

ACTIVE

SKY BLUES



Sessions are 1 hour 30 min, held at:

Bedworth Community Centre
Smorrall La, Bedworth CV12 0JN

The Newtown Centre
Newtown Rd, Nuneaton CV11 4HG

*Do you want to
make a positive
lifestyle change?*



FREE 12 Week Programme
covering:

Healthy weight
Nutrition
Exercise
Sleep/tiredness
Mental wellbeing
Smoking /alcohol



**Self-refer OR Referred by
a medical professional**



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 Partnership with



SEATED EXERCISE



Every Tuesday & Wednesday



Volunteer Friends, Bulkington, CV12 9JB



Every Friday



The Newtown Centre, Newtown Rd, Nuneaton CV11 4HG



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registration
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us via the
number
shown below.

*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*



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BUGGY TALK



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.
Refreshments available at meet/end points.



BEDWORTH

NUNEATON

WEDS: 9.30-10.30am

THURS: 9.30-10.30am

Meet | Mayors Cafe

Meet | Saints Cafe

Walk | Bedworth Miners Welfare Park

Walk | Riversley Park



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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.



WALKING FOOTBALL



EVERY FRIDAY



**JUBILEE SPORTS
CENTRE,
NUNEATON,
CV10 7EZ**

**Enjoy 1 hour
of football and
meet new people.**

Our Walking Football group at the Jubilee is for anyone 18+ that's keen to get involved in football but wants to do so in a more leisurely, light-hearted community environment.

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



**To complete your registration
form please scan the QR code**

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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





Warwickshire
Wildlife Trust



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



SUPPORTED BY:
Warwickshire
County Council

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

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@wkwtrg.org.uk

Call/text/Whatsapp Anna on 07464 486278

Book online scan QR:

