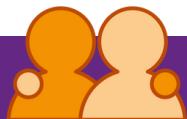




Rethink
Mental
Illness

Group and Activity Listings for...

Corsham



Social and Wellbeing (incl Support Groups)

Corsham Community Club

A social club that aims to reduce isolation and loneliness. The club meets twice a month to chat and enjoy the company of others.

- E: corshamcommunityclub@talktalk.net
- T: 07780864026 (Contact: Karen)

<https://adults.wiltshire.gov.uk/Services/1971/Corsham-Community-Cl>

Corsham Connections

Aim to help adults (aged 18+) who are alone. Support with community groups, activities or services to improve their social interaction and wellbeing.

- E: caroline@corshamconnections.co.uk

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

Corsham Creative Lunch

Friendly sessions for older adults, people with dementia and their carers to meet, chat, create and reminisce. £5pp.

- Fox-Talbot Room, Springfield Community Campus.
- Alternate Mondays
- E: iidconsortium@gmail.com
- T: 07958774617 (Contact: Sarah)

The Pound Book Club

Join Klaire to discuss the latest book club read.

- The Pound Arts Centre
- Last Thursday of the month, 20:00
- E: klairealexander@hotmail.com

Bereavement Help Point

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

- Three Brewers, 51 Priory Street
- 2nd and 4th Thursday of every month, 13:30-15:30

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

Carers Café Corsham

Carers Cafes are a great way to connect with other carers to share experiences and receive or offer support.

- The Methuen Arms, 2 High Street.
- Third Thursday of each month, 10:00-12:00
- T: 0800 181 4118

<https://carersupportwiltshire.co.uk/whats-on/>

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

Age UK Fitness & Friendship Club – Corsham

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

- St Aldhelms Church Hall, Pickwick Road. SN13 9BS
- Alternate Thursdays at between 14:00-16:00

www.ageuk.org.uk/wiltshire/activities-and-events/fitness-and-friendship/corsham-fitness--friendship/

Zumba Gold

Zumba, fitness and dance classes.

- Corsham Town Hall, 65 High Street, SN13 0EZ
- Tuesdays 10:00-10:45
- Please call or message Maria on 07964 871214.

www.trowbridgezumbafitness.co.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>



Children and Young People (incl Parents)

Rhyme Time - Corsham Library

Free sessions include a mix of songs, rhymes and movement to help with your child's language and motor skills.

- Corsham Library, Springfield Community Campus, Beechfield Rd. SN13 9DN
- Wednesdays 11am (Babies & Toddlers). Fridays at 10am (Babies). Fridays at 11am (Babies and Toddlers).
- E: libraryenquiries@wiltshire.gov.uk
- T: 01249 468490

Brick Creator Club – Corsham Library

Free brick creator activity.

- Corsham Library, Springfield Community Campus, Beechfield Rd. SN13 9DN
- Every Saturday 14:30-15:30
- E: libraryenquiries@wiltshire.gov.uk
- T: 01249 468490



Environmental, Nature and Garden

Corsham Climate Action

Corsham Climate Action works on local solutions to climate change. Corsham Climate Action have a monthly open meeting, community gardens and community litter picks. <http://corshamclimateaction.org.uk>

The Wisdom Space

The Wisdom Space offers monthly talks, workshops and performances which focus on sharing wisdom to create a more conscious, compassionate and inclusive community. <https://www.thewisdomspace.co.uk/>



Health Matters

Wiltshire Sight - Corsham Community Hub

Supporting Blind and Partially Sighted People across Wiltshire. Drop in Hub.

- Pound Art Centre, Pound Pill. SN13 9HX
- 2nd Tuesday of each month.
- T: 01380 723682

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

Parkinson's UK - Corsham Cafe

Open to anyone affected by Parkinson's, a great chance for a coffee and a chat.

- Greenhouse Coffee Shop,
- First Monday of the month, 10.30 – 12.00.
- T: 0344 225 3694

<https://malmesburyparkinsons.org.uk/cafes.htm>



Music, Singing and Dance (incl Art & Craft)



Pound Arts

Pound Arts run several creative workshops, theatre, music and live acts.

- Pound Art Centre, Pound Pill. SN13 9HX
- E: box.office@poundarts.org.uk
- T: 01249 701 628

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

Golden Oldies

The Golden-Oldies Charity (or Goldies) provide regular singing sessions and events for older people across Wiltshire.

- E: events@golden-oldies.org.uk
- T: 01761 470006

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

Studio 64

Dance and art sessions for older adults looking to explore their creativity and develop a new skill.

- Pound Art Centre, Pound Pill. SN13 9HX
 - Fridays 10:15-13:15
- To book, please email Sarah at iidconsortium@gmail.com or call 07958 774617

<https://www.iid.org.uk/studio-64>

Xpression Street Dance

Xpression Street dance are a dance company, who teach street dance to adults and children in Chippenham & Corsham. They hold a mix of beginner, intermediate and mixed ability classes.

- E: di@xdance.co.uk
- T: 07585 125570

Please see website for further details.

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

GuiDance

Creative arts therapy working with movement, music, art story and play to support individuals and groups with their physical, mental and emotional wellbeing.

- E: hannah@guidancetherapy.co.uk
- T: 07816 219543 (Contact: Hannah)

www.guidancetherapy.co.uk



Digital and Online

Digital Support Sessions - Corsham Library

For people who would like to learn more about using a smartphone, tablet, laptop or a PC.

- Corsham Library, Springfield Community Campus, Beechfield Rd. SN13 9DN
- Day agreed at booking
- E: libraryenquiries@wiltshire.gov.uk
- T: 01249 468490

<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