

# Fitness & Friendship Clubs Information Sheet



**A fortnightly social club for older people with an emphasis on keeping active with exercises, games & Tai Chi—seated or standing - to maintain flexibility, strength and balance & including light refreshments.**

## What is a Fitness & Friendship Club all about?

We all recognise 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. Included in our clubs are gentle chair-based activities plus lots of time to chat, have a cuppa and socialise.

The activities will help improve strength, balance, flexibility and energy levels so that you can carry on doing the things you enjoy as well as your activities of daily living. 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.

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.

Following the fun, safe and beneficial exercise section 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.

## 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.

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.

Please remember, this is all about improving and maintaining your health and making friends!

## 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. We choose to be a partner of the national charity, Age UK, however we are responsible for our own funding and set our own priorities.

## Our Services

We provide **Information and Advice** to older people, their families and carers on subjects ranging from welfare benefits, health and social care, to housing and general money advice.

As an alternative office to the Department of Work & Pensions we can help with any benefit application relating to older people

The **Wellbeing** service will be offered to people who have been identified as being lonely, isolated, lacking in confidence or requiring support to access community activities

## Contact us:

**Tel: Tracey 07754 612569**

**Email: [fitnessandfreindship@ageukwiltshire.org.uk](mailto:fitnessandfreindship@ageukwiltshire.org.uk)**

**Website: [www.ageukwiltshire.org.uk](http://www.ageukwiltshire.org.uk)**

## Fitness & Friendship Clubs 2024 - 2025

Club	Venue Details	Time	Contact
<b>Amesbury</b>	The Bowman Centre Shears Drive, Amesbury, SP4 7XT	Alternate Wednesdays 2-4pm	Tracey 07754 612569
<b>Bradford On Avon</b>	Mount Pleasant Centre & Club. 1a Mount Pleasant Bradford-on-Avon. BA15 1SJ	Alternate Tuesdays 2-4pm	Reid 07752 799860
<b>Calne</b>	Beversbrook Sports Facility Beversbrook Road, Calne, Wiltshire, SN11 9FL	Alternate Thursdays 2-4pm	Jill 07506 836942
<b>Chippenham</b>	Kingsley Community Hall Kingsley Road, Chippenham, SN4 8EN	Alternate Wednesdays 2-4pm	Reid 07752 799860
<b>Corsham</b>	St.Aldhelm's Church Hall Pickwick Road, Corsham, SN13 9BS	Alternate Thursdays 2-4pm	Tracey 07754 612569
<b>Devizes</b>	Nursted Community Centre Nurstead Road, Devizes SN10 3AF	Alternate Wednesdays 2-4pm	Tracey 07754 612569
<b>Devizes</b>	Northgate Gardens Retirement Housing Northgate Street.Devizes. Wiltshire.SN10 1JY	Alternate Wednesdays 10.30am-12.30pm	Angela 07752 799853
<b>Malmesbury</b>	Malmesbury Town Hall Cross Hayes.Malmesbury SN16 9BZ	Alternate Thursdays 2-4pm	Jill 07506 836942
<b>Marlborough</b>	Marlborough Scout Hall 45 George Lane. Marlborough SN8 4BX	Alternate Tuesdays 2-4pm	Angela 07752 799853

## Fitness & Friendship Clubs 2024 - 2025

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<b>Melksham</b>	Bower Hill Village Hall Halifax Road, Bowerhill, Melksham, SN12 6YH	Alternate Thursday 2-4pm	Tracey 07754 612569
<b>Mere</b>	The Grove Building Church Street, Mere.	Alternate Wednesdays 2-4pm	Tracey 07563 928703
<b>Royal Wootton Bassett</b>	Memorable Hall Station Road . Royal Wootton Bassett. SN4 8EN	Alternate Wednesdays 2-4pm	Tracey 07754 612569
<b>Salisbury</b>	United Reformed Church 30 Fisherton Street Salisbury SP2 7RG	Alternate Thursdays 2-4pm	Tracey 07563 928703
<b>Swindon Central</b>	Central Community Centre Emlyn Square, Swindon, SN1 5BP	Alternate Tuesdays 2-4pm	Angela 07752 799853
<b>Swindon Freshbrook</b>	Prince Rupert Court, Gainsborough Way SN5 8QQ.	Alternate Tuesdays 10am-12pm	Angela 07752 799853
<b>Swindon Penhill</b>	John Moulton Hall Penhill Drive, Swindon. SN2 5DU	Alternate Mondays 11am-1pm	Tracey 07754 612569
<b>Tisbury Nadder Close</b>	Nadder Close Sheltered Housing Nadder Close, Tisbury. SP3 6JL	Alternate Wednesdays 2pm-4pm	Tracey 07563 928703

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<b>Trowbridge</b> Florence Court	Florence Court Rutland Crescent. Trowbridge. Wiltshire. BA14 0FH	Alternate Wednesdays 2pm-4pm	Reid 07752 799860
<b>Trowbridge</b>	St James Church Hall Union Street, Trowbridge, BA14 8RU	Alternate Tuesdays 2-4pm	Reid 07752 799860
<b>Warminster</b>	The Civic Centre Sambourne Road, Warminster, BA12 8LB	Alternate Tuesdays 2-4pm	Tracey 07563 928703