



Rethink
Mental
Illness

Group and Activity Listings for...

Trowbridge



Social and Wellbeing (incl Support Groups)

Maple Grove Community Day Centre

Play Bingo, sing songs, quizzes, games. You get a two-course meal, which is cooked on the premises and refreshments. Available to the over 60's.

- Maple Grove Community Centre, Maple Grove Trowbridge BA14 0HU
- Wednesdays 10:30-15:30
- T: 01225 752461 (Contact: Robert)

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

Wellbeing Café - Trowbridge

Wellbeing Cafés provide a warm welcome for anyone feeling isolated, lonely or anxious about meeting new people.

- Valeroso Lounge, St Stephen's Pl, Trowbridge BA14 8AH
- Wednesdays 12:00-13:30

<https://www.rethink.org/wiltshirewellbeingcafes>

Reading Friends

Reading Friends brings people together through reading, working with public libraries.

- Trowbridge Library, County Hall, Bythesea Road, Trowbridge BA14 8JN
- Wednesdays 11:00-12:00
- E: libraryenquiries@wiltshire.gov.uk
- T: 01225 716700

Coffee Morning

Free coffee mornings which are open to everyone.

- Tesco Extra Trowbridge, Community Space, County Way, Trowbridge BA14 7AQ
- First Friday of the month, 10am - 12pm
- E: uk3316.communityspace@tesco.com

Lunch at Apetito

A free monthly Sunday lunch for the over 65's, with each month having a different theme.

- Dates and times change each month so it is important to contact Apetito for further information.
- E: info@apetito.co.uk
- T: 01225 637363

www.apetito.co.uk

Kindness Cafés - Trowbridge Future

A friendly space to meet new people, no need to book just drop in.

See website for time, days, and venues.

<https://www.trowbridgefuture.org.uk/services-3>

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://www.westwiltu3a.org.uk/>



Environmental, Nature and Garden

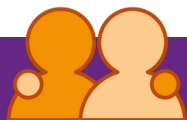
Trowbridge Environmental Community

Group aims to raise awareness, encourage and act through positive practical action, and inspire others to change lifestyle to the better of our community. See website for further groups and projects. <https://trowbridgeeco.com/>

Friends of Trowbridge Sensory Garden

Group maintaining and enhancing of the garden, ensuring it remains a beautiful and accessible space for everyone.

- Rear of the Town Hall in Trowbridge. BA14 8AH
- Tues and Fridays, 9-11am
- E: trowbridgesensorygarden@gmail.com



Support Groups

Mind Wiltshire - Peer Support Group (Trowbridge)

Weekly Peer Support Groups provide a friendly space for anyone experiencing mental health problems.

- Trinity House, Bryer Ash Business Park, BA14 8HE
- 1st and 3rd Thursday of the month 10:00 - 12:30
- E: supportgroups@wiltshiremind.co.uk
- T: 0122570653

Wiltshire Hearing Voices Group

The Wiltshire Hearing Voices Group provides a safe and non-judgemental space where people with unusual sensory experiences.

- The Community Space, Tesco Extra, County Way, Trowbridge, BA14 7AQ
- 2nd & 4th Thursdays of the month, 13:00 - 14:30
- E: whvg@rethink.org
- T: 07467 756640 (Contact: Gavin Perry-Harry)

<https://www.rethink.org/help-in-your-area/support-groups/wiltshire-hearing-voices-group/>

Trowbridge Service user Group (TSUG)

Trowbridge Service User Group is open to anyone with mental ill health living in and around Trowbridge Wiltshire. The Group is run by and for service users.

- The Cabin, Seymour Road. BA14 7AQ
- Tuesdays 10am-2pm
- E: admin@trowbridgeusersgroup.co.uk

<https://trowbridgeusersgroup.co.uk/>

Bereavement Help Point

The Bereavement Help Point is a community based drop-in service model where all people who are bereaved are welcome.

- Emmanuel's Yard, Church St. BA14 8RZ.
- Alternate Fridays 12:00-14:00
- T: 0345 0130 555

<https://www.dorothyhouse.org.uk/what-we-do/groups-and-workshops/bereavement-help-point/>



Digital and Online

Digital Support Appointment - Salisbury Library

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

- Trowbridge Library, County Hall, Bythesea Road, Trowbridge BA14 8JN
- Wednesdays, 09:30-11:30
- E: libraryenquiries@wiltshire.gov.uk

<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

Court Street Gallery

Welcoming, friendly, relaxed space for both Artists running workshops, as well as workshop participants.

- Workshops and groups are subject to change so please check the website for further details.
- E: info@thecourtstreetgallery.co.uk

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

Men's Shed

Helping men feel good about themselves, be productive, contribute to the community and maintain an active body and mind.

- Unit A08, Andil House, Court Street, BA14 8BR
- Mondays and Wednesdays, 09:30-12:30.
- E: bob.ayres@hotmail.com
- T: 07753877020

Woman's Shed

As well as joining in with a range of activities and enriching programs. Cost: £2.50 per session including refreshments and materials.

- Holy Trinity Church Centre, Stallard Street, BA14 9AA.
- Wednesdays 10:00-12:00.
- E: trowbridgewomensshed@gmail.com

<https://www.trowbridgewomensshed.com>

Knit and Natter

A friendly group which meets each week to chat and knit.

- BeeTees Café, Market Street, Trowbridge.
- Every Thursday at 10:00
- E: harry.edmunds1@gmail.com

Woolly Lamb Crochet

Crochet Workshops and classes near Trowbridge

- E: thewoollylambcrochet@gmail.com

<https://www.facebook.com/people/Woolly-Lamb-Crochet/100088391105531/>

Creative Crafting (Trowbridge Service Users Group)

Our Creative crafting session is a space for you to bring your own project, try something new, join in whatever is demonstrated, or just sit and watch and chat.

- The Cabin, Seymour Road, BA14 7AQ
- Thursdays 10:00 - 14:00
- E: admin@trowbridgeusersgroup.co.uk
- T: 07368212583 (Contact: Mark)

<https://trowbridgeusersgroup.co.uk/contact/>





Children and Young People (incl Parents)

Hokey Cokeys - Baby & Toddler Singing and Dancing Group

A fun, easy-going session for babies, toddlers and their grown-ups to enjoy nursery rhymes and children's music together. £2 per child.

- Trowbridge Town Hall, Market Street, Trowbridge BA14 8EQ
- Tuesdays (term time only) 10:00 - 10:45
- E: sphcran@gmail.com (Contact: Sophie)

Library Rhyme Time - Trowbridge

Please come and join us for Rhyme Time! No booking required - just come along!

- Trowbridge Library, County Hall, Bythesea Road, BA14 8JN
- Mondays 10:00, 11:00 Fridays 14:00
- E: libraryenquiries@wiltshire.gov.uk
- T: 01225 716700

Trowbridge Future

Trowbridge Future run several Youth Groups across Trowbridge with different age categories.

The youth groups are free of charge but require a parental consent form prior to attending. Various locations. See website for more details.

www.trowbridgefuture.org.uk/services-3



Religious, Cultural and Ethnic Activities

West Wilts Vineyard

West Wilts Vineyard Church run a number of services and community groups open to those already connected to the church and/or newcomers.

- West Wilts Vineyard, Emmanuel's Yard, Church Street. BA14 8RZ
- E: info@westwiltsvineyard.com
- T: 01225 755657

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

Trowbridge Mosque

There are a number of groups currently running at the Trowbridge Mosque from mother and toddler groups.

Sessions may vary, for further information please e-mail.

- 54 Longfield Rd, Trowbridge BA14 7AE
- E: info@trowbridgemasjid.co.uk



Volunteering

St John's Honey Pot

Day centre for older and socially isolated people in Trowbridge. Each week lots of small tasks are required to create the Honey Pot experience.

- T: 01225 751218 (Contact: Kerry Lewis)

<https://www.stjohnshoneypot.org/home/volunteering>

Trowbridge Museum

If you would like to learn new skills, be a part of your community, meet new people and help educate and inspire those around us.

- E: hannah.lyddy@trowbridge.gov.uk
- T: 01225 751339



Physical Activity, Sport and Exercise

Parkrun Southwick (Trowbridge)

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

- Southwick Country Park, Trowbridge.
- Every Saturday at 09:00

<https://findarace.com/parkrun/southwick-country-park-parkrun>

Karibu Fitness

A friendly dance exercise class. Open to anyone aged 16+ looking for easy to try dance and exercise routines. First session free, then £5 a session or £3.50 concession.

- Walwayne Court School, Brook Road. BA14 9DU.
- Thursdays in term time 18:30
- E: karibufitness@gmail.com
- T: 07904798599 (Contact: Abi)

<https://www.facebook.com/p/Karibu-Fitness-UK-61550649087443/>

Park Yoga Trowbridge

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

- Trowbridge Park, Town Park. BA14 8AH.
- Every Sunday morning 09:30-10:30 from 7th May to 17th September.

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

Red Rose Pilates

A friendly, welcoming and safe environment where you can work at your own level on a variety of exercises.

- Paxcroft Mead Community Centre, 17 Hackett Pl, Hilperton. BA14 7GW
- Mondays 10:15 Tuesdays 18:00 - 19:00
- E: redrosepilates@yahoo.com

Zumba Gold

No matter your fitness level, age or size, you don't need to know how to exercise or how to dance. Join Maria's Zumba, fitness and dance classes, de-stress yourself and become happier in a nice and friendly atmosphere.

Please contact Maria for current availability of classes.

- T: 07964 871214 (Contact: Maria)

<http://www.trowbridgezumbafitness.co.uk>

Age UK Fitness & Friendship Club - Trowbridge

A great opportunity for older adults to socialise and stay active. There is no need to pre-book but attendees will need to complete a registration form on the first session. The sessions cost £5 a session.

- One club is held alternate Tuesdays at St James Church Hall, Union Street, Trowbridge, BA14 8RU, between 14:00-16:00
- A second club is held alternate Wednesdays at Florence Court, Rutland Crescent, Trowbridge, BA14 0FH, between 14:00-16:00
- E: fitnessandfriendship@ageukwiltshire.org.uk

<https://www.ageuk.org.uk/wiltshire/activities-and-events/fitness-and-friendship/>

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>



Music, Singing and Dance

Beginners Adult Tap

Dance is a great way to meet new people. Everyone is welcome, no previous experience needed. It's all about having fun and feeling good. £4.50 Per class.

- Trowbridge Girl Guide Hut, Trowbridge Town Park, BA14 8AH
- Wednesdays 10:00 - 10:45.
- E: letsmovedancefit@outlook.com
- T: 07925 051525 (Contact: Ellen Wilkinson)

Afternoon Sing-a-Long - Trowbridge Library

Join in with the fun singalong. No experience expected, just bring along your enthusiasm. Tea served at the end for a small donation.

- Trowbridge Library, County Hall, Bythesea Road, BA14 8JN
- Wednesdays 14:30-15:00
- T: 01225 716700

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

Trowbridge Tea Dance

The classes are £6 a session and this includes tea and cake, having a partner to dance with isn't necessary but can add to the fun!

- Longfield Community Centre, Weavers Dr. BA14 7DZ
- Last Thursday of the month 14:30-17:00
- T: 01225 767143 (Contact: Mike Freke)

Trowbridge Ukele Club

The club are more focused on learning and improving their skills rather than public performances.

- 19:30-21:00 on Tuesday evenings at the Pump behind the Lamb Pub.
- E: armansfield@gmail.com
- T: 07425685010

Dance Fitness Low Impact

Low impact class. Everyone is welcome, no previous experience needed. It's all about having fun and feeling good.

- Trowbridge Girl Guide Hut, Trowbridge Town Park, BA14 8AH
- Wednesdays 09:00 - 09:45
- E: letsmovedancefit@outlook.com
- T: 07925 051525 (Contact: Ellen Wilkinson)

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>





Health Matters

Wiltshire Sight - Trowbridge Community Hub

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

- Trowbridge Library, County Hall, Bythesea Road, BA14 8JN
- 3rd Wednesday of each month, 10:00-13:00
- T: 01380 723 682

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

Trowbridge Fibro Coffee and Catch-Up

Anyone living in and around the Trowbridge area looking for friendly peer support related to their diagnosed Fibromyalgia.

Request to join the group's Facebook.

- E: bathfibrogroup@outlook.com
- T: 07952747682

<https://www.facebook.com/groups/684090191612458/>

Trowbridge Parkinsons Café

A friendly drop in cafe for anyone affected by Parkinson's, family and friends are all welcome.

- The Lamb, Mortimer Street, BA14 8BN.
- Monthly on the fourth Tuesday 1:30pm-3pm.
- E: jhenderson@parkinsons.org.uk
- T: 0344 225 3694 (Contact: Jane)

<https://localsupport.parkinsons.org.uk/activity/trowbridge-parkinsons-cafe>

Parkinson's UK - Wiltshire Working Age Cafe

An informal and sociable Saturday morning drop-in cafe for people of working age affected by Parkinson's (whether working or not).

- Tesco Extra Community Room, County Way, BA14 7AQ.
- Monthly on the first Saturday 10:30-12:30
- E: jhenderson@parkinsons.org.uk
- T: 0344 225 3694 (Contact: Jane)

The Medley

People with learning disabilities and their family carers will need to meet the council's eligibility criteria to access most of the services.

- County Hall, Bythesea Road, Trowbridge, BA14 8JN
- Monday - Friday, 09:30-16:00
- T: 01225 712950

<https://adults.wiltshire.gov.uk/Services/14/The-Medley-Trowbridge>



Cost of Living

Storehouse Foodbank-Trowbridge

Storehouse Foodbank aim to provide to people in short term need of food and toiletries.

- Tuesday to Friday, 10:00 - 12:30
- E: info@communityactionwilts.org
- T: 07702 583143

<https://www.communityactionwestwilts.org/storehouse>

Trowbridge Future Community Fridges

Re-distributing unsold food from local supermarkets and a bakery.

To find further details on when and where the community Fridge project takes place, please refer to the website.

<https://www.trowbridgefuture.org.uk/services-3>

Trowbridge Debt Advice Service

Provide a sustainable, face-to face money and debt advice service, which is free of charge, unconditional and confidential.

Please contact for more information on dates and venues

- T: 01225 777865 / 07884 952696

<http://trowbridgedas.org/>

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

**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**

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rethink.org