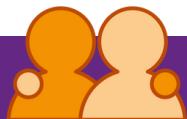


A photograph of a man and a woman sitting on a blue sofa, smiling and playing cards. The man, on the left, has dreadlocks and is wearing a colorful patterned jacket. The woman, on the right, has blonde hair and is wearing a white patterned sweater. They are both holding cards. In the background, there is a window with vertical blinds. A purple circle in the top right corner contains the text 'Rethink Mental Illness'. A large purple shape on the left side of the image contains the text 'Group and Activity Listings for...'. An orange shape at the bottom contains the text 'Melksham'.

**Rethink
Mental
Illness**

Group and Activity Listings for...

Melksham



Social and Wellbeing (incl Support Groups)

Chatty Café - Poolside Café

The Chatty Café Scheme is the UK's leading non-profit organisation tackling loneliness. A friendly atmosphere with our own speciality coffee, and delicious cakes.

- Melksham Community Campus, Poolside Cafe, Market Place, Melksham SN12 6ES.
- Tuesdays 10:00-12:00
- T: 07468 563145 (Contact: Jemma Cottrell)

<https://thechattycafescheme.co.uk/venue/poolside-cafe/>

That Meeting Space - Drop-In

Tuesday Drop-in. Cuppa and a chat - Everyone Welcome.

- That Meeting Space, 31A Market Place, SN12 6ES.
- Tuesdays 10:30-12:00
- E: thatmeetingspace@gmail.com
- T: 07389866714

<https://www.thatmeetingspace.org.uk/>

Broughton Gifford Friendship Club

Broughton Gifford Friendship Club (60+) is for people living in the village. Meetings cover a wide variety of topics. Annual Membership: £10

- Broughton Gifford Village Hall, The Street, Broughton Gifford. SN12 8PN
- Second Monday of the Month 14:30
- E: chrispitura@gmail.com
- T: 07946 731159

<https://adults.wiltshire.gov.uk/Services/352>

Carers Café - Melksham

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

- The Kings Arms Hotel, 20 Market Place, Melksham, SN12 6EX.
- First Thursday 10.30-12:00
- T: 0800 181 4118

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



Environmental, Nature and Garden

Meadowbrook

A not-for profit social enterprise right in the heart of Wiltshire, creating a nurturing outdoors setting where folks can grow and thrive.

- Contact: Grace and Ja
- E: meadowbrookwiltshire@gmail.com

<https://meadowbrookwiltshire.org/>





Physical Activity, Sport and Exercise

Park Yoga - Melksham

Park Yoga is a charity that provides free outdoor yoga sessions around the UK.

- King George V Playing Field. SN12 7ED
- 09:30-10:30 every Sunday morning from May to September.

<https://parkyoga.co/melksham/>

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 - Melksham

Please come and join us for Rhyme Time! Book in the library on the day.

- Melksham Library, Community Campus, Market Pl. SN12 6ES
- Thursdays 11:00
- E: libraryenquiries@wiltshire.gov.uk
- T: 01225 702039

4Youth

Various youth clubs offering a range of activities for young people from age 9 to 19. Tuesday Club is designed especially for those in Years 5, 6 and 7. Wednesday club dedicated for young people in years 7 and 8. Thursday nights are for 'older' young people, those in years 9 and up. Subs are £2

- Canberra Children's Centre, 56b Spa Road. SN12 6FR
- Tuesdays 18:00-20:00, Wednesdays 18:30 – 21:00, Thursdays 18:30 – 21:00
- E: hello@youngmelksham.org.uk
- T: 01225 677327

<https://4youth.org.uk/youth-clubs/>

4 Youth No Limits Monday

Through No Limits young people can meet new people from their local community, develop social skills, and provide them with valuable practical learning opportunities and experiences. Subs are £2 per young person with entry for carers free.

- Atworth Youth Centre
- Mondays 18:30
- E: hello@youngmelksham.org.uk
- T: 01225 677327

<https://youngmelksham.org.uk/youth-clubs/no-limits-send-youth-club/>

The Rise Trust TeenTalk provides a confidential counselling service to young people aged from 10 to 25 within North and West Wiltshire

- For young people aged 10 – 25 years old who want to receive counselling in the Melksham area

<https://teentalk.org.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>

Melksham Red Door Singers

Community singing group based in Melksham. They welcome individuals who enjoy singing. The group meets regularly and covers a variety of songs, often chosen by the members themselves.

- That Meeting Space, 31A Market Place, SN12 6ES.
- Tuesdays 13:30
- E: thatmeetingspace@gmail.com.
- T: 07389 866714

<https://www.thatmeetingspace.org.uk/>

Tap Dance

Everyone is welcome, no previous experience needed. It's all about having fun and feeling good. £4.50 pay as you go

- Rachel Fowler Centre, Melksham
- Wednesdays 12:30- 13:15
- E: letsmovedancefit@outlook.com
- T: 07925 051525 (Contact: Ellen Wilkinson)

Melksham Rock 'n' Roll Club

Monthly Rock 'n' Roll Club in Melksham. A chance to dance and listen to live Rock n' Roll Music. Admission is £12

- Melksham Assembly Hall, Market Place, SN12 6ES
- E: geoff@melkshamrockandroll.co.uk
- T: 01225 706463 / 07779 330042 (Contact: Geoff)

<https://melkshamrockandroll.co.uk/home.htm>



Digital and Online

Digital Support Appointment - Melksham

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

- Melksham Library, Community Campus, Market Pl. SN12 6ES
- E: libraryenquiries@wiltshire.gov.uk
- T: 01225 702039

<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.

- Melksham library, Community Campus, Market Pl, Melksham SN12 6ES.
- For further information please ask at the desk in Melksham Library or call on 01225 702039

Nature and Art Friends

Exploring your creative side, inspired by nature without pressure

- That Meeting Space, 31A Market Place, SN12 6ES.
- Thursdays 13:30-15:00
- E: thatmeetingspace@gmail.com
- T: 07389866714 (Contact: John Firth pre attending)

<https://www.thatmeetingspace.org.uk/>

Men's Shed

Community space for adults to connect, converse and create. A membership fee is optional and coffee and biscuits are 50p.

- The Shed, (Rear of) Forest Community Centre, Bowmans Court, SN12 7FF
- Mondays, Wednesdays and Fridays 10:00 – 12:00
- E: ebidondi@uwclub.net
- T: 01225 920400 (Contact – Chris Pickett)

Arts Together

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

- Fridays
- T: 01380 590095

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



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