Sports, Physical Activity and Leisure 2013/14
Welcome to the first ever Active Wiltshire sport, physical activity and leisure brochure produced by Wiltshire Council’s leisure services team. This publication offers information relating to the sports development, physical activity and leisure related services offered by Wiltshire Council, including details of all 23 leisure centres operating across the county.

Activities are available for residents of all ages and abilities so please read on to find out what is available for you and your family.

Sport and physical activity plays a crucial role in the lives of Wiltshire residents and has a key role to play in areas including health improvement, community cohesion, crime reduction and personal enjoyment. 2012 saw a great deal of momentum generated in Wiltshire thanks to the success of the London Olympic and Paralympic Games and Wiltshire Council hopes to build on this by continuing to develop a programme of services that reflects the needs of our residents and by creating a real legacy for the county. Now is your chance to get involved!

Cllr Jonathan Seed
Cabinet Member for Campuses, Area Boards, Libraries, Leisure and Flooding

Call 0300 456 0100 • www.wiltshire.gov.uk
Twitter @Sport4Wiltshire • www.youtube.com/user/Sport4Wiltshire

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Lackham House

Lackham House is a stunning meeting venue away from the office and can accommodate all your needs. Located 10 minutes from Junction 17 on the M4 and only four miles south of Chippenham on the A350.

- Hosts up to 85 delegates
- Period feature conference rooms
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- Free parking

For bookings contact 01249 466866 or email jo.fish@wiltshire-enterprise.co.uk

www.lackham.co.uk

Wiltshire Council

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Call 0300 456 0100 • www.wiltshire.gov.uk
Twitter @Sport4Wiltshire • www.youtube.com/user/Sport4Wiltshire

Active Wiltshire
Sports development

London 2012 Olympic and Paralympic legacy

2012 was a great year for Great Britain; it was also a great year for Wiltshire. Our communities came together and celebrated the Queen’s Diamond Jubilee, the Olympic and Paralympic Games and followed the Olympic Torch relay as it came through the county visiting sixteen of our towns and stopping off for the evening Festival of Celebration at Hudson’s Field, Salisbury.

To build on the momentum from 2012, a legacy board has been set up so that we can create a real legacy for the future. The Health, Well-Being, Sports and Physical Activity Sub-Group will ensure that this ambition is fulfilled, with projects that will improve the health of the community, increase opportunities to participate for all, particularly for those with disabilities, and support our voluntary sports workforce.

For more information go to: www.wiltshire.gov.uk/wiltslegacy

Fun in the Sun

Fun in the Sun is a rural sports outreach programme delivered annually during the school summer holidays. Wiltshire Council works closely with Parish Council’s across the county to deliver free, high quality sports sessions each week for 5 – 11 year olds.

Sessions target rural locations across Wiltshire, where there is little or no access to recreational activities, or facilities, so that young people have the opportunity to engage in sport directly in their communities.

During 2013, the programme has been expanded to incorporate 27 venues and sessions will include athletics, basketball, cricket, hockey, netball, rounders, tennis and much more!

For more details about this project, or to download a leaflet and consent form go to: www.wiltshire.gov.uk/funinthesun
Sports development

Sport specific holiday programmes

Wiltshire Council delivers sports camps during school holiday periods. Camps provide fun, exciting days of sport with an opportunity to learn new skills, meet up with friends and work with highly qualified and experienced coaches!

**SlamDunkz basketball camps (8 – 14 year olds)**

SlamDunkz basketball camps provide participants with the chance to get involved in the game regardless of prior experience or ability. Each day will see skills and drills delivered in the morning to develop passing, dribbling and shooting. In the afternoon players are assigned to teams and matches will be played utilising the full length of the court.

**StarTrack athletics camps (8 – 14 year olds)**

StarTrack is UK Athletics flagship grassroots participation programme. Sessions are fun and energetic giving young people the chance to be coached in a variety of athletics disciplines including javelin, high jump, long jump, hurdles and sprinting. Each week concludes with a mini decathlon and all participants receive a UK Athletics goodie bag.

**Sloggerz cricket camps (8 – 12 year olds)**

In partnership with Wiltshire Cricket, and new for 2013, we are also delivering cricket camps to support local cricket clubs and aiming to grow the profile of both Wiltshire Council and Wiltshire Cricket in these areas.

For a list of all SlamDunkz camps and more information go to www.wiltshire.gov.uk/slamdunkz

For a list of all StarTrack camps and more information go to www.wiltshire.gov.uk/startrackathletics

For further information about both SlamDunkz and StarTrack camps please contact:

Alex Muse, Sports Development Officer
Tel: 01380 826315 • Email: alex.muse@wiltshire.gov.uk

For a list of all Sloggerz camps and more information go to: www.wiltshire.gov.uk/sportholidayactivities or contact:

Pete Sykes, Wiltshire Cricket Development Manager
Tel: 01249 445225 • Email: pete.sykes@wiltshirecricket.co.uk
Sports development

Wiltshire Xtreme alternative sports programme

Wiltshire Xtreme Clubs

Working with local partners including Wiltshire Council’s youth service, local community groups, private sports providers and the national charity Street Games, Wiltshire Council has established eight Xtreme clubs that are being delivered in Trowbridge, Bradford on Avon, Warminster, Pewsey, Tidworth, Salisbury, Calne and Chippenham.

Examples of activities delivered across the clubs include archery, canoeing, climbing, indo-boarding, mountain biking, power-kiting, rock-it ball and ultimate frisbee. All clubs operate during term time throughout the year, with some clubs also offering trips during the school holidays.

Wiltshire Skate Series and X Games

The Wiltshire Skate Series (WSS) aims to find the best skater and inline skater in the county whilst promoting the sports in a positive manner.

The project is run through a young person’s volunteer forum and encourages volunteering amongst young people. Judges, skate marshals, DJs and helpers all give up their time free of charge to ensure the success of all events.

The Wiltshire X Games alternative sports festival is delivered as part of the Wiltshire Skate Series and brings together the Xtreme clubs for a day of competition.

For more information about all eight Xtreme Clubs, the Wiltshire Skate Series and X Games go to:

www.wiltshire.gov.uk/streetsportsprogramme

or our facebook site

www.facebook.com/WiltshireXtreme

Contact:

Danny Geeson
Sports Development Officer
Tel: 01225 770248
Email: daniel.geeson@wiltshire.gov.uk
Sports development

Living the Dream

Kick it Out
Kick it Out is football’s equity and inclusion campaign and uses football as a tool to promote inclusion, challenge discrimination and to work for positive change.

During October half term Wiltshire Council, in partnership with the Swindon Town Football in the Community Scheme, will deliver a series of local tournaments targeting youngsters aged 16 years. Two teams from each tournament will progress to a Wiltshire County Final, with the Grand Final taking place on the County Ground pitch at half time during a Swindon Town FC fixture.

For further information and to download an application form go to: www.wiltshire.gov.uk/inclusivesport

Bath Rugby 7s
Wiltshire Council has teamed up with the Bath Rugby Foundation and the Rugby Football Union (RFU) to deliver an annual Rugby 7s programme each year. The project is open to club or school male players aged 15 and 16 years old and takes the format of local tournaments before a county final is staged at the Recreation Ground, Bath, during half time of an Aviva Premiership Game.

The project aims to increase the number of players playing Rugby 7s in Wiltshire in line with the RFU’s national targets. Rugby 7s will also feature at the Rio 2016 Olympic Games for the first time.

For more information go to: www.wiltshire.gov.uk/bathrugby7s

Contact:
Danny Geeson, Sports Development Officer
Tel: 01225 770248 • Email: daniel.geeson@wiltshire.gov.uk.
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- Environmental and Outdoor Education
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- Team building
- Conference Facilities
- Weddings and Parties

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Tel: 01380 722637 Fax: 01380 721343

www.braeside-education.co.uk

Finding you the right help from the right people helping you to find your individual recovery pathway

1-2-1 and Group Support
We will offer a wide range of support, including, 1-2-1 interventions, key-working, group support and counselling, delivered in line with your recovery. We will provide you with a constant Care Coordinator who will support and guide you through all the services available and a wide range of groups.

Your Recovery Plan
Our service is designed to your specific needs. When you get in contact, we’ll work with you to assess your needs, and then partner you with one of our staff.

This individual member of staff will work with you throughout your time with us. They’ll help you to understand the various different therapeutic options available, and help you decide what is right for you.

As part of your personal recovery plan, we look at the whole of your life, to help you to manage your health, your wellbeing, and your future.

Get in Touch
We support individuals who are experiencing issues with drugs and/or alcohol and those directly affected by substance misuse. We’re here to help.

www.turning-point.co.uk/wiltshire
Single Point of contact/referral: 0345 603 6993

Your Recovery Plan

Opening Times
Monday to Friday
6.00am to 9.15am & 4.00pm to 9.00pm
Saturday & Sunday
8.00am to 5.00pm

For more information please contact James Bonner, Centre Manager on 01980 634872
To find out more about our gym visit www.lifestylefitness.co.uk

Avon Valley College Sports Facilities

Avon Valley College, Recreation Road, Durrington, Wils. SP4 8HH

Available to hire
Sports Hall
(Badminton, 5-a-side, Basketball, Netball & Cricket)
Multi Use Games Area*
(Football, Netball & Tennis)
Sports Pitches
(Football & Rugby)

* From September will be refurbished with an artificial surface

To find out more about our College visit www.avonvalleycollege.com
Avon Valley College, Recreation Road, Durrington, Wilts. SP4 8HH

For more information please contact Phil Rose, Business Manager on 01980 652467

Avon Valley College Fitness Centre
In Partnership with lifestylefitness.co.uk

Your Life, Your Style, Your Fitness

Opening Times
Monday to Friday
6.00am to 9.15am & 4.00pm to 9.00pm
Saturday & Sunday
8.00am to 5.00pm

For more information please contact James Bonner, Centre Manager on 01980 634872
To find out more about our gym visit www.lifestylefitness.co.uk

Avon Valley College, Recreation Road, Durrington, Wils. SP4 8HH

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To find out more about our College visit www.avonvalleycollege.com
Avon Valley College, Recreation Road, Durrington, Wilts. SP4 8HH

For more information please contact Phil Rose, Business Manager on 01980 652467
Rising Stars
Rising Stars is a community sports club for young people with learning and/or physical disabilities, aged 8-16 years old. Rising Stars encourages young people to explore new activities and sports, helping individuals gain life skills as they take part. Participants develop social, personal, creative and learning skills as well as benefiting from improved confidence and self esteem.

There are currently four clubs running throughout term time in Salisbury, Devizes, Trowbridge and Chippenham.

Fit Club
Fit Club is a community based sports club for adults aged 17 years and above with learning and/or physical disabilities. The clubs help individuals lead a healthier and more active lifestyle, as well as providing the chance to develop sporting and social skills in a relaxed and fun environment.

There are currently two clubs running throughout term time in Salisbury and Trowbridge.

Inclusive sport – holiday programmes
Wiltshire Council delivers activities for young people with disabilities between the ages of 8-16 during all school holiday periods. Activity days are designed to enable participants to access sport and physical activity outside of a school setting, and to provide parents with short breaks during periods where support is most in need.

Activity days range from sports sessions that include boccia and trampolining to trips to outdoor activity centres where young people can experience activities such as climbing and archery.

For more information about Rising Stars go to: www.wiltshire.gov.uk/risingstars
For more information about Fit Club go to: www.wiltshire.gov.uk/disabilitysportforadults
For a list of summer holiday activity days and those for other holiday periods go to: www.wiltshire.gov.uk/inclusionholidayprogramme

One-to-one swimming lessons and disability county swim squad
One-to-one swimming lessons are delivered by ASA qualified swim coaches to beginners and improving swimmers aged 5-16, with a disability. Participants can access up to 12 sessions and will benefit from improved water confidence whilst learning the fundamentals of swimming. Sessions are delivered at a reduced rate across Wiltshire Council’s leisure centres.

The county swim squad is a Wiltshire based swimming academy that targets young people aged 8 – 19 who show an interest and ability in swimming. Members of the academy receive technical coaching and any young people who demonstrate further talent will be given an introduction to the Regional Development Centre in Bristol.

Disability football
Wiltshire Council works in partnership with the Swindon Town Football in the Community team to deliver PAN disability football sessions in Calne. These sessions allow participants the opportunity to enjoy football in a safe, friendly and fun environment with players receiving coaching and also taking part in tournaments.

Swindon Town Football in the Community also oversee the county disability football squad that provides opportunities for gifted and talented young people to represent their county against other regions. Fixtures are played at the County Ground, home of Swindon Town Football Club, providing participants with the unique experience of playing on a professional pitch.

Wiltshire Wildcats
The Wiltshire Wildcats are a wheelchair basketball club delivering sessions to players aged 8 and above. The club provides opportunities for participants to learn the technique of wheelchair handling, as well as developing skills in passing, dribbling and shooting. Participants do not have to be wheelchair users to play, with chairs being provided by the club for those who need them. Members without disabilities are welcome.

For more information on the above programmes go to: www.wiltshire.gov.uk/disabilitysport
Sports development

Club development

Wiltshire Council, in partnership with WASP, aims to support sports clubs and volunteers by providing access to professional support through the On Your Marks programme. The programme includes:

- **Advice and support**
  - Clubmark accreditation support
  - An annual, countywide coach education programme
  - Club development advice and support

- **Increasing participation**
  - Support developing school to club links
  - Access to Return to Sport and Sports Stars funding

- **Sports funding**
  - Coach bursary scheme
  - Funding information and advice and support with grant applications

Wiltshire Council also provides a programme of Sports Club Roadshow events that showcase a variety of topics. These events provide an opportunity for national experts to address Wiltshire clubs and for local volunteers to make new contacts and to pick up helpful advice.

Sports Clubs can also sign up to a bi-monthly e-newsletter.

For more information go to www.wiltshire.gov.uk/clubcoachvolunteerdevelopment

Return to Sport and Sports Stars

Local sports clubs have the opportunity to receive funding to help encourage new people into sport. Clubs can apply to Wiltshire Council for up to £400 to help set up a Return to Sport or Sports Stars project.

Return to Sport funding allows clubs to develop opportunities for individuals aged 16 plus, while Sports Stars funding can be used by clubs to target participants aged 5 to 16 years old. Both Return to Sport and Sports Stars aim to encourage new members into sports clubs by delivering sessions over an eight week period.

There are three deadline dates throughout the year for both initiatives, the end of June, end of October and end of January.

For further information and to download the relevant application form go to:

www.wiltshire.gov.uk/returntosport or www.wiltshire.gov.uk/sportsstars

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**BEVERS BROOK SPORTS AND COMMUNITY FACILITY**

The 54 acre sports and community complex is a brilliant, top class sports facility with a state of the art pavilion, community hall and sports grounds. The facility can host a number of different sports either indoor or outdoors and can proudly say Beversbrook is a leading sports and community facility within the South West of England.

Beversbrook is home to a number of community activities including The Big Screen Beversbrook Cinema showing up to date films. The facility can host children’s birthday parties from an inflatable football pitch to a soft play bouncy castle, we also have a fully licenced bar ideal for wedding receptions and other family functions. The Pavilion hall has state-of-the-art conference facilities that can be used for training, conferences or meetings.

For more information visit www.beversbrooksportsfacility.co.uk or contact 01249 814191 or Email k.whitehorn@calne.gov.uk

**CALNE TOWN HALL**

Centrally situated in the heart of this historic town, the Town Hall provides the perfect venue for your wedding ceremony and reception.

- Choice of halls for ceremony seating up to 120
- Whole building option • Licensed bar
- Catering facilities • Car parking
- Friendly staff to assist and offer advice

For more information visit www.calne.gov.uk or contact 01249 814000 or Email calne@calne.gov.uk
Wiltshire Council operates 23 leisure centres across the county which offer a range of facilities, programmes and services to residents of Wiltshire. Facilities and services at each site differ but often include swimming, gym and fitness, junior activities and school holiday camps. Wiltshire’s leisure centres are also home to a multitude of local sports clubs that deliver a range of sports within their communities.

To find out more contact your local centre.

<table>
<thead>
<tr>
<th>Centre Name</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Amesbury Sports and Community Centre</td>
<td>01980 622173</td>
</tr>
<tr>
<td>Bradford on Avon Swimming Pool</td>
<td>01223 862970</td>
</tr>
<tr>
<td>Calne Leisure Centre</td>
<td>01249 819160</td>
</tr>
<tr>
<td>Chippenham, The Olympiad Leisure Centre</td>
<td>01249 444144</td>
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<tr>
<td>Corsham, Springfield Leisure Centre</td>
<td>01249 712846</td>
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<tr>
<td>Cricklade Leisure Centre</td>
<td>01793 750011</td>
</tr>
<tr>
<td>Devizes Leisure Centre</td>
<td>01380 734880</td>
</tr>
<tr>
<td>Downton Leisure Centre</td>
<td>01725 513668</td>
</tr>
<tr>
<td>Durrington Swimming and Fitness Centre</td>
<td>01980 594594</td>
</tr>
<tr>
<td>Malmesbury, The Activity Zone</td>
<td>01666 822533</td>
</tr>
<tr>
<td>Marlborough Leisure Centre</td>
<td>01672 513161</td>
</tr>
<tr>
<td>Melksham Blue Pool</td>
<td>01225 703525</td>
</tr>
<tr>
<td>Melksham, Christie Miller Sports Centre</td>
<td>01225 702826</td>
</tr>
<tr>
<td>Pewsey Sports Centre</td>
<td>01672 562469</td>
</tr>
<tr>
<td>Salisbury, Five Rivers Leisure Centre</td>
<td>01722 339966</td>
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<tr>
<td>Tidworth Leisure Centre</td>
<td>01980 847140</td>
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<tr>
<td>Tisbury and District Sports Centre</td>
<td>01747 871141</td>
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<tr>
<td>Trowbridge, Castle Place Leisure Centre</td>
<td>01225 762711</td>
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<tr>
<td>Trowbridge Sports Centre</td>
<td>01225 764342</td>
</tr>
<tr>
<td>Warminster Sports Centre</td>
<td>01985 212946</td>
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<tr>
<td>Westbury, Leighton Recreation Centre</td>
<td>01373 824448</td>
</tr>
<tr>
<td>Westbury Swimming Pool</td>
<td>01373 822891</td>
</tr>
<tr>
<td>Royal Wootton Bassett, Lime Kiln Leisure Centre</td>
<td>01793 852197</td>
</tr>
</tbody>
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For more information visit www.wiltshire.gov.uk or find us on facebook and twitter.
Funding Future Olympians

Wiltshire Council allocates £5,000 annually to give five successful applicants £1,000 each towards achieving future Olympic and Paralympic success. Funding is available to support talented young sports people across the county aged 21 years and under. They must be competing at a national level in either a team, or individual sport and be a member of their sports national development squad.

This annual grant is open for applications between 1 September – 13 December 2013.

Wiltshire Council is proud to have supported Olympian Francesca Fox and Paralympian Aaron Moores through this grant fund. Francesca competed at London 2012 as part of the Team GB Rhythmic Gymnastics squad. Aaron competed at the London 2012 Paralympics in the S14 backstroke and breast stroke, winning a silver medal in the backstroke.

For more information go to: www.wiltshire.gov.uk/fundingfutureolympiansgrant

Talented athlete scheme

Wiltshire Council offers support for talented athletes taking part in a recognised Olympic, or Paralympic sport and competing at GB / national age group level.

Free membership is available for the fitness suites and swimming pools during public sessions at leisure centres managed by Wiltshire Council and DC Leisure (subject to availability).

For further information and an application form go to: www.wiltshire.gov.uk/sportsgrants

Funding advice and information

Wiltshire Council has a funding and events officer who works with sports clubs to offer advice on sports specific funding steams and to help sports clubs make effective applications. Sports clubs can contact, meet and discuss their particular funding needs and sign up to the council’s quarterly funding alert.

For further information go to:
www.wiltshire.gov.uk/sportsfundingadvice

Contact:
Tamzin Earley, Funding and Events Officer
Tel: 07824 414507 • Email: tamzin.earley@wiltshire.gov.uk
Wiltshire and Swindon Sports Awards

These awards recognise and honour the work and achievements of our athletes, sports clubs, volunteers, officials and coaches across the whole of Wiltshire and Swindon. Wiltshire Council works in partnership with the Wiltshire Health Improvement Partnership, the NHS, Wiltshire and Swindon Sport and Swindon Borough Council to deliver this prestigious event.

Nominations are open for three months from 1 April each year, with the presentation evening taking place in September.

For further information and to nominate go to: www.wiltshire.gov.uk/sportsawards

Online sports club directory

Looking for a local sports club? Get on the right track with our online sports club directory. With a vast number of clubs in a variety of sports, the online directory allows you to search by sport, location and club. So finding your new sports club is just a click away!

If you are a sports club and would like to be in the club directory go to the address below to download and complete the sports club directory form.

www.wiltshire.gov.uk/sportsclubdirectory

WoW Fit

WoW Fit is a promotional media campaign fronted by Wiltshire athlete, Shelley Rudman, Olympic silver medallist and current World Champion in the skeleton bob. WoW Fit takes place during September 2013 and aims to:

- Increase regular participation in sport and physical activity by women and girls
- Promote the vast range of opportunities for women and girls to get involved in regular sport and physical activity across Wiltshire
- Promote the health, well-being and wider social aspects of sport and physical activity
- Help to reduce the barriers that women and girls face and enable them to get involved in sport and physical activity

For more information go to: www.wiltshire.gov.uk/wowfit

Funding and events

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Two Magnificent Halls for all Occasions
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Email: hallsadmin@chippenham.gov.uk
www.chippenham.gov.uk

Accessible minibus available for community self-drive hire.

Ideal for voluntary groups, sports clubs, schools, etc.
Carries up to 16 passengers (or 8 + 2 wheelchairs).
Cost: £35 per half day (up to 4 hrs) / £60 per day (exc. fuel & VAT)

Ordinary car licences accepted
(drivers must be 21-70 and hold clean licence for 12 months+)

Contact (01380) 732817 or email: transport@communityfirst.org.uk

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I provide the very best services in relaxation and clinical massage treatments to help solve common problems such as neck, shoulder and back pain. I specialize in pain and dysfunction caused by today’s postural and lifestyle habits.

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Relaxation Massage - Reiki Treatment
Reiki Massage

www.fluidmotionmassage.co.uk

Why not give massage a try?

Individual treatments from as little as £20.00

Treat yourself, or a friend, with a gift voucher.

Call Stuart: 07784 258249

Chippenham
Sky Ride Local

Working in partnership with British Cycling, Wiltshire Council, has developed a series of fun, safe community cycle rides, led by trained ride leaders. Rides take place every Sunday throughout June to September in and around each Sky Ride town. These rides allow cyclists to explore their local area, meet like-minded people and cater for all levels of experience and ability. Rides range from short, traffic-free routes of 3 - 4 miles to 25 mile rides lasting up to two and a half hours.

Participants can search for a ride that suits their preferences and book their place at www.goskyride.com

A full list of rides is also available at www.wiltshire.gov.uk/skyrides

Running

Working in partnership with Wiltshire Council, Wiltshire and Swindon Sport and Swindon Borough Council, Run England provides a welcoming and social environment in which people of any fitness level or ability can participate in running. Experienced leaders support participants with achievable goals and ensure support is available to encourage participants to link with Running Clubs.

Opportunities are also available for individuals to train as run leaders.

Run England groups are accessible to all levels of runner from beginner and beyond. Join www.runengland.org for free to receive a whole range of benefits.

For a list of running groups in Wiltshire go to: www.wiltshire.gov.uk/running

For more information, or advice contact Wiltshire Activator, Sarah Sims:
Tel: 07718 394823
Email address: ssims@englandathletics.org

No Worries is a community based free, confidential sexual health service for 13-24 year olds. The service provides advice and information, free condoms, access to emergency hormonal contraception (the morning after pill).

No Worries is also the local provider of the Chlamydia screening programme, all venues displaying the logo stock free self test kits.

These services are available wherever you see the No Worries Sign.

For further information or for information you can contact the service confidentially by email or telephone, the details are below:

noworries.nhs.wiltshire@nhs.net
Tel: 0300 0034565

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noworries.nhs.wiltshire@nhs.net
Tel: 0300 0034565

Wiltshire Passport Accepted Here

Telephone: 0800 066 5068

Carers are entitled to the concessionary rate of Leisure membership at Wiltshire Council’s Leisure Centres and reduced fees, through the Wiltshire Passport card. The Passport is available with either the Carer Emergency Card or The Key (for families of children with additional needs).

For application forms contact Carer Support Wiltshire, 15 New Street, Salisbury SP1 2PH, 0800 066 5068, or email careremergencycard@carersinwiltshire.co.uk Carer Support Wiltshire would be pleased to hear from interested businesses too.

Registered Charity No. 1092762 Private Company Limited by Guarantee No. 4415685

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Get Wiltshire Walking

Funded by the Big Lottery, Wiltshire Council provides short, health walks across the county with the aim of increasing physical activity and improving health and well-being.

Walking in a group is a great way to get active and stay motivated. Wiltshire Council currently offer 18 free walking groups across the county, with plans for more. Led by trained walk leaders, the groups meet every week, with walks lasting approximately one hour and often end with a cup of tea at a local cafe. The walks are a great way of making new friends and discovering new places to walk in your neighbourhood.

Everyone is welcome, providing you are independently mobile and able to meet the physical demands of the walk.

Join our team of volunteer walk leaders

If you are interested in becoming a volunteer walk leader, working with Wiltshire Council, then training can be provided. The one day course is a practical session covering all aspects of leading a safe and effective health walk.

On completing the course participants are awarded the Volunteer Walk Leader certificate and information pack and will become part of the county’s network of walk leaders supported by Wiltshire Council.

For a full list of Get Wiltshire Walking groups, or more information about the walks or becoming a volunteer go to: www.wiltshire.gov.uk/getwiltshirewalking

Or contact one of the council’s Community Walks Co-ordinator’s:

Rosie Golding:  Tel: 07917 599964
Email: rosie.golding@wiltshire.gov.uk

Sarah Sims:  Tel: 07846 100233
Email: sarah.sims@wiltshire.gov.uk
We all want our children to enjoy healthy lives and schools can play a vital role by inspiring participation in a wide range of activities offered by Active Trowbridge.

Active Trowbridge is a non-profit organisation which gives us the flexibility to provide an affordable portfolio of services tailored to the school’s individual requirements. Quite apart from our programme of sports events, we also offer:

- Breakfast Clubs
- PPA Carer
- One-to-One Support
- After School Clubs

All coaches as a minimum have:

- Enhanced CRB’s
- Level 2 coaching qualifications
- Child Protection Trained
- Multi Skills

Active Trowbridge also provide inflatable hire for a wide range of events, Bouncy Castles, Inflatables Sides, Climbing Wall, Ball Ponds and under 5 zone.

Telephone 01225 765072 for details of all services and events. Visit www.trowbridge.gov.uk and click on Active Trowbridge.
Active Health

Wiltshire Council Leisure Services, in partnership with Public Health and DC Leisure, has developed the Active Health scheme for residents of Wiltshire. Active Health is the umbrella programme for all physical activity opportunities where people are referred by a medical practitioner to a range of exercise programmes that will benefit health and well being.

Active Health provides a standardised physical activity on referral programme across 23 leisure centres in Wiltshire and aims to reduce the risk of coronary heart disease, stroke, cancer, depression and other associated conditions by encouraging increased levels of physical activity in those with a stated level of risk.

Physical activity referral is a 12 week programme that a GP, or healthcare professional can refer you to if you have one or more health issues that could benefit from undertaking physical activity.

For more information about Active Health go to: www.wiltshire.gov.uk/activehealth

Contact:
Trish Cowie, Physical Activity Referral Co-ordinator
Tel: 07825 609331 • Email: trish.cowie@wiltshire.gov.uk

Exercise after Stroke

Group based stroke rehabilitation classes take an active approach to improving movement and independence. Classes are taken by instructors who have specialist knowledge and are able to give stroke survivors the opportunity to exercise in a safe and enjoyable environment. Participants need to be referred by their GP, physiotherapist, or health professional to attend these classes, which are programmed into 12 week blocks.

Eligible participants will be given a referral form and asked to contact Trish Cowie on 07825 609331, or email trish.cowie@wiltshire.gov.uk to book onto a class.

For more information and a full list of classes go to: www.wiltshire.gov.uk/exerciseafterstrokeclasses

Active Health

Cardiac rehabilitation phase IV

This is a specialised exercise and education programme for people recovering from heart attacks, heart surgery, or cardiac interventions. Classes are led by highly qualified and knowledgeable cardiac rehabilitation instructors and are designed to increase fitness levels, reduce cardiac symptoms, improve health and reduce the risk of future heart problems. Participants need to be referred by either their Phase III cardiac team, or via a GP.

Eligible participants will be given a referral form and asked to contact Jackie Brooks for more information and to book onto a class: jackiebrooks@dcleisure.co.uk

For more information and a full list of classes go to: www.wiltshire.gov.uk/cardiacphaseiv

Strength and balance classes

Chair based exercise classes

Chair based exercise has been shown to improve strength and balance, especially aiding the muscles used in everyday activities, such as washing, brushing hair, dressing and general housework. Chair based exercise sessions are run in the community so participants can exercise with the motivation of a group and from the comfort of a chair, with exercises specially devised for those who have been inactive for a long time.

Postural stability/abacus classes

These classes are designed to help those who have had a fall, or who are afraid of falling and are a mixture of chair based and standing exercises to improve strength, balance and increase confidence. Classes will safely and effectively improve physical function and postural stability and therefore reduce the risk of a fall.

Chair based and standing

For those who want to become more active, these classes are a mixture of seated and standing exercises and are a slightly more active session than the chair based class.

For more information and a full list of classes go to: www.wiltshire.gov.uk/strengthandbalanceclasses
Quality residential, nursing and respite care

Cepen Lodge Care Home

Cepen Lodge Care Home in Chippenham provides outstanding dementia, residential and respite care to the elderly of the north Wiltshire area. Our warm, bright and airy home is the perfect environment to foster a thriving community of care that supports the highest possible standards of living for our residents.

Tel: 01249 707280
West Cepen Way, Chippenham, Wiltshire SN14 6UZ

The Cedars Care Home

The Cedars Care Home, located mid-way between Salisbury and Southampton in the peaceful village of Landford, offers residential, nursing and dementia care for the elderly. Set on the edge of the New Forest National Park, this thriving home incorporates a beautiful Grade II listed house and is nestled in four and a half acres of private estate grounds.

Tel: 01794 399040
North Common Lane, Landford, Salisbury, Wiltshire SP5 2EJ

Fitness ‘n Friendship Clubs

AUKW runs three F ‘n F Clubs which are designed to give people the opportunity to participate in gentle exercise and activities such as New Age Kurling, Bowling and Skittles all in a very sociable atmosphere where you can meet new friends.

Trowbridge – Civic Centre alternate Tuesdays
Warminster – Civic Centre alternate Tuesdays
Chippenham – St Paul’s Church Hall alternate Wednesdays

For more information about our clubs or any of our other services please call our main office on 01380 727767

Fitness ‘n Friendship Clubs

We are a family run business and our speciality is to provide care for clients in their own homes, we pride ourselves on offering a personalised service ensuring that our clients feel valued, you will be visited by a small and local team of carers, all of which are fully trained and DBS checked.

We provide 24 hour care, live in care, visits to your home from once a week to several times a day.

For personal care – washing, bathing, dressing, assisting to and from bed and to the Toilet, Cleaning, laundry, shopping, collection of prescriptions.
Accompanying to appointments.
Assistance with medication.

We can offer bespoke services and will adapt our services to meet your requirements.

Call 01672 514339 for more information
Youth Action Wiltshire making a difference to the lives of over 1000 young people and youth leaders each year. Offering employability programmes, leadership training, young carers support, youth club development and volunteering.

“Our project has changed my life”
Young person on the Credits Volunteering Programme.

Community Transport - offering self-drive hire minibus transport to community groups and advice and grants to community minibus schemes across Wiltshire and Swindon.

Community Led Planning - Community Development supports everyone in a community to have a say about how to improve their community. If your community or group needs help to develop an idea contact us.

Our Grants Programme can help fund community and sports projects in targeted geographical areas. "We were very impressed by the really helpful and friendly staff" Chippenham Bowls Floodlights.

Our CF Oil membership scheme brings together communities to harness the benefit of joint buying power to reduce fuel costs.

For more information call 01380 722475 or email enquiries@communityfirst.org.uk
or visit our website www.communityfirst.org.uk

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Male Passenger, Aged 78, Chippenham

“We were very impressed by the really helpful and friendly staff" Chippenham Bowls Floodlights.

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To find out more call 01722 326822
email: info@wessexcommunityaction.org.uk
www.wessexcommunityaction.org.uk

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Brush teeth and gums twice a day with a fluoride toothpaste to remove plaque and prevent gum disease. Keep food and drinks containing sugar to meal times. Choose fruit, vegetables or sugar free foods for snacks. Visit your Dentist regularly.

Need help finding an NHS Dentist?
Do you have dental pain and don't have a dentist
Wiltshire Dental Helpline can help 0845 758 1926
For urgent dental care outside normal working hours call 111

Wiltshire Oral Health Promotion Team provide Community based Oral Health Improvement Programmes throughout Wiltshire and Swindon.
If you feel the team can offer any support, advice, training sessions, information sessions for your team or the groups you work with please contact the team to discuss.
Contact the Team: oralhealthpromotion@gwh.nhs.uk

Wiltshire Council offers a high quality, local, low cost and professional pest control service.
Whether you have a pest problem in your home or in your workplace we can offer fast appointment times and friendly officers. Annual commercial contracts are available, with a priority response service.
Contact us on 0300 456 0100 customerservices@wiltshire.gov.uk www.wiltshire.gov.uk

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