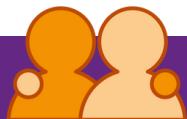




Rethink  
Mental  
Illness

# Group and Activity Listings for...

*Amesbury*



## Social and Wellbeing (incl Support Groups)

### Wellbeing Café - Amesbury

Wellbeing Cafés provide a warm welcome for anyone interested in happiness and wellbeing.

- History Centre, 4 Church Street. SP4 7EU
- Tuesday 13:30 - 16:00 (Weekly)

<https://www.rethink.org/wiltshirewellbeingcafes>

### Friendly Tuesday Club

The club meet every Tuesday morning, new members welcome over 18's. No joining fees or membership

- Edmond Hall (Ground floor), Antrobus House, 39 Salisbury Road, SP4 7HH
- Tuesday 9.30 - 12:00
- T: 01980 622305 (Contact: Lesley)



## Physical Activity, Sport and Exercise

### 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>

### Age UK Fitness & Friendship Club - Amesbury

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

- The Community Room, The Bowman Centre, Shears Drive, SP4 7XT.
- Every other Wednesday 14:00 - 16:00
- E: [fitnessandfriendship@ageukwiltshire.org.uk](mailto:fitnessandfriendship@ageukwiltshire.org.uk)
- T: 07754 612 569

<https://www.ageuk.org.uk/wiltshire/activities-and-events/fitness-and-friendship/fitness-friendship-amesbury/>

### 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>



## 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>

### Amesbury Community Soul Singers

Non-auditioned mixed choir open to singers of all backgrounds and abilities age 10+

- Amesbury Archer Primary School, SP47XX
- Tuesdays 19:00-21:00
- T: 07800 519913

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



## Health Matters

### Wiltshire Sight - Amesbury Community Hub

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

- Amesbury Community Hub, Amesbury Library, Smithfield Street. SP4 7AL
- 2nd Thursday of Month, 10:30 - 11.30
- T: 01380 723 682

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



## Children and Young People (incl Parents)

### Rhyme Time - Amesbury Library

Include a mix of songs, rhymes, and movement to help with language and motor skills. Great opportunity for families to meet and enjoy some fun together.

- Amesbury Library, Smithfield St, SP4 7AL.
- Tuesdays and Fridays 11am (term time only for babies and toddlers).
- T: 01980 623491

### Buzz Action Foundation

Offers Youth club for children from school year 6-8 and youth café from school year 9-11

- Bowman Centre, Shears Drive, SP4 7XT
- Fridays
- E: [office@buzzaction.org](mailto:office@buzzaction.org)
- T: 01722 340440

<https://buzzaction.org/>

### Home Start Group

A weekly group in Amesbury where families with children under 5 can meet other parents in a relaxed friendly atmosphere.

- Wyndham Hall, Church St. SP4 7EU
- Tuesday, 11.30-13:30
- E: [info@homestartsouthwilts.org.uk](mailto:info@homestartsouthwilts.org.uk)
- T: 07503 936087 (Jane) Working days Monday/Tuesday.



## Digital and Online

### Digital Support Appointment - Amesbury Library

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

- Amesbury Library, Smithfield St, SP4 7AL
- Thursdays, 14:00-16:00
- E: [libraryenquiries@wiltshire.gov.uk](mailto:libraryenquiries@wiltshire.gov.uk)
- T: 01980 623491

<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](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** or  
email **[info@rethink.org](mailto:info@rethink.org)**

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**[rethink.org](https://rethink.org)**