

Silver Salisbury Newsletter

May 2026



Welcome to our Spring Newsletter!

Silver Salisbury is a small, local charity that promotes activities where older people will get a warm welcome in Salisbury, Amesbury, Downton, Wilton and the surrounding villages.

As usual this Spring, we're promoting a variety of free or low-cost activities to encourage people to try something new. As well as talks, walking rugby, pickleball, history and architecture we have tea and music events. Take a look inside to find out more.

We are very grateful to all the groups that have put on events for us and our amazing funders, small outreach team and volunteers who make this programme possible. Over the summer we will be putting our Autumn Festival together and updating our popular Directory of local groups that welcome older people. If you run a local group and would like to be involved, please contact us on the details below. We'd also love to hear from anyone who would like to volunteer with us.

Please share this newsletter with friends, neighbours and relatives and help us bring people together this Spring.

With best wishes from Irene Kohler

Irene Kohler

Salisbury Older People's Champion & Chair of Silver Salisbury (charity 1198019)



thesilverproject@outlook.com

www.silversalisbury.co.uk

07842 865562

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Salisbury Special Events

Dying Matters Awareness Week 4 - 10 May

The Positive End of Life Network promotes open conversations around all aspects of death and dying. During Dying Matters Awareness Week, there will be various events in and around Salisbury, including Death Cafés, singing at Braemar Lodge, an exhibition at Five Rivers and book recommendations at the library. Other events during this week will be advertised in Salisbury Library. For further details contact Henry or Tam on pelsalisbury@gmail.com or 07766 464048.

Carers' Afternoon Tea with Wildlife Slide Show from Steve & Music from Sarah 2 -4 pm Wed 6 May Salisbury Rugby Club, Castle Road, Salisbury SP1 3SA

- Delicious sweet & savoury tea from Neil
- Steve Dowse's slide show of wonderful wildlife photos & the opportunity to buy items like cards & mugs
- Sarah on keyboards



Please book: email helendowse3@gmail.com or 07976 405048 Plenty of parking, accessible entrance & toilet

A Great Day Out to Tyneham Village & Wareham Friday 8 May

Join a mini-bus adventure with local day trip operator; Great Days Out. When WWII was at its height, the MOD requisitioned Tyneham. Villagers were given weeks to leave and reassured they could return. But they never did. Many cottages are now atmospheric ruins. The school and church have been restored to tell the village's story. We'll also enjoy a couple of hours in Wareham; a pretty riverside town. This trip is available to Silver Salisbury readers that have not used Great Days Out before at a special introductory price of £25. There are 22 seats. Call 01722 66 55 44 to book and discuss your pick-up point.

Broken Bridges: Neglected Farmland to Nature Reserve 11am - 12.30pm Friday 8 May

Anne Trevett joins Silver Salisbury's Coffee & Chat to talk about this amazing project. No charge and no need to book but donations for refreshments appreciated. The group meets on the second Friday each month. Further information from 07842 865562.

Upstairs in Salisbury Library (lift available), Market Walk, Salisbury SP1 1EP

Salisbury in Moving Pictures 10 - 11.30am Monday 11 May

Neil Leacy shares a fascinating selection of films of Salisbury from the 1910s through to the end of the century. Free but donations appreciated. No need to book but for more information contact 07596 483499. Laverstock & Ford Village Hall, Park Road, Laverstock, Salisbury SP1 1RQ

Come and Try Walking Rugby 10 - 11am Tuesday 12 May

Walking rugby is a competitive but non-contact version of rugby; there's no running, tackling, line outs or mauls. It's suitable for both men and women and is a great way to remain active, improve fitness and hand to eye co-ordination. Come along and try a few practice elements and play some games. Afterwards, we'll take you to the Clubhouse for coffee and maybe a biscuit. No need to book but if you need further information, please contact 07977 917009.

Salisbury Rugby Club, Castle Road, Salisbury SP1 3SA



Salisbury Special Events

Stardust at the Everyman 12.30pm Tuesday 12 May

Everyman Cinema and Home Instead Salisbury invite you to a FREE showing of this romantic, fantasy adventure. All over 60s are welcome but preference is given to people living with dementia and their families. The lights will be left on low to make it easy to move around. Complimentary tea and coffee at 12.30 followed by the film at 1. No charge but donations to Silver Salisbury welcome. There are regular free, matinees, usually on the first Tuesday of the month but call 01722 515767 to check.

Everyman Cinema, 17 Endless Street, Salisbury SP1 1DP

Sense & Sensibility at Bemerton Film Club Wednesday 7.30pm (doors at 7) 13 May

Yes, you can see this on TV but this is a chance to see Emma Thompson's insightful film on a large screen in the company of other enthusiasts. Just £7. Refreshments available. No need to book but information from www.stjohnsplace.uk or 0792 9401586. The film club meets on the 2nd Wednesday each month.

St John's Place, Lower Road, Lower Bemerton, Salisbury SP2 9NW

A Special Guided Tour of Salisbury Cathedral 11.15, 11.30 or 11.45am Wednesday 13 May

Enjoy a guided tour of one of the world's most impressive medieval cathedrals, right on your doorstep. There will also be an opportunity to view Magna Carta in the Chapter House. This event is only open to residents of post codes SP1, SP2, SP3, SP4 or SP5, who receive complimentary access to the cathedral. Please bring proof of your address. Places must be pre-booked by 10 May on <https://Ctour.eventbrite.co.uk> or leave a message on 07842 865562. Please meet at the Cathedral entrance 15 minutes before your tour.

Meet at Salisbury Cathedral, The Close, Salisbury SP1 2EJ



A Walk Looking at Salisbury's Historical Architecture 2 - 3pm Thursday 14 May

A walk within the centre of Salisbury, lasting about an hour, promoted by Salisbury Civic Society, and led by Richard Deane. All on level, easy terrain, within publicly accessible areas. No charge but please book on 07842 865562 or <https://ArchWalk.eventbrite.co.uk>.

Meet at Salisbury Information Centre, Fish Row, Salisbury SP1 1EJ (rear of Guildhall)

Afternoon Tea & Stroke Awareness 2.30 - 4pm Thursday 14 May

This relaxed gathering offers an opportunity to learn more about recognising the signs of stroke, understand risk factors and share helpful information in a friendly setting. It's also a chance to connect with others whilst enjoying a traditional afternoon tea at Salisbury Manor. To reserve your place, call 01722 567645 or email jennifer.ettimari@careuk.com.

Salisbury Manor Care Home, Shapland Close, Salisbury SP2 7EJ

Songs from the Shows at the Vinyl Café Friday 2 - 3.30pm 15 May

A relaxed space where you can bring your old records and have them played by our resident DJ. Come along for coffee and great music. This month we're meeting in the Arts Centre and enjoying songs from the shows. Everyone's welcome, even if you don't have any records to bring. No need to book, information from 07842 865562.

The White Room, Salisbury Arts Centre, Bedwin Street, Salisbury SP1 3UT

Plant Sales Saturday 10am - 12.30pm 16 & 23 May

On 16 May there will be outdoor and indoor plants for sale along with coffee, tea and cake from the URC coffee shop. On 23 May the stall will be run by the Salisbury Allotment and Gardening Society. Call 07599 372539 for information.

Outside the Salisbury United Reform Church, 30 Fisherton Street, Salisbury SP2 7RG

Salisbury Special Events

Salisbury District Hospital Open Day 10am - 3pm Saturday 16 May

Everyone's welcome to come and find out more about the workings of our local hospital. A variety of demos, activities and displays across a wide range of departments will give a behind-the-scenes look at what our skilled, hospital staff do. Free entry and parking or catch the Salisbury Reds R1, 29 or 44 bus; food, refreshments and ice cream are available.

Salisbury District Hospital, Odstock Road, Salisbury SP2 8BJ

A Musical Afternoon with Frankie Simpkins & Silver Salisbury

3 - 4.30pm (doors open at 2.30) Sat 16 May

Songs from the shows and old-time favourites followed by tea, coffee and delicious home-made cakes.

£5 payable on the door but places must be booked in advance on

<https://FrankieShow.eventbrite.co.uk>
or leave a message on 07842 865562

The Quaker Meeting House, 51 Wilton Road, Salisbury SP2 7EF

 Parking at the back just off Fountain Way



Have a go at Pickleball! Monday 11am - 1pm 18 May

Pickleball's been described as a bit like giant ping-pong on a tiny tennis court - 10% strategy, 90% fun and 0% actual pickles. It's quick to learn, easy on the joints and very social. Join Salisbury Moonrakers Pickleball Club for a FREE, light hearted doubles taster session. No experience needed; just comfortable shoes, a sense of humour and a willingness to give it a go. No need to book but call 07488 278611 if you need more information. Five Rivers Health & Wellbeing Centre, Hulse Road, Salisbury SP1 3NR



Behind the Scenes at the Odeon Cinema 10am Tuesday 19 May

Explore our unique cinema! Where else has a medieval foyer, a refurb by Pugin and gigs from The Rolling Stones and Buddy Holly? This guided tour takes you behind the scenes to places visitors don't normally see. The building is a rabbit warren with many steps, some of which don't have handrails, and wonky floors, so this is only suitable for the sure-footed and those able to manage stairs easily. Places must be booked on the website <https://Odeon.eventbrite.co.uk> or leave a message on 07842 865562. This is a fund raiser for the Odeon's nominated-charity, MIND. Visitors are asked to bring a £5 cash donation on the day. Tours start 10am prompt. Salisbury Odeon, New Canal, Salisbury SP1 2AA

Navigating Dementia: Small changes can make meaningful differences 12.30 - 4.30pm Tuesday 19 May

Safer and Supportive Salisbury are hosting a conference to bring support, advice and information on local services together, for people living with dementia, carers, health professionals, care service providers and voluntary sector organisations supporting dementia. Attendance is free, but places are limited and must be booked in advance. Contact 07484 157768 or admin@safersalisbury.org.uk to request a ticket and tell us of any special dietary or support requirements.

Salisbury Methodist Church, St. Edmund's Church Street, Salisbury SP1 1EF

Salisbury Special Events

Medicine Through Time: A Tour & Object Handling 10.30am - 11.30pm Wednesday 20 May

Join Salisbury Museum for a tour of the new Salisbury Gallery exploring the theme of medicine through time - from medieval cures and superstition to Salisbury's 20th century attempts to cure the common cold. You're welcome to handle objects related to the theme. To book a place, or for more information, please contact Bridget Telfer, Community Curator: bridgettelfer@salisburymuseum.org.uk or 01722 332151. The venue is fully accessible. There is no public parking but Blue Badge parking can be booked in advance.

Salisbury Museum, The King's House, 65 The Close, Salisbury SP1 2EN

Steve Dowse's Salisbury Wildlife Photos at Salisbury History Club 2 - 3.30pm Wednesday 20 May

This friendly, informal group meets on the third Wednesday each month to talk about our lovely city. This month Steve Dowse presents his wonderful slides of Salisbury's wildlife followed by tea and chat. No charge and no need to book but for more information contact anneinbemerton@gmail.com or 0792 9401586.

Upstairs in Salisbury Library (lift available), Market Walk, Salisbury SP1 1BL

Stonehenge and Avebury by Robin Coles 7 for 7.30pm Wednesday 20 May

Stonehenge and Avebury have watched over Wiltshire for over five thousand years. This talk brings their story to life - the builders, the beliefs, the rituals and the remarkable landscape they created. Free but donations are invited in aid of St John's Place. No need to book, more information from www.stjohnsplace.uk or 0792 9401586. Bemerton Talks happen on the third Wednesday of most months.

St John's Place, Lower Road, Lower Bemerton, Salisbury SP2 9NW

Veterans Club with Ploughman's Lunch 2.30 - 4pm Tuesday 26 May

A warm and welcoming space for veterans to come together. Guests will be treated to a traditional Ploughman's lunch, providing the perfect setting for relaxed conversation and camaraderie. To reserve your place, call 01722 567645 or email jennifer.ettimari@careuk.com.

Salisbury Manor Care Home, Shapland Close, Salisbury SP2 7EJ

The Magic of Plants that Keep Coming Back 10 - 11.30am Friday 29 May

Find out how to make your garden stand the test of time at our Old Sarum and Longhedge Coffee and Chat. Chris from Old Sarum Plants will tell us about some of his favourite perennials and the benefits of perennial gardening. Selected plants will be on sale. Small donations towards refreshments are welcome. This coffee morning happens monthly, usually on the last Friday of the month. No need to book but for more information call 07596 483499.

Old Sarum & Longhedge Community Centre, Pheasant Drive, Old Sarum SP4 6GH



Volunteer with Beyond Dementia - Make Moments That Matter

Beyond Dementia (formerly Alzheimer's Support) is seeking compassionate volunteers to support people living with dementia, along with their carers and families, across South Wiltshire. Opportunities include supporting local music and movement groups, memory cafés and community fundraising events. Volunteers aged 16 and over will join friendly, welcoming teams, gain valuable practical experience, develop new skills, and make a meaningful difference in their community.

Whether you can offer occasional or regular support, your time will have a real impact. Find out more at www.beyonddementia.org.uk or contact anniec@beyonddementia.org.uk or 01225 776481.

Salisbury Regular Groups

Spitfire Kitchen's Chatty Café

A chance to sit down with like-minded people and enjoy coffee, cake and most importantly, a chat. Drop in and see us. Further information from Kerry on 07514 548516.

10am - 12noon Mondays

Spitfire Kitchen, Warner House, 123 Castle Street, Salisbury SP1 3TB

Salisbury Listening Place

We provide a friendly and safe place where you can share whatever is on your mind with a trained listener. This is a free, confidential and impartial service; we will not interrupt, advise or judge you but will support you in finding your own way forward. No need to book but further information from Salisburyplace@gmail.com or 01722 325 294.

5.30 - 7pm Mondays & 10am - 12noon Wednesday & Saturdays

Knit One, Purl One

Whether you're an experienced knitter or just curious to learn, our Knit One, Purl One group is the perfect place to spend a creative and sociable morning. Bring along your knitting, share tips, or simply enjoy the calming rhythm of crafting alongside others. To attend, email Jennifer.ettimari@careuk.com or call 01722 567 645.

10am - 12noon 18 May and every 3rd Monday of the Month

Salisbury Manor Care Home, Shapland Close, Salisbury SP2 7EJ

Carers Together Wiltshire's Carer Café

A chance for unpaid carers to chat, relax and catch-up. It's all about connecting, having fun and looking after your mental well-being. No need to book but email enquiries@carerstogethertwiltshire.org.uk or call 01380 710300 to find out more.

2 - 3.30pm 3rd Tuesday of the month including 19 May

The White Hart Hotel, St John's Street, Salisbury SP1 2SD

Carers Together Wiltshire's Carer Corner

Take a well-deserved break and join us to chat, connect, and unwind with others who understand the challenges of caring. This group is run in partnership with Alabaré. No need to book but call 01380 710300 or email enquiries@carerstogethertwiltshire.org.uk to find out more.

7 - 9pm every 4 weeks including Tuesday 5 May

Alabaré Riverside Sanctuary, 2 Watt Road, Salisbury SP2 7UD

Carers Together Wiltshire's Mental Health Carer Café

This is for unpaid carers looking after someone with a mental health condition. It's run in partnership with Avon and Wiltshire Mental Health Partnership, with a member of their staff present at each session. It's a chance to chat, relax, connect and look after your own wellbeing, in a friendly, calm setting. You're welcome to stay for some or all the session. No need to book but to find out more call 01380 710300 or email enquiries@carerstogethertwiltshire.org.uk.

10am - 12noon 4th Wednesday of the month

The White Hart Hotel, St John's Street, Salisbury SP1 2SD

Salisbury Arts Centre Pop-Up Café

Visit our volunteer led pop-up cafe for tea, cake and community. Everyone's welcome, with affordable drinks and a friendly, welcoming atmosphere to relax and connect. While you are at the cafe why not have a look at the range of participatory events and workshops available at Salisbury Arts Centre this Summer. Further information from 01722 320117 or takepart@wiltshirecreative.co.uk.

10am - 2pm fortnightly on Thursdays including 7 & 21 May

Salisbury Arts Centre, Bedwin Street, Salisbury SP1 3UT



Salisbury Regular Groups

Silver Salisbury's NEW Grandparents' Coffee & Chat

A drop-in social for grandparents raising or regularly caring for grandchildren. As well as occasional guest speakers, it's an opportunity to connect with other grandparent carers, share experience, tips and advice and find support and understanding. Sam Lush from Spurgeon's will be a regular visitor to offer support and guidance when needed. No need to book but further information from silver.salisbury@outlook.com or leave a message on 07842 865562. There is no childcare, so any children attending remain the responsibility of the adults they come with. Affordable drinks are available from the pop-up café.

10 - 11.30am 7 & 21 May and fortnightly on 1st & 3rd Thursdays of the month
The Pop-Up Café, Salisbury Arts Centre, Bedwin Street, Salisbury SP1 3UT



Face & Tongue Yoga and Relaxation classes

Help release tension and improve breathing and circulation. Spaces are limited, call 07787 101410 or email loomsie@yahoo.co.uk for more information and to book your place.

Relaxation with Meditation, Reiki & Singing Bowls: 3rd Thursday of the month

Face and Tongue Yoga: 4th Thursday of the month

Salisbury Methodist Church, St Edmund's Church Street, Salisbury SP1 1EF

St Francis Community Cafe

Come along to a warm space with friendship, tea or coffee with free refills for a £1 and cake for £1.

Further information from 07973 211087.

9.30 - 11.30am on Fridays

Beatrice Rooms, St Francis Church, Castle Road, Salisbury SP1 3PN

Bemerton Live

Friendly exercise class for older people followed by coffee and biscuits. £8 a session, first one free. No need to book but more information from 01722 321683 or sjp.commevents@gmail.com. New starting times below.

10.15am doors open, 10.30am class, 11.15am refreshments Fridays

St John's Place, Lower Road, Lower Bemerton, Salisbury SP2 9NP

Join Silver Salisbury and Make a Difference!

Could you be our new Treasurer?

We are very sad to be saying goodbye to Alan Mitchell, after many years with Silver Salisbury. Alan has been an amazing treasurer, trustee and volunteer and will be much missed. His departure means that we're looking for a new treasurer to join our board of trustees. This important unpaid role will provide a strategic overview of our finances, ensure our financial transactions follow our policies and procedures, oversee the work of a paid bookkeeper and report on our finances to the trustees and the Charity Commission. Please send any enquiries, or letters of application together with a CV to Irene Kohler at silver.salisbury@outlook.com.

Could you organise our Coffee & Chat mornings?

We run several coffee mornings for older people with occasional speakers. These have included things like scam awareness, living and teaching in India, African wildlife and the importance of power of attorneys. We're now looking for volunteers to keep the groups going. This important unpaid role involves finding people to talk about an interesting life experience, hobby or occupation, contributing to the promotion, checking the venue, ensuring people in the group help with organising refreshments and clearing up and feeding back to Silver Salisbury. We would welcome an individual or a couple of people to share the role. To find out more contact Irene Kohler on silver.salisbury@outlook.com.

Silver Amesbury Special Events

Silver Salisbury's Tea & Tunes with Maerefolk



Antrobus House

2.30 – 4.30pm Wed 20 May (doors 2.15)

Join us for a delightful afternoon of tea, cake and folk.

Places must be booked in advance & £5 cash paid on the door. Book on:

<https://MaerefolkTea.eventbrite.co.uk> or
leave a message on **07842 865562**

39 Salisbury Road, Amesbury SP4 7HH
Parking & disabled access at the rear

Silver Amesbury Regular Groups

Silver Salisbury's Men's Meet Up

Coming soon!! A new regular meet up for men to be based at Amesbury Library. Further information will be available in the library in May.

AFBC Brew and Banter

Meet up for a chat and talk about the old days, make friends or maybe meet someone who served in the RAF, Army or Navy or Squadron or Regiment. This regular group is run by Salisbury & Amesbury Armed Forces and Veterans Breakfast Club. Cakes and beverages are provided by the members in return for a donation. No need to book but call 07513 192110 for more information.

10.15am - 12.15pm Wednesdays

The Nicolson Centre, 357 Stockport Road, Amesbury SP4 0JE

Carers Together Wiltshire Amesbury Carer Café

A chance for unpaid carers to chat, relax and catch-up. It's all about connecting, having fun and looking after your mental well-being. No need to book email enquiries@carerstogetherwiltshire.org.uk or call 01380 710300 or to find out more.

10.30am - 12noon 1st Wednesday of the month

Evergreen Café, Archers Way, Amesbury SP4 7YT



Amesbury History Centre

Did you know Amesbury is the oldest continuously inhabited place in the UK? Its History Centre is free to enter and fully accessible, including a lift to the Exhibition Floor. Dogs are welcome and we have fun children's activities. We have a super cafe selling homemade cakes and a gift shop. We put on talks, run craft events and can host visits by local groups. Check out our website and follow us on Facebook to hear about our interesting and varied programme. More information from 01980 753 016 or admin@amesburyhistorycentre.co.uk.

Open 9.30am - 3.30pm daily. Closed Wednesdays & Sunday afternoons

Amesbury History Centre, Church Street, Amesbury SP4 7EU

Silver Wilton & Dinton Special Events

Brilliant Mini-Beasts 2.15pm Tuesday 12 May

Juliet ten Doeschate's stunning photographs celebrate the beauty of the wildlife in her two acre garden. Learn more about the lives of some intriguing creatures that live alongside us, butterflies, moths, beetles, bees, dragonflies, and more. No charge, but donations to Silver Salisbury appreciated. Please book on <https://MiniBeasts.eventbrite.co.uk> or leave a message on 07842 865562. Thank you to Barchester Healthcare Services for hosting this and providing complimentary tea and cake. The PR3 Park and Ride Bus stops nearby.
Wilton Place Care Home, Buckeridge Road, Wilton SP2 0FX

CAW's Vintage Tea Party & Salisbury Big Band Concert 3.30 - 5.30pm Saturday 30 May

Celebrating Age Wiltshire invites you to afternoon tea from 3.30pm, followed by the Salisbury Big Band from 4 - 5pm. Call/text Val on 07719 419232 for booking information.
Dinton Village Hall, Bratch Lane, Dinton SP3 5EB



Silver Wilton Regular Groups

Riley's Reading Group at Wilton Library

Members get together each month to talk about last month's book and choose a new one. Get in touch with the library to book your place and find out what this month's book is: 01722 743 230.

2.30 - 3.30pm 2nd Tuesday of the month

Wilton Library, 12 South Street, Wilton SP2 0JS



Silver Salisbury's Wilton Coffee and Chat

Tea, coffee and chat with an occasional guest speaker and a chance to find out more about what's happening locally. No charge and no need to book but small donations towards refreshments appreciated. Further information from 07842 865562.

10.30am - 12noon 1st Wednesday of the month

Wilton Voices

All voices are welcome and there are no auditions at this friendly choir. We sing an eclectic mix of songs from across the decades for fun and wellbeing. £5 a session (including tea and biscuits). Contact 07540 334356 or Lizzieflynn53@gmail.com.

2 - 3.15pm on Thursdays to the end of July (apart from 16 April) New term in October

WMSET Hall, West Street, Wilton, SP2 0DL

Wilton & District u3a

u3a is a volunteer-led organisation offering opportunities for retired or semi-retired people to come together to learn for fun, drawing upon their knowledge and experience to teach and learn from each other. As well as monthly meetings, there is a wide range of volunteer-led interest groups. Membership is currently £17.50 a year plus expenses associated with a member's interest groups. To find out more please contact 07562 515248 or secretary@wilton-district-u3a.co.uk, or come to a monthly meeting.

2 - 4pm on the 2nd Friday of the month

The Baptist Church, Market Square, Wilton SP2 0HT

Downton & Alderbury Special Events

Alderbury Bowls Club Taster Sessions Sundays 10 & 24 May, 7 & 21 June 10.30am - 12.30pm

Free bowls trial session including tea and coffee. All equipment will be supplied but please wear flat-soled shoes. No need to book but for more information please contact 07985 459114 or mikepearce10@hotmail.co.uk.
Alderbury Bowls Club, Rectory Road, Alderbury SP5 3AD

Downton Horticultural Society's Plant & Table Top Sale 2pm Saturday 9 May

Stock up the garden and meet members of this friendly gardening club which always welcomes new members. For more information contact Gordon on 01725 511475. Visitors are also welcome at the Summer Show at the Memorial Centre at 2pm on Saturday 6 June.

Downton Memorial Centre, The Borough, Downton SP5 3NB

Downton Bowling Club Taster Sessions 2 - 4 pm Sundays 10, 17, 24 & 31 May

Whether you are a seasoned player or a total newcomer, Downton Bowling Club invites you to try lawn bowls. All ages welcome and all equipment is provided along with friendly tuition, by qualified coaches, if needed. Bowling's a great way to keeping fit and meet new people. To take part contact 07910 290735 or buib7@icloud.com.

Downton Bowling Club, Wick Lane, Downton SP5 3NF

Downton & Alderbury Regular Events

Downton Downtime

A welcoming gathering for people living with dementia, their carers, older adults and anyone looking for connection and creativity. Run in partnership with MUSE CIC, Sounds Better, and Beyond Dementia, there'll be a warm welcome, refreshments, time to chat and settle in, followed by a mix of gentle activities such as music and movement, crafts, games and puzzles. Everyone's invited - drop in or contact 01225 776481 or jackieb@beyonddementia.org.uk for more information.

10.15am - 12noon Tuesdays during term time (doors open at 10am)

Downton Baptist Church, South Lane, Downton SP5 3NA



Introduction to Lawn Bowls

New and experienced bowlers of all ages are welcome to come and try a free session of lawn bowls. All equipment will be provided along with tuition from qualified coaches, if needed. There are regular sessions for all levels should you wish to continue. Contact 07910 290735 or buib7@icloud.com to book your place.

2 - 4pm Mondays from 20 April (apart from bank holidays)

6 - 8pm Fridays from 24 April

Downton Bowling Club, Wick Lane, Downton SP5 3NF

Club Evening at Alderbury Bowls Club

We warmly welcome newcomers or returning bowlers for free introductory sessions. Bowls is great for all ages and combines accuracy, strategy and fun whilst making new friends. Just bring a pair of flat shoes, we'll provide bowls and tuition by club members. Tea, coffee, biscuits, soft or alcoholic drinks are available. Free parking. No need to book but further information from www.alderburybowlsclub.co.uk, 01722 711203 or alderburybowlsclub@gmail.com.

5.30 - 9.30pm Tuesdays from May to September

Regular Groups – At a Glance

Salisbury	Page
Spitfire Kitchen's Chatty Café; Mondays	7
Salisbury Listening Place; Mondays, Wednesdays & Saturdays	7
Knit One, Pearl One; 3rd Monday of the month including 18 May	7
Carers Together Wiltshire's Carer Café; 3rd Tuesday of the month including 19 May	7
Carers Together Wiltshire's Carer Corner; every 4 weeks including Tuesday 5 May	7
Carers Together Wiltshire's Mental Health Carer Café; 4th Wednesday of the month	7
Salisbury Arts Centre Pop-Up Café; fortnightly on Thursdays including 7 & 21 May	7
NEW Grandparents' Coffee & Chat; fortnightly on 1st & 3rd Thursdays of the month	8
Face & Tongue Yoga and Relaxation classes: 3rd and 4th Thursday of the month	8
St Francis Community Cafe; Fridays	8
Bemerton Live; Fridays	8
Amesbury	
COMING SOON Silver Salisbury's Men's Meet Up	9
AFBC Brew and Banter; Wednesdays	9
Carers Together Wiltshire Amesbury Carer Café; 1st Wednesday of the month	9
Amesbury History Centre; daily, closed Wednesdays	9
Wilton & Dinton	
Riley's Reading Group at Wilton Library; 2nd Tuesday of the month	10
Silver Salisbury's Wilton Coffee and Chat; 1st Wednesday of the month	10
Wilton Voices; Thursdays to the end of July (apart from 16 April) New term in October	10
Wilton & District u3a; 2nd Friday of the month	10
Downton & Alderbury	
Downton Downtime; Tuesdays during term time	11
Introduction to Lawn Bowls; Mondays from 20 April (not bank holidays), Fridays from 24 April	11
Club Evening at Alderbury Bowls Club; Tuesdays from May to September	11

This is a selection of groups we have heard about recently or are opening up for the summer. If you are looking for something new to do, our Silver Salisbury Directory is available free from local libraries and information centres. This lists over 125 local groups where older people will get a warm welcome.

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