

A photograph of two men standing in a room. The man on the left has curly brown hair, a beard, and glasses, wearing a white ribbed sweater. The man on the right has short brown hair and is wearing a dark grey button-down shirt over a black t-shirt and khaki pants. They are standing in front of a pool table with green felt. A framed black and white photograph of a street scene hangs on the wall behind them. A large green plant is visible to the right. A purple circular graphic is in the top right corner, and a large purple shape with an orange bar is at the bottom.

**Rethink
Mental
Illness**

Group and Activity Listings for...

ROYAL WOOTTON BASSETT



Social and Wellbeing (incl Support Groups)

Re-Engage

Free monthly social groups open to people aged 75 and over who are lonely, isolated or in need of companionship.

- Please visit the website for further details.
- E: knowledge@reengage.org.uk
- T: 0800 716543

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

Royal Wootton Bassett Rotary Community Cinema

The local rotary club run a monthly cinema club. The aim is for a friendly, welcoming, and safe environment. Price: £5.

- 6th Form Centre, Royal Wootton Bassett Academy, Lime Kiln. SN4 7HG.
- First Friday of the month, doors open 19:00, film starts 19:30.

www.facebook.com/RWBDRotaryCinema

Camerados Public Living Room

An opportunity for people to chat together and have a few moments where you forget about everything and have a giggle.

- Wootton Bassett Memorial Hall, Station Road,
- Tuesdays 10:00-12:00

<https://camerados.org/public-living-room/>

Happy Café – Royal Wootton Bassett

Happy Cafés provide a warm welcome for anyone interested in happiness and wellbeing – and encourage them to meet for a drink and friendly chat.

- Dandelion Gifts and Coffee Shop, Royal Wootton Bassett
- Thursday 14:00 - 15:30 (Fortnightly).

Reading Friends - Shared Reading Group

This group can be beneficial to those living with mental health concerns, and they do not require any preparation or prior reading knowledge. The sessions are free of charge and offer an enjoyable, relaxing opportunity to meet others.

- Royal Wootton Bassett library, 11 Borough Fields. SN4 7AX.
- Thursdays 11:00-12:00
- E: libraryenquiries@wiltshire.gov.uk
- T: 01793 853249

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

RWB Methodist Church

Coffee morning - The group sometimes knit or crochet together and there is a scrabble group. Once a month there is a drop-in lunch that follows.

- Royal Wootton Bassett Methodist Church, Rope Yard, SN4 7BS.



Environmental, Nature and Garden

RWB Flower Club

Have a full programme of demonstrations, workshops & other events which are constantly being updated.

- Memorial Hall, RWB, SN4 8EN.
- Flower Demonstrations 1st Tues of the month (except Jan & Aug) 7 for 19:30
- T: 07890 149673 (Contact: Anne Tuffin)
- E: rwbflowerclub@gmail.com

<https://www.facebook.com/royalwoottonbassetflowerclub/>



Physical Activity, Sport and Exercise

Ladies Walking Group

The ladies' group are mostly retired ladies, and they usually walk for approximately one and a half hours, weather permitting. Walks tend to be between 2 and 3 miles long

- Memorial Hall Car Park
- 2nd and 4th Wednesday of month, at 09:30
- E: enquiry@rwbmc.co.uk

<https://www.rwbmc.co.uk/12/Ladies-Walking-Group>

White Horse Badminton Club

A friendly, relaxed, sociable badminton club - playing in both Royal Wootton Bassett and Swindon, Wiltshire.

- Lime Kiln Leisure Centre
- Tuesday 20:00 - 22:00.
- E: wannaplay@whitehorsebc.com

<http://www.whitehorsebc.com/>

Age UK Fitness & Friendship Club - Royal Wootton Bassett

A great opportunity for older adults to socialise and stay active.

- Memorial Hall, Station Road, SN4 8EN.
- Alternate Thursdays between 14:00- 16:00
- E: fitnessandfriendship@ageukwiltshire.org.uk
- T: 07754 612569

KMA Keep Moving with Allison

A friendly and informal exercise to music class. Many of the participants are over 65 but the class also caters for younger individuals who cannot find an exercise group to fit their needs.

- St. Bart's Church Hall, Rope Yard, Royal Wootton Bassett, Swindon SN4 7BW.
- Every Friday 14:00 - 15:00
- E: allison.bucknell@btinternet.com
- T: 07976 891377

<https://www.facebook.com/keepmovingwithallison>

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).

www.streettag.co.uk



Children and Young People (incl. Parents)

Rhyme Time - Royal Wootton Bassett Library

Please come and join us for Rhyme Time! Book in the library on the day.

- Royal Wootton Bassett Library, 11 Borough Fields. SN4 7AX.
- Wednesdays 10:00-11:00 (Toddlers); Fridays at 10:00 (Babies)
- E: libraryenquiries@wiltshire.gov.uk
- T: 01793 853249

The Rise Trust

Detached youth work offers young people a safe space to talk and to receive immediate outreach.

- T: 07715 681 950 (Contact: Danielle)
- E: danielleb@therisetrust.org

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



Art and Craft

Royal Wootton Bassett Camera Club

We are a small and friendly club who welcome new members of any level of photographic skill. Royal Wootton Bassett Camera Club welcomes new members irrespective of their ability in photography.

- Function Room on the 1st floor of The Angel Hotel, 47 High Street. SN4 7AQ.
- Alternate Tuesdays 19:30.
- T: 01793 840466 (Contact: Peter Hodgson)
- E: chairman@woottonbassettcameraclub.org.uk

<http://www.woottonbassettcameraclub.org.uk/>

RWB & District Art Society

A friendly group of artists meeting weekly to paint, draw, share ideas and encouragement. From beginners to those with more experience.

- Hook Village Hall, Hook, Nr Royal Wootton Bassett SN4 8EA.
- E: rwbdas82@gmail.com

www.artinbassett.weebly.com



Digital and Online

Digital Support Appointment – RWB Library

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

- RWB Library, Borough Fields. SN4 7AX
- T: 01793 853249
- E: libraryenquiries@wiltshire.gov.uk

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

Side by Side

Side by Side (from the MIND charity) is an online peer support community where you can talk openly about your feelings and your experiences with people who are experiencing the same.

<https://sidebyside.mind.org.uk/>

Togetherall

Togetherall is a digital mental health support service which is available online, 24/7. Professionally trained Wall Guides monitor the community 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, this is available for all ages. For anyone struggling with mental health.

- Text WILTS to 85258



Health Matters

Wiltshire Sight - Royal Wootton Bassett Community Hub

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

- Royal Wootton Bassett Library
- 3rd Monday of each month.
- T: 01380 723 682

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

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:



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rethink.org

