0800 144 88 48

# THE NEST

COMMUNITY SHOPS AND CAFE OPEN TO ALL SIMPLE TO JOIN. JUST BRING PROOF OF LOW INCOME

**WESTHAM SHOP: 121 ABBOTSBURY ROAD DT4 0JX**  
TUESDAY, THURSDAY AND SATURDAY  
10AM TO 1PM

**LITTLEMOOR SHOP: TOP CLUB LOUVIERS ROAD DT3 6AY**  
TUESDAY AND FRIDAY 10AM TO 1PM  
WEDNESDAY 5PM TO 7PM

**WESTHAM CAFE: MONDAY TUESDAY WEDNESDAY AND THURSDAY**  
9.30AM TO 2.15PM  
GREAT PRICES FOR ALL AND HUGE DISCOUNTS FOR MEMBERS

**Park Community Centre**  
CHELMSFORD STREET DT4 7HP

Family Fun Days, Table Tennis, Lunch Club, Book Club, Art group, Cooking and much much more. See Website or phone for details email; enquiries@parkcommunitycentre.com phone: 01305 834574 visit: www.parkcommunitycentre.com

**ST ANN'S SCHOOLROOM**  
RADIPOLE LANE DT3 5HF

*Side-by-Side Cafe*  
Share tea and cake with others who have been bereaved  
Every fourth Monday of the month  
2.30 - 430pm

**WEYMOUTH BAY METHODIST CHURCH**  
32 MELCOMBE AVENUE DT4 7TH  
PARKING AVAILABLE



**Drop in cafe for people with dementia and their carers**

First Friday of every month  
2 - 4pm. £2 per person

**Coffee, Cake & Chat**  
Every Wednesday  
10am - 12 noon

**St Ann's Stitches**  
1st Thursday of the month  
2.30 - 430pm  
For those who knit, sew or crochet. All welcome

**DORSET HOME LIBRARY SERVICE**  
PHONE 01305 236666  
MONDAY - THURSDAYS 9AM - 3PM

**ST FRANCIS CHURCH LITTLEMOOR DT3 6SJ**

**LITTLE LAMBS TODDLER MORNINGS**  
(PRE-SCHOOLERS ONLY PLEASE)  
THURSDAYS 9.30 - 11.30  
£1.50 PER FAMILY INCLUDING CRAFTS AND SNACKS  
CONTACT HELEN ON 07485992906

**ART GROUP**  
TUESDAYS 2 - 4pm £3.50 PER SESSION  
OPEN TO BEGINNERS  
CONTACT HILARY ON 078164 4898

**MOVE IT OR LOSE IT!**

MONDAYS:  
9.30am UPWEY AND BROADWEY MEMORIAL HALL  
6pm SUTTON POYNTZ MISSION HALL  
FRIDAYS:  
9.30 am LITTLEMOOR TOP CLUB  
11.15am WYKE MEMORIAL HALL  
FIRST CLASS FREE THEN £20 FOR 4 WEEKS  
FOR DETAILS CALL NICKY ON 07818411785

**THE FRIENDLY FOOD CLUB**

FREE DROP IN SESSIONS  
Learn more about cooking budget meals All welcome. Everything provided  
Mondays 10am -12pm St Francis, Littlemoor (except 2nd Mon in each month)  
Tuesdays 1-3pm Park Community Centre  
No booking required.  
AND  
FREE 6-week beginners course starts Friday 8th November  
St Francis, Littlemoor 9.30am-11.30am  
Receive a free slow cooker or air fryer.  
Book via thefriendlyfoodclub.org/events or 07842 133359.



**VETERANS HUB**

Community Cafe  
114A Portland Rd, Weymouth DT4 9AD  
10 am - 4pm  
Monday - Saturday  
Great homemade cakes and much more

**LOCAL FOODBANK TIMES AND LOCATIONS**

The Westham Centre, Newstead Road DT4 0AR  
Mondays 10.30 - 12.30

Weymouth Baptist Church  
Behind Alexandra Gardens DT4 8DT  
Tuesdays and Fridays 10.30 - 12.30

St Francis Church Littlemoor DT3 6SJ  
Wednesdays 10.30 - 1.30 07485992906  
Refreshments available for a small donation

To access the Foodbank you can get a referral through a number of local agencies or charities. If you don't know who to ask then call or e-mail our foodbank and we can put you in touch with a relevant local agency.



Phone: 07531 167465  
Email: [weymouthfb@outlook.com](mailto:weymouthfb@outlook.com)

**OTHER FOOD INITIATIVES**

**Soul Food, Bethany Hall,**  
14 Westham Road DT4 8NP  
Mondays and Wednesdays 5.45 - 7pm  
Thursdays and Fridays 9 - 10am

**Chapelhay Van**  
NOW back in the Council Offices car park NORTH QUAY  
Tuesdays 5 - 5.30pm  
Short date/excess food- dependent on supply  
Please phone Anna on 07814 514318 to get added to the FB messenger group for up to date information

**Westham Bridge (Outdoors)**  
Thursdays, Fridays and Saturdays 7.30pm