

Balance & Bounce



An adult support group for those with long-term / chronic medical conditions & Carers

All are welcome, ages 18 - 118!

Come and chat, share experiences and meet others in a warm, friendly and accepting environment.

Informal, relaxed meetings!

4.30 to 6pm on the 3rd Thursday of the month.

Next meeting dates:

~ 21st March

~ 18th April

~ 23rd May (One week late!)

At The Kitchen, Upton Methodist Church, Dorchester Road, Upton, BH16 5NN

For further details, please find us on Facebook or contact Jo - jo.whitedove@yahoo.com

