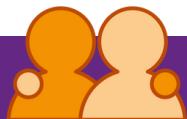




Rethink
Mental
Illness

Group and Activity Listings for...

Amesbury



Social and Wellbeing (incl Support Groups)

Wellbeing Café - Amesbury

Wellbeing Cafés provide a warm welcome for anyone interested in happiness and wellbeing.

- History Centre, 4 Church Street. SP4 7EU
- Tuesday 13:30 - 16:00 (Weekly)

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

Friendly Tuesday Club

The club meet every Tuesday morning, new members welcome over 18's. No joining fees or membership

- Edmond Hall (Ground floor), Antrobus House, 39 Salisbury Road, SP4 7HH
- Tuesday 9.30 - 12:00
- T: 01980 622305 (Contact: Lesley)



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>

Age UK Fitness & Friendship Club - Amesbury

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

- The Community Room, The Bowman Centre, Shears Drive, SP4 7XT.
- Every other Wednesday 14:00 - 16:00
- E: fitnessandfriendship@ageukwiltshire.org.uk
- T: 07754 612 569

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

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

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>

Amesbury Community Soul Singers

Non-auditioned mixed choir open to singers of all backgrounds and abilities age 10+

- Amesbury Archer Primary School, SP47XX
- Tuesdays 19:00-21:00
- 07800 519913

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



Health Matters

Wiltshire Sight - Amesbury Community Hub

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

- Amesbury Community Hub, Amesbury Library, Smithfield Street. SP4 7AL
- 2nd Thursday of Month, 10:30 - 11.30
- T: 01380 723 682

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



Children and Young People (incl Parents)

Rhyme Time - Amesbury 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.

- Amesbury Library, Smithfield St, SP4 7AL.
- Tuesdays and Fridays 11am (term time only for babies and toddlers).
- T: 01980 623491

Buzz Action Foundation

Offers Youth club for children from school year 6-8 and youth café from school year 9-11

- Bowman Centre, Shears Drive, SP4 7XT
- Fridays
- E: office@buzzaction.org
- T: 01722 340440

<https://buzzaction.org/>

Home Start Group

A weekly group in Amesbury where families with children under 5 can meet other parents in a relaxed friendly atmosphere.

- Wyndham Hall, Church St. SP4 7EU
- Tuesday, 11.30-13:30
- E: info@homestartsouthwilts.org.uk
- T: 07503 936087 (Jane) Working days Monday/Tuesday.



Digital and Online

Digital Support Appointment - Amesbury Library

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

- Amesbury Library, Smithfield St, SP4 7AL
- Thursdays, 14:00-16:00
- T: 01980 623491
- 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**

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