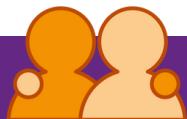




**Rethink  
Mental  
Illness**

# **Group and Activity Listings for...**

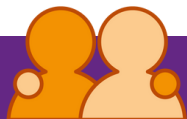
*Chippenham*



## Social and Wellbeing (incl Support Groups)

<b>CAMEO Club</b>	CAMEO (Come and Meet Each Other) is a fellowship group for men and women – an opportunity to socialise and meet new people.	<ul style="list-style-type: none"><li>• The Salvation Army, Foghamshire. SN15 1HB</li><li>• Wednesdays 10:30–12:00</li><li>• E: chippenham@salvationarmy.org.uk</li><li>• T: 013249 655458</li></ul> <p><a href="https://www.salvationarmy.org.uk/chippenham">https://www.salvationarmy.org.uk/chippenham</a></p>
<b>The Memory Box Reading Group</b>	The group comes together once a fortnight to listen to extracts of books from the Wiltshire Local Studies Library on a topic of their choosing. Sessions are free.	<ul style="list-style-type: none"><li>• Wiltshire &amp; Swindon History Centre, Cocklebury Road. SN15 3QN.</li><li>• 1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesday of month, 14:00–15:30</li><li>• T: 01249 705500 (Contact: Julie Davis)</li><li>• E: archives@wiltshire.gov.uk</li></ul>
<b>Bargammon's Tavern</b>	Board Game Café where you can book a table at the venue and have access to several board games; they also offer a number of events.	<ul style="list-style-type: none"><li>• T: 01249 248130</li></ul> <p><a href="http://www.bargammon.co.uk">http://www.bargammon.co.uk</a></p>
<b>Wellbeing Café – Chippenham</b>	Wellbeing Cafés provide a warm welcome for anyone feeling isolated, lonely or anxious about meeting new people.	<ul style="list-style-type: none"><li>• Rivo Lounge, The Bridge, Chippenham.</li><li>• Every Tuesday 14:00–15:30</li></ul> <p><a href="https://www.rethink.org/wiltshirewellbeingcafes">https://www.rethink.org/wiltshirewellbeingcafes</a></p>
<b>The Chippenham Hub Seniors Group</b>	For older adults in the Chippenham area. Come along and meet friends at the Chippenham Community Hub.	<ul style="list-style-type: none"><li>• 1 Gladstone Parade, Timber Street, Chippenham. SN15 3BS</li><li>• Every Thursday 10:00–12:00</li></ul> <p><a href="https://www.chippenhamhub.com">https://www.chippenhamhub.com</a></p>
<b>The Thursday Club</b>	Weekly gathering designed for people who enjoy engaging in lively and interesting discussions.	<ul style="list-style-type: none"><li>• Chippenham Library, Market Place, SN15 3HJ.</li><li>• Every Thursday 10:30–11:30</li><li>• T: 01249 650536</li></ul>
<b>Poetry Group</b>	Bring and share your own poem or one you love. Writing poems inspired by the pictures or artefacts provided.	<ul style="list-style-type: none"><li>• Chippenham Library, Market Place, SN15 3HJ.</li><li>• Monday (except Bank Holidays) 17:30–18:30</li><li>• T: 01249 650 536</li></ul>
<b>Chippenham Community Hub</b>	There are several social groups, drop-in clinics and community groups running at the Chippenham Hub.	<ul style="list-style-type: none"><li>• 1 Gladstone Parade, Timber Street, Chippenham. SN15 3BS</li><li>• E: enquiries@chippenhamhub.co.uk</li></ul> <p><a href="https://www.chippenhamhub.com/">https://www.chippenhamhub.com/</a></p>
<b>Wednesday Lunch Club</b>	A church luncheon club for people living alone. Please register interest in advance. Price: £3.50	<ul style="list-style-type: none"><li>• The Beacon Centre, Chippenham, SN14 0DU</li><li>• Wednesday 12:30– 13:30</li><li>• E: admin@sheldonroad.church</li><li>• T: 0781175972</li></ul> <p><a href="http://www.sheldonroad.church">http://www.sheldonroad.church</a></p>





## ...cont...

### Doorway

Provide a range of services but also groups and activities such as music, creative writing, art workshops, etc. Check website for what is on offer.

- The Citadel, Bath Road, Chippenham SN15 2AB
- T: 01249 445385
- E: [info@doorwayproject.org.uk](mailto:info@doorwayproject.org.uk)

<https://doorwayproject.org.uk/>

### U3A

u3a is about learning, socialising and friendship for those who have finished full time work and raising a family.

u3a offer numerous groups and activities across all categories and interests. Contact local branch for more details.

<https://northwilts.u3asite.uk/>



## Physical Activity, Sport and Exercise

### Rethink Football

A weekly friendly kickabout for men aged 18+ to team up and be part of a safe group where they can talk openly and freely without judgement. £4 per session.

- Stanley Park Sports Ground, SN15 3RR.
- Mondays 17:30-18:30
- E: [david.scourfield@rethink.org](mailto:david.scourfield@rethink.org)

[www.rethink.org/rethinkfootball](http://www.rethink.org/rethinkfootball)

### Parkrun Chippenham

Parkrun is a free, fun and friendly weekly 5k community event. Please register.

- Monkton Park, Chippenham
- Every Saturday at 09:00

<https://www.parkrun.org.uk/chippenham/>

### Park Yoga Chippenham

Park Yoga is a charity that provides free outdoor yoga sessions around the UK.

- John Coles Park, Chippenham
- Sundays 9.30-10:30 (from 5th May to 15th September)

<https://parkyoga.co/chippenham/>

### Age UK Fitness & Friendship Club - Chippenham

Each meeting includes gentle exercise to help maintain strength, balance and flexibility. Time for chat and refreshments. Cost: £5 a session.

- Kingsley Road Community Hall, Kingsley Road, Chippenham, SN14 0AS.
- Alternate Wednesdays, 14:00-16:00
- E: [fitnessandfriendship@ageukwiltshire.org.uk](mailto:fitnessandfriendship@ageukwiltshire.org.uk)

### Ramblers Wellbeing Walks

Walks are led by an experienced Ramblers Wellbeing Walks leader along tried-and-tested, easy to reach routes.

Various locations see website for details.

<https://beta.ramblers.org.uk/go-walking/wellbeing-walks>

### Street Tag

Street Tag is a gamified healthy lifestyle app that promotes and enhances community-wide participation in physical activities (walking, cycling and running). <http://www.streettag.co.uk>



## Environmental, Nature and Garden

### **Rooted Chippenham**

Chippenham Rooted aims is to help combat social isolation and boost mental and physical health to improve the local community.

- Meet every other Saturday 10am-12pm.
- Details can be found on their webpage.

[www.rootedchippenham.org](http://www.rootedchippenham.org)

### **Chippenham Collective**

Providing social gardening, conservation and citizen science opportunities. Supporting those who have challenges in life.

- Please see website for session times and days.
- E: [chippenhamcollective@outlook.com](mailto:chippenhamcollective@outlook.com)

<https://www.chippenhamcollective.co.uk>



## Children and Young People (incl Parents)

### **Rhyme Time - Chippenham Library**

Include a mix of songs, rhymes, and movement to help with language and motor skills. Great opportunity for families to meet and enjoy some fun together.

- Chippenham Library, Market PI, SN15 3HJ.
- Mondays 14:15 (Babies). Wednesdays 11:00 (Toddlers). Friday 11:00 (Babies & Toddlers)
- E: [libraryenquiries@wiltshire.gov.uk](mailto:libraryenquiries@wiltshire.gov.uk)
- T: 01249 650536

### **Story Time - Chippenham Library**

Mix of stories, songs, and activities. All activities are free and do not need to be booked in advance, just sign in with your library card at the desk.

- Chippenham Library, Market PI, SN15 3HJ.
- Saturdays at 11am
- E: [libraryenquiries@wiltshire.gov.uk](mailto:libraryenquiries@wiltshire.gov.uk)
- T: 01249 650536

### **Brick Creator Club - Chippenham Library**

Free activity. This does not need to be booked in advance, just sign in with your library card at the desk.

- Chippenham Library, Market PI, SN15 3HJ.
- Saturday 2pm-4pm
- E: [libraryenquiries@wiltshire.gov.uk](mailto:libraryenquiries@wiltshire.gov.uk)
- T: 01249 650536

### **Pokémon Swap - Chippenham Library**

Free Pokémon Swap activity. This does not need to be booked in advance, just sign in with your library card at the desk.

- Chippenham Library, Market PI, SN15 3HJ.
- Saturdays 10:30am
- E: [libraryenquiries@wiltshire.gov.uk](mailto:libraryenquiries@wiltshire.gov.uk)
- T: 01249 650536

### **The Rise Trust**

The Rise Children's Centre offer a free 6-week course for all new parents. Please book.

- Station Hill Baptist Church, SN15 1EG
- E: [debbies@therisetrust.org](mailto:debbies@therisetrust.org)
- T: 01246445288

[www.therisetrust.org](http://www.therisetrust.org)

### **LGBTQ+ Supportive Youth Sessions**

LGBTQ+ support sessions ran by the Rise Trust in Chippenham

- Tuesday Evenings
- T: 07715 681 950 (Contact: Danielle Blake)
- E: [danielleb@therisetrust.org](mailto:danielleb@therisetrust.org)

<https://www.therisetrust.org/services/youth-activities/>



## Music, Singing and Dance

### **Movement for the Mind - Alzheimer's Support**

Movement for the Mind groups meet fortnightly for gentle exercise to music in a supportive and friendly group setting.

Please refer to website for information on local groups.

<https://www.alzheimerswiltshire.org.uk/movement-for-the-mind>

### **Music for the Mind - Alzheimer's Support**

Singing group for those with dementia and their carers.

Please refer to website for information on local groups.

<https://www.alzheimerswiltshire.org.uk/music-for-the-mind>

### **Xpression Street Dance**

A dance company who teach street dance to adults and children. They hold a mix of beginner, intermediate and mixed ability classes.

- Please see website for further details.
- E: di@xdance.co.uk
- T: 07585125570

<https://www.xdance.co.uk/>



## Digital and Online

### **Digital Support Appointment - Chippenham Library**

Sessions designed to help you learn more about using computers, the internet, smartphones, tablets, and other devices.

- Chippenham Library, Market Pl, SN15 3HJ.
- Saturdays 10:30am
- E: libraryenquiries@wiltshire.gov.uk
- T: 01249 650536

<https://libraries.wiltshire.gov.uk/web/arena#/>

### **Side by Side**

Online peer-support community. Safe and supportive space where people can connect with others who understand their experiences with mental health (provided by MIND). <https://sidebyside.mind.org.uk/>

### **Togetherall**

A digital mental health support service which is available online, 24/7. Monitored to ensure the safety and anonymity of all members. Various resources and guides available. <https://togetherall.com/>

### **Shout (Wiltshire)**

A Wiltshire specific text support service. Individuals can receive free, confidential support from a trained volunteer via text message. For anyone struggling with mental health. **Text WILTS to 85258**





## Art and Craft

### Knit and Natter

Knitting club with tea and biscuits. All are welcome even if you don't go to church or attend a different church.

- Emmanuel Church, Goldney Avenue. SN15 1ND
- Tuesdays 10:00 - 12:00
- E: admin@emmanuelecc.org
- T: 01249460481

### Art Group- Alzheimer's Support

An art group for those living with dementia.

- King Alfred Hall, Marketplace, SN15 3HT
- Wednesday afternoons

<https://www.alzheimerswiltshire.org.uk/art-groups>

### Chippenham Shed

Community space for adults to connect, converse and create. Chippenham Shed welcomes women.

- North Wilts Bowls Club, Westcroft, SN14 0LZ
- Tuesdays 14:30 - 16:30
- E: secretary@chipshed.org



## Health Matters

### Wiltshire Sight - Chippenham Community Hub

Supporting Blind and Partially Sighted People across Wiltshire. Appointment only.

- A Community Sight Loss Advisor will be at the Chippenham Community Hub on the 2nd Wednesday of each month.
- T: 01380 723 682

<https://www.sightsupportwest.org.uk/wiltshire/>

### We Hear You (Counselling for Cancer and/or any life-threatening conditions)

We Hear You provide free emotional support for patients, families, friends, and carers who have been affected or bereaved by cancer or any other life-threatening condition.

- Clinics are based in Trowbridge, Chippenham, Devizes, and Swindon, as well as online/telephone support.
- E: info@wehearyou.org.uk
- T: 01373 455255

<https://www.wehearyou.org.uk/>

### The Big C - Cancer Support Group

For those that have been affected by Cancer in any way and want a friendly space for tea/coffee/chat.

- 1 Gladstone Parade, Timber Street, Chippenham. SN15 3BS
- Last Wednesday of Month

<https://www.chippenhamhub.com/>

### ONE Chippenham

One-stop hub of local information, community events and activities in Chippenham. ONE Chippenham shares information on arts, culture, welfare, wellbeing and more for residents of all ages.

<https://onechippenham.org.uk/>



**Please note** that community and group activities details can change frequently. Always check for latest details via contact or websites for the respective organisations.

This book has been compiled by **Rethink Mental Illness** services within Wiltshire. We have approximately 90 services keeping people living with mental illness safe and well in the community, preventing their needs from escalating, and helping them live independently.

**Find a service in your area on our website.**



This booklet is available to download from:  
**[rethink.org/wiltshirewellbeingcafes](https://rethink.org/wiltshirewellbeingcafes)**

**Rethink  
Mental  
Illness**

We are the charity for people severely affected by mental illness, no matter what they're going through.

For further information on  
Rethink Mental Illness  
Phone **0121 522 7007** or  
email **[info@rethink.org](mailto:info@rethink.org)**

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**[rethink.org](https://rethink.org)**