

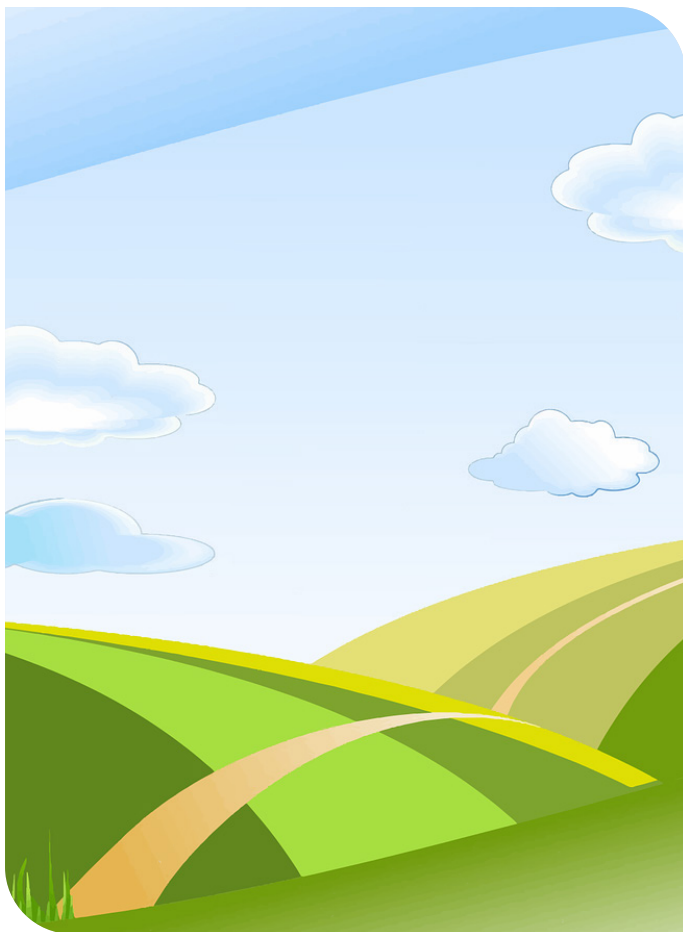
2023



WARMINSTER KEEP WELL

TAKING STEPS
TOWARDS
LIVING WELL

A quick guide to some of the health and wellbeing services and activities available in the Warminster Community Area.



IN THIS BOOKLET

1

Health & wellbeing fair

A free fair with activities, health checks and local support options.

2

Steps towards living well

Five simple but reliable steps to help you live well.

3

Facts & figures

The health and wellbeing of people living in our area, in a bit more detail.

4

Exhibitors

An overview of all the organisations who will be exhibiting at the fair.

5

Local support, activities and groups

A list of support and clubs available in the Warminster Community Area.

HEALTH & WELLBEING FAIR

SATURDAY 22 APRIL 2023

10 AM - 1 PM CIVIC CENTRE

FREE ENTRY



Come and enjoy a free health and wellbeing fair which aims to promote some of the diverse **help, advice and support** available to our community in Warminster and the surrounding area.

Warminster Area Health and Wellbeing Forum – a voluntary body – is hosting the event on Saturday 22 April between 10 -1 pm at the Civic Centre. There is **no charge for entry**.

We anticipate that two of our local sporting heroes will be in attendance to support the event so do watch out for them!

The fair will consist of a variety of **free activities and health checks** to get involved in, as well as displays from service providers, charities and individuals. It offers a brilliant opportunity to find out about health and wellbeing support options available in the local area.

See the following pages for more details on the many exhibitors.



FIVE SIMPLE STEPS TOWARDS LIVING WELL

What can you do to take some simple but reliable steps towards living well?

Research and expert opinion shows that simple and small actions in five areas can have a hugely positive impact on your everyday health and wellbeing. They provide ways to build on strengths, increase resilience leading to greater happiness and overall satisfaction with your life.

1. CONNECT

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

2. KEEP LEARNING

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.

3. BE ACTIVE

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

4. TAKE NOTICE

Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

5. GIVE

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in.

Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.

The aim of this booklet is to highlight the range of services and activities in Warminster and the wider community area, that can help you take any or all of those steps.



The 'Five Steps' principles are part of a programme designed by Foresight to help achieve the best possible mental development and mental wellbeing for everyone in the UK in the future. For more info on the project see the website: gov.uk/government/collections/mental-capital-and-wellbeing.

FACTS & FIGURES

YOUR COMMUNITY



The health of people in Wiltshire is generally very good compared to the national average.

On the whole, people in Wiltshire have a higher life expectancy and healthy life expectancy than the England average.

Warminster Community Area has an estimated population of 24,926 persons

0 - 17 Yrs

19% of people are aged 17 or below.

18 - 64 Yrs

55% of people are of working age between 18- 64 years.

65+ Yrs

26% of people are aged over 65 years.

Warminster Community Area is home to 2 museums, 159 scheduled monuments, 723 listed buildings and 25 venues hosting cultural programmes*



Warminster Community Area also has 12 Sites of Special Scientific Interest and 98 County Wildlife sites*



42% of the population over the age of 65 in Warminster Community Area are at a higher risk of social isolation compared to 35% across Wiltshire.*

42% of residents of Warminster Community Area are currently members of the local library compared to 34% across Wiltshire.

In 2018/2019 the rate of hospital admissions due to falls in persons over 65 was slightly lower than in Wiltshire as a whole.
(2,112 in 100,000 persons)



**85+
Years**

**3.3% of the population in Warminster Community Area are over the age of 85.
34% male and 66% female.***

**40 per 1,000 persons over the age of 65 are unpaid carers.
This is in line with that across the County.**



77% of persons estimated to have Dementia in Warminster Community Area, have been diagnosed with the condition compared to 67% in Wiltshire.*

LOCAL HEROES

Eileen Foreman, a member of England Ladies first international Team

EILEEN FOREMAN - Member of the original England Squad

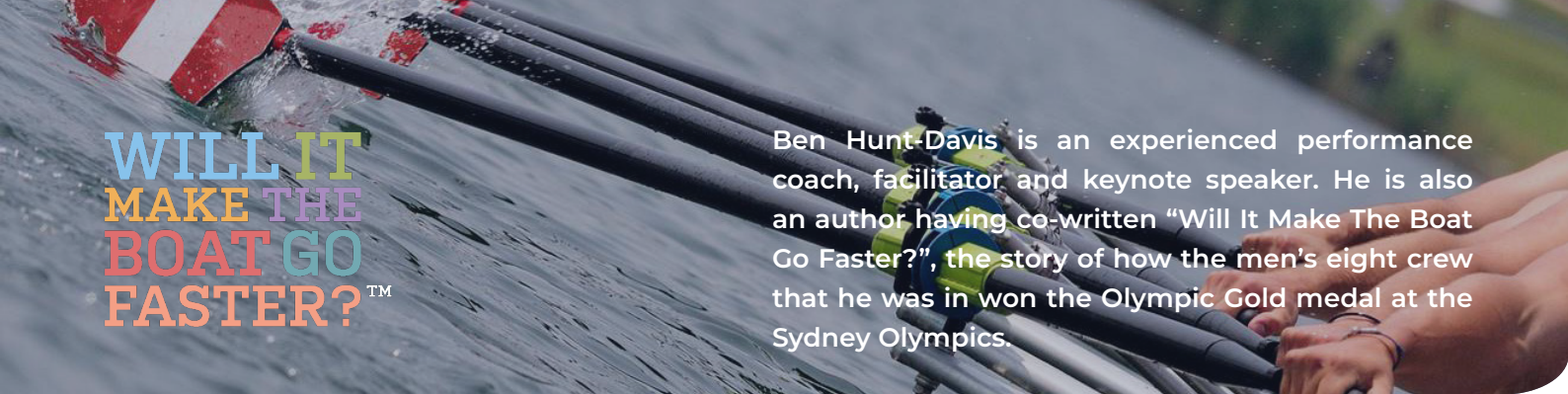
"From the age of around 5 playing football with the local boys in the park was the best thing ever, I loved it, I was lucky, it was always the same group of lads and they accepted me (after a few trial matches!) into their regular kick-about and matches. I was around 15 when the Warminster Carnival Committee was trying to arrange a Ladies Charity Football Match. Trial sessions were quickly arranged and I was so surprised at the number of girls who turned up – it was definitely a milestone in my life.



from BBC News at bbc.co.uk/news

After the Charity match, Warminster Ladies Football Club was formed and many girls joined. We were a very successful club over the years, enjoying wonderful supporters and dedicated helpers in all aspects of the club."

Last year, Eileen and her fellow England Ladies 1972 squad members, at long last, received recognition along with a much-treasured England cap as Warminster celebrates its very own Lioness.



WILL IT MAKE THE BOAT GO FASTER?™

Ben Hunt-Davis is an experienced performance coach, facilitator and keynote speaker. He is also an author having co-written “Will It Make The Boat Go Faster?”, the story of how the men’s eight crew that he was in won the Olympic Gold medal at the Sydney Olympics.

BEN HUNT-DAVIS MBE

Ben has spent the last 20 years specialising in leadership and team development. He has designed and run training courses and conferences for many organisations. He is a performance expert, and has a very practical approach that is heavily focused on application so that participants can actually apply what they’ve heard and behave differently to achieve greater results.

Ben founded Will It Make The Boat Go Faster? Ltd in 2012 with Tom Barry. The business continues to grow quickly and delivers very strong results for their clients.

He is still involved in the Olympic movement having been a member of the Team GB staff at the last three Summer Olympics. He has also chaired the Organising Committees of two international rowing events in the UK, leading up to 500 people to deliver the events.



..“there’s also a lot to be said for making small, incremental changes that reap big dividends in the long term.”

WHO WILL BE AT THE FAIR?

EXHIBITORS FROM A TO Z

Local groups, charities and service providers will be at the Health Fair keen to speak with as many people as possible. We have listed below all the exhibitors you will find on the day together with a brief description of what they do and the contact details.



WARMINSTER ACTION GROUP

A volunteer led charity supporting the whole of the BA12 area including: Shopping/Prescriptions; Befriending, tel & F2F; School uniform bank. We have a community space in Chinn's Court, where on a Tue/Wed/Thu 10am – 2pm we hold drop in cuppa and chat sessions for those who have been feeling isolated or a little anxious about going out.

CONTACT DETAILS

P: 01985 250081 **W:** warminsteractiongroup.co.uk **E:** admin@warminsteractiongroup.co.uk



AGE UK WILTSHIRE

An independent, local charity providing support and services to older people in Wiltshire and Swindon: something we have been doing for over 70 years.

Warminster Fitness & Friendship Club is a social club for older people with an emphasis on keeping active. We meet alternate Tuesdays in the Civic Centre between 2pm & 4pm.

CONTACT DETAILS

P: 0808 196 2424 **W:** ageuk.org.uk/wiltshire **E:** enquiries@ageukwiltshire.org.uk



THE ALZHEIMER'S SOCIETY

Alzheimer's Society is the UK's leading dementia charity. We campaign for change, fund research to find a cure and support people living with dementia today. Dementia support include peer Carer Groups. Side by Side (linking people living with dementia to volunteers). Independent Living Worker (working with people living alone).

CONTACT DETAILS

P: 01722 326236 / 01249 443469 / 0300 2221122 **E:** wiltshire@alzheimers.org.uk



ALZHEIMER'S SUPPORT

Our Old Silk Works club offers a day of camaraderie and activities, and a much-needed day off for carers. We run a fortnightly art group and a monthly memory café where the whole family can come. And we have a Dementia Adviser for Warminster and Westbury, and Home Support workers for one-to-one visits at home and outings in the local area.

CONTACT DETAILS

P: 01985 624005 **E:** office@alzheimerswiltshire.org.uk **W:** alzheimerswiltshire.org.uk



THE AVENUE SURGERY SOCIAL PRESCRIBING

Social prescribing enables GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services.

Social prescribers meet with patients, find out what matters most to them in their lives, offer support and link them to community groups and organisations that can help.

CONTACT DETAILS

W: avenuesurgery.co.uk (Referrals via health professionals at the Avenue.)



CARER SUPPORT WILTSHIRE

We support anyone who provides unpaid care for a family member, friend or neighbour unable to manage independent daily life.

Warminster Carer Support Group meets on the first Monday afternoon of the month at the Community Centre in the park BA12 8NP.

CONTACT DETAILS

P: 0800 181 4118 (Free phone number) **W:** carersupportwiltshire.co.uk



WILTSHIRE CENTRE FOR INDEPENDENT LIVING

A Disabled Persons User Led Organisation supporting disabled people living in Wiltshire to have choice and control to live independent lives. We provide a range of services to support disabled people who live or work in the county including User Engagement, Direct Payments and Community Connectors. We also provide disability advice, information and training to interested organisations, professionals or individuals.

CONTACT DETAILS

P: 0300 1233 442 **W:** wiltshirecil.org.uk



CELEBRATING AGE WILTSHIRE

CAW aims to support older people's wellbeing through participation in high quality arts, heritage and cultural events and activities, particularly those who are vulnerable and socially isolated.

The programme includes: Creative Conversations, Art workshops, Outdoor and indoor Concerts/events and online recorded concerts and performances.

CONTACT DETAILS

P: 07955 249288 (Rebecca Seymour) **E:** info@wiltshiremusic.org.uk



CITIZENS ADVICE WILTSHIRE

Providing advice people need for the problems they face and improve the policies and practices that affect people's lives. We offer free, confidential and impartial advice to everyone on their rights and responsibilities.

We value diversity, promote equality and challenge discrimination.

CONTACT DETAILS

P: 0800 144 8848 **W:** citizensadvicewiltshire.org.uk



WARMINSTER COMMUNITY RADIO

We keep Warminster in touch and give the area a voice. Broadcasting 24 hours a day, 7 days a week on 105.5fm.

Training to help you develop communication skills is also available throughout the year.

CONTACT DETAILS

P: 01985 846111 **W:** wcrfm.org.uk **E:** management@wcrfm.org.uk



CORNERSTONE WARMINSTER

Our mission is to: Help relieve poverty and distress whilst promoting social inclusion and cohesion amongst the people irrespective of age, gender, sexual orientation, disability, race or religion. As one grateful person said, "They helped me with everything. I had lost my home, my job, my family, my life. Cornerstone has helped me get my life back."

CONTACT DETAILS

P: 01985 220657 **W:** cornerstone-warminster.org **E:** info@cornerstone-warminster.org



DOGS FOR HEALTH

We provide animal assisted interventions, education and therapy for local people via reading groups, therapy sessions, home visits, and one to one working.

CONTACT DETAILS

P: 07712 545427 **E:** info@dogsforhealth.org.uk **W:** dogsforhealth.org.uk



DOROTHY HOUSE HOSPICE CARE

We provide exceptional free palliative and end of life care for people in BANES, and parts of Somerset and Wiltshire. We offer medical services; family support and personalised hospice at home care for those approaching death. We are funded partly by the NHS, but predominantly by donations, our 25 shops and fundraising efforts.

CONTACT DETAILS

P: 01225 772988 **E:** info@dorothyhouse-hospice.org.uk **W:** dorothyhouse.org.uk



FAMILY COUNSELLING TRUST WILTSHIRE

We offer appropriate psychological support to every family with a child/adolescent who is experiencing challenging mental health issues. We deliver low-cost counselling services for children & young people aged 4-18 and accept referrals from GPs, schools & other professionals working with children, as well as from parents, carers and families.

CONTACT DETAILS

P: 07375 535407 **E:** info@familycounsellingtrust.org **W:** familycounsellingtrust.org/Wiltshire



DORSET & WILTSHIRE FIRE AND RESCUE SERVICE

A Safe and Well visit is a totally free service offered by Dorset & Wiltshire Fire and Rescue Service. The appointment normally lasts about an hour and covers topics such as: using electricity safely, cooking safely, making an escape plan, what to do if there is a fire. We will fit free smoke alarms where required.

CONTACT DETAILS

P: 0800 038 2323 **E:** enquiries@dwfire.org.uk **W:** dwfire.org.uk



WARMINSTER & DISTRICT FIBROMYALGIA SUPPORT GROUP

Fibromyalgia Action UK is a charity run largely by volunteers; the majority of whom are also fibromyalgia sufferers. We work hard, despite this condition, in order to forward the cause of fibromyalgia. We provide information and support to sufferers and their families, operate a national helpline and we provide medical information for professionals.

CONTACT DETAILS

E: healthandwelbeinginwarminster@gmail.com (we will pass on your message.)



WARMINSTER AND WYLYE FLOWER CLUB

We aim to advance public education and enjoyment in the pleasure of flowers, along with their value in mindfulness and wellbeing. We meet at the Civic Centre on the last Tuesday of the month (except December) at 2.30pm for demonstrations, workshops or talks giving information, help along with area wide events.

CONTACT DETAILS

P: 01985 214575 **W:** flowerssouthwest.com/warminster



GET WILTSHIRE WALKING

Free graded weekly walking groups led by fully trained walk leaders. Friendly and fun, they are a great opportunity to get fit, meet new people and get to know your local area.

The Warminster group meets every Tuesday from the Community Hub. Three levels of walks to choose from, all starting at 9:30 am.

CONTACT DETAILS

P: 07342 066608 **E:** louise.gale@wiltshire.gov.uk



WILTSHIRE HEALTH IMPROVEMENT HUB

What we can do for you. - We offer 1-2-1 support to improve your health & mental wellbeing. Assist you to achieve & maintain your goals by making small practical changes. Help you to make different choices to take control of your health. Free support to over 18s, living in Wiltshire.

CONTACT DETAILS

P: 0300 003 4566 (selection option 1) **E:** health.coaches@wiltshire.gov.uk



HEALTH KINESIOLOGY AND IYENGAR YOGA CLASSES

Release mental, emotional and physical stress in the bio-energy system and promote vitality, wellbeing and calm. Iyengar Yoga helps improve posture, stress relief, flexibility, strength, concentration and energy levels.

Yoga classes held weekly in Warminster (Wed 10-11.30am and Westbury (Wed 6-7:30pm). and Frome (Tues 7-8:30pm)

CONTACT DETAILS

P: 07717 762402 **E:** fiona.fallon33@gmail.com **W:** fionafallon.co.uk

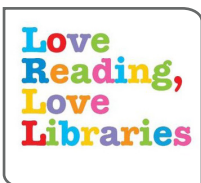


HEALTHWATCH WILTSHIRE

If you use GPs, hospitals, dentists, pharmacies, care homes or other support services, we want to hear from you! As your health and social care champion and independent statutory body, we can ensure that NHS leaders and other decision makers listen to local feedback and improve standards of care, as well as helping you to find trustworthy information and advice.

CONTACT DETAILS

P: 01225 434218 **E:** info@healthwatchwiltshire.co.uk **W:** healthwatchwiltshire.co.uk



WARMINSTER LIBRARY

Join the library for free! You can borrow books & audio books; use our public computers & printing facilities; use our Wi-Fi; use our study tables; read newspapers; bring your children to rhyme times & story times.

We also have a marvellous Museum and various meeting spaces for hire, all conveniently located in the town centre. Come and explore what we have to offer!

CONTACT DETAILS

P: 01985 216022 or just pop in.



OPEN DOOR WARMINSTER

We provide opportunities for those who feel isolated socially, affected by cancer or grief, to come together in a safe and encouraging environment and to identify ways in which their wellbeing can be enriched.

Chat Café Thu 10-12:00; Cancer support group 1st and 3rd Fri of the month.
Grief support group 2nd and 4th Fri of the month, all at The Old Fire Station.

CONTACT DETAILS

E: info@opendoorwarminster.org **W:** opendoorwarminster.org



WARMINSTER ROYAL BRITISH LEGION

RBL is at the heart of a national network supporting our Armed Forces community and ensuring their unique contribution is never forgotten. We provide lifelong support to serving and ex-serving personnel and their families from providing expert advice/guidance, to recovery and rehabilitation, through to transitioning to civilian life – we are at their side every step of the way.

CONTACT DETAILS

P: 0808 802 8080 **W:** britishlegion.org.uk



SALISBURY SHAKERS

Essential Tremor is a nerve disorder characterised by uncontrollable shaking, or tremors in different parts of the body, most commonly the hands or the head.

Salisbury Shaker is a monthly support group, encouraging people in the Southwest to share experiences and tips on coping with everyday difficulties caused by tremors.

CONTACT DETAILS

E: salisburyshakers@btinternet.com



WARMINSTER SCHOOL - THE EDGE PROGRAMME

We run a mix of clubs in our community programme, which takes place on Wed between 3-5pm, ranging from Tech support, Croquet, Pen Pal club to chess.

We regularly change what's on offer, so if you have an idea that you think our pupils could help with, let us know. We also go out into the community, care homes, charity shops, primary school, so do get in touch.

CONTACT DETAILS

E: lcook@warminsterschool.org.uk **W:** warminsterschool.org.uk



SHARED LIVES

Inclusion is at the heart of Shared Lives. We help people live as part of a family, within the carer's home, where they receive the support or care that they need.

We place adults who, for a variety of reasons, need support. We promote choice and independence, helping the people they support connect with their local communities.

CONTACT DETAILS

P: 01380 826451 **E:** sharedlives@wiltshire.gov.uk



SNAP FITNESS

Snap Fitness offers a 24 hour fitness facility with state-of-the-art training plus a comprehensive studio timetable with Personal Trainer support, to help you to achieve your goals.

Those attending today's Fair are offered membership at the discounted rate of £29.99 per month with a £0 joining fee.

CONTACT DETAILS

P: 01985 801110 **W:** snapfitness.com/uk/gyms/warminster/



SOMERSET CARE

We support people to live the life they choose, whether in one of our care homes or in their own home. Somerset Care offers an extensive, holistic range of care and support services, tailored to your individual needs. With a specialist enquiries team ready to guide you through your care enquiry, are wherever you are on your care journey, we are committed to supporting you every step of the way.

CONTACT DETAILS

P: 0800 817 4990 **W:** somersetcare.co.uk



WARMINSTER SPORTS CENTRE

Enabling people to lead happier, healthier lives via regular physical activity. We aim to promote general wellbeing, by providing a safe and supportive environment for the whole community to feel welcome and encouraged to visit us. Fully equipped fitness suite; 4 lane, 25m pool; multi purpose sports hall; squash courts; dance studio.

CONTACT DETAILS

P: 01985 212946 **E:** warminstersc@wiltshire.gov.uk



STARQUEST ASTRONOMY CLUB

For the complete novice to the experienced astronomer – and all ages welcome – our meetings are held in a relaxed and friendly atmosphere. Membership entitles you to attend club meetings, use of adjacent playing field for viewing sessions and use of club equipment and resources. Pop along and see us to discover more!

CONTACT DETAILS

P: 01985 840093 **E:** starquestastronomy.co.uk



TANYA HINTON WILD WOOD ART

Tanya produces innovative and unique paintings on wood discovered washed-up on beaches, buried in gardens and reclaimed from skips. Each piece offers wonderful possibilities: the sea- worn textures and patterns of grain might suggest rippled water or downland fields. Flaking paint on old doors might suggest arctic landscapes.

CONTACT DETAILS

W: tanyahinton.co.uk



THE SWIM SCHOOL WESTBURY

A high quality, long-established learn-to-swim provider will be launching its vibrant swim lesson programme in Spring 2023 at a new purpose-built swimming pool, Westbury Swimarium. The swim school has been providing swim education to children and adults for over 30 years.

CONTACT DETAILS

E: westbury@theswimschool.co.uk **W:** theswimschool.co.uk



WARMINSTER U3A

Warminster U3A is part of a national organisation for older people no longer in full time employment. It has 40 interest groups – educational, creative, fitness and social.

Activities include, Art, History, Family History, Science, Music, Card games, Languages, Fitness, as well as holidays and outings.

CONTACT DETAILS

P: 01985 511533 **W:** u3asites.org.uk/warminster



WARMINSTER UKULELE CLUB

We promote all the social, mental and physical benefits of playing music in a group, as well as sharing these benefits with the wider community through performance. Our friendly group meets at 7pm on the first Sunday of each month at The Fox and Hounds Inn and are always ready to welcome new recruits - come and chat to us to find out more!

CONTACT DETAILS

P: 01985 211786 **E:** tomaraya@hotmail.co.uk
W: facebook.com/groups/warminsterukuleleclub



VICTIM SUPPORT

We offer free, non-judgemental and confidential support to people affected by crime. We're an independent charity and you can contact us regardless of whether you've contacted the police, and no matter how long ago the crime took place. We provide support in face-to-face meetings, or by phone or email.

CONTACT DETAILS

P: 0808 281 0113 **W:** victimsupport.org.uk **E:** wiltshire@victimsupport.org.uk



WARMINSTER WALKERS

Formed in 1969 as Warminster Rights of Way Preservation Society. We meet twice on Sunday afternoon (4-6 miles), once on Saturday morning (a bit longer, often with lunch out)! We're a friendly group, happy to meet new people. Annual fee is £5, enjoy a few walks before committing. Well behaved dogs and children under 16 years old are welcome if accompanied by a responsible adult.

CONTACT DETAILS

P: 01985 213530 **W:** warminster-tc.gov.uk/activities/clubs/walkers
E: warminsterwalkers@hotmail.co.uk



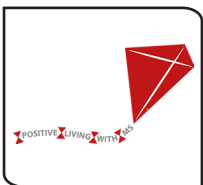
WARMINSTER WRITERS CIRCLE

We all amateur writers. Enjoy a variety of speakers, workshops and 'tips' sessions, with opportunities to receive supportive, constructive criticism from members on your work.

Our friendly and informal meetings are held on the second and fourth Monday of the month from 7.15 to 9.15pm

CONTACT DETAILS

P: 01985 216056 **W:** warminsterwriterscircle.webs.com



WESSEX MS CENTRE

We are a centre of excellence for the provision of therapy, information, practical and emotional support for people with MS and other conditions, their carers and families.

We offer physical therapies in a comfortable and friendly environment to aid management of symptoms, promote independence and provide long-term individual support.

CONTACT DETAILS

P: 01985 217728 **E:** info@wessexms.co.uk **W:** wessexms.co.uk



WILTSHIRE HEALTH AND CARE

Volunteering is an important and valued part of our organisation. Our patients and carers tell us that volunteers make a big difference to them during their stay in our community hospitals, giving them a much better experience. Our volunteers tell us they do it to meet new people, give something back and enjoy feeling part of the NHS team. Contact Suzanne Bennett, Voluntary Services Co-ordinator Warminster Hospital

CONTACT DETAILS

P: 01985 220779 / 07810 836065 **E:** whc.volunteers@nhs.net



WILTSHIRE SEXUAL HEALTH SERVICE (WiSE)

Wiltshire Sexual Health Service (WiSE) is a free, non-judgemental and confidential NHS service providing STI testing and treatment, contraception and HIV services in Wiltshire. We have clinics in Salisbury, Trowbridge, Melksham, Devizes and Calne.

CONTACT DETAILS

P: 01722 425120 **E:** shc-tr.sexualhealth@nhs.net

FREE OR LOW-COST THINGS TO DO IN THE AREA

FUN AND FREE ACTIVITIES NEARBY

Local walks within Warminster and further around including Smallbrook Meadows, Dunscombe Bottom (Knook), Cley Hill, Shear Water, Longleat Forest, Stourhead Estate and many others. And Warminster has a Blue Plaque Trail, a walking tour that takes you to 20 of the finest historic buildings in Warminster. More information on the Town Council website.

For those looking for a bigger challenge, the western part of the Mid Wilts Way runs through Upton Scudamore, Horningsham and Kingston Deverill and finishing in Mere.

Fancy something different? Treasure Trails has a Warminster version called Alien Portal Destruction Trail costing just £10. Ideal to do with family and friend or as a fun day out with the kids.

Warminster Town Park (Lake Pleasure Gardens) featuring the boating lake, tennis courts, putting green, Pavilion Café, a large childrens play area, the popular Splash Pad and Skate Park, a Tree Trail and lots of wildlife. It also hosts free events like Spring in the Park (30 April), the Carnival Fun Day (normally in September) and periodic free live music events.

All year round look out for the myriad fairs, quizzes and bingo nights while brightening up the darker evenings of autumn are the Warminster Carnival and the Christmas Lights Switch On, both firm favourites with children of all ages.

Finally, do look out for Heritage Open Days usually in September allowing you free access to places often closed to the public.

THERE'S A LOT GOING ON!

WHAT'S IN YOUR LOCAL AREA

Apart from the 40 or so exhibitors, this a list of well over a hundred organisations, clubs and societies operating in the local area - from archery and astronomy to walking and Zumba; there's something for everyone!

We have tried to add phone numbers as well as web addresses to help those unable to use the internet. While this list has been compiled in good faith from information gleaned from existing online information, as with all such data, it may be out of date. We would suggest that the following are good sources of updated material:

WARMINSTER TOWN COUNCIL WEBSITE

warminster-tc.gov.uk/activities/clubs

YOUR CARE YOUR SUPPORT WEBSITE

adults.wiltshire.gov.uk/Categories/771

ADVICE AND HELP

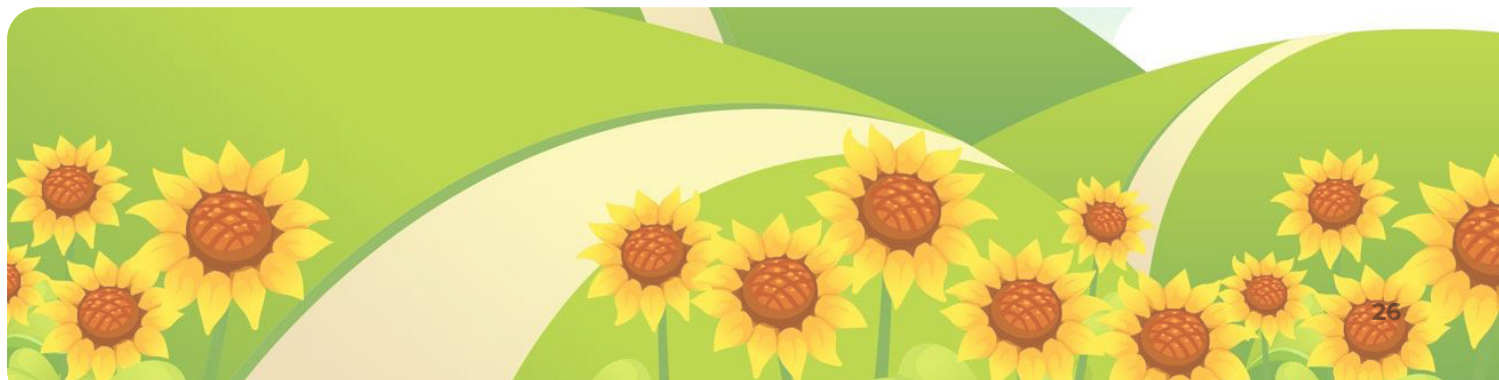
Warminster Action Group	P: 01985 250081	W: warminsteractiongroup.co.uk
Citizens Advice Wiltshire	P: 0800 144 8848	W: citizensadvicewiltshire.org.uk
Warminster Community Hub	P: 01985 218548	W: warminstercommunityhub.co.uk
Cornerstone Warminster	P: 01985 220657	W: cornerstone-warminster.org
Cruse Bereavement Support	P: 0808 808 1677	W: cruse.org.uk
Open Door	E: info@opendoorwarminster.org W: opendoorwarminster.org	
Money Helper	P: 0800 011 3797	W: moneyhelper.org.uk

HEALTH

Wiltshire Air Ambulance	P: 01225 300536 W: wiltshireairaambulance.co.uk
Side by Side Cancer Support Group	W: adults.wiltshire.gov.uk/Services/1956
Cardiac Rehabilitation Classes Warminster	P: 07554 243313 W: wiltshire.gov.uk/leisure-gp-referral
Dogs for Health	P: 07712 545427 E: info@dogsforhealth.org.uk
Dorothy House Hospice Care	P: 01225 722988 W: dorothyhouse.org.uk
Falls Prevention Class – Warminster	P: 07799074312 W: wiltshire.gov.uk/leisure-gp-referral
Warminster and District Fibromyalgia Support Group	E: healthandwelbeinginwarminster@gmail.com W: fmauk.org/component/contact/
Friends of Warminster Hospital	P: 01985 212076 W: fowh.org
HealthPitch	E: rebecca@healthpitch.org W: healthpitch.org
Wiltshire Health Improvement Hub	P: 0300 003 4566 (selection option 1) E: health.coaches@wiltshire.gov.uk
Healthwatch Wiltshire	P: 01225 434218 W: healthwatchwiltshire.co.uk
Wessex MS Therapy Centre	P: 01985 217728 W: wessexms.co.uk
Riding for the Disabled Association	P: 01373 865436 W: rda.org.uk

HEALTH

Wiltshire Sight	P: 01380 723682 W: sightsupportwest.org.uk
Salisbury Shakers	E: salisburyshakers@btinternet.com
Slimming World	P: 0344 897 8000 W: slimmingworld.co.uk
Exercise after a Stroke Classes Warminster	P: 07554 243313 W: wiltshire.gov.uk/leisure-gp-referral
Warminster and Westbury Visually Handicapped Club	P: 01985 214789 W: adults.wiltshire.gov.uk/Services/114/Warminster-and-Westb
Get Wiltshire Walking	P: 07342 066608 (Louise Gale) W: wiltshire.gov.uk/getwiltshirewalking
Healthy Mere Walking	E: contact@hmw.org.uk W: hmw.org.uk
The Avenue Surgery	W: avenuesurgery.co.uk



MILITARY GROUPS

Warminster Armed Forces and Veterans Breakfast Club	W: afvbc.net/find-a-club/warminster/ E: warminsterAFVBC@gmail.com
Warminster Royal British Legion	P: Andy Clark Branch Chairman 0785 8518341 P: Debbie Clark Secretary 01985 219194
SSAFA Wiltshire	P: 0204 566 9131 W: ssafa.org.uk/wiltshire

LEISURE ACTIVITIES

Allotments	P: 01985 216007 W: tyningsallotments.wordpress.com
Warminster & District Angling Club	P: 0750 605 4803 W: thewdac.co.uk
The Hive Artshouse	W: facebook.com/TheHiveArtshouse
Warminster Art Society	P: 01985 218110 W: adults.wiltshire.gov.uk/Services/967/Warminster-Art-Socie
Starquest Astronomy Club	P: 01985 840093 W: starquestastronomy.co.uk
Athenaeum Masqueraders	P: 01985 213891 W: athmasqueraders.co.uk
Athenaeum Singers	P: 01985 840830 W: athenaeumsingers.com

LEISURE ACTIVITIES

Warminster Athenaeum Trust	P: 01985 213891 W: theath.org.uk
Warminster Bell Ringers	P: 01985 217600 W: bellringing.org/local/warminster/
Upper Wylde Valley Bell Ringers	P: 01985 840081 W: upperwyldevalleyteam.com/team/bell-ringing/
Boreham WI – Warminster Civic Centre	P: 01380 739340 W: wiltshire.thewi.org.uk/find-wi/boreham
Warminster Brass Band	P: 01985 215200 W: warminsterbrassband.co.uk
Shrewton Silver Band	W: shrewtonband.org.uk
Warminster Bonsai Club	P: 07798 584795 W: warminsterbonsai.co.uk
Warminster Bridge Club	P: 01985 214102
Warminster Camera Club	P: 01985 216066 W: facebook.com/warminstercameraclub
Warminster Carnival	P: 01985 217050
Civil Service Retirement Fellowship	P: 0208 691 7411 W: csrf.org.uk
Cantiamo - Female Voice Choir	P: 07903 427791 W: facebook.com/cantiamofvc
Warminster Community Choir	P: 07725 367700 W: facebook.com/groups/WarminsterChoir

LEISURE ACTIVITIES

Warminster Dementia Choir	P: 07725 367700
Warminster Military Wives Choir	W: facebook.com/WMWChoir
Rock Choir	P: 01252 714276 E: office@rockchoir.com
Refresh – Warminster	P: 01985 212138 W: ccww.org.uk/refresh/
The Minster Church of St Denys – Warminster	P: 01985 215460 W: stdenystheminsterwarminster.org.uk
The United Reformed Church – Warminster	P: 01373 858805 W: unitedchurchwarminster.org.uk
Commercial Transport in Preservation	P: 01722 325429 W: thectp.org.uk
Coyote Cubs	P: 01985 851713 W: facebook.com/coyotecubs
Mere Amateur Dramatic Society	P: 01747 861257 W: mereamdram.co.uk
National Association of Flower Arrangement Societies	P: 01985 214575 W: flowerssouthwest.com/warminster
Copse and Loppers Forest School	W: copseandloppers.vpweb.co.uk
Mere Garden Club	W: meregardenclub.org.uk
The Grove Building Mere	P: 07714 718625 W: grovebuildingmere.org.uk

LEISURE ACTIVITIES

Trefoil Guild - Guiding for Adults	P: 020 7834 6242 ext. 3010 W: trefoilguild.co.uk
Mere Historical Society	W: merehistoricalsociety.org.uk E: secretary@merehistoricalsociety.org.uk
Local Community Hospital Volunteering	P: 01985 220779 W: wiltshirehealthandcare.nhs.uk
Warminster Library	P: 01985 216022
Line Dancing Classes with Patricia	P: 01985 300449 or 07905 510539
Warminster Lions Club	P: 0345 833 9843 W: lionsofwarminster.net
Horningsham Luncheon Club	P: 01985 844756 W: Horningsham.org/local-groups
Lakeside Lunch and Social Club	P: 01985 840296
Warminster Model Boat Club	E: warminstermbc@gmail.com
Warminster Museum and History Society	P: 01985 216022 W: warminstermuseum.org.uk
Warminster Philatelic Society	P: 01985 846339
Warminster Philharmonic Orchestra	P: 01985 216376 W: sites.google.com/site/warminsterorchestra
Warminster Community Radio	P: 01985 846111 W: wcrfm.org.uk

LEISURE ACTIVITIES

TransWilts Community Rail	P: 07379 175055 W: transwilts.org
West Wiltshire Rail Users Group	P: 01225 864221 W: wwwrug.org.uk
Mere and District Railway Modellers Club	P: 01747 861977 W: mererailwaymodellers.co.uk
Mere Rivers Group	E: mereriverwildlife@btinternet.com W: merewilts.org
Warminster Saddle Club	P: 01985 213925 W: warminstersaddleclub.com
Warminster and District Skittles League	E: info@warminsterskittles.co.uk W: warminsterskittles.co.uk
Warminster U3A	P: 01985 511533 W: u3asites.org.uk/warminster
Warminster Ukulele Club	P: 01985 211786 W: facebook.com/groups/warminsterukuleleclub
Warminster Walkers	P: 01985 213530 W: warminster-tc.gov/activities/clubs/walkers
Walking in Wiltshire	W: walkinginengland.co.uk/wiltshire
Maiden Bradley and Horningsham Welcome Club	P: 01985 847373
Wellspring Warminster	P: 07860 551634 W: wellspringwarminster.wordpress.com
Wiltshire Wildlife Trust	P: 01380 725670 W: wiltshirewildlife.org

LEISURE ACTIVITIES

Warminster and Wylde Valley WI Lite	P: 01380 739340
Warminster Writers Circle	P: 01985 216056 W: warminsterwriterscircle.webs.com
Yarm for the Soul	P: 01985 219737 W: yarnforthesoul.co.uk
Natural Bioenergetics Health Kinesiology and Iyengar Yoga	P: 07717 762402 W: fionafallon.co.uk

SPORT CLUBS

Warminster Adventure Sports Club	E: secretary@thewasc.org W: thewasc.org
Bowmen of Warminster	P: 07710 642820 W: bowmenofwarminster.weebly.com
Over 50s Badminton	P: 01985 218058
Mere Bowls Club	P: 01747 860775
Warminster Bowling Club	P: 01985 301528 W: warminsterbowlingclub.com
Mere Cricket Club	W: mererecc.co.uk
Warminster Cricket Club	P: 01985 219039 W: warminstercricket.co.uk
Wessex Blades Fencing Club	P: 01985 220110
SNAP Fitness Warminster	P: 01985 801110
Heytesbury Football Club	P: 07790 728197 W: heytesburyfc.wixsite.com

SPORT CLUBS

Warminster Highbury Youth Football Club	P: 01985 846010 W: whyfc.org.uk
Warminster Sky Blue Girls Football Club	E: warminsterskyblue@aol.co.uk W: facebook.com/skybluefootball
Warminster Town Football Club	P: 07906 218390 W: warminstertownfc.com
Bath, Wilts & North Dorset Gliding Club	P: 01985 844095 W: bwnd.co.uk
West Wilts Golf Club	P: 01985 213133 W: westwiltsgolfclub.co.uk
West Wilts Hockey Club	P: 07824 903131 W: westwiltshockeyclub.co.uk
Warminster PMA Lickboxing Classes	P: 07710 633233 W: pmakickboxing.com
Lego Robot Club	P: 01985 840244 W: legorobotclub.co.uk
Martial Arts Matt Fiddes	P: 0800 0350 415 E: enquiries@mattfiddes.com
Wessex Blades Netball Club	P: 01985 213891 E: wessexblades1@gmail.com
Pilates with Paula Young	P: 07739 337283
Warminster Rugby Club	P: 01985 214755 W: warminsterrfc.co.uk
Warminster Running Club	P: 01985 300980 W: warminsterrc.co.uk
Shearwater Sailing Club	P: 01985 300259 W: shearwatersailingclub.co.uk
Warminster Sports Centre	P: 01985 212946 W: wiltshire.gov.uk/article/4143/overview

SPORT CLUBS

Warminster Swimming Club	W: uk.teamunify.com/team/wasc
Warminster Table Tennis Club	E: warminsterttc@gmail.com W: warminsterttc.ttclubs.co.uk
Warminster Tae Kwon Do	P: 07941 591741 W: facebook.com/warminstertaekwondo
Tai-Chi with Howard Mitchell	P: 07725 869238
The Swim School Westbury	E: westbury@theswimschool.co.uk
Zumba with Paula Young	P: 07739 337283
Zumba Gold with Debbie and Rosie	P: 07941 112893 (Debbie) P: 07760 496291 (Rosie)

PARENTS AND CHILDREN GROUPS

Babyballers	P: 07597 905632 W: babyballers-warminster.class4kids.co.uk
Minster Meerkats Toddler Group	P: 01985 215460 E: minstertoddler@gmail.com
Precious Ones	P: 01985 217613 W: facebook.com/preciousoneswarminster
Rainbow Corner Parent and Toddler Group	P: 07901 332829
Rhyme Times and Story Times at the Library	P: 01985 216022

SUPPORT GROUPS

Age UK Wiltshire	P: 0808 196 2424 W: ageuk.org.uk/wiltshire
Alzheimer's Society	P: 01722 326236 / 01249 443469 / 0300 2221122 E: wiltshire@alzheimers.org.uk
Alzheimer's Support	P: 01985 624005
Bobby Van Trust	P: 01225 256867 W: wiltshirebobbyvan.org.uk
Carer Support Wiltshire	P: 0800 181 4118
Changing Places - Civic Centre Warminster	P: 01985 214847 W: changingplaces.uktoiletmap.org
Warminster Park Community Centre	P: 01985 216904
Memory Cafe Warminster	P: 01380 239055 W: alzheimerswiltshire.org.uk
Dorset and Wiltshire Fire & Rescue Service	P: 0800 038 2323 W: dwfire.org.uk
Warminster Food Bank	P: 01985 214463 W: warminsteranddistrictfoodbank.co.uk
The Fudge Trust	P: 01985 213440 W: fudgetrust.co.uk
Guide Dogs for the Blind	P: 0118 983 5555 W: guidedogs.org.uk
Imperial Charity	P: 01373 826826 W: imperialcharity.co.uk

SUPPORT GROUPS

Warminster & District Link Scheme	P: 01985 211655
Macmillan Cancer Support Warminster	P: 0808 808 0000 W: facebook.com/macmillan.warminster
Member of Parliament Dr. Andrew Morrison	E: murrisona@parliament.uk
Neighbourhood Watch	P: 0116 402 6111 W: ourwatch.org.uk
The Rose Charity	P: 01985 216369 W: therosecharity.org.uk
Shared Lives Wiltshire	P: 01380 826451 E: sharedlives@wiltshire.gov.uk
Shopmobility Warminster	P: 01985 218548 W: warminstercommunityhub.co.uk
Somerset Care	P: 0800 817 4990 W: somersetcare.co.uk
Fearless formerly Splitz Support Service	P: 01225 775276 W: fear-less.org.uk
Warminster and District Stroke Club	P: 01985 214666 W: adults.wiltshire.gov.uk
Warminster and Westbury Talking Newspapers	P: 01985 213739 W: nhs.uk/services
Victim Support	P: 0808 281 0113 W: victimsupport.org.uk
Wiltshire Centre for Independent Living	P: 0300 1233 442 W: wiltshirecil.org.uk

YOUTH SERVICES

Warminster Air Training Corps	P: 07870 660330 W: 2238-warminster-sqn-business.site
Wiltshire Army Cadet Force	P: 01380 724114 W: armycadets.com/county/wiltshire-acf
Guides Association	P: 0800 999 2016 W: girlguiding.org.uk
Mini Kickers	E: MiniKickers@gmx.com W: facebook.com/MiniKickersWarminster
Warminster Scout Group	P: 07949 690321 W: warminsterscoutgroup.co.uk
Seeds 4 Success	P: 07585 723824 W: seeds4success.org.uk
Splash	P: 01380 729813 W: communityfirst.org.uk/yaw/splash

LITTLE THINGS THAT MAKE A BIG DIFFERENCE

As we emerged from the Covid pandemic in 2021, Warminster residents started to notice paintings of wild birds mysteriously appearing on redundant and boarded up buildings, beginning with blackbirds, blue tits, parakeets, pigeons, robins and swallows and progressing to foxes and other country animals.

Local artist Tanya Hinton, a self-taught artist says she does it to brighten up the town and to make people smile.

Besides making us feel good, to quote Mother Teresa,

“We shall never know all the good that a simple smile can do.”



WARMINSTER AREA HEALTH AND WELLBEING FORUM

WHO ARE WE?

The Warminster Area Health and Wellbeing Forum represents a wide range of community stakeholders who work in partnership to facilitate health and wellbeing across the community area. People living in the community play a direct role in setting the agenda for this group.

The Forum aims to identify local needs, priorities and outcomes and make recommendations to the Area Board on how funding for activities should be deployed.

People living in the community play a central role in all aspects of the Warminster Area Health and Wellbeing Forum, including the design, development, delivery and review of local activities.

If you are interested in joining the group then please drop us a line at healthandwellbeinginwarminster@gmail.com, or visit [@healthandwellbeinginwarminster](https://www.facebook.com/healthandwellbeinginwarminster) on Facebook.

The Warminster Area Health and Wellbeing Forum may include representatives of:

- Members of the Area Board
- Older Peoples Champion
- People from the community
- Town and Parish Councils
- Community transport provider
- Health and Social Care Commissioners
- Community and voluntary organisations / groups
- Carers Champion
- Health Champion
- Churches
- Police
- GP Practices

Why not come and see us in action?

Meetings are held at the Civic Centre quarterly, last just two hours (12:00-14:00) and include really useful networking time – creating connections that help deliver better and more joined up services.

Contact us for details of the next meeting!

The Health and Wellbeing Fair - and this supporting booklet - are the result of some fabulously collaborative volunteer work. Thanks go to:

Irene Kohler, Salisbury Health and Wellbeing Group, for sharing her experience and ideas.

Eileen Foreman & Ben Hunt-Davis MBE, for generously giving their valuable time and support.

Warminster Area Board for the generous grant that allows us to host the event and offer free entry.

Holland & Barrett, Waitrose and Morrisons for their generous gifts for the raffle.

The small volunteer team who organise and manage the event.

The events team at the Warminster Civic Centre team for their support and excellent customer care.

Nicolette Vos-Neal at Dutchfox for her gentle patience and brilliant ideas for the booklet!

To **all the participating groups** who support us year after year by offering to exhibit their services.

And finally **you** – if you visited the fair and are thinking about taking steps to improve your health and wellbeing – we thank you for being part of the drive to help the Warminster Area Keep Well.

WARMINSTER
KEEP WELL

healthandwellbeinginwarminster@gmail.com



@healthandwellbeinginwarminster



Supported by: **Wiltshire Council**

The Forum has made every attempt to ensure the accuracy and reliability of the information provided in this booklet. However, the information is provided 'as is' without warranty of any kind.