

Access Dorset

Removing Barriers to Inclusion

SPECIAL
OFFER

Free Taster Sessions



COOK Group

- Make simple, tasty food
- Learn new skills
- Enjoy cooking together



Art Groups

- Try painting, drawing and crafts
- Be creative
- Make something to take home



GROW Gardening Group

- Plant seeds and grow things
- Spend time outdoors
- Learn how to look after plants



BUILD DIY Activities

- Try simple DIY tasks
- Learn how to use tools safely
- Fix or make small things



Drama Groups

- Act, play games and build confidence
 - Try fun drama activities
 - Work together as a group
- and much more...**



www.accessdorset.org.uk

Inclusive activities for adults

Who can come

- Adults of all abilities
- Friendly, relaxed sessions
- Supporters and carers welcome.

Cost

FREE — no charge for the taster session
Other sessions from £0-£10.

Why come

- Meet new people
- Try something new
- Have fun in a safe, welcoming space.

How to join

- Call or Email us
- Or ask a member of our staff team.

Contact us



Find us:

The Bridge, Littledown, Bournemouth, BH7 7BX.



Call us:

01202 711336



Email us:

enquiries@accessdorset.org.uk



Online:

www.accessdorset.org.uk



Instagram &

Facebook:

@accessdorsetuk



Horizons Community Cafe

open daily at
The Bridge
Mon-Thurs
12:00-14:00



Come and try fun activities with us