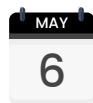


Poole Bay Calendar

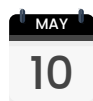


Together on Tuesdays – BMC Trinity

Tuesday 6th May 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Ladies Breakfast

Saturday 10th May 2025 @ 9:00am
BMC Trinity

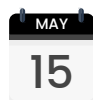


Together on Tuesdays – BMC Trinity

Tuesday 13th May 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Balance & Bounce – Upton

Thursday 15th May 2025 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

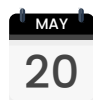
Come and chat, share experiences and meet others in a warm, friendly and accepting environment.

Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on <https://www.facebook.com/groups/1995650520476421/> or contact Jo – josepk@yahoo.co.uk



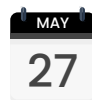
Together on Tuesdays – BMC Trinity

Tuesday 20th May 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at

<https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 27th May 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch.

All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



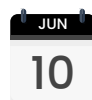
Together on Tuesdays – BMC Trinity

Tuesday 3rd June 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch.

All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 10th June 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch.

All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



CIRCUIT MEETING

Tuesday 10th June 2025 @ 7:30pm
Online via Zoom

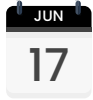
Previous Circuit Meeting minutes can be found <https://www.poolebaymethodists.org.uk/resources/circuit-meeting-minutes.html>

[Venue:]
Online via Zoom



Ladies Breakfast

Saturday 14th June 2025 @ 9:00am
BMC Trinity



Together on Tuesdays – BMC Trinity

Tuesday 17th June 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch.

All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Balance & Bounce – Upton

Thursday 19th June 2025 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

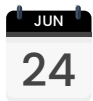
Come and chat, share experiences and meet others in a warm, friendly and accepting environment.

Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on <https://www.facebook.com/groups/1995650520476421/> or contact Jo – josepk@yahoo.co.uk



Together on Tuesdays – BMC Trinity

Tuesday 24th June 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch.

All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



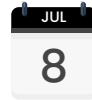
Together on Tuesdays – BMC Trinity

Tuesday 1st July 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch.

All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 8th July 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch.

All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 15th July 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch.

All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Balance & Bounce – Upton

Thursday 17th July 2025 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

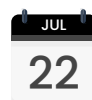
Come and chat, share experiences and meet others in a warm, friendly and accepting environment.

Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on <https://www.facebook.com/groups/1995650520476421/> or contact Jo – josepk@yahoo.co.uk



Together on Tuesdays – BMC Trinity

Tuesday 22nd July 2025 @ 11:00am
Trinity Methodist Church

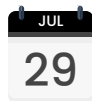
Together on Tuesdays Warm Welcome Space meets at



<https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch.

All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 29th July 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 5th August 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Ladies Breakfast

Saturday 9th August 2025 @ 9:00am
Tuckton Tea Gardens

This month's Ladies Breakfast will be held at Tuckton Tea Gardens!



Together on Tuesdays – BMC Trinity

Tuesday 12th August 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 19th August 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk

about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Balance & Bounce – Upton

Thursday 21st August 2025 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

Come and chat, share experiences and meet others in a warm, friendly and accepting environment.

Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on <https://www.facebook.com/groups/1995650520476421/> or contact Jo – josepkcs@yahoo.co.uk



Together on Tuesdays – BMC Trinity

Tuesday 26th August 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 2nd September 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 9th September 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 16th September 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



CIRCUIT MEETING

Tuesday 16th September 2025 @ 7:30pm
Venue TBA

Previous Circuit Meeting minutes can be found <https://www.poolebaymethodists.org.uk/resources/circuit-meeting-minutes.html>

[Venue:]
TBA



Balance & Bounce – Upton

Thursday 18th September 2025 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

Come and chat, share experiences and meet others in a warm, friendly and accepting environment.

Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on <https://www.facebook.com/groups/1995650520476421/> or contact Jo – josepk@yahoo.co.uk



Together on Tuesdays – BMC Trinity

Tuesday 23rd September 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 30th September 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 7th October 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 14th October 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.

**Balance & Bounce – Upton**

Thursday 16th October 2025 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

Come and chat, share experiences and meet others in a warm, friendly and accepting environment.

Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on

<https://www.facebook.com/groups/1995650520476421/> or contact Jo – josepk@yahoo.co.uk

**Together on Tuesdays – BMC Trinity**

Tuesday 21st October 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch.

All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.

**Together on Tuesdays – BMC Trinity**

Tuesday 28th October 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch.

All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.

**Together on Tuesdays – BMC Trinity**

Tuesday 4th November 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch.

All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.

**Together on Tuesdays – BMC Trinity**

Tuesday 11th November 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch.

All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.

**Together on Tuesdays – BMC Trinity**

Tuesday 18th November 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch.

All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.

**Balance & Bounce – Upton**

Thursday 20th November 2025 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

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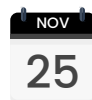
Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on

<https://www.facebook.com/groups/1995650520476421/> or contact Jo – josepk@yahoo.co.uk

**Together on Tuesdays – BMC Trinity**

Tuesday 25th November 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch.

All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 2nd December 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



CIRCUIT MEETING

Tuesday 2nd December 2025 @ 7:30pm
Online via Zoom

Previous Circuit Meeting minutes can be found <https://www.poolebaymethodists.org.uk/resources/circuit-meeting-minutes.html>

[Venue:]
Online via Zoom



Together on Tuesdays – BMC Trinity

Tuesday 9th December 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 16th December 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

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Balance & Bounce – Upton

Thursday 18th December 2025 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

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At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on <https://www.facebook.com/groups/1995650520476421/> or contact Jo – josepk@yahoo.co.uk



Together on Tuesdays – BMC Trinity

Tuesday 23rd December 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 30th December 2025 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 6th January 2026 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 13th January 2026 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Balance & Bounce – Upton

Thursday 15th January 2026 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

Come and chat, share experiences and meet others in a warm, friendly and accepting environment.

Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on <https://www.facebook.com/groups/1995650520476421/> or contact Jo – josepkes@yahoo.co.uk



Together on Tuesdays – BMC Trinity

Tuesday 20th January 2026 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.

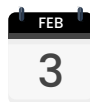


Together on Tuesdays – BMC Trinity

Tuesday 27th January 2026 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.

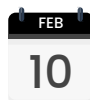


Together on Tuesdays – BMC Trinity

Tuesday 3rd February 2026 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 10th February 2026 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Together on Tuesdays – BMC Trinity

Tuesday 17th February 2026 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Balance & Bounce – Upton

Thursday 19th February 2026 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

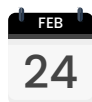
Come and chat, share experiences and meet others in a warm, friendly and accepting environment.

Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on
<https://www.facebook.com/groups/1995650520476421/> or contact Jo –
josepk@yahoo.co.uk



Together on Tuesdays – BMC Trinity

Tuesday 24th February 2026 @ 11:00am
 Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at
<https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am
 and 3pm with a soup and sweet served around 1pm. Optional seafront walk
 about 11.30, activities, free refreshments and quizzes after lunch.
 All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.

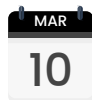


Together on Tuesdays – BMC Trinity

Tuesday 3rd March 2026 @ 11:00am
 Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at
<https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am
 and 3pm with a soup and sweet served around 1pm. Optional seafront walk
 about 11.30, activities, free refreshments and quizzes after lunch.
 All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.

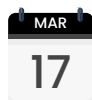


Together on Tuesdays – BMC Trinity

Tuesday 10th March 2026 @ 11:00am
 Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at
<https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am
 and 3pm with a soup and sweet served around 1pm. Optional seafront walk
 about 11.30, activities, free refreshments and quizzes after lunch.
 All adults are welcome.

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Together on Tuesdays – BMC Trinity

Tuesday 17th March 2026 @ 11:00am
 Trinity Methodist Church

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<https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am
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 about 11.30, activities, free refreshments and quizzes after lunch.
 All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Balance & Bounce – Upton

Thursday 19th March 2026 @ 4:30pm
 The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

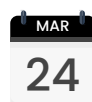
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Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on
<https://www.facebook.com/groups/1995650520476421/> or contact Jo –
josepk@yahoo.co.uk



Together on Tuesdays – BMC Trinity

Tuesday 24th March 2026 @ 11:00am
 Trinity Methodist Church

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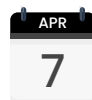


Together on Tuesdays – BMC Trinity

Tuesday 31st March 2026 @ 11:00am
 Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at
<https://www.poolebaymethodists.org.uk/churches/trinity.html> between
 11am and 3pm with a soup and sweet served around 1pm. Optional
 seafront walk about 11.30, activities, free refreshments and quizzes after
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 All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed,
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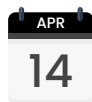


Together on Tuesdays – BMC Trinity

Tuesday 7th April 2026 @ 11:00am
 Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at
<https://www.poolebaymethodists.org.uk/churches/trinity.html> between
 11am and 3pm with a soup and sweet served around 1pm. Optional
 seafront walk about 11.30, activities, free refreshments and quizzes after
 lunch.
 All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed,
 please.



Together on Tuesdays – BMC Trinity

Tuesday 14th April 2026 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.



Balance & Bounce – Upton

Thursday 16th April 2026 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

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Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

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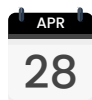


Together on Tuesdays – BMC Trinity

Tuesday 21st April 2026 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

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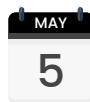


Together on Tuesdays – BMC Trinity

Tuesday 28th April 2026 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

Volunteers to help with cooking on Tuesday mornings are needed, please.

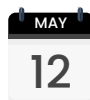


Together on Tuesdays – BMC Trinity

Tuesday 5th May 2026 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

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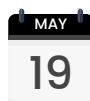


Together on Tuesdays – BMC Trinity

Tuesday 12th May 2026 @ 11:00am
Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at <https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am and 3pm with a soup and sweet served around 1pm. Optional seafront walk about 11.30, activities, free refreshments and quizzes after lunch. All adults are welcome.

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Together on Tuesdays – BMC Trinity

Tuesday 19th May 2026 @ 11:00am
Trinity Methodist Church

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Balance & Bounce – Upton

Thursday 21st May 2026 @ 4:30pm
The Kitchen, Upton Methodist

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Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

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josepk@yahoo.co.uk

MAY
26
Together on Tuesdays – BMC Trinity

Tuesday 26th May 2026 @ 11:00am
 Trinity Methodist Church

Together on Tuesdays Warm Welcome Space meets at
<https://www.poolebaymethodists.org.uk/churches/trinity.html> between 11am
 and 3pm with a soup and sweet served around 1pm. Optional seafront walk
 about 11.30, activities, free refreshments and quizzes after lunch.
 All adults are welcome.

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JUN
18
Balance & Bounce – Upton

Thursday 18th June 2026 @ 4:30pm
 The Kitchen, Upton Methodist

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josepk@yahoo.co.uk

JUL
16
Balance & Bounce – Upton

Thursday 16th July 2026 @ 4:30pm
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josepk@yahoo.co.uk

AUG
20
Balance & Bounce – Upton

Thursday 20th August 2026 @ 4:30pm
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 5NN

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josepk@yahoo.co.uk

SEP
17
Balance & Bounce – Upton

Thursday 17th September 2026 @ 4:30pm
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josepk@yahoo.co.uk

OCT
15
Balance & Bounce – Upton

Thursday 15th October 2026 @ 4:30pm
 The Kitchen, Upton Methodist

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josepk@yahoo.co.uk



Balance & Bounce – Upton

Thursday 19th November 2026 @ 4:30pm
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Balance & Bounce – Upton

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Balance & Bounce – Upton

Thursday 21st January 2027 @ 4:30pm
The Kitchen, Upton Methodist

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Balance & Bounce – Upton

Thursday 18th February 2027 @ 4:30pm
The Kitchen, Upton Methodist

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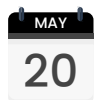
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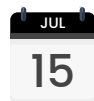
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Balance & Bounce – Upton

Thursday 20th January 2028 @ 4:30pm
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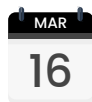
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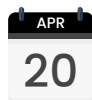
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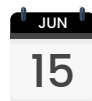
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At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on

<https://www.facebook.com/groups/1995650520476421/> or contact Jo – josepk@ yahoo.co.uk

josepk@ yahoo.co.uk



Balance & Bounce – Upton

Thursday 15th June 2028 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

Come and chat, share experiences and meet others in a warm, friendly and accepting environment.

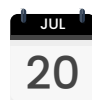
Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on

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Balance & Bounce – Upton

Thursday 20th July 2028 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

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4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

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Balance & Bounce – Upton

Thursday 17th August 2028 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

Come and chat, share experiences and meet others in a warm, friendly and accepting environment.

Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

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josepk@yahoo.co.uk



Balance & Bounce – Upton

Thursday 21st September 2028 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

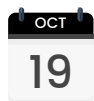
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josepk@yahoo.co.uk



Balance & Bounce – Upton

Thursday 19th October 2028 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

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4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

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josepk@yahoo.co.uk



Balance & Bounce – Upton

Thursday 16th November 2028 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

Come and chat, share experiences and meet others in a warm, friendly and accepting environment.

Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

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josepk@yahoo.co.uk



Balance & Bounce – Upton

Thursday 21st December 2028 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

Come and chat, share experiences and meet others in a warm, friendly and accepting environment.

Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

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josepk@yahoo.co.uk



Balance & Bounce – Upton

Thursday 18th January 2029 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

Come and chat, share experiences and meet others in a warm, friendly and accepting environment.

Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on
<https://www.facebook.com/groups/1995650520476421/> or contact Jo –
josepk@yahoo.co.uk



Balance & Bounce – Upton

Thursday 15th February 2029 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

Come and chat, share experiences and meet others in a warm, friendly and accepting environment.

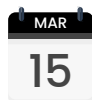
Informal, relaxed meetings!

4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on

<https://www.facebook.com/groups/1995650520476421/> or contact Jo – josepk@ yahoo.co.uk



Balance & Bounce – Upton

Thursday 15th March 2029 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

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4:30pm to 6:00pm on the 3rd Thursday of the month.

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on

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Balance & Bounce – Upton

Thursday 19th April 2029 @ 4:30pm
The Kitchen, Upton Methodist

Adult support group for those with long-term / chronic medical conditions

All are welcome, ages 18 – 118!

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Informal, relaxed meetings!

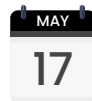
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Balance & Bounce – Upton

Thursday 17th May 2029 @ 4:30pm
The Kitchen, Upton Methodist

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Balance & Bounce – Upton

Thursday 21st June 2029 @ 4:30pm
The Kitchen, Upton Methodist

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