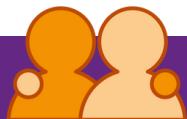




**Rethink
Mental
Illness**

Group and Activity Listings for...

Marlborough



Social and Wellbeing (incl Support Groups)

Wiltshire Community Support & Outreach (Mill Race)

Person-centred service promoting good mental health and well being, supporting adults with learning disabilities, autism and mental health issues to live full and active lives.

- E: mandy.donovan@family-action.org.uk
- T: 01249 811575

<https://family-action.org.uk/services/wiltshire-community-support-and-outreach-mill-race/>

Marlborough Women's Institute

Offers a variety of activities and opportunities for women in the community (incl social events)

- Court Room, Town Hall, SN8 1AA
- 1st Wednesday of the month at 19:30
- E: marlboroughpres@wiltshirewi.org.uk
- T: 01380 739340

Marlborough Book Club

Monthly book club in a nice pub to discuss the book selected by a different member each month. See website to join group for details of venue at dates.

- Usually on a Tuesday or Wednesday evening from 19:00

<https://www.meetup.com/marlborough-book-club-meetup-group/>

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://u3ainkennet.org.uk/>



Environmental, Nature and Garden

Gardening For Wellbeing - Wiltshire Mind

Garden wellbeing project, facilitated by the Wiltshire Mind team.

- Greatwood Charity, Marlborough
- Meet 2 hours fortnightly
- E: supportgroups@wiltshiremind.co.uk
- T: 01225 706532

<https://www.wiltshiremind.co.uk/gardening-for-wellbeing/>

ARK - Action for the River Kennet

Action for the River Kennet is an active organisation, and there is something going on most weeks – check website for list of events and activities.

- Elcot Park, Marlborough. SN8 2BG
- E: anna@riverkennet.org
- T: 01672 512700

<https://www.riverkennet.org/event/events-introduction>

Plume of Feathers Garden

Regular volunteering opportunities in a green/outdoor setting, with a focus for improved health and wellbeing.

- Meet every second Friday of the month
- E: Daniel.ODonoghue@waythrough.org.uk
- FB: <https://www.facebook.com/FoPFG/>



Physical Activity, Sport and Exercise

Marlborough Youth Football Club

Club ethos of 'Football For All' offering a wide range of football opportunities for players of all ages and abilities.

- Elcot Lane, Marlborough
- Secretary: John Whitehead
- E: Secretary@myfc.me.uk

<https://www.myfc.club/>

Parkrun Marlborough

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

- Marlborough Common, Marlborough, SN8 1DL
- Every Saturday at 09:00

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

Age UK Fitness & Friendship Club - Marlborough

Each meeting includes gentle exercise to help maintain strength, balance and flexibility. Time for chat and refreshments. Cost: £5 a session.

- Marlborough Scout Hall, 45 George Lane, SN8 4BX
- Alternate Tuesdays, 14:00 – 16:00
- E: fitnessandfriendship@ageukwiltshire.org.uk
- T: 07754 612569

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)

Parents & Carers Support Group

Just turn up- a peer to peer non judgemental support space for anyone who thinks their kids may be neurodiverse and for those with a diagnosis

- Great Bedwyn Village Hall, Frog Lane, Great Bedwyn, Marlborough, SN8 3PD
- Third Monday of the month, 18:00 – 19.30
- 07734 466444 (Jodie) or 07958 369754 (Katie)



Art and Craft

Arts Together

Arts Together aims to counter isolation by offering older people the opportunity to try new and exciting creative activities.

- Every Monday (term time), 11:00 – 13.30
- T: 01380 590095

<https://www.artstogether.co.uk/take-part>



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>

Sing A-Long and Social

Relaxed and fun signing group with tea and biscuits. If you'd like to meet new people, come and join them.

- St Mary's Church Hall, 1 Silverless Street, Marlborough. SN8 1JQ
- Tuesdays, 18:00 – 19:00
- T: 07852 191378 (Contact: Anna)



Digital and Online

Digital Support Appointment - Marlborough Library

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

- 91 High Street, Marlborough. SN8 1HD
- Thursdays, 10:00 – 12:30
- E: libraryenquiries@wiltshire.gov.uk
- T: 01672 512663

<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

Parkinson's UK - Marlborough Group Meeting

Informal drop-in café. Come and chat with other people from the local Parkinson's community in a friendly and supportive environment.

- St Peter's Community Hub, High Street
- First Friday of each month. 11:00 to 12:30
- T: 07553 608358 (Contact: Heather Lee)

Wiltshire Sight - Marlborough Community Hub

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

- Jubilee Centre, 28 High Street, SN8 1LW
- 2nd Tuesday of each month
- E: info@wiltshiresight.org
- 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** or
email **info@rethink.org**

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rethink.org