

# Silver Salisbury Programme

A programme of low or no cost events in and around Salisbury from 17th September to 9th October 2022



A chance for older people to meet old friends, make new ones and try new things in Amesbury, Downton, Durrington, Salisbury, Wilton and around

History  
on your  
Doorstep

Celebrating  
Older People's  
Creativity

Walks  
& Talks

Concerts,  
Singing  
&  
Music,

Elevate to  
Eighty

Social Clubs  
& Support  
Groups

Gentle  
exercise  
to keep  
you fit

Craft  
and Art  
Groups



07932 004925

[silver.salisbury@outlook.com](mailto:silver.salisbury@outlook.com)

# Silver Salisbury Programme

# 17th Sept to 9th Oct 2022

Silver Salisbury 2022 is our local celebration of International Older People's Day on 1st October.

The programme started in 2018 as part of my role as Salisbury Older People's Champion and has grown ever since. This year we have more events than ever in Amesbury, Downton, Durrington, Wilton and villages as well as Salisbury.

Things look a bit different this year. We talked to people that took part in last year's programme and listened to what they'd like included and how they wanted the programme to look. I hope you like the changes.

The programme is now too big for me to organise alone and we have grown an independent, registered charity called Silver Salisbury Group. Alex Charleson, Jonathan Gapper, Alan Mitchell, Anne Trevett and I are trustees. This has enabled us to apply for funding to support the programme and have Moira Packer working with me.

I'm very excited about our intergenerational reminiscence jubilee project, bringing together children of the fifties with children from St Martin's and Woodland's schools. This work will be shared and celebrated at our Guildhall event on Tuesday 27th September. Another personal highlight this year, is a celebration of my milestone birthday: 'Elevate to Eighty' at Five Rivers on 9th October. Come and celebrate with me by swimming a length or two of the pool.

We are pleased to be associated with Pizza Venti, near the station in Fisherton Street. They have nominated Silver Salisbury as their charity of the month in October. They will donate a percentage of their takings every Monday to Silver Salisbury. Their pizzas are fantastic, so please treat yourself to a meal there, have it delivered or pick up a takeaway in October. If you, do it on a Monday you're supporting us whilst you eat!

Please do come and join us at one of our many events this Autumn. Let's celebrate the lives and contributions of older people, try new things and make new friends.

Irene Kohler  
Salisbury Older People's Champion & Chair of Silver Salisbury Group  
(charity 1198019)

Hello from your Carers Champion - Helen Dowse.

My role as Carers Champion is a voluntary one with Wiltshire Council. I also volunteer at Salisbury Hospital and Carers Support Wiltshire.

Are you new to caring? Not sure which way to turn? Don't be alone - there is help and support out there for you and I will try and join the dots.

If you are caring for a loved one and you haven't been able to find the answer to a question, please do contact me by email: [helendowse3@gmail.com](mailto:helendowse3@gmail.com) or phone 07976 405048 and I will do my best to help or come along to one of the carer's activities advertised on pages 14, 15, 16, 26, 29 and 37 of this programme.

I look forward to meeting you.

Helen

## Travel friends

Age UK Wiltshire are starting a new service. The pandemic has had many impacts and for older people get out and about and connecting with others has been more challenging. The world has changed a bit and finding the confidence to take part in activities or travel to them, is more difficult.

The new service will support an older person by providing tailored support, to help increase their confidence to get out and about. A travel friend will work alongside someone to understand their needs and design individual support.

If you want to know more for yourself or someone you know who might benefit from this support, please contact Age UK Wiltshire via [travelfriends@ageukwiltshire.org.uk](mailto:travelfriends@ageukwiltshire.org.uk) or tel: 01380 710295

You may be interested in volunteering to support this work, if so, please contact Age UK Wiltshire via the website [www.ageuk.org.uk/wiltshire/get-involved/volunteer/](http://www.ageuk.org.uk/wiltshire/get-involved/volunteer/)





## Transport Help - Salisbury

### Buses

Salisbury Reds' App and website provide up-to-date guidance on bus routes and ticket information. For those that aren't online call: 01202 338420.

### Community Transport & Link Schemes

These schemes offer affordable car and bus services to those that can't use public transport and have no other way to get to appointments. Contributions from users help cover volunteer's mileage and admin costs. The more notice you give, the more likely they are to be able to help and please be aware you may need to register well ahead of your first journey. Contact your local scheme to see how it works.

These options make an enormous difference to people's lives and schemes always need more drivers. Drivers don't make more journeys than they want to, all expenses are paid and it's a rewarding volunteering-opportunity. So, if you can spare a few hours a week, your local transport scheme would love to hear from you.

### Salisbury Community Transport - CTSW

CTSW (Community Transport South Wiltshire) provides transport for people that can't reach buses or afford taxis and have no other means of transport. Services include a personalised car service and Shopper minibuses. You need to register before you use these services. You can register as a member (currently £22 a year) or non-member (no charge).

Membership is more cost effective for regular users, as it has a lower mileage rate. Car users create an account with CTSW to cover their car journeys and are debited for each booking made. For users of the Shopper bus services, only the membership fee is required along with a valid Concessionary Bus Pass. To find out more contact us on 01722 410123 or 414566 - email: [ctswsalisbury@outlook.com](mailto:ctswsalisbury@outlook.com). Enquiries from potential volunteers are always very welcome.



*getting you there*



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# Silver Salisbury Programme 17th Sept to 9th Oct 2022

## Transport Help - Amesbury

### Amesbury HOPPA bus

CTSW's HOPPA service offers a Monday to Saturday timetabled service to provide affordable transport to local shops, work, business and leisure places in the town centre and business parks. Contact 01722 414566 for more information.

### Amesbury & Boscombe Down Link

Amesbury and Boscombe Down Link scheme provides support in Amesbury & Boscombe Down. Volunteer drivers take people unable to drive or use public transport to medical or social appointments. The scheme relies on donations from the users and local organisations to cover its expenses, which include reimbursing driver's costs. A "Wheelchair Accessible Vehicle" can take people seated in wheelchairs so there's no need to transfer to a car seat. Call 01980 677214 or email: [coordamesburylink@gmail.com](mailto:coordamesburylink@gmail.com). Enquiries from potential volunteers are always very welcome.

### Durrington & District Link Scheme

Provides link services in Durrington, Bulford, Figheldean, Milston, Brigmerston, Larkhill, Netheravon, Enford, Fittleton contact 07484 533559.



## Transport Help - Downton Link Scheme

Downton Link, run by local volunteers, offers transport and good neighbour services in Downton, Charlton All Saints, Woodfalls, Redlynch, Morgan's Vale, Lover, Hale, Woodgreen and Breamore. There's no charge for the service but the Link depends on donations from users to keep going. Volunteer enquiries are always welcome. Call 01725 513807 or email [info@downtonlink.org.uk](mailto:info@downtonlink.org.uk)



## Transport Help - Wilton Link Scheme

Wilton & District Link aims to improve the quality of life for disadvantaged, elderly or infirm people by providing transport and 'good neighbour' services. This often involves getting those unable to use public transport to and from their medical or social appointments. Wilton Link covers most of the villages, west to Wylie and east to Quidhampton. If you live in this area and think that we can help, ring our telephone number and leave a message. A Co-ordinator will call you back. We currently have 20 volunteer drivers, however, to meet the demand we urgently need more! So if you can spare a few hours a week, please contact us. Our telephone number is 01722 741241. You can also see us at [www.wiltonlink.org.com](http://www.wiltonlink.org.com).

# Silver Salisbury Programme

# What's on - At a Glance

## Social & Well-being

Harnham Coffee and Chat: Saturday and Wednesday 10am - 12noon	13
Harnham Day Centre Clubs: Mondays and Thursdays 10am - 3pm	13
Silver Cinema at Salisbury Odeon: Tuesdays 1pm	13
Community Café: Tuesdays 10am - 12noon	14
Spire Coffee Shop: Tuesdays and Saturdays 10am - 12.30pm	14
Drop-in session for Unpaid Carers: Wednesday 19th Sept 10am - 12noon	14
Cuppa Club: Tuesdays 20th September and 4th October 10am - 12noon	14
Understanding Dementia: Tuesday 20th September 10 - 11.30am	15
Carers' Café: 3rd Tuesday of the month 20th September 10.30 - 12noon	15
Lunch Club: 1st three Wednesdays of the month 12.30 - 13.30pm	15
D.I.G.S Meeting: Thursday 22 September 6 - 8pm	16
Carers' Café: Thursdays 2.30 - 4pm	16
The Onward Club: Thursdays 22nd Sept & 6th Oct 10am - 12noon	16
BREW & BANTER Armed Forces and Veterans Breakfast Club: Fri 11 - 1pm	16
Wessex Archeology's Community Cafe: Wed 28th Sept: 10.30am - 12noon	17
Techie Tea Party: Tuesday 4th October 2.30 - 4pm	17
POWOW for Partners, Widows & Widowers: Thurs 6th Oct 10am - 12noon	17
Stratford Sub Castle Guild Talks: 2nd Wed of the month 14th Sept 7.15pm	17
Salisbury & District U3A: 1st Wednesday of the month	18
Bemerton Live: Fridays 10.30am	18
Salisbury Pride Surprise: Saturdays and Sundays 10am to 4pm	19

## Keeping Active

Gentle Exercise Class: Mondays 2:30 - 3:30	19
Low Impact Dance Fitness: Tuesday 5 - 5.45pm & Thursday 10 - 10.45am	19
DANCE SIX-0 Open Classes: Wednesdays 12 - 1pm	20
Ramblers Wellbeing Walks in Salisbury: Wednesdays 9.30am	20
Seated/No Floorwork Yoga & Fitness Pilates: Thursdays 11 - 11.45am	20
Salisbury Ladies Walking Football: Thursdays 5 - 6pm	21
Five River Indoor Bowls: 23rd Sept 2 - 7pm & 24th Sept 2 - 5pm	21
Fun Tennis Session: Tuesday 27th September 11.30 - 12.15pm	21
Age UK's Fitness & Friendship: Fortnightly Thursday 2.30 - 4.30pm	21
Introduction to Ramblers' Wellbeing Walks: Thursday 29th Sept 10am	22
Salisbury Men's Shed - Open Shed: Wednesday 5th Oct 10.15 - 11.30am	22
"Elevate to Eighty ": Sunday 9th October 7 - 10am	22

## Music & Singing

Coffee Choir Taster Session: Tuesdays 10.30 - 11.45am	23
Salisbury Good Afternoon Choir: Fridays (term time) 1 - 3pm	23
Jazz Social at the Arts Centre: Thursday 29th September 3.30 - 5.30pm	23
Goldies Sing & Smile: 2nd Monday of the month 2 - 3pm	23

## Talks & Tea Parties

Wildlife Camera Highlights: Tuesday 20th Sept 6 - 7.30pm	24
Your Salisbury Quiz: Tuesday 20th September 2.30 - 4.30pm	24
Andy Rhind Tutt: Digging in Amesbury: Wednesday 21st Sept 7 - 8.30pm	24
Coffee morning with tips on living costs: Saturday 24th Sept 10am - 12noon	24
Teacups, Cake and Piano Classics: Saturday 24th Sept 2.30 - 4.30pm	25
A Silver Celebration: Tuesday 27th September	25
Tour of The Freemasons' Hall: Sunday 2nd October 2 - 4pm	26
Carers' Tea Party: Tuesday 4th October 2.30 - 4.30pm	26
Rock Comes to Salisbury by Frogg Moody: Tuesday 4th October 5 - 7pm	26
Vintage Tea Party: Sunday 9th October 12.30 - 3.30pm	27
History of Salisbury by its Plaques: Tuesday 11th October 2.30 - 4.30pm	27
My Life in Archaeology by Phil Harding: Tuesday 11th October 5 - 7pm	27

## Getting Creative

Salisbury Group of Older Artists Exhibition: Sunday 2nd Oct: 5 - 6.30pm	28
Salisbury Group of Artists: Fridays 1 - 4pm	28
Salisbury Sketchers: Sunday 16th October 2pm	28
Salisbury Creative Carers - unpaid carers: First Monday 11am - 2pm	29
Wiltshire Creative Mind The Gap: Fortnightly Friday 10.30 - 11.30am	29
Craft & Allsorts: Wednesdays 2 - 4pm. Taster 6th October	29

## Gardens, Allotments & the Great Outdoors

The Secret Garden at Bourne Hill: Tuesdays & Sundays 10am - 1pm	30
Harnham Harvest Table: Saturday 17th & 24th September 10am - 12noon	30
Hazel Hill Trust Volunteer Day: Monday 19th & Friday 7th Oct 10am - 3pm	30
Stratford Sub Castle Garden Club: Thursday 29th September 7.15pm	30

## Books, Poetry & Creative Writing

Pavement Life: Saturday 1st October 2.30 - 4pm	31
Salisbury Bookchat Group: Thursday 6th October 2.30 - 4pm	31
Read Easy's one-to-one reading support for adults	31

## Other

People in the Park: Saturday 17th September morning and early afternoon	32
Historic Architecture Walk: Mon 19th Sept 2pm & Tues 20th Sept 5:30pm	32
Her Salisbury Footprint Scooter Scoot: Wednesday 21st Sept 12 - 4pm	32
Her Salisbury Footprint Guided Walk: Tues 4th October 10.30am - 12noon	32
Local History Treasures of Salisbury: Wednesday 5th October 2.30 - 4pm	33
Arundells Volunteer Recruitment Coffee Morning: Thurs 6th Oct 11am - 1pm	33



# Silver Amesbury Programme

# Silver Downton Programme

## Social & Well-being

Carer Cafe: 1st Wednesday of month (5th October) 10.30am - 12noon	37
Basic IT Support Sessions: Thursdays (appointment only)	37

## Keeping Active

Get Out, Get Active - Amesbury: Mondays 10 - 11.30am	37
Swimming at Durrington Leisure Centre: Mondays 11am - 12noon	38
Ramblers Wellbeing Walks in Durrington: Tues 11am and Fri 9.30am	38
Ramblers Wellbeing Walks in Amesbury: Tuesdays 10am	38
Ramblers Wellbeing Walks in Shrewton: Tuesdays 9.30am	39
Tai Chi and Qi Gong: Wednesdays 11.30 - 12.30am	39
Age UK's Fitness & Friendship Club Amesbury: Fortnightly Wed 2 - 4pm	39
AquaFit for All at Durrington Leisure Centre: Thursdays 12.45 - 2pm	40
Line Dance at Durrington Working Men's Club: Thursdays 6 - 7.30pm	40
Amesbury Sociable Strollers Walk & Lunch: Saturday 24th Sept 10am	40

## Music & Singing

Amesbury Community Soul Singers: Tuesdays (term time) 6.30 - 8.30pm	40
Celebrating Age Wiltshire's Singalong Concert: Thurs 22nd Sept 11 - 12pm	41
Celebrating Age Wiltshire Concert: Monday 3rd Oct 10.30am - 12noon	41

## Talks & Tea Parties

Tea & Music at Antrobus House: Tuesday 20th September 2.45 - 4.30pm	41
Salisbury Healthcare History & Common Cold Hospital: Thurs 29th Sept 1.45 - 3pm	42
Morning Coffee, Living History & Soul: Saturday 1st October 9am - 1pm	42
Chatty Cafe Coffee Morning: Tuesday 4th October 10.30am - 2.30pm	42



## Social & Well-being

Good Companions Club: Tuesdays 2 - 4pm	44
Coffee, Church and Lunch: Thursdays 10.30am - 12noon	44
Fridays Morning Get-together: Last Friday of the month 30th September	44

## Keeping Active

Get Out, Get Active - Redlynch/Downton Walking Football: Mon 1 - 2pm	45
Re-Root Yoga Chair Yoga: Tuesdays 9.30 - 10.30am	45
Downton Leisure Centre's Fit Club: Mondays & Fridays 10am - 12noon	45
Ramblers Wellbeing Walks in Downton: Wednesdays 10 - 11.30am	46

## Music & Singing

Goldies Sing & Smile: 4th Wednesday of the month 10 - 11am	46
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## Talks & Tea Parties

Salisbury Healthcare History & Common Cold Hospital: Mon 3rd Oct 1.45 - 3pm	47
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## Getting Creative

SGA's Salisbury Sketchers: Sunday 18th September 2pm	47
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## Gardens, Allotments & the Great Outdoors

Downton Horticultural Society: Thursday 27th October 7.30pm	48
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## Books, Poetry & Creative Writing

Downton Bookchat Group: Thursday 6th October 2.30 - 3.30pm	48
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# Silver Wilton Programme

Social & Well-being		
The Forum Stroke Club: Tuesdays 10.30am - 12.30pm		50
Wilton's Country Market: Fridays 10 - 11am		50
Wessex Stoma Support Group Meeting: Saturday 9th October 2 - 5pm		50
Keeping Active		
Low Impact Dance Fitness (Zumba Gold): Mondays 10 - 10.45am		51
Seated/No Floorwork Yoga & Fitness Pilates: Wednesdays 11 - 11.45am		51
Get Out, Get Active - Wilton: Fridays 10 - 11.30am		51
Music & Singing		
U3A Choir: Mondays (September - April) 2 - 4pm		52
Jazz with optional Thursday Club Lunch: Thurs 29th Sept 12noon - 3pm		52
Talks & Tea Parties		
Dinton History Society Talk - Grovely Archaeology: Thurs 15th Sept 7.30pm		53
Salisbury Healthcare History & Common Cold Hospital: Tues 20th Sept 2.30 - 4pm		53
Getting Creative		
Oasis Cafe & Friendly Crafts: Thursdays 9.30 - 11.45am		53
Books, Poetry & Creative Writing		
Wilton Bookchat Group: Thursday 6th October 2.30 - 3.30pm		54
Other		
Wilton Riding for the Disabled's Tea with a Pony: Friday 30th Sept 2 - 4pm		54



# Silver Salisbury Programme

## Social & Well-being

### Harnham Community Network's Coffee & Chat

1

Informal opportunity to meet and chat over coffee or tea. No charge but voluntary donations are welcome. 07962 213494 or harnhamcommunity@gmail.com

**Harnham Parish Hall, Lower Street, Salisbury SP2 8EY**

**Every Saturday and Wednesday: 10am - 12noon**

### Harnham Day Centre Clubs

2

A day-time social club for older people living in and around Harnham. Great company in pleasant surroundings with stimulating activities and the option of a two-course lunch. New members and those looking for a fun volunteering opportunity are very welcome. There is no step-free access to the building. £10 with 2 course lunch; £3.50 without lunch. 07711 269646.

**Brympton House, Gawthorne Drive, West Harnham SP2 8PG**

**Mondays & Thursdays: 10am to 3pm**

### Silver Cinema at Salisbury Odeon

3

Reduced rate performances with free tea, coffee and biscuits every Tuesday at 1pm. Films change weekly. See [www.odeon.co.uk](http://www.odeon.co.uk) for details of this week's films or pop into the box office which is normally open after 1pm each day. Tickets cost £4 if bought on-line or £5.50 from the box office. Phone 0333 0144501.

**ODEON Salisbury, New Canal, Salisbury SP1 2A**

**Tuesdays 1pm**





# Silver Salisbury Programme

# 17th Sept to 9th Oct 2022

## Social & Well-being

### Community Café

4

Join us for a chat and a drink at our friendly and relaxed coffee morning. You can access support and be signposted to others that can help if needed.

**Salisbury Baptist Church, 41 Brown Street, Salisbury SP1 2AS**

**Tuesdays: 10am - 12.00noon**



### Spire Coffee Shop

5

Coffee, tea and cakes sold at very reasonable prices. Any queries call Diane Coles 01980 862902.

**Salisbury United Reformed Church, 30 Fisherton Street SP2 7RG**

**Tuesdays and Saturdays: 10am - 12.30pm**

### Drop-in session for Unpaid Carers

6

A special drop-in session with refreshments for all Unpaid Carers, hosted by Helen Dowse, Carers Champion for Salisbury. A great opportunity to chat with Helen and Alison Millar, Community Engagement Worker from Carers Support Wiltshire about your caring role and responsibilities. Meet up with other Carers and share news, views and make friends.

**St Thomas's Church, St Thomas's Square, Salisbury SP1 1BA**

**Wednesday 19th September: 10am - 12noon**

### Cuppa Club

7

Everyone welcome. Benefit advice, local councillor support, friendship and a cuppa. 07425 450562 if you want to know more.

**Harlequin Football Club, Western Way, Salisbury SP2 9DR**

**Fortnightly on Tuesdays (20th Sept & 4th Oct): 10am - 12noon**

## Social & Well-being

### Understanding Dementia

4

Find out more about dementia and how you can help - as a relative, friend or neighbour. Understanding Dementia is an hour-long session with Alzheimer's Support, Annie Clayton, to help you understand more about all types of dementia and how you can help support people living with the condition in our community. Book on the website [www.alzheimerswiltshire.org.uk](http://www.alzheimerswiltshire.org.uk) or just drop in.

**Salisbury Baptist Church, 41 Brown St, Salisbury SP1 2AS**

**Tuesday 20th Sept: 10 for 10.30 - 11.30am (cafe closes at 12noon)**

### Carers' Cafe

8

No need to book just drop in. Contact 0800 181 4118 if you'd like more information.

Online Carer Support Wiltshire also run regular bi-weekly online cafes for carers who can't make it to our face-to-face events. The next virtual café is on the 29th September between 2 - 3pm. If you're interested in attending please email [admin@carersupportwiltshire.co.uk](mailto:admin@carersupportwiltshire.co.uk) or call 0800 181 4118 for more details and the link.

**Red Lion Hotel, 4 Milford St, Salisbury SP1 2AN**

**Every third Tuesday of the month (20th Sept): 10:30am - 12noon**

### Lunch Club

5

Two course cooked lunch with tea or coffee, for over 55s. £5 per week. No need to book but helpful if you call Fran Moody 01722 326373 or email [brianmoody197@gmail.com](mailto:brianmoody197@gmail.com) before your first visit.

**Salisbury United Reformed Church, 20 Fisherton Street SP2 7RG**

**First three Wednesdays of the month: 12.30 - 13.30pm (doors open 11.45am)**





# Silver Salisbury Programme

# 17th Sept to 9th Oct 2022

## Social & Well-being

### D.I.G.S Meeting

9

Disability Interest Group in Salisbury (D.I.G.S) is a gathering of people with a wide range of disabilities, aiming to make Salisbury accessible by working alongside the council and other organisations. Meetings are usually about 6 weeks apart. Just drop in or call Kez on 07425450562 if you'd like any more information.

**Bemerton Heath Centre, Pinewood Way, Bemerton Heath SP2 9HU**

**Thursday 22nd September: 6 - 8pm**

### Carers' Café

10

Looking after someone? When life's uncertain and you don't know where to turn it's good to have someone to talk to. You are welcome to come and join us for coffee/tea and a chat about your concerns. We will help connect you to the right information and the right support.

**Springs Restaurant, Level 2, Salisbury District Hospital SP2 8BJ**

**Thursdays: 2.30 - 4pm**

### The Onward Club

11

A lively and very welcoming social club for anybody who has had a stroke. Club members and their partners enjoy quizzes, talks, games, music, art and craft activities, and lots of chat and laughter 07425 450562 if you want to know more.

**Stratford Sub Castle Club House, 67 Stratford Road SP1 3JP**

**Fortnightly on Thursdays (22nd Sept & 6th Oct): 10am - 12noon**

### BREW & BANTER Salisbury and Amesbury Armed Forces & Veterans Breakfast Club

12

Former Armed Forces and partners meet for coffee, tea and cakes at Riverside Sanctuary, £2.00 donation.

**2 Watt Road, Churchfields, Salisbury SP2 7UD**

**Fridays 11am - 1pm**

## Social & Well-being

### Wessex Archeology's Community Cafe

13

An opportunity to meet and chat over a coffee and then listen to an interesting live speaker at 11.00. No need to book. enquiries to Wessex Archeology, l.chalmers@wessexarch.co.uk, 03303 137193.

**Salisbury Arts Centre, Bedwin Street, Salisbury SP1 3UT**

**Wednesday 28th September: 10.30am - 12noon**

### Techie Tea Party

14

IT assistance with iPad, phones or laptops. Find out more about eBooks, emagazines and eaudio. These events happen a couple of times a year so if you're interested in another one please ask at the library. No need to book but call 01722 324145 or email libraryenquiries@wiltshire.gov.uk or pop into the library for more information.

**Salisbury Library, Market Place, Salisbury SP1 1BL**

**Tuesday 4th October: 2.30 - 4pm**

### POWOW for Partners, Widows & Widowers

6

POWOW is an informal get together over a hot drink and cake for anyone who has lost their wife, husband or partner. There is no charge for refreshments, although a small donation towards the church is very welcome. Please do come along to meet other people who might be feeling the same as you. If you want any more information please contact three. chequers@nhs.net or call 01722 336441.

**St Thomas's Church, St Thomas's Square, Salisbury SP1 1BA**

**First Thursday of the month 6th October: 10am - 12noon**

### Stratford Sub Castle Guild Talks

15

A varied programme of talks with tea & coffee included. Annual subscription £10 or £5 a talk for guests (cash only). No need to book but contact: David Balston 01722 411628 or dmbalston@gmail.com for more information.

**The Reading Room, Stratford Road, Stratford Sub Castle SP1 3LL**

**Second Wednesday of the month from September to June  
7.15pm for 7.30pm starting on Wednesday 14th September**

# Silver Salisbury Programme 17th Sept to 9th Oct 2022

## Social & Well-being

### Salisbury & District U3A - Talks & Activities

16

Salisbury & District U3A is part of a UK-wide movement of locally-run interest groups that provide opportunities for people in the 'third age' i.e. no longer in full-time employment. Members explore new ideas, acquire new skills and enjoy activities in a friendly, social environment. At the moment we have about 40 groups – everything from Chamber Music to Croquet; Myths & Legends to Mahjong; Op Art to Origami; Tea Dances to Table Tennis.

Annual membership is £18. Log into our website at [u3a-salisbury.org.uk](http://u3a-salisbury.org.uk) or [u3asites.org.uk/Salisbury](http://u3asites.org.uk/Salisbury) to see our groups and join. Alternatively, contact us by email: [enquiries@u3a-salisbury.org.uk](mailto:enquiries@u3a-salisbury.org.uk) or 07766 502749. You can also come and meet us at one of our regular monthly meetings on the first Wednesday of the month, where we have tea and coffee, followed by a talk.

**Salisbury Methodist Church, St Edmunds Church Street SP1 1EF**  
First Wednesday of the month (5th October)



### Bemerton Live

17

Activities aimed at the Over 55s. Social coffee mornings with a gentle exercise class, in the wonderful setting of St John's Place - try a new activity, meet new friends and stay mobile. Everyone welcome! Refreshments included. No special clothing/equipment required, just wear loose & comfortable clothing. Free taster session, normally £5. No need to book, just drop in.

**St John's Place, Lower Road, Salisbury SP2 9NW**  
Fridays: Doors open 10.30am

## Social & Well-being

### Salisbury Pride Surprise

18

Salisbury Pride has not forgotten its older members and will be having an event as part of the Silver Salisbury programme which will be promoted in the Pride Shop, Salisbury Journal and on social media. To find out more about the LGBTQ+ community in Salisbury visit the Pride Shop.

**Pride Shop, 53 Fisherton Street SP2 7SU**  
Saturday and Sundays: 10am - 4pm



## Keeping Active

### Gentle Exercise Class

4

Mostly seated exercise to music. Free to try a session in return for a small donation to the church. No need to book but if you need more info contact [sheila.wills@hotmail.com](mailto:sheila.wills@hotmail.com) or 01722333954.

**Salisbury Baptist Church, Brown Street SP1 2AS**  
Mondays: 2:30 - 3:30pm

### Low Impact Dance Fitness - Zumba® Gold

16

Low impact dance fitness for older generations. Contact Kirstie: [loomsie@yahoo.co.uk](mailto:loomsie@yahoo.co.uk) or 07787 101410, or visit [www.kirstiepugh.co.uk](http://www.kirstiepugh.co.uk)  
**Salisbury Methodist Church, St Edmund's Church Street SP1 1EF**  
Tuesdays: 5 - 5.45pm and Thursdays: 10 - 10.45am



## Keeping Active

### DANCE SIX-0 Open Classes

13

A free taster session for the friendly and fun weekly Open Classes on Wednesdays, which attract people approaching 60 and over with diverse levels of movement. Sessions encourage dancers to embrace the joy of life through dance and movement. Open Classes, led by Debbie Lee-Anthony, are lively, friendly sessions in which dancers are able to work at their own pace and to their individual abilities. No previous dance experience is required. The classes provide a platform for possible selection into the Company, which is the DANCE SIX-0 performance group. Further info from Debbie Lee-Anthony 07940 542306.

**Salisbury Arts Centre, Bedwin Street, Salisbury SP1 3UT**

**Wednesdays: 12noon - 1pm (term time)**

### Ramblers Wellbeing Walks in Salisbury

19

A sociable way to improve your fitness. Meet for a strider walk of 60 – 90 minutes of continuous walking across variable terrain which may include gradients. Newcomers welcome but arrive a few minutes early for registration. No dogs other than sensory dogs please. No charge and no need to book but if you need more info contact Natalie on 07917 599964 or email [natalie.parker@wiltshire.gov.uk](mailto:natalie.parker@wiltshire.gov.uk).

**Meet at Five Rivers Health & Wellbeing Centre, Hulse Road, SP1 3NR**

**Wednesdays: 9.30am**



### No Floorwork Yoga and Fitness Pilates

16

A class combining Yoga, Fitness Pilates, Balance, Stretching and toning but all adapted so that there is no floor work. Can be done seated or standing. Contact Kirstie: [loomsie@yahoo.co.uk](mailto:loomsie@yahoo.co.uk) or 07787 101410.

**Salisbury Methodist Church, St Edmund's Church Street SP1 1EF**

**Thursdays: 11 - 11.45am**

## Keeping Active

### Salisbury Ladies Walking Football

19

We are a group of older ladies. We play a gentle version of 5 a side football and sometimes meet at the pub. It is a really good way of meeting new friends and getting fitter. It costs £3 a session, just come when you can. Further info 07401 828144 or [salisburyladieswf@gmail.com](mailto:salisburyladieswf@gmail.com).

**Five Rivers Health & Wellbeing Centre, Hulse Road, SP1 3NR**

**Thursdays: 5 - 6pm**

### Open Day at Five Rivers Indoor Bowls Club

20

An opportunity to try indoor bowls with equipment provided and coaches available. The Club is a proud member of the Disability Bowls Mark scheme, providing full wheelchair access and convenient parking. New members are always welcome and sessions are available from 9am to 10pm every day from October to April. For more information contact Diane Makepeace on 0797 465 1453.

**Five Rivers Indoor Bowls Club, Tollgate Road, Salisbury SP1 2JJ**

**Fri 23rd Sept: 2 - 7pm & Sat 24th Sept: 2 - 5pm**

### Fun Tennis Session

21

Fun Tennis drills and games. Free but places must be booked by contacting [yptennis@btconnect.com](mailto:yptennis@btconnect.com) or 01722 415089.

**Victoria Park, Stratford Road, Salisbury SP1 3JH**

**Tuesday 27th September: 11.30am - 12.15pm**

### Age UK's Fitness & Friendship Club

22

Fitness & Friendship clubs are social clubs for older people with an emphasis on keeping active. Sessions include gentle exercises, games, quizzes and Tai Chi with plenty of time for a chat over refreshments. £5 a session. No need to book. Call 07754 612569 or email: [fitnessandfriendship@ageukwiltshire.org.uk](mailto:fitnessandfriendship@ageukwiltshire.org.uk).

**St Michael's Community Centre, 96 St. Michael's Road SP2 9LE**

**Fortnightly Thursdays 29th September & 13th October: 2.30-4.30pm**

## Keeping Active

### Introduction to Ramblers' Wellbeing Walks

23

Wellbeing Walks Salisbury is part of a national initiative run by volunteers, supported by Salisbury City Council, to encourage more people to walk for health and company. Walks take place in and around Salisbury every Thursday starting at 10 am. New walkers are welcome on a short, introductory walk starting from the Chorister's Green in the Cathedral Close. The walk will take under an hour. Wheelchair users are welcome. Free and no need to book. Call 01722 334209 for more information.

**The Chorister's Green, The Close, Salisbury SP1 2EL**

**Thursday 29th September: 10am**

### Open Shed at Salisbury Men's Shed

24

Drop in to look at our work and have a chat. Currently our shed is oversubscribed so we can't promise places to those of you who may wish to join but we will be pleased to add you to our waiting list. Don't be put off though, since we will be really pleased to show you round, have a chat and hear any ideas that we can take on board. More information from [salisburymensshed@gmail.com](mailto:salisburymensshed@gmail.com) or 07746013204.

**Men's Shed, Riverside House, 2 Watt Road, Churchfields SP2 7UD**

**Wednesday 5th October: 10.15 - 11.30am**

### "Elevate to Eighty" to celebrate older people reaching this milestone in their lives

19

Come as an individual or a team (ideal for families) to swim 80 lengths and then enjoy coffee and croissants with your fellow swimmers. Gain a certificate for your efforts and achievements and promote swimming as a fun way to stay active and healthy into your eighties. No charge but donations to Silver Salisbury welcomed. Places must be booked either using a paper form from Five Rivers or on line on [www.silversalisbury.co.uk](http://www.silversalisbury.co.uk), by emailing [silver.salisbury@outlook.com](mailto:silver.salisbury@outlook.com) or calling 01722 323 812 (only if you are not online).

**Five Rivers Health and Wellbeing Centre, Hulse Road SP1 3NR**

**Sunday 9th October: 7 - 10am**

## Music & Singing

### Coffee Choir Taster Session

25

A chance to try out a friendly choir that meets every Tuesday morning for coffee, chat and singing. Music will be provided, though there's no need to be able to read music. No charge for the taster session. If you decided to join the choir it's £7 per week. No need to book but for more information contact Kate Edgar [keedgar@aol.com](mailto:keedgar@aol.com) 07977 071637.

**Radnor Hall, Bodenhams SP5 4EQ**

**Tuesdays: 10 - 11.45am (term time)**

### Salisbury Good Afternoon Choir

4

Friendly and fun singing in the afternoon. Free taster session, then £50 per 10 week term. No need to book but contact [gac@grenvillemusic.co.uk](mailto:gac@grenvillemusic.co.uk) or 01761 472468 for further information.

**Salisbury Baptist Church, 41 Brown Street, Salisbury SP1 2AS**

**Fridays: 1 - 3pm (term time)**

### Jazz Social at the Arts Centre

13

Following the success of last years' Jazz Social, as part of Silver Salisbury, Wiltshire Creative are pleased to welcome back Celebrating Age Wiltshire musicians Dan Baker and Paul Young for an afternoon of jazz classics. In the friendly setting of Salisbury Arts Centre enjoy an afternoon of great music and delicious refreshments. Tickets (£5) must be booked in advance from [www.wiltshirecreative.co.uk](http://www.wiltshirecreative.co.uk) or 01722 320333.

**Salisbury Arts Centre, Bedwin Street, Salisbury SP1 3UT**

**Thursday 29th September: 3.30 - 5.30pm**

### Goldies Sing & Smile

16

Goldies provide fun daytime Sing&Smile groups in Salisbury once a month. For details of the Downton group see page 46.

**Salisbury Methodist Church, St Edmunds Church Street SP1 1EF**

**Second Monday of the month (10th October) : 2 - 3pm**



## Talks & Tea Parties

### Wildlife Camera Highlights with Steve Dowse

26

Steve Dowse lives in Salisbury and is a very keen amateur wildlife photographer. He would like to share with you some of his favourites from both home and away. There will be cards and other items available to buy after the talk. There is no charge but please book on-line at <https://SSGWildlifeTalk.eventbrite.co.uk> or call 07976 405048.

**The Quaker Meeting House, 51 Wilton Road, Salisbury SP2 7EP**

**Tuesday 20th September: 6 - 7.30pm (doors open 5.30pm)**

### Your Salisbury Quiz

26

A fun quiz for new and old Salisbury residents with quiz master Chris Usher. No booking needed.

**The Quaker Meeting House, 51 Wilton Road, Salisbury SP2 7EP**

**Tuesday 20th Sept: 2.30 - 4.30pm (doors open 2pm)**

### Digging in Amesbury

17

Andy Rhind Tutt will give a fascinating talk about "Recent discoveries in Amesbury, the Home of Stonehenge". This is part of a regular programme of history talks at St John's Place which usually take place on the third Wednesday of most months. No charge for admission but donations encouraged, low cost refreshments. No booking required.

[Anneinbemerton@gmail.com](mailto:Anneinbemerton@gmail.com) or 01722 326261 for more information.

**St John's Place, Lower Road, Lower Bemerton SP2 9NP**

**Wednesday 21st Sept: 7.30 - 8.30pm (doors open 7pm)**

### Coffee Morning with Hints & Tips to Help with the Rising Cost of Living

26

Morning coffee with home made cake at the Quaker Meeting House and its garden. Sarah Cardy, CEO at AgeUK Wiltshire will speak on "How can we help each other with rising costs, electricity, food etc." Come and find out information that might help you, a neighbour or family member. No charge and no need to book.

**The Quaker Meeting House, 51 Wilton Road, Salisbury SP2 7EP**

**Saturday 24th September: 10am - 12noon**

## Talks & Tea Parties

### Tea Cups, Cakes and Piano Classics

26

A relaxing afternoon to meet old friends and make new ones at the Quaker Meeting House with its lovely garden and enjoy the Silver Salisbury team's home-baked cakes. Sarah Collins the popular pianist will play old and new favourites and hopefully meet any special requests. No charge but donations to Silver Salisbury are very welcome and you must book either using <https://SSGteaparty.eventbrite.co.uk> or [emailsilver.salisbury@outlook.com](mailto:emailsilver.salisbury@outlook.com) or by calling 01722 323 812 (only if you don't use email).

**The Quaker Meeting House, 51 Wilton Road, Salisbury SP2 7EP**

For disabled access enter from the rear of the building.

**Saturday 24th September: 2.30 - 4pm**

### A Silver Celebration

28

In anticipation of International Older People's Day on 1st October we present a day of older people's creative performances and Silver Salisbury's Jubilee project.

Refreshments available throughout the day. We finish with a performance from children from St Martin's and Woodland's schools and local older people, sharing the output of Silver Salisbury's Living History Jubilee project. Today's children and children of the fifties have explored changes over the last seventy years. Their discussions about entertainment, communications, the coronation and food have been transformed into songs and stories. There will also be information stalls about groups and support services that might be of interest to older people. Please come and enjoy the show; pop in for one or two items or stay all day.

10am: Doors open

10.15am: Welcome and opening

10.30am: Dance SIX-0 perform their dance piece: 'Burn and Rave'

11.30am: The U3A Chamber Music Group perform some classical favourites and we'll hear more about U3A.

12.30pm: Kate Edgar's Coffee Choir will share songs from their lively and entertaining repertoire

2pm: Salisbury Pluckers Ukulele Band perform a selection of old and new hits. Always fun.

3pm: Silver Salisbury Jubilee project finale

**Salisbury Guildhall, Market Place, Guildhall Square SP1 1JH**

**Tuesday 27th September: 10.15am - 3.30pm**

## Talks & Tea Parties

### Tour of The Freemasons' Hall Salisbury

27

A rare opportunity to take a tour round this recently refurbished historic building. Refreshments available. There is a lift from the lower to upper floor but there is no step-free access to the entrance to the hall. No need to book but for more information contact Nigel Dalby at [nigel.dalby2@ntlworld.com](mailto:nigel.dalby2@ntlworld.com) or call 07840370264.

**Freemasons' Hall, Crane Street, Salisbury SP1 2QD**

**Sunday 2nd October: 2 - 4pm**

### Carers' Tea Party

26

A special afternoon tea for our wonderful Unpaid Carers who give so much. There will be delicious food and lovely music from the wonderful Sarah. An opportunity to have a break from your caring role and enjoy some socialising, meet up with friends old and new over a cuppa - what could be better. No charge but please book online <https://SSGCarersTeaParty.eventbrite.co.uk> or contact Helen Dowse on 07976405048 or [helendowse3@gmail.com](mailto:helendowse3@gmail.com) to book your place.

**Quaker Meeting House, 51 Wilton Road Salisbury SP2 7EP**

**Tuesday 4th October: 2.30 - 4.30pm**

### How Rock Music Came to Salisbury

26

A talk by Frogg Moody about the great days of Rock Music in our City. No booking needed.

**Quaker Meeting House, 51 Wilton Road, Salisbury SP2 7EP**

**Tuesday 4th October: 5.30 - 7pm (doors open at 5pm)**



## Talks & Tea Parties

### Vintage Tea Party

28

Come and enjoy the sounds of the past, tap your toes and maybe even dance at the Guildhall while enjoying an afternoon tea in the grand surroundings of the banqueting hall. Run by the Salisbury City Council Communities Team there will be some tickets (£3) available to the public from the Information Centre from the 1st of September but most tickets will go to community groups, lunch clubs and services for older people. This is an opportunity to celebrate together at the end of the Silver Salisbury Programme. If you are part of a group and would like to attend please get in touch and the team will reserve your places. Call 01722 417100 or [bhc@salisburycitycouncil.org.uk](mailto:bhc@salisburycitycouncil.org.uk)

**Salisbury Guildhall, Market Place, Guildhall Square SP1 1JH**

**Sunday 9th October: 12.30 - 3.30pm**



### The History of Salisbury told by its Plaques

26

An entertaining talk by Alan Clarke covering events over the years. Free and no need to book. For additional information call Anne on 01722 326261.

**Quaker Meeting House, 51 Wilton Road, Salisbury SP2 7EP**

**Tuesday 11th October: 2.30 - 4.30pm**

### Along the Line: My life in Archaeology

26

Local archaeologist Phil Harding will share some of his many great stories. No booking needed.

**Quaker Meeting House, 51 Wilton Road, Salisbury SP2 7EP**

**Tuesday 11th October: 5.30 - 7pm (doors open 5pm)**



## Getting Creative

### Launch of Salisbury Group of Older Artists Exhibition

19

Older artists of the Salisbury Group of Artists are exhibiting to the theme of "diversity". This is an opportunity to meet some of the artists who can describe how they work and answer questions on their exhibits. Light refreshments will be served. The exhibition will remain until the end of October so do pop in to have a look. There is more information on the Salisbury Group of Artists below.

**Five Rivers Health and Wellbeing Centre, Hulse Road SP1 3NR**  
**Sunday 2nd October: 5 - 6.30pm**

### Salisbury Group of Artists

29

Salisbury Group of Artists offers a range of activities from Weekly Friday Afternoon Art for just £2.00 a session (no need to book), monthly workshops with semi and professional artists for only £30 for a whole day, monthly outdoor sketching - free, life drawing as well as numerous local exhibitions. Members use a wide range of materials from oils, water colour, acrylic and pottery to felting. Anything! Membership is £20 per year or £30 for a family. Children are free. Contact [beverleysingleton@rocketmail.com](mailto:beverleysingleton@rocketmail.com) or 07590 111881 for more information.

**Bemerton Methodist Hall, Roman Road, Salisbury SP2 9BH**  
**Fridays: 1 - 4pm**

### Salisbury Group of Artists: Salisbury Sketchers

30

A group that meets monthly to sketch outdoors in and around Salisbury. Bring your own materials. No need to book. For further information email: [paperstitch@icloud.com](mailto:paperstitch@icloud.com) or call 07496894568. The group is meeting in Downton on Sunday 18th Sept (see page 47).

**Market Square and Maltings in Salisbury**  
**Sunday 16th October: 2pm**

## Getting Creative

### Salisbury Creative Carers - for unpaid carers

16

Explore your creative side with our friendly unpaid-carer groups. No experience needed, just a desire to have fun. It's free. Tea and coffee supplied but please bring your own lunch. This event is solely for unpaid carers. Call 0800 181 4118 or email [admin@carersupportwiltshire.co.uk](mailto:admin@carersupportwiltshire.co.uk) for more information.

**Salisbury Methodist Church, St Edmunds Church Street SP1 1EF**  
**1st Monday of month (3rd October): 11am - 2pm**

### Taster session for Mind The Gap with Wiltshire Creative

31

Mind The Gap is an opportunity for older people to meet and explore the creative arts in the safe surroundings of Salisbury Playhouse. The group meets fortnightly for coffee, conversation and creativity!

Art forms vary weekly. Previous sessions have included dance, drumming, play reading, printing and visits from museums and performers.

Free trial for new members. Give the code SILVER when booking by phone or on-line on [www.wiltshirecreative.co.uk](http://www.wiltshirecreative.co.uk) or 01722 320333.

**Salisbury Playhouse, Malthouse Lane, Salisbury SP2 7RA**  
**Fortnightly on Fridays (7th October): 10.30 - 11.30am**

### Craft & Allsorts

32

An open call for people to try out our weekly art and craft group at the Friary Community Centre. We do something different every week and our friendly regulars will try their hand at anything creative. You don't need to be 'arty' to join this group. Just come along for a cup of tea and try something new. Please let us know if you are planning to come so we can make sure we have enough for everyone! 01722 417100 or [bhc@salisburycitycouncil.org.uk](mailto:bhc@salisburycitycouncil.org.uk).

**The Friary Community Centre, Carmelite Way, The Friary SP1 2HW**  
**Wednesdays: 2 - 4pm. Taster 5th October**

## Gardens, Allotments & the Great Outdoors

### The Secret Garden at Bourne Hill

33

Come and see the amazing transformation the volunteer team have made to this once forgotten garden behind the Police Station on Bourne Hill, and next to the Arts Centre. The garden is open all day, everyday. To meet the volunteers on site visit on Tuesdays and Sundays from 10.00 to 13:00. Sorry there are no toilet facilities.

**The Secret Garden, Bourne Hill, Salisbury SP1 3UZ**

### Harnham Harvest Table

1

People are invited to bring their surplus fresh fruit and veg to share with neighbours who can make use of them. Voluntary donations can be made. Queries to Charles Woodd 07962 213494 or harnhamcommunity@gmail.com.

**Harnham Parish Hall Field, Lower Street, Salisbury SP2 8EY**

**Saturday 17th & 24th September: 10am - 12noon**

### Volunteer Day at the Hazel Hill Trust

34

Join our team of volunteers and contribute to valuable nature conservation tasks and general site maintenance, develop new skills, meet other volunteers and get active in a relaxing and nourishing environment. Please book your place by contacting Charley: charley@hazelhill.org.uk or 07519 464023. Please let me know about any medical, mobility or other additional needs which may be helpful for me to know about ahead of time. As an organisation we have a duty of care to you as a volunteer; any information you share can help us plan tasks for you accordingly.

**Hazel Hill Wood, Grimstead Road, near Farley SP5 1AU**

**Monday 19th September & Friday 7th October: 10am - 3pm**

### Stratford Sub Castle Garden Club

35

Open to everyone interested in gardens, plants and gardening. Speakers and visits throughout the year. Annual Subscription £15 or £3 a talk for guests. No need to book but contact Barry on 01722 332169 or barryjohngoldsmith@yahoo.co.uk for more information.

**The Reading Room, Stratford Road, Stratford Sub Castle SP1 3LL**

**Last Thursday of the month (Sept to Nov and Jan to June)**

**Starting on Thursday 29th September: 7.15 for 7.30pm**

## Books, Poetry & Creative Writing

### Pavement Life

13

Pavement Life explores what it is to use paths and pavements. Walking, wheelchairs, buggies, bus stops, waiting your turn, keeping your distance...

Writer Jim Read and performer Louise Jordan have been working with Wiltshire Creative's over 60s group Mind The Gap to create an afternoon of memorable monologues. No charge but booking required: [www.wiltshirecreativ.co.uk](http://www.wiltshirecreativ.co.uk) or call 01722 320333.

**Salisbury Arts Centre, Bedwin Street, Salisbury SP1 3UT**

**Saturday 1st October: 2.30 - 4pm**

### Salisbury Bookchat Group

14

Our Friendly FaceBook Bookchat Group will get together in real life! Come and join us for a tea and chat about your favourite books and new book suggestions. We will also be sharing information about book events and our favourite bookshops, book websites and book events and programmes. No need to book but contact 01722 324145 [libraryenquiries@wiltshire.gov.uk](mailto:libraryenquiries@wiltshire.gov.uk) for more information.

**Salisbury Library, Market Place, Salisbury SP1 1BL**

**Thursday 6th October: 2.30 - 3.30pm**

### One-to-one reading support for adults

Do you know an adult who struggles to read? Read Easy provides free and confidential reading coaching for adults. It's friendly, flexible and fun and it's never too late to learn. Read Easy's successfully worked with people in their eighties and is happy to support adults of any age. For more information call Caroline on 07942 382318 or email [sewcoordinator@readeasy.org.uk](mailto:sewcoordinator@readeasy.org.uk).



## Other

### People in the Park

36

Transition City's People in the Park Event where we will have an information stand and extra brochures for friends or family.

**Queen Elizabeth Gardens, Cranebridge Road, Salisbury SP2 7TD**

**Saturday 17th September Morning and early afternoon**

### A walk looking at Salisbury's Historic Architecture

37

A walk within the centre of Salisbury, lasting about an hour, promoted by Salisbury Civic Society, and led by Richard Deane. All on level, easy terrain, within publicly accessible areas. For further information about the Civic Society go to [www.salisburycivicsociety.org.uk](http://www.salisburycivicsociety.org.uk). No charge but please book using <https://SSGArchwalk1.eventbrite.co.uk> for the 19th September and <https://SSGArchwalk2.eventbrite.co.uk> for the 20th September, or by calling 07932 004925.

**Meet outside Salisbury Information Centre, Fish Row SP1 1EJ (at the back of the Guildhall) .**

**Monday 19th September: 2pm & Tuesday 20th September: 5.30pm**

### Her Salisbury Footprint Scooter Scoot from Salisbury Soroptomists

38

Join us on your own scooter or wheelchair or hire one from Shopmobility for FREE. Her Salisbury Footprint is a guided walk of approximately 1.5 hours that will introduce you to some of the amazing women of Salisbury. Meet authors, publicans, teachers, builders and brothel keepers as we follow the trail around the town centre. There is no charge for this walk but it must be pre-booked by calling 01722 328068 or emailing [shopmobility@salisburycitycouncil.gov.uk](mailto:shopmobility@salisburycitycouncil.gov.uk).

**Meet at Shopmobility, 3b Priory Square, The Maltings SP2 7TLH**

**Wednesday 21st September: 10.30 - 12noon**

## Other

### Her Salisbury Footprint - Guided Walk from Salisbury Soroptomists

28

A guided walk of approximately 1.5 hours that will introduce you to some of the amazing women of Salisbury. Meet authors, publicans, teachers builders and brothel keepers as we follow the trail around the town centre. The walk is suitable for wheelchair users and those who feel confident of undertaking an 1.5 hour walk. Walk is free but please book by emailing [HerSalisburystory@gmail.com](mailto:HerSalisburystory@gmail.com) or call 07932 004925.

**Main entrance to Salisbury Guildhall, The Market Square SP1 1JH**

**Tuesday 4th October: 10.30am - 12noon**

### Local History Treasures of Salisbury Library

14

Come and explore with us some books, maps and articles about Salisbury and discover something new about the history of your local area. No charge and no need to book. 01722 324145 or pop into the library for more information.

**Salisbury Library, Market Place, Salisbury SP1 1BL**

**Wednesday 5th October: 2.30 - 4pm**

### Arundells Volunteer Recruitment Coffee Morning

39

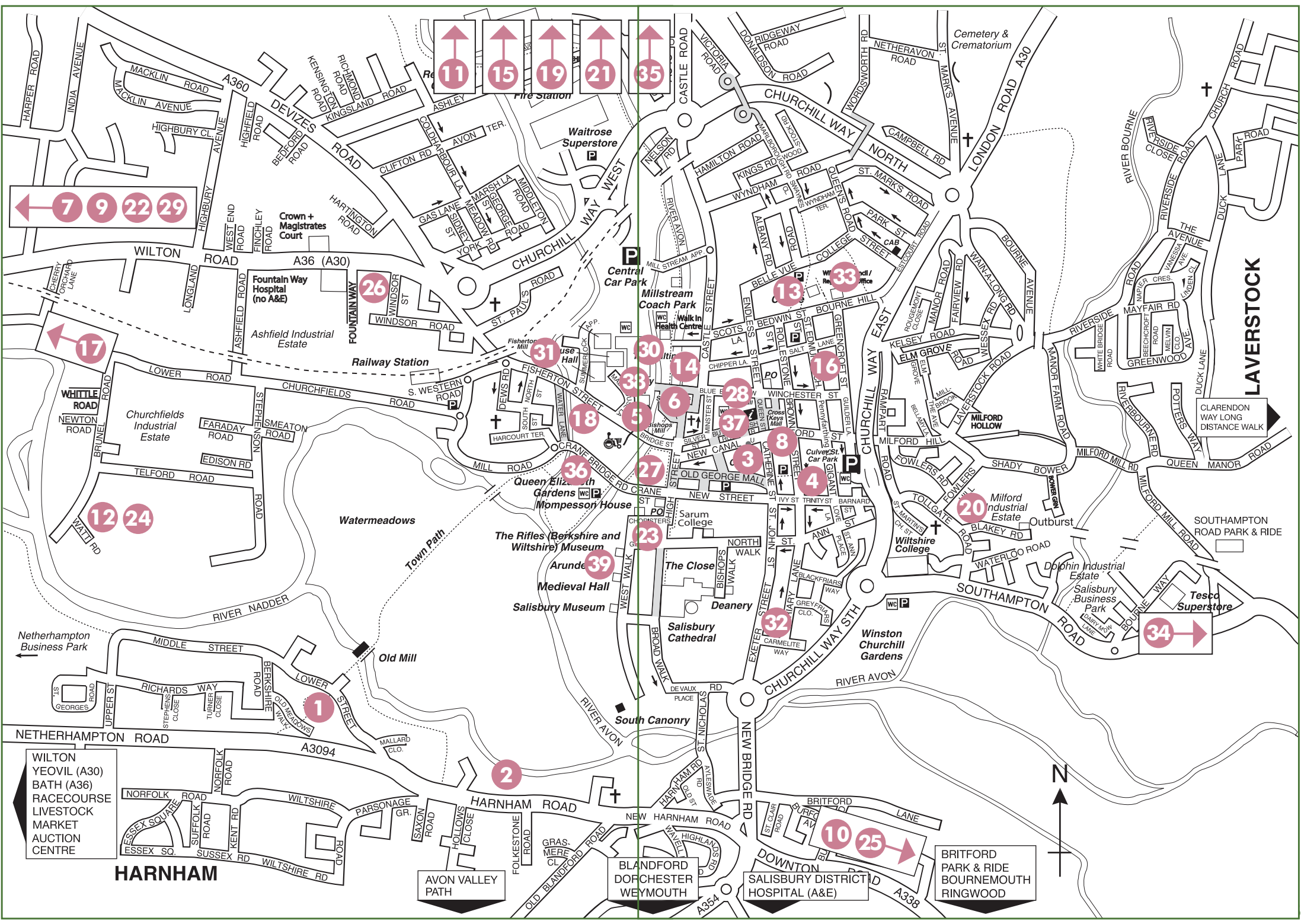
We are looking for volunteers to join our fun and varied team at Arundells, in the Cathedral Close, Salisbury. Come and meet our friendly team on Thursday 6th October at 11am for coffee and cake. We can show you around the house and you will have the opportunity to meet some of our other volunteers.

We are looking for volunteers to help in a variety of positions; Room Guides- Meeting & greeting visitors and sharing information about the collection; Collection Assistants - To help the curator with conservation and collections management; Gardeners- To work in the stunning Arundells garden on a Wednesday. No need to RSVP but if you have any questions please contact [info@arundells.org](mailto:info@arundells.org) or call 01722 326546. We look forward to meeting you.

**Arundells, 59 Cathedral Close, Salisbury SP1 2EN**

**Thursday 6th October: 11am - 1pm**





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# Salisbury Event Locations

- |                                       |                                |
|---------------------------------------|--------------------------------|
| 1 Harnham Parish Hall SP2 8EY         | 21 Victoria Park SP1 3JH       |
| 2 Brympton House SP2 8PG              | 22 St Michael's SP2 9LE        |
| 3 ODEON Salisbury SP1 2A              | 23 Chorister's Green SP1 2EL   |
| 4 Salisbury Baptist Church SP1 2AS    | 24 Men's Shed SP2 7UD          |
| 5 United Reformed Church SP2 7RG      | 25 Radnor Hall SP5 4EQ         |
| 6 St Thomas's Church SP1 1BA          | 26 Quaker House SP2 7EP        |
| 7 Harlequin Football Club SP2 9DR     | 27 Freemasons' Hall SP1 2QD    |
| 8 Red Lion Hotel SP1 2AN              | 28 Salisbury Guildhall SP1 1JH |
| 9 Bemerton Heath Centre SP2 9HU       | 29 Methodist Hall SP2 9BH      |
| 10 Salisbury Hospital SP2 8BJ         | 30 Market Square & Maltings    |
| 11 Stratford Sub Castle Club SP1 3JP  | 31 Playhouse SP2 7RA           |
| 12 2 Watt Road SP2 7UD                | 32 Friary Centre SP1 2HW       |
| 13 Salisbury Arts Centre SP1 3UT      | 33 Secret Garden SP1 3UZ       |
| 14 Salisbury Library SP1 1BL          | 34 Hazel Hill Wood SP5 1AU     |
| 15 The Reading Room SP1 3LL           | 35 Reading Room SP1 3LL        |
| 16 Salisbury Methodist Church SP1 1EF | 36 Elizabeth Gardens SP2 7TD   |
| 17 St John's Place SP2 9NW            | 37 Salisbury Info SP1 1EJ      |
| 18 Pride Shop SP2 7SU                 | 38 Shopmobility SP2 7TLH       |
| 19 Five Rivers SP1 3NR                | 39 Arundells SP1 2EN           |
| 20 Five Rivers Indoor Bowls SP1 2JJ   |                                |



# Silver Amesbury Programme

## Social & Well-being

### Carer Cafe

1

Free and no need to book just drop in. Contact 0800 181 4118 if you'd like more information.

Online Carer Support Wiltshire also run regular bi-weekly online cafes for carers who can't make it to our face-to-face events. The next virtual café is on the 29 September between 2-3pm. If you're interested in attending please email [admin@carersupportwiltshire.co.uk](mailto:admin@carersupportwiltshire.co.uk) or call 0800 181 4118 for more details and the link.

**Evergreen Court, Archers Way, Amesbury SP4 7YT**

**First Wednesday of the month (5th October): 10.30am - 12noon**

### Basic IT Support Sessions at Amesbury Library

2

Amesbury Library staff can help you get online with our basic, free IT support one-to-one sessions. You can bring your own device (tablet/ smartphone/ laptop) or we can use the computers in the library. Contact Amesbury Library on 01980 623491 or come into the library to book a space.

**Amesbury Library, Smithfield Street, Amesbury SP4 7AL**

**Thursdays (by appointment only) Appointments available between 10am -12noon & 2 - 4pm on 22nd, 29th Sept & 6th Oct**

## Keeping Active

### Get Out, Get Active - Amesbury

3

A multi-sport/activity session bringing disabled and non-disabled people together, looking to increase activity levels and provide opportunities for people to socialise in a fun environment. Come along and try a variety of free activities including seated exercises, dance, boccia, curling and more! Tea, coffee and biscuits available from 11:00. There is no charge but please book your place with [robert.paget@wiltshire.gov.uk](mailto:robert.paget@wiltshire.gov.uk).

Phone - 01722 434770

**The Bowman Centre, Shears Drive, Amesbury SP4 7XT**

**Monday: 10 - 11.30am**

# Silver Amesbury Programme 17th Sept to 9th Oct 2022

## Keeping Active

### Swimming at Durrington Leisure Centre

4

A swimming session specifically for the over 50s, with concessionary rates for older people. Non-members aged 66 or over pay £4.70 a session. Non-members that are 65 or under pay £5.70. A Leisure Card costs £10 a year, for anyone aged 66 and over or £25 for under 65s. Leisure cards reduce costs to £3.70 a session for age 66 and above, and £4.70 for age 65 and under. Call 01980 595594.

**Durrington Leisure Centre, Recreation Road, Durrington SP4 8HH**  
**Mondays: 11am - 12noon (19th Sept, 26th Sept, 3rd October)**

### Ramblers Wellbeing Walks in Durrington

4

A great way to explore the area, make friends and learn more about your community. Strollers are 45- 60-minutes on varying terrain with some pauses; striders are 60-90-minutes of continuous walking across variable terrain which may include gradients. Newcomers welcome but please arrive a few minutes early for registration. No dogs other than sensory ones please. The group often return to the Swimming Centre Cafe for drinks and a chat after the walk. No need to book but call Natalie on 07917 599964 or [natalie.parker@wiltshire.gov.uk](mailto:natalie.parker@wiltshire.gov.uk) with any queries.

**Meet outside Durrington Swimming Centre, Recreation Rd SP4 8HH**  
**Tuesdays: 11am (Strollers) and Friday: 9.30am (Striders)**

### Ramblers Wellbeing Walks in Amesbury

2

Meet outside Amesbury Library and take your pick from a starter, stroller or strider walk in the local area. Starter walks are around 30 minutes on flat, solid terrain with frequent pauses. Strollers are 45 - 60 minutes on varying terrain with some pauses. Striders are 60 - 90 minutes of continuous walking across variable terrain which may include gradients. Newcomers welcome but please come a few minutes early to register. No dogs other than sensory dogs please. No charge and no need to book but call Natalie on 07917 599964 or [natalie.parker@wiltshire.gov.uk](mailto:natalie.parker@wiltshire.gov.uk) with any queries.

**Meet outside Amesbury Library, Smithfield Street, Amesbury SP4 7A**  
**Tuesdays: 10am**

## Keeping Active

### Ramblers Wellbeing Walks in Shrewton

5

Choose from a stroller or strider walk in the local area; strollers are 45 - 60 minutes on varying terrain with some pauses. Striders are 60 - 90 minutes of continuous walking across variable terrain which may include gradients. Newcomers welcome but arrive a few minutes early for registration. No dogs other than sensory dogs please. No charge and no need to book but if you need more info contact Natalie on 07917 599964 or email [natalie.parker@wiltshire.gov.uk](mailto:natalie.parker@wiltshire.gov.uk).

**Meet at Shrewton Social Club, Maddington Street, Shrewton SP3 4JL**  
**Tuesdays: 9.30am**

### Tai Chi and Qi Gong

6

The classes provide low impact exercise suitable for all ages and abilities. The movements can help improve flexibility, co-ordination and balance and emphasise relaxation. Chairs available for those who wish to do the exercises seated. Enjoy a free taster session, no need to book. Lessons normally cost £2.50 for half hour or £5 for 1 hour. For more information call Jill on 01722 744849 or email [jillsCraig@btinternet.com](mailto:jillsCraig@btinternet.com) Car Park at rear. Entrance at side of the building.

**Antrobus House, Edmund Hall (ground floor), 39 Salisbury Rd SP4 7HH**  
**Wednesdays: 11.30am - 12.30pm**

### Aquafit for All at Durrington Leisure Centre

4

Aquafit is great for physical and mental health. Beginners of any age are welcome at this fun session, where support from the water reduces the impact on joints. Non-members aged 66 or over pay £5.30 a session. Non-members that are 65 or under pay £6.30. A Leisure Card costs £10 a year, for anyone aged 66 and over or £25 for under 65s. Leisure cards reduce costs of each session by about a £1. Call 01980 595594 for more information.

**Durrington Leisure Centre, Recreation Road, Durrington SP4 8HH**  
**Thursdays: 12.45 - 2pm**



# Silver Amesbury Programme 17th Sept to 9th Oct 2022

## Keeping Active

### Age UK's Fitness & Friendship Club Amesbury

3

Fitness & Friendship clubs are a social club for older people with an emphasis on keeping active. Club sessions include gentle exercises, games, quizzes and Tai Chi with plenty of time for a chat over refreshments. £5 a session no need to book. Email: [fitnessandfriendship@ageukwiltshire.org.uk](mailto:fitnessandfriendship@ageukwiltshire.org.uk) Tel: 07754 612569.

**The Bowman Centre. Shears Drive, Amesbury SP4 7XT**

**Fortnightly on Wednesdays: 21st September & 5th October 2 - 4pm**

### Line Dance

7

Fun, social evening with a very friendly group, learning line dance steps to a wide variety of music. All abilities welcome. Please book your place with Jules Dymond 07789 250903 [julesdymond@aol.com](mailto:julesdymond@aol.com).

**Durrington Working Men's Club, Windsor Road SP4 8HG**

**Thursdays: 6 - 7.30pm**

### Amesbury Sociable Strollers

8

A local walk followed by a pub lunch. Please book by signing up on the list in the church or calling 01980 259054.

**Church of St Mary & St Melor, 33 Church Street, Amesbury SP4 7EU**

**Saturday 24th September: 10am**

## Music & Singing

### Amesbury Community Soul Singers

9

Community choir. Sessions usually cost £7 a week paid half termly. Check us out on Facebook or [www.amesburycommunitysoulsingers.co.uk](http://www.amesburycommunitysoulsingers.co.uk), contact Ross Gooding Choir Director on 07800519913 or email [amesburycommunitysoulsingers@gmail.com](mailto:amesburycommunitysoulsingers@gmail.com)

**Amesbury Archer Primary School, Shears Drive SP4 7XX**

**Tuesdays: 6.30 - 8.30pm (term time)**

## Music & Singing

### Celebrating Age Wiltshire's Singalong Concert

1

Come and enjoy a good singalong with Sian and Rob duo who sing songs from all eras and styles and love you to join in! Free and no booking required. All Evergreen Court residents and local older people are very welcome. Call 07955 249288 or email [CAWSupport@wiltshiremusic.org.uk](mailto:CAWSupport@wiltshiremusic.org.uk) for more info.

**Evergreen Court, Archers Way, Amesbury SP4 7YT**

**Thursday 22nd September: 11am - 12noon**



### Morning Concert at Amesbury Library from Celebrating Age Wiltshire

2

Lynsey Doherty sings light opera and songs from the musicals, accompanied by Tim Gilvin on piano Coffee from 10.30, concert 11.00 - 12.00. Free concert, but please book your place by calling the library on 01980 623491.

**Amesbury Library, Smithfield Street, Amesbury SP4 7A**

**Monday 3rd October: 10.30am - 12noon**

## Talks & Tea Parties

### Tea & Music at Antrobus House

6

Tea with homemade cakes and the opportunity to catch up with old friends and meet new ones to the accompaniment of live music with Sarah Collins in the beautiful surroundings of Antrobus House. If you do not have your own transport and you are unable to use public transport, please email [silver.salisbury@outlook.com](mailto:silver.salisbury@outlook.com). No charge but please book using <https://SSGAntrobus.eventbrite.co.uk> or by calling 01722 323812 (only if you don't use email).

**Antrobus House, 39 Salisbury Road, Amesbury SP4 7HH**

**Tuesday 20th September: 2.45 - 4.30pm**

## Talks & Tea Parties

### Salisbury Healthcare History & the Common Cold Hospital

10

See page 53 in Wilton section for more information. Book the Amesbury session online at <https://www.eventbrite.co.uk/e/384494020967> or telephone 01722 336262 ext 5617.

**Wyndham Hall, 50 Church Street, Amesbury SP4 7EU**

**Thursday 29th September: 2 - 3pm (doors open 1.45pm)**

### Morning Coffee, Living History & Soul

8

The beautiful Abbey Church of St Mary & St Melor has served Amesbury for over a thousand years. From 9am to 12pm their Living History project is looking to capture your stories, photos and memories of the church. If you email your recollection to [livinghistoryamesbury@gmail.com](mailto:livinghistoryamesbury@gmail.com) in advance or write it down and bring it along then that would be perfect, but if not just come along and have some tea, cake and tell us about it over a cup of tea. If you've got photos, we'll happily copy them for the archives. Alternatively, come along for a cuppa and a chat and spend time in this lovely building. At 12pm the Amesbury Community Soul Singers will help us celebrate International Older People's Day with music from their amazing repertoire. Everyone's welcome. Toilets are available nearby but there is no step-free access to toilets.

**Church of St Mary & St Melor, 33 Church Street, Amesbury SP4 7EU**

**Saturday 1st October: 9am - 1pm**

### Chatty Cafe Coffee Morning at Taste Amesbury

11

A chance to come and have a chat at our cafe in Amesbury. Complimentary tea, coffee and afternoon tea style refreshments are provided. Please note that there is a small 'lip' at the door threshold and there is no step-free access to the toilets. [info@taste-cafe.com](mailto:info@taste-cafe.com).

**Taste, 3 High Street, Amesbury SP4 7ET**

**Tuesday 4th October: 10.30am - 2.30pm**



- 1 Evergreen Court, Archers Way, Amesbury SP4 7YT
- 2 Amesbury Library, Smithfield Street, Amesbury SP4 7AL
- 3 The Bowman Centre, Shears Drive, Amesbury SP4 7XT
- 4 Durrington Swimming Centre, Recreation Rd SP4 8HH
- 5 Shrewton Social Club, Maddington St, Shrewton SP3 4JL
- 6 Antrobus House, 39 Salisbury Road, Amesbury SP4 7HH
- 7 Durrington Working Men's Club, Windsor Road SP4 8HG
- 8 Church of St Mary & St Melor, 33 Church Street SP4 7EU
- 9 Amesbury Archer Primary School, Shears Drive SP4 7XX
- 10 Wyndham Hall, 50 Church St, Amesbury SP4 7EU
- 11 Taste, 3 High Street, Amesbury SP4 7ET

# Silver Downton Programme

# 17th Sept to 9th Oct 2022

## Social & Well-being

### Good Companions Club

1

A weekly social club for local people to connect with others. Interesting guest speakers and activities. Everyone welcome. Regulars pay £1.50 and visitors pay £2.00. No need to book but call Julia on 01725 510601 if you would like more information.

**Downton Memorial Centre, The Borough, Downton SP5 3NB**

**Tuesdays: 2 - 4pm**

### Thursday Coffee, Church and Lunch

2

Coffee and cake 10:30 - 11:00, a short traditional service 11:00 - 12:00 and twice a month (second and fourth Thursdays including 22nd September) there is a lunch from 12:30 to 2:00. You're very welcome to drop in for any or all of the activities. No charge but donations are welcome.

**Downton Baptist Church, South Lane, Downton SP5 3NA**

**Thursdays: 10.30 - 12noon.**

**Second and Third Thursday of month: Lunch 12.30 - 2pm**

### Fridays get-together

1

A regular monthly get-together on the last Friday of the month. Coffee, tea, homemade cake, company and chat for all ages. Pop in, pop out or stay all morning. Everyone welcome. No charge but donations welcome. [stephaniejalland1@gmail.com](mailto:stephaniejalland1@gmail.com).

**Downton Memorial Centre, The Borough, Downton SP5 3NB**

**Last Friday of the month: 30th September**



## Keeping Active

### Get Out, Get Active - Redlynch/Downton Walking Football

3

For men and women of all ages and abilities. Newcomers and beginners are welcome. Our oldest member is in their eighties. Great fun. No need to book, just turn up, it's free!

**Redlynch Playing Fields, The Ridge Redlynch SP5 2LN (Jun - Sep)**

**Downton Leisure Centre, Wick Ln, Downton SP5 3NF (Oct - May)**

**Mondays: 1pm - 2pm**



### Re-Root Yoga Chair Yoga

1

Love the idea of yoga but not as flexible or sturdy on your feet as you used to be? Practice yoga from the safety of a seated position in a friendly welcoming group! There is a Silver Salisbury special offer from 17th Sep - 9th Oct where you can try a first class for £3. Classes are usually £10 pay as you go or £80 for a block of 10 sessions. Book with [Sally@rerootyoga.com](mailto:Sally@rerootyoga.com) or 07788 767752.

**Downton Memorial Centre, The Borough, Downton SP5 3NB**

**Tuesdays: 9.30 - 10.30am**

### Downton Leisure Centre's Fit Club

3

A club for those new to exercise or returning after a long break. 45 - 60 minutes gentle aerobics followed by a choice of badminton, gym, table tennis or chat in the coffee bar. £7.50 a session. Free for members (£25 a month by direct). Call 01725 557268 to book a place.

**Downton Leisure Centre, Wick Lane, Downton SP5 3NF**

**Mondays and Fridays: 10am - 12noon**



## Keeping Active

### Ramblers Wellbeing Walks in Downton

4

Sociable, 60 - 90 minute walk across variable terrain with some gradients at a strolling pace. Explore the area, make new friends and learn more about your community. Providing you are independently mobile and able to meet the physical demands of the walk everyone is welcome. No dogs, other than sensory ones, though. The group often stay for drinks and a chat at the cafe after. The walk is free. No need to book but call Natalie on 07917 599964 or [natalie.parker@wiltshire.gov.uk](mailto:natalie.parker@wiltshire.gov.uk) with any queries.

**Meet at the Borough Cafe, 70 The Borough, Downton SP5 3LYA**

**Wednesdays: 10am - 11.30am**



## Music & Singing

### Goldies Sing & Smile

1

Goldies provide fun daytime Sing&Smile groups in Salisbury and Downton once a month. We sing-along to the popular hits of the 50s onwards and socialise over a cup of tea. Goldies is not a choir but a fun social group, you don't have to be able to sing, just love music and a good chat! No need to book, just turn up. £3 voluntary donation per person, carers are free. Also available on-line for those who can't get out ([www.goldieslive.com](http://www.goldieslive.com)). Call 01761 470006 or email [events@golden-oldies.org.uk](mailto:events@golden-oldies.org.uk) for more information.

See page 19 for the Salisbury Group

**Downton Memorial Centre, The Borough, Downton SP5 3NB**

**Forth Wednesday of the month: 10 - 11am**

## Talks & Tea Parties

### Salisbury Healthcare History & the Common Cold Hospital

1

See page 53 in Wilton section for more information. Please book in advance on [www.eventbrite.co.uk/e/3845-8092967](http://www.eventbrite.co.uk/e/3845-8092967) or telephone 01722 336262 ext 5617.

**Downton Memorial Centre, The Borough, Downton SP5 3NB**

**Monday 3rd October: 2.30 - 3.30pm (doors open 2pm)**



## Getting Creative

### Salisbury Group of Artists: Salisbury Sketchers

5

A group that meets monthly to sketch outdoors in and around Salisbury. This month the group is meeting in Downton. Bring your own materials. No need to book. For further information email: [paperstitch@icloud.com](mailto:paperstitch@icloud.com) or call 07496894568. See page 28 for the October meeting in Salisbury.

**Moot Gardens, Downton, SP5 3PH**

**Sunday September 18th: 2pm**

## Gardens, Allotments & the Great Outdoors

### Downton Horticultural Society

1

A welcoming club with two shows a year (fruit, vegetable, flowers, homecraft and photography); talks, plant sales and a members -only garden party. Upcoming events are: The Autumn Show is on Saturday 3rd September; Pauline Weeks will be talking about 'You and your Garden in Climate Change' on Thurs 27th October (7.30pm) and the AGM and a short gardening quiz are on Thurs 24th November (7:30 pm). Annual membership £6 with free talks. For more information contact Gordon Bishop on 01725 511475.

**Downton Memorial Centre, The Borough, Downton SP5 3NB**

**Thursday 27th October: 7.30pm**

## Books, Poetry & Creative Writing

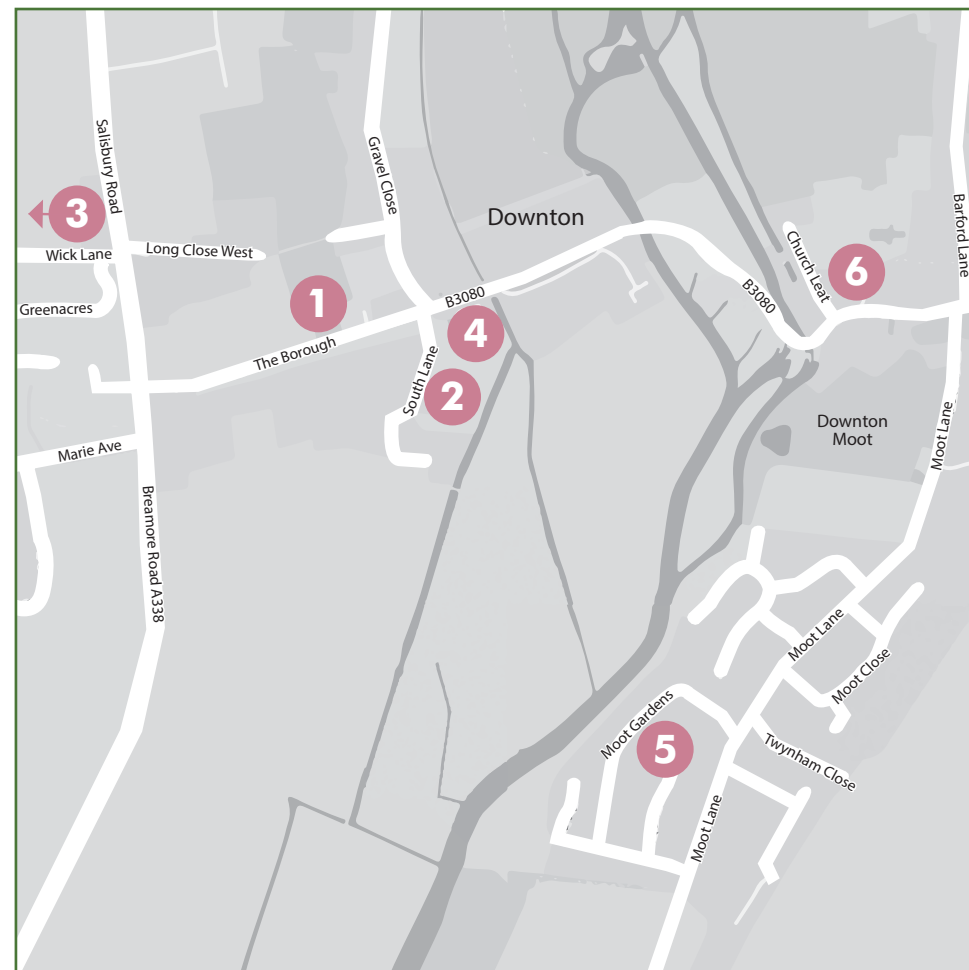
### Downton Bookchat Group

6

Our Friendly FaceBook Bookchat Group will get together in real life! Come and join us for a tea and chat about your favourite books and new book suggestions. We will also be sharing information about book events and our favourite bookshops, book websites and book events and programmes. No need to book but contact 01722 324145 libraryenquiries@wiltshire.gov.uk for more information.

**Downton Library, Church Leat, Downton SP5 3PD**

**Thursday 6th October: 2.30 - 3.30pm**



- 1 Downton Memorial Centre, The Borough, Downton SP5 3NB
- 2 Downton Baptist Church, South Lane, Downton SP5 3NA
- 3 Downton Leisure Centre, Wick Lane, Downton SP5 3NF
- 4 Borough Cafe, 70 The Borough, Downton SP5 3LYA
- 5 Moot Gardens, Downton, SP5 3PH
- 6 Downton Library, Church Leat, Downton SP5 3PD

## Social & Well-being

### The Forum Stroke Club

1

A fun social, group for people who have suffered from stroke. Members enjoy a wide variety of activities with games and exercise, visits from speakers and musical groups. We are a very friendly club and we always have refreshments and interesting conversations with fun and laughter. New members and volunteers always welcome. Contact Sarah Wilson 01722 349786.

**Wilton Community Centre, West Street, Wilton SP2 0DG**

**Tuesdays: 10.30am - 12.30pm**

### Wilton's Country Market

1

Good value refreshments and a selection of local, home-made produce for sale.

**Wilton Community Centre, West Street, Wilton SP2 0DG**

**Fridays: 10 - 11am**



### Wessex Stoma Support Group Meeting

2

Wessex Stoma Support Group offer non-medical support and advice to ostomates, their families and carers, both before and after stoma surgery. They also provide social activities and newsletters for members. The group meets regularly and has lots of events and social activities. This October meeting includes a talk on stamps and information from four medical suppliers. For more information contact [info@wessex-stoma.co.uk](mailto:info@wessex-stoma.co.uk) or call 01980 590599.

**Bob Blandford Memorial Hall, Warminster Road, Wilton SP2 0AL**

**Saturday 9th October: 2- 5pm**

## Keeping Active

### Low Impact Dance Fitness - Zumba® Gold

1

Low impact dance fitness for older generations. Meet new people and have fun whilst getting fitter. The perfect combo of fun and fitness. No dance experience needed as there are no wrong moves. Contact Kirstie: [loomsie@yahoo.co.uk](mailto:loomsie@yahoo.co.uk) or 07787 101410, or visit [www.kirstiepugh.co.uk](http://www.kirstiepugh.co.uk).

**Wilton Community Centre, Room 3, West Street, Wilton SP2 0DG**

**Mondays: 10 - 10.45am**



### No Floorwork Yoga and Fitness Pilates

1

A class combining Yoga, Fitness Pilates, Balance, Stretching and toning but all adapted so that there is no floor work. Can be done seated or standing. Contact Kirstie: [loomsie@yahoo.co.uk](mailto:loomsie@yahoo.co.uk) or 07787 101410, or visit [www.kirstiepugh.co.uk](http://www.kirstiepugh.co.uk).

**Wilton Community Centre, Room 3, West Street, Wilton SP2 0DG**

**Wednesdays: 11 - 11.45am**

### Get Out, Get Active - Wilton

3

A multi-sport/activity session bringing disabled and non-disabled people together, looking to increase activity levels and provide opportunities for people to socialise in a fun environment. Come along and try a variety of activities including seated exercises, dance, boccia, kurling and more! Tea, coffee and biscuits available after! Free but please book your place; email [robert.paget@wiltshire.gov.uk](mailto:robert.paget@wiltshire.gov.uk) or 01722 434770.

**Olivier Place, Hart Close, Wilton SP2 0FW**

**Fridays: 10.30 - 11.30am**



## Music & Singing

### U3A Choir

1

Salisbury U3A Choir is open to members of any of the U3As in Salisbury and district. We sing all sorts of music from the medieval period through to songs from the shows. There is no audition! If you are interested please contact the conductor, David Davies, on 01722 714440 for more details.

**Wilton Community Centre, West Street, Wilton SP2 0DG**  
**Mondays: 2 - 4pm from September to April**

### Jazz Standards with optional Thursday Club Lunch

1

Celebrating Age Wiltshire's musician duo, Dan Baker on guitar and vocals and Paul Young on tenor sax, will play after the Thursday Club lunch. Doors open for the free jazz performance at 1:15, performance is 1:30-2:30pm.

If you're not a member of the Thursday Club, but would like to join them for lunch beforehand, please contact Val on 07719 419232. Lunches are £9 for two courses for non-members.

Any older people are welcome to join the group from 1:15 for the free entertainment.

**Wilton Community Centre, West Street, Wilton SP2 0DG**  
**Thursday 29 September: 12noon - 3pm**



## Talks & Tea Parties

### Dinton History Society Talk - Grovely Archaeology

4

Dinton History Society presents a talk by Roy Wilde. Annual membership of the society is £6 per person. Individual talks cost visitors £3 each.

**Dinton Village Hall, Bratch Lane, Dinton SP3 5EB**  
**Thursday 15th September: 7.30pm**

### Salisbury Healthcare History & the Common Cold Hospital

1

A fascinating look at stories and objects held in the historical archives at the Salisbury District Hospital. An inside look at our historical collections with a focus on one of the largest clinical studies here in Salisbury. 10,000+ volunteers took part in the study of the common cold at the Harvard Hospital (Common Cold Unit) from 1940s - 1990s.

During a 40 minute presentation, by Lesley Self of ArtCare, you will get to know about items in our archives including photographs, documents, books, objects and stories. A fascinating insight, not only into public health but the social history of our city.

Free but places must be booked on  
[www.eventbrite.co.uk/e/384478875667](http://www.eventbrite.co.uk/e/384478875667) or 01722 336262 ext 5617.

**Wilton Community Centre, West Street, Wilton SP2 0DG**  
**Tuesday 20th September: 3 - 4pm (doors open 2.30pm)**

## Getting Creative

### Oasis Cafe & Friendly Crafts

5

Come and join us for tea, coffee, biscuits and a chat with friends.

Feel free to bring your current project and join us with your knitting, crochet, sewing, card-making or whatever your favourite craft is. Share ideas and skills with others.

**Wilton Baptist Church, Market Place, Wilton SP2 0HT**  
**Thursdays: 9.30 - 11.45am**

## Books, Poetry & Creative Writing

### Wilton Bookchat Group

6

Our Friendly FaceBook Bookchat Group will get together in real life! Come and join us for a tea and chat about your favourite books and new book suggestions. We will also be sharing information about book events and our favourite bookshops, book websites and book events and programmes. No need to book but contact 01722 324145 libraryenquiries@wiltshire.gov.uk for more information.

**Wilton Library, South Street, Wilton SP2 0JS**

**Thursday 6th October: 2.30 - 3.30pm**

## Other

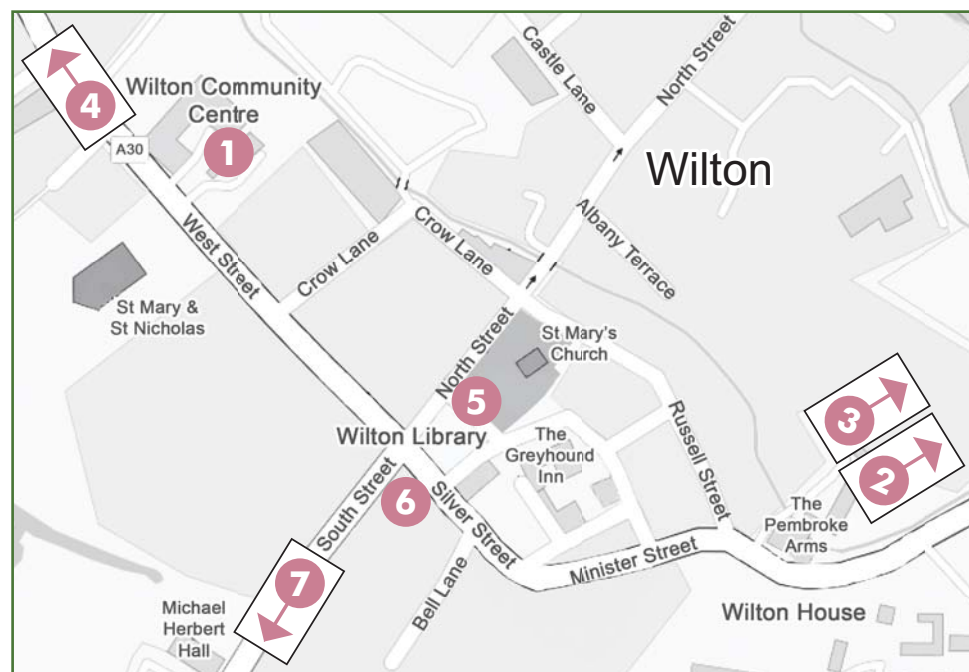
### Wilton Riding for the Disabled's Tea with a Pony

7

You are invited to meet the friendly ponies of Wilton RDA in our lovely tranquil setting. Pet a pony, have tea and cakes in the clubhouse, chat to our volunteers. No need to book and there is no charge but donations welcome. For more information contact Jackie Worrall 01722 744822 or email rdawilton@gmail.com The site is in a beautiful, rural location but it's difficult to access by public transport. There is plenty of parking.

**Wilton Riding for the Disabled, Home Farm Road, Wilton SP2 8PJ**

**Friday 30th September: 2 - 4pm**



- 1 Wilton Community Centre, West Street, Wilton SP2 0DG
- 2 Bob Blandford Memorial Hall, Warminster Road, Wilton SP2 0AL
- 3 Olivier Place, Hart Close, Wilton SP2 0FW
- 4 Dinton Village Hall, Bratch Lane, Dinton SP3 5EB
- 5 Wilton Baptist Church, Market Place, Wilton SP2 0HT
- 6 Wilton Library, 12 South Street, Wilton SP2 0JS
- 7 Wilton Riding for the Disabled, Home Farm Road, Wilton SP2 8PJ

# Silver Salisbury Programme

This programme has been co-ordinated by Irene Kohler, Older People's Champion for Salisbury, and Moira Packer, with support from grants from Salisbury City Council, Wiltshire Council Housing and Wiltshire Area Boards.

Irene thanks all who have helped put the programme together including



**Wiltshire Council**



**WILTSHIRE  
CREATIV**



**PIZZA 20**



Salisbury  
City  
Community  
Team

Wiltshire  
Council Housing  
Resident  
Engagement  
Team

Salisbury,  
Stonehenge,  
South West and  
Southern Wiltshire  
Area Boards

Salisbury,  
Amesbury,  
Downton &  
Wilton  
Libraries

All our  
volunteers

Wiltshire  
Creative

Celebrating  
Age  
Wiltshire

ArtCare:  
Arts in  
Health  
Service

Design  
by Kirstie  
Pugh

Soroptimists  
International  
Salisbury  
Club



**07932 004925**

**[www.silversalisbury.co.uk](http://www.silversalisbury.co.uk)**