

Local Services and Activities – Pain Management

Exercise		
Age UK Fitness and Friendship Club	<p>For older adults to socialise and stay active. Includes gentle exercises, games, quizzes and Tai Chi</p> <p>Day: Alternative Thursdays Time: 2:30-4:30pm Location: St Michael's Community Centre</p>	<p>Email: fitnessandfriendship@ageukwiltshire.org.uk</p> <p>Telephone: 0808 196 2424</p>
Bemerton Live	<p>Gentle exercise classes aimed at the over 55s with a coffee break. Includes seated sports, chair yoga and Pilates. Costs £5 for one class, £7 for two</p> <p>Day: Fridays Time: 10:30am Location: St John's Place, Lower Bemerton</p>	
Get Out, Get Active	<p>A multisport activity session bringing disabled and non disabled people together, looking to increase activity levels in a fun environment. Try a variety of activities including seated exercise, dance, boccia, curling and more. Tea and coffee after. Free but must booked</p> <p>Day: Fridays Time: 10:30 – 11:30 Location: Olivier Place, Hart Close, Wilton</p>	<p>Telephone: 01722 434770</p> <p>Email: robert.paget@wiltshire.gov.uk</p>

Falls Prevention Class	<p>Designed to help those who have had a fall or who are afraid of falling. The classes are a mixture of chair-based and standing exercises. The class will improve strength, balance and flexibility, whilst helping to improve confidence and reduce the risk of a fall.</p> <p>Day: Tuesdays Time: 10:15 – 11am and 11:15am-12pm Location: Baptist Church, Brown Street</p>	<p>Email: sally.phillips@wiltshire.gov.uk</p> <p>Telephone: 07799074312</p>
No Floorwork Yoga and Fitness Pilates	<p>A class combining yoga, pilates, balance, stretching and toning but all adapted so there is no floor work – can be done seated or standing</p> <p><u>Wilton</u> Day: Wednesdays Time: 11:00 – 11:45am Location: Wilton Community Centre</p> <p><u>Salisbury</u> Day: Thursdays Time: 11:00 – 11:45am Location: Salisbury Methodist Church</p>	<p>Email: loomsie@yahoo.co.uk</p> <p>Telephone: 07787 101410</p>
Ramblers Wellbeing Walks	<p>Salisbury walks explore the many beautiful parks and open spaces in and around the city. Offers two levels of walk, one of 90 minutes and the other 60 minutes at a slower pace. New walkers are always welcome; come and share in the pleasure of getting out in the fresh air and making new friends. 'Footsteps to Fitness' on the last Thursday of each month are</p>	<p>Website: https://beta.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-salisbury</p> <p>Telephone: 01722 334209</p>

	<p>short, 30-minute walks. No cost to attend. For upcoming walks visit their website or call.</p> <p>Day: Thursdays Time: 10am Location: Various</p>	
Tai Chi	<p>Low impact exercise classes for all ages and abilities. Helps to improve flexibility, co-ordination and balance. £2.50 for half an hour and £5 for 1 hour.</p> <p>Day: Wednesdays Time: 11:30am – 12:30pm Location: Antrobus House, Edmund Hall, 39 Salisbury Road</p>	<p>Telephone: 01722 744849</p> <p>Email: jillscraig@btinternet.com</p>
This Girl Can Classes	<p>Launching at Wiltshire Council Leisure Centres – sessions specifically designed to provide a welcoming introductory programme where ‘getting it wrong is totally alright’.</p> <p>View upcoming classes on the website.</p>	<p>Website: https://www.wiltshire.gov.uk/leisure-fitness-class-descriptions</p>
Walking Football	<p>Everyone welcome – regardless of skill level. Small fee each time, no joining fees. Over 40s.</p> <p><u>Men:</u> Day: Monday and Friday Time: 10am-11:30am Location: Sports Ground, Wilton Road --- Day: Monday and Thursday Time: 10am-12pm Location: Five Rivers</p>	<p>Email: salisburywalkingfootball@gmail.com</p>

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Social Groups		
Cuppa Club	<p>All welcome – community social group.</p> <p>Day: Tuesdays Time: 10am-12pm Location: Bemerton Heath Harlequins Social Club</p>	Telephone: 07425450562
Community Café	<p>A place for tea, talk and time to ask for advice with friendly faces. Welcoming anyone who could do with a coffee, conversation and company</p> <p>Day: Tuesdays Time: 10am-12pm Location: Salisbury Baptist Church</p>	
Creative Carers	<p>Drop-in for creative art/crafts sessions. No experience necessary – enjoy time to yourself and meet other unpaid carers.</p> <p>Day: Third Friday of every month Time: 11am – 2pm Location: Salisbury Methodist Church</p>	<p>Telephone: 08001814118</p> <p>Email: admin@carersupportwiltshire.co.uk</p>
Dig In - Wessex Archaeology Community Café	<p>Each month there is a short 15 minute talk from Wessex Archaeology. Then chatting over tea, coffee and cake which can be purchase from the Arts Centre. No need to have an interest in archeology – just an opportunity to meet new people and socialise.</p> <p>Day: Contact for dates Time: 10:30am-12pm</p>	<p>Telephone: 07874886903</p> <p>Email: L.chalmers@wessecarch.co.uk</p>

	Location: Salisbury Arts Centre	
Gardening Group	Day: Mondays Time: 4-6pm Location: Friary Community Centre	Telephone: 01722 417100
Mens Shed	Working on a number of projects for local charities or members can bring their own work they wish to do. No specific skill level required to join, just enthusiasm and willingness to get along with other people. Membership costs £20 per year – currently a waiting list. Day: Wednesday or Thursday morning Time: 9:30am-12:30pm Location: Alabare, Riverwise House, Churchfields	Email: salisburymensshed@gmail.com Facebook: Salisbury Men's Shed Telephone: 07746013204
Salisbury Garden Volunteering	Maintain and refresh selected gardens that the Council can no longer look after. Recruiting anything from 1 hour a week – all abilities and ages.	Website: https://www.sgv-greenteam.com/home Email: jblencowe@msn.com
Stratford Sub Castle Garden Club	Open to anyone interested in plants, gardens and gardening. Programme of speakers and visits. Annual membership £15. Meetings and friendly and relaxed with tea/coffee and biscuits. Day: Last Thursday of the month Time: 7:15pm for 7:30pm start Location: The Reading Room, Stratford Road	Telephone: 01722 332169
Well City	8 week free creative courses to support wellbeing for people with low to moderate mental health needs. Various courses held throughout the year – full details on ArtCare website. Includes history, crafts, art etc.	Website: https://artcaresalisbury.uk/projects/well-city-salisbury/

Support Groups and Services		
Carers Support Wiltshire	Support for unpaid carers ranging from befriending and support groups to respite. Visit their website for full list of support groups and services offered.	Website: https://carersupportwiltshire.co.uk/ Telephone: 0800 181 4118
Fibromyalgia and Lupus Support Group	<p>Newly launched monthly support group for those suffering from fibromyalgia and lupus to help individuals experiencing associated symptoms. Share feelings and receive peer support. Peer support also offered via their facebook group.</p> <p>Usually meeting second Tuesday of the month from 13:00 – 14:30 at the Red Lion Hotel, Salisbury.</p> <p>Join Facebook group for confirmed dates and times.</p>	Facebook: Salisbury Lupus and Fibromyalgia Support Group
Fibromyalgia Action Support Group	Facebook group for people in the UK affected by Fibromyalgia.	Facebook: Fibromyalgia Action Support Group
IAPT Wiltshire	<p>Run course for patients registered with a Wiltshire GP:</p> <p>“Living well with Chronic Pain” – course explores how to manage and live well with chronic pain. 6-week online course</p> <p>“Living well with Fatigue” – course helps people understand more about chronic fatigue and discusses techniques to enable people to better manage it 4 week online course</p>	Website: https://iapt.awp.nhs.uk/wiltshire-iapt Telephone: 01380 731335 Email: awp.wilts-iapt@nhs.net

	See website for further course dates. Book via the number or email	
Wessex Stoma Support Group	Non-medical support and advice to ostomates, their families and carers both before and after stoma surgery. Also provides social activities and newsletters. Group meets regularly for full meetings, tea and coffee chats and other events – view full dates and times on website	Website: https://www.wessex-stoma.co.uk/ Telephone: 01980 590599 Email: info@wessex-stoma.co.uk

Websites and Apps		
Meditainment	Guided meditation course for improved wellbeing, sleep and relaxation. First 4 weeks free	Website: https://www.meditainment.com/