



**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.

- T: 01249 811575
- E: [mandy.donovan@family-action.org.uk](mailto:mandy.donovan@family-action.org.uk)

<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
- 1<sup>st</sup> Wednesday of the month at 19:30
- T: 01380 739340
- E: [marlboroughpres@wiltshirewi.org.uk](mailto:marlboroughpres@wiltshirewi.org.uk)

### 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](mailto: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
- T: 01672 512700
- E: [anna@riverkennet.org](mailto:anna@riverkennet.org)

<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](mailto: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](mailto: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
- T: 07754 612569
- E: [fitnessandfriendship@ageukwiltshire.org.uk](mailto: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>



## 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)



## 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
- T: 01672 512663
- E: [libraryenquiries@wiltshire.gov.uk](mailto: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



## 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>



## 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.

- The Jubilee Centre, 28 High Street, SN8 1LW
- 2nd Tuesday of each month
- E: [info@wiltshiresight.org](mailto: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](https://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**

