

COMMUNITY GROUPS AND
SERVICES IN SHREWSBURY
& SURROUNDING AREAS

THE BIG COMMUNITY LIST



This is a big list of community, social, and supportive groups, as well as services and other resources in the Shrewsbury / Shropshire area.

It's an inexhaustive list and anyone is welcome to add to it at any time. If you'd like to add anything (or if you notice anything incorrect) please reach out!

Some of this information may be well-known already, but hopefully can make a buildable resource for anyone who could benefit.

Some of the following require referral from professionals, whereas others are walk-in / contact / self-refer opportunities.

Bits will be more relevant than others depending on your personal circumstances.

Additionally, many community groups and services can be found by using the searchable **Shropshire Together Directory**.



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Social Prescribing & Community Resource



Social Prescribing

Social Prescribing is useful for people who are isolated or need assistance with improving health/wellbeing.

Anyone can self-refer for social prescribing if they meet the criteria, here's the link:

<https://next.shropshire.gov.uk/public-health/healthy-shropshire/social-prescribing/social-prescribing-self-referral-form-for-adults/>

Community Resource Charity

Provide support to people to stay active and connected to their communities and to maintain their health and independence so they live life to the full. This is done through a range of community-based projects with the help of a team of local and committed volunteers.

They offer a buddy system - where people can be assigned a buddy - a companion support service to help people get into the community.

They also host Community Connectors meetings regularly, which are fantastic for networking and improving knowledge around community and local services/groups.

Contact: enquiries@community-resource.org.uk / 01743360641

Community Resource's community building directory: [Community Buildings Directory - Community Resource](#)



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Shropshire Council Information



Shropshire Council Support

Shropshire Council provides mental health and wellbeing links, resources, and services, some of which can be found here: <https://next.shropshire.gov.uk/cost-of-living-help/mental-health-and-wellbeing/>

Wellbeing Drop Ins

Mini and full health checks are offered on an outreach basis to support and signpost/refer to appropriate support - taking place on particular dates (details on poster at the end of this document).

Directories

Shropshire Council also have a searchable community hubs list, which can be found here:

<https://next.shropshire.gov.uk/customer-services/community-hubs/>



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Social, Creative & Supportive Groups



Shropshire Mental Health Support (MHS / MIND)

Wednesday: men's group 1:30pm-3:30pm

Thursday: Women's group 10.30am-12.30pm, Walking group 1.30pm-2.30pm

Friday: Allotment 10.30-12.30pm, crafty aft art group 1.30pm-3.30pm

Sunday: drop-in / peer support 11.30-2.30

Telford Aftercare Team (TACT)

They have a variety of groups, including creative writing group, art group, women's group, men's group, anxiety and depression group, smart recovery, possibly a walking group, meditation (serenity) group and others. See their website for more information.

Shrewsbury Town FC Health & Wellbeing

Run 5 groups for different demographics: The Extra Time Hub is a social group for retired people across Shropshire, The Memory-loss Friendly Hub (for over 50s) and carers, The Parkinsons Hub, The Foster Carers Hub, The Military Hub

Age UK Shropshire Telford & Wrekin

Offers a lot of activities and groups including art, social groups, and activity groups

Wellbeing Cafe - Meeting Point Trust Telford

A café for people suffering social isolation from 9.30-12pm on a Thursday morning. Includes a well-being activity such as mindful practices and creativity

Oswestry Community Action – Qube (Social Groups)

Social groups & befriending in Oswestry - contact Bella Doolan on 01691 656882

AuDHD Bees

A group for people who have ADHD / autism, know someone with AuDHD, suspect they have AuDHD or simply just want to meet similar minded people.

Quiet Chess Club

A chess group for socially isolated people, people with dementia, people with autism, and anyone who wants to come and play chess quietly. At 6pm on Tuesday evenings at Unison Social Club - Contact: p.billington2040@gmail.com / 07849 203603

Beyond the Baby Blues – Support for Families (Online)

Offers online groups and resources for people experiencing post-partum depression / anxiety and their families - More information at: [Beyond the Baby Blues](#)

Teens with Tots

Social group for young parents / families – Mondays 10am-12pm, Location varied

Contact: Teenswithtots24@gmail.com / Jodi – 07852206806 / [Teens with Tots](#) | [Facebook](#)

Menopause Emotional Support Group

Support group for people struggling with menopause. Every Monday from 1:30pm – 3:00pm at Roy Fletcher Centre Shrewsbury £10 per session.

Contact: 01743240546

Shropshire Community & Family Hubs

[Community hubs](#) | [Shropshire Council](#) and [Family hubs](#) | [Shropshire Council](#) – local support, peer support, social groups, and more

Oswestry Climate Action Hub

A community group committed to working to live more sustainably and fight against climate change: [Oswestry Climate Action Hub](#) | [Oswestry](#) | [Facebook](#)

Cysters' Circle

Shropshire-based peer support group for women and girls living with PCOS and endometriosis

Action for Happiness (Online)

Worldwide online resources and support groups

Girllies Get Creative

Oswestry-based craft group for women in surrounding areas

Shropshire Wild Teams

Volunteers who are involved in landscape management projects as well as other outdoor activities

OMEGA - for Reducing Social Isolation

<https://omega.uk.net/>

Aims to connect and support people who feel lonely or isolated. They offer Chatterbox, a free telephone befriending service and Letterbox, a free pen pal befriending service.

Crows Mill Craft Centre

www.crowsmillcraftcentre.co.uk

Unique trades, arts and crafts, and other activities for people with mental health difficulties, learning disabilities, struggling with addiction, or those not in employment or education - helping them connect, build skills, and also (where possible) receive qualifications.

Climbing Out

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

Outdoor activities / courses

Small Woods

Build a Bench (BBO) is a fully funded, 12-week programme aimed at people who are not currently in any kind of paid work and live in Telford and Wrekin, or Shropshire. It provides a unique opportunity to take part in weekly green wood craft sessions ,combined with supportive action planning sessions.

Shropshire Autonomy - Self-help & socials for autistic people

Offering support, help and social events since January 2004.

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

Between the Lines

A creative community for autistic adults - a space to share your work and express yourself. No formal diagnosis needed. Weekly prompts and open creative submissions.



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Exercise & Movement Groups



Shropshire Mental Health Support (MHS / MIND)

Monday: easy walking group 12pm-1.30pm

Energize Shropshire Telford & Wrekin

"A local charity who work collaborate with national and local partners to support as many people as possible to have an active lifestyle." Contact: 01743 297191 - Partnered with MPFT - do football, tennis & much more (see posters at the back)

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

Shrewsbury Town FC Health & Wellbeing

Low-cost exercise sessions (paid: £4 a session or unlimited sessions for £17 a month)

Boxing, walk & talk, open gym, circuits, exercise games, yoga

Contact: 01743 289177 or admin@foundationstfc.co.uk

Age UK Shropshire Telford & Wrekin

Dance Classes <https://www.ageuk.org.uk/shropshireandtelford/activities-and-events/dance-classes/>

Wellbeing Cafe - Meeting Point Trust Telford

A café for people suffering social isolation from 9.30-12pm on a Thursday morning.

Different wellbeing activities but sometimes includes exercise/movement e.g. yoga and pilates

The Soma Space - Oswestry

Offers 1-1 and group exercise sessions and programmes - trauma informed

Attingham Park - Wellbeing Walks

Wednesday and Thursday afternoon wellbeing walks from 2pm. Contact: join-in-attingham@nationaltrust.org.uk / 01743 708126 (Referral needed)

Dog Walking Club 'Unleashed'

Dog-walking - 1 hour-1.5 hours in Shrewsbury & Bridgnorth Contact: 07976411425

Men Walking and Talking

Men's mental health walking group in Shrewsbury. More info on Facebook

Shrewsbury Ramblers

Group walks cover Shrewsbury, the Shropshire Hills and the Welsh Borders

Strength and Balancing Classes for Older Adults and Boxing for Parkinsons classes -

see more info on posters at the back of this document

Tennis Shropshire x MPFT - Tennis for those with SMI (detailed poster at the end)



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Additional services in the area supporting neurodiversity, mental health & wellbeing



Shropshire Mental Health Support (MHS / MIND)

Providing Support and Services to people in Shropshire living with Mental Health challenges. Calmer cafe, Wellbeing vehicle, 24/7 phone support, 1:1 appointments, & peer groups

4 All Foundation

"An independent charitable organisation delivering local, accessible activities, projects and initiatives to support the needs and aspirations of communities across Shropshire (including Telford & Wrekin).

Our work is delivered through local community hubs, schools and by outreach work within the community." - Lots of groups and activities countywide

Contact: Tel: 0800 321 3617 / Email: info@4all.foundation

Willowdene Farm - Rehabilitation

Residential rehabilitation for men & women with a men-only and female-only site.

Contact (01746) 718658 / info@willowdenefarm.org.uk

Tenbury Nils

Tenbury NILS is a registered charity that provides no-interest loans and grants (up to £500) to vulnerable people in financial difficulty in

Worcestershire, Herefordshire, and Shropshire. Contact:

enquiries@nils.org.uk

Healthsec Rehab (HSR)

HSR Provides Physiotherapy, Rehabilitation and Wellbeing Services.

They see all adults with general or more complex needs. This is a paid service but aims to be accessible and affordable – more than other private alternatives.

The Children's Society & Steer Clear

A UK-based charity offering a range of support and services for children and young people who are facing serious life challenges.

SRP / With You

Shropshire Recovery Partnership, delivered by WithYou, provides free and confidential services for people struggling with alcohol/drugs.

Shropshire Autism Hub

Shropshire Autism Hub is the umbrella for a range of services provided for autistic adults over 18 in Shropshire. The services are provided by a partnership of organisations.

Telford Adults Autism Hub

1:1 support and social opportunities for autistic people aged 16+

The Hive

The Hive is a charity organisation running wellbeing projects across Shropshire, Telford & Wrekin. We are also a venue offering creative activities, gigs, films, art exhibitions and more based in the heart of Shrewsbury town centre. The Hive's Wellbeing Projects aim provide a safe path to personal and community growth, and there are weekly events which provide an easy way to stay connected to the local community. For young people – 1:1 sessions available for young people 13-25 with an EHCP to do creative learning, music, art, and other bits. Need referring by professional.

They also hire out rooms which may be useful for people working in the community.

Weekly Events - The Hive Contact: admin@hiveonline.org.uk / 01743 234970

Shropshire Domestic Abuse Service

This service offers a range of support relating to domestic abuse. They support women, men, children, young people, and offer LGBTQA+ support. They also offer group educational courses. More information can be found here: [Shropshire Domestic Abuse Service](#)

Serenity Counselling

Affordable counselling based on income (from £10 per session).

County Counselling

Affordable counselling based on income (from £10 per session).

The Green Oak Foundation

Affordable (but paid) counselling and wellbeing services.



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Education and Training Opportunities



Wellbeing & Recovery College MPFT

Anyone is welcome to join on the different courses (staff or service-users) around mental health / mindfulness / psychoeducation / rest and lots more.

Gateway Education and Arts Centre

Part of the Herefordshire, Ludlow and North Shropshire College group - made up of five colleges covering Herefordshire and North Shropshire. Free & low-cost education opportunities - everything from yoga to pottery.

Telford Aftercare Team (TACT)

Offer various courses - English / Maths, IT skills, coaching, mentoring, addiction recovery support, and more.

WEA / Adult Learning

Online country-wide (with various in-person locations) and offers affordable courses on work skills, life skills, health and wellbeing, humanities, and more.

Shrewsbury Town FC Foundation

Offers functional skills courses to adults to help improve various skills, English, and Maths. (Coming soon).

Crows Mill Craft Centre

www.crowsmillcraftcentre.co.uk

Unique trades, arts and crafts, and other activities for people with mental health difficulties, learning disabilities, struggling with addiction, or those not in employment or education - helping them connect, build skills, and also (where possible) receive qualifications.

SRP / With You

Education / training on Naloxone.

The Naloxone injection (Prenoxad) or nasal spray (Nyxoid) are life saving substances that can prevent overdose by reversing the effects of opioid drugs such as heroin, morphine and methadone.

They provide people who use substances with Naloxone and training on how to respond to an overdose situation.



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Further Community Spaces



Community Spaces in Shrewsbury

-Shrewsbury Soda Club

-The Lantern

-Shrewsbury Unitarians - reflective spaces (meanderings), lunchtime meditations, coffee mornings, bring and share lunches, and poetry group

-Shrewsbury Library – community space, quiet areas, bookable 'pods'

-The Hive

-Shrewsbury museum (café and room hire)

-Hopefully Made (café & hireable community space / creative workshops)

-In Good Hands (café and community space, events, creative activities – open mic nights, poetry / spoken word open mic, singing for wellbeing, arts & crafts) - posters at the end

-Mumma's Emporium (café)

-Shropshire MHS (MIND) – calmer café, sanctuary

-Air ambulance rentable room at the back of the charity shop – good for 1:1s, groups, meetings, office space, FREE – contact phoebe.davies@midlandsairambulance.com

-Palmer's of Shrewsbury (not for profit café and community space / room hire) – bookings@shrewsburybaptistchurch.org.uk

-Darwin community centre

-Radbroke community centre

-Mereside community centre

-Castlefields community centre

-Harlescott community hub

-The Cut Visitor Centre / Wildlife Trust (rooms/whole venue to hire)

-Gateway Education and Arts Centre

-The Trinity Centre (Church and local community building with rooms to hire)

Other Community Spaces in Shropshire

- Broseley Library**
- Oswestry community centre**
- Festival Drayton Centre** (café and community hub run by volunteers with events)
- Ludlow Baptist church café**
- Pant memorial hall** (activities, events, room hire)
- Pontesbury Baptist Church**
- OsNosh** (sustainable food, community café and garden in Oswestry)

Additional Resources (with links)

Online MH forums: **Mental Health Forum**

Health and Wellbeing Resources :: Midlands Partnership University NHS Foundation Trust

Self Help - Wellbeing College (Stafford)

Happier Kinder Together | **Action for Happiness**

Thriving Autistic - Autistic Adult Community

Thriving Autistic is a non-profit, social enterprise run by Autistic and otherwise Neurodivergent people.

Email: hello@thrivingautistic.org

Website: www.thrivingautistic.org

Additional Resources

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Numbers/Helplines

Shropshire Access Team - 0808 196 4501 - Can support in a crisis. Phone line is 24/7.

Shropshire Mental Health Support (MHS) – 01743 368647 for 24/7 emotional support.

Samaritans 116 123 - A talking and listening service 24/7.

SHOUT – If you don't feel like talking but still want support you can text 85258 for support VIA text message.

NHS 111 – You can choose option 2 for mental health support

Shropshire Rural Support Helpline - 0300 123 2825

Childline: Call 0800 1111 (for anyone under 19)

PAPYRUS (HOPELINE247): Call 0800 068 4141 or text **07860 039 967**

Family Lives- helpline 0808 800 2222 -support, information, advice and guidance family life

CALM: Call 0800 58 58 58 (5pm–midnight daily)

Mind: Call 0300 123 3393 (Mon–Fri, 9am–6pm)

Rethink Mental Illness: Call 0300 5000 927

SANEline: Call 0300 304 7000 (4pm–10pm daily)

Silver Line: Call 0800 470 8090 (for older people, 24/7)

Frank Addiction Helpline - 0300 123 6600



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Additional Details / Posters





WELLBEING DROP-IN

FULL AND MINI HEALTH CHECKS ARE BACK!

2026 DATES:

SHREWSBURY LIVESTOCK MARKET: 1ST TUESDAY OF THE MONTH:



6TH JAN
3RD FEB
3RD MAR
7TH APR
5TH MAY
2ND JUN

7TH JUL
4TH AUG
1ST SEPT
6TH OCT
3RD NOV
1ST DEC

FULL HEALTH CHECK:

- CHOLESTEROL CHECK
- DIABETES CHECK
- BODY MASS INDEX (HEIGHT, WEIGHT, AND WAIST MEASUREMENTS)
- BLOOD PRESSURE/PULSE
- ALCOHOL AUDIT
- PHYSICAL ACTIVITY ASSESSMENT
- Q RISK/HEART AGE
- SIGNPOST/REFERRAL TO APPROPRIATE LIFESTYLE SUPPORT

MINI HEALTH CHECK:

- BODY MASS INDEX (HEIGHT, WEIGHT, AND WAIST MEASUREMENTS)
- BLOOD PRESSURE/PULSE
- ALCOHOL AUDIT
- PHYSICAL ACTIVITY ASSESSMENT
- Q RISK/HEART AGE
- SIGNPOST/REFERRAL TO APPROPRIATE LIFESTYLE SUPPORT



Free tennis for patients with severe mental illness in Shropshire



Midlands Partnership University NHS Foundation Trust have joined with Tennis Shropshire to give people with severe mental illness (SMI) an opportunity to try tennis for free.



Sessions take place every Wednesday from 11am – 12 noon at the Cathie Sabin Community Tennis Centre, Shrewsbury Tennis Club. There is no requirement to attend all sessions.



Sessions are completely free. Equipment is provided and a tennis coach will provide support and guidance.



Registration is for patients who are 18+, considered to have an SMI (prescribed antipsychotic medication) and registered with a GP in Shropshire, Telford or Wrekin, via email: ActivitiesSMIPH@mpft.nhs.uk



STRENGTH and Balance CLASSES FOR OLDER ADULTS

IN SHREWSBURY AND WHITCHURCH



SHREWSBURY

MERESIDE COMMUNITY CENTRE

WEDNESDAY 10AM AND 11AM

WHITCHURCH

BARGATES HALL

THURSDAY 11AM

CONTACT: IAIN HOWARD

T:07508 601533 E:MRIGHOWARD@GMAIL.COM

Boxing for Parkinson's classes available soon in Shrewsbury



People living with Parkinson's in Shrewsbury are encouraged to try a new non-contact boxing class which is launching soon.

When: weekly every Tuesday from 24 February.

Where: Brightstar Boxing, Unit 8, Civic Trade Park, Vanguard Way, Shrewsbury, SY1 3TH.

Book your place by contacting Iain Howard on iain.howard@brightstarboxing.co.uk or call 07946 068 849.



MULTISPORT COMMUNITY GROUP

**Harlescott Grange
Community Hub
SY1 3JR**

**FREE ACTIVITIES TO PROMOTE PHYSICAL
ACTIVITY FOR ADULTS WITH A DIAGNOSIS OF
SEVERE MENTAL ILLNESS**

FREE

**FORTNIGHTLY
STARTS TUESDAY 26TH
AUGUST
14:00 - 15:30**

TO REGISTER, EMAIL: ACTIVITIESMIPH@MPFT.NHS.UK
OR SPEAK TO GEMMA - HEALTH AND WELLBEING INSTRUCTOR AT
THE REDWOODS CENTRE

FOOTBALL

TO REGISTER, EMAIL: ACTIVITIESMIPH@MPFT.NHS.UK
OR SPEAK TO GEMMA - HEALTH AND WELLBEING INSTRUCTOR AT THE
REDWOODS CENTRE

SHREWSBURY TOWN FC
THE CROUD MEADOW,
OTELEY RD,
SHREWSBURY SY2 6ST

EVERY MONDAY
12:00 - 14:00

FREE

**FREE ACTIVITIES TO PROMOTE PHYSICAL ACTIVITY
FOR ADULTS WITH A DIAGNOSIS
OF SEVERE MENTAL ILLNESS**



FOUNDATION
The Club's Official Charity



Midlands Partnership University
NHS Foundation Trust

FOOTBALL

FREE

**AFC Telford United
SEAH Stadium
The Bucks Way
Wellington
Telford**

TO REGISTER, EMAIL:
ACTIVITIESMIPH@MPFT.NHS.UK
OR SPEAK TO GEMMA - HEALTH AND WELLBEING
INSTRUCTOR AT THE REDWOODS CENTRE

**TUESDAY
10:30 - 12:00**

**FREE ACTIVITIES TO PROMOTE PHYSICAL
ACTIVITY
FOR ADULTS WITH A DIAGNOSIS
OF SEVERE MENTAL ILLNESS**



Midlands Partnership University
NHS Foundation Trust



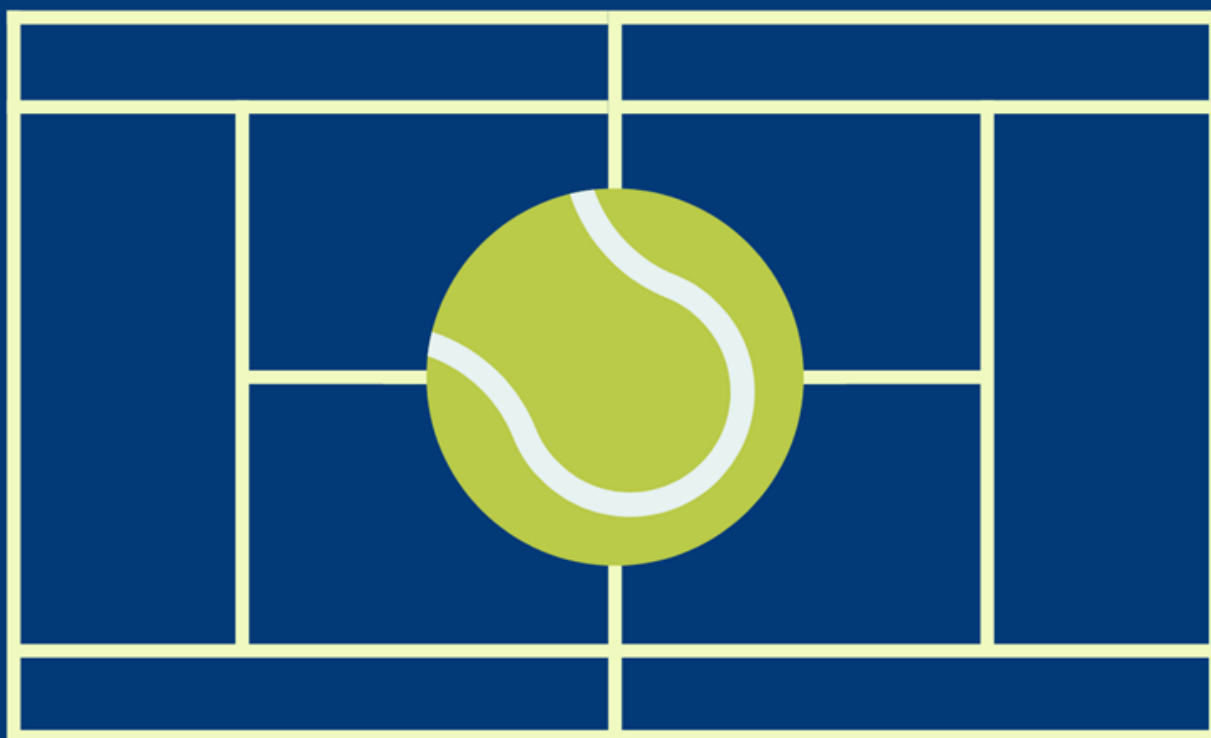
TENNIS SESSIONS WITH WE DO TENNIS

EVERY THURSDAY

2:30PM-4:00PM

TO REGISTER, EMAIL: ACTIVITIESMIPH@MPFT.NHS.UK

OR SPEAK TO GEMMA - HEALTH AND WELLBEING INSTRUCTOR AT THE REDWOODS CENTRE



**FREE ACTIVITIES TO PROMOTE
PHYSICAL ACTIVITY
FOR ADULTS WITH A DIAGNOSIS
OF SEVERE MENTAL ILLNESS**

**OAKENGATES
LEISURE CENTRE
TF2 7AB**



In Good Hands Posters

