Sport In Mind

November 2026

Dorset

We are Sport in Mind - the charity that uses sport and physical activity to improve the lives of people with mental health needs. Our sessions take place every week, throughout the year and are fun, casual drop-in sessions. All equipment is provided and all abilities are very welcome! All we ask is that you fill in a participant form the first time you join a session. To find out more about sessions in your area please visit sportinmind.org or contact our free, confidential phone line: 0300 102 1400

Bournemouth Sessions

Day	Time	Activity	Instructor	Venue
Thurs	12:30-1:30pm	Tennis	Alex	Bournemouth Gardens Community Tennis Club, The Bubble, BH2 6EY

Poole Sessions

Day	Time	Activity	Instructor	Venue
Fri	1-2PM	Walk	David	Meet at Bench, Poole Park Outdoor Tennis Courts, Parkstone Road, BH15 2SF

Weymouth Sessions

Tues	1-2PM	Tennis	Clive	Weymouth Lawn Tennis Club, Radipole Park Drive, DT3 5EZ

Dorchester Sessions

Thurs	2-3PM	Tennis	Clive	Borough Gardens Tennis Courts (blue courts 1 &2) Cornwall Rd, DT1 1RG

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Attendee Sign-Up