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THE WOW What's On When GUIDE



EVENTS AND ACTIVITIES IN YOUR AREA



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the current
Swindon
WOW Guide.

Swindon and Vale of White Horse

(SN1,2,3,4,5,6,7 & 25)



2024
V1.12

Swindon WOW Guide is produced by Home Instead Swindon

For Care Enquiries: www.homeinstead.co.uk/swindon or call 01793 988515

Find Online: www.homeinstead.co.uk/swindon/swindon-wow-guide/

What is the WOW Guide?

The Swindon What's on When (WOW) Guide is produced by Home Instead in partnership with the local Dementia Friendly Community. It is a directory of the activities in the local area suitable for older people in general including, but not limited to, those groups specifically for those living with dementia. Dementia related groups are **highlighted in blue**.

We also produce a Swindon Dementia Community Calendar. This available on the same webpage as our Swindon WOW Guide (web address in the footer below).

Scroll down below the link to the Swindon WOW Guide, to find the link to our current Dementia Community Calendar.

Please check with the organisers for up-to-date information and to register (if applicable).

The WOW Guide is not intended to be definitive, and the information is correct at the time of writing. 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

CONTENTS

Page:

1	Contents
2-4	Monday
5-7	Tuesday
8-11	Wednesday
12-14	Thursday
15-17	Friday
18	Age & Carer Organisations
19	Dementia Organisations
20	Free Workshops & Service
21	About Home Instead

MONDAY (SN1 & 2)

Time	Group	Type	How Often?	Location	Area	Cost	How to Book/ details
09.45 – 11.15	Wheels 4 All : Supported cycling: all abilities <i>(Live Well Team)</i>	Exercise	Every Monday (also Thursday 10.30-12pm)	County Ground Athletics Track, SN1 2FD	SN1	£3	livewell@swindon.gov.uk or call 01793 465513 MUST PRE-BOOK
10.30 – 12.00	Wyvern Memory Café <i>(Wyvern Theatre)</i>	Memory Cafe	1st Monday of the month (not bank holidays)	Wyvern Theatre, SN1 1QN	SN1	None	owebb@wyverntheatre.org.uk or call 01793 509039 to register
10.30— 12.00	Open House (tea and cake) <i>(Bath Road Methodist Church)</i>	Social	Every Monday	Bath Road Methodist SN1 4BA (below main church)	SN1	£1	No need to book. Keir Garnham 07749726446)
10.30	Christchurch Wellbeing Walk <i>(Step Out Swindon)</i>	Exercise	Every Monday	Christchurch Cricklade Street, SN1 3HE	SN1	None	info@stepoutswindon.org.uk or call 07932109209
14.00— 15.00	Gentle Circuits <i>(Linda Jefferies)</i>	Exercise	Every Monday	Christchurch Community Centre, SN1 3HE	SN1	£5.00	linjefferies@hotmail.com or call 07763 283611
10.00	Penhill Wellbeing Walk <i>(Step Out Swindon)</i>	Exercise	Every Monday	John Moulton Hall, Penhill Drive. SN2 5DU	SN2	None	info@stepoutswindon.org.uk or call 07932109209
10.00— 10.45	Gentle Keep Fit <i>(Linda Jefferies/ North Swindon PC)</i>	Exercise	Every Monday	Gorse Hill Community Centre SN2 8DA	SN2	None	linjefferies@hotmail.com Or call 07763 283611
11.00— 13.30	Social Butterflies <i>(Salvation Army)</i>	Social	Every Monday	Salvation Army Hall, Chapel Street, SN2 8DA	SN2	None	Call 01793 436928 for Hayley Purnell
11.00— 13.00	Fitness & Friendship Club <i>(Age UK Wiltshire)</i>	Exercise	Every other Monday	John Moulton Hall, Penhill Drive. SN2 5DU	SN2	£5	Fitnessandfriendship@ageukwiltshire.org.uk or call Tracey 07754612569
13.30 - 15.00	Meadowcroft Carer Cuppa (for carers only) <i>(Swindon Carers)</i>	Support/ Social	4th Monday of the month	Meadowcroft Community Centre, SN2 7JX	SN2	None	Heather.goldsmith@swindoncarers.org.uk Or call 07841 503849

MONDAY (SN2,3,4 & 5)

Time	Group	Type	How Often?	Location	Area	Cost	How to Book/ details
14.00— 15.00	Parky's Singers (for those living with Parkinson's) (Swindon Parkinson's Activities Group)	Music/ Social	1st & 3rd Mon- day of the month	*This event is for people living with Parkinsons only.	SN2	None	*For venue and to register/book contact tel 07971180583 : gfallon.parkinsons.swindon@gmail.com
14.15— 15.30	Fun and Friendship (Gorsehill Baptist Church)	Social	3rd Monday of the Month	Gorsehill Baptist Church, SN2 1AA	SN2	None	Call 07900366779 for Val Green
09.00— 10.00	Donna's Gentle Circuits (Donna Tidmarsh)	Exercise	Every Monday	The Grange Leisure Centre SN3 4JY	SN3	£6	donna@dwibble.com or call 07968624524
10.00— 11.00	Donna's Falls Prevention (Donna Tidmarsh)	Exercise	Every Monday	The Grange Leisure Centre SN3 4JY	SN3	£6	donna@dwibble.com or call 07968624524
10.00— 11.00	Margo's Exercise to Music (Margo Pratt)	Exercise	Every Monday	Coleview Community Cen- tre, SN3 4AS	SN3	£5	Margo Pratt Call 07928817422
11.00 – 12.00	Walking Football (for those liv- ing with Parkinson's) (Swindon Parkinson's Activities Group)	Exercise	Every Monday	*This event is for people living with Parkinsons only.	SN3	TBC	*For venue and to register/book contact tel 07971180583 : gfallon.parkinsons.swindon@gmail.com
12.00 - 14.30	Coffee Morning at Lawns (MS Society Swindon)	Support/ Social	2nd Monday of the Month	Lawn's Community Centre, SN3 1JL	SN3	None	Swindon@mssociety.org.uk or call 07927112717
14.00	Covingham Wellbeing Walk (Step Out Swindon)	Exercise	Every Monday	St Pauls Church, SN3 5BY	SN3	None	info@stepoutswindon.org.uk or call 07932109209
11.00	Coffee Break (MS Society Swin- don)	Support/ Social	4th Monday of the Month	Butterfly Café, Studley Grange SN4 9QT	SN4	None	Swindon@mssociety.org.uk or call 07927112717

MONDAY (SN5,6, 7 & 25)

Time	Group	Type	How Often?	Location	Area	Cost	How to Book/more details
9.30 - 10.30	Yoga Basic (Link Centre)	Exercise	Every Monday	The Link Centre SN5 7DL	SN5	£13	01793 877323 option 6 then 9.
10.30—12.00	Freshbrook Singing for the Brain (Alzheimer's Society)	Music/ Social	Every Monday	Freshbrook Community Centre SN5 8LY	SN5	None	Karen.owen@alzheimers.org.uk 07512716473
11.30	Lydiard Walk & Talk (carer & cared for welcome) (Swindon Carers)	Exercise/ Social	2nd Monday of the Month	Lydiard Park SN5 3PA	SN5	None	Heather.goldsmith@swindoncarers.org.uk or 07841 503849 for more details
13.30-15.00	Freshbrook Carers Cuppa (carers only) (Swindon Carers)	Support/ Social	1st Monday of the month	Freshbrook Community Centre, SN5 8LY	SN5	None	Heather.goldsmith@swindoncarers.org.uk Or call 07841 503849 for more details
14.00	Lower Shaw Wellbeing Walk (Step Out Swindon)	Exercise	Every Monday	Lower Shaw Farm, Old Shaw Lane, SN5 5PJ	SN5	None	info@stepoutswindon.org.uk or call 07932109209
10.00—15.30	Cricklade Open Door Lunch Club (Cricklade Open Door)	Lunch Club / Social	Every Monday, Tuesday & Thursday	Jenner Hall, Bath Rd, Cricklade SN6 6AX	SN6	£6 lunch £1.50 drinks	crickladeopendoor@gmail.com Or call 07599 987851
10.00—12.00	Cricklade Computer Club (Wiltshire Council)	Support	Mondays	Cricklade Leisure Centre SN6 7JW	SN6	None	Just turn up with your device. 01793 7500
09.15—14.15	Faringdon Day Centre (includes lunch) (Faringdon Day Centre)	Day Centre	Every Monday and Thursday	Baptist Church Hall Park rd. Faringdon SN7 7JF	SN7	£13/ per day	07523116918 faringdondaycentre@gmail.com
11.30—12.00	Chair Based Exercise (Lin Jefferies)	Exercise	Every Monday	Haydon Wick Parish Council Rooms	SN25	None	linjefferies@hotmail.com or call 07763283611
13.45—14.45	Tai Chi Basics (Haydon Centre)	Exercise	Every Monday	Haydon Centre SN25 1QQ	SN25	£10.50	01793 877323 option 6 then 9

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TUESDAY (SN1 & 2)

Time	Group	Type	How Often?	Location	Area	Cost	How to Book/more details
10.00— 11.00	Otago Strength and Balance for Adults 65+ (Live Well Team)	Exercise	Every Tuesday for the course	Foundation Park, County Ground Lane, Swindon SN1 2FD	SN1	£3 (1st session free)	Places must be pre-booked: Email live- well@swindon.gov.uk or call 01793 465513
13.30— 15.30	Afternoon Tea (Christchurch)	Social	Every Tuesday	Christchurch Community Centre SN1 3HB	SN1	£3 & £1 raffle	ccooperations@christchurchswindon.co.uk Or call 01793 617237 for Chris Smith
14.00— 16.00	Fitness & Friendship Club (Age UK Wiltshire)	Exercise	Alternate Tues- days	Central Community Cen- tre, SN1 5BP	SN1	£5	fitnessandfriendship@agewiltshire.org.uk Or call Reid 07752 799860
12.30— 14.00	Bath Road Luncheon Club (Bath Road Methodist)	Lunch Club	Fortnightly on Tuesdays	Bath Road Methodist Church, SN1 4BA	SN1	TBC	Call 01793 343326 for Gwen Knight to be added to waiting list.
13.00	Gardening Activities (Central Community Centre)	Exercise/ Social	Tuesdays from 6th Feb '24	Gardening at multiple locations	SN1	None	Email dan@mechanics-trust.org.uk
10.00— 11.00	Gentle Circuits (Linda Jefferies)	Exercise	Every Tuesday	Pinetrees Community Centre SN2 1RF	SN2	£5.00	linjefferies@hotmail.com or call 07763 283611
10.00— 12.00	Good To Sing—open to all and dementia-friendly. (Alison Porter)	Music	3rd Tuesday of the Month	Meadowcroft Communi- ty Centre, SN2 7JX	SN2	None	alisonporter@hotmail.com 01793 431 749
10.30— 12.00	Love & Loss Peer Group— (Swindon Carers)	Support	1st & 3rd Tues- day on Month	Olive Tree Café, SN2 2QJ	SN2	None	Heather.goldsmith@swindoncarers.org.uk Or call 07841 503849

TUESDAY (SN2, 3, 4, 5 & 6)

Time	Group	Type	How Often?	Location	Area	Cost	How to Book/more details
12.00— 14.00	Gorsehill Luncheon Club (Gorse Hill Baptist Club)	Lunch Club	Every Tuesday	Gorsehill Baptist Church, SN2 1AA (2 Course Lunch)	SN2	£3.50	pastor@bhbc.org.uk Call Julie Harris 07952987515
13.00— 15.00	Penhill Community Café (Swindon Borough Council)	Social	Every Tuesday	John Moulton Hall Penhill SN2 5DU	SN2	N/A	No need to pre-book.
12.30— 13.30	Donna's Falls Prevention (Donna Tidmarsh)	Exercise	Every Tuesday	Lawn Community Centre, SN3 1JL	SN3	£6	donna@dwibble.com or call 07968624524
14.00— 14.45	Seated Exercise Class (for those living with Parkinson's) (Swindon Parkinson's Activities Group)	Exercise	Every Tuesday	*This event is for people living with Parkinsons only.	SN3	TBC	*For venue and to register/book contact tel 07971180583 : gfallon.parkinsons.swindon@gmail.com
14.00— 16.00	North Dorcan Senior Citizens Club (St. Paul's Church)	Social	Every Tuesday	St. Paul's Church Centre, SN3 5BY	SN3	£2	Call 01793 824572 for Michael Stratton
09.30— 10.30	Margo's Exercise to Music (Margo Pratt)	Exercise	Every Tuesday	Ellendune Community Cen- tre, SN4 9LW	SN4	£5	Margo Pratt Call 07928817422
12.00— 13.00	Otago Strength and balance for Adults 65+ (Live Well Team)	Exercise	Every Tuesday for the course	Ellendune Community Cen- tre, SN4 9LW	SN4	£3	Must pre-booked: Email live- well@swindon.gov.uk or call 01793 465513
09.30 - 10.30	Tai Chi Basics (Link Centre)	Exercise	Every Tuesday	Link Centre, SN5 7DL	SN5	£13	01793 877 323 option 6 then 9
10.00— 12.00	Fitness & Friendship Club (Age UK Wiltshire)	Exercise	Alternate Tues- days	Prince Rupert Court, Gains- borough Way SN5 8QQ	SN5	£5	fitnessandfriendship@agewiltshire.org.uk Or call Angela 07506836942
14.00— 15.00	Inclusive Swimming (Link Centre)	Exercise	Every Tuesday	Link Centre, SN5 7DL	SN5	£3.40	01793 877 323 option 6 then 9

TUESDAY (SN6, 7 & 25)

Time	Group	Type	How Often?	Location	Area	Cost	How to Book/more details
14.00— 15.00	Social Dance <i>(Link Centre)</i>	Exercise	Every Tuesday	Link Centre, SN5 7DL	SN5	£13	01793 877 323 option 6 then 9
10.00— 15.30	Cricklade Open Door Lunch Club <i>(Cricklade Open Door)</i>	Lunch Club / Social	Every Monday, Tuesday & Thursday	Jenner Hall, Bath Rd, Cricklade SN6 6AX	SN6	£6 lunch £1.50 drinks	crickladeopendoor@gmail.com Or call 07599 987851
10.00— 12.00	Parkies Pals <i>(Parkies Pals)</i>	Support/Social	1st Tuesday of Month	Shrivenham Golf Club Cost is for refreshments	SN6	£3	parkiespals@outlook.com Or call 07875 416236 for Kerry Hartman
10.30— 12.00	Friendship Café for Seniors at Roves Farm <i>(Home Instead / Roves Farm)</i>	Social	2nd Tuesday of Month	Roves Farm, Sevenhampton SN6 7QG	SN6	£5	Cat.attewell@homeinsteadswindon.co.uk Or call 01793 232585 for Cat Attewell.
09.30— 11.30	Cake Café <i>(The Pump House Project)</i>	Social	Every Tuesday	The Pump House Project, Faringdon SN7 7AF	SN7	£1 cake, £1 drink	No need to pre-book. 01367 243245
09.00— 11.00	Seniors Club Session <i>(Haydon Centre)</i>	Exercise	Every Tuesday	Haydon Centre, SN25 1QQ	SN25	£5	01793 877 323 option 6 then 9
12.45— 13.45	Generation Gains <i>(Haydon Centre)</i>	Exercise	Every Tuesday	Haydon Centre, SN25 1QQ	SN25	£4.20	01793 877 323 option 6 then 9
19.00— 20.00	Tai Chi Basics <i>(Haydon Centre)</i>	Exercise	Every Tuesday	Haydon Centre, SN25 1QQ	SN25	£10.50	01793 877 323 option 6 then 9

WEDNESDAY (SN1 & 2)

Time	Group	Type	How Often?	Location	Area	Cost	How to Book/more details
10.00— 13.00	Make It Click—Drop in for Digital Skills & Support (Swindon Libraries)	Tech Support	Weekly	Learning Zone, Central Library	SN1	None	Just turn up. Support is on library's PCs or bring your own device.
10.00— 13.00	Free Community Café The Railway Village (Central Community Centre)	Social	Every Wednesday	Central Community Centre SN1 5BP	SN1	None	kphimister@swindon.gov.uk.
10.30	Memory Cinema (The Arts Centre/ Wyvern)	Social	10.30am for 11.00 start.	The Arts Centre, SN1 4BJ Set Dates—see website	SN1	None	www.trafalgartickets.com/swindon-arts-centre/en-GB/whats-on or call 03433100040
10.30- 12.00	Dementia Voice (young onset dementia group) (Alzheimer's Society)	Support	Fortnightly	Tesco Community Room, Ocotal Way SN1 2HE	SN1	None	Karen.owen@alzheimers.org.uk Or call 07512716473
13.00	Bingo (Central Community Centre)	Social	Last Wednesday of month	Central Community Centre SN1 5BP	SN1	£1 per ticket £5 for 6	Playing for prizes not money. Email dan@mechanics-trust.org.uk
13.00— 18.00	Warm Welcome Space. CCC Drop in Sessions (Central Community Centre)	Social	Every Wednesday	Central Community Centre SN1 5BP	SN1	None	Everyone welcome. Email dan@mechanics-trust.org.uk
14.15— 15.45	Dementia Peer Support Group (Swindon Carers)	Support	1st Wednesday of the month	Christchurch Community Centre, SN1 3HB	SN1	None	Register with Swindon Carers. Email heather.goldsmith@swindoncarers.org.uk or call 07841 503849
16.15— 17.15	Gentle Circuits (Lin Jefferies)	Exercise	Every Wednesday	Christchurch Community Centre, SN1 3HB	SN1	£5.00	linjefferies@hotmail.com Or call 07763 283611
10.00— 14.00	Lunch Club (Community & Learning John Mouldon Hall)	Lunch Club	Every Wednesday	John Moulton Hall, Penhill Drive, SN2 5DU	SN2	£3 2 Courses	Call Tanya on 07713 443633
10.00- 12.00	Beechcroft Friendship Club (Beechcroft Library)	Social	Every Wednesday	Beechcroft Library, SN2 7QQ	SN2	None	Call 01793 680030

WEDNESDAY (SN2 & 3)

Time	Group	Type	How Often?	Location	Area	Cost	How to Book/more details
10.00— 11.00	Lin's Exercise to Music (Lin Jefferies)	Exercise	Every Wednesday	Pinetrees Community Centre, SN2 1RF	SN2	£5.00	linjefferies@hotmail.com or call 07763 283611
10.30— 12.30	NEW: Parkinson's Coffee & Cake Social (Sharon Fulcher)	Social	4th Wednesday of the Month	Gorsehill Community Centre SN2 8DA	SN2	£5	Sharon.fulcher@aol.com or 07958165423
11.45— 14.00	Royal Voluntary Service Lunch Club (Royal Voluntary Service)	Lunch Club	Every Wednesday (& Friday)	Rodbourne Methodist Church SN2 2AX	SN2	None	Geoff Stinchcombe 07805306191 Must book in advance.
12.00— 14.30	Salvation Army Lunch and Social Club (Salvation Army Hall)	Lunch Club	Every Wednesday	Salvation Army Hall, Gorse Hill, SN2 8DA	SN2	£4 (for lunch)	Call 01793 436 928 for Hayley Purnell
13.30— 15.30	Open Minds Social Afternoon (For carers & cared for person) (Swindon Carers)	Social	Last Wednesday of month	Meadowcroft Community Centre, SN2 7JX	SN2	None	Register with Swindon Carers. Email heather.goldsmith@swindoncarers.org.uk or call 07841 503849
13.30- 15.30	Pinetrees Memory Café (Pinetrees Community Centre)	Memory Cafe	1st & 3rd Wednesday of Month	Pinetrees Community Centre, SN2 1RF	SN2	None	Debra.pinetrees@yahoo.com Or call 07801358135
14.00— 15.00	Donna's Seated Exercise (Donna Tidmarsh)	Exercise	Every Wednesday	Even Swindon Community Centre SN2 2BG	SN2	None	donna@dwibble.com or call 07968624524
14.00— 16.00	Tea & Tech (Beechcroft Library)	Tech Support	Every Wednesday	Beechcroft Library, SN2 7QQ	SN2	None	Call 01793 680030
14.30— 15.30	Gentle Circuits (Linda Jefferies)	Exercise	Every Wednesday	John Mouldon Hall SN2 5DU	SN2	None	linjefferies@hotmail.com Or call 07763 283611
10.00 - 11.00	Walking Football (Croft Sports Centre)	Exercise	Every Wednesday	Croft Sports Centre, SN3 1RA	SN3	£4	01793 616396 option 6 then 9 or email croft@gll.org
10.00— 14.00	Polish Citizens Day Centre (for Polish speakers) (Polish Community Centre)	Social	Alternate Wednesday	Polish Community Centre, SN3 2JU	SN3	£10 for lunch	Call 07946563021 for Barbara Baranowicz

WEDNESDAY (SN3,4,5 & 6)

Time	Group	Type	How Often?	Location	Area	Cost	How to Book/more details
10.00— 11.00	Otago Strength and Balance for Adults 65+ (Live Well Team)	Exercise	Every Wednesday for the course	Grange Leisure Centre, SN3 4JY	SN3	£3 (1st session free)	Places must be pre-booked: Email live-well@swindon.gov.uk or call 01793 465513
10.30 – 11.30	Donna's Gentle Circuits (Donna Tidmarsh)	Exercise	Every Wednesday	Grange Leisure Centre, SN3 4JY	SN3	£6	donna@dwibble.com or call 07968624524
10.30— 13.30	Friendship Group (MHA Communities)	Social	Every Wednesday	St. Andrews Church, Walcot SN3 3DZ	SN3	£6*	Veronica.allsop@mha.org.uk Or call 07902135098 *Suggested donation
13.00— 13.45	Balance & Exercise Class—for those living with Parkinson's (also 2.15-3pm & 3.30-4.15pm)	Exercise	Every Wednesday	*This event is for people living with Parkinson's only.	SN3	TBC	*For venue and to register/book contact tel 07971180583 : gfallon.parkinsons.swindon@gmail.com
13.30— 16.30	Tea and Chat (Coleview Community Centre)	Social	Last Wednesday of Month	Coleview Community Centre SN3 4AS	SN3	£3	Call 07933604346 for Maureen Dilley
14.00— 15.30	GWH Carers Café (GWH)	Social	Every Wednesday	Refresh Restaurant, Great Western Hospital	SN3	None	No need to book.
10.30 —11.30	Dance Fitness Basics (The Link Centre)	Exercise	Every Wednesday	Link Centre SN5 7DL	SN5	£13	01793 877 323 option 6 then 9
10.30— 12.00	NEW: CR Community Coffee Mornings (Cotswold Rise Care Home)	Social	2nd and 4th Wednesday of the Month	Cotswold Rise Care Home, SN5 4FL	SN5	None	Cotswolds.admin@hartfordcare.co.uk or call 01793 208090
10.15— 11.15	Exercise to Music (50+) (Highworth Rec)	Exercise	Every Wednesday	Highworth Rec SN6 7DD	SN6	£8.50*	Call 01793 762602 *£5.90 if 65+
10.30— 12.00	PUK Cricklade Café (Parkinson's UK & Cricklade Café)	Social	3rd Wednesday of the month	The Cricklade Club, High Street, SN6 6AY.	SN6	None	parkinsonscafecricklade@gmail.com Or call Vincent on 07951944760

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Page 10

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WEDNESDAY (SN6, 7, 25 & Online)

Time	Group	Type	How Often?	Location	Area	Cost	How to Book/more details
10.30— 12.00	NEW: Cricklade Memory Café (for residents of Cricklade/Latton)	Memory Cafe	1st Wednesday of the Month	Cricklade Town Hall Annex, SN6 6AE	SN6	£2.50	07976620089 or 07896723794
12.00— 14.00	Lunch Together <i>(Highworth WI and supported by Highworth Lions.)</i>	Lunch Club	1st & 3rd Wednesdays	1st: Highworth Methodist Church, SN6 7HG. 3rd: Highworth Community Centre SN6 7AA	SN6	£7*	Contact Mary on 01793 861173 to book. Transport can be arranged. *£7 includes 2 course lunch.
13.45— 15.15	Love to Move Highworth <i>(Love to Move)</i>	Exercise	2nd Wednesday of Month	Highworth Community Centre SN6 7PQ	SN6	None	Love2move.highworth@gmail.com
14.00 – 16.00	Highworth Forget-Me-Not Cafe	Memory Cafe	4th Wednesday of Month	Highworth Community Centre SN6 7PQ	SN6	None	Forgetmenot.highworth@gmail.com or call 07970543423
13.00	Bingo 4 us <i>(Bingo 4 Us)</i>	Social	Every Wednesday	Jenner Hall, Cricklade SN6 6AX	SN6	£1	Just turn up or call 07801952027
14.00— 15.00	ASK (Asking in Simple Kindness) <i>(St Andrews Church)</i>	Social	1st Wednesday of Month	St Andrews Shrivenham SN6 8AQ	SN6	None	vicar@shrivenhamandashbury.co.uk
10.00 – 11.30	Community Café at Asda Café at Orbital <i>(Asda)</i>	Social	Wednesdays	Asda Café, Orbital Shopping Centre, SN25 4BG	SN25	None	Just turn up. Organised by Jane Atkin, (Asda) & Chris German (Chaplain)
10.30— 12.30	Haydon Wick Memory Café (Haydon Wick Parish Council)	Memory Cafe	2nd & 4th Wednesday of Month	Haydon Wick Bowls Club SN25 1QQ	SN25	None	memorycafe@haydonwick.gov.uk or call 01793 722446 / 07889233916
12.00— 13.00	Otago Strength and Balance for Adults 65+ <i>(Live Well Team)</i>	Exercise	Every Wednesday	Haydon Centre, SN25 1QQ	SN25	£3 (1st free)	Must pre-booked: live-well@swindon.gov.uk or call 01793 465513
17.30— 18.30	Tai Chi Basics <i>(Haydon Centre)</i>	Exercise	Every Wednesday	Haydon Centre, SN25 1QQ	SN25	£10.50	01793 877323 option 6 then 9.
10.30- 12.00	Family Members Group <i>(Dementia UK)</i>	Support	3rd Wednesday of Month	Online	N/A	None	Liz.rose@dementiauk.org

THURSDAY (SN1, 2 & 3)

Time	Group	Type	How Often?	Location	Area	Cost	How to Book/more details
10.30— 12.00	Sporting Memories Café (STFC Foundation)	Memory Cafe	3rd Thursday of the Month	Swindon Town Foundation Park SN1 2FD	SN1	None	shane@stfcfoundation.com
10.30 & 12.00	Wheels 4 All : Supported cy- cling: all abilities (Live Well Team)	Exercise	Every Thursday (also on Monday 9.45- 11.15)	County Ground Athletics Track, SN1 2 FD	SN1	£3	Places must be pre-booked: Email livewell@swindon.gov.uk or call 01793 465513
12.00— 13.30	MHA Lunch Club at the Con- servative Club (MHA)	Lunch Club	Every Thursday	The Conservative Club, Bath Road, SN1 4BA	SN1	£6	Veronica.allsop@mha.org.uk Or call 07902135098
12.30 & 13.30	NEW: Wyvern Memory Sing & Memory Sing (Wyvern)	Exercise/ Music	Set Dates	The Arts Centre, SN1 4BJ	SN1	None	owebb@wyverntheatre.org.uk or call 01793 535534
10.30— 12.00	Olive Tree Memory Café (Alzheimer's Society)	Memory Cafe	2nd Thursday of the Month	Olive Tree Café, SN2 2QJ	SN2	None	Karen.owen@alzheimers.org.uk Or call 07512716473
13.30— 15.30	Bereavement Group (Beechcroft Library)	Support	Every Thursday	Beechcroft Library SN2 7QQ	SN2	None	01793 680030
13.30	Crafty Chat Group	Social/ Craft	Every Thursday	Salvation Army Hall, Chapel Street SN2 8DA	SN2	None	Call 01793 436928 for Hayley Purnell
10.00— 11.00	Margo's Exercise to Music (Margo Pratt)	Exercise	Every Thursday	Buckhurst Community Cen- tre, SN3 3BS	SN3	£5	Margo Pratt Call 07928817422
11.30 – 12.30	Margo's Chair Aerobics (Margo Pratt)	Exercise	Every Thursday	Coleview Community Cen- tre SN3 4AS	SN3	£5	Margo Pratt Call 07928817422
14.00 – 15.30	Covingham Singing for the Brain (Alzheimer's Society)	Music/ Social	1st and 3rd Thurs- day of Month	St. Paul's Covingham SN3 5BY	SN3	None	Karen.owen@alzheimers.org.uk Or call 07512716473
10.45 – 11.45	Sing & Smile (Goldies UK)	Music/ Social	1st Thursday of Month	Coleview Community Cen- tre SN3 4AS	SN3	£3	emma@golden-oldies.org.uk Or call Alison Dawn on 07754960525

THURSDAY (SN3, 4 & 5)

Time	Group	Type	How Often?	Location	Area	Cost	How to Book/more details
19.00— 21.00	Swindon Stroke Support Group (Swindon Stroke Support Group)	Support	Every Thursday	Stratton Methodist Church SN3 4NL	SN3	None	geraldstephenson@talktalk.net or call 01793 694844 for Gerald Stephenson
10.00	Wroughton Wellbeing Walk (Step Out Swindon)	Exercise	Every Thursday	Ellendune Centre, Barrett Way, Wroughton SN4 9LW	SN4	None	info@stepoutswindon.org.uk or call 07932109209
10.00— 11.00	Stephanie's Chair Yoga (Stephanie Young)	Exercise	Every Thursday	Ellendune Community Centre SN4 9LW	SN4	£5	Call 07516313502
11.00 – 12.00	Reading Friends—shared read- ing group (Reading Friends)	Social	Every Thursday	Royal Wootton Bassett Li- brary SN4 7AX	SN4	None	01793 853249
14.00— 16.00	Fitness & Friendship Club (Age UK Wiltshire)	Exercise	Alternate Thurs- days	Memorial Hall, Royal Wootton Bassett SN4 8EN	SN4	£5	07754 612569 or Fitnessandfriend- ship@ageukwiltshire.org.uk
14.00— 16.30	Parkinson's Carer Cafes (Parkinsons' UK)	Support	7th March, 6th June, 5th Sept & 5th Dec 2024	Gerald Buxton Sports Ground, RWB SN4 8DS	SN4	None	jhenderson@parkinson.org.uk
11.00— 13.00	Warm Welcome Space (Gateway Church Swindon)	Social	Every Thursday exc. School hols	Gateway Church, Westlea, SN5 7AR	SN5	None	info@gcswindon.org.uk or call 01793 526130
13.30— 15.30	50 Shades Club (50 Shades Club)	Social/ Craft	Every Thursday	Toothill Community Centre SN5 8DH	SN5	£2	penniseviour@yahoo.com or call 07941 324537 for Penni Seviour
14.00	Mannington Wellbeing Walk (Step Out Swindon)	Exercise	Every Thursday	TK Max, Mannington Retail Park, Swindon SN5 3WA	SN5	None	info@stepoutswindon.org.uk or call 07932109209
14.00— 15.00	Tai Chi (for those living with Parkinson's) (Swindon Parkin- son's Activities Group)	Exercise	Every Thursday	*This event is for people liv- ing with Parkinsons only.	SN5	TBC	*For venue and to register/book con- tact tel 07971180583 : gfallon.parkinsons.swindon@gmail.com

THURSDAY (SN6, 7, & 25)

Time	Group	Type	How Often?	Location	Area	Cost	How to Book/more details
10.00— 15.30	Cricklade Open Door Lunch Club (many activities) <i>(Cricklade Open Doors)</i>	Lunch Club / Social	Every Monday, Tuesday & Thursday	Jenner Hall, Bath Rd, Cricklade SN6 6AX	SN6	£6 lunch £1.50 drinks	crickladeopendoor@gmail.com Or call 07599 987851
14.00	Highworth Wellbeing Walk <i>(Step Out Swindon)</i>	Exercise	Every Thursday	The Red Leisure Centre, The Elms, Highworth SN6 7DD	SN6	None	info@stepoutswindon.org.uk or call 07932109209
14.30 – 16.00	The Ashbury Community Club <i>(Sue Reade)</i>	Social	Last Thursday of the month	Ashbury Village Hall SN6 8LS	SN6	None	Sue_reade@btinternet.com
10.30— 11.15	Dot's Strength, Balance and Wellbeing <i>(The Pump House Project)</i>	Exercise	Every Thursday	The Pump House Project, Faringdon SN7 7AF	SN7	£5	07796207703
10.00	Haydon Wick Wellbeing Walk <i>(Step Out Swindon)</i>	Exercise	Every Thursday	Haydon Centre, Thames Ave. SN25 1QQ	SN25	None	info@stepoutswindon.org.uk or call 07932109209
10.30	Haydon Gentle Mobility Walk <i>(Step Out Swindon)</i>	Exercise	Every Thursday	Haydon Centre, Thames Ave. SN25 1QQ	SN25	None	info@stepoutswindon.org.uk or call 07932109209
10.30— 12.00	Orchid Memory Club <i>(Orchid Care Home)</i>	Social	Fortnightly	Orchid Care Home, 14 Guernsey Lane, Sn25 1UZ	SN25	None	Recruitment.orchid@angelcareplc.co.uk 01793 753336
12.00— 15.30	Lunch Club & Social Group <i>(Emmanuel Church)</i>	Lunch Club	Every Thursday	Emmanuel Church Haydon Wick SN25 1HU	SN25	TBC	01793 721 552 for Sue Martin
12.30— 13.30	Generation Gains <i>(Haydon Centre)</i>	Exercise	Every Thursday	Haydon Centre SN25 1QQ	SN25	£4.20	01793 877323 option 6 then 9
13.00— 15.00	Good Afternoon Choir <i>(Sarah Summers)</i>	Music	Every Thursday (term time)	St. John's Haydon Wick SN25 1TU	SN25	Term-ly fee	01761 472468 or email gac@grevillemusic.co.uk

Swindon WOW Guide is produced by Home Instead Swindon

For Care Enquiries: www.homeinstead.co.uk/swindon or call 01793 988515

Page 14

Find Online: www.homeinstead.co.uk/swindon/swindon-wow-guide/

FRIDAY (SN1, 2, 3 & 4)

Time	Group	Type:	How Often?	Location	Area	Cost	How to Book/more details
10.30— 11.30	Free Yoga with Jess (Yoga with Jess)	Exercise	Every Friday	The Hub Swindon , SN1 1BA	SN1	None	yogawithjess@hotmail.com 07871 572590
09.30— 10.30	Donna's Phase IV Cardiac (Donna Tidmarsh Rehab)	Exercise	Every Friday	Pinetrees Community Centre, Swindon. SN2 1RF	SN2	£6	donna@dwibble.com or call 07968624524
10.00— 11.30	Stratton Free Community Café (Swindon Borough Council)	Social	Every Friday	Meadowcroft Community Centre, SN2 7JX	SN2	TBC	No need to pre-book.
10.00— 12.00	Dementia Friendly Garden- ing Club (TWIGS)	Social	Every Friday	TWIGS Community Garden, SN2 2QJ	SN2	None	Twigs.reception@gmail.com or call 01793 523294 to go on waiting list.
11.00— 12.30	Sew, Knit & Natter (Beechcroft Library)	Craft	Every Friday	Beechcroft Library, Swindon SN2 7QQ	SN2	None	Call 01793 680 030
11.45— 14.00	Royal Voluntary Service Lunch Club (Royal Volun- tary Service)	Lunch Club	Every Friday (& Wednesday)	Rodbourne Methodist Church SN2 2AX	SN2	None	Geoff Stinchcombe 07805306191 Must book in advance.
10.00	Croft Wellbeing Walk (Step Out Swindon)	Exercise	Every Friday	Croft Centre, Marlborough Lane, Swindon SN3 1RA	SN3	None	info@stepoutswindon.org.uk or call 07932109209
10.30— 12.00	Carers' Voices (Sarah Sum- mers)	Music	Every Friday	Immanuel Church, SN3 1DH	SN3	Dona- tions	Call 07954 425608
10.30— 12.00	Chiseldon Memory Café	Memory Cafe	1st Friday of the Month	Church Hall, Butts Road, Chisel- don SN4 0NJ	SN4	None	Paul.sunners@btinternet.com
10.30— 12.00	Wroughton Making Memo- ries Café (SBC)	Memory Cafe	3rd Friday of the month	Prospect Hospice, Wroughton. SN4 9BY	SN4	None	nkingsbury@swindon.gov.uk
14.00— 15.00	KMA Keep Moving with Alli- son (Allison Bucknell)	Exercise	Every Friday	St. Barts Church Hall, Royal Wootton Bassett SN4 7BQ	SN4	£5	Allison.bucknell@btinternet.com or call 01793 854421/ 07976 891377

FRIDAY (SN5, 6 & 7)

Time	Group	Type	How Often?	Location	Area	Cost	How to Book/more details
11.30— 12.30	Tai Chi Basics (Link Centre)	Exercise	Every Friday	Link Centre SN5 7DL	SN5	£13	01793 877323 option 6 then 9
13.30— 14.30	Music & Movement For those living with Parkinson's (Linda Barrett)	Exercise/ Music	Every Friday (Term Time)	*This event is for people living with Parkinsons only.	SN5	None	*For venue and to register/book contact tel 07971180583 : gfallon.parkinsons.swindon@gmail.com
14.00— 16.00	50 Shades of Craft (50 Shades Club)	Craft/ Social	Alternate Fridays	Toothill Community Centre SN5 8DH	SN5	£2	penniseviour@yahoo.com or call 07941 324537 for Penni Seviour
10.00— 12.00	Friendship Fridays, Community Drop In (Forget me not café Highworth)	Social	Every Friday	Council Community Room, Gilbert Lane Highworth SN6 7PQ	SN6	None	Forgetmenot.highworth@gmail.com or call 07970 543423 (no need to book in)
12.30— 14.00	Highworth Forget Me Not Choir (Highworth Forget Me Not)	Music	Fortnightly	St. Micheal's Church, Highworth SN6 7NA	SN6	None	Forgetmenot.highworth@gmail.com or call 07970 543423 (no need to book in)
10.00— 11.30	Coffee Morning (Cricklade United Church Hall)	Social	Every Friday	Cricklade United Church Hall SN6 6AZ	SN6	Free Refills	Turn up for a coffee and chat
14.00— 16.00	Community Putting/Cuppa (Shrivenham Park Golf Club)	Social	Set Dates from April	Shrivenham Golf Course Clubhouse SN6 8EZ	SN6	£2	No need to pre-book.
10.30— 12.30	Community Cake & Cuppa (St. Andrew's Church)	Social	Quarterly. Contact for next date.	St. Andrew's Church, Shrivenham SN6 8AQ	SN6	None	vicar@shrivenhamandashbury.co.uk
09.45— 10.45	Tai Over 60's Tai Chi (The Pump House Project)	Exercise	Every Friday	The Pump House Project, Faringdon SN7 7AF	SN7	£5	Call Janet to book 07720661362
14.00- 15.30	Sing Together! A community sing-along, open to all. (TPHP/ Home Instead)	Music	1st Friday of the Month	The Pump House Project, Faringdon SN7 7AF	SN7	Donations	Cat.attewell@homeinstead.co.uk 01793 232 585

FRIDAY (SN25 & 26)

Time	Group	Type:	How Often?	Location	Area	Cost	How to Book/more details
11.30— 12.30	Tai Chi (Blunsdon House Hotel)	Exercise	Every Friday	Blunsdon House Hotel SN26 7AS	SN26	£5	Blunsdon House Hotel 01793 721701 choose option for Leisure Centre (must be pre-booked)
11.45— 12.45	Generation Gains (Haydon Centre)	Exercise	Every Friday	Haydon Centre SN25 1QQ	SN25	£4.20	01793 877323 option 6 then 9.
13.30— 16.00	Young at Heart (Mike Whelan)	Social	Every Friday	Haydon Wick Working Men's Club, SN25 1JD	SN25	None	Call 01793 706145 for Mike Whelan
14.00— 15.00	MHA Walking Group (MHA Communities)	Exercise	Every Friday	Various	N/A	£3	Veronica.allsop@mha.org.uk Or call 07902135098

SATURDAY

Time	Group	Type:	How Often?	Location	Area	Cost	How to Book/more details
10.30	Board Games (Beechcroft Library)	Social	Every Saturday	Beechcroft Library SN3 7QQ	SN3	None	01793 680 0930

Age & Carer Related Organisations:



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 Website: www.carersupportwiltshire.co.uk

Email: admin@carersupportwiltshire.co.uk Call (Freephone) 0800 181 4118



Swindon u3a is part of a national organisation that offers mainly locally-based activities ranging from art appreciation, gardening or play reading to table tennis, walking, singing and playing the ukulele with lots more in between. Swindon U3A is a vibrant friendly group, with plenty of Interest Groups and Events to offer and always give a warm welcome to new members.

For more information visit: www.swindonu3a.org.uk or call 01793 614629



Age UK Wiltshire is an independent local charity working in Wiltshire and Swindon to offer support and services to older people. To find out more visit www.ageuk.org.uk/wiltshire



The purpose of the *Live Well Swindon Hub* is to provide a point of contact for anything related to improving a person's health and wellbeing.

To find out more visit::

https://www.swindon.gov.uk/info/20139/live_well_swindon_hub

Dementia Related Organisations:

Swindon Dementia Friendly Community/Dementia Action Alliance (SDAA)

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



Forget Me Not Centre: Swindon's Younger Onset Dementia Service

The Forget Me Not Centre is for people who have early onset memory difficulties, and who want to make the most of their skills and abilities and keep leading a full and active life. The group organise and take part in a variety of activities. By Referral Only. Contact 01793 327880. Email awp.forgetmenotcentre@nhs.net



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

Free Workshops Offered by Home Instead:



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



Contact Cat Attewell cat.attewell@homeinsteadswindon.co.uk for more details or to arrange a free session.



Thames Water Register Scheme

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

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

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

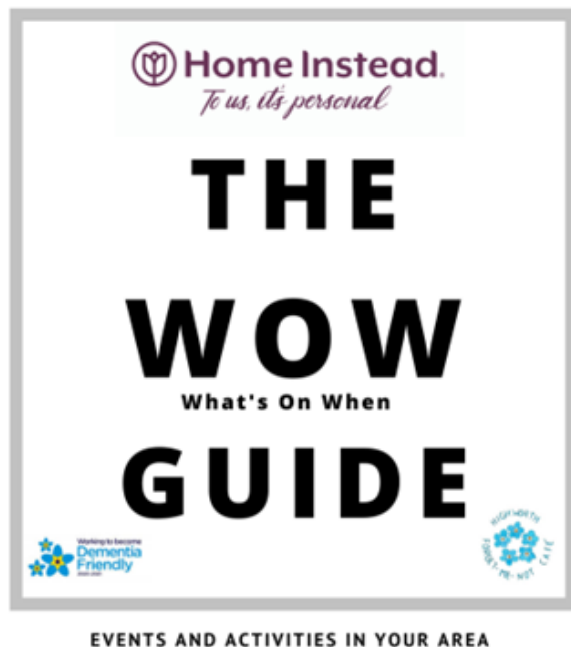
Safe and well visits offer practical advice to older and vulnerable residents about the risks in their home that could lead to falls, fire, or any source of harm.

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

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

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





EVENTS AND ACTIVITIES IN YOUR AREA

The WOW Guide is put together by Home Instead in partnership with the 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: cat.attewell@homeinsteadswindon.co.uk

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

Web: www.homeinstead.co.uk/Swindon

Swindon WOW Guide is produced by Home Instead Swindon

For Care Enquiries: www.homeinstead.co.uk/swindon or call 01793 988515