

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.

Attendees can participate in activities such as quizzes or simply enjoy 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.

- 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?





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

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

1st Tuesday & 3rd Tuesday of each month

10:30-12:30

Saints Nuneaton, Newdegate St, Nuneaton CV11 4ED

To ensure there is space for everyone and keep our groups supportive, we kindly ask that participants register to attend only one session per month 🤝💙

BUGGY TALK

NUNEATON & BEDWORTH PRIMARY CARE NETWORK

Join our FREE Buggy Talk group for a revitalising walk in nature, open to all parents, grandparents and caregivers!

Support your physical and mental wellbeing, connect with others and share experiences, all whilst getting your steps in.

Afterwards, join us for a friendly cuppa and a chat at a local community café.



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

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 a member of our team on 02475 107 012 or 02475 107 010 for more information.

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

NUNEATON & BEDWORTH PRIMARY CARE NETWORK

Walk & Talk

Bar Pool

NUNEATON & BEDWORTH PRIMARY CARE NETWORK

In Partnership with

BAR POOL Saints BAR POOL

A great way to improve your health and wellbeing & connect with others



Our **BRAND NEW FREE** Walk & Talk group in partnership with Saints Bar Pool is a friendly, relaxed walking group where you can enjoy gentle exercise, a walk in nature and the opportunity to connect with others.

After the walk, join us back at the Cafe for a cuppa, fun quizzes or just a chat!



Fortnightly sessions, starting 12th October 2026.

1:00pm - 3:00pm

Saints Bar Pool, 52 Vernons Ln, Nuneaton CV10 8AA

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 a member of our team on 02475 107 012 or 02475 107 010 for more information.

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NUNEATON & BEDWORTH PRIMARY CARE NETWORK

Walk & Talk

NUNEATON & BEDWORTH PRIMARY CARE NETWORK

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 :
Meet | Mayors Cafe
Walk | Bedworth Miners Welfare Park

NUNEATON:
Meet | Saints Cafe
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.

FREE REFRESHMENTS!

NUNEATON & BEDWORTH PRIMARY CARE NETWORK

In Partnership with

MARY ANN YOUR LOCAL HOSPICE

SEATED EXERCISE GROUP





*Come and join us for our **BRAND NEW FREE** Seated Exercise class - it is a great way to socialise while taking part in some fun, gentle exercise! Afterwards, enjoy a cuppa, chat and quizzes whilst connecting with others.*

This group is open to all service users of Mary Ann Evans Hospice and their Carers.

Every 1st Monday of the Month, starting 5th October

10.30am - 12pm

Mary Ann Evans Hospice, Eliot Way, Nuneaton, CV10 7QL

- **Refreshments Provided!**
- **Enjoy 45 minutes of Seated Exercise, followed by 45 minutes of fun quizzes & chat**
- **Free parking available at Mary Ann Evans Hospice**

To register, please scan the QR code or contact a member of our team on 02475 107 012 for more information.

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

NUNEATON & BEDWORTH PRIMARY CARE NETWORK



Menopause support group

***Every 4th Monday of the month* with sessions running on*: -**

***(with the exception of December due to the Christmas break)**

Monday 26th October 2026 - 11.00am until 12.00pm

Monday 23rd November 2026 - 11.00am until 12.00pm

Monday 25th January 2027 - 11.00am until 12.00pm

Monday 22nd February 2027 - 11.00am until 12.00pm

Monday 22nd March 2027 - 11.00am until 12.00pm

Monday 26th April 2027 - 11.00am until 12.00pm

The Harbour Centre, 12 Congreve Walk,

Bedworth CV12 8LY

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 sign up here:-
https://forms.cloud.microsoft/e/DGAamvzvh2

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SEATED EXERCISE

Every Tuesday &Wednesday
Volunteer Friends, Bulkington, CV12 9JB

Every Friday
The Newtown Centre, Newtown Rd, Nuneaton CV11 4HG



Join our FREE Seated Exercise group and keep active, boost your mood and improve your mental and physical wellbeing!

Enjoy 45 minutes of gentle seated exercising at your own pace, meet new people, build confidence and have fun in a welcoming, supportive environment.

Afterwards, join us for refreshments, quizzes & a friendly chat

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

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

To register, please scan the QR code or contact a member of our team on 02475 107 012 or 02475 107 010 for more information.

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NUNEATON & BEDWORTH
PRIMARY CARE NETWORK

WALKING FOOTBALL

NUNEATON & BEDWORTH
PRIMARY CARE NETWORK



EVERY FRIDAY

JUBILEE SPORTS CENTRE, NUNEATON, CV10 7EZ

Get active, boost your mood and enjoy the game!

Our FREE Walking Football Group is a great way to improve your physical and mental wellbeing, meet new people, build connections and enjoy football at a gentler pace.

This group is for anyone that's keen to get involved in football but wants to do so in a more leisurely, light-hearted community environment.

Enjoy 1 hour of football and then join us for a fun quiz and a friendly cuppa!

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

To register, please scan the QR code or contact a member of our team on 02475 107 012 or 02475 107 010 for more information.

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NUNEATON & BEDWORTH
PRIMARY CARE NETWORK

FIT FOR LIFE

Building healthier habits for lasting wellbeing



NUNEATON & BEDWORTH
PRIMARY CARE NETWORK

FREE 12 Week Programme covering:

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

To Self-refer, please scan the QR code below.

Sessions are 1 hour 30 min, held at:
Additional exercise session available

Bedworth Community Centre: Smorrall Lane, Bedworth CV12 0JN

The Newtown Centre: Newtown Rd, Nuneaton CV11 4HG

Do you want to make a positive lifestyle change?

Our FREE Fit for Life 12-week programme is here to help you make positive lifestyle changes in a friendly and supportive environment.

Come together with others to learn how to improve your well-being and join in a fun exercise session afterwards.

Additional exercise classes are also available.

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 a member of our team on 02475 107 012 or 02475 107 010 for more information.

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NUNEATON & BEDWORTH PRIMARY CARE NETWORK