

Silver Salisbury Programme

A programme of free events in and around Salisbury from 18th September to 10th October 2021



A chance for older people to meet old friends and make new ones trying out a whole range of activities at many venues in Salisbury and its surrounds including Amesbury and Wilton

Get to grips with your mobile phone

100 Years of Uniform talk by Bethany Joyce

Jazz Social at the Arts Centre

Gentle exercise to keep you fit

Never too old to hear a good story

A Packed Day at the Guildhall

Pride through the Generations

Craft and Art Groups

and more...

Most events are free, due to Covid many need to be booked. There is often tea and cake on hand.

silver.salisbury@outlook.com



Silver Salisbury Programme

Silver Salisbury is our name for a programme of events held in the City each autumn to celebrate International Older People's Day, 1st October.

Sadly last year's programme was cancelled due to Covid, though during the year we have distributed teas to people isolated at home, made a video celebration of the many contributions of older people and distributed activity packs to help older people keep minds and bodies active.

This 2021 programme includes activities that older people are involved in, contribute to and enjoy. Many are initiated and run by older people whose work in putting on these activities and events helps dispel the media myth that older people are all dependent and a burden.

This year's programme has been devised with the help of older people in Salisbury and beyond in telling us what they would like included and what will help them to feel secure in new and unknown surroundings especially following lockdown.

Everything has been planned with your safety in mind: this means that for a number of events we need to ask you to book so we can monitor numbers to ensure adequate spacing. We will usually ask you to wear face coverings indoors.

The Silver Salisbury idea is spreading and this year Amesbury and Wilton have their own events. Small beginnings this year but a promising start for future development. Events in any location are open to everyone.

The programme includes:

- **activities contributing to supporting people to maintain their independence**
- **opportunities for people who would like get out and about more but don't know where to start**
- **a chance to sample different activities, find new interests, make new friends**
- **And there will usually be tea and cake!**

Do come and join in Salisbury's celebration of the lives and contributions of older people.

Irene Kohler, Salisbury Older People's Champion

Highlights

Conservation Day at Hazel Hill Wood

A conservation day at the magical Hazel Hill Wood See page 21

Explore the Secret Garden

Come and see the amazing transformation the volunteer team have made to this once forgotten garden (The garden is behind the police station, next to the Salisbury Arts Centre). Open all day every day.

Jazz Social at the Arts Centre

Music from Jazz duo Dan Baker, voice and keyboards and Paul Young on sax. and poetry performances by performance arts students. Plus delicious refreshments from the Arts Café. See page 19

Parkinson Disorderly Movements Monologues

Jim Read, local writer, presents his funny and thought-provoking monologues about living with Parkinson's Disease and observing his fellow pedestrians while 'stumbling around Salisbury'. Audiences have described his talks as 'Very informative. Such a great performance and amazing way of describing Parkinson's with such wit.' 'Funny, poignant, well-written and beautifully done.' See page 22

Techy T Party

Our fantastic Salisbury library is hosting events as their contribution, including a Techy Tea Party on Tuesday 5th October: bring your mobile phones, your tablets and other devices that are a mystery to you and the wonderful library staff and volunteers will help you get to grips with the technology. See page 24

Vintage Tea Party

To relive the grandeur of past times, the Vintage Tea Party on the afternoon of Sunday 3rd October, again at the Guildhall. I hope to see lots of you there. We are very grateful to Salisbury City Council for providing the Guildhall for three days of this exciting programme. See page 22

Silver Salisbury Programme

Saturday 18th September Morning

People in the Park

16

Transition City's People in the Park event where we will have an information stand and you can collect your brochure.

Queen Elizabeth Gardens, Cranebridge Road, Salisbury SP2 7TD
Morning and Afternoon

Harnham Harvest Table

1

Bring and share your spare fruit and veg, herbs, flowers, seeds and recipes at our community table. Take what you need...leave what you don't. No waste, no charge, just sharing at the big yellow tent on Rowbarrow Green, just above the Nisa shop.

1a The Crescent, Salisbury SP2 8DF
10am - 12noon



Coffee and Chat

12

Enjoy a Coffee and Chat with friends and neighbours.

Harnham Parish Hall Field, Lower Street, Harnham SP2 8EY
10am - 12noon

Happy Cafe

17

Happy Cafe hosted by Anna, is a place for people to come together to improve their wellbeing. Essential to pre-book tables so if you're interested in joining, email happycafesalisbury@outlook.com. For more information about the Happy Cafe movement visit www.actionforhappiness.org

Salisbury Arts Centre, Bedwin St, Salisbury, SP1 3UT
11am - 1pm

18th Sept to 10th Oct 2021

Sunday 19th September Morning

The Secret Garden, Bourne Hill

24

Come and see the amazing transformation the volunteer team have made to this once forgotten garden (The garden is behind the police station, next to the Salisbury Arts Centre). Sorry there are no toilet facilities.

Secret Garden, Bourne Hill, SP1 3UZ

Open all day: volunteers on site 10am to 12.30pm

Monday 20th September Morning

The Pantry in the Park

29

A small group cook and eat session working together to prepare a tasty vegetarian lunch which we will enjoy together. Booking essential via Eventbrite: <https://www.eventbrite.co.uk/e/165658427817>

Entrance the park opposite South Wilts Grammar School

Victoria Park, Stratford Road SP3 4NA

10am - 2.30pm

Disability Drop In Café

4

Open to all with physical and mental health issues and their carers. No booking required.

The Harlequins Clubhouse, Bemerton Heath, Western Way, Salisbury SP2 9DR

10am - 12noon

Seated Exercise Class

21

Seated Zumba® Gold, chair (seated) exercise class adapted for those with balance and mobility issues. Meet new people and have fun whilst getting fitter. Contact Kirstie: loomsie@yahoo.co.uk or 07787 101410, or visit www.kirstiepugh.co.uk.

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

11.30am - 12.15pm

Silver Salisbury Programme

Monday 20th September Afternoon

A Walk looking at Salisbury's Historic Architecture

18

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. Numbers will be limited to 8, and distancing will be observed, but please bring a face mask, just in case. Meet outside the Salisbury Information Centre in Fish Row, at the back of the Guildhall at 2pm. For further information about the Civic Society go to www.salisburycivicsociety.org.uk. Book on Eventbrite: <https://www.eventbrite.co.uk/e/166157073279>

Salisbury Information Centre in Fish Row, Salisbury SP1 1EJ
2pm

Five Rivers Community Garden

8

Five Rivers Community Garden drop in is an informal opportunity to ask questions and chat about the plants and how the project has evolved (weather permitting). You may wish to know more about joining the volunteer team. Further details: beckybeesknees@gmail.com

Five Rivers Leisure Centre, Hulse Rd, Salisbury, SP1 3NR
2 - 5.30pm

Tuesday 21st September Morning

The Secret Garden, Bourne Hill

24

Come and see the amazing transformation the volunteer team have made to this once forgotten garden (The garden is behind the police station, next to the Salisbury Arts Centre). Sorry there are no toilet facilities.

Secret Garden, Bourne Hill, SP1 3UZ

Open all day: volunteers on site 10am to 12.30pm



18th Sept to 10th Oct 2021

Tuesday 21st September Morning

Seated Sports - Salisbury Market Square

20

Are you aged sixty and over? come and try out some seated sports such as curling and bowls which weather permitting are running alongside the usual Tuesday market, in the Market Square. We hope that these two informal taster sessions will entice you to get involved in a regular group. If you enjoy the games and think your group would enjoy them, then contact Sean on the day about an activity for your group or where you can access an existing group.

Salisbury Market, The Guildhall, Market Pl, Salisbury SP1 1JH
11 - 11.30am and 1 - 1.30pm

Tuesday 21st September Afternoon

Salisbury Journal Archives

15

Alan Clarke will bring us more pictures and stories from the Salisbury Journal archive and you can share your own stories over tea and cake.

Quaker Meeting House, 51 Wilton Road, Salisbury SP2 7EP
2.15 for a 2.30 start to 4.00pm

Tuesday 21st September Afternoon

Fab Fitness for 60+

Open to all and specifically for people with underlying cardiac or respiratory issues. This is an online taster session book by email to salli@sallishappyhearts.co.uk or phone 07969909162.

Online
2 - 2.30pm



Silver Salisbury Programme

Tuesday 21st September Afternoon

Better Balance

An exercise session to improve balance and provide helpful hints and tips to do at home. This is an online taster session book by email to salli@sallishappyhearts.co.uk or phone 07969909162.

Online

3 - 3.30pm

Tuesday 21st September Evening

An evening of poetry

15

Please join us to read and listen to poetry. We will be sharing old favourites and some lesser-known poems, hoping to inspire and comfort you and remind you of the joy of poetry. Please bring with you poems you have written which you would like to share. Frances Owen lives in Salisbury, writes poetry and looks forward to being with you and leading the group. Please pre-book: <https://www.eventbrite.co.uk/e/166158242777>

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

Tea from 4.30 for 5.00 start to 7.00

Wednesday 22nd September Afternoon

Friary Craft and Allsorts Club

9

A relaxed group where anyone can join in whatever the week's activity might be. No prior skills needed. Please book 01722 417100 or bhc@salisburycitycouncil.gov.uk

Friary Community Centre, 112 Carmelite Way, Salisbury SP1 2HW

2pm



18th Sept to 10th Oct 2021

Wednesday 22nd September Afternoon

Kaleidoscope Art Group

3

Trying out different projects and supporting each other's creativity.
Please book 01722 417100 or bhc@salisburycitycouncil.gov.uk

Bemerton Heath Centre, 58-60 Pinewood Way, Salisbury SP2 9HU
2pm

Shopmobility Scooter Scoot/Wheelchair Walk

27

A gathering of scooters, powerchairs or wheelchairs taking a walk/ride seeing places of interest around the city with a walk leader and supporting volunteers. Use your own or free hire on presentation of voucher. Pre-booking required by phoning 01722 328068 or email shopmobility@salisburycitycouncil.gov.uk

3B Priory Square, The Maltings SP2 7TL
2 - 3.30pm



FREE TRIAL OF SHOPMOBILITY EQUIPMENT
on presentation of this Voucher
Valid for Silver Salisbury 18 Sept -2nd Oct 2021

Office Use Only

Name.....

Date of use.....

This brochure will be posted on the Silver Salisbury website, www.silversalisbury.co.uk together with any updates and new activities and invitations from groups. If your group decides to organise a Silver Sunday event and would like it posted on the website, please email Irene on silver.salisbury@outlook.com

Silver Salisbury Programme

Thursday 23rd September Morning

Wellbeing in Nature

Run by Wiltshire Wildlife Trust, is a 12-week programme for people to improve their mental wellbeing by reconnecting with nature. Activities will include practical conservation work, wildlife walks and nature-based crafts like whittling or wreath making. The programme will run on Thursdays for 12 weeks from 16th September. It is ideally suited to those who are experiencing mental health difficulties. Participants can self-refer to join the programme. For full programme details including Times and venues contact Melanie Vincent on 07849 090862 or email melaniev@wiltshirewildlife.org.

Low Impact Dance Fitness - Zumba® Gold

21

Low impact dance fitness for older generations. Meet new people and have fun whilst getting fitter. The perfect combo of fun and fitness. No dance experience needed as there are no wrong moves. Contact Kirstie: loomsie@yahoo.co.uk or 07787 101410, or visit www.kirstiepugh.co.uk

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

10 - 10.45am

No Floorwork Yoga and Fitness Pilates

21

A class combining Yoga, Fitness Pilates, Balance, Stretching and toning but all adapted so that there is no floor work. Can be done seated or standing. Contact Kirstie: loomsie@yahoo.co.uk or 07787 101410, or visit www.kirstiepugh.co.uk

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

11 - 11.45am



18th Sept to 10th Oct 2021

Thursday 23rd September Evening

A Walk looking at Salisbury's Historic Architecture

18

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. Numbers will be limited to 8, and distancing will be observed, but please bring a face mask, just in case. Meet outside the Salisbury Information Centre in Fish Row, at the back of the Guildhall at 5.30pm. For further information about the Civic Society go to www.salisburycivicsociety.org.uk. Book on Eventbrite: <https://www.eventbrite.co.uk/e/166158242777>

Salisbury Information Centre in Fish Row, Salisbury SP1 1EJ
5.30pm

Friday 24th September Morning

Friendship Group - Bemerton Centre

3

Drop in for an opportunity to get back into meeting for coffee and a chat.

Bemerton Heath Centre, 58-60 Pinewood Way, Salisbury SP2 9HU
10am - 12pm



Bemerton Live

25

Social coffee mornings aimed at the over 55's with a gentle exercise session or two to help us stay active. Exercises are mainly seated, with a chair for support when standing. No need for any special clothing, just wear something loose and comfortable. Come along to a free taster session.

St John's Place, Lower Bemerton, SP2 2NP

Doors open 10:30am (1st class 10:45am) – 12:15pm.

Silver Salisbury Programme

Friday 24th September Morning

Keep Fit - Roman Road Methodist Church

14

Exercise and movement to music with Sheila Wills including some seated work. Free taster session.

Methodist Church Hall, 16 Roman Rd, Salisbury, SP2 9BH
10 - 11am

Friday 24th September Afternoon

Five Rivers Indoor Bowls

28

An opportunity to try indoor bowls at Five Rivers Indoor Bowls Club. All equipment available, together with qualified coaches. Accessible venue and electric wheelchair available if needed.

Five Rivers Indoor Bowls Club, Tollgate Road, Salisbury SP1 2JJ
2 - 8pm

Saturday 25th September Morning

Harnham Harvest Table

12

Bring and share your spare fruit and veg, herbs, flowers, seeds and recipes at our community table. Take what you need...leave what you don't. No waste, no charge, just sharing. Enjoy a coffee and chat with friends and neighbours.

Harnham Parish Hall Field, Lower Street, Harnham SP2 8EY
10am - 12noon

Allotments & Gardens Association Open Day

7

Visit the Trading Hut HQ, Fisherton Recreation Ground and Coldharbour Lane allotment site. Tea and themed cakes together with information on growing, composting and pest control. For a guided tour of nearby allotment, booking required at the trading hut on the day.

Coldharbour Lane, Salisbury SP2 7BW
Free guided tours at 11.30am, 2.00 and 3.30pm

18th Sept to 10th Oct 2021

Saturday 25th September Morning

Happy Cafe

17

Happy Cafe hosted by Anna, is a place for people to come together to improve their wellbeing. Essential to pre-book tables so if you're interested in joining, email happycafesalisbury@outlook.com. For more information about the Happy Cafe movement visit www.actionforhappiness.org

Salisbury Arts Centre, Bedwin St, Salisbury, SP1 3UT

11am - 1pm

Saturday 25th September Afternoon

Five Rivers Indoor Bowls

28

An opportunity to try indoor bowls at Five Rivers Indoor Bowls Club. All equipment available, together with qualified coaches. Accessible venue and electric wheelchair available if needed.

Five Rivers Indoor Bowls Club, Tollgate Road, Salisbury SP1 2JJ

2 - 4pm



Sunday 26th September Morning

The Secret Garden, Bourne Hill

24

Come and see the amazing transformation the volunteer team have made to this once forgotten garden (The garden is behind the police station, next to the Salisbury Arts Centre). Sorry there are no toilet facilities.

Secret Garden, Bourne Hill, SP1 3UZ

Open all day: volunteers on site 10am to 12.30pm

Silver Salisbury Programme

Sunday 26th September Afternoon

Golden Way Gentle Bicycle Ride

5

Gentle bicycle ride round the Golden Way in Salisbury, starting and finishing at Choristers Green in the Cathedral Close. You must have a bike or ebike in good working order. Meet at bicycle stands/red phone box. Book online at <https://tinyurl.com/COGSride260921>

Choristers Green, Cathedral Close, Salisbury SP1 2EJ

2.30 - 4pm

Monday 27th September Morning

The Pantry in the Park

29

A small group cook and eat session working together to prepare a tasty vegetarian lunch which we will enjoy together. Booking essential via Eventbrite: <https://www.eventbrite.co.uk/e/165664851029>

Entrance the park opposite South Wilts Grammar School

Victoria Park, Stratford Road SP3 4NA

10am - 2.30pm

Conversation Club Taster

22

A monthly group for people who want to enjoy the museum and its collections, explore our shared heritage through objects and find new connections with others. Booking essential by emailing AmyHammett@salisburymuseum.org.uk

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

10.30am - 12noon



18th Sept to 10th Oct 2021

Tuesday 28th September Morning

The Secret Garden, Bourne Hill

24

Come and see the amazing transformation the volunteer team have made to this once forgotten garden (The garden is behind the police station, next to the Salisbury Arts Centre). Sorry there are no toilet facilities.

Secret Garden, Bourne Hill, SP1 3UZ

Open all day: volunteers on site 10am to 12.30pm

Seated Sports - Salisbury Market Square

20

Are you aged sixty and over? come and try out some seated sports such as kurling and bowls which weather permitting are running alongside the usual Tuesday market, in the Market Square. We hope that these two informal taster sessions will entice you to get involved in a regular group. If you enjoy the games and think your group would enjoy them, then contact Sean on the day about an activity for your group or where you can access an existing group.

Salisbury Market, The Guildhall, Market Pl, Salisbury SP1 1JH

11 - 11.30am and 1 - 1.30pm



Tuesday 28th September Afternoon

Fab Fitness for 60+

Open to all and specifically for people with underlying cardiac or respiratory issues. This is an online taster session book by email to salli@sallishappyhearts.co.uk or phone 07969909162.

Online

2 - 2.30pm

Silver Salisbury Programme

Tuesday 28th September Afternoon

Better Balance

An exercise session to improve balance and provide helpful hints and tips to do at home. This is an online taster session book by email to salli@sallishappyhearts.co.uk or phone 07969909162.

Online

3 - 3.30pm

Hamptworth Croquet Club

11

An introduction to the game with brief skills practice and an opportunity to get into a game situation. Flat soled shoes essential. Call Steve on 07912 608733 or email scbennett54@outlook.com

Hamptworth Golf Club, Hamptworth Rd, Hamptworth, Salisbury SP5 2DU

2 - 4.30pm



Tuesday 28th September Evening

The Story of Salisbury's Cinemas

15

Noted local historian, Frogg Moody will talk on the 'History of Cinema in Salisbury' including the Regal, Odeon and much more. With stories of the buildings and people who introduced cinema to our city.

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

Tea at 5 for 5.30 - 7pm

18th Sept to 10th Oct 2021

Wednesday 29th September Morning

Men's Shed Coffee Morning

2

If you've wondered what a Men's Shed is and want to find out more then come to our information coffee morning. For further information email to salisburymensshed@gmail.com

Alabare Riverside House, 2 Watt Road, Churchfields Salisbury SP2 7UD

10.30am - 12noon

Lunch Club

26

A two course meal and bingo with friends. Join us any week but try for free today in celebration of Silver Salisbury. Please book 01722 417100 or bhc@salisburycitycouncil.gov.uk

St Michaels Community Centre, 96 St Michael's Road, Salisbury SP2 9LE

From 11.45am

Wednesday 29th September Afternoon

Friary Craft and Allsorts Club

9

A relaxed group where anyone can join in whatever the week's activity might be. No prior skills needed. Please book 01722 417100 or bhc@salisburycitycouncil.gov.uk

Friary Community Centre, 112 Carmelite Way, Salisbury SP1 2HW
2pm

Kaleidoscope Art Group

3

Trying out different projects and supporting each other's creativity. Please book 01722 417100 or bhc@salisburycitycouncil.gov.uk

Bemerton Heath Centre, 58-60 Pinewood Way, Salisbury SP2 9HU
2pm

Silver Salisbury Programme

Thursday 30th September Morning

Walking for Health

16

An interesting and enjoyable one hour walk from Queen Elizabeth Gardens to Harnham and Middle Street Meadow Wildlife site led by "Walking for Health" leaders. You will meet at 10.00 at Queen Elizabeth Gardens, Salisbury at the western end near the Long Bridge to join the regular walking group for a 1 hour walk.

Queen Elizabeth Gardens, Salisbury SP2 7TD

Meet latest at 9.55 for 10am prompt start

The Onward Club

23

Drop in for stroke survivors and their carers. For more information contact Kez@wheels-of-freedom.com

Stratford Sub-Castle Scout Hut, 67 Stratford Road, Salisbury SP1 3JR

10am - 12noon

Feel Better with a Book

19

Salisbury Library Shared Reading Group. Why not try our friendly and relaxed shared reading group. You don't have to read or prepare beforehand. Just come along and enjoy some poetry and prose and a good chat about literature. No need to book – just turn up.

Salisbury Library, Market Walk, Salisbury SP1 1BL

11am



Thursday 30th September Afternoon

DANCE SIX-O Taster Sessions

17

Join the friendly and fun weekly open classes that run on Wednesdays, for people approaching 60 and over with diverse levels of movement. Sessions encourage dancers to embrace the joy of life through dance and movement working to their own pace and individual abilities. No previous dance experience is required. Book by emailing sam@weareclearcut.com. Our Open Classes run weekly on Wednesday's, 10.10 - 11.10 & 12 - 1pm throughout term-time, at Salisbury Arts Centre.

Salisbury Arts Centre, Bedwin St, Salisbury, SP1 3UT

12.30 - 1.30pm and 2.15 - 3.15pm

Jazz Social at the Arts Centre

17

Music from Jazz duo Dan Baker, voice and keyboards and Paul Young on sax, and poetry performances by performance arts students. Plus delicious refreshments from the Arts Café. Tickets £5 and pre-booking required via Wiltshire Creative website or phone bookings can be made to 01722 320333 from Tuesday to Saturday between 10.00 and 12.00.

Salisbury Arts Centre, Bedwin St, Salisbury, SP1 3UT

3.30 - 5.30pm



Silver Salisbury Programme

Friday 1st October

International Older People's Day

Guildhall

10

This special day will start at 10.00 in the banqueting hall with the mayor, Cllr Caroline Corbin opening the event followed by a short presentation from Sarah Cardy the new CEO of AgeUK Wiltshire on AgeUK in 2021 and working together supporting older people.

We hope that older people and their families will take the opportunity to visit us to find updated and current information on services they require and activities they might join. And to take advantage of being able to indulge in a cup of tea or coffee with home baked cakes and a chat with people they may not have seen for a long time – Alzheimer's Support who will shortly be opening their new day centre in Salisbury will be providing the café in the foyer.

An exciting new venture for us is the event at 11.30 in the Oak Court room (up a few steps). A talk by Susan Kramer of the national group for grandparents of families estranged by family disputes from contact with their grandchildren. A quilt created by grandparents will be on display.

An opportunity to have a taster session of gentle exercises with Sheila Wills will be in the Crown Court at 10.30 followed by a talk for carers, both older carers and carers of older people at 11.30. Debs Rist the Carers Assessment Coordinator at Carers Support Wiltshire will speak about the support carers are entitled to followed by question time and opportunity for individual discussion.

The long awaited seminar on Financial Abuse with special relevance to older people cancelled in the spring of 2020 will start at 2.00 pm in the Crown Court to be chaired by Dr Mervyn Eastman. This will be of interest to older people themselves, their families and many people working to support older people.

Full details in the programme for the day and on www.silversalisbury.co.uk

18th Sept to 10th Oct 2021

Friday 1st October Morning

Guildhall Timetable

10

Main banqueting hall: information stands and networking until 2pm.

Opening of the event The Mayor Cllr Caroline Corbin followed by Sarah Cardy the new CEO of AgeUK Wiltshire on AgeUK in 2021 and working together supporting older people. **10am**

Foyer: Refreshments served all day by Alzheimer's Support memory café.

The Oak Court Room: A talk by Susan Kramer of the national group for grandparents of families estranged by family disputes from contact with their grandchildren. A quilt created by grandparents will be on display.

11.30am

The Crown Court Room: A chance to try out Gentle exercises with Sheila Wills **10.30am**

A talk for carers, both older carers and carers of older people at 11.30 by Debs Rist of Carers Support Wiltshire followed by discussion and the opportunity for individual question time. For more information go to our website www.silversalisbury.co.uk **11.30am**

Long awaited Seminar on financial abuse and older people - Chaired by Dr Mervyn Eastman with presentations by local practitioners. Full programme and booking instructions on our website www.silversalisbury.co.uk **2 - 4.30pm**

Guildhall, Market Place, Guildhall Square, SP1 1JH

10am - 4.30pm

Hazel Hill Wood Conservation Day

13

Join our team of volunteers and contribute to valuable nature conservation work, develop new skills, meet people and get active in a relaxing and nourishing environment. To register your interest and for more information contact Charley Miller, Conservation and Education Coordinator, 07519 464023 or charley@hazelhill.org.uk

Hazel Hill Wood, Grimstead Road, Farley, Salisbury, SP5 1AU

10am - 3pm

Silver Salisbury Programme

Saturday 2nd October Morning

Happy Cafe

17

Happy Cafe hosted by Anna, is a place for people to come together to improve their wellbeing. Essential to pre-book tables so if you're interested in joining, email happycafesalisbury@outlook.com. For more information about the Happy Cafe movement visit www.actionforhappiness.org

Salisbury Arts Centre, Bedwin St, Salisbury, SP1 3UT

11am - 1pm

Saturday 2nd October Afternoon

Jim's Parkinson's Monologues

17

Local writer, Jim Read, presents his funny and thought-provoking monologues about living with Parkinson's disease, and extracts from his latest project, 'Let's Talk about Walking'. The cafe will be open for tea and cake after the performance. Pre-booking required via Wiltshire Creative website or call 01722 320333.

Salisbury Arts Centre, Bedwin St, Salisbury, SP1 3UT

2.30 - 4pm

Sunday 3rd October Morning

The Secret Garden, Bourne Hill

24

Come and see the amazing transformation the volunteer team have made to this once forgotten garden (The garden is behind the police station, next to the Salisbury Arts Centre). Sorry there are no toilet facilities.

Secret Garden, Bourne Hill, SP1 3UZ

Open all day: volunteers on site 10am - 12.30pm



18th Sept to 10th Oct 2021

Sunday 3rd October Afternoon

Vintage Tea Party on Silver Sunday

10

Join us for Afternoon Tea at the Guildhall to celebrate Silver Salisbury. Salisbury City Council had such a good time running the tea party in 2019 that we are bringing it back. More great food, live music and, if last time is anything to go by, a little dancing, singing and good old fashioned fun. £5 tickets in advance from Information Centre in Fish Row.

Guildhall, Market Place, Guildhall Square, SP1 1JH 2 - 4.30pm

Monday 4th October Morning

Intergenerational Rhyme-Time

19

Grandparents and grandchildren are invited to share songs and rhymes at a special rhymetime in the Children's library. Book by phoning 01722 324145.

Salisbury Library, Market Walk, SP1 1BL 11 - 11.20am

Monday 4th October Afternoon

Her Salisbury Footprint

10

Her Salisbury Footprint is part of Her Salisbury Story. Soroptimist International of Salisbury aims to make visible and celebrate the women of Salisbury past and present. This walking tour offers the opportunity to learn about some of the wonderful women who lived here, their cultural, political and commercial contributions to Salisbury life and how Salisbury Soroptimists have researched and uncovered their stories. The walk includes many city highlights associated with the women's lives <https://hersalisburystory.com/> Participants need to be mobile but the walk is wheelchair accessible. If anyone needs to be accompanied, the carer must also be booked in. Meeting point in front of the Guildhall. Book by email to lizmbatten@gmail.com. Max 10 per group.

Guildhall, Market Place, Guildhall Square, SP1 1JH 2 - 3.30pm

Silver Salisbury Programme

Tuesday 5th October Morning

The Secret Garden, Bourne Hill

24

Come and see the amazing transformation the volunteer team have made to this once forgotten garden (The garden is behind the police station, next to the Salisbury Arts Centre). Sorry there are no toilet facilities.

Secret Garden, Bourne Hill, SP1 3UZ

Open all day: volunteers on site 10am to 12.30pm

Tuesday 5th October Afternoon

Low Impact Dance Fitness - Zumba® Gold

21

Low impact dance fitness for older generations. Meet new people and have fun whilst getting fitter. The perfect combo of fun and fitness. No dance experience needed as there are no wrong moves. Contact Kirstie: loomsie@yahoo.co.uk or 07787 101410, or visit: www.kirstiepugh.co.uk

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

10 - 10.45am

Techy Tea Party

19

Bring your mobile phones, tablets and other devices that are a mystery to you, and the wonderful library staff and volunteers will help you to get to grips with the technology. Please pre-book by phoning Salisbury library 01722 324145.

Salisbury Library, Market Walk, SP1 1BL

2.30 - 4pm

Raise Funds for Silver Salisbury

If you enjoyed reading the brochure and are planning to go to some of the events, please support Silver Salisbury Group by buying a lottery ticket and use our QR code, or go to Salisbury City Community Lottery.



Tuesday 5th October Afternoon

Salisbury Then and Now

15

Ruth Butler of the Wiltshire and Swindon History Centre will explore quirky aspects of our local history using their new app - the Get Connected Team will be on hand to help you load it onto your own phone!

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

2.30 to 4.30 followed by tea



Tennis at Victoria Park

29

If you can't remember when you last played tennis it might have been when you were still at school. This is an opportunity to have a go again, try your backhand and your volley as part of a friendly group. This is a free taster session. Please wear comfortable clothing and suitable shoes. Tennis racquets supplied. Email vttennis@btconnect.com to book a slot.

Victoria Park Tennis Courts, Stratford Rd, Salisbury, SP1 3JH

2 - 3pm



Silver Salisbury Programme

Wednesday 6th October Afternoon

Wiltshire Library Online Services

19

Introduction to using Wiltshire Library Online Services including Ancestry, British Newspapers, Online and Know Your Place. A number of online research services are available free on the public computers at Salisbury Libraries, This session will look at how to access these databases through the library computers. Book your place by phoning 01722 324145 or at the library enquiry desk.

Salisbury Library, Market Walk, SP1 1BL

2.30 - 4pm

Friary Craft and Allsorts Club

9

A relaxed group where anyone can join in whatever the week's activity might be. No prior skills needed. Please book 01722 417100 or bhc@salisburycitycouncil.gov.uk

Friary Community Centre, 112 Carmelite Way, Salisbury SP1 2HW

2pm

Kaleidoscope Art Group

3

Trying out different projects and supporting each other's creativity. Please book 01722 417100 or bhc@salisburycitycouncil.gov.uk

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

2pm



18th Sept to 10th Oct 2021

Thursday 7th October Morning

Her Salisbury Footprint

10

Her Salisbury Footprint is part of Her Salisbury Story. Soroptimist International of Salisbury aims to make visible and celebrate the women of Salisbury past and present. This walking tour offers the opportunity to learn about some of the wonderful women who lived here, their cultural, political and commercial contributions to Salisbury life and how Salisbury Soroptimists have researched and uncovered their stories. The walk includes many city highlights associated with the women's lives <https://hersalisburystory.com/> Participants need to be mobile but the walk is wheelchair accessible. If anyone needs to be accompanied, the carer must also be booked in. Meeting point in front of the Guildhall. Book by email to lizmbatten@gmail.com. Max 10 per group.

Guildhall, Market Place, Guildhall Square, SP1 1JH

10.30am - 12noon

Thursay 7th October Afternoon

Rediscover Local History

19

Come and join us hunting through Salisbury Library's collection of posters, leaflets, fliers and ephemera. School, events, churches, leisure. We are sure to find some treasures. Book your place at the library enquiry desk or phone 011722 324145.

Salisbury Library, Market Place, Salisbury SP1 1BL

2.30 - 3.30pm



If you have transport difficulties and live in the Salisbury area, please contact Community Transport South Wiltshire CTSW on 01722 410123 or email ctswsalisbury@outlook.com and ask about their membership scheme to help you get door to door by joining their transport service.

Silver Salisbury Programme

Friday 8th October Morning

Keep Fit - Roman Road Methodist Church

14

Exercise and movement to music with Sheila Wills including some seated work. Taster session – no charge.

Methodist Church Hall, 16 Roman Rd, Salisbury, SP2 9BH
10 - 11am

Bemerton Live

25

Social coffee mornings aimed at the over 55's with a gentle exercise session or two to help us stay active. Exercises are mainly seated, with a chair for support when standing. No need for any special clothing, just wear something loose and comfortable. Come along to a free taster session.

St John's Place, Lower Bemerton, SP2 2NP

Doors open 10:30am (1st class 10:45am) – 12:15pm.



Pride through the Generations

10

Pride through the Generations at the Guildhall with our Mayor Cllr Caroline Corbin and Cllr Jenny Bolwell. An opportunity for the older generation to talk about and share their experiences. The day will include tea in the Mayor's parlour. This day is linked to the Salisbury Museum oral history project. Salisbury Pride is one of the Mayoral charities this year.

Guildhall, Market Place, Guildhall Square, SP1 1JH

10 - 2pm

18th Sept to 10th Oct 2021

Sunday 10th October Morning

Armed Forces Veteran's Breakfast

30

Breakfast and banter for Armed Forces veterans and partners. For further information and booking, please email andy.heath@flooringsupplieswessex.co.uk

White Hart, 1 St John Street, Salisbury, SP1 2SD

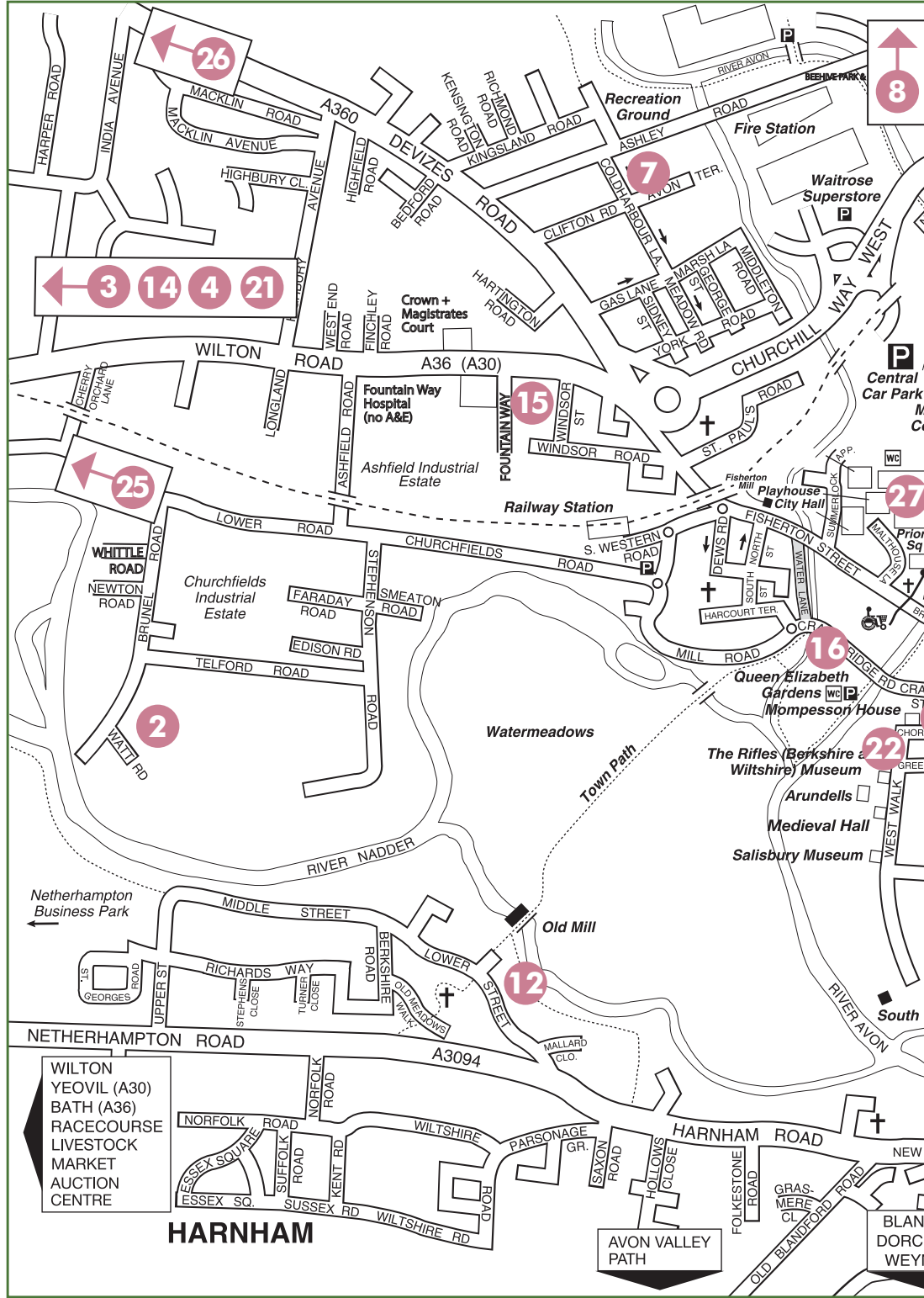
10am



Key for Map

- 1 1a The Crescent, Salisbury SP2 8DF
- 2 Alabare, 2 Watt Rd, Churchfields SP2 7UD
- 3 Bemerton Heath Centre SP2 9HU
- 4 Bemerton Heath, Western Way SP2 9DR
- 5 Choristers Green, Cathedral Close SP1 2EJ
- 6 Churchill Gardens, Churchill Way SP1 2HS
- 7 Coldharbour Ln, Salisbury SP2 7BW
- 8 Five Rivers Leisure Centre SP1 3NR
- 9 Friary, 112 Carmelite Way SP1 2HW
- 10 Guildhall, Guildhall Square SP1 1JH
- 11 Hamptworth Golf Club SP5 2DU
- 12 Harnham Hall Field, Lower St SP2 8EY
- 13 Hazel Hill Wood, Grimstead Rd SP5 1AU
- 14 Methodist Church, 16 Roman Rd SP2 9BH
- 15 Quaker House, 51 Wilton Rd SP2 7EP
- 16 Queen Elizabeth Gardens SP2 7TD
- 17 Salisbury Arts Centre, Bedwin St SP1 3UT
- 18 Salisbury Info Centre, Fish Row SP1 1EJ
- 19 Salisbury Library, Market Walk SP1 1BL
- 20 Salisbury Market, Market Pl SP1 1JH
- 21 Salisbury Methodist Church SP1 1EF
- 22 Salisbury Museum, The Close SP1 2EN
- 23 Scout Hut, 67 Stratford Rd SP1 3JR
- 24 Secret Garden, Bourne Hill SP1 3UZ
- 25 St John's Place, Lower Bemerton SP2 2NP
- 26 St Michaels, 96 St Michael's Rd SP2 9LE
- 27 The Maltings, 3B Priory Square SP2 7TLL
- 28 Tollgate Road, Salisbury SP1 2JJ
- 29 Victoria Park, Stratford Road SP3 4NA
- 30 White Hart, 1 St John's St SP1 2SD

Event number indicates location on map



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HARNHAM

AVON VALLEY PATH

BLAND DORCH WYMN

WILTON
YEOVIL (A30)
BATH (A36)
RACECOURSE
LIVESTOCK
MARKET
AUCTION
CENTRE

Netherhampton Business Park

Old Mill

Watermeadows

Town Path

RIVER NADDER

Queen Elizabeth Gardens
Mompesson House

The Rifles (Berkshire & Wiltshire) Museum

Arundells

Salisbury Museum

Recreation Ground

Fire Station

Waitrose Superstore

Crown + Magistrates Court

Fountain Way Hospital (no A&E)

Ashfield Industrial Estate

Railway Station

Fisherton City Hall

Whittle Road

Churchfields Industrial Estate

Faraday Road

Edison Rd

Telford Road

Wells Rd

Mallard CLO.

Old Meadows

Mallard CLO.

NETHERHAMPTON ROAD

A3094

NORFOLK ROAD

NORFOLK ROAD

WILTSHIRE ROAD

PARSONAGE GR.

HARNHAM ROAD

ESSEX SQUARE

SUFFOLK ROAD

KENT RD

WILTSHIRE RD

SAXON ROAD

HOLLOWES CLOSE

FOLKESTONE ROAD

GRAS-MERE CL

OLD BLANDFORD ROAD

ESSEX SQ.

SUSSEX RD

WILTSHIRE RD

WILTSHIRE RD

HOLLOWES CLOSE

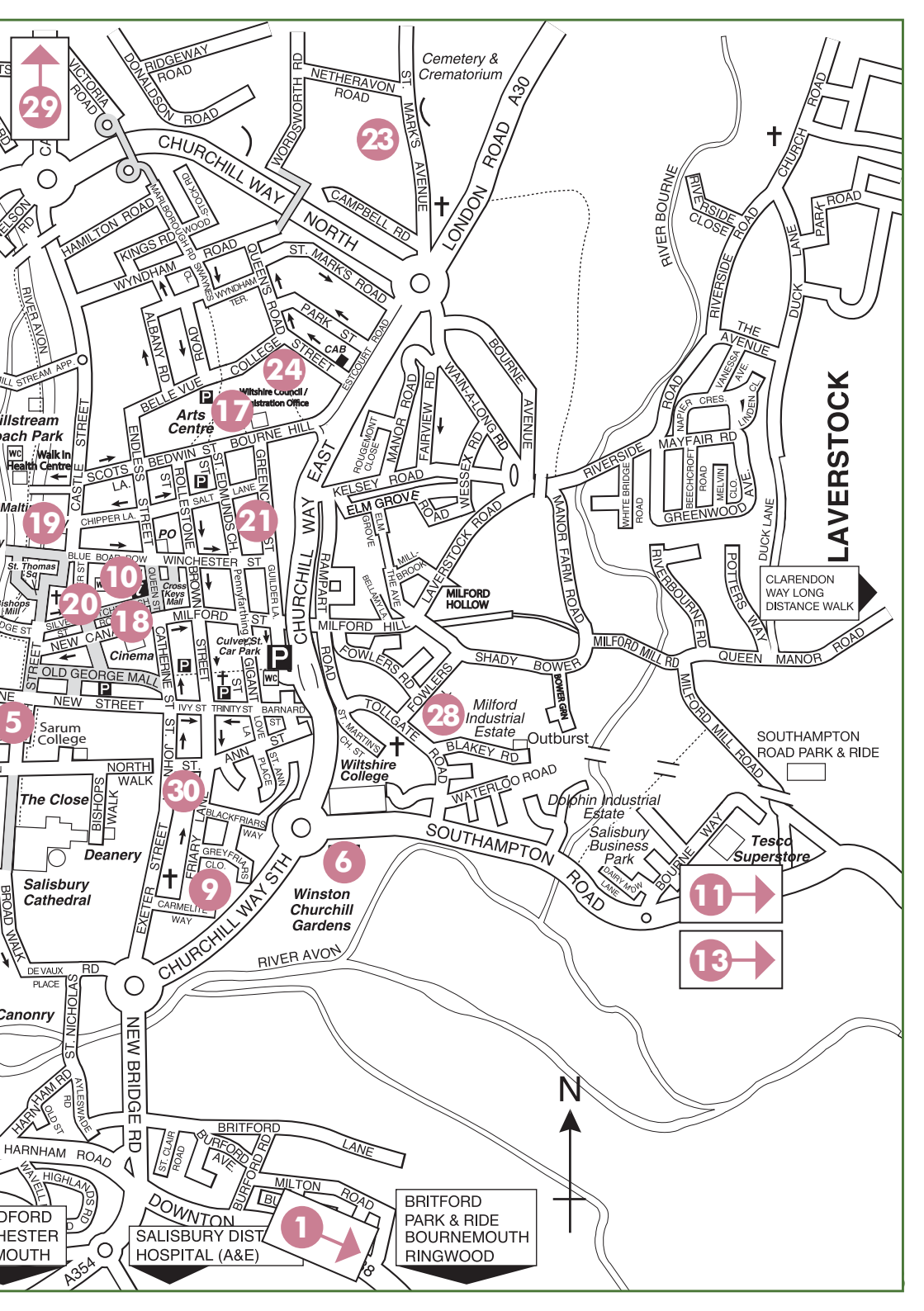
FOLKESTONE ROAD

GRAS-MERE CL

OLD BLANDFORD ROAD

NEW

BLAND DORCH WYMN



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LAVERSTOCK

CLARENDON WAY LONG DISTANCE WALK

SOUTHAMPTON ROAD PARK & RIDE

11

13

BRITFORD PARK & RIDE
BOURNEMOUTH RINGWOOD

DOWNTON SALISBURY DIST HOSPITAL (A&E)

Millstream Hatch Park

Walk in Health Centre

Matti

Silver Salisbury Programme

This programme has been co-ordinated by Irene Kohler, Older People's Champion for Salisbury, with the support of grants from the Salisbury City Council, Wiltshire Council Housing and Wiltshire Area Boards.

Irene thanks all who have helped put the programme together including



Wiltshire Council



WILTSHIRE CREATIV



Wiltshire Council Housing Resident Engagement Team

Salisbury City Community Team

Salisbury, Amesbury, South West and Southern Wiltshire Area Boards

Salisbury, Amesbury & Wilton Libraries

The Pantry Partnership

All our volunteers

Celebrating Age

Salisbury Military History Society

Design by Kirstie Pugh

Wiltshire Creative

Soroptimists International Salisbury Club



Sadly we have been unable to arrange transport for our events.

If this is a real problem for you please ring 01722 323812

or email silver.salisbury@outlook.com. Website: www.silversalisbury.co.uk