



WARMINSTER R KEEP WELL A

Health & Wellbeing
Warminster

Your Free Guide

**TAKING STEPS
TOWARDS LIVING WELL**



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HEALTH AND WELLBEING WARMINSTER

WHO ARE WE?

Formed in January 2009, the group has grown significantly in both membership & scope. We continue our original mission of connecting medical, support, charitable and social care organisations to encourage the sharing of ideas and resources as well as keeping members updated on local issues.

Over the past few years, we have expanded our activities to focus on health and wellbeing in its broadest sense.

Our Members

We have over 70 members, including a wide range of organisations and individuals. We meet quarterly at Warminster School, and for those who cannot attend, notes are distributed to keep everyone informed. Membership is free and open to anyone who lives, works, or provides services in the Warminster Community Area.

Our key achievements include:

- Delivering Health and Wellbeing Fairs in 2019, 2023, and 2026.
- Creating and distributing two editions of the popular Health and Wellbeing Booklet.
- Promoting and recognising volunteering within the Warminster community.
- Running two digital awareness events in 2023.
- Successfully campaigning for a third pharmacy to be restored to Warminster.

We are seeking volunteers to help us make a difference in our local community. We would love to hear from you. You can contact us via email, Facebook, Instagram, or via the Civic Centre, who will pass on a message.

If you find this booklet helpful, please share it with friends and family, and let us know your thoughts.

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



Wiltshire maintains a higher healthy life expectancy and generally good health compared to the England average, though there are significant internal health inequalities between its most and least deprived areas.

Warminster Community Area has an estimated population of 25,211 persons

0 - 15 Yrs	3,987
18 - 64 Yrs	14,662
65+ Yrs	6,562

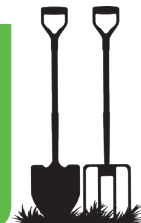
13.3% of children aged under 16 in this area live in a low-income family, compared with 12.7% in Wiltshire.

In 2022/23, 11.4% of residents in this community area registered with a GP had a diagnosis of depression compared with 11.8% in Wiltshire.



Having access to open green space is a contributing factor to our mental wellbeing. In Warminster there are...

- 18 sporting areas
- 40 religious grounds/cemeteries
- 52 public parks/gardens/playing fields & play spaces
- 3 allotments/community growing spaces





In 2021, in Warminster, 63% of those aged 65 years and over consider themselves to be in good health, compared with 64% in Wiltshire.

650

Young people (age 10-24) were admitted to hospital as a result of self-harm in Wiltshire in 2021/22.



The prevalence of dementia in this community area was 1.1% in 2022/23, compared to 0.9% across Wiltshire.

By 2040, Wiltshire's population aged 65 years and over is projected to increase by 43%. Currently just over a fifth of the population is in this age range but this is expected to rise to closer to a third.

As of 2021, 9.8% of people aged 65 and over in this community area provided some form of unpaid care, and 4.4% provided over 50 hours per week.



36.0% percent of children aged 10-11 years are obese or overweight in Warminster, compared with 31.5% in Wiltshire.



CONNECTING WILTSHIRE

WE LIVE IN A RURAL LOCATION WHERE TRAVEL OPTIONS ARE OFTEN LIMITED AND EXPENSIVE. BUT THERE ARE A RANGE OF SERVICES TO HELP YOU GET OUT AND ABOUT

Frome Bus (01373 471474) operates services within and around Warminster as well as buses to Frome, Mere and Gillingham. **W:** fromebus.co.uk

Beeline Coaches (01985 213503) runs services to Frome, Salisbury and Devizes. **W:** beelinecoaches.co.uk

Warminster and District Link Scheme (07447 572789) is a local charity, run by volunteers, who help the community by offering transport and other assistance to people who need it.

And for those travelling further afield:

Wiltshire Connect (01225 712900) allows travel up to 13 miles between any location within each service area and there many designated pick up and drop off points available (conditions apply).

W: connectingwiltshire.co.uk

First Bus (0345 646 0707) operates the D1 service between Bath and Salisbury with stops in Warminster.

W: firstbus.co.uk

Warminster Station (03457 48 49 50) trains run eastwards to Salisbury and beyond and westwards to Bath and beyond. **W:** nationalrail.co.uk

More information on the Connecting Wiltshire website **connectingwiltshire.co.uk**.



LET'S GET DIGITAL!

HELPFUL CONTACTS TO GET ONLINE.

All Wiltshire libraries offer **access to computers with internet and printing** facilities or you can connect your device to the **free WiltsOnline Wi-Fi**. Wiltshire Council now offers **free SIM cards** and mobile data, along with limited **one-to-one support** from Warminster library (01985 216022).

Wiltshire Digital Drive (01225 636005) refurbishes and recycles old **laptops for sale**. They also collect and **recycle unwanted devices** via the Civic Centre.

Blackmore IT (0800 280 0416) is a locally-based company offering **cheap refurbished digital devices** as well as accepting unused devices for recycling. You may also be eligible to receive a **discounted price** on Get Online@Home's (03719 100100) range of devices.

Ability Net (0300 180 0028) provides **free computer assistance** to elderly people and disabled people of all ages, normally in their homes. They can also provide some remote assistance.

Finally, just 5% of eligible households have signed up to a **discounted broadband package**. Eligibility varies from provider to provider so Ofcom is urging anyone on benefits to contact their supplier about **social tariffs** to see what is on offer.

**Note: Some of this may be subject to eligibility criteria including benefits or income or health conditions.*

WHO WILL BE AT THE 2026 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.



2WISH FAMILY BEREAVEMENT SUPPORT

We provide immediate and ongoing support to families affected by the sudden death of a child or young person aged 25 or under. We ensure that those bereaved receive the necessary bereavement support, including services such as memory boxes, counselling, play therapy, and complementary therapies. Our support is free, confidential, and tailored to individual needs.

CONTACT DETAILS

P: 01443 853125

W: 2wish.org.uk



ACTIVE HEALTH

The Active Health programme is a physical activity programme that you can be referred to by your GP or health care practitioner. Active Health offers the opportunity to manage a medical condition through physical activity or you are currently inactive and/or sedentary. The programme is offered within Wiltshire Council leisure centres across the county.

CONTACT DETAILS

P: 07799 074312

W: wiltshire.gov.uk/leisure-gp-referral



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. There is a small charge and we meet alternate Tuesdays in the Civic Centre between 2pm and 4pm.

CONTACT DETAILS

P: 07754 612569 **E:** fitnessandfriendship@ageukwiltshire.org.uk



BEYOND DEMENTIA

Beyond Dementia (formerly Alzheimer's Support). Our Old Silk Works Club offers friendship, fun activities, and a well-earned break for carers. Join our weekly Memory Café at Christ Church or fortnightly art group at Lakeside Community Centre. Our dementia adviser and Home Support Service provide personal guidance and one-to-one companionship — so no one faces dementia alone.

CONTACT DETAILS

P: 01985 624005 **W:** beyonddementia.org.uk



BSW DIABETIC EYE SCREENING NEC

Our local programme provides free NHS eye screening to detect changes to the retina caused by diabetes. Diabetes can affect your eyes without you knowing so eye screening is an integral part of NHS long-term condition management, saving people's vision every day. Diabetic Retinopathy can occur without symptoms. Left untreated, it can lead to permanent damage to your eyesight.

CONTACT DETAILS

P: 01225 582300 **E:** miul.administration@nhs.net **W:** neccare.necsws.com



CARERS TOGETHER WILTSHIRE

Carers Together Wiltshire is a partnership, commissioned by Wiltshire Council, dedicated to supporting unpaid Carers in Wiltshire to achieve a healthy balance between their caring responsibilities and their own wellbeing.

CONTACT DETAILS

P: 01380 710300 **W:** carerstogetherwiltshire.org.uk



COMMUNITY CATALYSTS

We seek to ensure that people who need care and support to live their lives get help in ways, times and places that suit them. The two-year social enterprise project aims to assist the start-up, development and growth of community enterprises that provide help and support for older and disabled people who need some help to live life their way.

CONTACT DETAILS

P: 07425 328559 **W:** communitycatalysts.co.uk



WARMINSTER COMMUNITY RADIO

Connecting the people of Warminster and the surrounding area through the power of radio: keeping the community in touch, giving the area a voice and serving as a friend to the disabled, isolated, and vulnerable. Broadcasting 24 hours a day, 7 days a week on 105.5 FM, online and via the WCR app.

CONTACT DETAILS

P: 01985 846111 **W:** wcrfm.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 **W:** dorothyhouse.org.uk



FORWARD CARERS

We offer a range of online resources to assist you in your caring role. You can access our Benefits Calculator to see what you may be entitled to, register for a Carers ID Card, access online support groups and self-refer for help from local services as well as access to a face-to-face chat with our partners Kissing It Better.

CONTACT DETAILS

E: carerfriendly@forwardcarers.org.uk **W:** forwardcarers.org.uk



FRIENDS OF WARMINSTER HOSPITAL

FOWH is a local charity that started in 1962 and is run by volunteers. We aim to support Warminster Community Hospital, local surgeries & Community Care thereby relieving patients and former patients of the hospital, and others in the community who are sick, disabled or infirm.

CONTACT DETAILS

P: 01985 212076 **W:** fowh.org



THE FUDGE TRUST

We proudly serve the people of “Warminster and the surrounding area” by making grants to individuals and organisations who apply to us for help and, in the judgment of the Trustees, meet our confidential criteria. There is no upper or lower limit for an application, and one can apply more than once.

CONTACT DETAILS

P: 07554 052155 **W:** fudgetrust.co.uk



GET WILTSHIRE WALKING

Free graded walks led by fully trained volunteer Walk Leaders. Friendly and fun, they are a great way to improve your physical and mental health, make new friends and get to know your local area. Every Tuesday Morning: Strider & Stroller Walk – Meet opposite the Community Hub 9:30am; Starter Walk – Meet at Lake Pleasure Grounds 10am.

CONTACT DETAILS

P: 07342 066608



GOOD NEWS FOR EVERYONE

As a school leaver, many recall receiving the free gift of a little “Gideons” bible! We have now been renamed Good News for Everyone (GNFE) and have a range of material aimed at promoting health from a spiritual perspective, including the very colourful Hope magazine which has proved popular with elderly residents in Nursing/Residential Homes.

CONTACT DETAILS

P: 01455 554241 **W:** goodnewsuk.com



GUIDE DOGS

Guide Dogs is one of the UK's leading sight loss charities. Our expert staff, volunteers, life-changing guide and buddy dogs help adults and children live the life they choose. We couldn't deliver our vital services without our incredible volunteers. Raising a puppy or making a difference in your community, you can make a change that matters.

CONTACT DETAILS

P: Volunteering: 0345 143 0191 **P:** Information: 0800 781 1444 **W:** guidedogs.org.uk

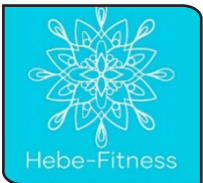


THE HEALING LINK

The Healing Link makes holistic care more accessible, human and aligned. We connect people with trusted holistic practitioners, offering free personalised referrals based on their individual needs. We listen, guide, and support their journey, helping them find the right care without cost or pressure. They only pay practitioners if they choose to work with them.

CONTACT DETAILS

P: WhatsApp - 07940 505891 **W:** thehealinglink.co.uk



HEBE FITNESS

Warminster's Women's Only Fitness Studio offers a variety classes for all abilities in a safe and welcoming studio. We seek to empower our members and encourage them to be the best version of themselves, leaving them feeling happier and healthier and, to help with this we also regularly arrange social events away from the studio.

CONTACT DETAILS

P: 07921 124569 **W:** hebe-fit.com



INCREDIBLE EDIBLE WARMINSTER

A group of volunteers who grow food, providing a free source of organic fruit and veg for anyone in the community to help themselves to; we teach people regenerative practices that put nature first, and provide an inclusive, supportive space. Situated on Bradley Road, we meet on Saturday mornings throughout the growing season.

CONTACT DETAILS

P: 07765 423799



INDEPENDENT LIVING CENTRE

We offer free impartial OT assessments to people living in Wiltshire. We have a full range of mobility aids and equipment, including wheelchairs, scooters, beds, chairs, stairlifts, bathlifts, daily living aids, Technology Enabled Care, and much more. Find out how you can remain independent at home, and to try out items with professional advice from our Team.

CONTACT DETAILS

P: 01380 871007 **W:** ilc.org.uk



INDEPENDENT LIVES

Independent Lives is a charity supporting people in Wiltshire to live independently and with choice. We provide specialist support for individuals receiving Direct Payments, including advice and guidance, Personal Assistant (PA) recruitment, payroll, and managed banking services. We also offer training for PAs and individual employers, helping to build skills, confidence, and strong working relationships.

CONTACT DETAILS

P: 01903 219482 (option 3) **W:** independentlives.org



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.



WARMINSTER LIONS CLUB

Lions are ordinary people who do extraordinary things to help others, support good causes, and make things happen. Warminster Lions Club supports a range of good causes and projects, and have fun organising remarkable and memorable fundraising activities. As local residents ourselves, we serve the unique needs of the community in which we live.

CONTACT DETAILS

P: 0345 833 9843 **W:** lionsofwarminster.net



NATIONAL ENERGY ACTION

National Energy Action (NEA), the national fuel poverty charity, has worked across England, Wales, and Northern Ireland for over 40 years, so everyone can live in warm, healthy homes. Together with frontline practitioners, companies, regulators and governments, National Energy Action supports clients, raises awareness and achieves enduring change.

CONTACT DETAILS

P: 0800 304 7159 **W:** nea.org.uk/get-help



NATIONAL TREMOR FOUNDATION / 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 Shakers 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

P: 07732 129750 **E:** salisburyshakers@btinternet.com **W:** tremor.org.uk



OPEN DOOR WARMINSTER

We provide opportunities for those feeling isolated socially, affected by cancer or grief, to come together in a safe, encouraging environment and to identify ways to enrich their wellbeing. Chat Café every Thu; Cancer Support Café 1st/3rd Fri of the month; Grief & Bereavement Support Café 2nd/4th Fri; all 10:00–12:00. Prostate Support Group 2nd/4th Monday, 7:00-8:30 pm. All at The Athenaeum..

CONTACT DETAILS

P: 07716 676174 **W:** opendoorwarminster.org



WARMINSTER POLICE

We believe that policing is most effective when delivered in partnership and we work closely with other agencies to pursue long-term problem-solving strategies. We seek to identify and address the root causes of criminality and our current priorities – based on community feedback, crime data and demand - include youth-related anti-social behaviour, shoplifting, and rural crime.

CONTACT DETAILS

W: wiltshire.police.uk/area/your-area/wiltshire/warminster/



WARMINSTER RUGBY CLUB

We have various teams including a senior men's side, a veterans' side, and a comprehensive minis and youth program welcoming boys and girls from age 4 upwards, as well as a women's team. Warminster RFC is actively recruiting players of all ages and abilities and we offer a welcoming atmosphere for new players.

CONTACT DETAILS

P: 01985 221338 **W:** warminsterrfc.rfu.club



PARKINSON'S UK

We're Parkinson's UK. The charity that's here to support every Parkinson's journey, every step of the way. Wherever you're from, whatever you need. Parkinson's Local Advisers (PLA) are here to help you. The key elements of the PLA service are information, advice, advocacy and emotional support.

CONTACT DETAILS

P: 0808 800 0303 **W:** parkinsons.org.uk/



SALLI'S HAPPY HEARTS

We provide a sparkling antidote for those suffering from debilitating physical and psychological effects of heart and respiratory disorders, as well as the effects of isolation and loneliness. Happy Hearts provides a safe, effective, friendly and fun environment to help you get fitter & become more confident in living with and understanding your condition.

CONTACT DETAILS

P: 07969 909162 **W:** sallishappyhearts.co.uk



WARMINSTER SCHOOL - THE EDGE PROGRAMME

Our Community Outreach Programme operates on Wednesday afternoon term time, including the Chess Club, supporting primary schools, Charity shop volunteering, while our Buskers perform in care homes etc. We also invite people into school to help with knitting, cooking, lectures etc. If you think our pupils could help you with something, do get in touch.

CONTACT DETAILS

P: 01985 210138 **W:** warminsterschool.org.uk



SCOTTISH AND SOUTHERN ELECTRICITY NETWORKS

We manage the electrical infrastructure as opposed to the energy companies whose supply consumers use. Contact us 24 hours a day, every day, for help when you need it most. Call 105 to report power outages; join our Priority Services Register to access welfare help including access to power banks, hot water, glow sticks, and even hot food in emergencies.

CONTACT DETAILS

P: 105 **W:** ssen.co.uk



SHARED LIVES WILTSHIRE

Shared Lives in Wiltshire matches adults with support needs to carers who welcome them into their homes. Carers don't need qualifications — just life experience and compassion. Adults are carefully paired based on interests and location. Carers receive training and ongoing support, creating a rewarding, family-style living experience for everyone involved.

CONTACT DETAILS

P: 01380 826451 **W:** sharedlivesplus.org.uk/scheme/wiltshire-shared-lives-scheme/



WARMINSTER SPORTS CENTRE

We have a brand-new gym to help you re-engage with your fitness and well-being, as well as a swimming pool (for lane sessions, swimming lessons, and pool parties); two fitness studios dedicated to a range of group exercise classes; and a main hall with five badminton courts, also suitable for football and pickleball.

CONTACT DETAILS

P: 01985 212946 **W:** wiltshire.gov.uk/leisure/sports-and-leisure-centres/warminster-sports-centre



SUSTAINABLE WARMINSTER

Sustainable Warminster is a volunteer-led, non-profit community group which aims to bring people together to protect and improve the local environment and promote sustainable living choices - no politics, just passion. You may know us for: Damask Way petition; Energy Advice Events; Plan Bee; Smallbrook Nature Reserve Mural; and the Toad Patrol, among other initiatives.

CONTACT DETAILS

W: sustainablewarminster.co.uk



WARMINSTER & WESTBURY VISUALLY IMPAIRED CLUB - AKA THE BLIND CLUB

The Blind Club supports adults, 18 years plus, each Monday between 2 and 4 pm at St John's Hall on Boreham Road Warminster (BA12 9JY). Enjoy the friendship of the Blind Club with like-minded visually impaired people. Join in the varied activities; entertainment, tasty food and a raffle. New members & volunteers are always welcome.

CONTACT DETAILS

P: Rose on 01985 213765 or Janice on 07851 762 930



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

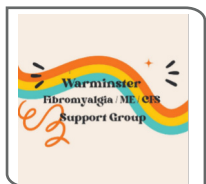


WAM - WE ARE MEN

We Are Men is a friendship group for men of all ages and backgrounds providing a safe and supportive space to talk about our experiences, challenges, and hopes. We also offer a variety of activities, including social events, workshops, and outdoor adventures. We meet on Monday evenings between 7-9 pm at Warminster Town Football Club.

CONTACT DETAILS

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

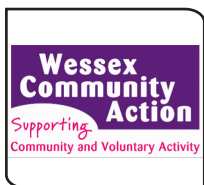


WARMINSTER WARRIORS (ME/CFS GROUP)

We provide a safe, understanding space for those living with Fibromyalgia or ME/Chronic Fatigue Syndrome. This group offers connection, shared experiences, and gentle support from people who truly understand. Whether online or in person you are heard, supported, and reminded that you're not alone on your journey.

CONTACT DETAILS

E: warminsterfibrogroup@gmail.com **F:** facebook.com/groups/1526901238235503/



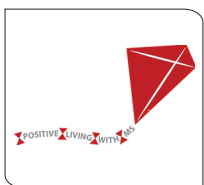
WESSEX COMMUNITY ACTION

WCA is dedicated to strengthening charities, community groups, and grassroots organisations delivering vital services and driving change. We provide resources, training, and support to enable groups to focus on frontline activities, while actively collaborating on a wide range of partnerships/projects. We act as a voice for the sector by advocating for their needs and impact.

CONTACT DETAILS

P: 01722 326822

W: wessexcommunityaction.org.uk



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

W: wessexms.co.uk



WESSEX RIVERS TRUST

WRT is dedicated to the conservation of chalk streams/ivers in Wessex, ensuring healthy rivers for wildlife and people. 'Our Healthy Headwaters' project is working with Wessex Water to inspire and encourage those living on the River Avon headwaters (incl. Warminster residents) to adopt river friendly behaviours like reducing domestic water use and keeping harmful chemicals out of the drainage/sewage systems.

CONTACT DETAILS

P: 01722 654253

W: wessexrt.org.uk



WESSEX WATER

We can explain your bill, refer you for support if you are struggling to pay, advise on saving water and avoiding blockages and answer questions about water quality, plumbing and drainage. We also hold regular Community Drop-In sessions in Warminster Library - dates can be found on the website or on posters around town.

CONTACT DETAILS

P: 0345 600 3 600 (Mon - Friday, 8am to 6pm) **W:** wessexwater.co.uk



WILTSHIRE FAMILY HUBS / SPURGEONS

Wiltshire Family Hub offers a range of parenting support groups and parenting classes in Wiltshire, for parents of children aged 0-19 years (0-25 SEND) where they can share the challenges and joys of parenthood. Our ethos: "Everything that we do is underpinned by the Five to Thrive ethos" - Respond, Cuddle/Engage, Relax, Play, Talk.

CONTACT DETAILS

P: 0800 970 4669 **W:** wiltshirefamilyhubs.org.uk



WARMINSTER WRITERS CIRCLE

Come and enjoy speakers, workshops, and tips sessions on all aspects of creative writing. Receive support, encouragement, and constructive criticism from fellow members. Our friendly and informal meetings are held on the second and fourth Monday of the month from 7.15 to 9.15pm. New members are always welcome.

CONTACT DETAILS

E: dellfamily@blueyonder.co.uk / **E:** painter.d1@sky.com

FREE & LOW-COST THINGS TO DO IN THE AREA

FUN AND FREE ACTIVITIES NEARBY

Warminster has a Blue Plaque Trail that takes you to 20 of the finest historic buildings in Warminster. For something different, Treasure Trails has a Warminster version based on UFOs – ideal as a fun day out for all ages!

For those seeking a bigger challenge, there are twenty local walks you can download and print for free on www.walkinginengland.co.uk. And don't forget the western part of the Mid Wilts Way running through Upton Scudamore, Horningsham and Kinston Deverill, finishing in Mere.

With free access to thousands of books as well as the internet, Warminster Library offers activities from Rhyme Times for babies and toddlers to reading groups and Craft and Chat. Do pop in!

Warminster Town Park (Lake Pleasure Grounds) 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 (April/May), the Carnival Fun Day (normally in September) and periodic free live music events.

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

On the next few pages you will find a list of over two hundred organisations, clubs and societies operating in the local area - from archery and astronomy to walking and Zumba; there is something for everyone! While this list has been compiled in good faith from information gleaned from existing online information and other sources, as with all such data, it may be out of date.

We would suggest that the following are great sources of updated material:

WARMINSTER TOWN COUNCIL
warminster-tc.gov.uk/activities/clubs

YOUR CARE YOUR SUPPORT
adults.wiltshire.gov.uk

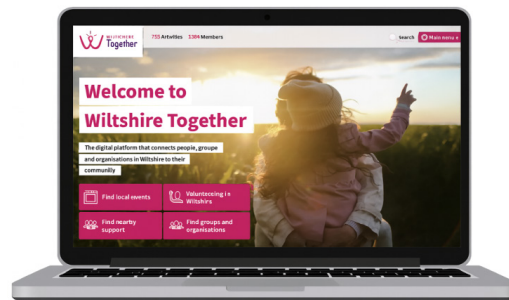
HEALTH & WELLBEING WARMINSTER
HealthWellbeingwarminster.org.uk

WILTSHIRE TOGETHER

wessexcommunityaction.org.uk/wiltshire-together/

Wiltshire Together is a resource hub for anyone seeking information, volunteering opportunities, community services, events and activities across Wiltshire.

You can search over 1250 groups and over 750 events by category, activity type, age-range and location. A great tool for groups, individuals, and volunteers.



ADVICE AND HELP	
Warminster Action Group	P: 01985 250081 W: warminsteractiongroup.co.uk
Citizens Advice Wiltshire	P: 0808 2787995 W: citizensadvicewiltshire.org.uk
Warminster Community Hub	P: 01985 218548
Wessex Community Action	P: 01722 326 822 W: wessexcommunityaction.org.uk
Cornerstone Warminster	P: 01985 220657 W: cornerstone-warminster.org
Cruse Bereavement Support	P: 0808 808 1677 W: cruse.org.uk
National Energy Action	P: 0800 304 7159 W: nea.org.uk
Warminster Foodbank	P: 01985 214463 W: warminsteranddistrictfoodbank.co.uk
Money Helper	P: 0800 138777 W: moneyhelper.org.uk
Prison Advice and Care Trust	P: 02077 359535 W: prisonadvice.org.uk
Scottish and Southern Energy Network	P: 105 W: ssen.co.uk
Sustainable Warminster	W: sustainablewarminster.co.uk
Wessex Water	P:0345 600 3 600 W: wessexwater.co.uk

HEALTH	
Wiltshire Air Ambulance	P: 01225 300536 W: wiltshirebathairambulance.org.uk
Wiltshire Autism Hub	P: 01380 871800 W: wsun.co.uk/wiltshire-autism-hub/
Headway Bath and District (brain injury)	P: 07927 042396 W: headwaybath.org.uk
Cardiac Rehabilitation Classes Warminster	P: 07799 074312 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 & Dist. Fibromyalgia Support	W: fmauk.org/component/contact/
Friends of Warminster Hospital	P: 01985 212076 W: fowh.org
The Healing Link	P: WhatsApp - 07940 505891 W: thehealinglink.co.uk
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

HEALTH	
Wessex MS Therapy Centre	P: 01985 217728 W: wessexms.co.uk
Riding for the Disabled Association	P: 01926 492915 W: rda.org.uk
Wessex Rivers Trust	P: 01722 654253 W: wessexrt.org.uk
Wiltshire Sexual Health (WISE)	P: 01722 425120 W: sexualhealth.salisbury.nhs.uk
Wiltshire Sight	P: 01380 723682 W: sightsupportwest.org.uk
Salli's Happy Hearts	P: 07969 909162 W: sallishappyhearts.co.uk
Salisbury Shakers	P: 07732 129750 E: salisburyshakers@btinternet.com
Slimming World	P: 0344 897 8000 W: slimmingworld.co.uk
Exercise after a Stroke Classes Warminster	P: 07799 074312 W: wiltshire.gov.uk/leisure-gp-referral
Warminster and Westbury Visually Impaired Club	P: 01985 213765 W: adults.wiltshire.gov.uk/Services/114/Warminster-and-Westb
Get Wiltshire Walking	P: 07917 213726 W: wiltshire.gov.uk/getwiltshirewalking
Healthy Mere Walking	E: contact@merewilts.org W: merewilts.org
The Avenue Surgery	P: 01985 224600 W: avenuesurgery.nhs.uk

LEISURE ACTIVITIES	
Age UK Fitness and Friendship club	P: 07754 612569 E: fitnessandfriendship@ageukwiltshire.org.uk
Allotments	P: 01985 214847 W: tyningsallotments.wordpress.com
Warminster & District Angling Club	P: 0750 605 4803 W: thewdac.co.uk
Warminster Art Group	P: 01380 739055 W: alzheimerswiltshire.org.uk/event/warminster-art-group
Starquest Astronomy Club	P: 01985 840093 W: gostargazing.co.uk/organiser/starquestastro/
Athenaeum Masqueraders	P: 01985 213891 W: athmasqueraders.co.uk
Athenaeum Singers	P: 01985 840830 W: athenaeumsingers.com
Warminster Athenaeum Trust	P: 01985 213891 W: theath.co.uk
Upper Wylye Valley Bell Ringers	P: 01985 850724 W: upperwylyevalleyteam.com/team/bell-ringing/
Boreham WI	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 E: secretary@shrewtonband.org.uk

LEISURE ACTIVITIES	
Warminster Bonsai Club	P: 07798 584795 W: warminsterbonsai.co.uk
Warminster Bridge Club	P: 01985 214102 W: bridgewebs.com/warminster/
Warminster Camera Club	P: 01985 216066 E: warminstercameraclub@gmail.com
Warminster Carnival	P: 01985 217050
Civil Service Retirement Fellowship	P: 0208 691 7411 W: csrf.org.uk
Cantiamo - Female Voice Choir	W: facebook.com/cantiamofvc
Warminster Community Choir	P: 07716 676174 W: facebook.com/groups/WarminsterChoir
Westbury with Warminster Good Afternoon Choir	P: 01761 472468 W: goodafternoonchoir.org/west-bury-with-warminster-gac
Mere and District Day Centre	P: 07825 272406 W: meredaycentre.org.uk
Found Outdoor CIC (rewilding)	E: hello@foundoutdoors.org W: foundoutdoors.org
Goldies Sing and Smile	P: 01761 470006 W: golden-oldies.org.uk/wiltshire
Warminster Memory Club	P: 01985 624005 W: alzheimerswiltshire.org.uk

LEISURE ACTIVITIES	
Warminster Military Wives Choir	W: facebook.com/WMWChoir E: warminster@militarywiveschoirs.org
Rock Choir	P: 01252 714276 E: emma.webb@rockchoir.com
Refresh – Warminster	P: 01985 212138 W: ccww.org.uk/refresh/
Minster Church of St Denys	P: 01985 215460 W: riverwerechurches.org/st-denys-the-minster-church/
United Reformed Church	P: 01985 215781 W: unitedchurchwarminster.org.uk
Commercial Transport in Preservation	P: 01722 325429 W: thectp.org.uk
Coyote Cubs - Baby & Toddler Group	P: 01985 851713 W: facebook.com/coyotecubs
Mere Amateur Dramatic Society	P: 01747 861941 W: mereamdram.co.uk
Warminster and Wylde Valley Flower Club	P: 01985 214575 W: flowerssouthwest.com/warminster
Copse and Loppers Forest School	P: 01985 841079 W: copseandloppersforestschoo.co.uk
Mere Garden Club	W: meregardenclub.org.uk

LEISURE ACTIVITIES	
The Grove Building Mere	P: 07714 718625 W: grovebuildingmere.org.uk
Trefoil Guild - Guiding for Adults	P: 020 7834 6242 ext. 3010 W: trefoilguild.co.uk
Mere Historical Society	W: merehistoricalsociety.org.uk E: info@merehistoricalsociety.org.uk
Hebe-Fitness	P: 07921 124569 W: hebe-fit.com
Local Community Hospital Volunteering	P: 01985 220779 E: whc.volunteers@nhs.net W: wiltshirehealthandcare.nhs.uk
Warminster Library	P: 01985 216022 W: facebook.com/WarminsterLibraryUK/
Warminster Lions Club	P: 0345 833 9843 W: lionsofwarminster.net
Horningsham Luncheon Club	P: 01985 844756 W: horningshamvillagehall.com/events
Warminster Model Boat Club	W: facebook.com/groups/1906278783027841/
Warminster Museum and History Society	P: 01985 216022 W: warminstermuseum.org.uk
Warminster Philatelic Society	P: 01985 840033 W: warminsterphilatelicociety.org
Warminster Philharmonic Orchestra	P: 01985 216376 W: sites.google.com/view/warminsterphilharmonic

LEISURE ACTIVITIES	
Warminster Community Radio	P: 01985 846111 W: wcrfm.org.uk
West Wilts Ramblers	W: facebook.com/groups/2205789982784567
TransWilts Community Rail	P: 07354 902805 W: transwilts.org
West Wiltshire Rail Users Group	P: 01225 864221 W: wwrug.org.uk
Mere and District Railway Modellers Club	P: 01747 861654 W: mererailwaymodellers.co.uk
Mere Rivers Group	E: mereriverwildlife@btinternet.com W: merewilts.org/directory-category/clubs-and-societies
Warminster Saddle Club	P: 01985 213925 W: warminstersaddleclub.co.uk
Warminster and District Skittles League	E: info@warminsterskittles.co.uk W: warminsterskittles.co.uk
Aqua Sana Forest Spa Wiltshire	P: 03448 266205 W: aquasana.co.uk/spa-locations/longleat-forest.html
Warminster U3A	P: 07827 341465 W: warminster.u3asite.uk
Warminster Ukulele Club	P: 01985 211786 W: facebook.com/groups/warminsterukuleleclub
Warminster Walkers	P: 01985 213530 W: warminster-tc.gov/activities/clubs/walkers

LEISURE ACTIVITIES	
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
Warminster and Wylde Valley WI Lite	P: 01380 739340
Warminster Writers Circle	P: 07864 685536 W: wiltshiretogether.org.uk/profile/warminster_writers_circles
Yarn for the Soul	P: 01985 219737 W: yarnforthesoul.co.uk



SPORT CLUBS	
Warminster Adventure Sports Club	E: committee@thewasc.org W: thewasc.org
Bowmen of Warminster	P: 07526 409726 W: bowmenofwarminster.co.uk
Over 50s Badminton	P: 01985 212946
Mere Bowls Club	P: 01747 860775 W: merewilts.org/directory/mere-bowls-club
Warminster Bowling Club	P: 07900 981443 W: warminsterbowlingclub.com
Mere Cricket Club	P: 07763 001119 W: facebook.com/MereCricketClub
Warminster Cricket Club	P: 01985 219039 W: warminster.play-cricket.com/home
Wessex Blades Fencing Club	P: 01985 220110 W: facebook.com/groups/502942943168122
SNAP Fitness Warminster	P: 01985 801110 W: snapfitness.com/uk/gyms/warminster
Heytesbury & Codford Football Club	P: 07790 728197 W: codfordcommunity.co.uk/heytesbury-codford-fc
Warminster Highbury Youth Football Club	P: 07493 644498 W: whyfc.org.uk
Warminster Town Football Club	P: 07909 993527 W: warminstertownfc.com

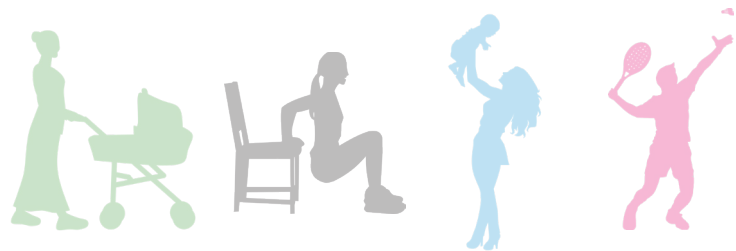
SPORT CLUBS	
Bath, Wilts & North Dorset Gliding Club	P: 01985 844095 W: bwnd.co.uk
West Wilts Golf Club	P: 01985 213133 W: westwiltsgolfclub.co.uk
West Wilts Hockey Club	P: 07824 903131 W: westwiltshockeyclub.co.uk
Elite Ladies Kickboxing	P: 07554 993873 W: elitekickboxingacademy.co.uk
Warminster PMA Kickboxing	P: 07709 302905 W: pmakickboxing.com/clubs/clubs-warminster
Lego Robot Club	P: 01985 840244 W: legorobotclub.co.uk
Martial Arts Matt Fiddes	P: 0800 0350 415 W: facebook.com/MFWarminster
Wessex Blades Netball Club	E: wessexblades1@gmail.com
Pilates with Paula Young	P: 07739 337283
Warminster Rugby Club	P: 01985 221338 W: warminsterrfc.rfu.club
Warminster Running Club	E: warminsterrunningclub@gmail.com W: warminsterrc.co.uk

SPORT CLUBS

Shearwater Sailing Club	W: shearwatersailingclub.co.uk
Warminster Sports Centre	P: 01985 212946 W: wiltshire.gov.uk/article/4101
Warminster Swimming Club	W: uk.gomotionapp.com/team/wasc/page/home
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 E: howardmitchelltaichi@gmail.com
The Swim School Westbury	P: 01373 822891 W: theswimschool.co.uk/location/westbury-swimarium
Zumba with Paula Young	P: 07739 337283
Zumba Gold	P: 07760 496291 E: rosiepoolman@talktalk.net



YOUTH SERVICES	
Acorns After School Club	P: 01985 213768 W: acornswarminster.co.uk
Warminster Air Training Corps	P: 07870 660330 W: facebook.com/www.2238.sqn.co.uk
Wiltshire Army Cadet Force	P: 01380 724114 W: armycadets.com/county/wiltshire-acf
Guides Association	P: 01722 329306 W: girlguiding.org.uk
Mini Kickers	E: MiniKickers@gmx.com W: warminsteryouthfc.co.uk/minikickers
Warminster Scout Group	W: warminsterscoutgroup.co.uk
Seeds 4 Success	P: 07585 723824 W: seeds4success.org.uk
Splash	P: 01380 729813 W: communityfirst.org.uk/yaw/splash
Westbury and Warminster Youth Club	P: 07443 934667 W: facebook.com/westburyandwarminsteryouthclub



PARENTS AND CHILDREN GROUPS	
BabyBallers	P: 07794 407776 W: babyballers.com/local-class-academy/warminster
Minster Meerkats Toddler Group	P: 01985 215460 W: facebook.com/people/Minster-Meerkats-Toddler-Group/61553569954351/
Precious Ones	P: 01985 217613 W: facebook.com/preciousoneswarminster
Rainbow Corner Parent and Toddler Group	W: facebook.com/p/Rainbow-Corner-Play-group-100064573073673
Rhyme Times and Story Times	P: 01985 216022 (at the library) W: facebook.com/WarminsterLibraryUK

MILITARY GROUPS	
Army Welfare Service	P: 01904 882053 W: army.mod.uk/support-and-training/welfare/army-welfare-service
Warminster Armed Forces and Veterans Breakfast Club	P: 01985 212299 W: afvbc.com/club/warminster-armed-forces-veterans-breakfast-club
RAF Association	P: 0800 018 2361 W: rafa.org.uk/
Warminster Royal British Legion	P: 08088 028080 W: Warminster.chair@rbl.community
SSAFA Wiltshire	P: 0204 566 9131 E: southwest.region@ssafa.org.uk

SUPPORT GROUPS	
2Wish Bereavement Support	P: 01443 853125 W: 2wish.org.uk
Age UK Wiltshire	P: 0808 196 2424 W: ageuk.org.uk/wiltshire
Alzheimer's Society	P: 0333 150 3456 W: alzheimers.org.uk
Beyond Dementia	P: 01985 624005 W: beyonddementia.org.uk
Barnardo's	P: 07849 306876 E: Info.Wiltsemh@barnardos.org.uk
Bobby Van Trust	P: 01225 256867 W: wiltshirebobbyvan.org.uk
Cancer Support Salisbury	P: 07926 841698 W: cancersupportsalisbury.com
We Hear You (cancer support)	P: 01373 455255 W: wehearyou.org.uk
Changing Places - Civic Centre Warminster	P: 01985 214847 W: changingplaces.closomat.co.uk/warminster-town-council
Carers Together Wiltshire	P: 01380 710300 W: carerstogetherwiltshire.org.uk
Families Out Loud (addiction)	P: 07444 098427 W: familiesoutloud.org
Wiltshire Family Hubs / Spurgeons	P: 0800 970 4669 W: wiltshirefamilyhubs.org.uk
FearFree	P: 01225 777724 W: fearfree.org.uk

SUPPORT GROUPS

Forward Carers	E: carerfriendly@forwardcarers.org.uk W: forwardcarers.org.uk
Dorset and Wiltshire Fire & Rescue Service	P: 01722 691000 W: dwfire.org.uk
The Fudge Trust	P: 07554 052158 W: fudgetrust.co.uk
Good News for Everyone	P: 01455 554241 W: goodnewsuk.com
Guide Dogs for the Blind	P: 0800 781 1444 W: guidedogs.org.uk
Help Counselling Service	P: 01225 767459 W: helpcounselling.co.uk
Imperial Charity	P: 01373 826826 W: imperialcharity.co.uk
Wiltshire Centre for Independent Living	P: 0300 1233 442 W: wiltshirecil.org.uk
Warminster & District Link Scheme	P: 07447572789 W: communityfirst.org.uk/transport/directory
Macmillan Cancer Support	P: 0808 808 0000 W: macmillan.org.uk/
Member of Parliament Dr. Andrew Murrison	P: 01225 358584 E: murrisona@parliament.uk
Memory Cafe Warminster	P: 01985 624005 W: beyonddementia.org.uk

SUPPORT GROUPS	
Neighbourhood Watch	P: 0116 402 6111 W: ourwatch.org.uk
Open Door	P: 07716 676174 W: opendoorwarminster.org
Parkinson's UK	P: 0808 800 0303 W: parkinsons.org.uk
Rethink Mental Illness	P: 0808 801 0525 W: rethink.org
The Rose Charity	P: 01985 216369 W: therosecharity.org.uk
Safe Families	P: 0333 4141488 W: safefamilies.uk
Shared Lives Wiltshire	P: 01380 826451 W: sharedlivesplus.org.uk/scheme/wiltshire-shared-lives-scheme
Stepping Stones (Young Children)	P: 01225 350004 W: steppingstonestrowbridge.co.uk
Victim Support	P: 0808 281 0113 W: victimsupport.org.uk
WAM - We Are Men	E: info@wearemen.org W: wearemen.org
Warminster and District Stroke Club	P: 01985 214259 W: stroke.org.uk/finding-support/clubs-and-groups
Warminster Warriors (ME/CFS)	E: warminsterfibrogroup@gmail.com F: facebook.com/groups/1526901238235503/
Warminster Wellbeing Hub	P: 01985 622036 W: thewellbeinghub.org

This booklet – and the supporting Health and Wellbeing Fair – are the results of some fabulous collaborative & volunteer work. Thanks go to:

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To all **the exhibitors** who support us on the day of the Fair – and help and support you year after year.

And finally, **you** – whether you found us at the Fair or picked up our booklet, we thank you for being part of the drive to help the *Warminster Area Keep well*.

WARMINSTER
R
KEEP WELL
A

healthwellbeingwarminster.org.uk

info@healthwellbeingwarminster.org.uk

[@healthandwellbeinginwarminster](https://www.instagram.com/healthandwellbeinginwarminster)

