



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)



**May-August
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

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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 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>



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/>



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



Carer Support Wiltshire is a charity that provides help and support to unpaid carers in Wiltshire. For more information visit, call or email

DEMENTIA SPECIFIC CALENDAR MAY 2023

Mon	Tues	Wed	Thurs	Fri
1st May: (Bank Holiday)	2nd May: Meadowcroft Singing for the Brain 10.30-11.30am <u>NEW:</u> Love & Loss Peer Group 10.30-12pm Swindon Carers	3rd May: Pinetrees Memory Café 1.30pm—3.30pm Swindon Carers Dementia Peer Support Group, 2.45 –4pm	4th May:	5th May: Chiseldon Memory Café 10.30-12pm Friendship Fridays Highworth 10-12pm
8th May: (Coronation Bank Holiday)	9th May: Freshbrook Singing for the Brain 10.30-12pm	10th May: Haydon Wick Memory Café 10.30-12.30pm Love to Move Highworth 1.45pm-3.15pm	11th May: Olive Tree Memory Café 10.30-12pm Covingham Singing for the Brain 2-3.30pm	12th May: Friendship Fridays Highworth 10-12pm Highworth Forget Me Not Choir 12.30-2pm
15th May: Freshbrook Singing for the Brain 10.30-12pm Silver Linings at Stanton Park Farmhouse. 1.30—3pm	16th May: Meadowcroft Sing 4 Fun 10-12pm Love & Loss Peer Group 10.30-12pm Swindon Carers	17th May: Memory Cinema at Arts Centre 10.30am for 11am. Pinetrees Memory Café 1.30pm—3.30pm Dementia Voice (young onset dementia group) 10.30am—12pm	18th May: Sporting Memory Café 10.30-12pm	19th May: Friendship Fridays Highworth 10-12pm Wroughton Making Memories Café 10.30-12pm
22nd May: Freshbrook Singing for the Brain 10.30-12pm	23rd May:	24th May: Haydon Wick Memory Café 10.30-12.30pm Highworth Forget-Me-Not Café 2-4pm	25th May: Covingham Singing for the Brain 2-3.30pm	26th May: Friendship Fridays Highworth 10-12pm Highworth Forget Me Not Choir 12.30-2pm
29th May: (Bank Holiday)	30th May: Freshbrook Singing for the Brain 10.30-12pm Love & Loss Peer Group 10.30-12pm Swindon Carers	31st May:	N/A	N/A

DEMENTIA SPECIFIC CALENDAR JUNE 2023

Mon	Tues	Wed	Thurs	Fri
N/A	N/A	N/A	1st Jun: Covingham Singing for the Brain 2-3.30pm	2nd Jun: Chiseldon Memory Café 10.30-12pm Friendship Fridays Highworth 10-12pm
5th Jun: Wyvern Memory Café 10.30am-12pm Freshbrook Singing for the Brain 10.30-12pm	6th Jun: Meadowcroft Singing for the Brain 10.30-11.30am	7th Jun: Pinetrees Memory Café 1.30pm—3.30pm Swindon Carers Dementia Peer Support Group, 2.45 –4pm	8th Jun: Olive Tree Memory Café 10.30-12pm RWB Dementia Choir 1-2.30pm	9th Jun: Friendship Fridays Highworth 10-12pm Highworth Forget Me Not Choir 12.30-2pm
12th Jun: Freshbrook Singing for the Brain 10.30-12pm Lydiard Walk & Talk 11.30-12.30pm	13th Jun: Love & Loss Peer Group 10.30-12pm Swindon Carers	14th Jun: Haydon Wick Memory Café 10.30-12.30pm Love to Move Highworth 1.45pm-3.15pm	15th Jun: Sporting Memory Café 10.30-12pm Covingham Singing for the Brain 2-3.30pm RWB Dementia Choir 1-2.30pm	16th Jun: Friendship Fridays Highworth 10-12pm Wroughton Making Memories Café 10.30-12pm
19th Jun: Freshbrook Singing for the Brain 10.30-12pm Silver Linings at Stanton Park Farmhouse. 1.30—3pm	20th Jun: Meadowcroft Sing 4 Fun 10-12pm	21st Jun: Memory Cinema at Arts Centre 10.30am for 11am. Pinetrees Memory Café 1.30pm—3.30pm Dementia Voice (young onset dementia group) 10.30am—12pm	22nd Jun: RWB Dementia Choir 1-2.30pm	23rd Jun: Friendship Fridays Highworth 10-12pm Highworth Forget Me Not Choir 12.30-2pm
26th Jun: Freshbrook Singing for the Brain 10.30-12pm	27th Jun: Love & Loss Peer Group 10.30-12pm Swindon Carers	28th Jun: Haydon Wick Memory Café 10.30-12.30pm Highworth Forget-Me-Not Memory Café 2-4pm	29th Jun: RWB Dementia Choir 1-2.30pm	30th Jun:

DEMENTIA SPECIFIC CALENDAR JULY 2023

Mon	Tues	Wed	Thurs	Fri
3rd Jul: Freshbrook Singing for the Brain 10.30-12pm Wyvern Memory Café 10.30am-12pm	4th Jul:	5th Jul: Pinetrees Memory Café 1.30pm—3.30pm Swindon Carers Dementia Peer Support Group, 2.45 –4pm	6th Jul: Covingham Singing for the Brain 2-3.30pm RWB Dementia Choir 1-2.30pm	7th Jul: Chiseldon Memory Café 10.30-12pm Friendship Fridays Highworth 10-12pm
10th Jul: Freshbrook Singing for the Brain 10.30-12pm Lydiard Walk & Talk 11.30-12.30pm	11th Jul: Love & Loss Peer Group 10.30-12pm Swindon Carers	12th Jul: Haydon Wick Memory Café 10.30-12.30pm Love to Move Highworth 1.45pm -3.15pm	13th Jul: Olive Tree Memory Café 10.30-12pm RWB Dementia Choir 1-2.30pm	14th Jul: Friendship Fridays Highworth 10-12pm Highworth Forget Me Not Choir 12.30-2pm
17th Jul: Freshbrook Singing for the Brain 10.30-12pm Silver Linings at Stanton Park Farmhouse 1.30—3pm	18th Jul: Meadowcroft Sing 4 Fun 10-12pm	19th Jul: Memory Cinema at Arts Centre 10.30am for 11am. Pinetrees Memory Café 1.30pm—3.30pm Dementia Voice (young onset dementia group) 10.30am—12pm	20th Jul: Covingham Singing for the Brain 2-3.30pm Sporting Memory Café 10.30-12pm	21st Jul: Wroughton Making Memories Café 10.30-12pm Friendship Fridays Highworth 10-12pm
24th Jul: Freshbrook Singing for the Brain 10.30-12pm	25th Jul: Love & Loss Peer Group 10.30-12pm Swindon Carers	26th Jul: Haydon Wick Memory Café 10.30-12.30pm Highworth Forget-Me-Not Memory Café 2-4pm	27th Jul:	28th Jul: Friendship Fridays Highworth 10-12pm Highworth Forget Me Not Choir 12.30-2pm

DEMENTIA SPECIFIC CALENDAR AUGUST 2023

Mon	Tues	Wed	Thurs	Fri
31st Jul: Freshbrook Singing for the Brain 10.30-12pm	1st Aug Meadowcroft Singing for the Brain 10.30-11.30am	2nd Aug: Pinetrees Memory Café 1.30pm—3.30pm Swindon Carers Dementia Peer Support Group, 2.45 –4pm	3rd Aug: Covingham Singing for the Brain 2-3.30pm	4th Aug: Chiseldon Memory Café 10.30—12pm Friendship Fridays Highworth 10-12pm
7th Aug: Freshbrook Singing for the Brain 10.30-12pm	8th Aug: Love & Loss Peer Group 10.30-12pm Swindon Carers	9th Aug: Haydon Wick Memory Café 10.30-12.30pm	10th Aug: Olive Tree Memory Café 10.30-12pm	11th Aug: Friendship Fridays Highworth 10-12pm Highworth Forget Me Not Choir 12.30-2pm
14th Aug: Freshbrook Singing for the Brain 10.30-12pm Lydiard Walk & Talk 11.30-12.30pm	15th Aug: Meadowcroft Sing 4 Fun 10-12pm	16th Aug: Memory Cinema at Arts Centre 10.30am for 11am. Pinetrees Memory Café 1.30pm—3.30pm Dementia Voice (young on-set dementia group) 10.30am—12pm	17th Aug: Covingham Singing for the Brain 2-3.30pm	18th Aug: Friendship Fridays Highworth 10-12pm Wroughton Making Memories Café 10.30-12pm
21st Aug: Freshbrook Singing for the Brain 10.30-12pm Silver Linings at Stanton Park Farmhouse. 1.30—3pm	22nd Aug: Love & Loss Peer Group 10.30-12pm Swindon Carers	23rd Aug: Haydon Wick Memory Café 10.30-12.30pm Highworth Forget-Me-Not Memory Café 2-4pm	24th Aug:	25th Aug: Friendship Fridays Highworth 10-12pm Highworth Forget Me Not Choir 12.30-2pm
28th Aug: (Bank Holiday)	29th Aug:	30th Aug:	31st Aug:	N/A



DEMENTIA CALENDAR: Venues & Contacts



Wyvern Memory Cafe: Lower Foyer, Wyvern Theatre, Swindon. owebb@wyverntheatre.org.uk or call 01793 509039 to register.

Haydon Wick Memory Café: Haydon Wick Bowls Club. Thames Avenue. memorycafe@haydonwick.gov.uk or call 01793 722446 / 07889 233916.

Pinetrees Memory Café: Pinetrees Community Centre, Swindon. 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 or call 07970 543423.

Sporting Memory Café: Swindon Town Football Club Foundation, STFC Foundation Park, Swindon Town FC. shane@stfcfoundation.com

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

Chiseldon Memory Café: Church Hall, Butts Road, Chiseldon. Paul.sunners@btinternet.com

Wroughton Making Memories Café: Prospect Hospice, Moormead Road, Wroughton, Swindon SN4 9BY. nkingsbury@swindon.gov.uk

Dementia Friendly Walk & Talk Lydiard Park Swindon. 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 or call 07512 716473.

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

Sing 4 Fun: Meadowcroft Community Centre, Addison Crescent, Swindon. Contact penniebob26@gmail.com. 07724 581253

Singing for the Brain: Meadowcroft Community Centre, Addison Crescent, Swindon. Cat.attewell@homeinsteadswindon.co.uk or call 01793 232585.

Friendship Fridays: Council rooms, Gilberts Lane, Highworth. Contact Forgetmenot.highworth@gmail.com or call 07970 543423.

Love to Move: Contact: love2move.highworth@gmail.com

Royal Wootton Bassett (RWB) Dementia Choir: lisawilliamsmusic@gmail.com

Swindon Carers Peer Support Dementia Group/ Love & Loss Group: Christchurch Community Centre/Olive Tree Cafe
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 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



Swindon Town FC
Community Foundation





EXERCISE (Monday)



Day	Time	Group	Run by:	How Often?	Location	Cost	How to Book/more details
Monday	09.45-10.30 & 10.30 – 11.15	Wheels 4 All : Supported cycling: all abilities	Live Well	Every Monday	County Ground Athletics Track, SN1 2FD	£3	Places must be pre-booked: Email 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	10.00—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	Generation Gains	Every Monday	Haydon Centre, Swindon	£4	John.popowicz@gll.org Call 07597125761
Monday	12.00 - 13.00	Otago Strength and Balance for Adults 65+	Live Well Team	Every Monday for the course	Halo Highworth Rec, The Elms SN6 7DD	£3 (1st session free)	Places must be pre-booked: Email livewell@swindon.gov.uk or call 01793 465513
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	Generation Gains	Every Monday	Link Centre Swindon	£4	John.popowicz@gll.org Call 07597125761
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—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 (1st session free)	Places must be 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	Generation Gains	Every Tuesday	Haydon Centre	£4	Call 07521 147431
Tuesday	14.00—16.00	Swindon Fitness & Friendship Club	Age UK Wiltshire	1st and 3rd 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— 16.00	Fitness & Friendship Club (Age UK)	Age UK Wiltshire	Alternate Tues- days	Central Community Cen- tre	£5	fitnessandfriend- ship@ageukwiltshire.org.uk 07754612569
Wednesday	10.00 - 11.00	Walking Football	Generation Gains	Every Wednesday	Croft Sports Centre	£4	Call 07521 147431
Wednesday	10.00— 11.00	Lin's Exercise to Mu- sic	Lin Jefferies	Every Wednesday	Pinetrees Community Centre	£4.50	linjefferies@hotmail.com or call 07763 282611
Wednesday	10.00— 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— 11.00	Otago Strength and Balance for Adults 65+	Live Well Team	Every Wednesday for the course	Grange Leisure Centre, SN3 4JY	£3 (1st session free)	Places must be pre-booked: Email livewell@swindon.gov.uk or call 01793 465513
Wednesday	10.15— 11.10	Exercise to Music (50+)	Highworth Rec	Every Wednesday	Highworth Rec	£4.95 if 65+	Call 01793 762602
Wednesday	10.30 – 11.30	Donna's Gentle Cir- cuits	Donna Tidmarsh	Every Wednesday	Grange Leisure and Com- munity Centre, Swindon	£5	donna@dwibble.com or call 07968624524
Wednesday	12.00— 13.00	Otago Strength and Balance for Adults 65+	Live Well Team	Every Wednesday for the course	Better Haydon Centre, Thames Ave, SN25 1QQ	£3 (1st session free)	Places must be pre-booked: Email livewell@swindon.gov.uk or call 01793 465513
Wednesday	13.30— 14.30	Love to Move/ Parkie Pals	Parkie Pals/ Love to Move	Fortnightly— contact for dates.	Shrivenham Park Golf Club	£2	Parkiepals@outlook.com Call 07875416236
Wednesday	14.30— 15.30	Gentle Circuits	Linda Jefferies	Every Wednesday	John Mouldon Hall	None	linjefferies@hotmail.com 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— 17.30	Gentle Circuits	Linda Jefferies	Every Wednesday	Christchurch Community Centre	£4.50	linjefferies@hotmail.com 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—10.45 11—11.45 12 - 12.45	Wheels 4 All : Supported cycling: all abilities	Live Well Team	Every Thursday (also on Tuesday 10am and 11am)	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— 11.00	Stephanie's Chair Yoga	Stefanie Young	Every Thursday	Ellendune Community Centre	£5	Call 07516313502
Thursday	10.00— 11.00	Margo's Exercise to Music	Margo Pratt	Every Thursday	Buckhurst Community Centre, Walcot, Swindon.	£5	Margo Pratt Call 07928817422
Thursday	10.30— 11.15	Dot's Strength, Balance and Wellbeing	The Pump House Project	Every Thursday	The Pump House Project, Faringdon	£5	07796207703
Thursday	11.30 – 12.30	Margo's Seated Exercise	Margo Pratt	Every Thursday	Coleview Community Centre	£5	Margo Pratt Call 07928817422
Thursday	12.30— 13.30	Walking Football	Generation Gains	Every Thursday	Haydon Centre	£4	Call 07521 147431
Thursday	14.00— 15.00	GLL's Senior Club Activity Session	Link Centre	Every Thursday	Link Centre Swindon	£4	John.popowicz@gll.org Call 07597125761
Thursday	14.00— 15.00	Strength and Balance Chair Exercises	Generation Gains	Every Thursday	Link Centre	£4	Call 07521 147431

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	RWB Fitness & Friendship Club	Age UK Wiltshire	2nd & 4th Thursday of Month	Memorial Hall, Royal Wootton Bassett	£5	07754 612569 or email Fitnessandfriendship@ageukwiltshire.org.uk
Thursday	10am, 11am & 12pm	Wheels 4 All : Supported cycling: all abilities	Live Well Team	Every Thursday	County Ground Athletics Track, Swindon SN1 2FD	£3	Places must be pre-booked: Email live-well@swindon.gov.uk or call 01793 465513
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	John.popowicz@gll.org Call 07597125761
Friday	11.30—12.30	Tao Chi	Blunsdon House Hotel	Every Friday	Blunsdon House Hotel	£5	Blunsdon House Hotel 01793 721701 (must be pre-booked)
Friday	10.00—10.45	Tao 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	Tracey.lenderyou@mha.org.uk Or call 07548774681
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



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 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 Call Julie Harris 07952987515
Wednesday	11.00–14.00	Rodbourn Lunch Club	Royal Voluntary Service	Every Wednesday	Rodbourn		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. 3rd: Highworth Community Centre	£7	Contact Mary on 01793 861173 to book. Transport can be arranged. *£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		07548774681 or Tracey.lenderyou@mha.org.uk
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—12.00	Parkies Pals	Parkies Pals	1st Monday of Month	Shrivenham Golf Club Cost is for refreshments	£3.00	parkiespals@outlook.com Or call 07875 416236 for Kerry Hartman
Monday	10.30—12.00	SN25 Carers Cuppa	Swindon Carers	3rd Monday of Month	The Jovial Monk	None	Heather.goldsmith@swindoncarers.org.uk Or call 07841 503849 for more details
Monday	10.30—12.00	Open House (tea and cake)	Bath Road Methodist Church	Every Monday	Bath Road Methodist (below main church)	£1	No need to book. Keir Garnham 07749726446)
Monday	11.00	Coffee Break	MS Society Swindon	4th Monday of the Month	Restaurant, Studley Grange Garden Centre	None	Swindon@mssociety.org.uk or call 07927112717
Monday	12.00 - 14.30	Coffee Morning at Lawns	MS Society Swindon	2nd Monday of the Month	Lawn's Community Centre, Swindon	None	Swindon@mssociety.org.uk or call 07927112717
Monday	10.00—12.00	Cricklade Computer Club	Wiltshire Council	Mondays	Cricklade Leisure Centre	None	Just turn up with your device.
Monday	13.30-15.00	Freshbrook Carers Cuppa	Swindon Carers	1st Monday of the month	Freshbrook Community Centre, Swindon	None	Heather.goldsmith@swindoncarers.org.uk Or call 07841 503849 for more details
Monday	13.30 - 15.00	Meadowcroft Carer Cuppa	Swindon Carers	4th Monday of the month	Meadowcroft Community Centre	None	Heather.goldsmith@swindoncarers.org.uk Or call 07841 503849 for more details
Monday	13.30—15.30	Friendship Club	Salvation Army	Every Monday	Salvation Army Hall Chapel Street, SN2 8DA	None	Call 01793 436928 for Hayley Purnell
Monday	14.15—15.30	Fun and Friendship	Gorsehill Baptist Church	3rd Monday of the Month	Gorsehill Baptist Church	None	Call 07900366779 for Val Green
Monday	14.00—15.00	Late Spring Oxfordshire (Bereavement Support)	Age UK Oxfordshire	2nd Monday of Month	Online	None	latespring@ageukoxfordshire.org.uk 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—11.30	Cake Cafe	The Pump House Project	Every Tuesday	The Pump House Project, Faringdon	£1 cake, £1 drink	No need to pre-book.
Tuesday	10.30—12.00	Carers Support Group	Carers Support Wiltshire	The Angel Hotel Royal Wootton Bassett	Monthly	None	No need to pre-book.
Tuesday	10.00—12.00	Old Town Stitching Bee	Fiona Harpin	Every Tuesday	Christchurch Community Centre	£1.50	Must pre-book. Please email fio-naharpin@hotmail.com
Tuesday	10.30—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)	Cat.attewell@homeinsteadswindon.co.uk Or call 01793 232858 for Cat Attewell.
Tuesday	10.30—11.30	Virtual FTD Group	Dementia UK	2nd Tuesday of Month	Online	None	Liz.rose@dementiauk.org
Tuesday	11.00—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—15.00	Penhill Community Cafe	Swindon Borough Council	Every Tuesday	Moulton Hall Penhill	None	No need to pre-book.
Tuesday	13.30—15.30	Afternoon Tea	Christchurch	Every Tuesday	Christchurch Community Centre		ccoperations@christchurchswindon.co.uk Or call 01793 617237 for Chris Smith
Tuesday	14.00—15.00	Late Spring Oxfordshire (Virtual Bereavement Support)	AgeUk Oxfordshire	1st Tuesday of Month	Online	None	latespring@ageukoxfordshire.org.uk or petraboualem@ageukoxfordshire.org.uk Or call 01235 849434 for Petra Boualem
Tuesday	14.00—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—12.00	Casual Craft	The Pump House Project	Every Wednesday	The Pump House Project, Faringdon	£4	Katie.pitts@thepumphouseproject.org.uk
Wednesday	10.30—11.30	Virtual Coffee & Chat	Dementia UK	3rd Wednesday of Month	Online	None	Liz.rose@dementiauk.org
Wednesday	10.30—13.30	Friendship Cafe	MHA Communities	Every Wednesday	St. Andrews Church, Walcot	£5*	Tracey.lenderyou@mha.org.uk or call 07548774681 *Suggested donation
Wednesday	10.00-12.00	Beechcroft Friendship Club	Beechcroft Library	Every Wednesday	Beechcroft Library, Swindon	None	Call 01793 680030
Wednesday	10.00—13.00	Free Community Café The Railway Village	Central Community Centre	Every Wednesday	Central Community Centre	None	No need to book.
Wednesday	14.00—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	11.00—12.00	Virtual PACE	Dementia UK	4th Wednesday of Month	Online	None	Liz.rose@dementiauk.org
Wednesday	11.00—12.00	Virtual Walk and Talk	Dementia UK	2nd Wednesday of month	Online	None	Liz.rose@dementiauk.org
Wednesday	14.00—15.30	GWH Carers Café	GWH	Every Wednesday	Refresh Restaurant, Great Western Hospital		No need to book.
Wednesday	14.00—15.00	Late Spring Oxfordshire (Virtual Bereavement support)	Age UK Oxfordshire	4th Wednesday of month	Online	None	latespring@ageukoxfordshire.org.uk or petraboutem@ageukoxfordshire.org.uk Or call 01235 849434 for Petra Boualem
Wednesday	10.30—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 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—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—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—15.30	Open Minds Social Afternoon Swindon Carers (For carers & cared	Swindon Carers	Last Wednesday of month	Meadowcroft Community Centre, Addison Crescent, Swindon	None	Register with Swindon Carers. Email heather.goldsmith@swindoncarers.org.uk or call 07841 503849
Wednesday	14.00—15.00	ASK (Asking in Simple Kindness	St Andrews Church	1st Wednesday of Month	St Andrews Shrivenham	None	vicar@shrivenhamandashbury.co.uk
Wednesday	10.00—13.00	Drop-in Social for residents of Railway Village	Swindon Heritage Action Zone	Every Wednesday	Baker's Emlyn Square		kphimister@swindon.gov.uk .





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 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 petraboualem@ageukoxfordshire.org.uk Or call 01235 849434 for Petra Boualem
Thursday	14.30—16.30	NEW: Parkinson's Cafes	Parkinsons' UK	11th May & 3rd August	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	Coleview Community Centre	£3.00	emma@golden-oldies.org.uk 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	14.00-15.00	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 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— 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— 12.00	Stratton Free Community Cafe	Swindon Borough Council	Every Friday	Meadowcroft Community Centre		No need to pre-book.
Friday	14.00— 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— 12.30	Community Cake & Cuppa	St. Andrew's Church/Home Instead	Quarterly. Contact for next date.	St. Andrew's Church, Shrivenham	None	Toby.kirk@homeinstead.co.uk or vic-ar@shrivenhamandashbury.co.uk
Friday	11.00— 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— 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— 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— 11.30	Coffee Morning	Cricklade United Church Hall	Every Friday	Cricklade United Church Hall		Turn up for a coffee and chat
Friday	13.30— 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
- Care options/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 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>

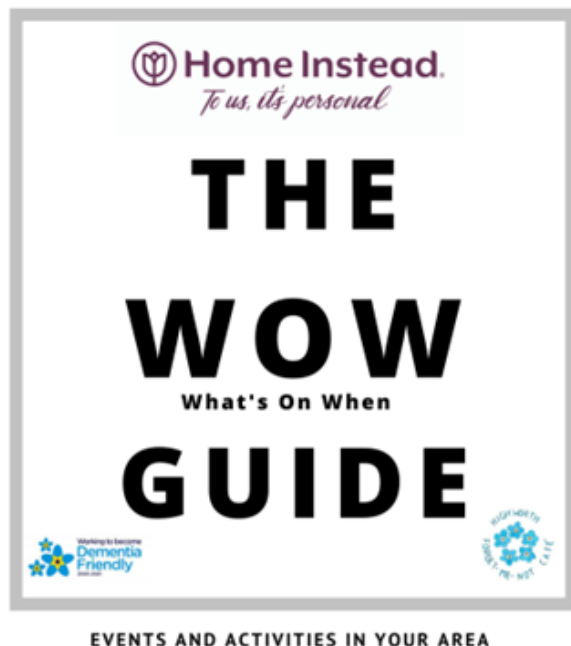
Keep safe – request a free home check from the Fire Service

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/>



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

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: toby.kirk@homeinsteadswindon.co.uk

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

Web: www.homeinstead.co.uk/Swindon