

Useful Contacts

ARCH – Association of Residents of Canford Heath

Tel 01202 382643 or email: canfordheatharch@gmail.com

Canford Heath Group Practice Doctors Surgery

Tel 01202 722540

Canford Heath Link Magazine

Tel 01202 693747 or email: jane@canfordheathlink.co.uk

Children

Children's Centre – 01202 261518

Beacon Church Pre-school - 01202 686965

Cuddles Day Nursery (by Limelight's) – 01202 672671

Jumping Jellybeans Playschool (St Pauls Hall) - 0770 883 9918

Ladybird Pre-school (Ad Astra) – 01202 659689

Postman Pat Pre-school (Scout Hall) - 01202 698649

Montacute School Swimming Pool -

Email: montys.pool@montacute.poole.sch.uk

Community Gardens

Neighbourhood Garden (by St Pauls) - Janet Green 01202 694011

Adastral Square Garden – contact via the Coffee House

Dentists

Teeth on the Heath – 01202 674331

Neighbourhood Centre dental practice – 01202 692917

Dexters Football Club (club house in Learoyd rd.)

Email: kybert@hotmail.co.uk

Haymoor Squash Club

Tel 01202 657478 (bookings via Haymoor Pub)

Healthy Walks and Cycling Scheme

Tel 01202 261306

Neighbourhood Watch

David Darling on Tel 07599236339 or email: chairman@chnw.org.uk

Win on Waste (recycling projects)

Tel Monique on 07771705662

This leaflet (v5) was compiled by the Poole Well-being Collaborative for clients of the Poole Social Prescription Service (Tel 01202 977073) with information correct as of Aug 2017. Other groups may exist that are not listed. For full details of times and days of the various activities, please contact the venue direct.

Canford Heath Activities

Canford Heath Community Centre

7 Mitchell Road, BH17 8UE

Tel 07546445386 or email: chrca_events@hotmail.com

Badminton Ladies - Tues 9am -12

Dance classes - Various days and times

Hula Hoop classes – Tues 7.30pm

Rugby Tots East Dorset – Thurs 9-11am

Slimming World – Wed 9am -1

Townswomen's Guild – 3rd Thurs 12-3pm

Toddler group – Friday am

Zumba – Wed 7.20pm

Canford Heath Baptist Church meets here on Sunday mornings

Tel 01202 684161 or email: chbcoffice@gmail.com

Just Pop-in coffee morning – last Friday 10-12.30pm (led by the Baptist church)



Canford Heath Library

Mitchell Road BH17 8UE

Tel 01202 678955 or email: canfordheathlibrary@poole.gov.uk

Busy Bees Gardening club – 2nd Thur 8pm

CHAS – Canford Heath Arts Society – 4th Thur 7pm

Bookstart Storytime – Tues 2.15pm

Bookstart Rhymetime – Mon 10.30 am and Fri 2.15pm

Coffee Morning – Thur 10am

Computer Buddy drop in – Thur 10am

Citrus Singers – Mon 6.15-7.45pm

Knit and Natter – Tue 10.30am

Craft club/ Lego Club – Sat 10.30am

Mindfulness Adult Colouring – Thur 10am

Reading Group – Thur 2pm (monthly)

Scrabble Club – Mon 2pm

Wine Circle – 2nd Fri 7.30pm

U3A – various activities for members Tel 01202 678113 or email: pooleu3a@gmail.com



[Ashdown Leisure Centre](#)

Adastral Road, BH17 8RE

Tel 01202 604224 or email: ashdowninfo@everyoneactive.com

6 a-side Football league – Mon 7pm

Badminton/Gymnastics/Martial Arts – various

Junior Football coaching - various

Poole Athletic club –Tues 6.15-8.30pm

Poole Hockey club –Tues 6.30/7.30pm

Poole Runners – Mon/Thur 7pm

Also various exercise classes and a fitness suite – various days/times



[Limelights Youth Centre](#)

Learoyd Road, BH17 8PJ

Tel 01202 672318

Disco Mad Dance School – Thur 4.30 pm

Manic Mondays (18+ additional needs– Mon 7pm

Melodies in Motion (musical exercise) – Mon 10 am

Poole Men's Shed– Wed 10 am

Youth club (years 5,6 and 7) – Tue 4pm

Youth club (years 7,8 and 9) – Wed 6.30pm

Youth club (years 9 onwards) – Fri 6.30pm



[The Coffee House](#)

10 Adastral Square, BH17 8SA

Tel 01202 684366 or email:

thecoffeehouse@email.com

Ceramic Painting – Wed 10am

Community Gardening – various

Craft at the Café – 3rd Fri 10am

Knit and Natter – Thur 10.30am

Ukulele Club – Sat 2pm

For various other activities see noticeboards in cafe

Satellite Foodbank – Mon 2-4pm (must have a voucher – DO NOT JUST TURN UP)



[Beacon Church](#)

1-3, Mitchell Road, BH17 8UE

Tel 01202 687697 or email: Bookings@churc.co.uk

Badminton – Fri 8pm

Brownies/Guides – Tue 5.30pm/7.15pm

Cherubs Toddler group – Mon 9-11.30am term time

Little Dexters Youth football – Sat 9am

Gemini Baton Twirlers – Tue 6pm

Youth club (Energise for years 3-5) – Wed 6.30-8pm

Youth club (Ignite for years 6-8) – Thur 6.15-7.45pm

Youth club (Duracell for years 9+) - Thur 7.45 -9.30pm



[St Pauls Church and Church Hall](#) (Church of England)

Culliford Crescent BH17 9DW

C of E - Tel 01202 605311 or email: stpauls.canfordheath@btinternet.com

Art on the Heath – Wed 6.30pm/Thur 1.15pm

Rainbows/Brownies/Guides – Thurs/Fri

Community Garden – various

Bunch of Blokes – monthly programme

Heath Social club - 1st and last Fri 2pm

Heath Café (Children year 3-6) – Fri 5-7pm
10am

Line Dancing - beginners and improvers – Tues 7.30pm

Little Treasures Mothers and Toddlers –Thur 1pm in term-time

Lunch Club – Wed 12pm

Coffee morning – every Sat starting at 10am

Slimming World – Mon 5pm

SPLAT+ – arts and crafts for children yrs R-2 – Thur 3.15pm fortnightly term time

Sequence Dancing – Wed 3pm



[Scout Hall](#)

Sherborn Cres, BH17 8AP

Contact via website www.pnsg.org.uk

Beavers/Cubs/Scouts – various

Espada Fencing Club – Tuesday 6.45/7.45pm

