







Sessions are 1 hour 30 min, held at:

Bedworth Community Centre Smorrall La, Bedworth CV12 0JN

Do you want to make a positive lifestyle change?

The Newtown Centre

FREE 12 Week Programme covering:

Healthy weight

Nutrition

Exercise

Sleep/tiredness

Mental wellbeing

Smoking /alcohol

Self-refer OR Referred by a medical professional



Newtown Rd, Nuneaton CV11 4HG

To be eligible, you must be 18+ and registered with one of the 11 GP surgeries listed in the registration form shown via the QR code.



To register, please scan the QR code or contact Lewis Robinson from SBITC, who run these sessions on behalf of Nuneaton & Bedworth PCN, via the details below:

02476 786 349 | lewis.robinson@sbitc.org.uk

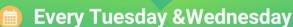
https://www.nuneatonandbedworthpcn.co.uk/ in



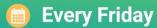




SEATED EXERCISE



Volunteer Friends, Bulkington, CV129JB



The Newtown Centre, Newtown Rd, Nuneaton CV11 4HG



you must bé 18+ aṇḍ form.

Our brand new FREE seated exercise class is a great way to socialise, while taking part in some fun, gentle exercise

45mins seated exercise, followed by 45mins refreshments, quizzes & chat

To complete a registration please scan the QR code or call us via the number shown below.



02476 786 349 | lewis.robinson@sbitc.org.uk

https://www.nuneatonandbedworthpcn.co.uk/













is an **EXCITING NEW FREE**

session aimed at getting parents out and about with children 4 years and under.

This will be a social session, designed to get parents socialising whilst getting their steps in.

steps in.
Refreshments available at meet/end points.



BEDWORTH

WEDS: 9.30-10.30am

Meet | Mayors Cafe

Walk | Bedworth Miners Welfare Park

NUNEATON

THURS: 9.30-10.30am

Meet | Saints Cafe

Walk | Riversley Park



To be eligible, you must be 18+ and registered with one of the 11 GP surgeries listed in the registration form, via the QR code.

To register, please scan the QR code or contact Lewis Robinson from SBITC, who run these sessions on behalf of Nuneaton & Bedworth PCN, via the details below:

02476 786 349 | lewis.robinson@sbitc.org.uk

https://www.nuneatonandbedworthpcn.co.uk/







Walk & Talk

Improve your health and wellbeing by connecting with your local community





To be eligible, you must be 18+ and registered with one of the 11 GP surgeries listed below:

- Manor Court Surgery
- Arbury Medical Centre
- Chapel End Surgery
- The Grange Medical Centre
- Queens Road Surgery
- Old Mill Surgery
- Red Roofs Surgery
- Riversley Road Surgery
- Bedworth Health Centre
- The Old Cole House Surgery
- Bulkington Surgery



BEDWORTH: NUNEATON:

Meet | Mayors Cafe Meet | Saints Cafe

Walk | Bedworth Miners Welfare Park | Walk | Riversley Park

Come and join us for a gentle walk in the park, rain or shine and enjoy a lovely hot drink afterwards along with fun quizzes, games or a chat. Improve your: Physical Health, Mental Health, Social Isolation, Loneliness whilst connecting with nature and making new friends.

If you are interested in attending our Walk & Talk group, ask any member of staff at your GP practice for a referral to the Social Prescribing team and we will be in contact to book you into the group.





https://www.nuneatonandbedworthpcn.co.uk/

NUNEATON



PAIN CAFÉ

A warm space for shared strength

Nuneaton & Bedworth PCN are collaborating with Pure Health & Wellbeing to deliver a Pain Café.

This will be a safe space where you can come and meet other like-minded people to connect and share your stories with.

A Health & Wellbeing Coach will give a brief presentation to discuss pain management, followed by opportunities to meet professionals like Social Prescribers and Pharmacists.

Attendees can participate in activities such as quizzes and board games, or simply enjoy a bit of socialising over coffee!

Please note: This session is a community support group and not a consultation for chronic pain, fibromyalgia, or any other conditions. If you require a consultation, please contact your GP.

To be eligible, you must be 18+ and registered with one of the 11 GP surgeries listed in the registration form.



Are you dealing with persistent pain and/or fibromyalgia?



Do you need a space where others truly understand your struggle?



Are you looking for support, connection, and a friendly chat over a hot drink?





If you would like to attend, please scan the QR code to fill out the short registration form.



3rd Tuesday of every month



10:30-12:30



Saints Nuneaton, Newdegate St, Nuneaton CV11 4ED







Gardening for wellbeing



Taster sessions

Interested in gardening and how it can boost your wellbeing?

Join us for some **free** sessions this winter.

Each session will include:



A simple gardening activity and nature craft



Something for you to take home



A hot drink, biscuit and a chance to chat



The opportunity to tell us what kind of gardening and nature activities you like

The sessions will be at:



The Newtown Centre, Newtown Road, Nuneaton, CV11 4HG

The centre is very close to the bus station. There is no parking at the venue itself.

The sessions are being delivered in partnership with





The session dates and times are:

Tuesday 11th November 1pm-3pm

Tuesday 18th November 1pm—3pm

Wednesday 26th November 1pm—3pm

Wednesday 3rd December 1pm—3pm

Monday 8th December 10am—12pm

Monday 15th December 10am—12pm

Who is running the sessions? Can I attend? How do I book on?

The sessions are being run by Anna and Rosie from Warwickshire Wildlife Trust in partnership with Nuneaton and Bedworth Primary Care Network and WCAVA.

To be eligible, you must be 18+ and registered with one of the 11 GP surgeries listed in the registration form.

You can book your place by



Email: Wellbeing@wkwt.org.uk

Call/text/Whatsapp Anna on 07464 486278

Book online scan OR:



The sessions are supported by Warwickshire County Councillors Michael Bannister, Wayne Briggs, Darren Cheshire, Rob Howard and Keith Kondakor.

Warwickshire Wildlife Trust: Protecting wildlife for the future. Registered charity number 209200.