

Mental Health and Wellbeing in Swindon

Services & support

Start here!

<p>Swindon and Gloucestershire Mind www.sgmind.org.uk/swindon admin@sgmind.org.uk 01793 432031</p>	<p>Offers a variety of services to help improve mental health, including advice, support and services to empower anyone experiencing a mental health problem.</p>
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Young people

<p>Wiltshire Treehouse www.wiltshiretreehouse.org.uk admin@wiltshiretreehouse.org.uk 01793 987105</p>	<p>Support for children & young people in Swindon and Wiltshire who have been affected by the death of someone important to them.</p>
<p>STEP https://stepswindon.co.uk stepswindon1@outlook.com 01793 714042</p>	<p>Therapeutic groups and sessions for young people in a safe and supportive environment; for children and young people aged between 7 and 18.</p>
<p>Out of the Can outofthecan.org</p>	<p>A youth group for LGBTQ+ young people, meeting Tuesday evenings in Swindon.</p>

Getting into work

<p>Inner Flame progress@innerflame.org.uk 07531 473482</p>	<p>Free courses to develop confidence, self-worth, life-skills, employability and mental health for 16-25-year-olds.</p>
<p>Lift Psychology 01793 836836 Lift.psychology@nhs.net</p>	<p>Employment advisors help with building confidence and getting ready for work. Book through your GP surgery.</p>
<p>Phoenix Enterprises 01793 542321 Info@phoenixenterprises.co.uk</p>	<p>Training and employment for people with mental health issues and learning or physical disabilities; specialising in hand assembly and hand finishing work.</p>

Disability Experts 07870643734 office@disabilityexperts.co.uk	Support with physical disabilities, learning difficulties and mental health to get into work: training courses, a job club and employment 121 sessions.
Swindon Borough Council Adult Community Learning 01793 466482 acl@swindon.gov.uk	Free courses including art and crafts, cooking, confidence building, employability, IT skills, and health and wellbeing.
U3A Swindon 01793 614629 www.swindonu3a.org.uk	A yearly membership allows you to join as many groups and sessions as you'd like. These include academic courses, exercise groups, languages, music and much more.
Richmond Fellowship 01793 433571 swindones@richmondfellowship.org.uk	Help to look for and apply for paid work or other work-related activities (such as voluntary work or training), as well as helping employed people manage stress at work and stay working.

Nature-based activities

Wiltshire Wildlife Trust 01380 736098 wellbeing@wiltshirewildlife.org www.wiltshirewildlife.org/wellbeing	Wellbeing Programme in nature for people with mental health issues.
TWIGS 01793 523294 Twigs.reception@gmail.com	Twigs offer therapeutic gardening and craft session to those experiencing mental health problems.
Wilts and Berks Canal Trust 0845 625 1977 info@wbct.org.uk	Get involved with restoring canal systems, helping at the information centre and many more outdoor tasks, including.
Swindon Borough Council Volunteer Rangers	Help with the upkeep and management of many local country parks - outdoor tasks as well as helping run events, guided walks and wildlife workshops.

Physical health and exercise

Live Well Swindon Hub 01793 465513 livewell@swindon.gov.uk	Support to make changes that can lead to happier, healthier life including stopping smoking, to getting more active and connecting with others.
Class Finder www.classfinder.org.uk	This search engine finds any local fitness class.

Ability Sport Swindon livewell@swindon.gov.uk https://activeandinclusiveswindon.co.uk	Ability sport run a variety of inclusive sessions, including ice skating, trampolining and cycling.
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Arts and crafts

Learning for Life Swindon 01793 422964 nalni@l4lswindon.co.uk	Weekly sessions for people with mental health issues.
IPSUM 01793 695405 admin@ipsum.care	Art and music therapy sessions, alongside creative writing and offering counselling sessions.
Swindon Community Art Groups 07768 442393	Lessons in water colour, drawing, calligraphy, collage and decoupage Toothill & Meadowcroft community centres alternate Tuesdays; Savernake Hall (Old Town) Thursdays; all group times are 10-12.30PM, £3 per session.
Reach Inclusive Art 01793 520318 info@reachinclusivearts.org.uk	Art and craft sessions in a friendly environment for all levels of creativity. 10.30AM –12.30PM Tuesdays at the Wyvern Theatre.

Cultural issues

Changing Suits info@changingsuits.org http://changingsuits.org	Podcasts and events to break cultural taboos and build awareness for the South Asian community, and support service providers to engage with the South Asian community.
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Drugs, crime, domestic abuse, women's services

Change Grow Live (CGL) 01793 328150 SwindonInfo@cgl.org.uk	Local drug & alcohol service in Swindon providing help and support.
Nelson Trust 01453 885663 office@nelsontrust.com	Provides women's community service's for those seeking support in a female only environment.

Swindon Domestic Abuse Service 01793 610610 https://swadomesticabuse.org	Offering support to men and women who are victims of domestic abuse and violence.
Men's Advice Line 0808 801 0327 info@mensadviceline.org.uk https://mensadviceline.org.uk	A confidential helpline, email and webchat service for men who are experiencing or have experienced domestic abuse.
Victim Support 0808 2810113 Wiltshire@victimsupport.org.uk	Free and confidential emotional and practical support to people who have been affected by crime.
Horizon Victim and Witness Care 01380 861157 https://horizon.wiltshire.police.uk	Wiltshire Police service providing support from first point of contact with to the court case.

Apps, websites, support groups

togetherall (was Big White Wall) https://togetherall.com	Online community where people support each other anonymously to improve mental health and wellbeing
Calm Harm https://calmharm.co.uk	This app helps young people manage their emotions and reduce urges to self-harm
Felling Good: positive mindset www.feelinggood.app	Audio tracks to help relax your body and mind and build your confidence
Kooth www.kooth.com	App providing online support for young people
tellmi (used to be MeeTwo) www.tellmi.help	A safe and secure forum for teenagers to discuss any issue affecting their lives
Sleep Station www.sleepstation.org.uk	Connect with a team of sleep experts to help you fall asleep or stay asleep at night. Free with GP referral

Volunteering

Do It Do-it.org	Online directory of all the volunteer opportunities in Swindon.
Big Breakfast Swindon hello@bigbreakfastplus.org.uk	Breakfasts for homeless and rough sleepers in Swindon.
City of Sanctuary 07903 167142 info@swindon.cityofsanctuary.org	Projects to promote a culture of welcome and inclusion in Swindon, with a focus on people seeking sanctuary
Swindon Borough Council Volunteer Rangers	Help to the upkeep and management of local country parks and open spaces,

	helping with manual work as well as events.
Olive Tree Café 01793 533152 olivetreecafeswindon@gmail.com	A community café offering work experience and support.
Wiltshire Wildlife Trust 01380 725670 volunteering@wiltshirewildlife.org	Help with supporter groups or carrying out conservation tasks. www.wiltshirewildlife.org/forms/volunteer-application-form