



What's on this Month

December 2024

Wednesday Friendship Group

Every 1st & 3rd Wednesday of the month

MHA Activity Lunch Club & Bingo

Stratton Methodist Church, 103 Ermin St, Stratton, Swindon SN3 4NL

4th December Guest Speaker - Mobility Shop, Swindon

18th December Christmas Party with Zurich!

Don't forget to wear your Christmas Jumper !

Time 10:30 - 13:30

Donation: £7.50

***Donation not required
on 18th Dec !!**

Activity & Lunch Club

Every 2nd Wednesday of the month - 13th December

Cotswolds Rise, Residential Care Home, Upper Mill, Purton,
Swindon SN5 4FL

Time 10:30 - 14:00

Donation £7.50 pp

Thursday Pub Lunch and Bingo

Weekly Pub Lunch and Bingo Club

Conservative Club, Bath Road, Swindon, SN1 4BA *Please note, lunch
club will not take place on 19th Dec, replacement session will be on 20th Dec.

Time 12:00 - 13:30

Donation £12.00 pp

Friends of Swindon - Monthly

Next Meeting: Friday 20th December 11:00 - 11:30

Conservative Club, Bath Road, Swindon

**Please come
and join in !
Your input
is important.**

IMPORTANT WINTER DATES

Christmas meal at the Conservative Club - **5th December**, Order by 29 Nov.

Provisional Date for the Outing - **11th December** (To Be Confirmed)

Christmas Party at the Stratton Church - **18th December, 10:30– 13:30.**

23rd & 24th December - Drop in, Grange Leisure Centre 10.00 -12.00.

31st December - Drop in, Brew Book Café 11.00 - 13.00

25th Dec, 26th Dec & 1st January - Bank Holidays - No MHA Clubs

2nd January Thursday Pub Lunch - back as normal

***** Please see page 2 & 3 for more details on the Drop Ins as well as the
alternative support over Christmas period *****

Get in touch MHA Communities Swindon

Fitzwarren House, Kingsdown Road, Swindon, SN34TD

Megan - MHA Community Co-ordinator

07548774681, megan.paoletta@mha.org.uk

Veronica - Communities Manager

07902135098, veronica.allso@mha.org.uk



Christmas Parties

Christmas Party at the Stratton Church 18th December, 10.30 - 13.30

Stratton Methodist Church, 103 Ermin St, Stratton, Swindon SN3 4NL

Event funded by Zurich, Zurich and Communities Partnership, Corporate Funding.

Christmas meal at the Conservative Club 5th December, 12.00 - 13.30

Conservative Club, Bath Road, Swindon, SN1 4BA

Christmas Party at the Stratton Church 18th December, 10.30 - 13.30

Stratton Methodist Church, 103 Ermin St, Stratton, Swindon SN3 4NL

Event funded by Zurich, Zurich and Communities Partnership, Corporate Funding.

Drop In/ Social gatherings

23rd December - Social meet coffee and chat at the Grange Leisure Centre 10.00 -12.00.

Grange Dr, Swindon SN3 4JY, The café is right by the entry by the reception.

Meeting at the Café of the leisure centre club, big car park at the front.

24th December - Social meet coffee and chat at the Grange Leisure Centre

Grange Dr, Swindon SN3 4JY (same as above).

31st December - Social meet coffee and chat Brew Book Café 11.00 - 13.00.

188 Beechcroft Rd, Swindon SN2 7QQ, The Café is right by the Beechcroft Library.

On street parking, sandwiches and cakes available.

No MHA Clubs during Bank Holidays

25th Dec Bank Holiday - No Wednesday Friendship Group at Stratton Church.

26th December Bank Holiday - No Thursday Pub Lunch and Bingo Club.

1st January 2025 Bank Holiday - No Wednesday Friendship Group at Stratton Church.

MERRY CHRISTMAS & HAPPY NEW YEAR!!!!

From all at MHA Communities Swindon!



Other organisations offering support in the local area

Mind

Mental health Support in Swindon

<https://www.mind.org.uk/information-support/a-z-mental-health/>

General mental health help line: 03001233393

Swindon & Gloucestershire Mind

Sanford House, Sanford Street, Swindon, Wiltshire, SN1 1HE

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

T: [01793 432031](tel:01793432031)

E: admin@sgmind.org.uk

Sharon Fulcher and her Parkinson's Café in Swindon

The Gorse Hill, Community Centre in Swindon 10.30 – 12.30

Every last Wednesday of the month

Mental health Believe UK - <https://www.facebook.com/MHBelieveUK>

Anxiety UK – 03444775774

Email info@anxietyuk.org.uk

<https://www.anxietyuk.org.uk/>, <https://www.anxietyuk.org.uk/contact-us/>

Mon Fri 9.30 – 17.30

CALM – 03001233393

5pm – Midnight, <https://www.thecalmzone.net/feeling-suicidal>

Their helpline is open **5pm - midnight** every day.

Helpline staff are here to help you explore how you're feeling.

There is a live chat or WhatsApp available as well on 0800 58 58 58

HopeLine – 08000684141

Samaritans – 116 123 available 24/7

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

You can Write a letter, there is an online chat, telephone line or you can ask to speak to a Samaritan face to face.

NHS 111 choose option 2 for mental health crisis

National Suicide Prevention Helpline - 0800 6895652 available 6pm – midnight

YoungMinds - fighting for young people's mental health if you would like to talk about a family member, children or grandchildren that you might be worried about.

YP Parents Helpline 0808 802 5544

Text SHOUT to 85258 if you feel like speaking over the phone available 24/7