

A photograph of two men walking on a grassy path in a park. The man on the left is bald, wearing sunglasses and a dark jacket over a blue and white checkered shirt. The man on the right has grey hair, wears sunglasses and a grey and black quilted jacket. They are walking towards the camera. In the background, there are trees and a bench. A large purple circle is overlaid on the right side of the image, containing the text 'Rethink Mental Illness'. A large purple shape is overlaid on the bottom left, containing the text 'Group and Activity Listings for...'. An orange rounded rectangle is at the bottom, containing the text 'WARMINSTER and WESTBURY' in a stylized font.

**Rethink
Mental
Illness**

Group and Activity Listings for...

WARMINSTER and WESTBURY



Social and Wellbeing (incl Support Groups)

Open Door - Warminster

Run four chat cafés. Friendly, welcoming groups where you can connect with other people who genuinely understand how you are feeling

See website for venue (in **Warminster**) and details on the groups available.

<https://opendoorwarminster.org/services/>

Westbury Leigh Community Hall

Host a variety of activities and groups.

See website for Events and Activities (in **Westbury**):

<https://westbury-leigh.co.uk/events-and-activities/>

Renew Westbury Wellbeing Café

Welcoming and supportive environment where you can de-stress and escape the hustle and bustle of life.

- West End Baptist Church, West End **Westbury** BA13 3JG
- Every Wednesday and Saturday, 10:00-12:00.

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.

Warminster: <https://warminster.u3asite.uk/>
Westbury: <https://westbury.u3asite.uk/>

We Are Men

A friendship group for men aged 18+

- **Warminster** Football Clubhouse
- Every Monday, 19:00-21:00
- E: WAM202231@outlook.com

FB: <https://www.facebook.com/WAMWeAreMen/>

Tea and Chat – Westbury Library

Friendly and welcoming event where you can enjoy a cup of tea and engage in conversation with others.

- Westbury Library, Edward St, **Westbury** BA13 3BD
- Fridays 14:30-15:30
- T: 01373 822294
- E: libraryenquiries@wiltshire.gov.uk

Wellspring Warminster

A community outreach friendship and activity group that provides a holistic service to adults experiencing loneliness, isolation, and social marginalisation.

- Church Hall, Warminster Baptist Church, North Row, **Warminster** BA12 9AD
- Every Wednesday, 12:00 to 15:30
- E: wellspringwarminster@gmail.com

<https://wellspringwarminster.wordpress.com/>

Barchester Carers Café (Carer Support Wiltshire)

Drop in for a relaxed chat over a free hot drink with other carers. Share advice, support and information for you and the person you look after.

- Henford House Care Home, Lower Marsh Road, **Warminster**, BA12 9PB
- See Carer support Wiltshire website for dates and times.

<https://carersupportwiltshire.co.uk/whats-on/barchester-carer-cafe-9/>



Music, Singing and Dance

Golden Oldies (Goldies)

The fun daytime social Sing and Smile sessions are open to all, but are particularly aimed at older people who may sometimes find themselves feeling lonely.

- Warminster Park Community Centre
Weymouth Street, **Warminster** BA12 9NP
- First Thursday of each month, from 14:00-15:00

<https://www.golden-oldies.org.uk/wiltshire.html>



Physical Activity, Sport and Exercise

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>

Parkrun Thoulstone

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

- Thoulstone Park, Chapmanslade, **Westbury**, BA13 4AQ
- Every Saturday at 09:00

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

Age UK Fitness & Friendship Club – Warminster

Each meeting includes gentle exercise to help maintain strength, balance and flexibility. Time for chat and refreshments.

- Civic Centre, **Warminster**, BA12 8LB .
- Alternate Tuesdays , 14:00-16:00
- E: fitnessandfriendship@ageukwiltshire.org.uk

Age UK Fitness & Friendship Club – Westbury

Each meeting includes gentle exercise to help maintain strength, balance and flexibility. Time for chat and refreshments.

- Westbury (Wilts) Community Project, Eden Vale Road, **Westbury** Wiltshire. BA13 3NY
- Alternate Wednesdays , 14:00-16:00
- E: fitnessandfriendship@ageukwiltshire.org.uk

Warminster Adventure Sports Club (WASC)

Supportive community club of like-minded people interested in sharing skills and experiences in the great outdoors. The club is open to novices and seasoned adventurers alike.

To find out more or contact, join their Facebook page at:

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

<https://www.thewasc.org/>

Walking Netball Westbury

Slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. Cost: £3 per person

- Leighton Recreation Centre, **Westbury**
- Every Wednesday 13:00-14:00

Street Tag

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



Digital and Online

Digital Support Appointment – Warminster and Westbury Library

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

- **Warminster** Library, Three Horseshoes Walk, Warminster BA12 9BT. Monday and Thursday. 17:00-18:00
- **Westbury** Library, Edward St, Westbury BA13 3BD. Tuesdays 14:30
- 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



Health Matters

Westbury Memory Café (Alzheimers Support)

Monthly meet for a speaker or entertainment, and a chance to socialise with others 'in the same boat'. Professionals are on hand to discuss any aspect living with dementia in an informal, friendly environment.

- Grassacres Hall, access & parking via Methodist Church on Station Road, **Westbury** BA13 3JL
- Every second Wednesday of the month, 16:30-18:00

<https://www.alzheimerswiltshire.org.uk/Event/westbury-cafe>





Art and Craft

Warminster Action Group Arts & Crafts

Warminster Action Group is an all-volunteer non-profit community support group created to help and support residents of Warminster.

- The WAG House, 1b Chinns Court, **Warminster**. BA12 9AN
- Wednesdays 10:00 - 14:00
- T: 01985 250081

Warminster Art Group (Alzheimers Support)

Led by artist Jane Greenwood. Friendly, relaxing, therapeutic and fun and you do not need to be 'good at art' to join in

- Lakeside Community Centre, Lakeside Pleasure Grounds, Weymouth Street, **Warminster**, BA12 9NP
- First and third Wednesday of the month between 14:00-15:30
- T: 01380 739055 (Contact: Cathy)

<https://www.alzheimerswiltshire.org.uk/Event/warminster-art-group>

Craft and Chat

Bring along your knitting, crochet or other craft projects to the library and meet other creative people

- Warminster Library, Three Horseshoes Walk, **Warminster** BA12 9BT
- Tuesday 10:00-14:00
- T: 01985 216022

Art, Craft and Natter Group

Arts and crafts group that help people who have been at home get back into mainstream activity. Enjoy a chat over a tea or coffee and a biscuit.

- Foyer of the Methodist Church, Station Road, **Westbury**, BA13 3HE
- First and third Wednesday 14:00-16:00
- T: 01373 858805

Men's Shed – Westbury

Community spaces for men to connect, converse and create.

- Eden Vale Rd, **Westbury** BA13 3NY
- Saturdays 14:00 - 18:00
- E: mmcgiff@gmail.com
- T: 07308 150577

<https://mmcgiff.wixsite.com/website>

WAG/Access Creative Writing Group

Local creative writing and wellbeing group. (for anyone aged 16+)

- Warminster Action Group, 5 Wilson & Kennards Yard, Market Pl, **Warminster** BA12 9AN
- Every other Wednesday 12:00-14:00

Crochet, Knit and Natter – Westbury Library

An hour of crochet, knitting and conversation.

- **Westbury** Library, Edward St, Westbury BA13 3BD.
- Every other Monday at 14:30
- T: 01373 822294
- E: libraryenquiries@wiltshire.gov.uk



Environmental, Nature and Garden

Friends of Victoria Garden

Responsible for the upkeep of the Victoria Garden in **Westbury**

- Use message button on Facebook to contact

<https://www.facebook.com/profile.php?id=100064411493850>



Children and Young People (incl. Parents)

Rhyme Time - Warminster 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.

- Warminster library, Three Horseshoes Walk, **Warminster** BA12 9BT .
- Mondays 2.15pm (Babies & Toddlers). Wednesdays 10.15am (Babies). Thursdays 10.15am (Babies & Toddlers).
- E: libraryenquiries@wiltshire.gov.uk
- T: 01985 216022

Brick Creator Club – Westbury Library

Free activity. This does not need to be booked in advance, just sign in with your library card at the desk. Suitable for 4–11-year-olds.

- Westbury Library, Edward St, **Westbury** BA13 3BD
- Saturday 10am-11am
- T: 01373 822294
- E: libraryenquiries@wiltshire.gov.uk

Leigh Park Play & Learn

5yrs Playgroup, soft play, bouncy castle, gym apparatus, sensory play, fun interactive sessions, older siblings welcome during school holidays. £2.50 per family

- Leigh Park Way, **Westbury**, BA13 3FN
- Every Friday 09:00-11:00
- T: 01373 825774
- E: Office@lpccwestbury.org.uk

Little Light

Group, run by Westbury Area Churches Together, is suitable for babies, toddlers and pre-school children and their parents/carers/childminders. Come along for play, crafts, songs, story-time, chat and support. Tea/coffee and snacks will be provided. £1.50 per family

- West End Baptist Church, West End, **Westbury**. BA13 3JG
- Every Thursday in term time 13:00-14:30

Sweaty Mama Pre and Post Natal

Sweaty Mama Classes are specialist Pre and Postnatal Mama and Child Groups in your local community.

Contact Sam on 07999 459571 or visit website.

<https://warminster.sweatymama.com/>



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**
Email: **info@rethink.org**

You can find us on:



Published: April 2025

rethink.org

