

Silver Salisbury Newsletter

April – May 2024



Vintage Cars at Ashley Grange

Welcome to our latest newsletter, a Spring update on places that welcome older people.

Silver Salisbury is a small, local charity that promotes activities for older people in and around Salisbury, Amesbury, Downton and Wilton.

Following grants from Salisbury City Council and the Wiltshire Community Foundation, we've increased our team to reach more older people locally. Our new, part-time team members are Rook Tiller-Collins, to help us reach the LGBT community; Olena Kudrinova, to help reach the Eastern European communities; Mona Ali to support with the Bangladeshi community and Nina Cope to support the Laverstock, Old Sarum and Longhedge areas.

Our Spring newsletter is a small taster for our much bigger Autumn programme, later this year. If you run a local group and would like to be involved, please email thesilverproject@outlook.com. We'd also love to hear from anyone that would like to volunteer with us, particularly those who could accompany visitors to our Autumn events.

Please share this newsletter with friends and neighbours and help bring people together to try new things.

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

Silver Salisbury's Intergenerational Project

An opportunity to share memories of your childhood with local primary school children in Salisbury and Amesbury: dates to be confirmed. For further information email silver.salisbury@outlook.com or phone 01722 323812

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Salisbury Special Events

Live Jazz & Afternoon Tea 2 - 4pm Thursday 18 April

Celebrating Age Wiltshire's popular Jazz Duo; Dan on guitar and vocals and Paul on saxophone followed by a delicious afternoon tea. Free but early booking essential, call 01722 335349.

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

Salisbury Festival of Choirs 10am - 8pm Saturday 27 April

St Thomas's Church and Kate Edgar Music host a Salisbury Festival of Choirs. Performances from seventeen choirs, including the Cathedral Youth Choir, Chafyn Grove School Choir, the Rock Choir, Salisbury Plain Military Wives Choir, The Farrant Singers, two sea shanty groups and several community choirs. Free entry, refreshments available all day, and a retiring collection in aid of Cancer Research UK and St Thomas's Church. For further information please contact Kate Edgar at keedgar@aol.com 07977 071637.

St Thomas's Church, St Thomas Square, Salisbury SP1 1BA

Celebrating May Day 1.30 - 3.30pm Wednesday 1 May

Avonbourne Care Centre and Old Sarum and Longhedge Community Centre invite you to a special celebration. There'll be crown making, seated maypole dancing and entertainment from The Salisbury Pluckers, as well as local businesses selling their wares and afternoon tea.

Avonbourne Care Centre, 1 Mitre Way, Old Sarum, Salisbury SP4 6GW



Silver Salisbury's Musical Tea Party

Wednesday 8 May 2:30 to 4:30 PM

An afternoon of music, camaraderie, and delightful treats

Live music to soothe your soul

Tea, coffee, and scrumptious homemade cake

Free admission but donations towards costs appreciated

07842 865562 for more info

Quaker Meeting House, 51 Wilton Road, Salisbury SP2 7EP

Parking available at the back, access from Fountain Way

Silver Salisbury's Coffee & Chat 11am - 12.30pm Friday 10 May

Come and join us for coffee, cake and chat and sometimes a guest speaker. Free but small donations to cover the cost of refreshments are always welcome. 07842 865562 for more information.

Upstairs in Salisbury Library, Market Walk, Salisbury SP1 1BL

Living Well with Dementia 10am - 5pm Tuesday 21 May

Find out what's available locally, for people living with dementia and their families and carers.

- Register to visit the immersive Brain Dome, to find out how it might feel to have dementia.
- Visit the stands of service providers to find out which groups, activities and information hubs are available in your area.
- Try one of the music and movement groups, information sessions and discussions running throughout the day, where you can meet with GPs, social prescribers and community groups.

Refreshments available. More info from musecic@gmail.com or 07515 822479.

Salisbury Guildhall, Guildhall Square, The Market Place, Salisbury SP1 1JH

Salisbury International Arts Festival Sunday 26 May to Sunday 9 June

From 26 May - 9 June the city will come alive with a vibrant programme of theatre, music, dance, comedy, spoken word, family shows and activities. It opens with Patch's Parade; a six-metre giant, their penguin companion and Salisbury community parade down Milford Street to meet other giants!

Highlights include The Lord Chamberlain's Men, outdoor Hamlet, The Best of Gilbert and Sullivan, spoken word, classical music and much more! Programmes available from The Playhouse and Information Centre.

Salisbury Regular Groups

Exercise, Fitness and Health

Exercise classes predominately aimed at the older generation to improve co-ordination, mobility, balance, flexibility, strength and fitness, as well as being beneficial for many age-related common conditions. No booking required and your first class is free. Contact Kirstie 07787 101410 or email loomsie@yahoo.co.uk.

Seated Exercise Class (Zumba Gold Chair): Monday 11 - 11.45am

Low Impact Dance Fitness (Zumba® Gold): Monday and Thursday 10 - 10.45am

No Floorwork (Chair/Standing) Yoga & Fitness Pilates: Monday 12 - 12.45pm Thursday 11 - 11.45am

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

Latin & Ballroom Line Dancing from Salisbury Dancers

Want to keep moving and stay active? Still like to dance & feel the joy of music and movement? Would you enjoy a positive, friendly & fun atmosphere? Tickets £5 each. Places are limited, book in advance by contacting fi@vitalimpact.co.uk or 07803 535431.

6.30 - 8.30pm Tuesday 23 April, 07 May, 14 May & 28 May

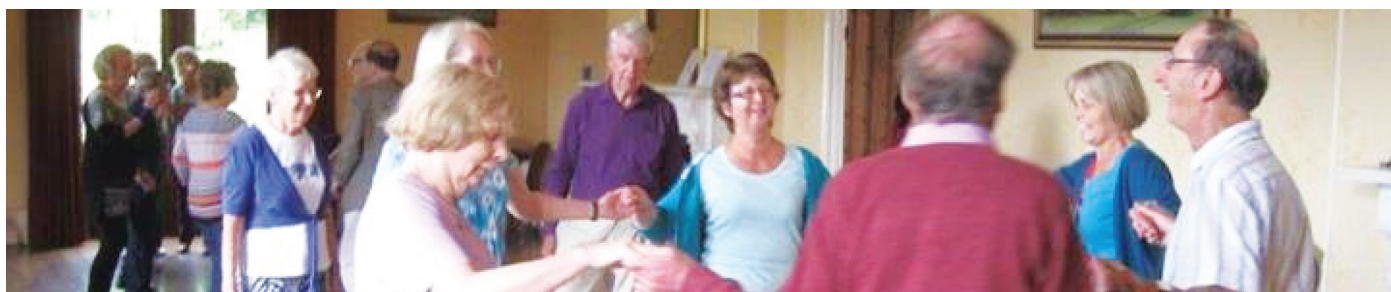
Salisbury Methodist Church, St Edmund's Church Street, Salisbury SP1 1EF

Salisbury Folkdance including Beginners' and Regency Dance Nights

A social dance club with members aged 30-90. Dances range from 1650 to modern; from sedate and stately to fast and active, most are medium pace. Movements are called throughout. Partners are not necessary but welcome. Free trial then yearly membership is £3 with a £3 entry fee each week. Usually there's no need to book but there are two special events that need booking: a Regency Dance Evening on 14 May and an Introduction for Newcomers on 21 May. Contact datul80@outlook.com or 01980 863024 to find out more or book the special events.

7.30 - 9.30pm Tuesdays

South Wilts Grammar School, Stratford Road, Salisbury SP1 3 JJ



Old Sarum Community Centre's Chatty Cafe & Warm space

A place to come and get warm, have something to eat and drink and have a chat, play games or read a newspaper. To find out more contact oldsarumcommunitycentre@gmail.com or 01722 335349.

9am - 12.30pm Wednesdays

Old Sarum Community Centre, Pheasant Drive, Old Sarum, Salisbury SP4 6GH

Carers' Café

Looking after someone? When you don't know where to turn it's good to have someone to talk to. Join us for coffee/tea and a chat about your concerns. We will help connect you to the right information and support.

2.30 - 4pm Thursdays

Springs Restaurant, Level 2, Salisbury District Hospital SP2 8BJ

Age UK Wiltshire Fitness & Friendship Club Salisbury

A social club for older people with an emphasis on keeping active; gentle exercises, games, quizzes and Tai Chi with plenty of time for a chat over refreshments. No need to book but more info from 0775 4612569 or fitnessandfriendship@ageukwiltshire.org.uk.

1.45 - 4pm Fortnightly on Thursdays (including 25 April)

United Reformed Church 30 Fisherton Street, Salisbury SP2 7RG

Salisbury Regular Groups

FREE Fish and Chip Fridays

Laverstock Caring Homes invite you to a complimentary fish and chip lunch. Places must be booked in advance, call Glenn on 07503 363 035 or email gschafer@caringhomes.org. The centre is opposite the petrol station on London Road. The PR7 runs every half hour, stopping at the Park and Ride site nearby.

12.30 - 1.30pm Fridays (to end of July)

Laverstock Care Centre, London Road, Salisbury SP1 3HP

The Onward Club's Coffee & chat

Coffee & cake for anyone with a health condition or disability. Come along and play a game, chat to others etc. No need to book but further information from 07425 450562 or info@disabilityinterestgroup.com.

10am - 12noon Fortnightly on Thursdays (including 2, 16 and 30 May)

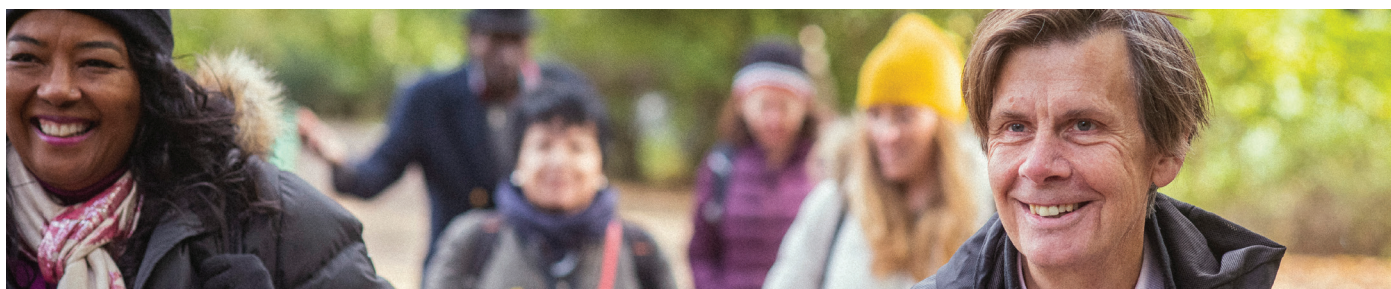
Stratford Club House, 3 Chatham Close, Stratford Sub Castle, Salisbury SP1 3JR

Ramblers Wellbeing Walks in Victoria Park

NEW 'Footsteps to Fitness' walks in Victoria Park. These 30-minute walks at a gentle pace are led by trained leaders and are suitable for new walkers, those recovering from illness or surgery or anyone who wants to get out and meet new people. Stay for a coffee and chat after, at the coffee kiosk or the Beatrice Room at St. Francis Church. All Castle Road buses stop at the park as well as the R12 from Stratford Bridge. Meet at the coffee kiosk in the centre of the park at 10.00 am. No need to book but info from 01722 334209 or pamrouquette@hotmail.com. Rambler's Wellbeing Walks host walks for all walking abilities across the city. All walks are free. A full programme is available from the Information Centre or Salisbury Library.

10am First & Third Friday of the month (including 3 & 17 May)

The Coffee Kiosk, Victoria Park, Castle Road, Salisbury SP1 3NE



Dementia Café at Avonbourne Care Home

We have recently started hosting a monthly Dementia Café, open to the whole community. Our free cafés offer a comfortable and supportive space to allow people living with the early stages of dementia, and their families or carers, to socialise and build new support networks. Every month, we will have a different activity taking place including crafts, quizzes, and games. 01722 429400 for more information.

2 - 4 pm First Monday of the month (including 6 May)

Avonbourne Care Centre, 1 Mitre Way, Old Sarum, Salisbury SP4 6GW

FREE Afternoon Matinees for the Over 60s

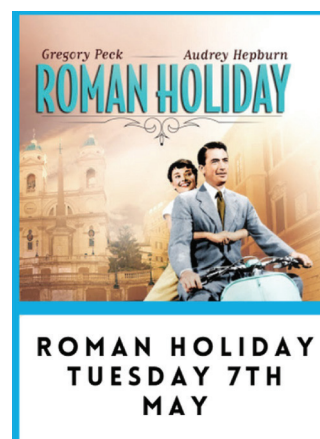
Everyman Cinema and Home Instead Salisbury invite you to dementia-friendly film shows with complimentary tea or coffee. The lights will be left on low to make it easy to move around and the surroundings are suitable for older people. All over 60s are welcome but preference will be given to those living with dementia and their families. Whilst there is no charge, donations to Silver Salisbury are welcome. No need to book but call 01722 515767 for more information. Films start at 1pm. This is a regular monthly event, upcoming screenings are:

7 May - Roman Holiday featuring Audrey Hepburn and Gregory Peck

4 June - The Best Exotic Marigold Hotel

12.30 - 3pm First Tuesday of the Month (including 7 May & 4 June)

Everyman Cinema, 17 Endless Street, Salisbury SP1 1DP



Salisbury Regular Groups

Veterans' Breakfast Club sponsored by Platinum Skies powered by First Port

Enjoy a free tea or coffee whilst enjoying fellow veterans' company and conversation. Breakfast can be bought from The Bistro, card payments only. No need to book but call 07785 250290 or contact ashleigh.ward@firstport.co.uk for more info. Please note there is limited to no parking for visitors.

9 - 10am Third Wednesday of the month (including 15 May)

Chapters Bistro, Constable Court, Off Fountain Way, Salisbury SP2 7FT

Wiltshire Sight's Salisbury Social Group & Resource Centre

Local Sight Loss Adviser, Lucy Brown, runs a friendly drop-in social group for people living with sight loss and families and carers at the library. Wiltshire Sight's Resource Hub at 23 Catherine Street, Salisbury SP1 2DQ is also open 10am - 4pm every Tuesday for advice, information and practical help. Find out more from info@wiltshiresight.org or 01380 723682.

10.30am - 12.30pm 3rd Wednesday of each month (including 15 May)

Upstairs in Salisbury Library, Market Walk, Salisbury SP1 1BL

Salisbury History Club

All welcome for a shortish talk by someone who knows and loves Salisbury followed by tea, biscuits and a chance to chat and exchange memories. No charge but small contributions for drinks welcome. No need to book but further info from anneinbemerton@gmail.com or 01722 326261. There is limited toilet access.

2 - 3.30pm Third Wednesday of the month (including 15 May)

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

DIGS General meetings

Disability group, fighting to get Salisbury and other areas to become accessible. More info from Kez on 07425 450562 or info@disabilityinterestgroup.com.

5.45 - 8pm last Wednesday of the month, every other month (including 29 May & 31 July)

Bemerton Heath Centre, 58-60 Pinewood Way, Salisbury SP2 9HU

50s and Beyond Club

A St Francis, Salisbury-based fellowship group, focused on people 50+ in age. We provide a variety of fellowship activities, and practical service opportunities. We meet once a month for activities such as pub lunches, picnics, tea, movies, walks, garden visits, games and more! To be on our email distribution list or for more information contact kris@richardson.net, 07963 500331 or 01722 500274. No cost to join, although some activities may have an associated cost. All are welcome!

St Francis Church, Beatrice Road, Salisbury SP1 3PN

Amicus Friendship Group

A friendship group for single people aged 50 plus that want to get out, meet new people and make new friends. Members organise activities for other members. This might be theatre and cinema trips, country walks, pub nights, meals out, visits to attractions or even holiday breaks. Membership is currently £24 a year. More information on www.amicusfriendshipgroup.co.uk, amicussalisbury@outlook.com or 07850 766905.



Stonehenge Special Events

Amesbury Society: St George on the Eve of St George's Day by Ruby Vitorio

Amesbury Society presents a talk by this popular local historian. The Society aims to stimulate interest in the town and its environment, as well as public meetings and lectures during the spring/summer and autumn/winter there are additional activities during the summer. Membership is £7 (£5 for over 65s) which gives free access to all talks. Non-members are welcome for £3. More information from the website or 01980 623846. Refreshments available from 7pm, talk at 7.30.

7pm Monday 22 April

Antrobus House, 39 Salisbury Road, Amesbury SP4 7HH

Irish Folk Music Concert with Ribble

Come and join Celebrating Age Wiltshire and Silver Salisbury to say a huge thank you to Cllr Dr Monica Devendran as she comes to the end of her Mayoral year and celebrate all she has done for the older residents in the Stonehenge/Amesbury area. This is a FREE event, but booking is essential. Call 07955 249288 or email CAWSupport@wiltshiremusic.org.uk to book. Ribble are a traditional Irish folk duo who are guaranteed to get your toes tapping! The concert will be followed by tea, cake and a chance to socialise.

3 - 5pm Wednesday 1 May

Antrobus House, 39 Salisbury Road, Amesbury SP4 7HH

The Builth Male Voice & Salisbury Plain Military Wives' Choirs in Concert

The Friends of Amesbury Abbey present a lovely evening of music in the beautiful surroundings of the Abbey Church. An evening not to be missed! Refreshments available during the interval. Tickets £15 from 01980 625467 or <https://buytickets.at/thefriendsofamesburyabbeychurch/1166369>. Silver Salisbury is sponsoring a limited number of tickets for older people on low incomes that otherwise might not be able to attend. These are available for £5 on a first-come-first-served basis by calling 07842 865562.

7.30pm Friday 17 May

The Abbey Church of St Mary and St Melor, Church Street, Amesbury SP4 7EU



Stonehenge Regular Groups

Salisbury & District Model Engineering Society

A social and creative club for those interested in making working models of anything, not just steam-trains and traction engines. Members enjoy nattering about current projects over tea and biscuits, listening to guest speakers talking about subjects of engineering or historical interest, social events and trips. No need to book just come and visit. £3.50 a session or become a member for £35 a year. For more information see www.salisbury-model-engineering-society.co.uk or call 01722 320845.

7.30 - 10.30pm Third Wednesday of the month (including 15 May)

Idmiston Parish Memorial Hall (next door to the Porton Aquatics, Pet & Garden Centre),
Idmiston Road, Porton, Salisbury SP4 0LB

Stonehenge Regular Groups

Amesbury RFC's Walking Rugby

Amesbury Rugby Club provides for members of the local communities from 6 to 76 years old. Walking rugby is for those aged 18 plus that want to exercise, have fun and meet new people. We have a great laugh on pitch and socialise off pitch. Mixed sex and suitable for experienced and non-experienced rugby players. We train twice a week all year round, but contact us before coming to a session to be sure it's running. Information from www.amesburyrugbyclub.com, amesburyrfc.walkingrugby@gmail.com or 07412 307967.

5.45 - 6.45pm Tuesdays & 10 - 11am Saturdays

Centenary Pavilion, Archers Way, Archers Gate, Amesbury SP4 7WQ

Stonehenge Strollers Walking Football

Established in 2023 to promote physical and mental health where fun and friendship are paramount. We are a men's over 50's walking football club based at Amesbury Leisure Centre. £5 per session with first taster session free. If you feel walking football is for you come along or contact Chris at

stonehengestrollers@gmail.com 07780 604801 or Roger at rbatchelor1307@btinternet.com 07768 736527.

7 - 8pm Wednesdays

Amesbury Leisure Centre, Holders Road, Amesbury SP4 7PW



Age UK's Fitness & Friendship Club

Fitness & Friendship clubs are a social club for older people with an emphasis on keeping active; gentle exercises, games, quizzes and Tai Chi with plenty of time for a chat over refreshments. Free trial then £5. No need to book but more information from 07754 612569 or fitnessandfriendship@ageukwiltshire.org.uk.

2 - 4pm Fortnightly on Wednesdays (including 1 May, 15 May and 29 May)

The Bowman Centre, Shears Drive, Amesbury SPA 7XT

Afternoon Tea and Chat at Antrobus House

We're a friendly bunch, so if you're looking for good company, laughter and companionship come and join us for tea/coffee and a chat. Bring along knitting, needlework, board games or just yourself! We meet most 1st, 2nd and 3rd Tuesdays of the month but please check our website for confirmed dates or call 01980 622435. Free of charge.

2 - 4pm Most 1st, 2nd or 3rd Tuesdays of the month but please check

Antrobus House, 39 Salisbury Road, Amesbury SP4 7HH



Wiltshire Sight's Amesbury Community Hub

A friendly social group for people living with sight loss, which runs from 10.30am - 12.30pm. Local Community Sight Loss Advisor, Lucy Brown, can provide information, advice and practical help, including demonstrations of useful equipment. Drop in between 10.30 and 11.30am or contact info@wiltshiresight.org or 01380 723682 to book an appointment.

10.30am - 12.30pm 2nd Thursday of each month (including 9 May)

Amesbury Library, Smithfield Street, Amesbury SP4 7AL

Downton Special Events

Wiltshire Council's Activities and Volunteering Near You

Meet with grass roots community group and charity leaders to find out what's happening near you. Sign up to new activities and find out about volunteering locally.

1 - 7pm Monday 29 April

Downton Memorial Hall, The Borough, Downton SP5 3NB

Downton Downtime presents Lynsey Docherty in Concert

Everyone's welcome to this opera concert by the critically acclaimed soprano, Lynsey Docherty. Places are limited and must be booked by contacting downtondowntime@gmail.com or 07515 822479. Suggested donation £5.

10.30am - 12pm Tuesday 30 April Doors open at 10.30, performance at 11

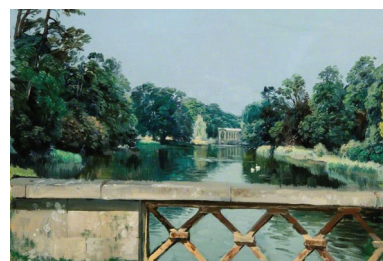
The Sherwood Room, Wick Lane, Downton SP5 3NF

A Talk about Rex Whistler by Christine Mason

There are limited spaces for this free talk so places must be booked in advance by calling 01725 511003. (Photo credit: National Army Museum)

1 - 1.45pm Monday 13 May

Downton Library, Church Leat, Downton SP5 3PD



Downton Horticultural Society's Plant and Table Top Sale

Stock up the garden and meet members of this friendly club which welcomes new members. For more information contact Gordon on 01725 511475. Visitors are also welcome at the Society's **Summer Show at 2 pm on Saturday 8 June** at the Memorial Centre.

2pm Saturday 18 May

Downton Memorial Hall, The Borough, Downton SP5 3NB

Downton Regular Groups

Village Singers Monday Choir

A regular Monday choir for people who love singing. We sing a wide and eclectic range of music and we aim to have fun doing it. First session free. No need to book but more information from 07974 186463.

7.30 - 9pm Mondays during Term Time

Woodfalls Methodist Church, The Ridge, Woodfalls, Salisbury SP5 2LH

Downton Downtime

A range of activities including participatory music and movement, concerts, and visual arts and crafts for anyone living with dementia, memory issues or feeling isolated. For more info, please contact downtondowntime@gmail.com or ring 07515 822479.

10am - 12pm Tuesdays in term time (Easter term starts 16 April)

The Good Companions Club

A weekly social club for local people with tea, coffee and chat and entertaining speakers and activities. No need to book but contact Julia on 01725 510601 for more information.

2 - 4pm Tuesdays

Downton Memorial Hall, The Borough, Downton SP5 3NB

Goldies Sing&Smile

We socialise and sing along to hits from the 50s onwards and offer a warm welcome to everyone. No need to book but further information from events@golden-oldies.org.uk or 01761 470006. Suggested donation of £3 per person, carers free.

10 - 11am Fourth Wednesday of the month (including 24 April and 22 May)

Downton Memorial Hall, The Borough, Downton SP5 3NB

Downton Regular Groups

Ashley Grange Friendship Club

A free afternoon of entertainment, fun, conversation and company. After the entertainment we offer tea, coffee and cake. Care givers welcome. No need to book just pop along or for further information email Lynn.kinsey@hartfordcare.co.uk or call 01725 512811.

1.45 - 3.30pm Thursdays

Ashley Grange Nursing Home, Lode Hill, Downton SP5 3PP

Thursday Church and Lunch

Coffee and cake 10:30 - 11 am, short traditional service 11 am - 12 noon, lunches from 12:30 (twice a month on the 2nd and 4th Thursdays). You're welcome to drop in for any or all the activities. 01725 512971.

10.30am onwards Thursdays

Downton Baptist Church, South Lane, Downton SP5 3NA

The Garden at Downton Baptist Church

Everyone's welcome to join us to garden and drink tea. We sow, plant and gather food to give away at The Larder. Pop in to see us. More information from 01725 512971.

2.30pm - 4.30pm Sundays

Downton Baptist Church, South Lane, Downton SP5 3NA

The Crime and Thriller Reading Group

An informal book group for lovers of Crime and Thrillers. If you want to join the discussions, call or pop into the library ahead of the meeting to find out this month's book choice. It's a monthly group but there isn't a regular time slot so call the library 01725 511003 to find the dates of the meetings for June and beyond.

12.45 - 1.45pm 20 May (contact library for future dates)

Downton Library, Church Leat, Downton SP5 3PD

Wilton, Dinton & Chalke Valley Special Events

A History of Black Wiltshire by Terry Bracher 7pm 6 May

Dinton History Society presents Terry Bracher talking about the history of black people in Wiltshire, from the earliest record in 1589 to the present day. Entry £3, including a cuppa.

Dinton Village Hall, Bratch Lane, Dinton SP3 5EB

Salisbury & South Wilts Railway Society Exhibition

Model railway layouts and trade stalls, plus a unique opportunity to visit a steam garden railway.

Wheelchair access to the Main Hall, toilets and refreshment area. The main stage is up a short flight of stairs.

The Garden Railway is weather-dependent, 8-minutes' walk away and not suitable for wheel or pushchairs.

Free parking by the hall but no parking at the Garden Railway. Tickets on the door: £5; £2 for 5-16 years old; free for under 5s. 1 free child entry with each paying adult. Card or cash for admission/refreshments.

Some stalls are only cash or only card. PR3/R3 bus from Salisbury. Further info from www.sandswrs.co.uk or 07718 951517.

10.30am - 4.30pm Saturday 18 May & Sunday 19 May

Michael Herbert Hall, South Street, Wilton SP2 0JS

'Have a Go' at Stone Carving

We provide excellent stonework of all kinds, specialising in the design and production of memorials and inscriptions, and in the teaching of stone-carving. From 25 May to 9 June we will have an open studio as part of the Salisbury Art Trail. On the weekends we will be offering 1 hr 'Have a go' sessions at stone carving to Silver Salisbury readers for just £7.50 with the discount code 'SilverSalisbury25'. Please book from our website <https://grays-stone-carving.co.uk/stone-carving-courses/> or by calling 07919 258708.

Saturday and Sunday; 25 & 26 May, 1 & 2 June, 8 & 9 June

Gray's Stone Carving Studio, Unit 2, Knowle Farm, Bowerchalke SP5 5BP

Wilton, Dinton & Chalke Valley Regular Groups

Wilton Men's Shed

The Wilton Men's Shed is for anyone over 18 who enjoys practical interests, making and mending in our well-equipped workshop - or just call in for tea and conversation. It is a great place to meet people and develop friendships by working together on projects - with plenty of fun and laughter in the process. To find out more see wiltonmensshed.org, call 01722 742667 or pop in and see us during our usual opening hours.

9.30 - 12.30pm Monday, Thursday & Saturdays

Wilton Men's Shed, Castle Lane, Wilton SP2 0HG

Wilton Place Care Home's Don't Dine Alone!

Enjoy some company and a delicious, free meal. Come and meet our residents and enjoy our beautiful home. Wilton Place Care Home invites local older people to take advantage of our great hospitality and join us for a delicious lunch. Just give us a call on 01722 656740 to let us know you're coming. Bring a friend. More info on www.barchester.com or by calling us.

12.30pm daily

Wilton Place Care Home, Buckeridge Road, Wilton SP2 0FX



THE COSY CUPPA

All welcome. 10.30am - 12 noon on Tuesdays
The Pavilion, Dinton Rec, St Mary's Road, Dinton SP3 5HH



Wilton & District Thursday Club

A weekly lunch club for over 60s to connect with others, socialise and take part in activities. Stop in for a cuppa and chat or to find out more call 01722 339051.

11am - 3pm Thursdays

Wilton Community Centre, West Street, Wilton SP2 0DG

The Salisbury Breathless Singers

We work with people with lung conditions, chronic breathlessness and long covid to support self-management of breathlessness through group singing, breathing exercises, gentle movement and relaxation. Places must be booked. Contact sing.breathe@soundsbettercic.org or ring 07446 902118. See soundsbettercic.org for more information.

2.30 - 3.30pm Tuesdays in term time (16 April - 21 May, half term 28 May)

Castle Meadow Pavilion, Castle Lane, Wilton SP2 0HG

The Wednesday Club Wilton

A friendly social club with speakers followed by tea and biscuits and time for a chat. We also enjoy summer outings and meals out together. Do come and join us. First meeting free then £2 a meeting. For more information contact 01722 324676.

2.30 - 4pm Second Wednesday of the month (including 8 May)

Wilton Community Centre, West Street, Wilton SP2 0DG

Six Penny Handley & Chalke Valley Practice's Memory Group

A supportive, caring space for anyone living with memory issues, including Dementia and those supporting their loved ones. Coffee, chat and a friendly welcome. For more information or advice call 07990 105697.

2 - 4pm Third Tuesday of the month (including 21 May)

Wilton Place Care Home, Buckeridge Road, Wilton SP2 0FX

Don't Give Up Your Day Job Theatre Company

Musical Theatre workshops for all ages and abilities. Never done it before? Want to meet new people? Just want to dance and sing? Fancy acting? Want a new challenge? Whatever the reason come and join the fun! £5 a session. No need to book but contact lizzieflynn53@gmail.com or 07540 334356 to find out more.

7.30 - 9pm Wednesdays

WMSET Hall, 27A West Street, Wilton SP2 0DL

Regular Groups – At a Glance

Salisbury	Page
Exercise and Fitness; weekly on Mondays and Thursdays	4
Latin & Ballroom Line Dancing from Salisbury Dancers; Tuesday 23 April, 07 May, 14 May & 28 May	4
Salisbury Folkdance; weekly on Tuesdays	4
Old Sarum Community Centre's Chatty Cafe & Warm space; weekly on Wednesdays	4
Carers Café; weekly on Thursdays	4
Age UK Wiltshire Fitness & Friendship Club Salisbury; fortnightly on Thursdays	4
FREE Fish and Chip Fridays; weekly on Fridays	5
The Onward Club's Coffee & chat; fortnightly on Thursdays (including 2, 16 & 30 May)	5
Ramblers Wellbeing Walks in Victoria Park; 1st & 3rd Friday of the month (including 3 & 17 May)	5
Dementia Café at Avonbourne Care Centre; 1st Monday of the month (including 6 May)	5
FREE Afternoon Matinees for the Over 60s; 1st Tuesday of the month (including 7 May & 4 June)	5
Veterans' Breakfast Club; 3rd Wednesday of the month (including 15 May)	6
Wiltshire Sight's Salisbury Social Group; 3rd Wednesday of the month (including 15 May)	6
Salisbury History Club; 3rd Wednesday of the month (including 15 May)	6
DIGS General meetings; last Wednesday of every other month (including 29 May and 31 July)	6
50s and Beyond Club	6
Amicus Friendship Group	6
Stonehenge	7
Salisbury & District Model Engineering Society; 3rd Wednesday of the month (including 15 May)	7
Amesbury RFC's Walking Rugby; weekly on Tuesdays	8
Stonehenge Strollers Walking Football; weekly on Wednesdays	8
Age UK's Fitness & Friendship Club; fortnightly on Wednesdays (including 1 May, 15 May and 29 May)	8
Afternoon Tea and Chat at Antrobus House; most 1st, 2nd or 3rd Tuesdays of the month	8
Wiltshire Sight's Amesbury Community Hub; 2nd Thursday of each month (including 9 May)	8
Downton	9
Village Singers Monday Choir; weekly on Mondays during Term Time	9
Downton Downtime; weekly on Tuesdays in term time (Easter term starts 16 April)	9
The Good Companions Club; weekly on Tuesdays	9
Goldies Sing&Smile; 4th Wednesday of the month	9
Ashley Grange Friendship Club; weekly on Thursdays	10
Thursday Church and Lunch; weekly on Thursdays	10
The Garden at Downton Baptist Church; weekly on Sundays	10
The Crime and Thriller Reading Group; 20 May (contact library for future dates)	10
Wilton, Dinton & Chalke Valley	11
Wilton Men's Shed; weekly on Mondays, Thursdays & Saturdays	11
Wilton Place Care Home's Don't Dine Alone!; Daily	11
The Cosy Cuppa; weekly on Tuesdays	11
Wilton & District Thursday Club; weekly on Thursdays	11
The Salisbury Breathless Singers; Tuesdays in term time (16 April - 21 May, half term 28 May)	11
The Wednesday Club Wilton; 2nd Wednesday of the month (including 8 May)	11
Six Penny Handley & Chalke Valley Practice's Memory Group; 3rd Tuesday of the month (including 21 May)	11
Don't Give Up Your Day Job Theatre Company; weekly on Wednesdays	11

07842 865562
 thesilverproject@outlook.com
 www.silversalisbury.co.uk
 FB: @Silver Salisbury

