

Local Lifestyle Wellbeing Resources

Smoking

Smokefree Wiltshire 0300 003 4566 option 1
<https://www.wiltshire.gov.uk/public-health-stop-smoking>

Alcohol

Alcoholics Anonymous 01380 729064
<https://www.alcoholics-anonymous.org.uk/intergroups/wiltshire-bath-intergroup/>

Connect Wiltshire <https://www.turning-point.co.uk/services/connect-wiltshire>

**Drug and Alcohol
Community Services** <https://www.awp.nhs.uk/our-services/community-services/drug-and-alcohol-services>

Diet - Weight Management

Wiltshire Age UK Meals Service <https://www.ageuk.org.uk/wiltshire/about-us/contact-us/>

Better Health, Let's do this <https://www.nhs.uk/better-health/lose-weight/>

Healthy Us *for age >18 and BMI >28* <https://www.wiltshire.gov.uk/public-health-weight-management>

Healthy Us *for adults with learning disability* <https://www.wiltshire.gov.uk/public-health-weight-management>

Healthy Me *for families with children aged 5-18 years.* <https://www.wiltshire.gov.uk/public-health-weight-management>

Physical Activity

Disability Sports Programme <https://www.southwiltsmencap.org.uk/wp-content/uploads/Disability-Sport-Brochure-2018.pdf>

Wiltshire Local Offer, *ability sports* <https://localoffer.wiltshire.gov.uk/article/7328/Ability-Sports>

Avon Valley Cricket Club <http://www.avonvalleycc.co.uk>

Age UK Fitness and Friendship <https://www.ageuk.org.uk/wiltshire/activities-and-events/fitness-and-friendship/>

Get Wiltshire Walking <https://www.wiltshire.gov.uk/leisure-cycling-walking-and-running>

Get Out Get Active (GOGA) <https://www.wiltssport.org/goga-activities>

Health Improvement Coaches <https://www.wiltshire.gov.uk/public-health-improvement-coaches>

KickStart FC <https://www.kickstartfc.org>

Mixed Ability Pilates, *Bulford Village Hall* https://wiltshiretogether.org.uk/profile/cathy_1305

Zumba, yoga and fitness, *Salisbury* <https://kirstiepugh.co.uk/live-class-timetable/>

Equestrian Activities, *Tedworth* <https://tedworth.ecpro.co.uk>

Walking Football <https://thewfa.co.uk/directory/amesbury-walking-football-club/>

Walking Rugby <https://salisburyrfc.org/rugby/walking-rugby>

Wiltshire Council Leisure Centres <https://www.wiltshire.gov.uk/leisure-contact-us>

Park Yoga, *Salisbury* <https://parkyoga.co/salisbury/>

Park Yoga, *Devizes* <https://parkyoga.co/devizes/>

Moving Medicine <https://movingmedicine.ac.uk/consultation-guides/patient-info-finder/>

Sport in Mind, *Andover* <https://www.sportinmind.org/event/andover-yoga>

Parkrun, *Tidworth* <https://www.parkrun.org.uk/tidworth/>