



The Wiltshire Hearing Voices Group

The Wiltshire Hearing Voices Group is held on the first and third Thurs of the month from 1:00pm to 2:30pm.

Although up to 1 in 10 people hear voices, many are frightened to talk about them.

The Wiltshire Hearing Voices Group has been running since 2016, providing a safe and non-judgmental space in which to share experiences. Previously held in Chippenham, the group relaunched in Trowbridge from May 2019.

The group is open to everyone who lives with hearing voices or other unusual experiences! An example could be having strange smell sensations or seeing things!

The sessions are informal with a break in the middle. As is a drop in group, there is no referral process and you are free to come and go as you please.

We meet on the first and third Thurs of the month between 1pm and 2:30pm at the Tesco Community Room, Trowbridge, County Way Trowbridge, Wiltshire, BA14 7AQ

The group is a member of the Hearing Voices Network.

A safe place to talk to others:

- who have similar experiences;
- about coping strategies;
- in a friendly environment.

A chance to:

- think outside of labels;
- explore what your voices mean to you.

Facilitated by:



Funded by:



Tel: 01380 724833 (Richmond Fellowship)