



Thursday 4th March 2026

COMPASS COLLABORATION

PSW NEWSLETTER

Contact your school PSA: Kim Muller
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LOOKING AFTER YOU

Welcome to our first Compass Collaboration PSW Newsletter, with a focus on parent wellbeing. As you know, being a parent is a full time job. Parenting is rewarding - but it can also feel overwhelming at times. Looking after your own wellbeing is not a luxury; it's essential. When parents feel supported, children thrive too. Check out some of Wiltshire's local services and simple strategies to help you look after yourself.

Family Hub
Wiltshire Council



Wiltshire Family Hub offer advice, parenting support, groups, and signposting to services for families with children of all ages. Find your local hub:

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



Wiltshire Talking Therapies

Free NHS support for adults experiencing stress, anxiety, low mood, or sleep difficulties. You can self-refer without seeing a GP.

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



Find activities, groups and services to support families, health, finances, wellbeing, training and events.

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

Everyday Ways to Support your Wellbeing

- ✓ Find a little time for yourself every day.
- ✓ Get outside and be physically active.
- ✓ Stay connected. Meet friends, other parents or spend time with family.
- ✓ Learn a new skill.
- ✓ Try reducing screen time.

A REMINDER TO PARENTS  **IT'S OK TO FEEL TIRED, TAKE A BREAK, NOT HAVE ALL THE ANSWERS AND TO ASK FOR HELP!**

LOOKING AFTER YOURSELF MODELS HEALTHY WELLBEING FOR YOUR CHILDREN.

UPCOMING EVENTS



WARMINSTER
KEEP WELL
A

HEALTH & WELLBEING FAIR

SATURDAY 16 MAY 2026 10AM - 1PM
FREE ENTRY WARMINSTER CIVIC CENTRE

Connect with your community. Find the **FREE** help and advice you need to feel great in the Warminster area!

EXPERT ADVICE & SUPPORT

Connect with local health organisations.

40+ LOCAL GROUPS

Many new to the Fair!

SOCIALISE & STAY ACTIVE

Find groups for all interests.

FREE BOOKLET

Over 200 local contacts.

+ FREE RAFFLE ENTRY!

"I've been living in Warminster for years and didn't know about half the activities offered."

"An amazing amount of info, very informative; we enjoyed it - excellent"

"An amazing Fair - friendly and 100% positive"

COME ALONG AND SEE
WHAT'S ON OFFER!

Organised by Warminster Area Health and Wellbeing Forum

Warminster's Great British Spring Clean

Community litter pick



Saturday, 14 March 2026
10:00am - 12:00 noon



Volunteers meet at 10:00am, at Warminster Civic Centre, Sambourne Road, BA12 8LB



All volunteers will receive a free drink



We will provide all the necessary equipment



To sign up and take part in the event, email: admin@warminster-tc.gov.uk

SUSTAINABLE
WARMINSTER

Warminster
Town Council



Wellbeing walk at Stourhead

Meet new people and enjoy a gentle health and wellbeing walk in beautiful surroundings. Led by friendly volunteers on a fully accessible route. **FREE** regular event.



<https://www.nationaltrust.org.uk/visit/wiltshire/stourhead/events/e9cc567f-f1b4-4308-a5fc-646b3cecef01>

Mental Health Drop In

Tuesday's 10:00 till 12:00

The Cabin, Seymore Rd, Trowbridge, BA14 8ND

Peer-peer support group for people feeling isolated, alone or with mental health struggles.

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



We Are Men - A friendship group for men of all ages and backgrounds. Providing a safe and supportive space to talk about experiences, challenges and hopes at Warminster Town Football Club.

<https://wearemen.org/>