

Bath and North East Somerset,
Swindon and Wiltshire

Signposting manual

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National Signposting

Healthy Weight

<https://www.nhs.uk/live-well/healthy-weight/>

Healthy Lifestyles

<https://www.nhs.uk/live-well/healthy-body/>

Smoking

<https://www.nhs.uk/live-well/quit-smoking/>

Nutrition

<https://www.nhs.uk/live-well/eat-well/>

Physical Activity Guidelines

<https://www.nhs.uk/live-well/exercise/>

Active10

<https://www.nhs.uk/oneyou/active10/home>

Sleep

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

Alcohol Consumption

<https://www.nhs.uk/live-well/alcohol-support/>

Mood

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Smoking cessation

Bath and North East Somerset

Stop Smoking Support

NHS 0300 247 0050 (freephone)

<https://bathneshealthandcare.nhs.uk/wellness/stop-smoking-support>

Email bathnes.thehub@hcrqcaregroup.com

<https://communitywellbeinghub.co.uk/>

Free confidential service offering support and advice to local smokers

Swindon

Swindon Stop Smoking Service

01793 465513/465543 or freephone 0800 389 2229

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

Free one-to-one support

Wiltshire

Wiltshire Health Trainer service

0300 0034566

<http://www.wiltshire.gov.uk/public-health-trainers>

Free one-to-one support from the coaches over 12-weeks

Weight management, nutrition and diabetes

Bath and North East Somerset

B&NES Wellbeing hub offer a range of weight management programmes to suit your needs. Give our wellbeing advisors a ring to talk through the options

B&NES Wellbeing Service

0300 247 0050 (freephone)

Email bathnes.thehub@hcrqcaregroup.com

<https://communitywellbeinghub.co.uk/>

The HUB - Mulberry Park

<https://www.mphub.co.uk>

A community hub with a variety of exercise and fitness classes

Diabetes Wellbeing

<https://diabeteswellbeing.org/local-diabetes-support>

Live well with diabetes in Wiltshire, Bath & NE Somerset. Ideas, help and local resources to uplift your well-being so you feel your very best.

Swindon

Live Well Swindon

01793 465513

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

Live Well Swindon is the first point of contact for clients and referral agencies and provides information, advice, signposting and support.

Local Offer

<https://localoffer.swindon.gov.uk/content/staying-healthy/sh-landing-pages/staying-healthy>

A digital resource where you can find information on health care and healthy living in Swindon.

Otago

https://www.swindon.gov.uk/info/20139/live_well_swindon_hub/923/leading_an_active_lifestyle

Prevention and management of falls and rehabilitation following a fall

Healthy Living Advice and Support

https://www.swindon.gov.uk/info/20139/live_well_swindon_hub/923/leading_an_active_lifestyle

Confidential advice to identify the most appropriate support to help improve physical and emotional health

Swindon Diabetes Website

<http://www.swindondiabetes.co.uk/>

Information, education, support and local diabetes groups for people who have been diagnosed with diabetes

Wiltshire

Diabetes Wellbeing

<https://diabeteswellbeing.org/local-diabetes-support>

Live well with diabetes in Wiltshire, Bath & NE Somerset. Ideas, help and local resources to uplift your well-being so you feel your very best.

Live Well programme

<http://www.wiltshire.gov.uk/leisure-returning-to-sport>

This programme offers social daytime opportunities for adults in your local community

Physical Activity

Bath and North East Somerset

Exercise on Referral programmes - available via your GP
Local exercise referral service for people who are inactive and have other long-term medical conditions

B&NES Wellbeing Service

0300 247 0050 (freephone)

Email bathnes.thehub@hcrhcaregroup.com

<https://communitywellbeinghub.co.uk/>

Bath Ramblers Walking for Health Group

<https://www.walkingforhealth.org.uk/walkfinder/bath-ramblers-walking-for-health-group>

Walk4Life walks

<https://walk4life.info/find-a-walk>

Bathscape

<https://www.bathscapewalkingfestival.co.uk/>

Revitalising our landscape for people, communities and heritage

Age UK B&NES – Activities

<https://www.ageuk.org.uk/bathandnortheast Somerset/>

Wide range of activities for older people.

Free Bath Skyline park run

<https://www.parkrun.org.uk/bathskyline>

Free weekly 5km event for runners of all abilities

Bath and North East Somerset Leisure Centres and Gyms

Variety of quality fitness facilities and leisure activities

<https://www.better.org.uk/leisure-centre/banes>

Swindon

Step out Swindon - walking group

<https://www.walkingforhealth.org.uk/walkfinder/step-out-swindon>

Volunteer led scheme with 9 walks in the Swindon area

Steps to Health

https://www.swindon.gov.uk/info/20139/live_well_swindon_hub/923/leading_an_active_lifestyle

Experienced and qualified exercise specialists to safely improve your health over a 12 week programme

Swindon Outdoor Gym

https://www.swindon.gov.uk/info/20139/live_well_swindon_hub/923/leading_an_active_lifestyle

The outdoor gyms are built outside in a public park

Otago

https://www.swindon.gov.uk/info/20139/live_well_swindon_hub/923/leading_an_active_lifestyle

Focused on the prevention/management of falls and rehabilitation following a fall. The session involves balance training, strengthening the muscles around the hips, knees & ankles, increasing the flexibility of the trunk & lower limbs and teaching an individual how to get up from/or down to the floor (using aids where necessary).

Healthy Living Advice and Support

https://www.swindon.gov.uk/info/20139/live_well_swindon_hub/923/leading_an_active_lifestyle

Health Promotion and Intervention Officers can offer confidential advice to identify the most appropriate support to help improve physical and emotional health.

Park Run - various locations

<https://www.parkrun.org.uk/>

Free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in.

Wiltshire

Get Wiltshire walking

<http://www.wiltshire.gov.uk/leisure-cycling-walking-and-running>

Public Health funded project which aims to ensure every community within the county has access to a free weekly led walk

Running Wiltshire

<http://www.wiltshire.gov.uk/leisure-cycling-walking-and-running>

A series of beginners running courses throughout the year at various locations across Wiltshire

Active Health - GP referral

<http://www.wiltshire.gov.uk/leisure-gp-referral>

Scheme for physical activity opportunities for those referred by a medical professional

Walking Sports programme

<http://www.wiltshire.gov.uk/leisure-returning-to-sport>

Walking sports are traditional sports played at a slower, walking pace

Active Wiltshire

<https://www.activewiltshire.org.uk>

Wiltshire Council's and the NHS's 'one stop shop' for all things 'active'

Healthier Communities

<http://www.wiltshire.gov.uk/leisure-healthier-communities>

3-year project which will offer sport and physical activity opportunities to residents in the heart of ten communities within Wiltshire

Seated Sports programme

<http://www.wiltshire.gov.uk/leisure-returning-to-sport>

An adapted sports programme suited for older people and individuals with a mobility limitations

Park Run

<https://www.parkrun.org.uk/>

Free, weekly, 5km timed runs

Five Rivers Health and Wellbeing Centre

<https://www.facebook.com/FiveRiversSalisbury/>

Five Rivers Health and Wellbeing Centre offers a huge variety of facilities, activities and opportunities

Parkwood Health and Fitness Salisbury

<https://parkwoodhealthandfitness.co.uk/centre/salisbury-health-and-fitness>

Health and fitness membership will give you unlimited access to the gym, swimming pool and extensive timetable of group exercise classes

Salisbury: Walking for Health

<https://www.walkingforhealth.org.uk/walkfinder/south-west/salisbury-walking-for-health>

Organised and run by volunteers, there are currently 9 trained leaders who lead walks every Thursday morning

Mental Health Services

Bath and North East Somerset

MyScript (DHI)

<https://www.dhi-online.org.uk/get-help/community-wellbeing-services/myscript>

Helps people with issues that they might present to their GP with, but are not necessarily something a doctor is best placed to help with

B&NES Talking Therapies

<https://iapt-banes.awp.nhs.uk/>

Wide range of interventions to people who are aged 16 years and over and who are registered with a GP within Bath and North East Somerset

Bath Mind

<https://www.bathmind.org.uk/>

Creating a better life for people diagnosed, labelled and treated as having mental ill health

Wellbeing through Nature Self-Care Courses - Avon Wildlife Trust

<https://www.avonwildlifetrust.org.uk/wellbeing-with-nature>

Practical courses involve a variety of nature-based wellbeing activities

Carla-Jo Geraghty Mindfulness Group for over 55's

<https://www.carlajo-mindfulness.com/>

Mindfulness group for the over 55's

Bath City Farm - volunteering project

<http://bathcityfarm.org.uk/>

Sustainable horticultural volunteering project that involves people with experience of mental distress

Swindon

IPSUM Supporting Wellbeing & Stability

01793 695405

<https://www.ipsum.care/>

A range of therapeutic interventions including Counselling and Arts psychotherapies aiming to help address issues such as mental, psychological and emotional health.

Swindon Circles

Information from Livewell Swindon (01793 465513)

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

Mobilising the capacity of local people to build networks and connections in order to reduce loneliness and isolation. Including befriending, coffee and connections and community support workers.

TWIGS

01793 523294

<https://twigscommunitygardens.org.uk/>

TWIGS Community Gardens are a colourful and vibrant set of gardens in the heart of Swindon. Offering people who experience mental health problems the chance to regain confidence, self-esteem and to learn new skills.

Swindon Mind

01793 432031

<https://sgmind.org.uk>

Providing advice, support and services to empower anyone experiencing a mental health problem.

Wider support for mental health

https://www.swindon.gov.uk/info/20024/health_and_wellbeing/214/mental_wellbeing/3

Website giving information, links and resources for self-help and local support for adults and young people

Wiltshire

Wiltshire IAPT Service

01380 731335

<https://iapt-wilts.awp.nhs.uk/>

A wide range of support from psycho-educational courses to one-to-one intervention

Community Hubs (Wiltshire Creative)

<https://www.wiltshirecreative.co.uk/take-part/community-projects/#Community%20Hubs>

Regular arts activities and performances for those who might not otherwise have access to the arts.

Mind The Gap

<https://www.wiltshirecreative.co.uk/take-part/community-projects/#Community%20Hubs>

Mind the Gap work with a variety of professional theatre practitioners, exploring a number of genres of theatre

Celebrating Age Wiltshire

<https://www.wiltshirecreative.co.uk/take-part/community-projects/#Community%20Hubs>

Building Bridges Programme

<https://buildingbridgessw.org.uk/>

Supports people across Swindon and Wiltshire who are facing significant challenges

Rowan House - Rethink Mental Illness

01225 769576

rowan.house@rethink.org

An intensive support service designed to promote recovery and improve social inclusion for adults with mental illness

IAPT -WILTS - Fountain Way

<http://www.awp.nhs.uk>

Community mental health services

Community Hubs (Wiltshire Creative)

<https://www.wiltshirecreative.co.uk/take-part/community-projects/#Community%20Hubs>

Regular arts activities and performances for those who might not otherwise have access to the arts.

Wiltshire Mind – Salisbury

01225 706532

www.wiltshiremind.co.uk

Local, independent mental health charity in Wiltshire providing information and social support group for those experiencing mental or emotional difficulties.

Alcohol and Drugs

Bath and North East Somerset

The Beehive (DHI)

01225 329411

<https://www.dhi-online.org.uk/get-help/adult-drug-alcohol-treatment/bath-north-east-somerset-drug-and-alcohol-service>

Free and confidential help

Swindon

Turning Point – Swindon & Wiltshire Active Recovery Service - Swindon Hub

<http://wellbeing.turning-point.co.uk/swindon-and-wiltshire/hubs/swindon/>

Flexible treatment and support service for people over 18. seeking support for drug and/or alcohol use, with a focus on recovery and community reintegration.

Wiltshire

Turning Point – Swindon & Wiltshire Active Recovery Service - Trowbridge Hub

01225 341520

<http://wellbeing.turning-point.co.uk/swindon-and-wiltshire/hubs/trowbridge/>

Free, confidential service for anyone who is concerned about their own or someone else's substance use

Turning Point – Swindon & Wiltshire Active Recovery Service - Salisbury Hub

<http://wellbeing.turning-point.co.uk/swindon-and-wiltshire/hubs/salisbury/>

Free, confidential service for anyone who is concerned about their own or someone else's substance use