

A woman with dark curly hair and glasses is smiling while exercising on a stationary bike. She is wearing a purple tank top. In the background, other people are blurred, suggesting a group exercise class in a gym.

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 2470203 (option 1)

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

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

Salisbury

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

The HUB - Mulberry Park

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

A community hub with a variety of exercise and fitness classes

Swindon

Livewell 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.

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

Wiltshire

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

Passport to Health programmes - available via GP services

0300 2470203 (option 1)

<https://bathneshealthandcare.nhs.uk/wellness/passport-to-health/>

Local exercise referral service for people who are inactive and have other long-term medical conditions

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 sports and leisure center

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

Variety of quality fitness facilities and leisure activities

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

Park Run - various locations
<https://www.parkrun.org.uk/>
Free, weekly, 5km timed runs

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

Salisbury

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

Park Run - various locations

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

Free, weekly, 5km timed runs

Active Health - GP referral

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

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

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

Swindon Circles

Building networks and connections in order to reduce loneliness and isolation

TWIGS

01793 523294

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

Resource to give 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>

Variety of services to help improve your mental health

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

awp.wilts-iapt@nhs.net

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>

Offers arts, culture and heritage activity for older people in their own community settings in 6 local areas across Wiltshire

Building Bridges Programme

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

Supports people across Swindon and Wiltshire who are facing significant challenges

Wiltshire Mind

01225 706532

office@wiltshiremind.co.uk

Local, independent mental health charity in Wiltshire

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

Salisbury

IAPT -WILTS - Fountain Way

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

Community mental health services

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Wiltshire Mind – Salisbury

www.wiltshiremind.co.uk

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

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

Wiltshire Health Trainer service

0300 0034566

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

A dedicated health trainer can assist you every step of the way to achieving and maintaining your goals.

Salisbury

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

IAPT -WILTS - Fountain Way

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

Drug and alcohol services