



# THE WOW What's On When GUIDE



EVENTS AND ACTIVITIES IN YOUR AREA

**Swindon and Vale of  
White Horse  
(SN1,2,3,4,5,6,7 & 25)**



**September-  
December  
2023**

# What is the WOW Guide?

The WOW Guide is put together by Home Instead in partnership with the local Dementia Friendly Communities in the area.

The What's on When (WoW) Guide highlights some of the activities that are currently available in the local area.

The Guide is not intended to be definitive, and the information is correct at the time of writing. We have tried to include free to access content and activities wherever possible but individual organisations may need to make a charge or request a contribution/donation for their services.

Please check with the organisers for up-to-date information and to register (if applicable). We advise you register with your local carer's support group, Age UK groups, MHA Communities groups etc as they will have a list of events open only to their members. Membership is usually free or at a very low cost.

If you would like a large print version or have an event to add to the guide please contact us on 01793 232585 or email

[cat.attewell@homeinsteadswindon.co.uk](mailto:cat.attewell@homeinsteadswindon.co.uk)

# CONTENTS



Page:

|              |                                      |
|--------------|--------------------------------------|
| <b>1</b>     | <b>Contents</b>                      |
| <b>2</b>     | <b>Key Organisations</b>             |
| <b>3-6</b>   | <b>Dementia Calendar</b>             |
| <b>7</b>     | <b>Venues &amp; Contacts</b>         |
| <b>8-12</b>  | <b>Exercise Activities</b>           |
| <b>13</b>    | <b>Lunch Clubs</b>                   |
| <b>14-19</b> | <b>Social &amp; Support</b>          |
| <b>20</b>    | <b>Free Workshops &amp; Services</b> |
| <b>21</b>    | <b>About Home Instead</b>            |



## Swindon Dementia Friendly Community/Dementia Action Alliance (SDAA)

This group meets quarterly at the Wyvern Theatre and comprises of representatives from local businesses and groups who support individuals living with dementia and their families and/or want to make a community more dementia friendly and inclusive for all.

**For more details contact: Nyree Kingsbury, Public Health Practitioner—Dementia, Swindon Borough Council**

**Email: NKingsbury@swindon.gov.uk Mobile: 07827 842643**



Dementia Advice & Dementia Support Services provide support to people with dementia and their carers to help them to maintain their independence, improving their sense of well-being, and putting them in more control of their lives. They also assist people with dementia and their carers to identify their needs and to access appropriate services. <https://www.alzheimers.org.uk>



For those living outside Swindon and on the Oxfordshire side, including such Shrivenham and Faringdon for example, then Dementia Oxfordshire can provide advice and support along your dementia journey. **Details for their website are:** <https://www.dementiaoxfordshire.org.uk/>



Our specialist nurses, known as **Admiral Nurses**, provide life changing advice and support to anyone affected by dementia, whenever it is needed. We're the only specialist dementia nursing charity that is there for the whole family, working towards a day when no-one has to face dementia alone. For more information, please see [www.dementiauk.org](http://www.dementiauk.org) call the dementia UK national helpline on **0800 888 8678** or the **Swindon Admiral nurses at GWH on 01793 607214.**



For those in Wiltshire but outside the Swindon boundary (Royal Wootton Bassett) **Alzheimer's Support Wiltshire** runs a number of in person groups across the county for those living with dementia and their family and carers these include **Music for the Mind, Movement for the Mind, Art groups, Living Well discussion groups, Muddy Boots groups, Memory cafes, Gardening cafes and a memory shed** <https://www.alzheimerswiltshire.org.uk/Pages/Category/activities>



Swindon Carers Centre is a charity that provides help and support to unpaid carers in Swindon. For more information visit [www.swindoncarers.org.uk/](http://www.swindoncarers.org.uk/), call 01793 531133 or email [info@swindoncarers.org.uk](mailto:info@swindoncarers.org.uk)



Carer Support Wiltshire is a charity that provides help and support to unpaid carers in Wiltshire. For more information Website: [www.carersupportwiltshire.co.uk](http://www.carersupportwiltshire.co.uk) Email: [admin@carersupportwiltshire.co.uk](mailto:admin@carersupportwiltshire.co.uk) Call (Freephone) 0800 181 4118

## DEMENTIA SPECIFIC CALENDAR September 2023

| Mon   | Tues  | Wed  | Thurs   | Fri   |
|---|---|--|---|---|
| N/A   | N/A   | N/A  | N/A   | 1st Sep: <b>Chiseldon Memory Café 10.30-12pm</b><br><b>Friendship Fridays Highworth 10-12pm</b><br><b>Sing Together Faringdon 2-3.30pm</b>                  |
| 4th Sep: <b>Freshbrook Singing for the Brain 10.30-12pm</b><br><b>Wyvern Memory Café 10.30-12pm</b>                       | 5th Sep:  | 6th Sep: <b>Pinetrees Memory Café 1.30pm—3.30pm</b><br><b>Swindon Carers Dementia Peer Support Group, 2.15 –3.45pm</b>   | 7th Sep: <b>Covingham Singing for the Brain 2-3.30pm</b><br><b>NEW: Orchid Memory Club 2.30-4pm</b>                                       | 8th Sep: <b>Friendship Fridays Highworth 10-12pm</b><br><b>Highworth Forget Me Not Choir 12.30-2pm</b>  |
| 11th Sep: <b>Freshbrook Singing for the Brain 10.30-12pm</b><br><b>Lydiard Walk &amp; Talk 11.30-12.30pm</b>              | 12th Sep: <b>Freshbrook Singing for the Brain 10.30-12pm</b>  | 13th Sep: <b>Haydon Wick Memory Café 10.30-12.30pm</b><br><b>Love to Move Highworth 1.45pm-3.15pm</b>  | 14th Sep: <b>Olive Tree Memory Café 10.30-12pm</b>  | 15th Sep: <b>Friendship Fridays Highworth 10-12pm</b>   |
| 18th Sep: <b>Freshbrook Singing for the Brain 10.30-12pm</b><br><b>Silver Linings at Stanton Park Farmhouse. 1.30—3pm</b> | 19th Sep: <b>Meadowcroft Singing for the Brain 10-12pm</b><br><b>Love &amp; Loss Peer Group 10.30-12pm</b><br><b>Swindon Carers</b> | 20th Sep: <b>Memory Cinema at Arts Centre 10.30am for 11am. Labyrinth</b><br><b>Pinetrees Memory Café 1.30pm—3.30pm</b><br><b>Dementia Voice (young onset dementia group) 10.30am—12pm</b> | 21st Sep: <b>Sporting Memory Café 10.30-12pm</b><br><b>Covingham Singing for the Brain 2-3.30pm</b><br><b>Orchid Memory Club 2.30-4pm</b> | 22nd Sep: <b>Friendship Fridays Highworth 10-12pm</b><br><b>Wroughton Making Memories Café 10.30-12pm</b><br><b>Highworth Forget Me Not Choir 12.30-2pm</b> |
| 25th Sep: <b>Freshbrook Singing for the Brain 10.30-12pm</b>  | 26th Sep:   | 27th Sep: <b>Haydon Wick Memory Café 10.30-12.30pm</b><br><b>Highworth Forget-Me-Not Café 2-4pm</b>  | 28th Sep:   | 29th Sep: <b>Friendship Fridays Highworth 10-12pm</b>   |

## DEMENTIA SPECIFIC CALENDAR October 2023

| Mon   | Tues  | Wed   | Thurs  | Fri   |
|---|---|---|--|---|
| <p>2nd Oct: <b>Freshbrook Singing for the Brain 10.30-12pm</b></p> <p><b>Wyvern Memory Café 10.30-12pm</b></p>  | <p>3rd Oct: <b>Love &amp; Loss Peer Group 10.30-12pm Swindon Carers</b></p>   | <p>4th Oct: <b>Pinetrees Memory Café 1.30pm—3.30pm</b></p> <p><b>Swindon Carers Dementia Peer Support Group, 2.15 –3.45pm</b></p>   | <p>5th Oct: <b>Covingham Singing for the Brain 2-3.30pm</b></p> <p><b>Orchid Memory Club 2.30-4pm</b></p>  | <p>6th Oct: <b>Chiseldon Memory Café 10.30-12pm</b></p> <p><b>Friendship Fridays Highworth 10.15-12.15pm</b> at St. Michael's Church</p> <p><b>Highworth Forget Me Not Choir 12.30-2pm</b></p> <p><b>Sing Together Faringdon 2-3.30pm</b></p> |
| <p>9th Oct: <b>Wyvern Memory Café 10.30am-12pm</b></p> <p><b>Freshbrook Singing for the Brain 10.30-12pm</b></p> <p><b>Lydiard Walk &amp; Talk 11am</b></p> | <p>10th Oct:</p>  | <p>11th Oct: <b>Haydon Wick Memory Café 10.30-12.30pm</b></p> <p><b>Love to Move Highworth 1.45pm-3.15pm</b></p>  | <p>12th Oct: <b>Olive Tree Memory Café 10.30-12pm</b></p> <p><b>Sporting Memory Café 10.30-12pm</b></p>    | <p>13th Oct: <b>Friendship Fridays Highworth 10.15-12.15pm</b> &amp; bring and share lunch in St. Michael's Church Highworth &amp; <b>1.15-3.15pm</b> Mary Lou Review Event in St. Michael's Church Highworth</p>                             |
| <p>16th Oct: <b>Freshbrook Singing for the Brain 10.30-12pm</b></p> <p><b>Silver Linings at Stanton Park Farmhouse. 1.30—3pm</b></p>                        | <p>17th Oct: <b>Meadowcroft Singing for the Brain 10-12pm</b></p> <p><b>Love &amp; Loss Peer Group 10.30-12pm</b></p> | <p>18th Oct: <b>Pinetrees Memory Café 1.30pm—3.30pm</b></p> <p><b>Dementia Voice (young onset dementia group) 10.30am—12pm</b></p>  | <p>19th Oct: <b>Covingham Singing for the Brain 2-3.30pm</b></p> <p><b>Orchid Memory Club 2.30-4pm</b></p> | <p>20th Oct: <b>Friendship Fridays Highworth 10-12pm</b></p> <p><b>Wroughton Making Memories Café 10.30-12pm</b></p>  |
| <p>23rd Oct: <b>Freshbrook Singing for the Brain 10.30-12pm</b></p>   | <p>24th Oct:</p>  | <p>25th Oct: <b>Haydon Wick Memory Café 10.30-12.30pm</b></p> <p><b>Memory Cinema at Arts Centre 10.30am for 11am. High Anxiety</b></p> <p><b>Highworth Forget-Me-Not Memory Café 2-4pm</b></p> | <p>26th Oct:</p>   | <p>27th Oct: <b>Friendship Fridays Highworth 10-12pm</b></p> <p><b>Highworth Forget Me Not Choir 12.30-2pm</b></p>  |
| <p>30th Oct: <b>Freshbrook Singing for the Brain 10.30-12pm</b></p>   | <p>31st Oct: <b>Love &amp; Loss Peer Group 10.30-12pm SCC</b></p>   | <p>N/A</p>  | <p>N/A</p>   | <p>N/A</p>  |

## DEMENTIA SPECIFIC CALENDAR November 2023

| Mon  | Tues  | Wed  | Thurs   | Fri   |
|--|---|--|---|---|
| N/A  | N/A   | 1st Nov: <b>Pinetrees Memory Café 1.30pm—3.30pm</b><br><br><b>Swindon Carers Dementia Peer Support Group, 2.15 –3.45pm</b>   | 2nd Nov: <b>Covingham Singing for the Brain 2-3.30pm</b><br><br><b>Orchid Memory Club 2.30-4pm</b>  | 3rd Nov: <b>Chiseldon Memory Café 10.30-12pm</b><br><br><b>Friendship Fridays Highworth 10-12pm</b>           |
| 6th Nov: <b>Wyvern Memory Café 10.30am-12pm</b><br><br><b>Freshbrook Singing for the Brain 10.30-12pm</b>                    | 7th Nov:  | 8th Nov: <b>Haydon Wick Memory Café 10.30-12.30pm</b><br><br><b>Love to Move Highworth 1.45pm -3.15pm</b>  | 9th Nov: <b>Olive Tree Memory Café 10.30-12pm</b>   | 10th Nov: <b>Friendship Fridays Highworth 10-12pm</b><br><br><b>Highworth Forget Me Not Choir 12.30-2pm</b>   |
| 13th Nov: <b>Freshbrook Singing for the Brain 10.30-12pm</b><br><br><b>Lydiard Walk &amp; Talk 11.30-12.30pm</b>             | 14th Nov: <b>Love &amp; Loss Peer Group 10.30-12pm</b><br><br><b>Swindon Carers</b> | 15th Nov: <b>Memory Cinema at Arts Centre 10.30am for 11am.</b><br><br><b>Who Framed Roger Rabbit</b><br><br><b>Pinetrees Memory Café 1.30pm—3.30pm</b><br><br><b>Dementia Voice (young onset dementia group) 10.30am—12pm</b> | 16th Nov: <b>Sporting Memory Café 10.30-12pm</b><br><br><b>Covingham Singing for the Brain 2-3.30pm</b><br><br><b>Orchid Memory Club 2.30-4pm</b> | 17th Nov: <b>Wroughton Making Memories Café 10.30-12pm</b><br><br><b>Friendship Fridays Highworth 10-12pm</b> |
| 20th Nov: <b>Freshbrook Singing for the Brain 10.30-12pm</b><br><br><b>Silver Linings at Stanton Park Farmhouse 1.30—3pm</b> | 21st Nov: <b>Meadowcroft Singing for the Brain 10-12pm</b>                          | 22nd Nov: <b>Haydon Wick Memory Café 10.30-12.30pm</b><br><br><b>Highworth Forget-Me-Not Memory Café 2-4pm</b>   | 23rd Nov:   | 24th Nov <b>Friendship Fridays Highworth 10-12pm</b><br><br><b>Highworth Forget Me Not Choir 12.30-2pm</b>    |
| 27th Nov: <b>Freshbrook Singing for the Brain 10.30-12pm</b>   | 28th Nov: <b>Love &amp; Loss Peer Group 10.30-12pm</b><br><br><b>Swindon Carers</b> | 29th Nov:  | 30th Nov: <b>Orchid Memory Club 2.30-4pm</b>  | N/A   |

## DEMENTIA SPECIFIC CALENDAR December 2023

| Mon   | Tues   | Wed  | Thurs   | Fri   |
|---|--|--|---|---|
| N/A   | N/A  | N/A  | N/A   | 1st Dec: <b>Chiseldon Memory Café 10.30—12pm</b><br><br><b>Friendship Fridays Highworth 10-12pm</b>           |
| 4th Dec: <b>Freshbrook Singing for the Brain 10.30-12pm</b><br><br><b>Wyvern Memory Café 10.30-12pm</b>                       | 5th Dec:   | 6th Dec: <b>Pinetrees Memory Café 1.30pm—3.30pm</b><br><br><b>Swindon Carers Dementia Peer Support Group, 2.15 –3.45pm</b>   | 7th Dec: <b>Covingham Singing for the Brain 2-3.30pm</b><br><br><b>Orchid Memory Club 2.30-4pm</b>  | 8th Dec: <b>Friendship Fridays Highworth 10-12pm</b><br><br><b>Highworth Forget Me Not Choir 12.30-2pm</b>    |
| 11th Dec: <b>Freshbrook Singing for the Brain 10.30-12pm</b><br><br><b>Lydiard Walk &amp; Talk 11.30-12.30pm</b>              | 12th Dec: <b>Love &amp; Loss Peer Group 10.30-12pm</b><br><br><b>Swindon Carers</b>  | 13th Dec: <b>Haydon Wick Memory Café 10.30-12.30pm</b><br><br><b>Love to Move Highworth 1.45pm-3.15pm</b><br><br><b>Memory Cinema at Arts Centre 10.30am for 11am. The Muppets</b> | 14th Dec: <b>Olive Tree Memory Café 10.30-12pm</b><br><br><b>Sporting Memory Café 10.30-12pm</b>    | 15th Dec: <b>Friendship Fridays Highworth 10-12pm</b><br><br><b>Wroughton Making Memories Café 10.30-12pm</b> |
| 18th Dec: <b>Freshbrook Singing for the Brain 10.30-12pm</b><br><br><b>Silver Linings at Stanton Park Farmhouse. 1.30—3pm</b> | 19th Dec: <b>Meadowcroft Singing for the Brain 10-12pm</b><br><br><b>Highworth Forget-Me-Not Christmas Memory Café at St. Michael's Church 3-5pm</b> | 20th Dec: <b>Pinetrees Memory Café 1.30pm—3.30pm</b>   | 21st Dec: <b>Covingham Singing for the Brain 2-3.30pm</b><br><br><b>Orchid Memory Club 2.30-4pm</b> | 22nd Dec: <b>Friendship Fridays Highworth 10-12pm</b><br><br><b>Highworth Forget Me Not Choir 12.30-2pm</b>   |



## DEMENTIA CALENDAR: Venues & Contacts



**Wyvern Memory Cafe:** Lower Foyer, Wyvern Theatre, Swindon. [owebb@wyverntheatre.org.uk](mailto:owebb@wyverntheatre.org.uk) or call 01793 509039 to register.

**Haydon Wick Memory Café:** Haydon Wick Bowls Club. Thames Avenue. [memorycafe@haydonwick.gov.uk](mailto:memorycafe@haydonwick.gov.uk) or call 01793 722446 / 07889 233916.

**Pinetrees Memory Café:** Pinetrees Community Centre, Swindon. [steph.pinetrees@yahoo.com](mailto:steph.pinetrees@yahoo.com) 01793 466499 (Michaela Johnson).

**Highworth Forget-Me-Not-Café & Choir:** Highworth Community Centre & St Michael's. Contact [Forgetmenot.highworth@gmail.com](mailto:Forgetmenot.highworth@gmail.com) or call 07970 543423.

**Sporting Memory Café:** Swindon Town Football Club Foundation, STFC Foundation Park, Swindon Town FC. [shane@stfcfoundation.com](mailto:shane@stfcfoundation.com)

**Olive Tree Memory Café :** by Alzheimer's Society at Manor Garden Centre, Swindon. [karen.owen@alzheimers.org.uk](mailto:karen.owen@alzheimers.org.uk) or call 07512 716473

**Chiseldon Memory Café:** Church Hall, Butts Road, Chiseldon. [Paul.sunners@btinternet.com](mailto:Paul.sunners@btinternet.com)

**Wroughton Making Memories Café:** Prospect Hospice, Moormead Road, Wroughton, Swindon SN4 9BY. [nkingsbury@swindon.gov.uk](mailto:nkingsbury@swindon.gov.uk)

**Dementia Friendly Walk & Talk** Lydiard Park Swindon. [Heather.goldsmith@swindoncarers.org.uk](mailto:Heather.goldsmith@swindoncarers.org.uk) or call 07841 503849

**Freshbrook & Covingham Singing for the Brain:** Freshbrook Community Centre, St. Paul's Covingham Swindon. Contact [Karen.owen@alzheimers.org.uk](mailto:Karen.owen@alzheimers.org.uk) or call 07512 716473.

**Dementia Voice: *Must book in advance.*** The Community Room, Tesco Extra Ocotal Way, Swindon. [karen.owen@alzheimers.org.uk](mailto:karen.owen@alzheimers.org.uk) or call 07512 716473

**Singing for the Brain :** Meadowcroft Community Centre, Addison Crescent, Swindon. Contact [alisonporter@hotmail.com](mailto:alisonporter@hotmail.com)

**Friendship Fridays:** Council rooms, Gilberts Lane, Highworth. Contact [Forgetmenot.highworth@gmail.com](mailto:Forgetmenot.highworth@gmail.com) or call 07970 543423.

**Love to Move:** Contact: [love2move.highworth@gmail.com](mailto:love2move.highworth@gmail.com)      **Royal Wootton Bassett (RWB) Dementia Choir:** [lisawilliamsmusic@gmail.com](mailto:lisawilliamsmusic@gmail.com)

**Swindon Carers Peer Support Dementia Group/ Love & Loss Group:** Christchurch Community Centre/Olive Tree Cafe  
[Heather.goldsmith@swindoncarers.org.uk](mailto:Heather.goldsmith@swindoncarers.org.uk) or call 07841 503849

**Silver Linings: Crafts/Walking** Stanton Park, Every Cloud Arts & Crafts, Stanton Park, SN6 7SF. Lead by Swindon Carers/ Home Instead/ Every Cloud. To book contact [Heather.goldsmith@swindoncarers.org.uk](mailto:Heather.goldsmith@swindoncarers.org.uk) or call 07841 503849.

**Memory Cinema:** Arts Centre, Swindon. To book: <https://swindontheatres.co.uk/Online/tickets-memory-cinema-swindon-2023> or call 0343 310 0040

**Orchid Memory Club: *Must book in advance.*** Orchid Care Home, 14 Guernsey Lane SN25 1UZ. [Recruitment.orchid@angelcareplc.co.uk](mailto:Recruitment.orchid@angelcareplc.co.uk) 01793 753 336



Swindon Town FC  
Community Foundation



**Alzheimer's Society**  
Together we help & hope  
for everyone living with dementia







## EXERCISE (Monday)



| Day    | Time          | Group   | Run by:                           | How Often?                                    | Location                                  | Cost           | How to Book/ details                           |
|--------|---------------|---|-----------------------------------|---|---|----------------|--|
| Monday | 09.45 – 11.15 | Wheels 4 All : Supported cycling: all abilities | Live Well—must pre-book           | Every Monday                                  | County Ground Athletics Track, SN1 2FD    | £3             | livewell@swindon.gov.uk or call 01793 465513   |
| Monday | 09.00—10.00   | Donna’s Gentle Circuits                         | Donna Tidmarsh                    | Every Monday                                  | The Grange Leisure and Community Centre   | £5             | donna@dwibble.com or call 07968624524          |
| Monday | 10.00—11.00   | Donna’s Falls Prevention                        | Donna Tidmarsh                    | Every Monday                                  | The Grange Leisure and Community Centre   | £5             | donna@dwibble.com or call 07968624524          |
| Monday | 10.00         | Penhill Wellbeing Walk                          | Step Out Swindon                  | Every Monday                                  | John Moulton Hall, Penhill Drive. SN2 5DU | None           | info@stepoutswindon.org.uk or call 07932109209 |
| Monday | 10.30         | Christchurch Wellbeing Walk                     | Step Out Swindon                  | Every Monday                                  | Christchurch Cricklade Street, SN1 3HE    | None           | info@stepoutswindon.org.uk or call 07932109209 |
| Monday | 10.30-15.30   | Seniors Hub (inc. chair exercise, cuppa & chat) | The Link Centre                   | Every Monday wef 25th September               | The Link Centre Swindon                   |                | 01793 877323                                   |
| Monday | 10.00—10.45   | Gentle Keep Fit                                 | Linda Jefferies/ North Swindon PC | Every Monday                                  | Gorse Hill Community Centre, Swindon      | None           | linjefferies@hotmail.com Or call 07763 282611  |
| Monday | 11.00—12.00   | Strength and Balance Chair Exercises            | Haydon Centre                     | Every Monday                                  | Haydon Centre, Swindon                    | £4             | 01793 721526                                   |
| Monday | 12.00 - 13.00 | Otago Strength and Balance for Adults 65+       | Live Well Team<br>Must pre-book   | Every Monday for the course                   | Halo Highworth Rec, The Elms SN6 7DD      | £3             | livewell@swindon.gov.uk or call 01793 465513   |
| Monday | 12.30-13.30   | Love to Move                                    | Parkie Pals                       | 11th, 18th & 25th Sept. 2nd, 9th and 16th Oct | Shrivenham Golf Club                      | £5 one off fee | parkiepals@outlook.com 07875416236             |
| Monday | 13.30—14.30   | Margo’s Exercise to Music                       | Margo Pratt                       | Every Monday                                  | Coleview Community Centre, Swindon        | £5             | Margo Pratt Call 07928817422                   |
| Monday | 14.00         | Covingham Wellbeing Walk                        | Step Out Swindon                  | Every Monday                                  | St Pauls Church, Swindon SN3 5BY          | None           | info@stepoutswindon.org.uk or call 07932109209 |



## EXERCISE (Monday to Tuesday)



| Day     | Time        | Group                                     | Run by:          | How Often?                   | Location   | Cost                  | How to Book/more details   |
|---------|-------------|---|------------------|------------------------------|--|-----------------------|--|
| Monday  | 14.00       | Lower Shaw Wellbeing Walk                 | Step Out Swindon | Every Monday                 | Lower Shaw Farm, Old Shaw Lane, SN5 5PJ              | None                  | info@stepoutswindon.org.uk or call 07932109209                                 |
| Monday  | 14.00—15.00 | Strength and Balance Chair Exercises      | Link Centre      | Every Monday                 | Link Centre Swindon                                  | £4                    | 01793 877323   |
| Monday  | 14.00—15.00 | Gentle Circuits                           | Linda Jefferies  | Every Monday                 | Christchurch Community Centre                        | £4.50                 | linjefferies@hotmail.com or call 07763 282611                                  |
| Tuesday | 09.30—10.30 | Margo's Exercise to Music                 | Margo Pratt      | Every Tuesday                | Ellendune Community Centre                           | £5                    | Margo Pratt Call 07928817422   |
| Tuesday | 10.00—14.00 | Fitness & Friendship Club                 | Age UK Wiltshire | Alternate Tuesdays           | Prince Rupert Court, Gainsborough Way                | £5                    | fitnessandfriendship@agewiltshire.org.uk Or call 07754 612569                  |
| Tuesday | 10.00—11.00 | Otago Strength and Balance for Adults 65+ | Live Well Team   | Every Tuesday for the course | Foundation Park, County Ground Lane, Swindon SN1 2FD | £3 (1st session free) | Places must be pre-booked: Email live-well@swindon.gov.uk or call 01793 465513 |
| Tuesday | 10.00—11.00 | Gentle Circuits                           | Linda Jefferies  | Every Tuesday                | Pinetrees Community Centre                           | £4.50                 | linjefferies@hotmail.com or call 07763 282611                                  |
| Tuesday | 12.00—13.00 | Otago Strength and balance for Adults 65+ | Live Well Team   | Every Tuesday for the course | Ellendune Community Centre, SN4 9LW                  | £3                    | Must pre-booked: Email live-well@swindon.gov.uk or call 01793 465513           |
| Tuesday | 12.30—13.30 | Donna's Falls Prevention                  | Donna Tidmarsh   | Every Tuesday                | Lawn Community Centre                                | £5                    | donna@dwibble.com or call 07968624524  |
| Tuesday | 12.30—13.30 | Walking Football                          | Haydon Centre    | Every Tuesday                | Haydon Centre  | £4                    | 01793 721526   |
| Tuesday | 14.00—16.00 | Fitness & Friendship Club                 | Age UK Wiltshire | Alternate Tuesdays           | Central Community Centre, Emlyn Street               | £5                    | fitnessandfriendship@agewiltshire.org.uk Or call 07754 612569                  |
| Tuesday | 14.00—15.00 | GLL's Inclusive Swimming                  | GLL— Link Centre | Every Tuesday                | Link Centre, Swindon                                 | £3.50                 | Call GLL Link Centre 01793 877 323   |



## EXERCISE (Tuesday to Wednesday)



| Day       | Time             | Group   | Run by:                      | How Often?                         | Location  | Cost                        | How to Book/more details  |
|-----------|------------------|---|------------------------------|------------------------------------|---|-----------------------------|---|
| Tuesday   | 14.00—<br>16.00  | Fitness & Friendship Club                       | Age UK Wiltshire             | Alternate Tues-<br>days            | Central Community Cen-<br>tre                     | £5                          | fitnessandfriend-<br>ship@ageukwiltshire.org.uk<br><br>07754612569                  |
| Wednesday | 10.00 -<br>11.00 | Walking Football                                | Croft Sports Centre          | Every Wednesday                    | Croft Sports Centre                               | £4                          | 01793 616396  |
| Wednesday | 10.00—<br>11.00  | Lin's Exercise to Mu-<br>sic                    | Lin Jefferies                | Every Wednesday                    | Pinetrees Community<br>Centre                     | £4.50                       | linjefferies@hotmail.com or call<br>07763 282611                                    |
| Wednesday | 10.00—<br>11.00  | GLL's Seated Exercise                           | GLL— Link Centre             | Every Wednesday                    | Link Centre Swindon                               | £3.50                       | Call GLL Link Centre 01793 877 323  |
| Wednesday | 10.00—<br>11.00  | Otago Strength and<br>Balance for Adults<br>65+ | Live Well Team               | Every Wednesday<br>for the course  | Grange Leisure Centre,<br>SN3 4JY                 | £3 (1st<br>session<br>free) | Places must be pre-booked: Email<br>livewell@swindon.gov.uk or call<br>01793 465513 |
| Wednesday | 10.15—<br>11.10  | Exercise to Music<br>(50+)                      | Highworth Rec                | Every Wednesday                    | Highworth Rec                                     | £4.95 if<br>65+             | Call 01793 762602   |
| Wednesday | 10.30 –<br>11.30 | Donna's Gentle Cir-<br>cuits                    | Donna Tidmarsh               | Every Wednesday                    | Grange Leisure and Com-<br>munity Centre, Swindon | £5                          | donna@dwibble.com or call<br>07968624524  |
| Wednesday | 12.00—<br>13.00  | Otago Strength and<br>Balance for Adults<br>65+ | Live Well Team               | Every Wednesday<br>for the course  | Better Haydon Centre,<br>Thames Ave, SN25 1QQ     | £3 (1st<br>session<br>free) | Places must be pre-booked: Email<br>livewell@swindon.gov.uk or call<br>01793 465513 |
| Wednesday | 13.30—<br>14.30  | Love to Move/ Parkie<br>Pals                    | Parkie Pals/ Love<br>to Move | Fortnightly—<br>contact for dates. | Shrivenham Park Golf<br>Club                      | £2                          | Parkiepals@outlook.com<br><br>Call 07875416236                                      |
| Wednesday | 14.30—<br>15.30  | Gentle Circuits                                 | Linda Jefferies              | Every Wednesday                    | John Mouldon Hall                                 | None                        | linjefferies@hotmail.com<br><br>Or call 07763 282611                                |

## EXERCISE (Wednesday to Thursday)

| Day       | Time             | Group   | Run by:                | How Often?                                 | Location   | Cost  | How to Book/more details  |
|-----------|------------------|---|------------------------|--|--|-------|---|
| Wednesday | 16.30—<br>17.30  | Gentle Circuits                                 | Linda Jefferies        | Every Wednesday                            | Christchurch Community Centre                    | £4.50 | linjefferies@hotmail.com<br>Or call 07763 282611                              |
| Thursday  | 10.00            | Haydon Wick Well-being Walk                     | Step Out Swindon       | Every Thursday                             | Haydon Centre, Thames Ave. SN25 1QQ              | None  | info@stepoutswindon.org.uk or call 07932109209                                |
| Thursday  | 10.30            | Haydon Gentle Mobility Walk                     | Step Out Swindon       | Every Thursday                             | Haydon Centre, Thames Ave. SN25 1QQ              | None  | info@stepoutswindon.org.uk or call 07932109209                                |
| Thursday  | 10.00            | Wroughton Wellbeing Walk                        | Step Out Swindon       | Every Thursday                             | Ellendune Centre, Barrett Way, Wroughton SN4 9LW | None  | info@stepoutswindon.org.uk or call 07932109209                                |
| Thursday  | 10.30 &<br>13.00 | Wheels 4 All : Supported cycling: all abilities | Live Well Team         | Every Thursday (also on Monday 9.45-11.15) | County Ground Athletics Track, SN1 2 FD          | £3    | Places must be pre-booked: Email livewell@swindon.gov.uk or call 01793 465513 |
| Thursday  | 10.00—<br>11.00  | Stephanie's Chair Yoga                          | Stefanie Young         | Every Thursday                             | Ellendune Community Centre                       | £5    | Call 07516313502  |
| Thursday  | 10.00—<br>11.00  | Margo's Exercise to Music                       | Margo Pratt            | Every Thursday                             | Buckhurst Community Centre, Walcot, Swindon.     | £5    | Margo Pratt Call 07928817422  |
| Thursday  | 10.30—<br>11.15  | Dot's Strength, Balance and Wellbeing           | The Pump House Project | Every Thursday                             | The Pump House Project, Faringdon                | £5    | 07796207703   |
| Thursday  | 11.30 –<br>12.30 | Margo's Seated Exercise                         | Margo Pratt            | Every Thursday                             | Coleview Community Centre                        | £5    | Margo Pratt Call 07928817422  |
| Thursday  | 12.30—<br>13.30  | Walking Football                                | Haydon Centre          | Every Thursday                             | Haydon Centre                                    | £4    | 01793 721526  |
| Thursday  | 14.00—<br>15.00  | GLL's Senior Club Activity Session              | Link Centre            | Every Thursday                             | Link Centre Swindon                              | £4    | 01793 877323  |
| Thursday  | 14.00—<br>15.00  | Strength and Balance Chair Exercises            | Link Centre            | Every Thursday                             | Link Centre                                      | £4    | 01793 877323  |

## EXERCISE (Thursday to Friday)

| Day      | Time        | Group                                | Run by:                           | How Often?               | Location  | Cost | How to Book/more details   |
|----------|-------------|--------------------------------------|-----------------------------------|--------------------------|---|------|--|
| Thursday | 14.00       | Highworth Wellbeing Walk             | Step Out Swindon                  | Every Thursday           | The Red Leisure Centre, The Elms, Highworth SN6 7DD | None | info@stepoutswindon.org.uk or call 07932109209                     |
| Thursday | 14.00       | Mannington Wellbeing Walk            | Step Out Swindon                  | Every Thursday           | TK Max, Mannington Retail Park, Swindon SN5 3WA     | None | info@stepoutswindon.org.uk or call 07932109209                     |
| Thursday | 14.00—16.00 | Fitness & Friendship Club            | Age UK Wiltshire                  | Alternate Thursdays      | Memorial Hall, Royal Wootton Bassett                | £5   | 07754 612569 or email Fitnessandfriendship@ageukwiltshire.org.uk   |
| Friday   | 09.30—10.30 | Donna's Phase IV Cardiac Rehab       | Donna Tidmarsh                    | Every Friday             | Pinetrees Community Centre, Swindon.                | £5   | donna@dwibble.com or call 07968624524                              |
| Friday   | 10.00       | Croft Wellbeing Walk                 | Step Out Swindon                  | Every Friday             | Croft Centre, Marlborough Lane, Swindon SN3 1RA     | None | info@stepoutswindon.org.uk or call 07932109209                     |
| Friday   | 11.30—12.30 | GLL's Senior Club Activity Session   | GLL Haydon Centre                 | Every Friday             | Haydon Centre, Swindon                              | £4   | 01793 721526   |
| Friday   | 11.30—12.30 | Tai Chi                              | Blunsdon House Hotel              | Every Friday             | Blunsdon House Hotel                                | £5   | Blunsdon House Hotel 01793 721701 (must be pre-booked)             |
| Friday   | 10.00—10.45 | Tai Over 60's Tai Chi                | The Pump House Project            | Every Friday             | The Pump House Project, Faringdon                   | £5   | Call Janet to book 07720661362                                     |
| Friday   | 11.30—12.30 | Strength and Balance Chair Exercises | Generation Gains                  | Every Friday             | Haydon Centre                                       | £4   | Call 07521 147431  |
| Friday   | 14.00—15.00 | MHA Walking Group                    | MHA Communities                   | Every Friday             | Various   | £3   | Veronica.allsop@mha.org.uk<br>Or call 07902135098                  |
| Friday   | 13.30—14.30 | Music & Movement                     | For those living with Parkinson's | Every Friday (Term Time) | Neuro Wellbeing Centre, Westmead Dr. Swindon        |      | Call Anna Newman 01793 695698                                      |
| Friday   | 14.00—15.00 | KMA Keep Moving with Allison         | Allison Bucknell                  | Every Friday             | St. Barts Church Hall, Royal Wootton Bassett        | £5   | Allison.bucknell@btinternet.com or call 01793 854421/ 07976 891377 |



## LUNCH CLUBS



| Day                        | Time        | Group                                   | Run by:  | How Often?                       | Location   | Cost              | How to Book/more details  |
|----------------------------|-------------|---|--|----------------------------------|--|-------------------|---|
| Monday, Tuesday & Thursday | 10.00–15.30 | Cricklade Open Door Lunch Club          | Cricklade Open Door                            | Every Monday, Tuesday & Thursday | Jenner Hall, Bath Rd, Cricklade SN6 6AX  |                   | crickladeopendoor@gmail.com<br>Or call 07599 987851   |
| Monday & Thursday          | 09.00–14.00 | Faringdon Day Centre (includes lunch)   | Faringdon Day Centre                           | Every Monday and Thursday        | Baptist Church Hall Park rd. Faringdon SN7 7JF                                     | £13/ per day      | 07523116918 faringdondaycentre@gmail.com  |
| Tuesday                    | 12.30–14.00 | Bath Road Luncheon Club                 | Bath Road Methodist                            | Fortnightly on Tuesdays          | Bath Road Methodist Church, SN1 4BA  |                   | Call 01793 343326 for Gwen Knight to be added to waiting list.  |
| Tuesday                    | 12.00–14.00 | Gorsehill Luncheon Club                 | Gorse Hill Baptist Club                        | Every Tuesday                    | Gorsehill Baptist Church, SN2 1AA (2 Course Lunch)                                 | £3.50             | pastor@bhbc.org.uk<br>Call Julie Harris 07952987515   |
| Wednesday                  | 11.00–14.00 | Rodbourne Lunch Club                    | Royal Voluntary Service                        | Every Wednesday                  | Rodbourne  |                   | 0330 555 0310   |
| Wednesday                  | 12.00–14.30 | Salvation Army Lunch and Social Club    | Salvation Army Hall                            | Every Wednesday                  | Salvation Army Hall, Gorse Hill, SN2 8DA   |                   | Call 01793 436 928 for Hayley Purnell   |
| Wednesdays                 | 12.00–14.00 | Lunch Together                          | Highworth WI and supported by Highworth Lions. | 1st & 3rd Wednesdays             | 1st: Highworth Methodist Church, Vicarage Lane.<br>3rd: Highworth Community Centre | £7                | Contact Mary on 01793 861173 to book. Transport can be arranged.<br>*£7 includes 2 course lunch, tea/ coffee, cake and entertainment. |
| Wednesday                  | 10.00–14.00 | Lunch Club                              | Community & Learning John Moulton Hall         | Every Wednesday                  | John Moulton Hall, Penhill Drive, SN2 5DU  | £3 2 Course Lunch | Call Tanya on 07713 443633  |
| Thursday                   | 12.00–13.30 | MHA Lunch Club at the Conservative Club | MHA  | Every Thursday                   | The Conservative Club, Bath Road, SN1 4BA  | £6                | Veronica.allsop@mha.org.uk<br>Or call 07902135098   |
| Thursday                   | 12.00–15.30 | Lunch Club & Social Group               | Emmanuel Church Haydon Wick                    | Every Thursday                   | Emmanuel Church Haydon Wick Swindon  |                   | 01793 721 552 for Sue Martin  |

## SOCIAL AND SUPPORT (Monday)

| Day    | Time             | Group  | Run by:                         | How Often?                 | Location   | Cost  | How to Book/more details  |
|--------|------------------|--|---------------------------------|----------------------------|--|-------|---|
| Monday | 10.00—<br>12.00  | Parkies Pals                                     | Parkies Pals                    | 1st Monday of<br>Month     | Shrivenham Golf Club<br><br>Cost is for refreshments | £3.00 | parkiespals@outlook.com<br><br>Or call 07875 416236 for Kerry Hartman               |
| Monday | 10.30—<br>12.00  | Open House<br>(tea and cake)                     | Bath Road Method-<br>ist Church | Every Monday               | Bath Road Methodist<br>(below main church)           | £1    | No need to book.<br><br>Keir Garnham 07749726446)                                   |
| Monday | 11.00            | Coffee Break                                     | MS Society Swindon              | 4th Monday of<br>the Month | Restaurant, Studley<br>Grange Garden Centre          | None  | Swindon@mssociety.org.uk or call<br><br>07927112717                                 |
| Monday | 12.00 -<br>14.30 | Coffee Morning at<br>Lawns                       | MS Society Swindon              | 2nd Monday of<br>the Month | Lawn's Community Cen-<br>tre, Swindon                | None  | Swindon@mssociety.org.uk or call<br><br>07927112717                                 |
| Monday | 10.00—<br>12.00  | Cricklade Computer<br>Club                       | Wiltshire Council               | Mondays                    | Cricklade Leisure Centre                             | None  | Just turn up with your device.  |
| Monday | 13.30-<br>15.00  | Freshbrook Carers Cup-<br>pa                     | Swindon Carers                  | 1st Monday of<br>the month | Freshbrook Community<br>Centre, Swindon              | None  | Heather.goldsmith@swindoncarers.org.uk<br><br>Or call 07841 503849 for more details |
| Monday | 13.30 -<br>15.00 | Meadowcroft Carer<br>Cuppa                       | Swindon Carers                  | 4th Monday of<br>the month | Meadowcroft Communi-<br>ty Centre                    | None  | Heather.goldsmith@swindoncarers.org.uk<br><br>Or call 07841 503849 for more details |
| Monday | 13.30—<br>15.30  | Friendship Club                                  | Salvation Army                  | Every Monday               | Salvation Army Hall<br><br>Chapel Street, SN2 8DA    | None  | Call 01793 436928 for Hayley Purnell  |
| Monday | 14.15—<br>15.30  | Fun and Friendship                               | Gorsehill Baptist<br>Church     | 3rd Monday of<br>the Month | Gorsehill Baptist Church                             | None  | Call 07900366779 for Val Green  |
| Monday | 14.00—<br>15.00  | Late Spring Oxfordshire<br>(Bereavement Support) | Age UK Oxfordshire              | 2nd Monday of<br>Month     | Online   | None  | latespring@ageukoxfordshire.org.uk<br><br>Or call 01235 849434 for Petra Boualem    |



## SOCIAL AND SUPPORT (Tuesday)



| Day     | Time            | Group   | Run by:                   | How Often?                            | Location                               | Cost                 | How to Book/more details  |
|---------|-----------------|---|---------------------------|---------------------------------------|--|----------------------|---|
| Tuesday | 09.30—<br>11.30 | Cake Cafe   | The Pump House Project    | Every Tuesday                         | The Pump House Project, Faringdon      | £1 cake,<br>£1 drink | No need to pre-book.  |
| Tuesday | 10.30—<br>12.00 | Carers Support Group                                  | Carers Support Wiltshire  | The Angel Hotel Royal Wootton Bassett | Monthly                                | None                 | No need to pre-book.  |
| Tuesday | 10.00—<br>12.00 | Old Town Stitching Bee                                | Fiona Harpin              | Every Tuesday                         | Christchurch Community Centre          | £1.50                | Must pre-book. Please email <a href="mailto:fi-naharpin@hotmail.com">fi-naharpin@hotmail.com</a>  |
| Tuesday | 10.30—<br>12.00 | Friendship Café for Seniors at Roves Farm             | Home Instead / Roves Farm | 2nd Tuesday of Month                  | Roves Farm, Sevenhampton SN6 7QG       | £5 (carers £2.50)    | <a href="mailto:Cat.attewell@homeinsteadswindon.co.uk">Cat.attewell@homeinsteadswindon.co.uk</a><br>Or call 01793 232858 for Cat Attewell.  |
| Tuesday | 11.00—<br>13.00 | Stroke Support Group                                  | Stroke Support Swindon    | Every Tuesday                         | The Hub, (by Wilco) The Parade Swindon | None                 | No need to pre-book.  |
| Tuesday | 13.00—<br>15.00 | Penhill Community Cafe                                | Swindon Borough Council   | Every Tuesday                         | Moulton Hall Penhill                   | None                 | No need to pre-book.  |
| Tuesday | 13.30—<br>15.30 | Afternoon Tea   | Christchurch              | Every Tuesday                         | Christchurch Community Centre          |                      | <a href="mailto:ccooperations@christchurchswindon.co.uk">ccooperations@christchurchswindon.co.uk</a><br>Or call 01793 617237 for Chris Smith  |
| Tuesday | 14.00—<br>15.00 | Late Spring Oxfordshire (Virtual Bereavement Support) | AgeUk Oxfordshire         | 1st Tuesday of Month                  | Online                                 | None                 | <a href="mailto:latespring@ageukoxfordshire.org.uk">latespring@ageukoxfordshire.org.uk</a> or<br><a href="mailto:petraboualem@ageukoxfordshire.org.uk">petraboualem@ageukoxfordshire.org.uk</a><br>Or call 01235 849434 for Petra Boualem |
| Tuesday | 14.00—<br>16.00 | North Dorcan Senior Citizens Club                     | St. Paul's Church         | Every Tuesday                         | St. Paul's Church Centre               | None                 | Call 01793 824572 for Michael Stratton  |



## SOCIAL AND SUPPORT (Wednesday)

| Day       | Time            | Group   | Run by:                         | How Often?                 | Location                                   | Cost | How to Book/more details  |
|-----------|-----------------|---|---------------------------------|----------------------------|--|------|---|
| Wednesday | 10.00—<br>12.00 | Casual Craft  | The Pump House Project          | Every Wednesday            | The Pump House Project, Faringdon          | £4   | Katie.pitts@thepumphouseproject.org.uk  |
| Wednesday | 10.30-<br>12.00 | Family Members Group                                  | Dementia UK                     | 3rd Wednesday of Month     | Online                                     | None | Liz.rose@dementiauk.org   |
| Wednesday | 10.30—<br>13.30 | Friendship Group                                      | MHA Communities                 | Every Wednesday            | St. Andrews Church, Walcot                 | £6*  | Veronica.allso@mha.org.uk<br>Or call 07902135098 *Suggested donation  |
| Wednesday | 10.00-<br>12.00 | Beechcroft Friendship Club                            | Beechcroft Library              | Every Wednesday            | Beechcroft Library, Swindon                | None | Call 01793 680030   |
| Wednesday | 10.00—<br>13.00 | Free Community Café The Railway Village               | Central Community Centre        | Every Wednesday            | Central Community Centre                   | None | No need to book.  |
| Wednesday | 14.00—<br>16.00 | Tea & Tech  | Beechcroft Library              | Every Wednesday            | Beechcroft Library, Swindon                | None | Call 01793 680030   |
| Wednesday | 14.00           | Bingo 4 us  | Bingo 4 us                      | Every Wednesday            | Jenner Hall, Cricklade                     | £1   | Just turn up or call 07801952027  |
| Wednesday | 14.00—<br>15.30 | GWH Carers Café                                       | GWH                             | Every Wednesday            | Refresh Restaurant, Great Western Hospital |      | No need to book.  |
| Wednesday | 14.00—<br>15.00 | Late Spring Oxfordshire (Virtual Bereavement support) | Age UK Oxfordshire              | 4th Wednesday of month     | Online                                     | None | latespring@ageukoxfordshire.org.uk or petraboulem@ageukoxfordshire.org.uk<br>Or call 01235 849434 for Petra Boualem |
| Wednesday | 10.30—<br>12.00 | PUK Cricklade Café                                    | Parkinson's UK & Cricklade Cafe | 3rd Wednesday of the month | The Cricklade Club, High Street, SN6 6AY.  | None | parkinsonscafecricklade@gmail.com<br>Or call Vincent on 07951944760   |

## SOCIAL AND SUPPORT (Wednesday Cont'd)

| Day       | Time             | Group   | Run by:                       | How Often?  | Location  | Cost | How to Book/more details  |
|-----------|------------------|---|-------------------------------|---|---|------|---|
| Wednesday | 10.00—<br>14.00  | Polish Citizens Day Centre  | Polish Community Centre       | Every Wednesday   | Polish Community Centre, Walton Close, Swindon SN3 2JU  |      | Call 01793 523184 for Barbara Baranowicz  |
| Wednesday | 13.30—<br>16.00  | Tea and Chat  | Coleview Community Centre     | Last Wednesday of Month (on Tues 26th July for July only) | Coleview Community Centre                               | £3   | Call 07933604346 for Maureen Dilley   |
| Wednesday | 13.30—<br>15.30  | Open Minds Social Afternoon Swindon Carers<br><br>(For carers & cared for person) | Swindon Carers                | Last Wednesday of month                                   | Meadowcroft Community Centre, Addison Crescent, Swindon | None | Register with Swindon Carers. Email <a href="mailto:heather.goldsmith@swindoncarers.org.uk">heather.goldsmith@swindoncarers.org.uk</a> or call 07841 503849 |
| Wednesday | 14.00—<br>15.00  | ASK (Asking in Simple Kindness)   | St Andrews Church             | 1st Wednesday of Month                                    | St Andrews Shrivenham                                   | None | <a href="mailto:vicar@shrivenhamandashbury.co.uk">vicar@shrivenhamandashbury.co.uk</a>  |
| Wednesday | 10.00—<br>13.00  | Drop-in Social for residents of Railway Village                                   | Swindon Heritage Action Zone  | Every Wednesday   | Baker's Emlyn Square                                    |      | <a href="mailto:kphimister@swindon.gov.uk">kphimister@swindon.gov.uk</a> .  |
| Thursday  | 11.00 –<br>12.00 | Reading Friends— shared reading group   | Royal Wootton Bassett Library | Every Thursday  | Royal Wootton Bassett Library                           | None | 01793 853249  |





## SOCIAL AND SUPPORT (Thursday-Friday)



| Day                               | Time        | Group   | Run by:                                 | How Often?                                     | Location   | Cost      | How to Book/more details  |
|-----------------------------------|-------------|---|---|--|--|-----------|---|
| Thursdays, & Mondays and Tuesdays | 10.00—15.30 | Cricklade Open Door Lunch Club (many activities)      | Cricklade Open Doors                    | Every Monday, Tuesday & Thursday               | Jenner Hall, Bath Rd, Cricklade SN6 6AX                    |           | crickladeopendoor@gmail.com<br>Or call 07599 987851   |
| Thursday                          | 14.00—15.00 | Late Spring Oxfordshire (Virtual Bereavement Support) | Age UK Oxfordshire                      | 3rd Thursday of Month                          | Online   | None      | latespring@ageukoxfordshire.org.uk or petrabouta-lem@ageukoxfordshire.org.uk Or call 01235 849434 for Petra Boualem |
| Thursday                          | 14.30—16.30 | Parkinson's Cafes                                     | Parkinsons' UK                          | 2nd November                                   | Gerald Buxton Sports Ground, Royal Wootton Bassett SN4 8DS | None      | No booking required. Jane on 0344 225 3694 jhenderson@parkinson.org.uk  |
| Thursday                          | 14.30—15.30 | Sing & Smile  | Golden Oldies (Alison Dawn)             | 1st Thursday of Month 12th not 5th in October. | Coleview Community Centre                                  | £3.00     | emma@golden-oldies.org.uk<br>Or call Alison Dawn on 07754960525   |
| Thursday                          | 14.30—16.00 | The Ashbury Community Club                            | Sue Reade                               | Last Thursday of the month                     | Ashbury Village Hall                                       | None      | Sue_reade@btinternet.com  |
| Thursday                          | 19.00—21.00 | Swindon Stroke Support Group                          | Swindon Stroke Support Group            | Every Thursday                                 | Stratton Methodist Church                                  | None      | geraldstephenson@talktalk.net or call 01793 694844 for Gerald Stephenson  |
| Thursday                          | 13.30—15.30 | 50 Shades Club  | 50 Shades Club                          | Every Thursday                                 | Toothill Community Centre                                  | £2*       | penniseviour@yahoo.com or call 07941 324537 for Penni Seviour *(plus extra for crafts)                              |
| Friday                            | 14.00-15.30 | Sing Together! A community sing-along, open to all.   | TPHP/ Home Instead/Dementia Oxfordshire | 1st Friday of the Month                        | The Pump House Project, Faringdon                          | Donations | Cat.attewell@homeinstead.co.uk<br>01793 232 585   |
| Friday                            | 10.30—12.00 | Carers' Voices  | Carers choir led by Sarah Summers       | Every Friday                                   | Immanuel Church, Swindon                                   | None      | Call 07954 425608   |

## SOCIAL AND SUPPORT (Friday & Weekends)

| Day      | Time            | Group                                 | Run by:                          | How Often?  | Location                                       | Cost | How to Book/more details  |
|----------|-----------------|---------------------------------------|----------------------------------|---|--|------|---|
| Friday   | 10.00—<br>12.00 | Dementia Friendly Gardening Club      | TWIGS                            | Every Friday  | TWIGS Community Garden, Cheney Manor           |      | Twigs.reception@gmail.com or call 01793 523294 to go on waiting list.     |
| Friday   | 10.00—<br>12.00 | Stratton Free Community Cafe          | Swindon Borough Council          | Every Friday  | Meadowcroft Community Centre                   |      | No need to pre-book.  |
| Friday   | 14.00—<br>16.00 | Community Putting/Cuppa               | Shrivenham Park Golf Club        | May 12th & 26th, June 16th , July 14th & 28th Aug 11th & 25th | Shrivenham Golf Course Clubhouse               | £2   | No need to pre-book.  |
| Friday   | 10.30—<br>12.30 | Community Cake & Cuppa                | St. Andrew's Church/Home Instead | Quarterly. Contact for next date.                             | St. Andrew's Church, Shrivenham                | None | vicar@shrivenhamandashbury.co.uk  |
| Friday   | 11.00—<br>12.30 | Silver Pride                          | Oxfordshire Age UK               | 1st and 3rd Friday of month                                   | The Pump House, Faringdon                      | None | Call Mandie on 07827235423  |
| Friday   | 11.30           | Sew, Knit & Natter                    | Beechcroft Library               | Every Friday  | Beechcroft Library, Swindon                    | None | Call 01793 680 030  |
| Friday   | 14.00—<br>15.30 | Book Group                            | Vale and Downland Museum         | 2nd Friday of month   | Vale and Downland Museum, Wantage              | None | info@valeanddownlandmuseum.org.uk or call 01235 771 447                   |
| Friday   | 10.00—<br>12.00 | Friendship Fridays, Community Drop In | Forget me not café Highworth     | Every Friday  | Council Community Room, Gilbert Lane Highworth | None | Forgetmenot.highworth@gmail.com or call 07970 543423 (no need to book in) |
| Friday   | 10.00—<br>11.30 | Coffee Morning                        | Cricklade United Church Hall     | Every Friday  | Cricklade United Church Hall                   |      | Turn up for a coffee and chat   |
| Friday   | 13.30—<br>16.00 | Young at Heart                        | Mike Whelan                      | Every Friday  | Haydon Wick Working Men's Club                 |      | Call 01793 706145 for Mike Whelan   |
| Saturday | 10.30           | Board Games                           | Beechcroft Library               | Every Saturday  | Beechcroft Library                             | None | 01793 680 0930  |



## Free Workshops Offered by Home Instead:

- Parkinson's Explained
- Scam and Fraud Awareness
- What to look for when choosing care
- "The Art of Ageing" Workshop
- Singing for the Brain
- Playlist for Life



Contact Cat Attewell [cat.attewell@homeinsteadswindon.co.uk](mailto:cat.attewell@homeinsteadswindon.co.uk) for more details or to arrange a free session.



### Thames Water Register Scheme

If a person has extra needs, for example due to their health, disability or age, then Thames Water offer a free Priority Services Register. Being on the register means that should the water go off, they will be known to Thames Water who would ensure they consider their needs and get water to the home. To register with the scheme follow the link below.

<https://www.thameswater.co.uk/help/extra-care/priority-services>

### Keep safe – request a free home check from the Fire Service

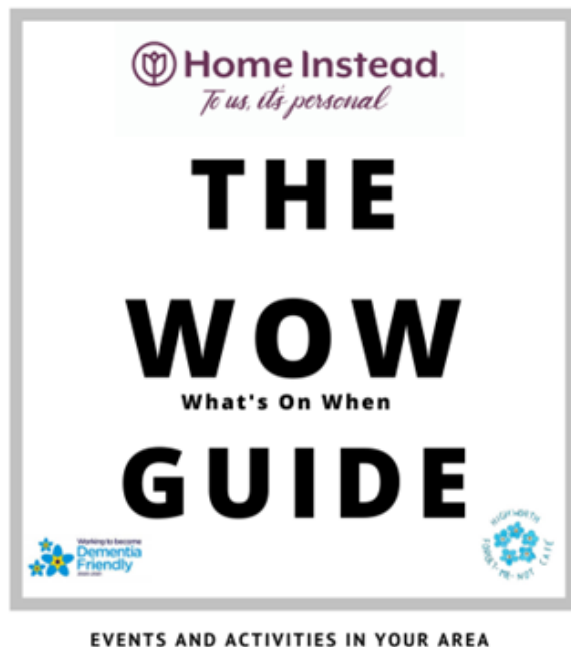
Safe and well visits offer practical advice to older and vulnerable residents about the risks in their home that could lead to falls, fire, or any source of harm.

Firefighters or dedicated advisers will talk to the resident about smoke and carbon monoxide alarms (or fit them) and about how they can keep themselves safe in the event of a fire.

Oxfordshire <http://www.365alive.co.uk/cms/content/safe-and-well>

Wiltshire <https://www.dwfire.org.uk/safe-and-well-visits/>





EVENTS AND ACTIVITIES IN YOUR AREA

The WOW Guide is put together by Home Instead in partnership with the Highworth Forget-me-not Café and the local Dementia Friendly Communities in the area.

## What is the WOW Guide?

- The What's on When (WoW) Guide highlights some of the activities that are currently available in the local area.
- The Guide is not intended to be definitive, and the information is correct at the time of writing. We have tried to include free to access content and activities wherever possible but individual organisations may need to make a charge or request a contribution/donation for their services.
- Please check with the organisers for up-to-date information and to register (if applicable). We advise you register with your local carer's support group, Age UK groups, MHA Communities groups etc as they will have a list of events open only to their members. Membership is usually free or at a very low cost.
- If you would like a large print version or have an event to add to the guide please contact us on 01793 232585 or email [cat.attewell@homeinsteadswindon.co.uk](mailto:cat.attewell@homeinsteadswindon.co.uk)

## About Home Instead

Home Instead is an award-winning home care provider **helping older adults age safely in the place they enjoy most their own home.** We offer a range of at home services including companionship, home help and housekeeping, personal care, specialist dementia care, live-in care and caring technology.

We work with our clients to provide flexible, personalised home care based on their specific requirements and when they need it. All our visits are a minimum of 1 hour and our Care Professionals are hand-picked for their character and values and expertly trained to support older people and their families.

To find out more about the services we offer contact us at

**Home Instead Swindon and Vale of White Horse:**

**Telephone:** 01793 232 585

**Email:** [cat.attewell@homeinsteadswindon.co.uk](mailto:cat.attewell@homeinsteadswindon.co.uk)

**Address:** Unit 29c, Shrivenham 100 Business Park, Majors Road, Swindon SN6 8TZ

**Web:** [www.homeinstead.co.uk/Swindon](http://www.homeinstead.co.uk/Swindon)