

# Balance & Bounce



**An adult support group for those with  
long-term / chronic medical conditions & their carers**

**All are welcome, ages 18 - 118!**

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

**Informal, relaxed meetings!**

## **Upton**

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

**4.30 pm to 6 pm**

**3rd Thursday of the month**

## **Lytchett Matravers**

The Bakers Arms, Dorchester Road  
Lytchett Minster, BH16 6JF

**12.30 pm – 2.00 pm**

**1<sup>st</sup> Wednesday of the month**

## **Upcoming Dates**

- **20<sup>th</sup> February 2025**
- **20<sup>th</sup> March**
- **17<sup>th</sup> April**
- **15<sup>th</sup> May**
- **5<sup>th</sup> February 2025**
- **5<sup>th</sup> March**
- **2<sup>nd</sup> April**
- **7<sup>th</sup> May**

**For further details, please find us on Facebook or  
contact Jo - [jo.whitedove@yahoo.com](mailto:jo.whitedove@yahoo.com)**

**Upton Methodist Church  
part of**



**Poole Bay  
METHODIST CIRCUIT**

