

Poole Community Transport

Poole Community Transport operates a Voluntary Driver scheme which is where Voluntary drivers collect members of the scheme in a car from their own homes and then take them to appointments, social events or for essential journeys. (but not hospital appointments or shopping) It is open to Borough of Poole residents who do not have access to a car and are unable to use, or find it difficult to use, public transport.

Voluntary Drivers provide transport in their own cars and all drivers have had a DBS check. They also have a wheelchair accessible vehicle that may be pre-booked with a voluntary driver if you need to travel whilst seated in your wheelchair. A safety assessment will be undertaken before you travel. They will always try to accommodate your request for a Voluntary Driver, however this service is dependent upon driver availability. Mobility Scooters cannot be accommodated on the Voluntary Driver Service for safety reasons.

You can apply to become a member if:

- You are a resident of Poole
- You are unable to use Public Transport for some journeys
- You do not have access to a car
- You need help getting into Poole and/or getting to essential appointments

How much will it cost?

- Annual membership is £10 per year
- Dial-a-bus (1a) fares are FREE
- Journeys with the Voluntary Driver Service are £4.50 for the first five miles and £1 per mile thereafter. A minimum return trip is £9

**For more information or to make a booking contact;
Caroline Foy - Community Transport & Travel Co-ordinator
Telephone 01202 262220 or email caroline.foy@poole.gov.uk**

This leaflet (v10) was compiled by the Poole Well-being Collaborative for clients of the Poole Social Prescription Service with information last updated July 2018. Other groups and activities may exist that are not listed. For full details of times and days of the various activities, please contact the venue direct.

Other area leaflets are also available as well as a separate leaflet on Dementia Friendly Activities – these can be obtained by contacting the Poole Well-being Collaborative by Tel 01202 977073 or Email: info@pwbcollaborative.org.uk

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

Hula Hoop classes – Tues 7.30pm

Melodies in Motion – Mons 10-11am/11-12

Slimming World – Wed 9am -1

Townswomen's Guild –3rd Thurs 12-3pm

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

ARCH – Assoc of Residents of Canford Heath – 4.30pm 1st Wed in Jan/Mar/May/Jul/Sep/Nov

Busy Bees Gardening club – 2nd Thur 8pm

CHAS – Canford Heath Arts Society – 1st and 4th Thur 7pm

Coffee Morning – Thur 10am

Computer Buddy drop in – Thur 10am

Citrus Singers – Mon 6.15-7.45pm

Knit and Natter – Tue 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

Satellite Foodbank – Mon 1-3pm (must have a voucher – DO NOT JUST TURN UP)



[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
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

Poole Men's Shed – Wed 10 am



[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



[Nature Walk](#)

Every 3rd Monday of every month at 10am. Meet at the Asda entrance. The walk is up to 2.5 miles and of moderate intensity. It takes place on uneven ground with some slight inclines. It will take approximately two hours.

[Beacon Church](#)

1-3, Mitchell Road, BH17 8UE

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

Badminton – Fri 8pm



[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

Community Garden – Thur 10-12

Bunch of Blokes – monthly programme

Heath Social club - 1st and last Fri 2-4.30pm

Line Dancing - beginners and improvers – Tues 7.30-10pm

Lunch Club – Wed 12-1.30pm

Coffee morning – Thurs 11-12 and Sat 10-12

Slimming World – Mon 5pm and 7pm

Sequence Dancing – Wed 2.30-4.30pm

Venusians – Ladies Social group with a varied monthly programme – 1st Wed 7.30pm

Hants and Dorset Card Collecting Club – 2nd Sun 1.30-4.30pm



[Scout Hall](#)

Sherborn Cres, BH17 8AP

Contact via website www.pnsg.org.uk

Espada Fencing Club – Tuesday 6.45/7.45pm

