

Silver Salisbury

Autumn 2025 - Summer 2026



**Groups & clubs that welcome
older people in Salisbury, Wilton,
Downton and the Stonehenge area.**

With thanks to our funders

Wiltshire Council

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Better Neighbourhoods
Better Lives**

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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 684845 covers most of the villages, west to Wylie and east to Quidhampton.

Bourne Valley Link

01980 611171 for those living in the Bourne Valley villages along the A338.

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.



Autumn 25 - Summer 26

Do you want to get out more but not sure what's on?
New to the area or looking to try something new?
Has your health changed and you want to know more about local support? If so, our Silver Salisbury Directory is just for you!

Silver Salisbury, is a small, registered charity, working to tackle loneliness and isolation by providing information to help older people stay socially active.

Our directory is a round-up of some of the many local groups and organisations that welcome older people. There are details of more than 140 different groups listed. Whether you're looking for exercise, book groups, music, dancing or coffee mornings we're sure we've got it covered.

We believe our information is correct in August 2025, however, if you're planning a visit later in the year it's probably worth ringing ahead just in case anything has changed.



I hope you discover something of interest in our directory and it helps you, a friend or relative try something different.

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



Silver Salisbury

Books, Reading & Writing

Tuesday Evening Reading Group: 7.30pm 1st Tues of the month	10
Writing for Wellbeing: 2 - 4pm 3rd Thurs of the month	10
Shared Reading Group: 11am - 12 noon 2nd & 4th Thurs of the month	10
LISTEN to the Salisbury Journal	10

Films, Talks & more!

Spire u3a: 10am - 12 noon 2nd Mon of the month	11
FREE Film Matinees for the Over 60s: 12.30pm 1st Tues of the month	11
Arts Society Sarum: 10am - 12 noon on the 2nd Wed of the month from Oct	11
First Wednesday Talks: 7.30 - 9.30pm 1st Wed in Oct & Dec 25, monthly in 2026	12
Harnham Community Network's Film Night: 7.30 - 9.30pm 3rd Wed of the month	12
Salisbury & District u3a: 10am - 12 noon 1st Wed of the month	12
Bemerton Film Society: 7.30pm (doors open at 7) 2nd Wed of the month	12
History Club at Salisbury Library: 2 - 3.30pm 3rd Wed of the month	13
Bemerton Talks: 7.30 pm (doors open at 7) 3rd Wed of the month (most months)	13
Bourne Valley Historical Society: 7.30 - 9pm: 3rd Thurs of the month (not Aug & Dec)	13

Gardening & the Great Outdoors

The Secret Garden at Bourne Hill: 10am - 1pm Tues and Sun	14
Volunteer Day at Hazel Hill Wood: 10am - 3pm 1st Fri of the month	14

Getting Creative

Kaleidoscope Group: 1 - 4pm Mon and 12 - 3pm Wed	14
Salisbury Creative Carers: 11am - 2pm 1st Mon of the month	15
The Friary Art & Craft Group: 2 - 4.30pm Wed in term time	15
ArtCare's Creative Coffee Club: 11am - 1.30pm 3rd Thurs of the month	15
Wiltshire Creative's Mind The Gap: 10.30am - 12 noon Fortnightly on Fri in term time	15

Keeping Active

Salisbury FC Walking Football: Various sessions Mon - Fri	16
Wessex Walkers' Monday Walks: 9.30am Mon (during term time, not bank holidays)	16
Low Impact Dance Fitness: Zumba® Gold: Mon & Thurs 10 - 10.45am	16
Seated Exercise (Dance): Seated Zumba® Gold: Mon 11 - 11.45am	16
Seated/Standing Yoga & Fitness Pilates: 12 - 12.45pm Mon & 11 - 11.45am Thurs	17
Exercise and Movement to Music: 2.30 - 3.30pm Mon (term time only)	17
Walking Netball: 5 - 6pm Mon	17
Tai Chi and Qigong: 6 - 7pm Mon	18
Over Fifties Mixed Softball Cricket: 1 - 2pm Tues (in 6 weekly blocks in winter)	18
Footsteps to Fitness 30-minute walks: 10am 1st & 3rd Wed	18
Silver Riders of Salisbury: Various dates including 10am Wed 3 Sept & 2pm Tues 9 Sept	19

What's on - At a Glance

Keeping Active continued...

Get Wiltshire Walking: 9.30 - 11am Wed	19
Doorstep Walks: 10am Thurs	19
Walking Tennis: 10 - 11am Thurs	20
Get out, get active (GOGA): 11am - 12.15pm on Thurs	20
Chair exercise with fitness and yoga/relaxation: 11.45am Thurs	20
Age UK's Fitness & Friendship Club: 2 - 4pm fortnightly on Thurs	20
Salisbury Ladies Walking Football: 5 - 6pm Thurs	21
This Girl Can! Low Impact Fitness: 5.30 - 6.30pm Thurs	21
No Strings Badminton: 9 - 10am Fri	21
Salisbury Hockey Club's Walking Hockey: 9.55 - 11am on Fri	21
Footsteps to Fitness 30-minute walks: 10 am 1st & 3rd Fri	22
Bemerton Live: 10.45am - 12 noon Fri	22
Salisbury Shopmobility	22

Theatre, Music, Singing & Dance

Sarum Ukulele Learner's Group: Mon	23
The Coffee Choir: 10.30 - 11.45am Tues (Coffee at 10)	23
English and American folk dancing: 7 - 9.30pm Tues	23
Dance Six-0 Open Classes: 10.15 - 11.15am, 12 - 1pm & 1.30 - 2.30pm Wed	24
Goldies Sing&Smile: 2 - 3pm 2nd Mon of each month	24
Salisbury Dancers: various dates and times	24
The Vinyl Cafe: 2 - 3.30pm 3rd Fri of the month	25
Mulepackers Country & Western Dance Clubs	25
Studio Theatre Drama Group	25

Social & Wellbeing

Senior Youth Club: 10.30am - 1pm Mon in term times	26
Jo Benson Centre: 9am - 3pm Mon to Thurs	26
Harnham Day Centre: 10am - 3 pm Mon & Thurs	26
The 'Crossbarr' Community Cafe: 11am - 2pm on Mon	26
Silver Salisbury's Laverstock Coffee & Chat: 10 - 11.30am 1st Mon of the month	27
Harnham Memory Café: 10.30am - 12 noon 1st Mon of the month	27
Armed Forces Veteran Brew and Banter: 10.30 - 11.30am 2nd Mon of the month	27
Conversation Club at Salisbury Museum: 10.30am - 12 noon 3rd Mon of the month	28
Our Community Café: 10am - 2pm Tues	28
Spire Coffee Shop: 10am - 12 noon Tues & 10am - 12.30pm Sat	28
Wiltshire Sight's Resource Centre: 10am - 4pm Tues	29
MS Therapy Group: 11am - 3pm 1st Tues of the month	29

Silver Salisbury

Social & Wellbeing continued...

Carer Support Wiltshire's Salisbury Carer Café: 2 - 3.30pm 3rd Tues of the month	29
Coffee & Chat with Harnham Community Network: 10am - 12 noon Wed & Sat	29
POWOW Group: 10am - 12 noon 1st Thurs of the month	30
Salisbury United Reform Church's Lunch Club: 12.30 - 1.30pm 1st 3 Wed of the month	30
Salisbury Men's Shed's Meet, Make, Mend: 9am - 12 noon Wed & Thurs	30
Drop in Café & IT Support in Winterbourne: 2 - 4.30pm Fortnightly on Wed	31
Monthly Special High Tea: 3 - 4pm 1st Wed of the month	31
Drop in Café at Idmiston Memorial Hall: 2 - 4pm 3rd Wed of the month	31
Veterans' Breakfast Club: 9 - 10am 3rd Wed of the month	31
Wiltshire Sight's Social Group: 10.30am - 12.30pm 3rd Wed of the month	32
Merry Memories: 2 - 4pm Thurs	32
Carers' Café: 2.30 - 4pm Thurs	32
ArtCare's History Coffee Club: 11 am - 1.30pm 1st Thurs of the month	33
The Onward Club: 10am - 12 noon Fortnightly on Thurs including 4th Sept	33
Live & Breathe Group: 3 - 4.30pm 2nd Thurs of the month	33
Alzheimer's Support Group at Salisbury Library: 2.30 - 4pm last Thurs of the month	34
Bourne Valley Club Friday: 10am - 2.30pm Fri	33
Board Games Group at the library: 2.15 - 3.30pm Fri	34
FREE Fish and Chip Fridays: 12.30 - 1.30pm Fri	35
Old Sarum Coffee & Chat: 10 - 11.30am last Fri of the month but not Dec	35
Probus Club of Sarum: 10:30am 2nd Fri of the month	35
Silver Salisbury's Library Coffee & Chat: 11 am - 12.30pm 2nd Fri of the month	35
Disability Interest Group Salisbury (DIGS): 6pm Wed 24 Sept & Wed 26 Nov	36
Alzheimer's Support Hub: 9am - 4pm Tues - Fri	36
Amicus Friendship Group	36



Silver Stonehenge

Films, Talks & more!

Amesbury Evening Women's Institute: 7.30 - 9.30pm 2nd Thur of the month	40
Amesbury Society: various dates and times	40

Getting Creative

Amesbury Men's Shed: 10am - 3pm Mon, Wed & Sat	41
Durrington Crafty Chatters: 7 - 9pm Tues term time only	41

Keeping Active

Get Wiltshire Walking: 10 - 11.30am & 11am - 12.30pm Tues & 9.30 - 11am Fri	42
Tai Chi and Qigong: 10.30 - 11.30am Wed	42
Stonehenge Strollers Walking Football: 7 - 8 pm Wed	43
Age UK's Fitness & Friendship Club: 2 - 4pm fortnightly on Wed also 1st & 15 Oct	43
Walking Rugby: 6 - 7pm Thurs & 10am to 12 noon Sat	43

Music, Singing & Dance

Amesbury Line Dancers: various times Tues, Wed & Thurs	44
The Rose Singing Club: 2 - 4pm Tues, some breaks during school holidays	44
Amesbury Community Soul Singers Choir: 7 - 9pm Tues	44
Durrington Line Dancers: 6 - 8pm Thurs	44

Social & Wellbeing

Carers - Amesbury Memory Café: 2 - 3.30pm 1st Mon of the month	45
Scrabble Social at Amesbury Library: 2 - 3pm Tues	45
Afternoon Tea and Chat at Antrobus House: 2 - 4pm Most 1st, 2nd or 3rd Tues	46
Community Coffee Morning: 10am - 12 noon on the 3rd Wed of the month	46
Salisbury & District Model Engineering Society: 7.30 - 10.30pm 3rd Wed	46
Wiltshire & Alzheimer's Support's Carer's Group: 2 - 3.30pm 4th Wed of the month	47
Wiltshire Sight's Social Group: 10.30am - 12.30pm 2nd Thurs of the month	47
Coffee Morning at Amesbury Methodist Church: 10 - 11.30am Sat	47
Amesbury Parish Church's coffee mornings: 10am - 12 noon 2nd Sat of the month	47



Silver Downton

Keeping Active

Walking Football: Men and women: 1 - 2pm Mon	49
Get Wiltshire Walking: 10 - 11.30am Wed	49

Music, Singing & Dance

Village Singers Monday Choir: 7.30 - 9pm Mon in term time from 8 Sept	50
Beginners Brass with Downton Brass Band: 6.15 - 7.15pm Tues during term time	50
Goldies Sing&Smile: 10 - 11am 4th Wed of the month	50

Social & Wellbeing

Downton Downtime: 10.15am - 12.15pm Tues in term time	51
The Good Companions Club: 2 - 4pm Tues	51
Thursday Church & lunch: 10.30am Thurs	51
Ashley Grange Friendship Club: 1.45 - 3.30pm Thurs	51
Happy to Chat at Downton Library: 10am - 1pm Thurs	52
Lover Repair Cafe: 10am - 12 noon Wed & Fri	52
Downton Repair Cafe: 10am - 12 noon 1st Sat of the month	52



Silver Wilton, Fovant & Dinton

Social & Wellbeing

The Wilton Men's Shed: 9.30am - 12.30pm Mon, Thurs & Sat	54
Open Door at Fovant Village Hall: 10am - 2pm Tues	54
The Forum Stroke Club: 10.30am - 12.30pm Tues from 9 Sept	54
Wilton Place's Coffee & Conversation: 2 - 4pm 1st Tues of the month	54
Six Penny Handley & Chalke Valley Practice's Memory Group: 2 - 4pm 3rd Tue	55
The Salisbury Breathless Singers: 2.30 - 3.15pm Tues in term time	55
The Cosy Cuppa: 10am - 12 noon Tues	55
Wilton Coffee & Chat: 10.30am - 12 noon on the 1st Wed of the month	56
The Wednesday Club Wilton: 2.30 - 4pm 2nd Wed of the month	56
Pulmonary Fibrosis Support Group: 11am - 1pm on the last Wed of the month	56
Wilton & District Thursday Club: 11am - 3pm Thurs	57
Coffee Mornings at Fovant Village Hall: 10 - 11am Thurs	57
Oasis Cafe & Friendly Crafts: 9.30 - 11.45am Thurs	57
SWANS WI: 2 - 4pm on the 1st Thurs of the month	58
Breakfast Club at Fovant Village Hall: 9 - 11am Sat	58



Silver Salisbury

Books, Reading & Writing

Tuesday Evening Reading Group

1

Come and meet our lovely friendly group who discuss all things bookish. All welcome, free to attend and no booking required. More information from 01722 324145 or libraryenquiries@wiltshire.gov.uk.

Salisbury Library, Market Walk, Salisbury SP1 1BL

7.30pm 1st Tuesday of the month

Writing for Wellbeing

2

We use guided exercises to help us express ourselves and use writing for relaxation, self-awareness and to connect with our thoughts. A free, relaxed, informal group. Tea and coffee kindly donated by Salisbury Tesco. No experience necessary, just bring a pen and notebook. Please book on bswcb.smp@nhs.net or 01722 333034.

Salisbury Medical Practice, Fountain Way, Wilton Road, Salisbury SP2 7FD

2 - 4pm 3rd Thursday of the month

Shared Reading Group

1

Join our friendly volunteers to enjoy a good story, discover poetry or listen to readings without the need to read ahead. A facilitator reads a piece of poetry or prose aloud and anyone is welcome to discuss or comment. No need to book but more information from the library on 01722 324145.

Salisbury Library, Market Walk, Salisbury SP1 1BL

11am - 12 noon 2nd & 4th Thursday of the month

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

Autumn 25 - Summer 26

Films, Talks & more!

Spire u3a

3

u3a provides learning opportunities for people no longer in full-time work. There are a wide variety of groups, run by volunteers, meeting at different times. £18 annual membership plus the expenses of any groups. There's a monthly get-together and talk. To find out more come along to one of these, email paoliver.kelly@gmail.com or call 07850 766905.

The Memorial Hall, Watersmeet Road, Harnham, Salisbury SP2 8JH

10 am - 12 noon 2nd Monday of the month

FREE Film Matinees for the Over 60s

4

Everyman Cinema and Home Instead Salisbury invite you to FREE, afternoon matinees. All over 60s are welcome to these feel-good movies but preference will be given to those living with dementia and their families. The lights will be left on low to make it easy to move around and the surroundings are suitable for older people. Complimentary tea and coffee at 12.30 followed by the film at 1. No charge but donations to Silver Salisbury are welcome. No need to book but more information from 01722 515767. Upcoming showings:

9 Sept - Notting Hill

4 Nov - Beauty & The Beast

3 Dec - White Christmas

Everyman Cinema, 17 Endless Street, Salisbury SP1 1DP

12.30pm 1st Tuesday of the month

Arts Society Sarum

5

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. Doors open at 10am for coffee. Lectures at 10.50am. Membership fee is currently £50 a year or come as a guest for a donation. No need to book but more information from membership.artssarum@gmail.com or 07801 704254.

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

10 am - 12 noon 2nd Wednesday of the month from October



Shows location on map on page 38 and 39

Silver Salisbury

Films, Talks & more!

First Wednesday Talks

6

A talk by a local speaker sharing their knowledge and experience on a topic of interest. No charge, donations invited. No need to book but information from 07962 213494, charleswoodd46@gmail.com.

Harnham Parish Hall, Lower Street, Salisbury SP2 8EY

7.30 - 9.30pm 1st Wednesday in Oct & Dec 25, monthly in 2026

Harnham Community Network's Film Night

7

Featuring a recently released film. Tickets £5 on the door, cash or card. Free transport can be booked from a central venue in West or East Harnham. Contact Charles 07962 213494, harnhamcommunity@gmail.com. The licensed bar at the Club is open all evening.

Harnham Community Sports and Social Club, Parsonage Green SP2 8LA

7.30 - 9.30ish pm 3rd Wednesday of the month

Salisbury & District U3A

5

A vibrant community of retired and semi-retired individuals with the motto: LEARN, LAUGH, and LIVE. We have guest speakers at our monthly get-togethers. First-timers are welcome to come along as guests and find out more about our diverse, indoor and outdoor activities, ranging from Table Tennis, Rummikub and Music to Book Clubs and more! Annual membership £18. Come along to a monthly meeting or visit our website at salisburyanddistrict.u3asite.uk or call 01722 504527 to find out more.

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

10am - 12 noon 1st Wednesday of the month

Bemerton Film Society

8

An interesting film every month of the year. Open to all. £7 per session. No need to book but 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) 2nd Wednesday of the month

Autumn 25 - Summer 26

Films, Talks & more!

History Club at Salisbury Library

1

Everyone's welcome at this local history group, which hosts 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 3rd Wednesday of the month

Bemerton Talks

8

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 at 7pm) 3rd Wednesday of the month (most months)



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Bourne Valley Historical Society

9

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 01980 611311 or maureenatkinson16@gmail.com.

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

7.30 - 9pm 3rd Thursday of the month (except August and December)



Shows location on map on page 38 and 39

Silver Salisbury

Gardening & The Great Outdoors

The Secret Garden at Bourne Hill

10

Come and see the amazing transformation the volunteers have made to this once-forgotten garden behind the Police Station on Bourne Hill, and by the Arts Centre. The garden is open all day, every day. To meet the volunteers please visit on Tuesdays and Sundays from 10.00 to 13:00. Sorry there are no toilets. 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 day at Hazel Hill Wood

11

Practical, wildlife conservation tasks at Hazel Hill Wood. Please book by contacting lauren@hazelhill.org.uk or 07519 464023.

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

10am - 3pm 1st Friday of the month



Getting Creative

Kaleidoscope Group

12

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 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

Autumn 25 - Summer 26

Getting Creative

Salisbury Creative Carers

5

Two very talented volunteers lead a creative arts activity for carers each month. All materials supplied. Free and no need to book but more information from 0800 181 4118 admin@carersupportwiltshire.co.uk.

The Salisbury Methodist Church, St Edmund's Church Street, Salisbury SP1 1EF
11 am - 2pm 1st Monday of the month



The Friary Art & Craft Group

13

Free refreshments and various crafts. No booking required but information from 01722 417100 or jwise@salisburycitycouncil.gov.uk.

The Friary Community Centre, 114 Carmelite Way, Salisbury SP1 2HW
2 - 4.30pm Wednesdays in term time

ArtCare's Creative Coffee Club

14

Drop in anytime 11 am - 1.30pm for coffee and relaxed creative activity - follow easy instructions with ArtCare staff to help. Open to all and free of charge. No previous experience necessary. Please book on 01722 336262 ext 5617 or eventbrite.co.uk/o/artcare-28126838233. Disabled parking nearby, free for blue badge holders. We are 200 yards from The Green Bus Stop. R1 bus every 15 minutes from Salisbury City Centre

Culture Club, The Green, Salisbury District Hospital, Odstock Road SP2 8BJ
11 am - 1.30pm 3rd Thursday of the month

Wiltshire Creative's Mind The Gap

15

An opportunity for older people to meet and explore creative arts. The group meets fortnightly for coffee, conversation and creativity! Art forms vary weekly. Details will be announced on our website ahead of each term. £5 including refreshments. Places must be booked on 01722 320333, in person at Salisbury Playhouse 11 am - 4pm or online from www.wiltshirecreative.co.uk.

Salisbury Playhouse, Malthouse Lane, Salisbury, SP2 7RA
10.30am - 12 noon Fortnightly on Fridays including 12 September, term time only



Shows location on map on page 38 and 39

Silver Salisbury

Keeping Active

Salisbury FC Walking Football

Open to anyone over 50, men and women. Indoor recreational sessions at 5 Rivers Leisure Centre Tuesdays and Thursday mornings: Wilton Road Sports Ground on Mondays and Friday mornings and Sarum Academy Bemerton on Wednesday evenings. Disability is not a barrier, if you can walk unaided. Come and join a community of footballers. More information from Salisbury Walking Football on Facebook, Salisburywalkingfootball@gmail.com or 07540 518513.

Various sessions Monday – Friday

Wessex Walkers' Monday walks around Salisbury

We use local buses to access the countryside for walks of 4-6 miles. Members support Save the Children with an annual donation, currently £25. Potential members may try a couple of walks before joining. Walks have a leader and a back marker. Our walks may have stiles and hills and be remote. Members walk at their own risk. Further information from sulycett@gmail.com 07500 990860. No dogs.

After 9.30 am Mondays during term time except bank holidays

Low Impact Dance Fitness - Zumba® Gold

5

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 Kirstie 07787 101410, email loomsie@yahoo.co.uk or visit kirstiepugh.co.uk.

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

Seated Exercise (Dance)

5

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 Kirstie 07787 101410, email loomsie@yahoo.co.uk or visit kirstiepugh.co.uk.

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

Autumn 25 - Summer 26

Keeping Active

Seated or Standing Yoga and Fitness Pilates

5

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 Kirstie 07787 101410, email loomsie@yahoo.co.uk or visit kirstiepugh.co.uk.

Salisbury Methodist Church, St Edmund's Church Street, Salisbury SP1 1EF
12 - 12.45pm Mondays and 11 - 11.45am Thursdays

Exercise and Movement to Music

16

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



Walking Netball

17

Wiltshire Council's walking netball is run by trained volunteers. A brilliant way to stay active, socialise and have fun, regardless of ability. £3.60 a session. For more information contact: rachael.cornish@wiltshire.gov.uk or call 01249 706468.

Five Rivers Health and Wellbeing Centre, Hulse Road, Salisbury SP1 3NR
5 - 6pm Mondays



Shows location on map on page 38 and 39

Silver Salisbury

Keeping Active

Tai Chi and Qigong

14

Gentle low impact exercise aimed at relaxation. The movements can help 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 jillsc21@gmail.com.

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

Over Fifties Mixed Softball Cricket

18

17

We play outdoors in summer, indoors in winter. The venue change is usually October but contact us to check. In summer we run on uneven ground and sessions can be cancelled at short notice due to the weather. Most of us are retired, well over 50 and enjoy bowling, fielding and scoring runs just for fun. First session free, then, £2 a go. No need to book but more information from 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)

Footsteps to Fitness 30-minute walks

6

A free walk from Ramblers for Wellbeing Walks Salisbury. Suitable for new walkers, those recovering from illness or surgery or anyone who lives alone and wants to get out and meet new people. All walks are followed by the opportunity for a social coffee and chat. No booking required but information from 01722 334209 or pamrouquette@hotmail.com. Take the R5 bus to the Old Parsonage.

Meet at Parish Hall, Lower Street, West Harnham SP2 8EY
10am 1st & 3rd Wednesdays



Autumn 25 - Summer 26

Keeping Active

Silver Riders of Salisbury

17

Into its second year now, these confidence-building, fun, cycle rides are for all. No charge but bring cash or card for refreshments. All you need is a bicycle with blown up tyres and a helmet. Rides are mainly on back roads and cycle paths and vary in length depending on attendees. Come check us out!

Meet at Five Rivers Leisure Centre, Hulse Road, Salisbury SP1 3NR

Various dates & times including 10am - 12 noon Wed 3 Sept & 2 - 4pm Tues 9 Sept



Get Wiltshire Walking

17

We aim to ensure every community in the county has access to a FREE weekly walk led by qualified walk leaders. We try to vary the routes each week and make sure that the slowest walkers are looked after. It's a great way to get fit, meet new people and get to know your local area. Sorry no dogs, other than assistance dogs. No need to book, for more information contact Louise on 07342 066608 or louise.gale@wiltshire.gov.uk

Meet at Five Rivers Leisure Centre, Hulse Road, Salisbury SP1 3NR

9.30 - 11 am Wednesdays

Doorstep Walks

Ramblers Wellbeing Walks Salisbury offers two levels of free, guided walks:

- a shorter walk of 45 - 60 mins, mainly over level ground, possibly with uneven surfaces, taken at a slower pace
- a longer walk of up to 90 mins for people looking for more of a challenge to increase their level of physical activity.

The walks start at different places each week, always near bus routes. A paper programme of starting points can be picked up from Salisbury Information Centre, Salisbury Library or viewed at

www.experiencesalisbury.co.uk/listing/ramblers-wellbeing-walks-salisbury.

10 am Thursdays



Shows location on map on page 38 and 39

Silver Salisbury

Keeping Active

Walking Tennis

19

Suitable for people unable to play tennis with the energy or agility they used to have or those interested in learning to play in a more leisurely way. £5 a session, you don't have to join the club. We usually stay for coffee and a chat after. No need to book but information from janpaterson348@gmail.com or 07931 794818.

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

Get out, get active (GOGA)

12

For disabled and non-disabled people to be active together. followed by coffee and biscuits. No charge. Contact robert.paget@wiltshire.gov.uk or 01722 434770 for more information.

The Bemerton Heath Centre, 58-60 Pinewood Way, Salisbury SP2 9HU
11am - 12.15pm on Thursdays

Chair exercise with fitness and yoga/relaxation

20

A friendly and welcoming group of over 50s. A mix of exercises combining fitness, yoga, Pilates and relaxation using a chair. All abilities and ages welcome. Can be done seated or standing. First class FREE, then £7 a class with tea, coffee and biscuits afterwards. No need to book but information from 07726 554298 or radiantyoga.jane@gmail.com.

Old Sarum Community Centre, Pheasant Drive, SP4 6GH
11.45am Thursdays

Age UK's Fitness & Friendship Club

21

Join us to socialise and do gentle, seated exercises that can help strengthen and support you with everyday tasks. Enjoy chats over tea or coffee, games and relaxing Tai Chi. £6 per session, your first session is free! No need to book but more information from fitnessandfriendship@ageukwiltshire.org.uk or 07754 612569.

United Reformed Church, 30 Fisherton Street, Salisbury SP2 7RG
2 - 4pm fortnightly on Thursdays, including 25 September & 9 October

Autumn 25 - Summer 26

Keeping Active

Salisbury Ladies Walking Football

17

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

Five Rivers Health and Wellbeing Centre, Hulse Road, Salisbury SP1 3NR
5 - 6pm Thursdays

This Girl Can! Low Impact Fitness

12

Join other women for a low impact, fun and sociable workout. Just £1 and no need to book. For more information contact: rachael.cornish@wiltshire.gov.uk or call 01249 706468.

Bemerton Heath Centre, 58-60 Pinewood Way, Salisbury SP2 9HU
5.30 - 6.30pm Thursdays

No Strings Badminton

17

Wiltshire Council's walking badminton is run by trained volunteers. A brilliant way to stay active, socialise and have fun, regardless of ability. £3.60 a session. For more information contact: rachael.cornish@wiltshire.gov.uk or call 01249 706468.

Five Rivers Health and Wellbeing Centre, Hulse Road, Salisbury SP1 3NR
9 - 10am Fridays



Salisbury Hockey Club's Walking Hockey

22

Hockey but walking! Whether you're new to hockey or a former player, come and try it. Equipment's provided. Just wear shoes and clothing suitable for activity and bring water. Drinks, biscuits and chat in the clubhouse after. Six trial sessions, then £95 annual membership. If you're worried about being able to manage a session, contact us: comms@salisburyhockeyclub.co.uk or 07764 164817. We're keen to find a way for everyone to play.

Salisbury & South Wilts Sports Club, 1 Wilton Road, Salisbury SP2 9NY
9.55 - 11am on Fridays



Shows location on map on page 38 and 39

Silver Salisbury

Keeping Active

Footsteps to Fitness 30-minute walks

23

Ramblers Wellbeing Walks Salisbury's free walk, for new walkers, those recovering from illness or surgery or anyone who lives alone and wants to get out more. Walks are followed by the opportunity for a social coffee and chat. All Castle Road buses stop at Victoria Park as does the R12 from Stratford Bridge. No booking required but information from 01722 334209 or pamrouquette@hotmail.com.

Meet at The Coffee Kiosk, Centre of Victoria Park, Castle Road, Salisbury SP1 3NE
10am 1st & 3rd Fridays of the month

Bemerton Live

8

Friendly exercise class for older people followed by coffee. £7 a session, first one free. No need to book but more information from 01722 326261 or anneinbemerton@gmail.com.

St John's Place, Lower Road, Lower Bemerton, Salisbury SP2 9NP
10.45am - 12 noon Fridays

Salisbury Shopmobility

24

Salisbury Shopmobility gives those with limited mobility the freedom and independence to access the city. You can hire scooters, powerchairs, manual wheelchairs, rollators. Membership is £10, daily hire £5.00 a day, long-term travel scooter hires £6.00 a day, long term wheelchair hire, £5 a day and one-off casual hire £10. We also provide a safe and welcoming space for a chat and a lifeline for those that feel isolated.

Call 01722 328068 to book a registration appointment. You need 2 forms of ID to register. If you can't get to Shopmobility you can arrange for one of us to meet you at a city centre bus stop or other location. If you're not registered, we can collect you in a wheelchair and bring you to Shopmobility to complete your registration and training. Please call us to discuss your needs.

Salisbury Shopmobility, 3B Priory Square, Malthouse Lane, Salisbury SP2 7TL



Autumn 25 - Summer 26

Theatre, Music, Singing & Dance

Sarum Ukulele Learner's Group

25

Learn, play and sing along to all your favourite songs in relaxed and friendly company. £3 a session. No need to book but more information from Ray 01722 414299, or email sarumukeslg@gmail.com.

- 1 - 1.45pm: Beginners/Learners; learn the basics, tuning, holding, strumming and elementary chords
- 2 - 2.45pm: Capable Players; for those who understand the basics and do not require individual tuition
- 3 - 3.45pm: Competent Players; more complex chords and songs

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

Mondays

The Coffee Choir

26

A friendly, non-auditioned ladies' choir that meets in Bodenhams 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 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, Bodenhams, Salisbury SP5 4EQ

10.30 - 11.45am Tuesdays (coffee at 10)



English and American Folk dancing

27

Traditional folk dance. A friendly and social club, dances range from sedate and stately to fast and active but most dances are at a moderate pace. A free trial, then sessions are currently £5. For more info visit www.salisburyfolkdance.org.uk, email salisburyfolkdanceclub@gmail.com or call 01980 611815.

St Martin's Primary School, Shady Bower, Salisbury SP1 2RG

7.30 - 9.30pm Tuesdays



Shows location on map on page 38 and 39

Silver Salisbury

Theatre, Music, Singing & Dance

Dance Six-0 Open Classes

28

Join our relaxed and enjoyable dance and movement sessions. Great music and creative exercises for people approaching and over 60. 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 for a FREE first session. Please email Debbie on debdance60@gmail.com or call 07940 542306 for further details about joining a Taster class.

Salisbury Arts Centre, Bedwin Street, Salisbury SP1 3UT

10.15 - 11.15am, 12 - 1pm or 1.30 - 2.30 pm Wednesdays

Goldies Sing&Smile

5

Fun, daytime social groups where we sing-along to popular hits from the 50s onwards. Goldies isn't a choir, you don't have to be able to sing to join, 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. For dates in July and August please check www.golden-oldies.org.uk/wiltshire.

Salisbury Methodist Church, St Edmunds Church Street, Salisbury SP1 1EF

2 - 3pm 2nd Monday of each month

Salisbury Dancers

5

29

8

Fun dance sessions for the over 50s with 60-80's dance hits. No set dances, do your own thing; no judgements; no dressing up; friendly group but socialise only if you want to. Refreshments provided unless there is a club bar. Tickets are £8 cash on the door OR £40 membership for a year of dances (approx. 30) contact; fi@vitalimpact.co.uk or call/text 07803 535431. All proceeds go to Salisbury Hospice and Cancer Care charities.

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

7 - 8.30pm Tues 16 Sep, 7 & 28 Oct, 11 Nov & 9 Dec

St Pauls Conservative WMC, 41 Devizes Road, Salisbury SP2 7AA

6 - 9pm Wed Fri 17 Oct & 21 Nov

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

6 - 9pm Fri 19 December Xmas Party!

Autumn 25 - Summer 26

Theatre, Music, Singing & Dance

The Vinyl Café

15

A relaxed space where you can bring records and have them played by our resident DJ. If you don't have your own records, just come for a coffee and a listen. Everyone welcome. Free and no need to book but more information from 07842 865562.

Salisbury Playhouse Community Room, 2 Malthouse Lane, Salisbury SP2 7RA
2 - 3.30pm 3rd Friday of the month.

Mulepackers Country & Western Dance Clubs

30

31

Country and Western line and partner dancing classes. From time to time we do absolute beginners' courses. Contact Mel on 07946 733605 or see www.mulepackers.co.uk. Regular buses stop nearby.

Laverstock & Ford Village Hall, Park Road, Salisbury SP1 1RQ

Laverstock & Ford Sports Club, 23 Church Road, Salisbury SP1 1QX



Studio Theatre Drama Group

32

A lively and exciting amdram group; staging 5-6 productions a year. We're run entirely by volunteers and would love to hear from anyone interested in joining us. It's not just acting; every show requires help with the box office, bar, stage management, props, lighting, sound, publicity and much more. To get involved contact pmsemails@aol.com or 01722 324202. Information on upcoming productions from www.studiotheatre.org.uk or Salisbury Information Centre 01722 342860.

Studio Theatre, next to the fire station, Ashley Road, Salisbury SP2 7TN



Shows location on map on page 38 and 39

Silver Salisbury

Social & Wellbeing

Senior Youth Club

12

Board games, pool, table-tennis, social. Free but small charge for sandwich lunch if wanted (usually £1.50) 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 in term time

Jo Benson Centre

33

Our Day Centre provides an opportunity to socialise, join in engaging activities, and respite for carers. For more information call 01722 337175 or email jobensondaycentre@btconnect.com.

Christie Miller Road, Salisbury SP2 7EN

9am - 3pm Monday to Thursday

Harnham Day Centre

34

A day-time social club for older people. 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 email peterwd@hotmail.co.uk.

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

10am - 3 pm Mondays and Thursdays

The 'Crossbarr' Community Cafe

35

A friendly and informal community cafe, offering homemade cake and soups. Donations only. We can provide a 'Buddy' to come with you on the first visit, if helpful, as we know that new situations can be daunting. More information from 07422 687992 (office hours only) or sp.lodge@icloud.com.

Barrington Centre, Barrington Road, Bishopdown, Salisbury SP1 3JD

11am - 2pm on Mondays

Autumn 25 - Summer 26

Social & Wellbeing

Silver Salisbury's Laverstock Coffee & Chat

30

Tea, coffee and biscuits and an occasional guest speaker. No charge but small donations towards refreshments appreciated. Call 07596 483499 for information.

Laverstock & Ford Village Hall, Park Road, Laverstock, Salisbury SP1 1RQ
10 - 11.30am 1st Monday of the month

Harnham Memory Café

36

Run by Carers Together Wiltshire in partnership with Alzheimer's Support this group provides an opportunity to connect with others going through similar experiences. Professionals can discuss support available from Carers Together Wiltshire. Alzheimer's Support's standard fee is £5, but there is a 'Pay What You Can' option so everyone can take part. More information from: 01380 739055 or www.alzheimerswiltshire.org.uk/memory-cafes.

St George's Hall, Lower Street, Harnham, Salisbury, SP2 8EY
10.30am – 12 noon 1st Monday of the month

Armed Forces Veteran Brew and Banter

37

Laverstock Caring Homes invites all veterans for pastries, coffee, savouries and cake. No need to book just pop in and join the conversation. Information from 07503 363 035 or gschafer@caringhomes.org. The Centre is opposite the petrol station on London Road. The PR7 runs every half hour and stops at the Park and Ride site nearby.

Laverstock Care Centre, London Road, Salisbury SP1 3HP
10.30 - 11.30am 2nd Monday of the month



Shows location on map on page 38 and 39

Silver Salisbury

Social & Wellbeing

Conversation Club at Salisbury Museum

38

A club bringing people together through conversation and objects. Aimed at older people who are lonely or isolated, participants enjoy the museum and its collections and find new connections. The club is suitable for people in the early stages of dementia and their carers. £4, accompanying carers free. Please book your first visit, after this booking is not needed and payment can be made on the day. The venue is fully accessible but there's no public parking. Blue Badge parking can be booked in advance. To book a first visit or for information, contact 01722 332151 or bridgettelfer@salisburymuseum.org.uk.

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

10.30am - 12 noon 3rd Monday of the month

Our Community Café

16

Free tea, coffee, cakes and biscuits. Affordable lunches available. Support from organisations such as: Alabare, access to mental health support, Wiltshire Council Wellness and Prevention Team, Social Connectors, Acorn Community Bank, CMA for financial inclusion and debt management, Wiltshire Sight and our own volunteers with skills in financial inclusion, managing on a budget, benefits applications etc. All are welcome. More information from 01722 417100 or scane@salburycitycouncil.gov.uk.

The Baptist Church, 41 Brown Street, Salisbury SP1 2AS

10am - 2pm Tuesdays



Spire Coffee Shop

21

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 noon Tuesdays and 10am - 12.30pm Saturdays

Autumn 25 - Summer 26

Social & Wellbeing

Wiltshire Sight's Resource Centre

Advice, information and practical help for anyone living with sight loss and their friends and family. From support with technology, to accessing books, resources and magnification we can help you to live your life the way you want to. Call 01380 723682 to make an appointment or e-mail info@wiltshiresight.org for more information.

10am - 4pm Tuesdays

MS Therapy Group

12

Open to anyone with MS or any other chronic condition. There are professional therapists who can offer treatments for £5. 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

11 am - 3pm 1st Tuesday of the month

Carer Support Wiltshire's Salisbury Carer Cafe

39

A chance for unpaid carers to chat, relax and catch-up. Free drink and a cake for all unpaid carers. No need to book - just turn up on the day. For more information call 01380 710 300 option 2.

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

2 -3.30pm 3rd Tuesday of the month

Coffee & Chat with Harnham Community Network

6

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 - 12 noon Wednesdays and Saturdays

Silver Salisbury

Social & Wellbeing

POWOW Group for Partners, Widows & Widowers

40

An informal, social 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.chaquers@nhs.net or 01722 336441.

St Thomas's Church, St Thomas's Square, St Thomas Square, Salisbury SP1 1BA
10am - 12 noon 1st Thursday of the month

Salisbury United Reform Church's Lunch Club

21

Two course cooked lunch with tea or coffee, for single, over 55s. £5 to eat in, £3 to take away. Before you visit for the first time, please call Fran on 01722 326373 or email brianmoody197@gmail.com. Lunch 12.30 - 1.30pm.

Salisbury United Reformed Church, 30 Fisherton Street, Salisbury SP2 7RG
12.30 - 1.30pm (doors 11.45am) 1st three Wednesdays of the month

Salisbury Men's Shed's Meet, Make, Mend

41

Practical woodworking and social activities. No specific practical skills needed. No need to book but further information from 07746 013204 or salisburymensshed@gmail.com. Come and try a couple of sessions to see if you'd like to join. Members come to one or other of the two weekly sessions.

Back of Alabare, Riverside House, 2 Watt Road, Churchfields, Salisbury SP2 7UD
9am - 12 noon Wednesday & Thursdays



Autumn 25 - Summer 26

Social & Wellbeing

Drop in Café & IT Support at Winterbourne Glebe Hall

9

Drop in Café is open to all ages. Drinks, homemade cakes and lots of chat. A volunteer will help with IT or mobile phone problems. Free but donations to Glebe Hall welcome. No need to book but information from Maureen 01980 611311 or maureenatkinson16@gmail.com.

Winterbourne Glebe Hall, Vicarage Lane, Winterbourne Earls SP4 6HA
2 - 4.30pm Fortnightly on Wednesdays

Monthly Special High Tea

37

Laverstock Caring Homes invites you to join the residents and their families, for high tea. No need to book, just pop in and join us. Information from 07503 363035 or gschafer@caringhomes.org. The Centre is opposite the petrol station on London Road. The PR7 runs every half hour, stopping at the Park and Ride site nearby.

Laverstock Care Centre, London Road, Salisbury SP1 3HP
3 - 4pm 1st Wednesday of the month

DROP IN CAFÉ AT IDMISTON MEMORIAL HALL

42



Everyone welcome for tea, chat & home-made cake
2 - 4pm on the 3rd Wednesday of the month

More info from Katherine 07870 187941

Idmiston Memorial Hall, Idmiston Road, Porton, Salisbury SP4 0LB

Veterans' Breakfast Club

43

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

Chapters Bistro, Constable Court, Off Fountain Way, Salisbury SP2 7FT
9 - 10am 3rd Wednesday of the month



Shows location on map on page 38 and 39

Silver Salisbury

Social & Wellbeing

Wiltshire Sight's Social Group

1

Friendly drop-in social group for anyone living with sight loss and their friends and family. Come and enjoy a hot drink whilst meeting others living with sight loss. No need to book but call Lucy on 01380 723682 or info@wiltshiresight.org for more information.

1st Floor Salisbury Library (lift available), Market Walk, Salisbury SP1 1BL
10.30am - 12.30pm 3rd Wednesday of the month

Merry Memories

12

Home Instead Salisbury's place for the over 60s to come and talk to new people, relax and socialise. Hot and cold drinks available. No charge but donations to the Stars Appeal are welcome. For more details contact Liz on 01722 443559.

Bemerton Heath Community Centre, 58-60 Pinewood Way, Salisbury SP2 9HU
2 - 4pm Thursdays

Carers' Café

14

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.

PALS (near the Green at entrance B), Salisbury District Hospital SP2 8BJ
2.30 - 4pm Thursdays



Autumn 25 - Summer 26

Social & Wellbeing

ArtCare's History Coffee Club

14

Drop in anytime 11am - 1.30pm for coffee and relaxed discussion whilst exploring our archives and history collections. We look at a different topic each month. Open to all and free of charge. No previous experience necessary. Please book on eventbrite.co.uk/o/artcare-28126838233 or 01722 336262 ext 5617. Disabled parking nearby, free for blue badge holders. We are 200 yards from The Green Bus Stop. The R1 bus runs every 15 minutes from Salisbury City Centre.

Culture Club, The Green, Salisbury District Hospital, Odstock Rd, Salisbury SP2 8BJ
11 am - 1.30pm 1st Thursday of the month

The Onward Club

44

Coffee & cake for the disabled community and their support network. Come along and play a game, chat to others etc. Just pop-in. Cost as little as £3. Contact 07425 450562 or Digsalisbury@gmail.com for more info@disabilityinterestgroup.com.

Stratford Club House, 3 Chatham Close, Salisbury SP1 3JR
10am - 12 noon Fortnightly on Thursdays including 4th Sept



Live & Breathe Group

12

A support group for those with respiratory conditions, including long covid. Monthly meetings with guest speakers and time to share your stories in a safe and caring space. Run by Rose Maylin the Parish Nurse 07387 899987 or parishnurse@gracechurchuk.org.

Bemerton Heath Centre Pinewood Way, Salisbury SP2 9HU
3 - 4.30pm 2nd Thursday of the month



Shows location on map on page 38 and 39

Silver Salisbury

Social & Wellbeing

Alzheimer's Support Group at Salisbury Library

1

An opportunity for unpaid carers of people living with dementia to socialise, share experiences and find out useful information about dementia – or just talk about something completely different. For more information or to join call 01380 739055 or office@alzheimerswiltshire.org.uk.

The Young Gallery, Salisbury Library, Market Walk, Salisbury SP1 1BL
2.30 – 4pm last Thursday of the month

Bourne Valley Club Friday

42

A social club with a hot lunch, activities and entertainment. We may be able to provide transport please get in touch to see if we can help. Contact Nikki on 07789318759 to find out more.

Idmiston Memorial Hall, Idmiston Road, Porton, Salisbury SP4 0LB
10am - 2.30pm Fridays

Board Games at the Library

1

Come and join our free board games club - Scrabble, Snakes and Ladders, Ludo. Tea and coffee available. No need to book but more information from 01722 324145 or libraryenquiries@wiltshire.gov.uk.

Salisbury Library, Market Walk, Salisbury SP1 1BL
2.15 - 3.30pm Fridays



Autumn 25 - Summer 26

Social & Wellbeing

FREE Fish and Chip Fridays

37

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

Laverstock Care Centre, London Road, Salisbury SP1 3HP

12.30 - 1.30pm Fridays until November



Silver Salisbury's Old Sarum Coffee & Chat

20

Tea, coffee and biscuits and an occasional guest speaker. No charge and no need to book but small donations towards refreshments are welcome. For more information and to confirm dates call 07596 483499.

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

10 - 11.30am last Friday of the month but not December

Probus Club of Sarum

45

A club for retired and semi-retired professional and businessmen to meet socially and enjoy interesting speakers and activities. You're welcome to try two free introductory meetings, then membership is £25 a quarter. No need to book but 01722 335534 or mcleanp512@gmail.com for information.

Sarum College, 19 The Close, Salisbury, SP1 2EE

10:30am 2nd Friday of the month

Silver Salisbury's Coffee & Chat at the Library

1

We meet for coffee and conversation, sometimes with a guest speaker. No charge and no need to book but small donations towards refreshments appreciated. Further information from 01722 323812.

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

11am - 12.30pm 2nd Friday of the month



Shows location on map on page 38 and 39

Silver Salisbury

Social & Wellbeing

Disability Interest Group Salisbury (DIGS) Meetings

12

DIGS is working to bring positive change for people with disabilities. The group is made up of a diverse range of people with lived experience of disability or chronic illness, are neurodiverse or have caring responsibilities. They are keen to welcome more members. Come along to a meeting or call 07425 450562 or info@disabilityinterestgroup.com.

Bemerton Heath Centre, Pinewood Way, Salisbury SP2 9HU
6pm Wednesday 24 September & Wednesday 26 November

Alzheimer's Support Hub

46

Scots House is a dementia day club and information centre. Members can enjoy companionship and activities supported by specialist staff. Advice and information available. Call 01722 442050 to find out more and arrange a visit.

Scots House, 15 Scots Lane, Salisbury SP1 3TR
9am - 4pm Tuesday - Friday

Amicus Friendship Group

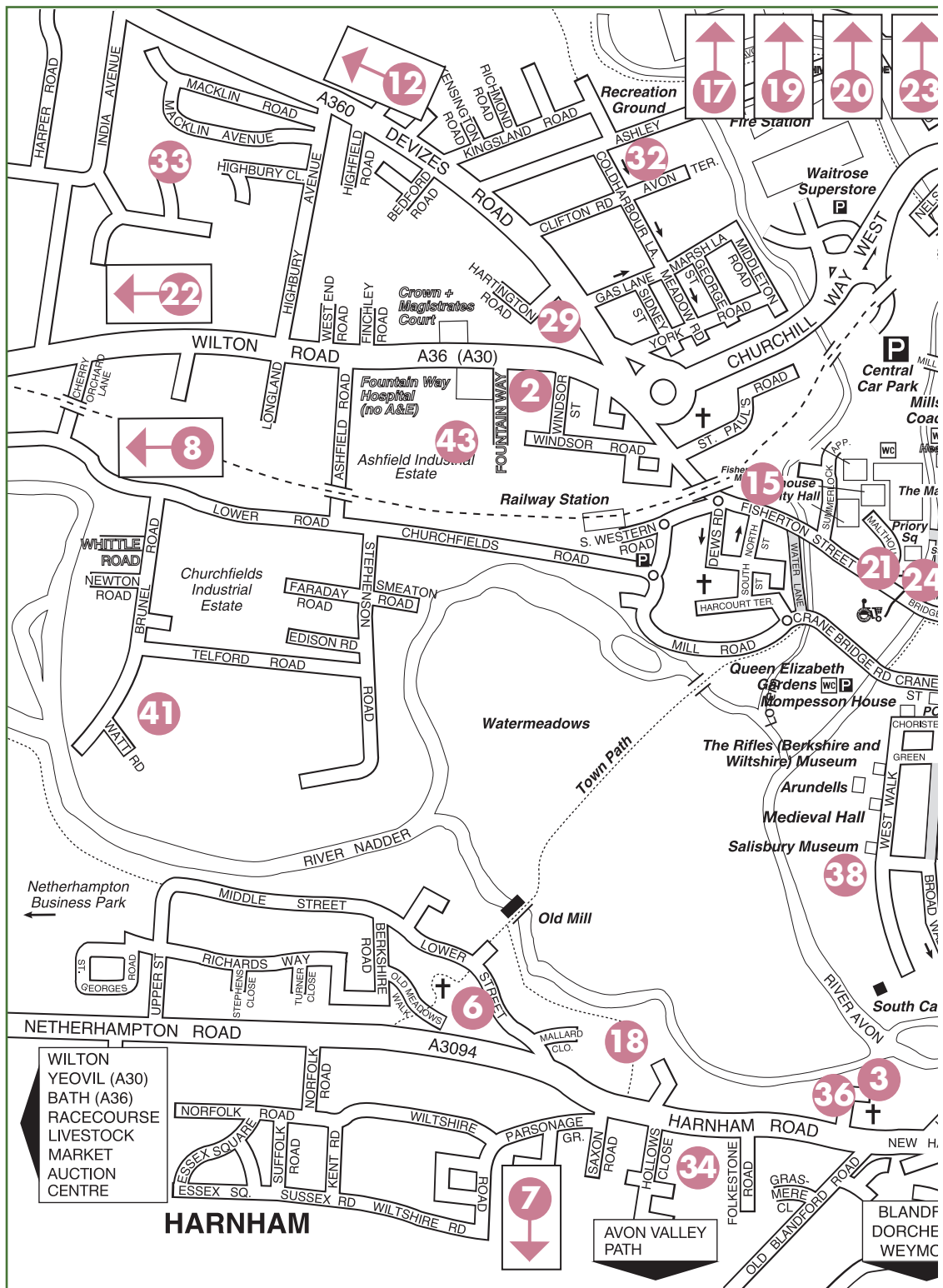
A friendship group for single people aged 50 plus that want to get out, meet new people and make new friends. Members organise activities for other members. This might be theatre and cinema trips, country walks, pub nights, meals out, visits to attractions or even holiday breaks. Membership is currently £24 a year. More information on www.amicusfriendshipgroup.co.uk, amicusfriendshipgroup@gmail.com or 07503 006284.

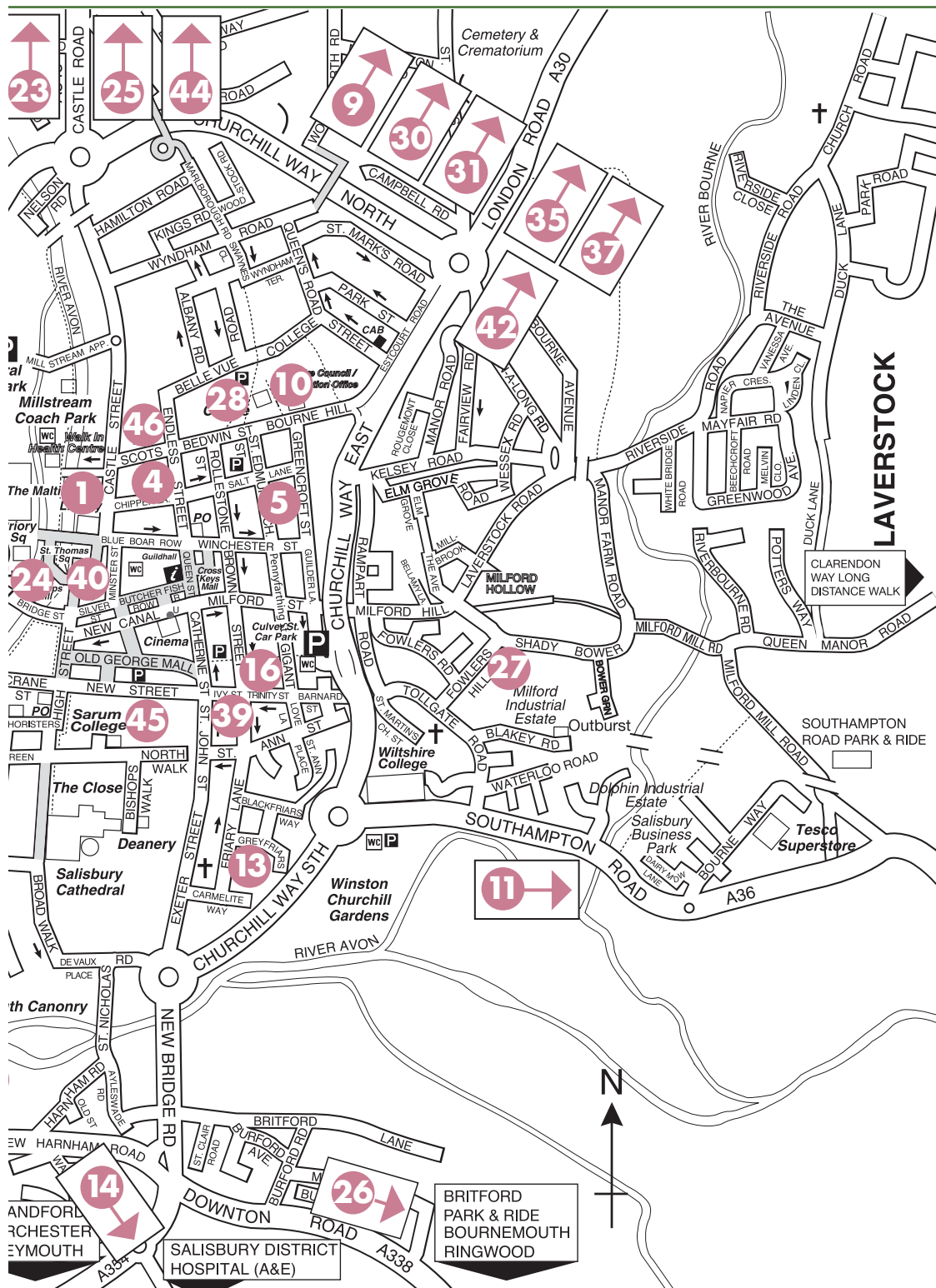


Salisbury Event Locations

- 1 Salisbury Library SP1 1BL
- 2 Salisbury Medical Practice SP2 7FD
- 3 Harnham Memorial Hall SP2 8JH
- 4 Everyman Cinema SP1 1DP
- 5 Salisbury Methodist Church SP1 1EF
- 6 Harnham Parish Hall SP2 8EY
- 7 Harnham Community Club SP2 8LA
- 8 St John's Place SP2 9NW
- 9 Winterbourne Glebe Hall SP4 6HA
- 10 Secret Garden, Bourne Hill SP1 3UZ
- 11 Hazel Hill Wood SP5 1AU
- 12 Bemerton Heath Centre SP2 9HU
- 13 Friary Community Centre SP1 2HW
- 14 Salisbury District Hospital SP2 8BJA
- 15 Salisbury Playhouse SP2 7RA
- 16 Salisbury Baptist Church SP1 2AS
- 17 Five Rivers Health Centre SP1 3NR
- 18 Harnham Cricket Field SP2 8JY
- 19 Riverside Tennis Club SP2 7DG
- 20 Old Sarum Community SP7 9GH
- 21 United Reformed Church SP2 7RG
- 22 South Wilts Sports Club SP2 9NY
- 23 Victoria Park, Castle Road SP1 3NE
- 24 Salisbury Shopmobility SP2 7TL
- 25 23rd Scouts Hall SP1 3JR
- 26 Radnor Hall SP5 4EQ
- 27 St Martin's Primary SP1 2RG
- 28 Salisbury Arts Centre SP1 3UT
- 29 St Pauls WMC SP2 7AA
- 30 Laverstock Village Hall SP1 1RQ
- 31 Laverstock Sports Club SP1 1QX
- 32 Ashley Road SP2 7TN
- 33 Christie Miller Road SP2 7EN
- 34 Brympton House SP2 8PG
- 35 Barrington Centre SP1 3JD
- 36 St George's Hall SP2 8EY
- 37 Laverstock Care Centre SP1 3HP
- 38 Salisbury Museum SP1 2EN
- 39 White Hart Hotel SP1 2SD
- 40 St Thomas's Church SP1 1BA
- 41 2 Watt Road SP2 7UD
- 42 Idmiston Memorial Hall SP4 0LB
- 43 Chapters Bistro SP2 7FT
- 44 Stratford Club House SP1 3JR
- 45 Sarum College SP1 2EE
- 46 Scots House SP1 3TR







Silver Stonehenge

Films, Talks & Tea Parties

Amesbury Evening Women's Institute

1

Meetings with speakers on different topics, social events and activities. Visitors are welcome in return for a donation to help cover the cost of refreshments and speakers. Contact 07908 860220 or amesburypres@wiltshirewi.org.uk for more information about this group. The WI is a national organisation with many other local groups so if the day and time don't suit then please check the national website www.thewi.org.uk for others.

Antrobus House, 39 Salisbury Road, Amesbury SP4 7H

7:30 - 9.30pm 2nd Thursday of the month

The Amesbury Society

1

The 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, 01980 623846 or angelaroadnightbayliss@msn.com.

This Autumn there are three talks.

7.30pm Monday 1 September - Juliet ten Doeschate on wildlife in her garden

2.30 pm Monday 27 October - Wessex Archaeology on Local Finds

2.30pm Monday 24 November - short AGM and talk by the Commonwealth War Graves Commission

Refreshments available 30 minutes before the talks. Ample parking to the rear of Antrobus House.

Antrobus House, 39 Salisbury Road, Amesbury SP4 7H



Autumn 25 - Summer 26

Getting Creative

Amesbury Men's Shed

2

A workshop for members to meet, chat and create. The Amesbury Men's Shed is not just a workshop for the community but a social place where members can meet and chat. You can work on your own items or get involved with our community projects. Good disabled access, plus regular transport links by Hoppa Bus. Membership is £60 per year. Contact Alan Smith 07887 750213 or treasurer@amesburymensshed.org.uk for more information.

Amesbury Men's Shed, Centenary Park, Archers Way, Amesbury SP4 7WQ
10am - 3pm Monday, Wednesday & Saturday



Durrington Crafty Chatters

3

All 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 8AW
7 - 9pm Tuesdays term time only

Silver Stonehenge

Keeping Active

Get Wiltshire Walking

4

5

We aim to ensure every community in the county has access to a FREE weekly walk led by qualified walk leaders. We vary the routes each week and make sure that the slowest walkers are looked after. Friendly and fun, it's a great way to get fit, meet new people and get to know your local area. Sorry no dogs, other than assistance dogs, allowed. No need to book, for more information contact 07342 066608 or louise.gale@wiltshire.gov.uk.

Amesbury Library, Smithfield Street, Amesbury SP4 7AL

10 - 11.30am Tuesdays

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

11 am - 12.30pm Tuesdays and 9.30 - 11am Fridays

Tai Chi and Qigong

1

Gentle low impact exercise aimed at relaxation. The movements can help 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 07756 407370 or jillsc21@gmail.com.

Antrobus House, 39 Salisbury Road, Amesbury SP4 7H

10.30 - 11.30am Wednesdays



Autumn 25 - Summer 26

Keeping Active

Stonehenge Strollers Walking Football

6

Established in 2023 to promote physical and mental health where fun and friendship are paramount. We are a men's over 50's walking football club based at Amesbury Leisure Centre. £5 per session with first taster session free. If you feel walking football is for you come along or contact Chris at stonehengestrollers@gmail.com, 07780 604801 or Roger at rbatchelor1307@btinternet.com, 07768 736527.

Amesbury Leisure Centre, Holders Road, Amesbury SP4 7PW

7 - 8 pm Wednesdays

Age UK's Fitness & Friendship Club

7

Socialise and do some gentle, seated exercises that can help strengthen and support you with everyday tasks. Enjoy chats over tea or coffee, games and relaxing Tai Chi. £6 per session, your first session is free! No need to book but more information from fitnessandfriendship@ageukwiltshire.org.uk or 07754 612569.

The Bowman Centre, Shears Drive, Amesbury SP4 7XT

2 - 4pm fortnightly on Wednesdays including 1st and 15th October



Walking Rugby

2

Fun, exercise and friendship. Walking rugby is a type of rugby for more mature folks. No experience needed, no full contact, no scrums, no running. Touch tackles only. We play all year round. Thursday evenings are indoors from Oct to Feb inclusive, and outdoors on Saturdays with coffee and chat after. First two sessions are free, then there's an annual membership fee. Social events also. Plenty of volunteer opportunities for players and non-players. Please let us know you're coming by emailing amesburyrfc.walkingrugby@gmail.com or calling 07538 609679.

Centennial Close, Archers Way, Amesbury SP4 7WQ

6 - 7pm Thursdays & 10am - 12 noon Saturdays

Silver Stonehenge

Music, Singing & Dance

Amesbury Line Dancers

8

Line dancing is 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

5.15 - 6.33pm Wednesdays - Absolute beginners

6.30 - 8pm Wednesdays - High beginners

11am - 12.30pm Thursdays - High beginners

The Rose Singing Club

8

We're not a choir; we just have a great time singing with chat, laughter, tea and biscuits. Don't worry if you 'can't sing', everyone's welcome. Social singing is a great way to feel good and meet new people. £2.50 a week with free parking behind the church. No need to book but for more information contact Trudi at traney61@outlook.com or lindadale209@gmail.com or call 07923 468411.

Amesbury Methodist Church, High Street, Amesbury SP4 7ET

2 - 4pm Tuesdays, some breaks for school holidays

Amesbury Community Soul Singers Choir

9

A non-auditioned mixed choir open to singers of all backgrounds and abilities age 10 plus. Free trial then £8 a session. No need to book but amesburycommunitysoulsingers@gmail.com or 07800 519913 for information.

Amesbury Archer Primary School, Shears Drive, Amesbury SP4 7XX

7 - 9pm Tuesdays

Durrington Line Dancers

10

A social evening with a friendly group, learning line dance steps to a wide variety of music. All abilities welcome. First session free, then £5 a session. Please book on 07789 250903 or julesdymond@aol.com.

Durrington Working Men's Club, Windsor Road, Durrington SP4 8HG

6 - 8pm Thursdays

Autumn 25 - Summer 26

Social & Wellbeing

Carers - Amesbury Memory Café

8

Run by Carers Together Wiltshire in partnership with Alzheimer's Support this group provides an opportunity to connect with others going through similar experiences. Professionals can discuss support available from Carers Together Wiltshire. No need to book. Alzheimer's Support's standard fee is £5, but there is a 'Pay What You Can' option so everyone can take part. More information from: www.alzheimerswiltshire.org.uk/memory-cafes or 01380 739055.

Methodist Hall, 13 High Street, Amesbury sSP4 7ET



Scrabble Social at Amesbury Library

4

Fancy a game of scrabble? Or a coffee and a chat? Everyone's welcome to come and join us. No charge and no need to book but if you want to check anything contact amesburylibrary@wiltshire.gov.uk or 01980 623491.

Amesbury Library, Smithfield Street, Amesbury SP4 7AL

2 - 3pm Tuesdays

Silver Stonehenge

Social & Wellbeing

Afternoon Tea and Chat at Antrobus House

1

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

Antrobus House, 39 Salisbury Road, Amesbury SP4 7HH

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

Community Coffee Morning

11

Come along for a chat over tea, coffee, cake and biscuits. No charge but donations welcome. No need to book but further information from 07709 245795 or rosybevis@gmail.com.

Amesbury Baptist Centre, Butterfield Drive, Amesbury SP4 7SN

10am - 12 noon on the 3rd Wednesday of the month

Salisbury & District Model Engineering Society

12

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

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

7.30 - 10.30pm 3rd Wednesday of the month



Autumn 25 - Summer 26

Social & Wellbeing

Wiltshire & Alzheimer's Support's Carer's Group

13

A support group for unpaid carers of people living with dementia. Free and no need to book but call 01380 739055 or email office@alzheimerswiltshire.org.uk to find out more.

The George Hotel, 19 High Street, Amesbury SP4 7ET
2 - 3.30pm 4th Wednesday of the month

Wiltshire Sight's Amesbury Social Group

4

A friendly social group for anyone living with sight loss and their friends and family. Come and enjoy a hot drink whilst meeting others living with sight loss. One to one appointments with your local sight loss advisor also available for specific advice including help with resources, magnification and support with technology. For more information call 01380 723682 or info@wiltshiresight.org.

Amesbury Library, Smithfield Street, Amesbury SP4 7AL
10.30am - 12.30pm 2nd Thursday of the month

Coffee Morning at Amesbury Methodist Church

8

Everyone's welcome for a friendly coffee morning. Teas, coffees, homemade and savouries for just 50p an item. Parking at the rear of the church. Pop in and see us. No need to book but 07938 711049 for more information.

Amesbury Methodist Church, High Street, Amesbury SP4 7ET
10 - 11.30am Saturdays

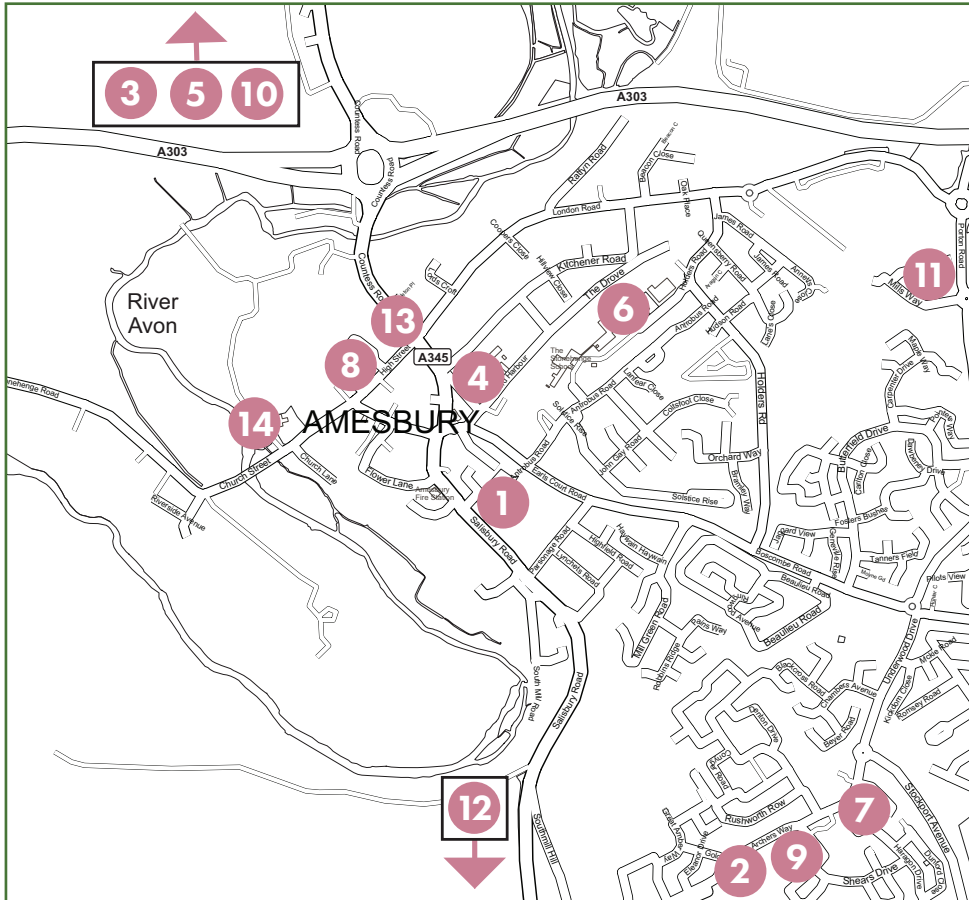
Amesbury Parish Church's Coffee Mornings

14

A social coffee morning held monthly to socialize and have activities, usually with a craft activity suitable for all ages. No charge but donations for refreshments are welcome. For more information contact Amesbury PCC on 07908 860220 or contact@amesburyparishchurch.org.

Amesbury Parish Church, Church Street, Amesbury SP4 7EU
10am - 12 noon 2nd Saturday of the month

Stonehenge Event Locations



- | | |
|-------------------------------------|-------------------------------------|
| 1 Antrobus House Amesbury SP4 7HH | 8 Amesbury Methodist Church SP4 7ET |
| 2 Archers Way SP4 7WQ | 9 Archer Primary School SP4 7XX |
| 3 Old School Hall SP4 8AW | 10 Durrington WM Club SP4 8HG |
| 4 Amesbury Library SP4 7AL | 11 Amesbury Baptist Centre SP4 7SN |
| 5 Durrington Fitness Centre SP4 8HH | 12 Idmiston Parish Hall SP4 0LB |
| 6 Amesbury Leisure Centre SP4 7PW | 13 The George Hotel SP4 7ETU |
| 7 The Bowman Centre SPA 7XT | 14 Amesbury Parish Church SP4 7EU |

Silver Downton

Keeping Active

Walking Football: Men and women

1

2

All welcome and oldest player is 80. Great fun. 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

3

Get Wiltshire Walking aims to ensure every community in the county has access to a FREE weekly walk led by qualified walk leaders. We try to vary the routes each week and make sure that the slowest walkers are looked after. It's a great way to get fit, meet new people and get to know your local area. Sorry no dogs, other than assistance dogs, allowed. No need to book, for more information contact 07342 066608 or louise.gale@wiltshire.gov.uk

Meet at The Borough Café, Downton SP5 3LY

10 - 11.30am Wednesdays



Shows location on map on page 53

Silver Downton

Music, Singing & Dance

Village Singers Monday Choir

4

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

Woodfalls Methodist Church, The Ridge, Woodfalls SP5 2LH

7.30 - 9pm Mondays in term time from 8 September

Beginners Brass with Downton Brass Band

5

A fun opportunity to learn brass and percussion! We provide tuition, music and expertise and can lend you an instrument. This group is for people that want to start playing, those wanting to pick music back up after a break or anyone wanting to try a new instrument. We welcome all ages and encourage families to learn together. Just £1 a week, including tuition, instrument loan and music. Contact Miriam on 07934 143373 or downtonband@gmail.com or downtonband.org.uk.

The Band Hall, Gravel Close, Downton SP5 3JQ

6.15 - 7.15pm Tuesdays during Wiltshire term time



Goldies Sing&Smile

6

Fun, daytime social groups where we sing-along to popular hits from the 50s onwards Goldies isn't a choir, you don't have to be able to sing to join, 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.

Downton Memorial Hall, The Borough, Downton SP5 3NB

10 - 11am 4th Wednesday of the month

Autumn 25 - Summer 26

Social & Wellbeing

Downton Downtime

7

A range of activities including participatory music and movement, concerts, and visual arts and crafts for anyone living with dementia, memory issues or feeling isolated. Donations of £5 per session or more, most welcome. For more information, please contact downtondowntime@gmail.com.

Downton Baptist Church, South Lane, Downton SP5 3NA

10.15am - 12.15pm Tuesdays in term time

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

Thursday Church & lunch

7

Coffee & cake 10:30 - 11am, short traditional service, 11am - 12 noon lunches from 12ish (twice a month on the 2nd and 4th Thursday). There's no charge for lunch but you are welcome to contribute, should you wish. Drop in for any or all the activities. No need to book but further information from 01725 512971.

Downton Baptist Church, South Lane, Downton SP5 3NA

10.30am Thursdays

Ashley Grange Friendship Club

8

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

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

1.45 - 3.30pm Thursdays

Silver Downton

Social & Wellbeing

Happy to Chat at Downton Library

9

Take some time for yourself and enjoy a chat with our lovely volunteers. Just drop in and say hello.

Downton Library, Church Leat, Downton SP5 3PD

10am - 1pm Thursdays



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 - 12 noon Wednesdays and Fridays

Downton Repair Cafe

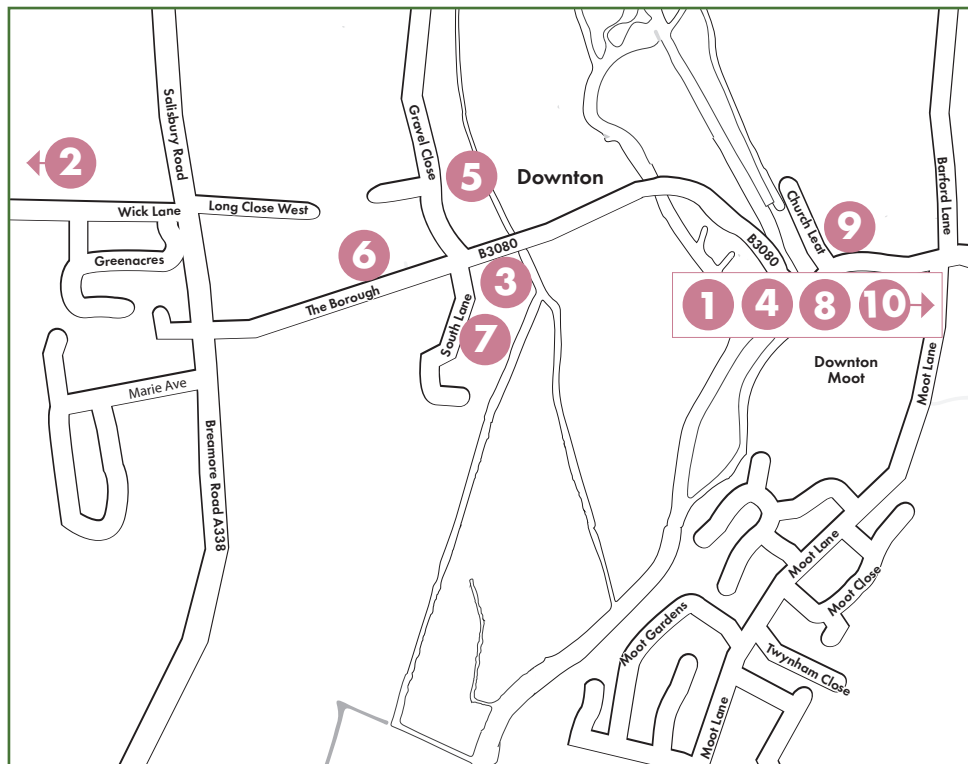
7

All welcome for tea and coffee. They also do repairs and sell re-furbished items for the cost of parts and voluntary donations in support of local charities.

Downton Baptist Church, South Lane, Downton SP5 3NA

10am - 12 noon 1st Saturday of the month

Downton Event Locations



- 1 Redlynch Playing Fields, The Ridge SP5 2LN
- 2 Downton Leisure Centre, Wick Lane, Downton SP5 3NF
- 3 Borough Cafe, 70 The Borough, Downton SP5 3LYA
- 4 Woodfalls Methodist Church, The Ridge, Woodfalls SP5 2LH
- 5 The Band Hall, Gravel Close, Downton SP5 3JQ
- 6 Downton Memorial Hall, The Borough, Downton SP5 3NB
- 7 Downton Baptist Church, South Lane, Downton SP5 3NA
- 8 Ashley Grange Nursing Home, Lode Hill, Downton SP5 3PP
- 9 Downton Library, Church Leat, Downton SP5 3PD
- 10 Redlynch Village Hall, Vicarage Road, Lover SP5 2PG

Silver Wilton, Fovant & Dinton

Social & Wellbeing

The Wilton Men's Shed

1

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's 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 come 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

Open Door at Fovant Village Hall

2

Teas, coffee and biscuits and the opportunity to play games, work on craft projects or just chat. Everyone welcome. £1. If you need any more information contact Cheryl contact@fovantvillage.com or 01722 714594.

Fovant Village Hall, Tisbury Road, Fovant SP3 5JT
10am - 2pm Tuesdays



The Forum Stroke Club

3

We enjoy conversation, games, quizzes, gentle exercise, music and each other's company. New members very welcome. Just £2 a session.

Wilton Community Centre West Street, Wilton SP2 0DG
10.30am - 12.30pm Tuesdays from 9 September

Wilton Place's Coffee & Conversation

4

Come and join us for companionship and conversation. Meet our residents and staff over complementary home-made cake, tea and coffee. No need to book just come along.

Wilton Place Care Home, Buckeridge Road, Wilton SP2 0FX
2 - 4pm 1st Tuesday of the month

Autumn 25 - Summer 26

Social & Wellbeing

Six Penny Handley & Chalke Valley Practice's Memory Group

4

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

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

2 - 4pm 3rd Tuesday of the month

The Salisbury Breathless Singers

5

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.

Contact sing.breathe@soundsbettercic.org or ring 07356 047745. For more information see www.soundsbettercic.org.

Castle Meadow Pavilion, Castle Lane Wilton SP2 0H

2.30 - 3.15pm Tuesdays in term time



THE COSY CUPPA

All welcome. 10am - 12 noon on Tuesdays
The Pavilion, Dinton Rec, St Mary's Road, Dinton SP3 5HH

6



Shows location on map on page 59

Silver Wilton, Fovant & Dinton

Social & Wellbeing

Silver Salisbury's Wilton Coffee & Chat

7

We meet outside the usual library opening hours for a chat over tea, coffee and biscuits followed by an interesting guest speaker. No charge and no need to book but small donations towards refreshments appreciated. Contact 07721 992994 for more information.

Wilton Library, 12 South Street, Wilton SP2 0JS

10.30am - 12 noon on the 1st Wednesday of the month

The Wednesday Club Wilton

3

A friendly social club with speakers or social activities followed by tea and biscuits and time for a chat. Come and join us. First meeting free then £2 a meeting. For more information contact 01722 324676.

Wilton Community Centre, West Street, Wilton SP2 0DG

2.30 - 4pm 2nd Wednesday of the month

Pulmonary Fibrosis Support Group

3

A support group for those living with pulmonary fibrosis and their family and carers. More information from 07885 064701.

Wilton Community Centre, West Street, Wilton SP2 0DG

11 am - 1 pm on the last Wednesday of the month



Autumn 25 - Summer 26

Social & Wellbeing

Wilton & District Thursday Club

3

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 Deborah on wiltonthursdayclub@gmail.com or 07545 769794.

Wilton Community Centre, West Street, Wilton SP2 0DG

11 am - 3pm Thursdays



Coffee Mornings at Fovant Village Hall

2

A sociable, coffee morning for those from the Fovant area. Just 50p for a cup of coffee. If you need any more information contact Marilyn 07760 439955 or marilynann2011@gmail.com.

Fovant Village Hall, Tisbury Road, Fovant SP3 5JT

10 - 11 am Thursdays

Oasis Cafe & Friendly Crafts

8

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



Shows location on map on page 59

Silver Wilton, Fovant & Dinton

Social & Wellbeing

SWANS WI

3

All sorts of activities: superb speakers, dancing, demonstrations, things to make us laugh (and sometimes cry!). And of course, we make cakes and jam! No need to book but for more information contact 07966 753807 or suew1812@yahoo.co.uk.

Wilton Community Centre, West Street, Wilton SP2 0DG

2 - 4pm on the 1st Thursday of the month

Breakfast Club at Fovant Village Hall

2

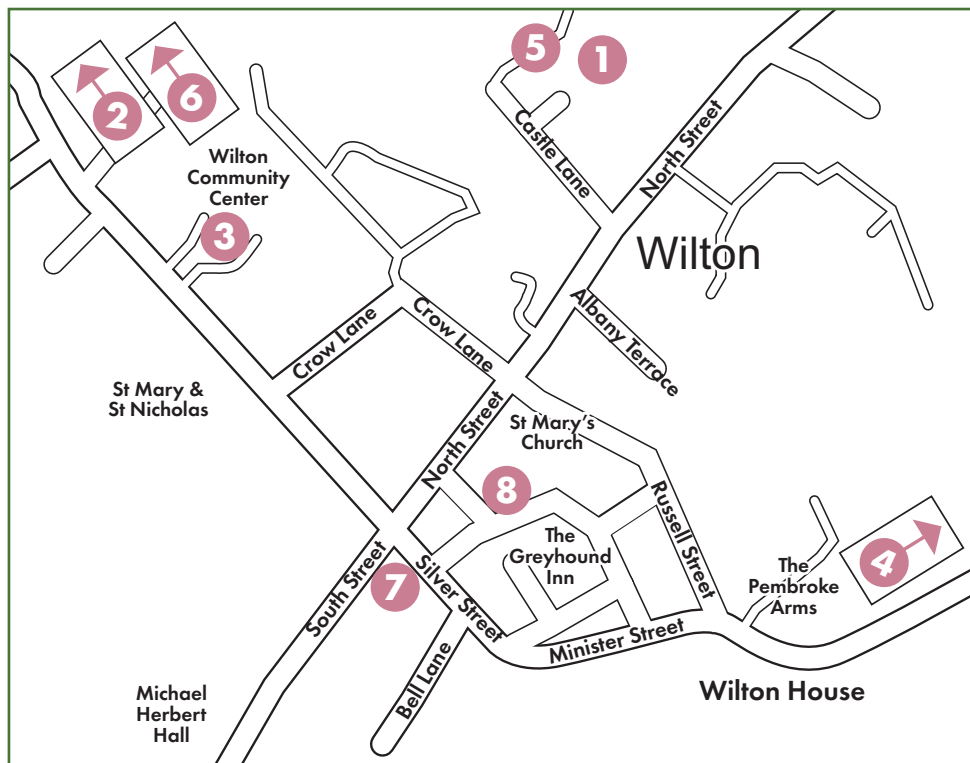
Cooked breakfast available to eat in or takeaway. All welcome. Come and catch up with the villagers and friends and grab a bap for your early morning walk on the Fovant Downs. Contact 01722 714594.

Fovant Village Hall, Tisbury Road, Fovant SP3 5JT

9 - 11 am Saturdays



Event Locations



- 1 Wilton Men's Shed, Castle Lane, Wilton SP2 0HG
- 2 Fovant Village Hall, Tisbury Road, Fovant SP3 5JT
- 3 Wilton Community Centre, West Street, Wilton SP2 0DG
- 4 Wilton Place Care Home, Buckeridge Road, Wilton SP2 0FX
- 5 Castle Meadow Pavilion, Castle Lane Wilton SP2 0H
- 6 The Pavilion, Dinton Recreation Ground, St Mary's Road, Dinton SP3 5HH
- 7 Wilton Library, 12 South Street, Wilton SP2 0JS
- 8 Wilton Baptist Church, Market Place, Wilton SP2 0HT

Autumn 25 - Summer 26



Silver Salisbury is here to help older people try new things, meet new people, and make new friends.

As a small charity, we are very grateful for the grants that fund us and the support of our amazing volunteers.

We're always keen to welcome new volunteers. If you'd like to join us, we'd love to hear from you.

Visit our website, www.silversalisbury.co.uk, email volunteer.silversalisbury@outlook.com or call 07696 483400 to find out more.



07842 865562

www.silversalisbury.co.uk