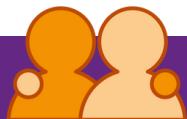




**Rethink
Mental
Illness**

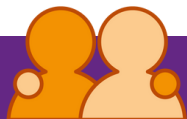
Group and Activity Listings for...

Chippenham



Social and Wellbeing (incl Support Groups)

CAMEO Club	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">• The Salvation Army, Foghamshire. SN15 1HB• Wednesdays 10:30–12:00• E: chippenham@salvationarmy.org.uk• T: 013249 655458 <p>https://www.salvationarmy.org.uk/chippenham</p>
The Memory Box Reading Group	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">• Wiltshire & Swindon History Centre, Cocklebury Road. SN15 3QN.• 1st & 3rd Wednesday of month, 14:00–15:30• E: archives@wiltshire.gov.uk• T: 01249 705500 (Contact: Julie Davis)
Bargammon's Tavern	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">• T: 01249 248130 <p>http://www.bargammon.co.uk</p>
Wellbeing Café – Chippenham	Wellbeing Cafés provide a warm welcome for anyone feeling isolated, lonely or anxious about meeting new people.	<ul style="list-style-type: none">• Rivo Lounge, The Bridge, Chippenham.• Every Tuesday 14:00–15:30 <p>https://www.rethink.org/wiltshirewellbeingcafes</p>
The Chippenham Hub Seniors Group	For older adults in the Chippenham area. Come along and meet friends at the Chippenham Community Hub.	<ul style="list-style-type: none">• 1 Gladstone Parade, Timber Street, Chippenham. SN15 3BS• Every Thursday 10:00–12:00 <p>https://www.chippenhamhub.com</p>
The Thursday Club	Weekly gathering designed for people who enjoy engaging in lively and interesting discussions.	<ul style="list-style-type: none">• Chippenham Library, Market Place, SN15 3HJ.• Every Thursday 10:30–11:30• T: 01249 650536
Poetry Group	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">• Chippenham Library, Market Place, SN15 3HJ.• Monday (except Bank Holidays) 17:30–18:30• T: 01249 650 536
Chippenham Community Hub	There are several social groups, drop-in clinics and community groups running at the Chippenham Hub.	<ul style="list-style-type: none">• 1 Gladstone Parade, Timber Street, Chippenham. SN15 3BS• E: enquiries@chippenhamhub.co.uk <p>https://www.chippenhamhub.com/</p>
Wednesday Lunch Club	A church luncheon club for people living alone. Please register interest in advance. Price: £3.50	<ul style="list-style-type: none">• The Beacon Centre, Chippenham, SN14 0DU• Wednesday 12:30– 13:30• E: admin@sheldonroad.church• T: 0781175972 <p>http://www.sheldonroad.church</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
- E: info@doorwayproject.org.uk
- T: 01249 445385

<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

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

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

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

<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
- 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
- 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
- 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
- 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
- T: 01246445288

www.therisetrust.org

LGBTQ+ Supportive Youth Sessions

LGBTQ+ support sessions ran by the Rise Trust in Chippenham

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

<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

**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