

Fitness & Friendship Clubs

Join us to **have fun with others, socialise and do some gentle seated exercises** that can help **strengthen and support** you with everyday tasks.

Enjoy chats over tea or coffee, games, and relaxing Tai Chi.

About Age UK Wiltshire

Age UK Wiltshire is an independent, local charity providing support and services to older people living in Wiltshire and Swindon. We do this by inspiring, supporting and enabling older people, helping them stay safe, make informed choices and be independent yet connected.



What are Fitness & Friendship Clubs all about?

We all recognise that general health and wellbeing can make a big difference to our quality of life, whatever age we are. Eating well and being active are important, as is meeting up with other people for motivation and support.

How can we do this?

Age UK Wiltshire is supported by WASP (Wiltshire and Swindon Sports) to offer these sessions which can help older people maintain their independence and improve their general health and wellbeing.

At the sessions

Please wear loose comfortable clothing and soft shoes or trainers.

When attending for the first time, we will need to ask you for some information about your current health to make sure we are aware of anything that is relevant and to receive your consent to keep your personal details.

This takes a few minutes at the start of your first session and all the information that you provide will be held confidentially and not shared with any third party.



All the activities can be enjoyed by anyone, including those with limited mobility and balance problems as they can be performed either seated or standing.

The activities will help improve strength, balance, flexibility and energy levels so that you can carry on doing the things you enjoy as well making your day-to-day living easier. In addition, the social aspect of the clubs will help reduce the feelings of social isolation and improve mental health - it is well documented that physical activity and social interaction can have a very beneficial effect on a person's general wellbeing.

Following the exercise section, there is time for refreshments, socialising and the opportunity to play games such as quoits, kurling or safe darts. Most sessions will then conclude with gentle Tai Chi which, again, can be done either seated or standing.



There is a small charge per week to cover room hire, equipment and other costs which can be paid on the day. As we gain experience together, sessions can be varied and tailored to meet the needs of club members.

Contact us:

Tel: Tracey 07754 612569

Email: fitnessandfriendship@ageukwiltshire.org.uk

Website: www.ageukwiltshire.org.uk



Fitness & Friendship Clubs 2026

Club	Venue Details	Time	Contact
Amesbury	The Bowman Centre, Shears Drive, Amesbury, SP4 7XT	Alternate Wednesdays 2-4pm	Tracey J 07754 612569
Bradford On Avon	Mount Pleasant Centre & Club, 1a Mount Pleasant, Bradford-on-Avon, BA15 1SJ	Alternate Thursdays 2-4pm	Reid 07752 799860
Calne	Beversbrook Sports Facility Beversbrook Road, Calne, Wiltshire, SN11 9FL	Alternate Thursdays 2-4pm	Jill 07506 836942
Chippenham	Kingsley Community Hall, Kingsley Road, Chippenham, SN4 8EN	Alternate Wednesdays 2-4pm	Jill 07506 836942
Corsham	St. Aldhelm's Church Hall, Pickwick Road, Corsham, SN13 9BS	Alternate Thursdays 2-4pm	Tracey J 07754 612569
Devizes	Nursted Community Centre, Nursted Road, Devizes, SN10 3AF	Alternate Wednesdays 2-4pm	Tracey J 07754 612569

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Club	Venue Details	Time	Contact
Marlborough	Marlborough Scout Hall, 45 George Lane, Marlborough, SN8 4BX	Alternate Tuesdays 2-4pm	Angela 07752 799853
Melksham	Bowerhill Village Hall, Halifax Road, Bowerhill, Melksham, SN12 6YH	Alternate Thursdays 2-4pm	Tracey J 07754 612569
Royal Wootton Bassett	Memorial Hall Station Road, Royal Wootton Bassett, SN4 8EN	Alternate Thursdays 2-4pm	Tracey J 07754 612569
Salisbury	United Reformed Church, 30 Fisherton Street, Salisbury, SP2 7RG	Alternate Thursdays 2-4pm	Tracey D 07563 028703
Swindon Central	Central Community Centre, Emlyn Square, Swindon, SN1 5BP	Alternate Tuesdays 2-4pm	Angela 07752 799853
Swindon Toothill	Toothill Methodist Church, Dunwich Drive, Toothill, Swindon, SN5 8SX	Alternate Wednesdays 2pm-4pm	Angela 07752 799853

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Club	Venue Details	Time	Contact
Tisbury	Nadder Close Sheltered Housing, Nadder Close, Tisbury, SP3 6JL	Alternate Wednesdays 2pm-4pm	Tracey D 07563 028703
Tidworth	Tidworth Civic Centre, Wylde Rd, Tidworth, SP9 7QQ	Alternate Tuesdays 2-4pm (Wednesdays until 28 th April 2026)	Angela 07752 799853
Trowbridge Central	St James Church Hall, Union Street, Trowbridge, BA14 8RU	Alternate Tuesdays 2-4pm	Reid 07752 799860
Trowbridge Studley	St John's Evangelist Church Hall, Church Lane, Upper Studley, Trowbridge, BA14 0EH	Alternate Tuesdays 2pm-4pm	Tracey D 07563 028703
Warminster	The Civic Centre, Sambourne Road, Warminster, BA12 8LB	Alternate Tuesdays 2-4pm	Tracey D 07563 028703