

Group and Activity Listings for...

DEVIZES

| | ocial and Wellbeing (inc | |
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| Camerados Public Living Room | An opportunity for people to chat together and have a few moments where you forget about everything and have a giggle. | Cheese Hall, Devizes Town Hall. Every Friday from 13:00 <u>https://camerados.org/public-living-room/</u> |
| Devizes and District Phab | To promote and encourage people with and without physical disabilities to come together on equal terms. | Nursteed Community Centre, Devizes Thursdays, 19:00 – 22:00 <u>https://www.devizesphab.co.uk/contact-us.legender_</u> |
| Devizes Film Club | Bringing the best of World Cinema and British Independents to the big screen in Devizes. | At the Wharf Theatre - popular entertainmen location offering entertainment for all generations and ages. |
| Wellbeing Café – Devizes | Wellbeing Cafés provide a warm welcome for anyone feeling isolated, lonely or anxious about meeting new people. | https://www.wharftheatre.co.uk/ Condado Lounge, 42 Market Place. Every Tuesday 14:30 – 16:00 https://www.rethink.org/wiltshirewellbeingca |
| Devizes Probus | A club for retired professional and business persons, its primary aim is fellowship. | Nursteed Centre. First and third Tuesday of each month, 10:30 -12:00 E: johngreybeard@btopenworld.com <u>http://www.devizesprobus.org.uk/</u> |
| Friendship Cafe (Home Start) | Mother and Child - for mothers with children under the age of 5. Relax with free tea or coffee and snacks while the kids play for a bit. | St James Church, Church Walk. Fridays (term time), 11:30 - 13:00 T: 07864 652422 (Contact: Sally) |
| Games Afternoon Devizes Library | Enjoy a relaxing few hours playing a board game or two or pop a few pieces in the library jigsaw puzzle. | Devizes Library, Sheep St, SN10 1DL. Tuesdays 14:00 – 16:00 E: libraryenquiries@wiltshire.gov.uk T: 01380 826190 https://libraries.wiltshire.gov.uk/web/arena# |
| Lion Club Devizes | Lions are ordinary people who do extraordinary things to help others and support good causes throughout the British Isles and love to help others and make things happen. | Nursteed Community Centre. 3rd Monday - 19:30 E: secretary@devizeslions.org.uk T: 0345 833 6749 |
| Renew 15 Wellbeing Café | Join in with some art therapy, crafts, a jigsaw puzzle, learn a new skill or just relax in a quiet space. | Baptist Church, Sheep Street. Thursdays 10:00 - 12:15 E: churchadmin@sheepstreet.org.uk T: 01380 727763 |

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| Wiltshire WI | Connecting & Inspiring the Women of Wiltshire. | WI House, 17 Couch Lane. SN10 1EB WI House is usually open Monday to Thursday, 9.00 – 15:00 E: fedsec@wiltshirewi.org.uk T: 01380 739340 |
| Carers Cafe - Devizes | Carers Cafes are a great way to connect with other carers to share experiences and receive or offer support. | The Bear Hotel, 2-3 The Market Place First Wednesday of month 10.30 – 12:00 T: 0800 181 4118 https://carersupportwiltshire.co.uk/whats-on/ |
| U3A | u3a is about learning, socialising a friendship for those who have finished full time work and raising a family. | across all categories and interests. Contact |
| | rt and Craft | |
| Arts Together | Art and social inclusion for • older adults. | Every Tuesday in term time. Sessions last for two and a half hours (11:00 – 13:30) T: 01380 590095 www.artstogether.co.uk/take-part |
| Craft & Chat at Devizes Library | Bring along your knitting, crochet or other craft projects and meet other creative people. | Devizes Library, Sheep St, SN10 1DL. Wednesdays 10:30 – 12:00 T: 01380 826190 E: libraryenquiries@wiltshire.gov.uk |
| Men's Shed | The Shed offers a safe and social place aimed at benefiting men's and women's good health by providing facilities for practical work. Cost £2. | The Barn, Needham House. Wednesday 10:00 – 12:00 E: dennisbrickley@btinternet.com T: You need to call 07534454078 to get access through the gate |
| Devizes Flower Club | We always have a raffle for the flowers arranged by the demonstrator, as well as an opportunity to socialise over tea and coffee. | Devizes Town Hall 3rd Wednesday of every month unless otherwise stated; doors open at 19:00 for 19:30 start. E: devizesflowerclubuk@gmail.com Facebook Page: @DevizesFlowerClub |
| St James Crafts, Activities and Chat | Crafts, activities and a chat. Tea and coffee provided. | St James Centre, Estcourt Crescent, SN10 5JY Every 2nd and 4th Wednesday of the month 11:00 -12:30 T: 01380 723891 E: sjc@stjamesdevizes.org |

| Physical Activity, Sport and Exercise | | | | |
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| Park Yoga Devizes | Park Yoga is a charity that provides free outdoor yoga sessions around the UK. | Hillworth Park 9.30 – 10.30 (Sessions run throughout the summer) | | |
| 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. <u>https://beta.ramblers.org.uk/go-walking/wellbeing-walks</u> | | |
| Wiltshire Boccia Club | The Wiltshire Boccia Club is an exciting opportunity for people with disabilities and their friends/siblings to come along and take part in a Paralympic sport. Suitable for all ages, £2 per person. | The Guide Hut, Devizes, SN10 3LU Alternate Saturdays, 10:00 – 12:00 E: sportsdevelopment@wiltshire.gov.uk T: 07917 262686 | | |
| Street Tag | | festyle app that promotes and enhances community- vities (walking, cycling and running). | | |



Children and Young People (incl. Parents)

| Rhyme Time - Devizes Library | Come and join in rhyme time. | Devizes Library, 25 Sheep Street. SN10 1DL Mondays 10:30 (Toddlers). Mondays 11:30 (Babies). Fridays 11:00 (Babies & Toddlers), E: libraryenquiries@wiltshire.gov.uk T: 01380 826190 |
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| Brick Creator Club - Devizes Library | Free brick creator sessions | Devizes Library, 25 Sheep Street. SN10 1DL Thursdays, 15:30-18:00 (no need to book for this session); Saturday, 14:00-15:30 for 6 to 12 year olds (spaces are limited - please book) E: libraryenquiries@wiltshire.gov.uk T: 01380 826190 |

| Health Matters | | | |
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| Wiltshire Sight – Chippenham Devizes Social | Our social groups are a place where people with sight loss can come together, share experiences, swap tips and tricks for living with sight loss. | St Lucy's Sight Centre 1st Tuesday of the month. T: 01380 723682 <u>https://www.sightsupportwest.org.uk/wiltshire/</u> | |
| Parkinson's UK - Devizes Cafe | A support group for people affected by Parkinson's disease and their carers. The group is an informal cafe with coffee and cake. Friends and family are welcome. | The Wiltshire Museum, 41 Long Street, SN10 1NS. Last Friday of the month 11:00-12.30 T: 0344 225 3694 (Contact: Jane Henderson) E: jhenderson@parkinsons.org.uk | |

| Digi | ital and Online | |
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| Tech Made Simple - Devizes Library | Sessions designed to help you learn more about using computers, the internet, smartphones, tablets, and other devices. Book appointment. | Devizes Library, Sheep St, SN10 1DL. Mondays 2pm-4pm and Wednesdays 09:30-12:30 T: 01380 826190 E: libraryenquiries@wiltshire.gov.uk |
| 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). <u>https://sidebyside.mind.org.uk/</u> | |
| 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. <u>https://togetherall.com/</u> | |
| Shout Wiltshire | A Wiltshire specific text support service. Individuals can receive free, confidential support from a trained volunteer via text message, this is available for all ages. 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



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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