

Silver Salisbury



Places where older people will get a warm welcome in Amesbury, Downton, Durrington, Salisbury, Wilton and around



**WILTSHIRE
CREATIV**

Wiltshire Council



07842 865562

silver.salisbury@outlook.com

Silver Salisbury

Community Transport & Link Schemes

These help people that can't use public transport and have no other way to get to appointments. User contributions help cover volunteer's mileage and admin costs. The more notice you give, the more likely they are to be able to help and you may need to register well ahead of your first journey. Contact your local scheme to see how it works.

Salisbury

Community Transport South West (CTSW)
01722 410123 or 01722 414566 or ctswsalisbury@outlook.com.

Amesbury

Amesbury & Boscombe Down Link 01980 677214 coordamesburylink@gmail.com
Amesbury HOPPA bus (run by CTSW) 01722 414566.

Durrington & District Link

07484 533559 covers Durrington, Bulford, Figheldean, Milston, Brigmerston, Larkhill, Netheravon, Enford, Fittleton

Downton Link

01725 513807 or info@downtonlink.org.uk covers Downton, Charlton All Saints, Woodfalls, Redlynch, Morgan's Vale, Lover, Hale, Woodgreen and Breamore.

Wilton & District Link

01722 741241 or www.wiltonlink.org.com covers most of the villages, west to Wylie and east to Quidhampton.

These schemes make a big difference to people's lives and always need more drivers. If you could help for a few hours a week; your local scheme would love to hear from you. Drivers don't make more journeys than they want, expenses are paid and it's a rewarding volunteering opportunity.



Winter 2023

Maybe you're interested in getting out a bit more but you don't quite know where to start? Or new to the area? Maybe you're looking to try something new? Or your health has changed and you're wondering what support is out there? If so, then our booklet's for you.

Welcome to Silver Salisbury's Autumn 2023 Directory which shows some of the many local groups that welcome older people.

Silver Salisbury is a small, registered charity that aims to reduce loneliness and isolation by providing information to help older people keep socially active. We are very grateful for all the grants that fund us and the support of our volunteer trustees. We always welcome new volunteers. If you'd like to get involved, we'd love to hear from you. More information on our website, by emailing silver.salisbury@outlook.com or phoning 01722 323812.

We believe all entries are correct at the time of publishing, August 2023 but if you're planning to go to something a long time after this date you may want to double-check nothing's changed.

Meanwhile, we hope you find something of interest, to you, a friend or a neighbour in our new annual directory.

Irene Kohler

Irene Kohler

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



Do you know someone who'd like to LISTEN to the Salisbury Journal every week?

Local charity Salisbury & District Talking Newspaper provides a free, weekly, recording of the Journal to people that are unable to hold the paper, blind or partially sighted. We can also lend you a portable machine to play the memory stick recordings on.

To find out more contact; 01722 327821, shirleyled15@gmail.com or S.D.T.N, c/o Sarum College, 19 The Close, Salisbury SP1 2EE.

Silver Salisbury

Books & Reading

Shared Reading Group: 11 am - 12.30pm second and fourth Thursdays of the month	8
Family Rhymetime/Storytime: 11 am and 2.30pm monthly selected Saturdays	8
Secondhand Bookstall: 10am - 12.30pm on the first Saturday of the month	8
One-to-one reading support for adults from Read Easy	8

Gardening & the Great Outdoors

The Secret Garden at Bourne Hill: 10am - 1pm Tuesdays and Sundays	9
Volunteer Days at Hazel Hill Trust: 10am - 3pm on the first Friday of the month	9

Getting Creative

Kaleidoscope Group: 1 - 4pm Monday & 12 - 3pm Wednesday	10
ArtCare at Salisbury Hospital's Culture Club: 10am - 12noon: 2nd & 4th Friday	10
Wiltshire Creative's Mind The Gap: 10:30am - 12noon fortnightly on Fridays	10

Keeping Active

Low Impact Dance Fitness: Zumba® Gold: Mondays and Thursdays 10 - 10.45am	11
Seated Exercise (Dance): Mondays 11 - 11.45am	11
Exercise and Movement to Music: 2.30 - 3.30pm Mondays (term time only)	11
Tai Chi and Qigong: 6 - 7pm Mondays	12
Over Fifties Mixed Softball Cricket: 1 - 2pm Tuesdays	12
Get Wiltshire Walking: 9:30 - 11 am Wednesdays	12
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Harnham Wellbeing Walks: 10am first and third Wednesdays	13
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Salisbury Ladies Walking Football: 5 - 6pm Thursdays	15
Bemerton Live: 10.45am - 12noon Fridays	15
Gentle Exercise for the Over 60s: 2 - 3pm Fridays	15

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Bemerton Film Society: 7.30pm (doors 7pm) on the second Wed of the month	16
Salisbury and District U3A: 10am - 12noon on the first Wednesday of the month	16
History Club at Salisbury Library: 2 - 3.30pm Wed 18 Oct, 15 Nov and 13 Dec	17
Bemerton Talks: 7pm on the third Wednesday of most months	17
Bourne Valley Historical Society: 7.30 - 9pm third Thursday of the month	17

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Sarum Ukulele Learner's Group: Monday afternoons	18
The Coffee Choir: 10.30 - 11.45am Tuesdays (coffee at 10am)	19
Salisbury Dancers: 7 - 8.30pm Tuesdays and Fridays (various dates)	19
Dance Six-0 Open Classes: 10.15 - 11.15am & 12 - 1pm Wednesdays in term time	20
Egyptian Dance for Joy: 7pm 14 Sept, 28 Sept, 12 Oct, 26 Oct, 9 Nov & 23 Nov	20
Social & Wellbeing	
Senior Social Club: 10.30am - 1pm Mondays	21
Board Games, Puzzles, Card and Colouring: 10am - 1pm Mondays	21
Harnham Day Centre: 10am - 3 pm Mondays and Thursdays	21
Spire Coffee Shop: 10am - 12.30pm Tuesdays and Saturdays	21
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Drop in Café Winterbourne Glebe Hall: 2 - 4.30pm fortnightly on Wednesdays	22
Disability Interest Group Salisbury: 6pm Wed 27 Sept, 29 Nov & 20 Dec	23
Salisbury United Reform Church's Lunch Club: 12.30 -1.30pm first three Wed of month	23
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Salisbury Area Memory Support Group	26



Silver Stonehenge

Gardening & the Great Outdoors

Amesbury Green Fingers Community Garden	30
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Getting Creative

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Keeping Active

Get Wiltshire Walking: Tuesday and Friday mornings	31
Tai Chi and Qigong: 10.30 - 11.30am Wednesdays	31
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Talks

The Amesbury Society: 25 Sept, 23 Oct & 27 Nov	32
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Music, Singing & Dance

Amesbury Line Dancers: 11.15am Tues, 5.30pm Wed or 11am Thurs	32
The Amesbury Archer Songsters: 2 - 4pm Tuesdays	33
Amesbury Town Band's Learners and Returners: 6 - 7pm Wednesdays	33

Social & Wellbeing

Happy Cafe: 2.30 - 3.30pm	33
Tea and Chat at Antrobus House: 2 - 4pm most 1st, 2nd or 3rd Tues of month	34
Carer Café: 10.30am - 12noon First Wednesday every month	34
Alzheimers Support Wiltshire's Carers Groups: 2.30pm fourth Wednesday of month	34
Coffee Morning at Amesbury Methodist Church: 10 - 11.30am Saturdays	34



Silver Downton

Getting Creative	
Crafternoons at Downton Library: 1 - 1.45pm last Monday of the month	36
Keeping Active	
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Chair Yoga with Re-Root Yoga: 10:30 - 11:30am most Wednesdays	36
Music, Singing & Dance	
Goldies Sing&Smile: 10 - 11 am on the fourth Wednesday of the month	37
Social & Wellbeing	
Downton Downtime: 10am - 12 noon Tuesdays term time (starting 12th September)	37
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Thursday Church & Lunch: 10.30am Thursdays	38
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Silver Wilton, Fovant & Dinton

Music, Singing & Dance	
Salisbury U3A's Choir: 2 - 3.45pm Mondays	40
The Salisbury Breathless Singers: 2.30 - 3.30pm Tuesdays in term times	40
Social & Wellbeing	
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The Cosy Cuppa: 10.30am - 12noon	41
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Oasis Cafe & Friendly Crafts: 9.30 - 11.45am Thursdays	42
Young at Heart: 2.30 - 4pm second and fourth Fridays	42

Silver Salisbury

Books & Reading

Shared Reading Group

1

Drop in for a cup of tea, chat and some reading from our lovely volunteers. No need to book but more information from the library 01722 324145.

Salisbury Library, Market Walk, Salisbury SP1 1BL

11 am - 12.30pm: Second and fourth Thursdays of the month



Family Rhymetime/Storytime

1

Grandparents welcome at this drop in event! No need to book but more information from the library 01722 324145. This is a monthly event but dates vary so pop into the library or see Facebook for more details

Salisbury Library, Market Walk, Salisbury SP1 1BL

11 am and 2.30pm: Monthly on selected Saturdays

Secondhand Bookstall

2

Looking for something new to read? The Bookstall has a great selection of pre-loved books at very reasonable prices. Further information from salisburyurc@gmail.com or 01722 710424.

Salisbury United Reformed Church, 30 Fisherton Street, Salisbury SP2 7RG

10am - 12.30pm: First Saturday of the month

One-to-one reading support for adults from Read Easy

Do you know an adult who struggles to read? Read Easy provides free and confidential reading coaching for adults across South and East Wiltshire. People learn to read at their own pace, in two half-hour, one-to-one coaching sessions a week, in a venue close to the reader. It's friendly, flexible and fun and it's never too late to learn! Read Easy's successfully worked with people in their eighties and are happy to support adults of any age. Contact 07942 382319 or sewadmin@readeasy.org to find out more.

Winter 2023

Gardening & the Great Outdoors

The Secret Garden at Bourne Hill

3

Come and see the amazing transformation the volunteer team have made to this once forgotten garden behind the Police Station on Bourne Hill, and next to the Arts Centre. The garden is open all day, every day. To meet the volunteers on site please visit on Tuesdays and Sundays from 10.00 to 13:00. Sorry there are no toilet facilities. If you'd like to know more about volunteering contact 01722 338137.

The Secret Garden, Bourne Hill, Salisbury SP1 3UZ

10am - 1pm: Tuesdays and Sundays

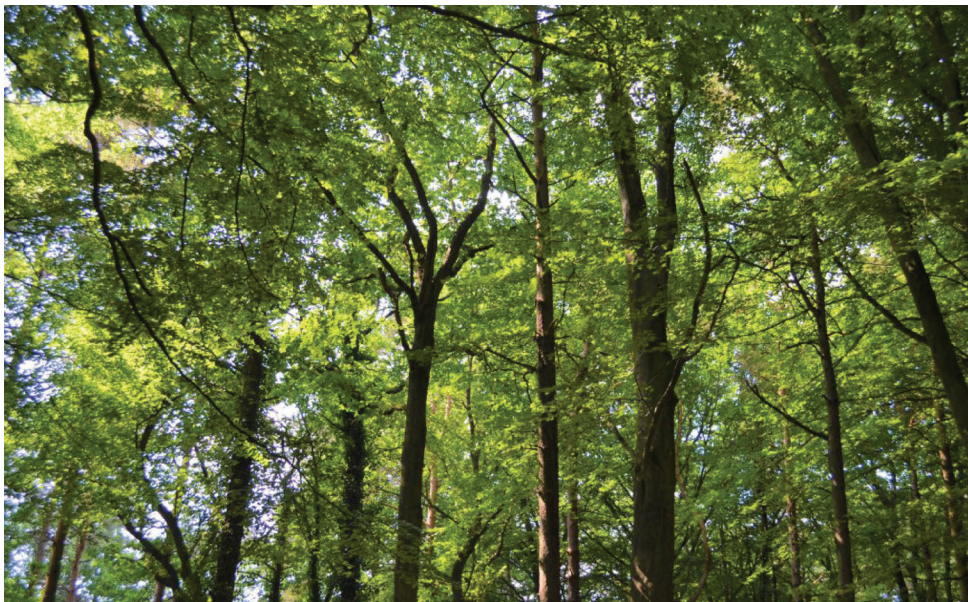
Volunteer Days at Hazel Hill Trust

4

Join our team of volunteers and contribute to valuable nature conservation tasks and site maintenance. Booking required by emailing charley@hazelhill.org.uk or calling 07519 464023. Please call us, ahead of the day, if you have any medical, mobility or other needs, which it might be helpful for us to know about.

Hazel Hill Wood, Grimstead Road, near East Grimstead SP5 1AU

10am - 3pm: First Friday of the month



Silver Salisbury

Getting Creative

Kaleidoscope Group

5

Art, Craft and social group run by Salisbury City Council's Community Team. No Charge. No need to book but more information from (01722) 417100 or email jwise@salisburycitycouncil.gov.uk. There is a hill up to the community centre. A bus stops at the bottom of the hill.

Bemerton Heath Centre Pinewood Way, Salisbury SP2 9HU

1 - 4pm: Mondays and 12 - 3pm: Wednesdays



ArtCare at Salisbury Hospital's Culture Club

6

FREE Relaxed and informal community sessions, open to all. No experience or knowledge is required and all materials are provided. No need to book, just drop in anytime during the sessions. More information from sft.artcare@nhs.net, call 01722 336262 ext 5617 or look on our Eventbrite page for details of upcoming activities <https://www.eventbrite.co.uk/o/artcare-28126838233>.

If you use Entrance B at the Hospital, Block 15 is on the right, opposite The Green and the first R1 bus stop. There are two steps and a narrow door into the building.

Culture Club, Block 15, Salisbury District Hospital, Odstock Rd SP2 8BJ

10am - 12noon

2nd Friday of the month: creative art & craft over a cup of coffee

4th Friday of the month: history conversation, archives and objects

Wiltshire Creative's Mind The Gap

7

An opportunity for older people to meet and explore the creative arts in the safe surroundings of Salisbury Playhouse. The group meets fortnightly for coffee, conversation and creativity! Art forms vary weekly and have included dance, drumming, play reading and poetry. Places must be booked by visiting www.wiltshirecreative.co.uk or calling 01722 320333. Free taster on 29th September then £5 per session

The Foyer, Salisbury Playhouse, Malthouse Lane, Salisbury SP2 7RA

10:30am - 12noon: Fortnightly on Fridays in term time (meeting 29 September)



Winter 2023

Keeping Active

Low Impact Dance Fitness - Zumba® Gold

8

A class that focuses on all elements of fitness, but the main focus is having fun. No dance experience is needed and there are no wrong moves! No booking required and your first class is free, then £6 per class. Contact Sara 07469 555309 or email s.zarkovic@hotmail.com.

Salisbury Methodist Church, St Edmund's Church Street, Salisbury SP1 1EF
10 - 10.45am: Mondays and Thursdays

Seated Exercise (Dance)

8

Seated Zumba® Gold, chair (seated) exercise class adapted for those with balance and mobility issues. Meet new people and have fun whilst getting fitter. No booking required and your first class is free, then £6 per class. Contact Sara 07469 555309 or email s.zarkovic@hotmail.com.

Salisbury Methodist Church, St Edmund's Church Street, Salisbury SP1 1EF
11 - 11.45am: Mondays

Exercise and Movement to Music

9

Gentle to moderate exercise through movement for the whole body, mostly seated, to a wide variety of music. It's a friendly class. First class free, then a small weekly donation. No need to book but further information from sheila.wills@hotmail.com or 01722 333954 (leave a message).

Salisbury Baptist Church, Brown Street, Salisbury SP1 2AS
2.30 - 3.30pm: Mondays (term time only)



Silver Salisbury

Keeping Active

Tai Chi and Qigong

6

Gentle low impact exercise aimed at relaxation. The movements can help to improve flexibility, balance and co-ordination. First session free then £6 for 1 hr or £3 for 30 mins. Pay as you go. No need to book but more information from Jill, 07756 407370 or jillscraig@btinternet.com.

Odstock Health & Fitness, Salisbury District Hospital, Odstock Road SP2 8BJ
6 - 7pm: Mondays

Over Fifties Mixed Softball Cricket

10

11

A weekly session of coached soft ball cricket. Played for fun, outdoors in summer, weather permitting. In the winter we play indoors. The timing of the change of venue usually happens during October but varies with the weather so contact us to be sure. Occasional matches against friendly non-league teams. Please be aware that in the summer there is running on uneven ground and sessions can be cancelled at short notice if the weather does not permit safe play. One free introductory offer then membership of Harnham cricket club and £4 per session summer, £5 per session winter. No need to book but more information from Lindsey Bellringer 01722 323453 or bellringer77@btinternet.com

Harnham Cricket Ground, Harnham Road, Salisbury SP2 8JY (summer)
Five Rivers Health & Wellbeing Centre, Hulse Road, Salisbury SP1 3NR (winter)
1 - 2pm Tuesdays (in 6 weekly blocks in winter)

Get Wiltshire Walking

11

Get Wiltshire Walking is a Public Health funded project which aims to ensure every community within the county has access to a FREE weekly walk led by qualified walk leaders. We try to vary the routes each week and always ensure that the slowest walkers are looked after. Friendly and fun, it's a great opportunity to get fit, meet new people and get to know your local area. Sorry no dogs, other than sensory dogs, allowed. No need to book but more information on-line from Ramblers: Wellbeing Walks, 07917 599964 or natalie.parker@wiltshire.gov.uk.

Meet at Five Rivers Health and Wellbeing Centre SP1 3NR
9:30 - 11 am: Wednesdays



Winter 2023

Keeping Active

Indoor Table Tennis Club

12

All ages and abilities welcome. We ask for a £1 donation to cover electricity costs. We have two tables and plenty of opportunity to sit and chat between games.

St Michael's Community Centre, 96 St Michael's Road, Salisbury SP2 9LE
2 - 3pm: Wednesdays

Harnham Wellbeing Walks

13

Regular gentle 30-minute Wellbeing Walks, followed by coffee and a chat. No charge. Harnhamcommunity@gmail.com or 01722 334209 for more information. Wed 4 October – introductory session for new walkers.

Harnham Parish Hall, Lower Street, Salisbury SP2 8EY
10am: First and Third Wednesdays of the month



Rambler's Wellbeing Walks

14

Join us for a walk in the parks and open spaces of the city. There are three levels of walk; 90 mins, 60 mins at a gentler pace and a 30 min. introductory walk. There is no need to book for this free walk but call 01722 334209 or email pamrouquette@hotmail.com for more information.

Meet at Choristers Green, Salisbury Cathedral Close, Salisbury SP1 2EJ
10am: Thursdays

Silver Salisbury

Keeping Active

Walking Tennis

15

Walking tennis is suitable for people who are unable to play tennis with the energy or agility they used to have or for people interested in learning to play in a more leisurely way. £5 per session and you do not have to become a member of the tennis club. We usually stay for coffee and a chat in the Clubhouse after. No need to book but more information from janpaterson348@gmail.com or 0793 1794818.

Riverside Tennis Club, Fisherton Farm Allotments, Coldharbour Lane SP2 7DG
10 - 11am: Thursdays

No Floorwork Yoga and Fitness Pilates

8

A class combining Yoga, Fitness Pilates, Balance, Stretching and toning but all adapted so that there is no floor work. Improve co-ordination, mobility, balance, flexibility, strength and fitness Can be done seated or standing. No booking required and your first class is free, then £6 per class. Contact Sara 07469 555309 or email s.zarkovic@hotmail.com.

Salisbury Methodist Church, St Edmund's Church Street, Salisbury SP1 1EF
11 - 11.45am: Thursdays

Seated Fitness Class with Yoga

16

Suitable for any age; variations given. Gentle exercises using a chair. Strengthening, stretching, balancing, relaxing and socialising too! Please book through radiantyoga.co.uk or 07726 554298. FREE taster session on 28th September, then £7 per session.

Old Sarum and Longhedge Community Centre, Pheasant Drive SP4 6GH
11.45am - 12.45pm: Thursdays



Winter 2023

Keeping Active

Fitness & Friendship Club

2

Fitness & Friendship clubs are a social club for older people with an emphasis on keeping active. Club sessions include gentle exercises, games, quizzes and Tai Chi with plenty of time for a chat over refreshments. Free first Session then £5. No need to book but more information from Tracey 07754 61256 or fitnessandfriendship@ageukwiltshire.org.uk.

United Reformed Church, 30 Fisherton Street, Salisbury SP2 7RG

2 - 4pm: Fortnightly on Thursdays (meeting on 28 September)

Salisbury Ladies Walking Football

11

No experience needed, make new friends, get fitter, have fun! Turn up or contact Sue Scammell on 07401 828144 or email salisburyladieswf@gmail.com.

Five Rivers Health and Wellbeing Centre, Hulse Road, Salisbury SP1 3NR

5 - 6pm: Thursdays



Bemerton Live

17

Friendly exercise class for older people followed by coffee. £5 per session, first one free. No need to book but more information from Anne Trevett anneinbemerton@gmail.com 01722 326261.

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

10.45am - 12noon: Fridays

Gentle Exercise for the Over 60s

12

Men and women welcome. No need to book. Pay as you go: £5 a session.

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

2 - 3pm: Fridays

Silver Salisbury

Films & Talks

Arts Society Sarum

8

The Arts Society is a great way to learn, have fun and make new friends. You can also become involved in conservation volunteering projects in churches, museums and stately homes. Membership fee or guest session (with donation). No need to book but more information from membership.artssarum@gmail.com or 07801 704254.

Salisbury Methodist Church, St Edmund's Church Street, Salisbury SP1 1EF
10am (coffee) 10.50am (lectures): Second Tuesday of the month (Oct-July)

Bemerton Film Society

17

BFS shows an interesting film every month of the year. Open to all. Charge £6 per session. No need to book but more information from www.stjohnsplace.uk or 01722 326261.

St John's Place, Lower Road, Lower Bemerton, Salisbury SP2 9NW
7.30pm (doors open at 7pm): Second Wednesday of the month



Salisbury and District U3A – Not just talks

8

Monthly meetings with speakers, plus a wide range of indoor and outdoor activity groups; from Table Tennis to Book Clubs. Membership £18 per year. First meeting come as a guest. No need to book but more information from salisburyu3achair1@gmail.com or 01722 504527.

Salisbury Methodist Church, St Edmund's Church Street, Salisbury SP1 1EF
10am - 12noon: First Wednesday of the month for general meetings, activity meetings vary



Winter 2023

Films & Talks

History Club at Salisbury Library

1

Everyone's welcome at this local history group, which will host some interesting speakers. No need to book just come along. For more information contact anneinbemerton@gmail.com or 01722 326261.

Salisbury Library, Market Walk, Salisbury SP1 1BL

2 - 3.30pm: Wednesday 18 October, 15 November and 13 December

Bemerton Talks

17

Monthly Talk, often but not exclusively on historical topics. No charge, donations invited in aid of St John's Place. No need to book but more information from www.stjohnsplace.uk or 01722 326261.

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

7.30pm (doors open 7 pm): Third Wednesday (most months)



Bourne Valley Historical Society

18

Lectures and visits of historical interest plus access to a large archive collection. £16 per annum for attendance at all meetings. Visitors welcome for up to two meetings for a donation. No need to book but more information from Maureen Atkinson 01980 611311 or maureenatkinson16@gmail.com.

Winterbourne Glebe Hall, Vicarage Lane, Winterbourne Earls SP4 6HA

7.30 - 9pm: Third Thursday of the month (except August and December)

Silver Salisbury

Music, Singing & Dance

Goldies Sing&Smile

8

Sing&Smile sessions are fun and friendly social groups where we sing-along to the popular hits of the 50s onwards with artists like Cliff Richard, Tom Jones, Cilla Black and Petula Clark. We are not a choir, you don't have to be able to sing, just love music and good company. Everyone is welcome. No need to book but further information from events@golden-oldies.org.uk or 01761 470006. Recommended donation of £3 per person; carers free.

Salisbury Methodist Church, St Edmunds Church Street, Salisbury SP1 1EF
2 - 3pm: Second Monday of each month

Sarum Ukulele Learner's Group

19

Learn, play and sing along to all your favourite songs in relaxed and friendly company. One session - £3.00. Extra sessions - £2.00 each. No need to book but more information from Ray Brotherton, 01722 414299, or email sarumukeslg@gmail.com.

- 1 - 1.45pm Beginners/Learners; learn the basics of the instrument, tuning, holding, strumming and elementary chords, their structure, and their role in music.
- 2 - 2.45pm Capable Players; for those who understand the basics and do not require individual tuition.
- 3 - 3.45pm Competent Players; for those interested in learning more complex chords and songs.

23rd Salisbury Scouts Group's Hall, 67 Stratford Road, Salisbury SP1 3JR
Mondays



Winter 2023

Music, Singing & Dance

The Coffee Choir

20

The Coffee Choir is a friendly, non-auditioned ladies' choir that meets in Bodenham on the A338, just south of Salisbury. We enjoy a wide range of music, from jazz classics to songs from the 60's and often sing at local events. Free trial session then £7 per week if paid half termly in advance or £8 pay as you go. Please contact Kate before your first visit so she can make sure there's music for you; keedgar@aol.com or 07977 071637.

The Radnor Hall, Bodenham, Salisbury SP5 4EQ

10.30 - 11.45am on Tuesdays (Coffee at 10)



Salisbury Dancers

8

17

Fun dance sessions for the over 50s with 60-80's dance hits. No set dances, just do your own thing; no judgements; no dressing up; socialise only if you want to. Refreshments provided. Tickets are £5 and must be bought in advance from fi@vitalimpact.co.uk or call/text 07803 535431. This is a not-for-profit event with all proceeds going to charity.

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

7 - 8.30pm: Tuesdays 26 Sept, 24 Oct, 7 Nov, 12 Dec

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

7 - 8.30pm: Fridays 15 Sept, 6 Oct, 24 Nov, 15 Dec

Silver Salisbury

Music, Singing & Dance

Dance Six-0 Open Classes

21

New to dance? Or returning after some years? Join our relaxed and thoroughly enjoyable weekly dance and movement sessions. Great music and creative exercises for people approaching and over 60, and with diverse levels of movement, our sessions encourage dancers to embrace the joy of life through dance. Led by DANCE SIX-0 dance artist and teacher, Debbie Lee-Anthony, dancers work at their own pace and to their individual abilities; no previous dance experience is required. We welcome newcomers to have a FREE first session to see if it's your thing. Please email debdance60@gmail.com or call 07940 542306 for details and to book.

Salisbury Arts Centre, Bedwin Street, Salisbury SP1 3UT

10.15 - 11.15am & 12 - 1pm: Wednesdays 13 Sept - 8 Oct and 1 Nov to 13 Dec



Egyptian Dance for Joy

22

Learn the beautiful art of Egyptian dance with women of all ages in a friendly community class. Low impact movement and an outlet for expression and creativity. All welcome; Ukrainian, Polish and German spoken. FREE trial, then £7 a class or pay what you can afford. Places are limited and must be booked in advance: 07720 292376 or chezkarimadance@gmail.com.

Constable Court Entrance, Platinum Skies, Fountain Way, Salisbury SP2 7EP

7pm (Registration 6.45pm): Thursday 14 Sept, 28 Sept, 12 Oct, 26 Oct, 9 Nov and 23 Nov



Winter 2023

Social & Wellbeing

Senior Social Club

5

Board games, pool, table-tennis, social. Free but small charge for light lunch if wanted (usually £3) including drinks. No need to book but more information from (01722) 417100 jwise@salisburycitycouncil.gov.uk. There is a bit of a hill up to the community centre. A bus stops at the bottom of the hill.

Bemerton Heath Centre, Pinewood Way Salisbury SP2 9HU

10.30am - 1pm: Mondays

Board Games, Puzzles, Card and Colouring

12

Come along and join us for our regular Monday social spot. All ages welcome.

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

10am - 1pm: Mondays



Harnham Day Centre

23

A day-time social club for older people living in and around Harnham.

Great company in pleasant surroundings with stimulating activities and the option of a two-course lunch. New members and those looking for a fun volunteering opportunity are very welcome. £10 with lunch; £3.50 without. For more information call Jan on 07711 269646 or Michelle on 07563 744634 or email peterwd@hotmail.co.uk.

Brympton House, Gawthorne Drive, West Harnham, Salisbury SP2 8PG

10am - 3 pm: Mondays and Thursdays

Spire Coffee Shop

2

Coffee, tea and cakes sold at very reasonable prices. Any queries call 01980 862902.

Salisbury United Reformed Church, 30 Fisherton Street, Salisbury SP2 7RG

10am - 12.30pm: Tuesdays and Saturdays

Silver Salisbury

Social & Wellbeing

Happy Cafe

7

Happy Cafes provide a warm welcome for anyone interested in happiness and wellbeing. We meet for a drink, friendly chat and positive support. No need to book but more information from 07467 291091.

The Foyer, Salisbury Playhouse, Malthouse Lane SP2 7RA

2:30 – 3:30pm Wednesdays



Coffee & Chat with Harnham Community Network

13

Informal drop-in session open to all, free drinks and biscuits, donations welcome. No charge. Full accessibility to the venue and toilets depends on whether the Main Hall is in use by another group or not, please get in touch if you need to check this. Information from harnhamcommunity@gmail.com or 07962 213494.

Harnham Parish Hall, Lower Street, Salisbury SP2 8EY

10am - 12noon: Wednesdays and Saturdays

Drop in Café at Winterbourne Glebe Hall

18

Drop in Café is open to all ages. Drinks, homemade cakes and lots of chat. Free event but donations to Glebe Hall welcome. No need to book but more information from Maureen Atkinson 01980 611311 or maureenatkinson16@gmail.com.

Winterbourne Glebe Hall, Vicarage Lane, Winterbourne Earls SP4 6HA

2 - 4.30pm: Fortnightly on Wednesdays (meeting on 4 October)

Winter 2023

Social & Wellbeing

Disability Interest Group Salisbury

5

DIGS is made-up of a diverse range of people who have lived experience of disability or chronic illness, are neurodiverse or have caring responsibilities. They are working to bring about positive change for people with disabilities and welcome new members. Further information from 07425 450562 or digsalisbury@gmail.com.

Bemerton Heath Centre, Pinewood Way Salisbury SP2 9HU

6pm: Wednesday 27 September, 29 November and 20 December

Salisbury United Reform Church's Lunch Club

2

Two course cooked lunch with tea or coffee, for single, over 55s. £5 per week. No need to book but helpful if you call Fran Moody 01722 326373 or email brianmoody197@gmail.com before your first visit.

Salisbury United Reformed Church, 30 Fisherton Street, Salisbury SP2 7RG

12.30 - 1.30pm (doors 11.45am): First three Wednesdays of the month

Carers' Café

6

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

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

2.30 - 4pm: Thursdays



Silver Salisbury

Social & Wellbeing

Alzheimers Support Wiltshire's Music/Movement for the Mind and Café

13

A community group for people living with dementia and a family carer. There's a varied programme including singing, gentle exercise to music, talks, activities and chat and refreshments. Dementia professionals are always on hand. Parking at the Hall. To help towards costs, we ask for £3.50 per person on the door. Please contact Kate Grainger for more information on 01380 739055 or kateg@alzheimerswiltshire.org.uk. Booking is essential.

The Parish Hall, Lower Road, Harnham SP2 8EY

10.30am - 12noon: Thursdays

Alzheimers Support Wiltshire's Carers Groups

7

Caring for someone with dementia is one of the hardest jobs there is. Our carers groups provide mutual support, a chance to share experiences, gain information or just meet others in a similar situation. Please contact Kate Grainger for more information on 01380 739055 or kateg@alzheimerswiltshire.org.uk.

Salisbury Playhouse Foyer, Malthouse Lane, SP2 7RA

2.30pm: Last Thursday of the month

St Michael's Senior Lunch Club

12

Delicious two course lunch cooked in the St Michael's Café kitchen for £6. All welcome. If you're coming for the first time it helps if you pre-book by calling 07917 015606 or emailing ccm.st.mikes@gmail.com

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

11.45am - 1pm: Thursdays



Winter 2023

Social & Wellbeing

Bourne Valley Club Friday

24

Activities include gentle exercise, crafts, talks, memory sessions and musical entertainment plus lots of chat! £12 per day to include 2 course hot lunch and morning refreshment. First session free. Please book ahead by calling 07789 318759 or emailing bournevalleyclubbf@gmail.com.

Idmiston Memorial Hall, Idmiston Road, Porton, Salisbury. SP4 0LB
10am - 2.30pm: Fridays (except Good Friday and Christmas)

Board Games at the Library

1

An afternoon of traditional board games such as Scrabble, Dominoes and Backgammon. No charge. No need to book but more information from 01722 324145 or libraryenquiries@wiltshire.gov.uk

Salisbury Library, Market Walk, Salisbury SP1 1BL
2.15 - 4.15pm: Fridays

BREW & BANTER

25

Salisbury and Amesbury Armed Forces & Veterans Breakfast Club runs a wide programme of activities for armed forces veterans and their partners. At BREW & BANTER they meet for coffee, tea and cakes at the Riverside Sanctuary. More information on www.salisbury-afvbc.co.uk or drop in on a Friday morning to find out more.

2 Watt Road, Churchfields, Salisbury SP2 7UD
11 am - 1pm: Fridays

Brothers of Bemerton

26

A fortnightly group meeting providing a place for men of all ages to relax, have new conversations and cultivate camaraderie. The venue is not wheelchair accessible and doesn't have toilets. There's no need to book but contact BrothersofBemerton@outlook.com or call 07900 893570 for more information.

Gainsborough Close Community Garden, Gainsborough Close, Bemerton Heath SP2 9EX
6.30 - 8.30pm: Fortnightly on Saturdays (meeting on 30 Sept)

Silver Salisbury

Social & Wellbeing

The Onward Club

27

A social group that provides fun, friendship and support for people with physical or mental health issues. No need to book but contact 07425 450562 or Digsalisbury@gmail.com for more information. £3 for members.

Straford Club House, 3 Chatham Close, Salisbury SP1 3JR

10am - 12noon: Fortnightly on Thursdays (meeting on 21st September)

POWOW Group for Partners, Widows & Widowers

28

POWOW is an informal get together over a hot drink and cake for anyone who has lost their wife, husband or partner. There is no charge for refreshments, although a small donation towards the church is very welcome. Please do come along to meet other people who might be feeling the same as you. No need to book but for more information contact three.chequers@nhs.net or 01722 336441.

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

10am - 12noon: First Thursday of the month

The Scots Lane Dementia Hub

29

Hub Scots House is a new dementia day club and information centre.

Members can enjoy companionship and activities supported by specialist staff and trained volunteers. Staff are on hand to offer advice and information to visitors. Call 01722 442050 to find out more and arrange a visit.

Scots House, 15 Scots Lane, Salisbury SP1 3TR

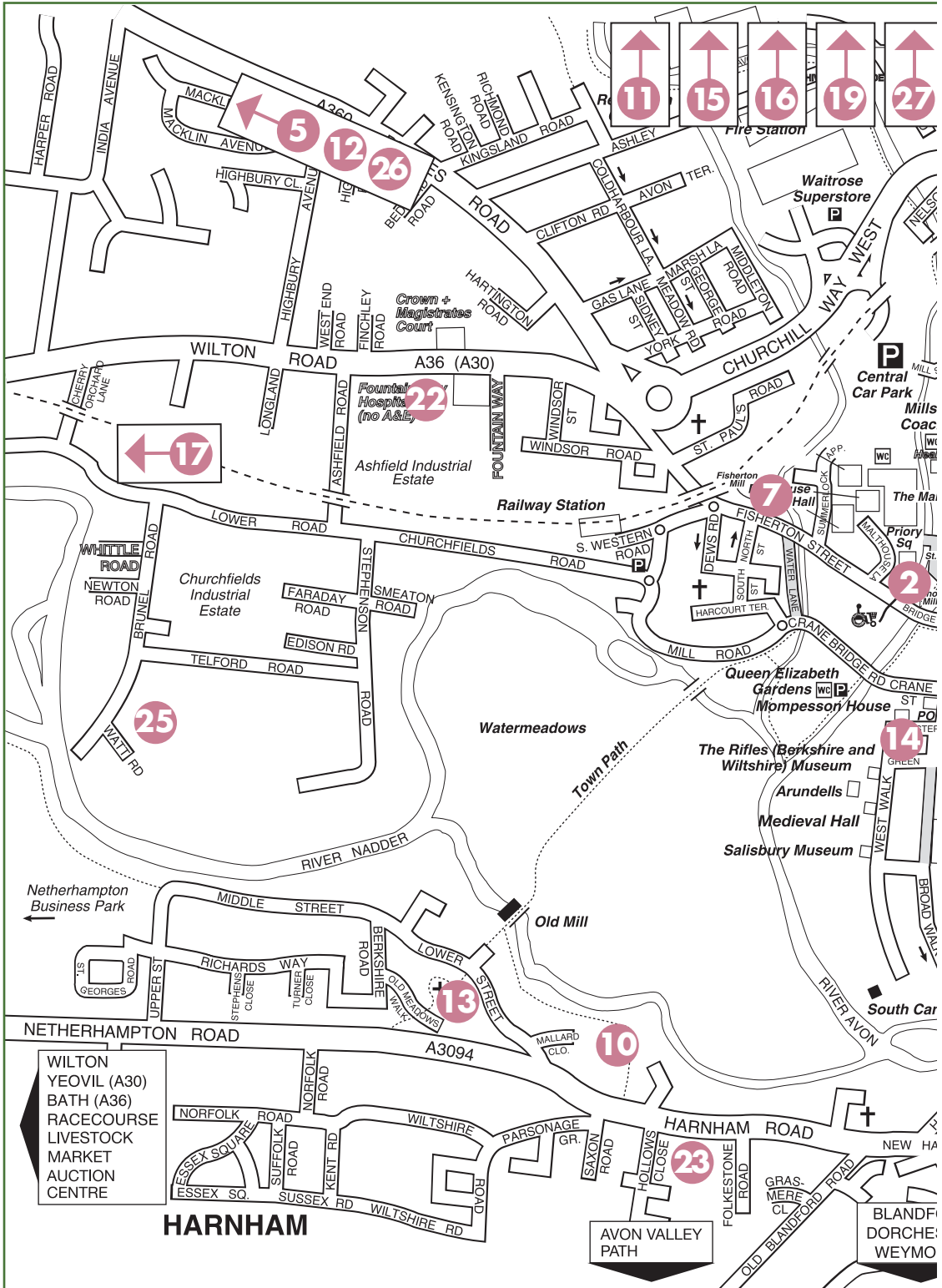
Salisbury Area Memory Support Group

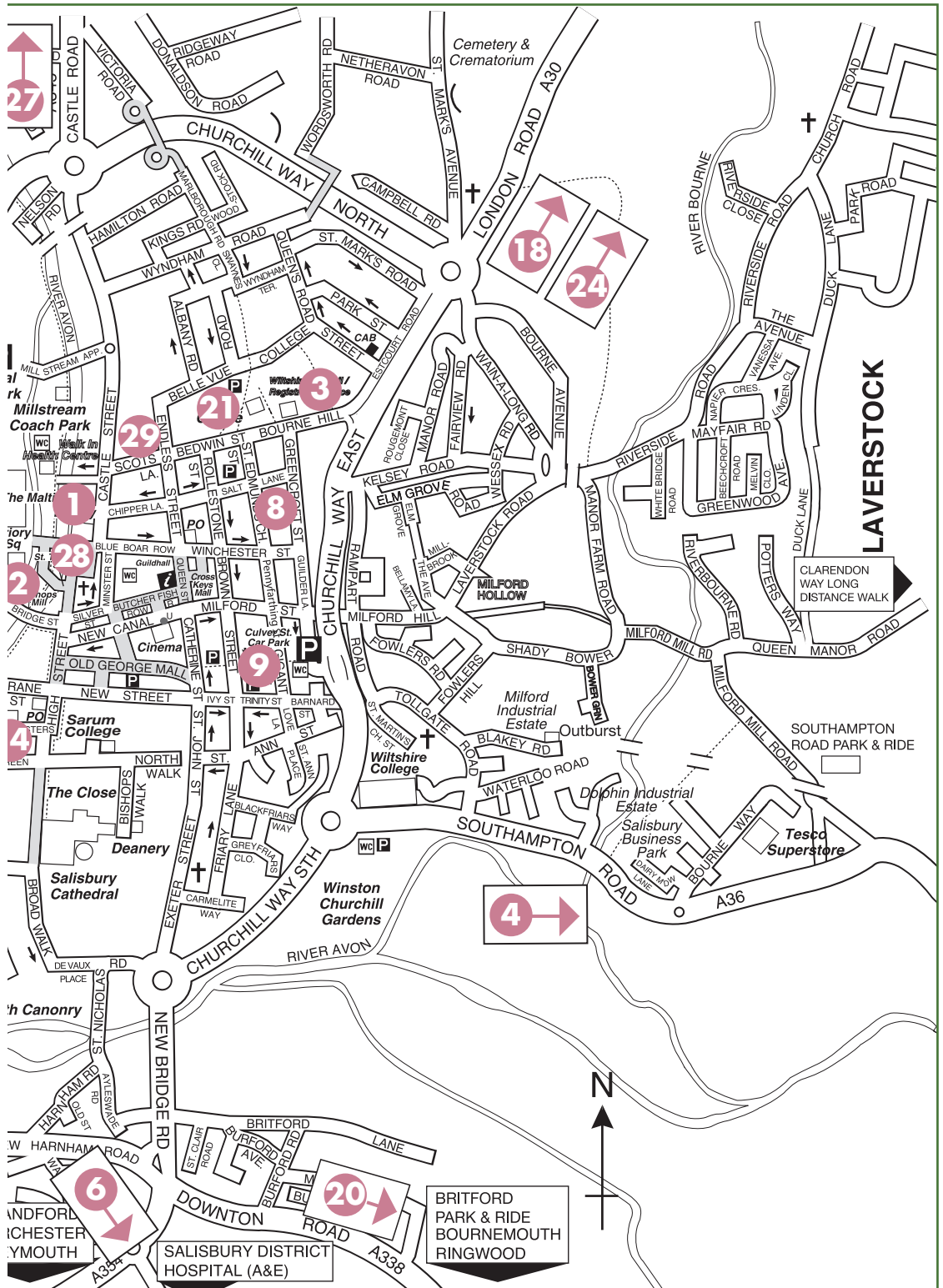
This group provides a safe, comfortable space for people living with dementia to meet and share experiences in a private home in Salisbury. Family members and carers meet in a separate room to discuss common issues and seek advice. The group also provides activities and outings. Its members often describe it as a lifeline. To find out more, including the process for assessing the suitability for new members, please contact Jane Ebel on musecic@gmail.com or call 07515 822479.

Salisbury Event Locations

- 1 Salisbury Library SP1 1BL
- 2 United Reformed Church SP2 7RG
- 3 Secret Garden, Bourne Hill SP1 3UZ
- 4 Hazel Hill Wood SP5 1AU
- 5 Bemerton Heath Centre SP2 9HU
- 6 Salisbury District Hospital SP2 8BJA
- 7 Salisbury Playhouse SP2 7RA
- 8 Salisbury Methodist Church SP1 1EF
- 9 Salisbury Baptist Church SP1 2AS
- 10 Harnham Cricket Field SP2 8JY
- 11 Five Rivers SP1 3NR
- 12 St Michael's Community SP2 9LE
- 13 Harnham Parish Hall SP2 8EY
- 14 Chorister's Green SP1 2EL
- 15 Riverside Tennis Club SP2 7DG
- 16 Old Sarum Community SP7 9GH
- 17 St John's Place SP2 9NW
- 18 Winterbourne Glebe SP4 6HA
- 19 Scouts Group's Hall SP1 3JR
- 20 Radnor Hall SP5 4EQ
- 21 Salisbury Arts Centre SP1 3UT
- 22 Platinum Skies SP2 7EP
- 23 Brympton House SP2 8PG
- 24 Idmiston Memorial Hall SP4 0LB
- 25 2 Watt Road SP2 7UD
- 26 Gainsborough Close SP2 9EX
- 27 Stratford Club House SP1 3JR
- 28 St Thomas's Church SP1 1BA
- 29 Scots House SP1 3TR







Silver Stonehenge

Gardening & the Great Outdoors

Amesbury Green Fingers Community Garden

The community garden would love to hear from anyone interested in joining their team of gardeners, volunteers and helpers. The garden grows fresh produce and promotes inclusion, wellbeing and healthy living. People using wheelchairs and mobility aids are very welcome. There are a variety of sessions. Contact Rosemary on 07709 329368 or email amesburygreenfingers@gmail.com to find out more.

Getting Creative

Durrington Crafty Chatters

1

Crafters are welcome for an evening of craft & chat. Members are knitting, cross-stitching and crocheting but we love to see other things. £4 including refreshments. No need to book. More information from 01980 653750 or ayjaycee@comlayclan.net.

The Old School Hall, College Road, Durrington SP4 8HP

7 - 9pm: Tuesdays

Amesbury Craft Hub

2

Bring your own craft project or ask one of our helpful experts to help you get started on something new. Our crafters are patchworking, card-making, knitting, crocheting and much more. Come and join us. £3 a session including tea, coffee and biscuits. No need to book. More information: 01980 623541.

Amesbury Methodist Church, High Street, Amesbury SP4 7ET

2 - 4pm: Fortnightly on Wednesdays (meeting on 27th Sept)



Winter 2023

Keeping Active

Get Wiltshire Walking

3

4

Get Wiltshire Walking is a Public Health funded project which aims to ensure every community within the county has access to a FREE weekly walk led by qualified walk leaders. We try to vary the routes each week and always ensure that the slowest walkers are looked after. Friendly and fun, it's a great opportunity to get fit, meet new people and get to know your local area. Sorry no dogs, other than sensory dogs, allowed. No need to book but more information from Ramblers: Wellbeing Walks, 07917 599964 or natalie.parker@wiltshire.gov.uk.

Amesbury Library, Smithfield Street SP4 7AL

10am - 11.30am: Tuesdays

Durrington Swimming Pool and Fitness Centre, Recreation Road SP4 8HH

11 am - 12.30pm: Tuesdays

Durrington Swimming Pool and Fitness Centre, Recreation Road SP4 8HH

9.30 - 11 am: Fridays

Tai Chi and Qigong

5

Gentle low impact exercise aimed at relaxation. The movements can help to improve flexibility, balance and co-ordination. First session free. Regular fee £6 for 1 hr, £3 for 30 mins. Pay as you go. No need to book but more information 07756407370 or jillscraig@btinternet.com.

Antrobus House, 39 Salisbury Road, Amesbury SP4 7H

10.30 - 11.30am: Wednesdays

Fitness & Friendship Club

6

Fitness & Friendship clubs are a social club for older people with an emphasis on keeping active. Club sessions include gentle exercises, games, quizzes and Tai Chi with plenty of time for a chat over refreshments. Free first Session then £5. No need to book but more information from Tracey 07754 61256 or fitnessandfriendship@ageukwiltshire.org.uk.

The Bowman Centre, Shears Drive, Amesbury, SPA 7XT

2 - 4pm: Fortnightly on Wednesdays (meeting on 4th October)



Shows location on map on page 35

Silver Stonehenge

Films & Talks

The Amesbury Society

5

Amesbury Society works to stimulate interest in the town and its environment. There are public meetings and lectures during the autumn/winter and spring/summer months and other activities in 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.

This Autumn there are a series of talks.

7.30pm 25 September (refreshments at 7). Peter Davis: Wiltshire and WW1, the development of Salisbury Plain for military training.

2.30 pm 23 October (refreshments at 2). Professor David Jacques: Current Archaeology's Archaeologist of the Year.

2.30pm 27th November (refreshments at 2). AGM, followed by Peter Davis; Queen Eleanor of Provence, in her 800th anniversary year.

Antrobus House, 39 Salisbury Road, Amesbury SP4 7H

Music, Singing & Dance

Amesbury Line Dancers

2

Line dancing's a fun way to keep active. It improves well-being, co-ordination and confidence and doesn't need a partner. £5 a session. To book a place or find out more call 07429 878654 or email jhunt1071@googlemail.com.

Amesbury Methodist Church, High Street, Amesbury SP4 7ET

11.15am - 12.45pm: Tuesdays - Experienced class

5.30 - 7pm: Wednesdays - Absolute beginners

11 am - 12.30pm: Thursdays - Beginners class



Winter 2023

Music, Singing & Dance

The Amesbury Archer Songsters

2

A fun, social singing group. We meet at 2pm for tea and biscuits and then sing-along to some of our favourite songs from 2.30 to 4 pm. No need to book but for information call Linda on 01980 623541 or email lindadale209@gmail.com.

Amesbury Methodist Church, High Street, Amesbury SP4 7ET

2 - 4pm: Tuesdays

Amesbury Town Band's Learners and Returners

2

The Learners' Band is back! For a small annual membership fee, the Band provides tuition and the loan of an instrument to anyone who wants to learn to play the cornet, horn, tuba/euphonium or trombone. If you previously played a brass instrument and would love to start playing again, or, if you would like to learn to play, why not get in touch? We'd love to hear from you. For more details call Barry on 07752 852018 or ballen56A@googlemail.com.

Amesbury Methodist Church, High Street, Amesbury SP4 7ET

6 - 7pm Wednesdays

Social & Wellbeing

Happy Cafe

7

Happy Cafes provide a warm welcome for anyone interested in happiness and wellbeing. We meet for a drink, friendly chat and positive support. No need to book but more information from 07467 291091.

The Bell Inn, 13-15 Salisbury Street, Amesbury SP4 7AW

2:30 - 3:30pm Tuesdays



Silver Stonehenge

Social & Wellbeing

Afternoon Tea and Chat at Antrobus House

5

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 at 2 - 4pm on most 1st, 2nd and 3rd Tuesdays of the month but please check our website for confirmed dates or call 01980 622435. Free of charge.

Antrobus House, 39 Salisbury Road, Amesbury SP4 7H

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

Carer Café

8

Carer Support Wiltshire's Cafe for carers in relaxed, friendly surroundings. No need to book. Further information from 0800 181 4118 or email admin@carersupportwiltshire.co.uk.

Evergreen Court Cafe, Archers Gate, Amesbury SP4 7YT

10.30am - 12noon: First Wednesday every month

Alzheimers Support Wiltshire's Carers Groups

8

Caring for someone with dementia is one of the hardest jobs there is. Our carers' groups provide mutual support, a chance to share experiences, gain information or just meet others in a similar situation. Please contact Kate Grainger for more information on 01380 739055 or kateg@alzheimerswiltshire.org.uk

Evergreen Court Cafe, Archers Gate, Amesbury SP4 7YT

2.30pm: Fourth Wednesday of the month

Coffee Morning at Amesbury Methodist Church

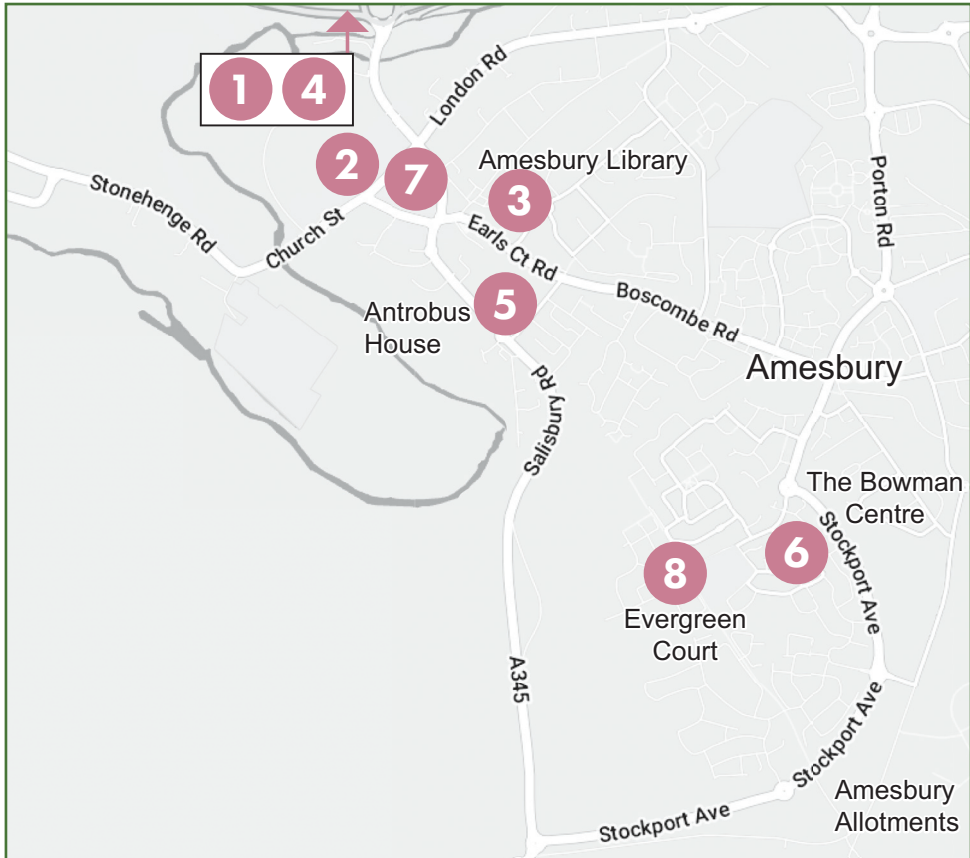
2

Everyone's welcome for a friendly coffee morning. Teas, coffees, homemade cakes and savouries for just 50p an item. Parking at the rear of the church. Pop in and see us. No need to book but 01980 623541 for more information.

Amesbury Methodist Church, High Street, Amesbury SP4 7ET

10 - 11.30am: Saturdays

Stonehenge Event Locations



- 1 The Old School Hall, College Road, Durrington SP4 8HP
- 2 Amesbury Methodist Church, High Street, Amesbury SP4 7ET
- 3 Amesbury Library, Smithfield Street SP4 7AL
- 4 Durrington Swimming Pool and Fitness Centre SP4 8HH
- 5 Antrobus House, 39 Salisbury Road, Amesbury SP4 7HH
- 6 The Bowman Centre, Shears Drive, Amesbury, SPA 7XT
- 7 The Bell Inn, 13–15 Salisbury Street, Amesbury SP4 7AW
- 8 Evergreen Court Cafe, Archers Gate, Amesbury SP4 7YT

Silver Downton

Getting Creative

Crafternoons at Downton Library

1

Come and get crafty at this monthly drop-in session. All ages welcome.

Downton Library, Church Leat, Downton SP5 3PD

1 - 1.45pm: Last Monday of the month from 25 Sept

Keeping Active

Walking Football: Men and women

2

3

All welcome & oldest player is 80. Great fun. Organised by Wiltshire Council. No need to book just turn up. Further information from Ian Clarke: 01725 476220 or Jim Pearce: 01725 512129.

Redlynch Playing Fields, The Ridge SP5 2LN (to 30 Sept)

Downton Leisure Centre, Wick Lane, Downton SP5 3NF (from 1 Oct)

1 - 2pm: Mondays

Get Wiltshire Walking

4

This is a Public Health funded project which aims to ensure every community within the county has access to a FREE weekly walk led by qualified walk leaders. Sorry no dogs, other than sensory dogs, allowed. No need to book but more information online from Ramblers: Wellbeing Walks, 07917 599964 or natalie.parker@wiltshire.gov.uk.

Meet at The Borough Café, Downton SP5 3LY

10 - 11.30am: Wednesdays

Chair Yoga with Re-Root Yoga

5

A friendly accessible class incorporating yoga-relaxation, breathing techniques, flexibility, strength, balance, and falls prevention with the support of a chair. Places must be booked www.momoyoga.com/rerootyoga or 07788767752. First class £5 then £10 pay as you go or £80 for a 10-class pass to be used in 4 months.

Morgan's Vale and Woodfalls Village Hall, The Ridge, Woodfalls SP5 2NR

10:30 - 11:30am: Wednesdays (apart from the second Wed of the month)

Winter 2023

Music, Singing & Dance

Goldies Sing&Smile

6

Sing&Smile sessions are fun, daytime social groups where we sing-along to the popular hits of the 50s onwards with artists such as Cliff Richard, Tom Jones, Cilla Black and Petula Clark. Goldies is not a choir, you don't have to be able to sing to join, just love music and good company. Everyone is welcome at Goldies. No need to book but further information from events@golden-oldies.org.uk or 01761 470006. Recommended donation of £3 per person - carers free.

Downton Memorial Hall, The Borough, Downton SP5 3NB

10 - 11am: Fourth Wednesday of the month

Social & Wellbeing

Downton Downtime

7

Downton Downtime alternates 'Move and Make Music' with social, craft events and a concert for anyone living with memory issues or feeling isolated. No need to book but more information from musecic@gmail.com or 07515 822479.

The Sherwood Room, Wick Lane, Downton SP5 3NF

10am - 12 noon: Tuesdays in term time starting 12th September

The Good Companions Club

6

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.

Downton Memorial Hall, The Borough, Downton SP5 3NB

2 - 4pm: Tuesdays



Silver Downton

Social & Wellbeing

Thursday Church & lunch

8

Coffee & cake 10:30 - 11:00, short traditional service, 11:00 - 12:00, lunches from 12:30 (twice a month - 2nd & 4th Thursday). You're welcome to drop in for any or all the activities.

Downton Baptist Church, South Lane, Downton SP5 3NA

10.30am: Thursdays

Ashley Grange Friendship Group

9

An invitation to join us for fun, conversation and company on Thursday afternoons. Starting with entertainment often a singer offering the opportunity to sing along or dance if you wish. Once a month we aim to have a craft session but we aim to vary the sessions to keep it interesting. Following the entertainment we offer tea and cake. This is a free event. Care givers welcome. No need to book but further information from Lynn.kinsey@hartfordcare.co.uk or 01725 512811.

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

1.45 - 3.30pm: Thursdays

Coffee Morning

3

Everyone's welcome at this coffee morning in support of the Stars Appeal. More information from 01725 557268.

Downton Leisure Centre, Wick Lane, Downton SP5 3NF

11 - 1pm: Fridays

Lover Repair Cafe

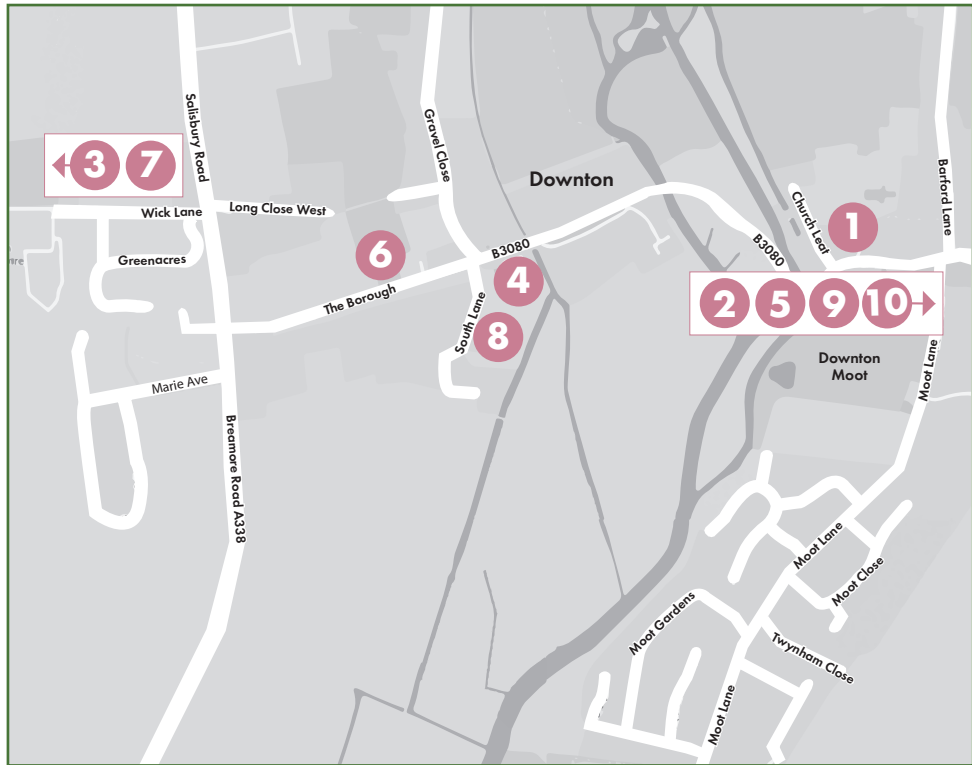
10

All welcome for teas and coffees at the Lover Repair Cafe. They also do repairs and sell re-furbished items for the cost of parts and voluntary donations in support of local charities.

Redlynch Village Hall, Vicarage Road, Lover SP5 2PG

10am - 12noon: Wednesdays and Fridays

Downton Event Locations



- 1 Downton Library, Church Leat, Downton SP5 3PD
- 2 Redlynch Playing Fields, The Ridge SP5 2LN
- 3 Downton Leisure Centre, Wick Lane, Downton SP5 3NF
- 4 Borough Cafe, 70 The Borough, Downton SP5 3LYA
- 5 Morgan's Vale and Woodfalls Village Hall, The Ridge, Woodfalls SP5 2NR
- 6 Downton Memorial Hall, The Borough, Downton SP5 3NB
- 7 The Sherwood Room, Wick Lane, Downton SP5 3NF
- 8 Downton Baptist Church, South Lane, Downton SP5 3NA
- 9 Ashley Grange Nursing Home, Lode Hill, Downton SP5 3PP
- 10 Redlynch Village Hall, Vicarage Road, Lover SP5 2PG

Silver Wilton, Fovant & Dinton

Music, Singing & Dance

Salisbury U3A's Choir

1

£10 but free to try us out. No need to book. Call 01722 714440 or email Davidracheld@gmail.com for information.

Wilton Community Centre, West Street, Wilton SP2 0DG

2 - 3.45pm :Mondays

The Salisbury Breathless Singers

2

**SOUNDS
BETTER**
music for wellbeing

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: email breathe@soundsbettercic.org or call 07446 902118. For more information see soundsbettercic.org.

Castle Meadow Pavilion, Castle Lane Wilton SP2 0H

2.30 - 3.30pm: Tuesdays in term times: 12 Sept - 12 Dec (half term 24 Oct)



Social & Wellbeing

The Wilton Men's Shed

3

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.

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

9.30am - 12.30pm: Mondays, Thursdays and Saturdays

Winter 2023

Social & Wellbeing

Open Door at Fovant Village Hall

4

From 10 am to 12 noon, teas, coffee and biscuits and the opportunity to play games, work on craft projects or just chat. From 12 o'clock onwards a cooked two course meal for £8. You can attend for just the morning, just the lunch or both. Everyone welcome. If you need any more information contact contact@fovantvillage.com or 01722 714594.

Fovant Village Hall, Tisbury Road, Fovant SP3 5JT

10am - 2pm Tuesdays

The Cosy Cuppa

5

Get together for tea, coffee, cake and chat. No charge but donations welcome.

The Pavilion, Dinton Recreation Ground, St Mary's Road, Dinton SP3 5HH

10.30am - 12noon Tuesdays

Coffee Mornings at Fovant Village Hall

4

A sociable, coffee morning for those from the Fovant area. Just 50p for a cup of coffee. If you need any more information contact contact@fovantvillage.com or 01722 714343

Fovant Village Hall, Tisbury Road, Fovant SP3 5JT

10 - 11 am Thursdays



Silver Wilton, Fovant & Dinton

Social & Wellbeing

The Wilton and District Thursday Club

1

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

Wilton Community Centre, West Street, Wilton SP2 0DG

11 am - 3pm: Thursdays

Oasis Cafe & Friendly Crafts

6

Come and join us for tea, coffee, biscuits and a chat with friends. Feel free to bring your current project and join us with your knitting, crochet, sewing, card-making or whatever your favourite craft is. Share ideas and skills with others.

Wilton Baptist Church, Market Place, Wilton SP2 0HT

9.30 - 11.45am: Thursdays



Young at Heart

1

Wilton Church's "Seniors' Group" meets on two Fridays a month for tea, cake, good company with occasional quizzes, talks and activities. To find out more please call 01722 742393, or email parishsecretarywilton@gmail.com

Room 1, Wilton Community Centre, West Street, Wilton SP2 0DG

2.30 - 4pm: Second and Fourth Fridays up to and including 8th December



Event Locations



- 1 Wilton Community Centre, West Street, Wilton SP2 0DG
- 2 Castle Meadow Pavilion, Castle Lane Wilton SP2 0H
- 3 Wilton Men's Shed, Castle Lane, Wilton SP2 0HG
- 4 Fovant Village Hall, Tisbury Road, Fovant SP3 5JT
- 5 The Pavilion, Dinton Recreation Ground, St Mary's Road, Dinton SP3 5HH
- 6 Wilton Baptist Church, Market Place, Wilton SP2 0HT

Winter 2023



Silver Salisbury aims to encourage older people to try new things, meet new people and make new friends.

As a small registered charity we are very grateful for the grants that fund us and the support of our volunteer team.

We always welcome new volunteers. If you'd like to get involved, we'd love to hear from you. To find out more look on our website, email silver.salisbury@outlook.com or call 01722 323812.



07842 865562

www.silversalisbury.co.uk