

# February EVENTS

## Saturday, 31 January

**Bridport & West Dorset Rambling Club** 7 mile walk from Little Bredy. For further information please ring 01308 898484 or 01308 863340. New members/visitors welcome.

**Bridport Seed Swap** 10-12 Bridport Youth and Community Centre, Gundry Lane. This event kick starts the gardeners' growing plans using local seeds from each other. Seeds from the Heritage Seed Library will also be available. For more info contact [bridportfoodmattersoffice@gmail.com](mailto:bridportfoodmattersoffice@gmail.com).

## Saturday, 31 January - 8 February 2026

**Compton Valence** snowdrops Village hall lunches & teas. Come and walk/drive through our beautiful village and see the stunning white drifts of snowdrops. The village hall is just below the church. Open (weather permitting) 11.00am-3.30pm. To book please ring or email so that we can cater accordingly. Tessa Russell – Tel ; 01308482227 mob;07818037184 email ; [tessa@cvfarms.co.uk](mailto:tessa@cvfarms.co.uk). Pippa James – Tel : 07880882985. email : [pippa.james8@gmail.com](mailto:pippa.james8@gmail.com). Pre booked guests will take priority as the hall is small. In bad/icy weather we may not be open. Please be considerate of our village/verges when parking. Or ring us to discuss help with parking etc. We very much look forward to seeing you.

## Monday, 2 February

**Scottish Dancing** in Chardstock An evening of Scottish dancing in Chardstock Village Hall EX13 7BJ 7.30-10.00 p.m. Tea and coffee provided but please bring your own mug if possible and wear soft soled shoes. No partner required. Cost £3.00 . For more information contact David on 01460 65981. <https://www.chardscottishcountrydance.co.uk>.

**West Dorset Commons/MMMM** film double bill – Seeds of Sovereignty and Seeds of Freedom. 2 shortish films exploring how indigenous communities are reviving traditional seed systems to eliminate corporate control, dependency and debt. 7pm start, (6pm for food - please book). £3. Refreshments available. In the Chapel in the Garden, Rax Lane, DT6 3JJ. <https://westdorset.news/bridport-opens-seed-library-and-launches-first-seed-week/>

**Hawkchurch Film Nights**, in association with Moviola.org, proudly presents 'I Swear', 121 mins, Cert.15 (very strong language, brief violence, sex references).

Uplifting biopic of Tourette's Syndrome campaigner John Davidson, featuring an astonishing performance from Robert Aramayo. Peter Mullan and Maxine Peake also star. Doors open 6.30pm, film starts 7.00pm at Hawkechurch Village Hall, EX13 5XD. Ticket reservations £6.50 from [csma95@gmail.com](mailto:csma95@gmail.com) or leave a message on 07753 603219; tickets also available in advance for £6.50 from Hawkechurch Community Shop or on the door for £7.00 (cash only). Subtitles for hearing-impaired patrons provided if available. Home-made cake, teas, coffees, soft drinks, wine and other refreshments available.

## Tuesday, 3 February

**Scottish Country Dancing.** New Beginner's class starting at Horton Village Hall TA19 9QR 6.30 to 7.30 pm only £3.00 per session. Learn a new skill, make friends, keep fit and have lots of fun. General class from 7.30 to 9.30 pm. For further information contact Anita on 01460 929383 email [anitaandjim22@gmail.com](mailto:anitaandjim22@gmail.com) or visit our web site at [www.ashillscd.wordpress.com](http://www.ashillscd.wordpress.com).

**Bridport Film Society** - Solo by Sophie Dupuis - Canadian French with English subtitles. In Montreal's drag scene, Simon is on the venue's main lineup of drag queens. However, beyond the shine and attention he receives on stage, Simon must deal with two impossible loves. 7.45pm Bridport Arts Centre. Members and Guests (£5) only.

**Beaminster Museum Winter Talk:** Mapperton House and the intriguing history of the Montagu family. Mapperton guide Peter Rand shares stories of an estate first recorded in the Domesday Book and a family with roots reaching back to King Edward I who made it their home in 1955. The talk starts at 2.00pm, tickets are £5.00 on the door. Beaminster Museum, Whitcombe Rd, Beaminster DT8 3NB. [www.beaminstermuseum.co.uk](http://www.beaminstermuseum.co.uk).

## Wednesday, 4 February

**Entertaining talk**, with pudding – popular, well known speaker Francis Burroughes will give a lively and humorous discourse "Seated One Day at the Organ". 7.30pm, at Clapton & Wayford Village Hall. £8 includes a choice of hot and cold puddings; Francis' previous talk in 2025 was very popular, so please book and pay in advance, by contacting Mary (01460 74849) or Julia (01460 72769).

**West Dorset Community Orchestra** meet for rehearsal in Christian Fellowship hall, East Street car park, Bridport DT6 3PL from 6-30p.m. to 7-45p.m. New members welcome. 01308 456297 [www.westdorsetmusic.org.uk](http://www.westdorsetmusic.org.uk).

**My Ballet** - since 2012 - Holistic ballet classes for all adults Supportive & Non - judgemental classical ballet to fabulous music. For posture, flexibility, strength, balance, fitness, friendship. Ages 18 to 82 plus! Join the fun and feel good. 10am-11:15 (some experience) 11:30-12:45 ( mixed ability) 1pm-2:15 (a Partly seated class with barre work for balance, confidence & fun) 2:15- 3.30 (mixed ability) Do get in touch and come and dance! Bull Hotel ballroom, 34 East St, Bridport DT6 3LF Classes are currently held at Bridport Town Hall, East St, DT6 3LF due to building works at the Bull Hotel. Whatsapp 07866896978. email: myballetuk@gmail.com. www.my-ballet.uk.

**My Ballet** - since 2012 - Holistic ballet classes for all adults Supportive & Non - judgemental classical ballet to fabulous music. For posture, flexibility, strength, balance, fitness, friendship. Join the fun and feel good. 6:45pm to 8pm Jubilee Hall, Church Street, Winsham, Chard, TA20 4HU Whatsapp 07866896978. email: myballetuk@gmail.com www.my-ballet.uk.

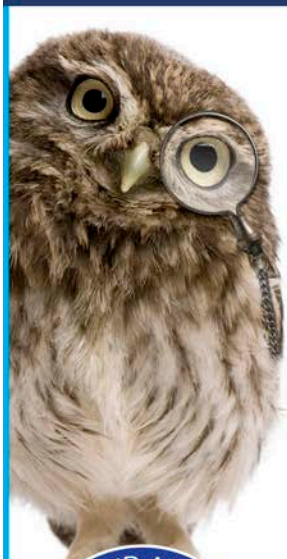
## Thursday, 5 February

**Lyme Regis Museum Friends** offer an illustrated talk, 'The Cobb-Past, Present & Future' by Jim Thomas at 2.30 pm in the Woodmead Hall, Hill Road, Lyme Regis. DT7 3PG. Jim, a geographer and geologist, will discuss the evolution of the Cobb over the last 800 years including proposals for the future. Members £3 visitors £5. All welcome. Enquiries to David Cox, 01297 443156.

**Bride Valley Films** will be showing 'The Salt Path' 'thought-provoking and emotional' 'The Salt Path' tells the emotional and life-affirming story of a couple whose connection with the natural world helps them overcome challenges and ultimately reconnect with one another. Capturing the beautiful scenery of parts of the South West Coast Path. Starring Gillian Anderson and Jason Isaacs. Doors Open: 7.00 p.m. Films start 7.30 p.m. Tickets: £6.00 (to include a glass of wine) Tickets on the door: Litton Cheney Village Hall DT2 9AU.

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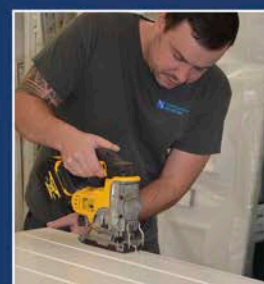
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**Wilding** (2023, UK, PG, 75 mins, Dir: David Allen)

In this heartwarming documentary drama, a pair of English farmers take radical steps to reinvigorate the dying landscape around their estate, which yields astonishing results along with public criticism. Doors 7:00 pm, 7:30 pm start. Clapton & Wayford Village Hall (TA18 8PS). Membership £30, guests £5 per film. For more information/book guest tickets, please email [mickpwilson53@btinternet.com](mailto:mickpwilson53@btinternet.com) or [k\\_everard@live.com](mailto:k_everard@live.com). Alternatively, ring Mick Wilson on 01460 74849 or Julia Borland on 01460 72769.

**Seeds and Diversity** - a talk by Suzy Gallina. Find out how we, as gardeners and growers, can reclaim our seeds and seed diversity and challenge corporate control. At the Chapel in the Garden, Rax Lane DT6 3JJ 6.30 for 7.00pm. Refreshments for sale. Talk is free but donations to cover costs and support the seed library welcomed, please bring cash. [bridportseedlibrary@gmail.com](mailto:bridportseedlibrary@gmail.com).

### Friday, 6 February

**Move and Groove Adult dance** with Nikki Northover at Steps studio, Crepe Farm Business Park. Every Friday at 10.15am to 11.15am. Move and Groove focuses on enhancing creativity and dancing for well being. Enquiries and to book please contact Nikki Northover at [nikkinorthover43@gmail.com](mailto:nikkinorthover43@gmail.com).

**My Ballet** - Holistic ballet classes for all adults Supportive & Non - judgemental classical ballet to fabulous music. For posture, flexibility, strength, balance, fitness, friendship. Join the fun and feel good. Everybody welcome! Do get in touch and come for a dance! Winsham Jubilee Hall, Church St, Winsham, Chard, TA20 4HU Fridays 10am and 11.15am Whatsapp 07866896978. email: [myballetuk@gmail.com](mailto:myballetuk@gmail.com) [www.my-ballet.uk](http://www.my-ballet.uk).

### Saturday, 7 February

**Bridport Seed Library** opening The opening of Bridport Seed Library Based in the Council Lending Library on South Street, the Seed Library will be offering over 100 varieties of vegetable and flower seeds . . . absolutely free to everyone. The seeds have been donated and packaged by several local seed savers, and will be available all year, whenever the main library is open. The opening will be followed by seed related children's activities in the library. 11am Free to attend, free seeds to take home. Bridport Lending Library, South Street DT6 3NY. [bridportseedlibrary@gmail.com](mailto:bridportseedlibrary@gmail.com).

**Friends of Weymouth Library** Justin Newland, The Friends of Weymouth Library (F.O.W.L.) speaker in the Library at 10-30a.m. in the Library, will give a reflective talk about Mirrors in Our World. The ones we stare into every day, yet do we know their provenance? They can magnify or contract, predict the future and guard against evil. The talk explores our fascination with reflections of

all kinds. Tickets can be obtained from the Library @ £2 for members and £3 for non-members. All are welcome; any enquiries phone 01305 832613 or 01305 750557.

### Monday, 9 February

**Scottish Dancing** in Chardstock An evening of Scottish dancing in Chardstock Village Hall EX13 7BJ. 7.30-10.00 p.m. Tea and coffee provided but please bring your own mug if possible and wear soft soled shoes. No partner required. Cost £3.00. For more information contact David on 01460 65981. <https://www.chardscottishcountrydance.co.uk>

### Tuesday, 10 February

**Scottish Country Dancing.** New Beginner's class starting at Horton Village Hall TA19 9QR 6.30 to 7.30 pm only £3.00 per session. Learn a new skill, make friends, keep fit and have lots of fun. General class from 7.30 to 9.30 pm. For further information contact Anita on 01460 929383 email [anitaandjim22@gmail.com](mailto:anitaandjim22@gmail.com) or visit our web site at [www.ashillscd.wordpress.com](http://www.ashillscd.wordpress.com).

**Beaminster Museum Winter Talk:** Growing up in Beaminster. Enjoy a lively Q&A with Douglas Beazer as he shares memories of a Beaminster childhood and reflects on the changing face of rural life, celebrating the town's unique heritage and strong sense of community. The talk starts at 2.00pm, tickets are £5.00 on the door. Beaminster Museum, Whitcombe Rd, Beaminster DT8 3NB. [www.beaminstermuseum.co.uk](http://www.beaminstermuseum.co.uk).

### Wednesday, 11 February

**Kilminster Film Night** "The Roses"(15) starring Benedict Cumberbatch & Olivia Colman. Theo Rose is a London Architect, Ivy is a chef, they meet and instantly fall for each other. Ivy, who has more talent than her bosses, moves to America and Theo quickly follows. Time moves on and fortunes change. Doors and bar open 6.45 film start 7.15 at Kilminster Village Hall EX13 7RF. Tickets £6 can be ordered by contacting: John at [wattsjohn307@gmail.com](mailto:wattsjohn307@gmail.com) or Tel: 01297 521681.

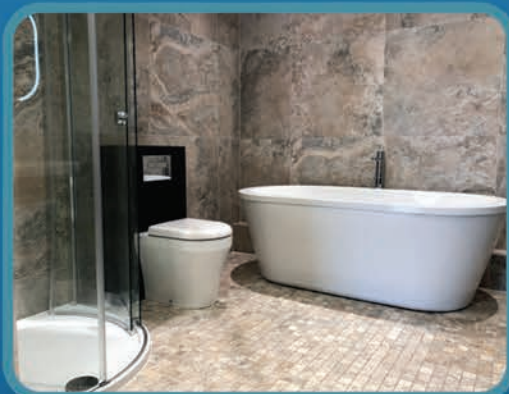
**West Dorset Community Orchestra** meet for rehearsal in Christian Fellowship hall, East Street car park, Bridport DT6 3PL from 6-30p.m. to 7-45p.m. New members welcome. 01308 456297 [www.westdorsetmusic.org.uk](http://www.westdorsetmusic.org.uk).

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**My Ballet** - since 2012 - Holistic ballet classes for all adults Supportive & Non - judgemental classical ballet to fabulous music. For posture, flexibility, strength, balance, fitness, friendship. Join the fun and feel good. 6.45pm-8pm Jubilee Hall , Church Street, Winsham, Chard, TA20 4HU Whatsapp 07866896978. email: myballetuk@gmail.com www.my-ballet.uk.

## Thursday, 12 February

**Kilminster Film Matinee** "The Roses"(15) (See 11th February). Matinee, doors open 1.45pm film starts 2pm, cream-teas served during the interval but must be pre-booked with your seats @ £4. see above and www.kilminstervillage.com/other-organisations.html for more info.

**Bridport History Society** will be welcoming Prof. William Gibson who will talk about 'The West Country and James II.' The talk will be held at the United Church Hall on East Street, Bridport. Doors open at 2.15 for a prompt 2.30 start. All are welcome. Members £1pp and visitors £5pp. Bridport History Society meets on the second Thursday of each month (except July and August). Membership is open to all (£12 individual/£18 couple). For more information visit <https://www.bridporthistorysociety.org.uk>.

**Chard History Group** The History of the Vulcan Bomber by Barry Hamblin 7pm for 7.30 start. Chard Guildhall top floor with lift access. £2.50 members £3.50 guests all welcome. For further information contact Tessa 07984481634.

**Seaton Garden Club.** A Talk by Andrea Rye from Coombes Garden Centre, Evergreen Shrubs. Date February 12th. Time 2.30p.m. Venue Seaton Mason Hall. Members free, visitors £2.00 plus refreshments. Contact 01297 22869.

## Friday, 13 February

**The Asian Hornet by Peter Crabbe** Netherbury Nature Group Netherbury Village Hall, 7.00pm. Peter Crabbe is Chair of the West Dorset Beekeepers' Association and their Asian Hornet Co-ordinator. The Asian hornet is a threat to a wide variety of insects with a knock-on impact on pollination levels and bird populations. Beekeepers are at the forefront of trying to minimise its impact. Join us for this interactive, illustrated talk which will increase awareness of this insect, understand its potential impact and how to report any sightings. You will even be able to buy an Asian Hornet trap! Admission is just £3 and there will be a cash bar for drinks and socialising before and after the talk.

**Open Mic at the Millhouse.** Music has always been a big part of what we do here at The Millhouse, Ilminster. Come to our next open mic - as a performer or attendee

of great grassroots music. We'd love to see you there to support and celebrate our local musicians. We aim to showcase the best local talent in our special and vibrant Somerset grassroots music venue. If you are in a band and want a great venue to perform in, get in touch. The Millhouse, Rose Mills Industrial Estate, Ilminster, TA19 9PS. For enquires: [themillhouseilminster@gmail.com](mailto:themillhouseilminster@gmail.com).

**My Ballet** -Holistic ballet classes for all adults Supportive & Non - judgemental classical ballet to fabulous music. For posture, flexibility, strength, balance, fitness, friendship. Join the fun and feel good. Everybody welcome! Do get in touch and come for a dance! Winsham Jubilee Hall, Church St, Winsham, Chard, TA20 4HU Fridays 10am and 11.15am Whatsapp 07866896978. email: myballetuk@gmail.com www.my-ballet.uk.

## Saturday, 14 February

**Scottish Dancing Party** in Chardstock An evening of Scottish dancing at Chardstock Village Hall 7.30-10.30 p.m. EX13 7BJ. No partner required. Please bring your own mug and a plate of food to share. Tea and coffee provided. Cost £5.00. Contact David on 01460 65981. <https://www.chardscottishcountrydance.co.uk>.

**Beaminster Museum Paperback Sale:** A Valentine's Day treat for book lovers. 10.00am to 12.30pm, including a raffle and bric-a-brac stall. Beaminster Museum, Whitcombe Rd, Beaminster DT8 3NB. [www.beaminstermuseum.co.uk](http://www.beaminstermuseum.co.uk).

## Sunday, 15 February

**Singing Bowl Soundbath** 2-3.30 pm The Heritage Suite, 43 Bell St. Shaftesbury, Dorset SP7 8AE £17 Lie down, relax, and allow the Pure Sounds of a crystal and Tibetan bowl soundbath plus sacred vocal overtone give you a sonic deep-tissue massage, taking you into the deeper brainwave states of 'the relaxation response', while charging and balancing the aura and chakras of the subtle body, and detoxing the physical body. 01935 389655 [ahiahel@live.com](mailto:ahiahel@live.com).

## Monday, 16 February

**Scottish Dancing** in Chardstock An evening of Scottish dancing in Chardstock Village Hall EX13 7BJ. 7.30-10.00 p.m. Tea and coffee provided but please bring your own mug if possible and wear soft soled shoes. No partner required. Cost £3.00. For more information contact David on 01460 65981. <https://www.chardscottishcountrydance.co.uk>

## Tuesday, 17 February

**Scottish Country Dancing.** New Beginner's class starting at Horton Village Hall TA19 9QR 6.30 to 7.30 pm only £3.00 per session. Learn a new skill, make friends, keep fit and have lots of fun. General class from 7.30 to 9.30 pm. For further information contact Anita on 01460

929383 email [anitaandjim22@gmail.com](mailto:anitaandjim22@gmail.com) or visit our web site at [www.ashillscd.wordpress.com](http://www.ashillscd.wordpress.com).

**Bridport Film Society** - Santosh by Sandhya Suri - Hindi with English subtitles. Santosh accepts the so-called 'compassionate appointment' – a convention where a policeman's widow inherits his job. But the reality of the role, the bigotry and violence which surround it, eat away at her conscience. 7.45pm Bridport Arts Centre. Members and Guests (£5) only.

**Saving energy in the home** What really works. Sam Wilberforce, Dorset Climate Action Network and Energy Champion, will outline choices and tips to find the best value for your home – solar, batteries, heat source pumps, electric, insulation. He will give an update of national policies for reducing carbon emissions and grants available for home owners. 6.45 for 7.00 – 9.00pm Driftwood Café, Baptist Church, top of Broad Street, Lyme Regis. Free. All welcome. Refreshments available.

### Wednesday, 18 February

**Coffee Morning**, including cakes, scones & savouries, and bacon/egg rolls (made to order), 10.30am – noon; all welcome. Clapton & Wayford Village Hall. More details from Julia (01460 72769).

**Colyton & District Garden Society:** 'The Work of the National Trust Plant Conservation Centre' by Chris Trimmer, N T Plant Saviour. Colyford Memorial Hall, EX24 6QJ, start 7.30 pm. Membership is £15.00 a year, please pay cash on the night. Plenty of parking in the hall car park. Information Peter Clark : 01297 553341.

### Saturday, 21 February

**The Untouchables**, starring Kevin Costner, Sean Connery and Robert de Niro. Axminster Heritage Classic Cinema. 2pm, Bradshaw Meeting Room, Axminster Heritage Centre, EX13 5AH. Tickets £7 per person includes tea or coffee and popcorn, can be purchased in advance from the heritage centre or on the door. For more details email: [info@axminsterheritage.org](mailto:info@axminsterheritage.org) or telephone 01297 639884.

### Sunday, 22 February

**Singing Bowl Soundbath** 2-3.30pm Stour Row Village Hall, Dover St, Stour Row, Shaftesbury, SP7 0QG £17 Lie down, relax, and allow the Pure Sounds of a crystal and Tibetan bowl soundbath plus sacred vocal overtone give



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**Yunmi Sang and the BEJE Trio.** 'Yunmi Sang and the BEJE Trio' is a unique Korean-European soulful and pastoral jazz fusion with a one-world mission. Hatched in Bristol in 2018 when Yunmi Kang and Sangyeon Park ('Yunmi Sang' is actually a contraction of their full names) met David Mowat of BEJE; journalist Jon Turney remarked at the time "Kang's voice is astonishingly good...The blend with Mowat's clear-toned trumpet gave the whole thing something of the air of the great Azimuth, with Norma Winstone and Kenny Wheeler. They turned the lofty space of St Stephens into a place of refuge and refreshment." An Arts Council funded album, 'Modernised Sacrifice', followed and 2025 saw a successful tour of South Korea. The February 2026 UK tour works towards a new album deepening their jazz expressions of humanitarian concerns. BEJE stands for the Bristol European Jazz Ensemble, a visceral and grooving contemporary jazz group made up of the finest players based in Europe's recent Green Capital, Bristol. The full line up for this concert is Yunmi Kang on vocals and piano, David Mowat on trumpet and flugelhorn, Sangyeon Park on guitar, Al Swainger on double bass

and Paolo Adamo at the drums. 'Their performance unfolded as jazz that transcended nationality and culture. The philosophy that we are all alike and essentially one was deeply embedded in their music' Kado News, South Korea 'Beautiful and soothing music and vistas - a balm for the soul in these troubled times' Dani Raestar 8pm. Marine Theatre, Church St, Lyme Regis, Dorset DT7 3QB. £16 advance £18 on the door. Tickets available at [www.marinetheatre.com](http://www.marinetheatre.com). You can also purchase tickets from the Lyme Regis Bookshop and Bridport TIC (01308 424901).

**Dalwood Jazz Club** presents Rebecca Willson's "Formula Five" with Alfie Pugh - keyboard, Rebecca Willson - violin, David Jones - guitar, John Donnelly - double bass and Gary Evans - percussion. Dalwood Village Hall, EX13 7EG (near Axminster) at 3pm. Bar for beer/wine/soft drinks and tea/coffee/cake etc. Parking at the Village Hall. £12.50p If possible, please book in advance and pay (cash or card) at the door. Thank you! [t.mackenny111@btinternet.com](mailto:t.mackenny111@btinternet.com).

## Monday, 23 February

**Scottish Dancing** in Chardstock An evening of Scottish dancing in Chardstock Village Hall EX13 7BJ. 7.30-10.00 p.m. Tea and coffee provided but please bring your own mug if possible and wear soft soled shoes. No partner required. Cost £3.00. For more information



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contact David on 01460 65981. <https://www.chardscottishcountrydance.co.uk>.

**Mapperton House**, Gardens and the Montague Family. An illustrated talk by Peter Rand, history lover and Mapperton guide. Golden Cap Association at The United Church Hall, East Street, Bridport. Members £3, Visitors £5. More information from Chris Munden 01308 426396.

## Tuesday, 24 February

**Scottish Country Dancing.** New Beginner's class starting at Horton Village Hall TA19 9QR 6.30 to 7.30 pm only £3.00 per session. Learn a new skill, make friends, keep fit and have lots of fun. General class from 7.30 to 9.30 pm. For further information contact Anita on 01460 929383 email [anitaandjim22@gmail.com](mailto:anitaandjim22@gmail.com) or visit our web site at [www.ashillscd.wordpress.com](http://www.ashillscd.wordpress.com).

**Bridport U3A** February's talk is to be held at Bridport United Church Hall, East Street, Bridport, DT6 3LJ 2.00 pm. Ashley Jones tells us about, 'Bill Slim - Britain's Forgotten Hero' The story of Field Marshal William Slim, hero of Burma in WW2 Members are free, guests pay £3.00. The talk lasts for up to 1 hour with Q & A, followed by refreshments.

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- Frailty / Mobility
- Specialist Care
- Parkinson's
- Hourly care
- Medications...

Inspected and rated

Good





## Wednesday, 25 February

**Uplyme and Lyme Regis Horticultural Society.** Talk/demo/Q&A, 'Pruning' by Saul Walker, Head Gardener at Stonelands House. Uplyme Village Hall 7.30pm. Doors open 7pm. Members free; guests £3. More information <https://ulrhs.wordpress.com>.

**West Dorset Community Orchestra** meet for rehearsal in Christian Fellowship hall, East Street car park, Bridport DT6 3PL from 6-30p.m. to 7-45p.m. New members welcome. 01308 456297 [www.westdorsetmusic.org.uk](http://www.westdorsetmusic.org.uk).

**My Ballet** - since 2012 - Holistic ballet classes for all adults Supportive & Non - judgemental classical ballet to fabulous music. For posture, flexibility, strength, balance, fitness, friendship. Join the fun and feel good. 10am, 11:30am, 1o'clock & 2:15 Bull Hotel ballroom, 34 East St, Bridport DT6 3LF Classes are currently held at Bridport Town Hall, East St, DT6 3LF due to building works at the Bull Hotel. Whatsapp 07866896978. email: [myballetuk@gmail.com](mailto:myballetuk@gmail.com) [www.my-ballet.uk](http://www.my-ballet.uk)

**My Ballet** - since 2012 - Holistic ballet classes for all adults Supportive & Non - judgemental classical ballet to fabulous music. For posture, flexibility, strength, balance, fitness, friendship. Join the fun and feel good. 6:45 - 8pm Jubilee Hall, Church Street, Winsham, Chard, TA20 4HU Whatsapp 07866896978. email: [myballetuk@gmail.com](mailto:myballetuk@gmail.com) [www.my-ballet.uk](http://www.my-ballet.uk).

## Friday, 27 February

**My Ballet** - Holistic ballet classes for all adults Supportive & Non - judgemental classical ballet to fabulous music. For posture, flexibility, strength, balance, fitness, friendship. Join the fun and feel good. Everybody welcome! Do get in touch and come for a dance! Winsham Jubilee Hall, Church St, Winsham, Chard, TA20 4HU Fridays 10am and 11.15am Whatsapp 07866896978. email: [myballetuk@gmail.com](mailto:myballetuk@gmail.com) [www.my-ballet.uk](http://www.my-ballet.uk).

## Saturday, 28 February

**Singing Bowl Soundbath** 2-3.30pm Osborne Village Hall, Obrne, nr. Sherborne, Dorset DT9 4LA £17 Lie down, relax, and allow the Pure Sounds of a crystal and Tibetan bowl soundbath plus sacred vocal overtoneing give you a sonic deep-tissue massage, taking you into the deeper brainwave states of 'the relaxation response', while charging and balancing the aura and chakras of the subtle body, and detoxing the physical body. 01935 389655 [ahiahel@live.com](mailto:ahiahel@live.com)

### EVENTS IN MARCH

send your event details to  
[info@marshwoodvale.com](mailto:info@marshwoodvale.com)  
BY FEBRUARY 14<sup>th</sup>

# WARM UP WITH GROVES

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