

RESOURCE DIRECTORY

PLEASE NOTE THAT DUE TO COVID THE MAJORITY OF EVENTS ARE TEMPORARILY CLOSED OR BEING DELIVERED IN A DIFFERENT WAY. PLEASE CALL THE RELEVANT ORGANISATION FOR MORE INFORMATION.

SOCIAL SUPPORT & FRIENDSHIP

Social networks (online only)

Online only	Meet Up	Find details of local social and interest groups in your area. Web: meetup.com/
Online only	Next Door	A social network that brings together neighbours and others in their local community Web: https://nextdoor.co.uk/login/
Online only	Silversurfers (lifestyle article)	Information about senior dating, and links to other websites that offer services or search facilities. Web: silversurfers.com/best-of-the-web/lifestyle-best-of-the-web/50s-senior-speed-dating-options-uk/

Befriending (Warwickshire)

0800 434 6105	Age UK Call In Time	Telephone Befriending service, available nationally for people who live alone (including carers), feel lonely or isolated, and have no other social support. Offers up to 30 minutes of chat, once a week, with a corporate volunteer. Web: https://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/ (online referral form)
4501926 458 113	Age UK Warwickshire Befriending	Home visits for those 70+, who are without the support of family/friends, and cannot access the community. Short-term support options may be available for those who wish to get out more. Currently being delivered via telephone Email: befriending@ageukwarks.org.uk Web: https://www.ageuk.org.uk/coventryandwarwickshire/our-services/warwickshire/befriending/
01788 552 548	Age UK Warwickshire Home Support	Companionship at home for Warwickshire residents, may include short trips out. Can also provide practical assistance around the home eg housework; shopping; meal preparation; ironing; dog walking; light gardening. There is an hourly charge for this service. Email: Care.Admin@ageukwarks.org.uk Web: https://www.ageuk.org.uk/coventryandwarwickshire/our-services/warwickshire/home-support/
0121 603 1331	Contact the Elderly: Leamington Spa, Rugby and Stratford-upon-Avon	Monthly Sunday afternoon tea parties for people aged 75 and over, who live alone, with little or no support from friends, family or statutory services. Contact Pamela Walker. Email: pamela.walker@contact-the-elderly.org.uk
07792 860 164	Good Companion Leamington Spa, Warwick and Kenilworth.	Befriending; support to attend activities or appointments; shopping; administrative support at home; planning special occasions. Contact is Sarah Pagan.
0800 316 8802	Home to Home Calls	A daily telephone befriending service. Topics of discussion can range from a welfare check and medication reminder, to a chat about daily life. Will contact nominated person if calls are unanswered after three attempts. Various prices, from £10.50 per week. Web: hometohomecalls.com/
0800 319 6789	Independent Age Telephone Buddies	Weekly or monthly telephone calls. For people aged 70+ who live alone and have little contact from family/friends.

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		Web: independentage.org/get-support/receive-regular-phone-calls-or-visits
0800 319 6789	Independent Age Volunteer Visitor Service	Befriending for older people at home, or companionship for short trips out, available in some areas within Warwickshire, depending on availability of volunteers. Web: independentage.org/get-support/receive-regular-phone-calls-or-visits
01743 245 088	Omega Chatterbox	Matches selected volunteers with a client who needs someone to listen and talk to. Offers a listening ear help to access information and support, including local services. Open to those who are in ill-health; family care-givers; people nearing the end of life; the bereaved; those recently discharged from hospital; socially isolated individuals; the elderly; and other people in crisis, or needing support to live independently following a life event. Email: chatterbox@omega.uk.net Web: https://www.omega.uk.net/
08004 708 090	Silver Letters	A regular exchange of correspondence between an older person and a Silver Line Friend. All postage is free for both parties, and sent via a mail centre. Suitable for people who cannot, or prefer not to, access the Silver Line telephone services, such as those who are hearing impaired, as well as those who just prefer the written word. Web: thesilverline.org.uk/what-we-do/
08004 708 090	Silver Line Helpline	Lines are open 24 hours a day, 7 days a week. You can call if you need information, advice or just a chat. Web: http://www.thesilverline.org.uk/what-we-do/
08004 708 090	Silver Line Telephone Friends	Telephone befriending. A weekly friendship call from a volunteer who have contacted The Silver Line because they enjoy talking to older people. There is no charge for receiving a befriending call. Web: thesilverline.org.uk/what-we-do/
08004 708 090	Silver Circles	Facilitated group telephone calls where people with shared interests can discuss various topics with a wider group. Silver Circles group calls are free of charge. Web: http://www.thesilverline.org.uk/what-we-do/
Online only	Silversurfers	Online social community, membership discounts; articles; online polls; speakers' corner; community showcase; e-community. Web: silversurfers.com/
07428 730 950	Time Out	Various support services available including befriending, sitting service, shopping and gardening services. Available across North Warwickshire. Hourly fee of £15 Web: timeoutliving.co.uk/

Signposting services

01788 539 572	Warwickshire Community and Voluntary Action (WCAVA), Connect Well: Rugby and being extended to Nuneaton and Bedworth	Social prescribing Navigators who can signpost to community activities and organisations that may help improve personal health and wellbeing. Health Buddies can provide up to 6 week's support to integrate into a new social/activity group, if required. Available to Rugby residents over 18. Web: wcava.org.uk/connectwell
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01788 533 656	Warwickshire County Council Community Development Workers: Rugby	Information about community services, news and events, with a particular focus on Brownsover, Newbold, Rugby Town Centre, Benn, and Overslade areas. Contact is Jennifer McCabe. Web: warwickshire.gov.uk/rugbyareainformation
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SOCIAL ACTIVITIES

Rugby community centres, hubs, and activity centres

01788 552 540	Age UK Warwickshire, Claremont Community Centre	CURRENTLY ON HOLD Address: 43 Clifton Road, Rugby, CV21 3QE. Email: RugbyReception@ageukwarks.org.uk Web: https://www.ageuk.org.uk/coventryandwarwickshire/about-us/contact-us/claremont-centre/
01788 553 033	Benn Partnership Community Centre	Address: Railway Terrace, Rugby, CV21 3HR. Email: info@bennpartnership.org.uk Web: bennpartnership.org.uk/
02476 542 417	Binley Woods village hall	Address: Rugby Rd, Binley Woods, Coventry, CV3 2AX. Email: binleywoodsvillagehall@yahoo.co.uk Web: binleywoodsparish.wordpress.com/calendar/
01788 576 041	Hill Street Community Centre	Address: Hill Street, Rugby, CV21 2NB. Email: info@hillstreetcentre.co.uk Web: hillstreetcentre.com/
01788 842 952	New Bilton Community Association	Address: 1 Gladstone Street, Rugby, CV21 2JP. Email: hammond4@ntlworld.com Web: nbca.org.uk/
01788 573 640	Overslade Community Centre	Address: Buchanan Road, Rugby, CV22 6AZ. Email: ocamanager@hotmail.co.uk

Rugby activities

Social groups and lunchclubs		
N/A	Binley Woods Knit and Natter: Rugby	Day/time: Mondays, 10am-12pm. Venue: Binley Woods Village Hall, Rugby Road, Binley Woods, Coventry, CV3 2AX (in the Main Hall). Email: binleywoodsvillagehall@yahoo.co.uk
02476 542 496	Binley Woods Open Door Lunch Club: Rugby	Social lunchclub. Contact is Margaret Bolton. Day/time: Every 1 st and 3 rd Tuesday of every month 12.30-1.30pm. Venue: Binley Woods Village Hall, Rugby Road, Binley Woods, Coventry, CV3 2AX (in the Gallery/Morrison room). Meal - £3 Email: binleywoodsvillagehall@yahoo.co.uk
01788 552 542	Bloom-in Group: Rugby	Lunch club and social group, activities and occasional outings. Contact is Janet Newman. Day/time: Thursdays, 12-2.45pm. Venue: Claremont Centre 43 Clifton Road, Rugby, CV21 3QE (in the Sedgewick or Offord room).
01788 573 696	Brownsover BREW Community Café: Rugby	Day/time: Tuesdays, 1- 5pm. Venue: Christ Church, Helvellyn Way, Brownsover, Rugby, CV21 1JF. Email: revd.timdavis@yahoo.co.uk
01788 552 540	Claremont Crib / dominoes club, Rugby	No booking necessary, just turn up on the day. Day/time: Mondays, 2-3.30pm. Venue: Claremont Centre (in the community café), 43 Clifton Road, Rugby, CV21 3QE Email: RugbyReception@ageukwarks.org.uk

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		Web: https://www.ageuk.org.uk/coventryandwarwickshire/about-us/contact-us/claremont-centre/
02476 542 417	Friendship Club: Rugby	Social group for elderly or vulnerable people. Carers also welcome. Group activities, outs, etc. Contact is Linda Player. Day/time: Thursdays, 2-4pm. Venue: Binley Woods Village Hall, Rugby Road, Binley Woods, Coventry, CV3 2AX (in the Main hall). Email: binleywoodsvillagehall@yahoo.co.uk Web: https://binleywoodsparish.wordpress.com/calendar/
01788 575 565	Harka 50+ lunch club, Rugby	Social lunch club. Organised by the Hillside & Rokeby Community Association. Contact is John Watts. Day/time: Occasional Wednesdays, from 12pm Venue: The Griffin pub, Kingsway, Rugby, CV22 5NT. Email: jw_johnwatts.tds@btinternet.com
01788 552 543	Hill Street 50+ club: Rugby	Social club for older people. Day/time: 2nd Tuesday of the month, 10.30am-12.30pm. Venue: Hill Street Centre, Hill Street, Rugby, CV21 2NB
01788 542 397	Hoskyn Centre, Rugby	Various social and activity groups for people living with disabilities. Activities include dominoes; bingo; board games; crosswords; Sudoku. Occasional shopping trips and other events. Contact Irene Moore. Venue: Hamilton House, 12 Bilton Road, CV22 7AB. Email: info@hoskyncentre.co.uk Web: hoskyncentre.co.uk/
07593 871 673	Kilsby Bridge Club, Rugby	Fridays, 9am-4pm, at Kilsby Village Hall, Rugby Road, Kilsby, Rugby, CV23 8XX. Email: bookings@kilsbyvillagehall.co.uk
07754 784 251	Men's Breakfast, Rugby	Full cooked English breakfast. Contact is Rev. Sheila Bridge. Day/time: 2nd Saturday of the month, 8.30am. Address: St Peter's and St John's Church hall, Clifton Road (on the corner of St Peter's Road), Rugby, CV21 3PF. Email: Sheila@peterjohnchurch.org.uk Web: peterjohnchurch.org.uk/mens-breakfast.html
01788 819 891	Newbold Chapel café: Rugby	A fresh, hot, healthy meal for a suggested donation of £2.50. If you can't afford to pay there is an option to volunteer at the café, and eat for free. Every menu is based on fresh surplus food available locally. Contact is Revd Jane Gaffney. Day/time: 2 nd and 4 th Mondays of the month, 12.30-2.30pm. Venue: at Newbold Methodist Church, Main Street, Newbold, Rugby, CV21 1HH. E-mail: minister@rugbymethodist.org.uk Web: rdmethodist.org.uk/Churches/newbold.htm
01788 513 171	No. 1 Social Group: Rugby	Bingo, chat and a quiz. £2 per session. Day/time: Tuesdays, 1.30-3pm. Venue: Claremont Centre, 43 Clifton Road, Rugby, CV21 3QE (in Betts Hall. Contact Kathy Young.
01788 814 735	Overslade Oasis 50+ club: Rugby	Social club for people over 50 years. Contact is Tina Avis. Day/time: 2nd Wednesday of the month, 11.30am-2.30pm. Venue: Overslade Community Centre, Buchanan Road, Rugby, CV22 6AY.
N/A	Rainbow 50: Rugby	A multi-racial social group for over 50s. Activities, trips, speakers, workshops.

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		Day/time: Wednesdays, 10am-12pm. Venue: Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR. Web: rainbow50plus.org/index.html
01788 570 410	Rugby Baptist Church luncheon club: Rugby	Community lunch club. Day/time: Tuesdays from 12.30pm, Venue: Rugby Baptist Church Regent Place, Rugby, CV21 2PJ (in John Lees Hall next to the church), Email: office@rugbybaptist.org.uk
01788 544 608	Rugby Elim Pentecostal church, Young at Heart group	Social club offering games, lunch and conversation for those 55 and over. Day/time: First Wednesday of the month, 12-2pm, Venue: Rugby Christian Fellowship, 46 Cambridge Street, Rugby, CV21 3NQ. Email: office@rugbyelim.org.uk Web: rugbyelim.org.uk/young-at-heart/
01788 810 211	Royal Naval Association: Rugby	For those who have formerly served in the Navy. Secretary is Jane Webster. Day/time: First Friday of the month, at 8-11pm. Venue: The Oakfield Club, Bilton Road, Rugby, CV22 7AL. Web: royal-naval-association.co.uk/branches/no-08-area/rugby/
01788 575 565	Rugby Probus Club	A social group for fully/partially retired men from a variety of professional occupations. Monthly lunch and speakers, occasional outings. Hotel lunches, guest speakers. Day/time: Last Tuesday of the month. Web: http://rugbyprobus.co.uk/
01213 260 400	Rugby Bilton Townswomen's Guild	A friendly social group. Friendship, recreational activities, community involvement. Day/time: Second Monday of the month, 2pm. Venue: Bilton Methodist Church, Main Street, Bilton Rugby, CV22 7ND. Web: http://www.the-tq.com/Guild/rugby-bilton-afternoon/48.aspx
01788 543 272	Rugby Friendship Centre	Social group for people over 50, with monthly speakers. Additional activities held on the 3 rd and 4 th Tuesdays of the month including pub lunches, and social walks. Date/time: 2nd Tuesday of the month, at 10.30am Venue: Hamilton House, Bilton Road, Rugby, CV22 7AB. Email: davegoode36@tiscali.co.uk Web: http://www.fcfed.com/fwmrugby.htm
01788 552 540	Rugby Hillmorton and Paddox Townswomen's Guild	A friendly social group. Friendship, recreational activities, community involvement. Meets on the first and third Tuesday of the month, 1-45pm. Venue: Hillmorton Community Centre, 326 Hillmorton Road, Rugby, CV22 5EY.

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		Web: the-tg.com/Guild/rugby-hilmorton-paddox-afternoon/216.aspx
01788 552 540	Rugby Stroke Group	Claremont Centre, Stroke Social Group, 2nd and 4 th Friday of month 12.30pm to 2.30pm. Claremont Centre, Rugby
01788 822938	Yoga	Village Arts Group – Friday 9.30 – 11.3am/11.45am – 13.45pm, Vicki Parsons: 01788 822938. Dunchurch Village Hall, Rugby Road, Dunchurch, Rugby, CV22 6PN
07710 467023	Bridge Class	Bridge Classes – Monday 12.30-12.30, Tuesday 1.30 – 5.15, Wednesday 9.30 – 12.30 Nicky Bainbridge: 07710 467023 Dunchurch VillageH all, Rugby Road, Dunchurch, Rugby, CV22 6PN
01788 890575/077 42 321826	Yoga	Yoga, Tuesday 10-11.30am, Natalie: 01788 890575/07742 321826 Dunchurch Village Hall, Rugby Road, Dunchurch, Rugby, CV22 6PN
01788 552 540	Scottish Dancing	Scottish Dancing - Wednesday, Scottish dancing, 7.30pm to 9pm
01788 553033	Free Art Sessions	At Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR Tel: 01788 553033 Free art sessions, Thursdays 10 – 2pm. Photography, paper cutting, xmas card making, embroidery. Lino printing. All ages and abilities
01788 553 786	Rugby U3A	Informal interest and activity groups which meet in members' homes or community venues across Rugby.Groups are for pleasure rather than educational attainment. Formal qualifications or expertise in the area of interest are not required. Membership fees apply. Contact for further information on individual groups. Web: u3arugby.org.uk
01788 535 201	Rugby United Reformed Church Wednesday group	Fun and friendship, board games and other activities, followed by a hot drink. Occasional visits to local places of interest. Day/time: Wednesdays 2- 4pm. Venue: Rugby United Reformed Church, 40 Hillmorton Road, Rugby, CV22 5AD. Email: churchsec@rugbyurc.org.uk Web: rugbyurc.org/wednesday-group/
01788 535 201	Rugby URC Community lunchclub	Home-made main course, followed by dessert and a hot drink. The price of the meal is £4. Day/time: Fridays, from 12 noon. Venue: Rugby United Reformed Church, 40 Hillmorton Road, Rugby, CV22 5AD. Email: churchsec@rugbyurc.org.uk Web: rugbyurc.org/community-lunch/
01788 542 347	Salvation Army lunch club/over 60s club: Rugby	Community lunch club, followed by an over 60s group. Venue: The Salvation Army Citadel, Bennfield Road, Rugby, CV21 2AS. Thursdays, from 12.15pm. Web: https://www.salvationarmy.org.uk/rugby-citadel
01788 890623.	Simply Social: Rugby	A social group for men and women who are 50+, are on their own, and want to meet new friends in a relaxed atmosphere. Various activities include visits to the theatre and cinema; walks; meals out; ten pin bowling; swimming.

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		Day/time: Mondays, from 8.30pm. Venue: The Newbold Crown, 2 Main Street, Newbold, Rugby, CV21 1HW. Email: rugby@simply-social.org.uk Web: simply-social.org.uk/rugby-2/
01788 890 623	Willoughby Thursday club, Rugby	Activities eg craft workshops; demoonstartions; talks; quizzes; annual garden party; pub lunches; and occasional trips. Contact is Betty Oates. Day/time: Second Thursday afternoon of the month. Venue: Willoughby village hall, 17 Lower Street Willoughby, Rugby, CV23 8BX.
0808 802 8080	Royal British Legion, Rugby	Events and activities Day/time: various. Venue; Numerous locations across the county, contact for further details. Web: counties.britishlegion.org.uk/counties/
Sports groups		
02476 542 971	Binley Woods Short Mats Bowls, Rugby	Contact is Jan Outhwaite. Day/time: Mondays, 2-5pm. Venue: Binley Woods Village Hall, Rugby Road, Binley Woods, Coventry, CV3 2AX (in the Main hall). Email: binleywoodsvillagehall@yahoo.co.uk
07593 871 673	Kilsby Indoor Bowling Club: Rugby	Day/time: Wednesdays, 7-9pm. Venue: Kilsby Village Hall, Rugby Road, Kilsby, Rugby, CV23 8XX. Email: bookings@kilsbyvillagehall.co.uk Web: kilsbyvillagehall.co.uk/events/
07593 871 673	Kilsby Over 60s Table Tennis: Rugby	Day/time: Occasional Tuesdays, 2-4pm. Venue: Kilsby Village Hall, Rugby Road, Kilsby, Rugby, CV23 8XX. Email: bookings@kilsbyvillagehall.co.uk Web: kilsbyvillagehall.co.uk/events/
01788 552 540	Tai-Chi: Rugby	£5 per session . Day/time: Mondays, 2-3pm; and Friday, 10.30-11.30am. Venue: Claremont Centre, 43 Clifton Road, CV21 3QE. Web: https://www.ageuk.org.uk/coventryandwarwickshire/about-us/contact-us/claremont-centre/
07885 509 499	Walking Football United: Rugby	Football aimed at over-55s. Charges apply, booking necessary. Changing rooms and refreshments available. Qualified coach. Day/time: Fridays, 12-1pm. Venue: Rugby Town Junior Football Club, Kilsby Lane, Rugby, CV21 4PN. Contact Darren. Email: enquiry4fun@outlook.com Web: walkingfootballunited.co.uk/warwickshire
Exercise classe		
07772 781499	Pilates	Patina's Pilates, Monday, 11am – 12 noon. Petina 07772 781499, patina@petinaspilates.co.uk Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GU
07766 181514	Zumba	Zumba gold – low impact, Wednesdays, 9.30am to 10.30am, Nicola: 07766 181514 Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GU
01788 552 540	Yoga	Yoga - Tuesday – 6pm to 8.30pm. Claremont Centre, Rugby
01788 552 540	Walking football	Walking Football - Wednesday, 10.30am to 11.30am, Claremont Centre, Rugby

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01788 814 734	Creative mobility exercise	Exercise sessions with Tim Tandy. Day/time: Occasional Thursdays, 4pm. Venue: Manor House, Bawnmore Road, Bilton, Rugby, CV22 7QU. Email: manorhouse@pinnaclecare.co.uk Web: themanorhouser Residentialhome.co.uk/activities.htm
01788 542 397	Keep Fit at Hoskyn Centre Daycare, Rugby	Led by a qualified instructor and age and ability appropriate. £3 per session, or £6 including lunch, dessert and all drinks. Day/time: Wednesdays, 11am. Contact is Irene Moore. Venue: Hoskyn Centre, Hamilton House, 12 Bilton Road, CV22 7AB. Email: irene@hoskyncentre.co.uk Web: http://www.hoskyncentre.co.uk/events
07966 355 314	Keep Fit: Rugby	Day/time: Mondays, 7.30-8.30pm. Venue: Binley Woods Village Hall, Rugby Road, Binley Woods, Coventry, CV3 2AX (in the Main Hall). Contact is Angie. Email: binleywoodsvillagehall@yahoo.co.uk Web: https://binleywoodsparish.wordpress.com/calendar/
01788 552 540	Mile a Week, Rugby	A mile-long group walk in the local community starting from the Claremont Centre. Booking is not necessary. Venue: Claremont Centre, 43 Clifton Road, Rugby, CV21 3QE Day/time: Wednesdays, from 10-30am.
01788 552 540	Movement to Music: Rugby	Music-based exercises, some are seated. £3 per session. Day/time: Mondays, 10.15-11.15am. Venue: Claremont Centre 43 Clifton Road, CV21 3QE. Web https://www.ageuk.org.uk/coventryandwarwickshire/about-us/contact-us/claremont-centre/
01788 552 540	Parkinson's UK, seated exercises: Rugby	Seated exercises with Kerstin Awang for people living with Parkinson's. Time/day: Tuesdays, 12-1pm. Venue: Claremont Centre, 43 Clifton Road, CV21 3QE (in Betts Hall). Web: https://www.ageuk.org.uk/coventryandwarwickshire/about-us/contact-us/claremont-centre/
01788 552 540	Tai Chi, Rugby	Healing exercises for anyone with standing or mobility problems, including those who use a wheelchair. Day/time: Thursdays, 12.30am-1.30pm. Venue: Claremont Centre, 43 Clifton Road, CV21 3QE (in Betts Hall). Web: https://www.ageuk.org.uk/coventryandwarwickshire/about-us/contact-us/claremont-centre/
N/A	Yoga With Sona: Rugby	Day/time: Thursdays, 6.00-7.15pm. Venue: Binley Woods Village Hall, Rugby Road, Binley Woods, Coventry, CV3 2AX (in the Main Hall). Email: binleywoodsvillagehall@yahoo.co.uk Web: binleywoodsparish.wordpress.com/calendar/
Dance		
02476 364 891	Binley Woods, Line Dancing: Rugby	Contact is Linda Stephenson. Day/time: Tuesdays, 10-11am. Venue: Binley Woods Village Hall, Rugby Road, Binley Woods, Coventry, CV3 2AX (in the Main Hall). Email: binleywoodsvillagehall@yahoo.co.uk Web: binleywoodsparish.wordpress.com/calendar/
01788 552 40	Scottish dancing: Rugby	Day/time: Fortnightly on Wednesdays, 7.30-9pm. Venue: Claremont Centre, 43 Clifton Road, Rugby, CV21 3QE Web: https://www.ageuk.org.uk/coventryandwarwickshire/about-us/contact-us/claremont-centre/
N/A	Scottish dancing: Rugby	Day/time: Fortnightly on Tuesdays, 8.30-10.30pm. Venue: Claremont Centre, 43 Clifton Road, Rugby, CV21 3QE

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		Email: binleywoodsvillagehall@yahoo.co.uk Web: binleywoodsparish.wordpress.com/calendar/
Organised walks		
01788 533 721	Rugby Borough Walks	Co-ordinated weekly/monthly group walks around the borough, including Bilton, Cawston, Brownsover, Dunchurch, Benn, and Eastlands areas. Contact Katie Wilson. Email: katie.wilson@rugby.gov.uk Web: walkingforhealth.org.uk/walkfinder/west-midlands/rugby-borough-walks-0
01455 815 484	Rugby Ramblers	Organised walks, various locations and paces - ranging from short urban strolls to more challenging hikes. Web: ramblers.org.uk/rugby
Gardening and craftwork		
N/A	Clifton-on-Dunsmore Garden Club	Maintenance of the Millennium Garden on the corner of Main Street and South Road, and planting of large containers outside the Clifton shop. Timetable of events is available online. Day/time: 3rd Thursday of each month, 7-30pm. Venue: Upstairs in the Townsend Memorial Hall, 1 Lilbourne Rd, Clifton upon Dunsmore, Rugby CV23 0BD. Web: cliftonupondunsmore.org.uk/community/clifton-garden-club/
N/A	Friends of Brandon Wood, Rugby	Thursdays, 7.30-8.30pm, Venue: Binley Woods Village Hall, Rugby Road, Binley Woods, Coventry, CV3 2AX (in the Morrison roo). Email: binleywoodsvillagehall@yahoo.co.uk Web: binleywoodsparish.wordpress.com/calendar/
01788 560 782	Long Lawford Garden Club, Rugby	Monthly meetings on the last Friday of the month from 8.15pm, at Memorial Hall, Railway Street, Long Lawford, Rugby, CV23 9BA. Mixed ages and abilities. Speakers and discussion, raffle and refreshments. Themed film night twice yearly. Occasional coffee mornings, social outings and seasonal events. Contact Eileen Spencer, chairperson.
01788 552 540	Men in Sheds, Rugby	Social/practical group for men. Make wooden items to sell and raise funds for the shed. Day/time: Men Tuesdays, and Thursdays, 9.30am - 3.30pm Day/time: Women Mondays. Cost: £3 per session this covers refreshments and overhead, running of the shed project. Venue: Claremont Centre, 43 Clifton Road, Rugby, CV21 3QE. The workshop is located in the rear car park of the Centre. Web: https://www.ageuk.org.uk/coventryandwarwickshire/about-us/contact-us/claremont-centre/ Contact is Kathy Young 07554 995081
01788 814 489	Rugby Gardeners Guild	Speakers and outings. Membership fees apply. Chairman is Keith Foster. Day/time: Third Tuesday of the month, from 7.30pm. Venue: Thornfield Indoor Bowls Club, Bruce Williams Way, Rugby, CV22 5LZ. Email: keith-foster1@sky.com Web: http://www.rugbygardenersguild.co.uk/
02476 542 236	U3A Rugby gardening group	Practical sessions; talks and demonstrations; visits to public and private gardens. Entry fee and transport costs may apply.

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		Day/time: First Wednesday of the month. Venue: Various locations. Web: u3arugby.org.uk/index.php?plD=5&contactReason=3
02476 302 912	Warwickshire Wildlife Trust: Rugby	Community conservation sessions to improve wellbeing and health. Tasks can be adapted for all abilities and no previous experience is required as all training will be provided. Day/time: fortnightly, Tuesdays 10am-1pm, September – February. Venue: Various, around Rugby - currently Newbold on Avon, Rugby, CV21 1AY (car park is located in Norman Road). Contact is Fay Irvine. Email: faye.irvine@wkw.org.uk Web: warwickshirewildlifetrust.org.uk/GHRnewbold
01327 340 041	Woolscott Flower Club: Rugby	Group that encourages the love of flowers and plants, and how to demonstrate their decorative and creative value. Membership fees apply. South Midlands area contact is Christine Watts. Day/time: First Wednesday of the month at 7-30pm, at Willoughby village hall, 17 Lower Street, Willoughby, Rugby, CV23 8BX. Email: christinewatts46@gmail.com Web: southmidlandsnafas.co.uk/
Arts and languages groups		
01788 552 540	Art for All, Rugby	Social art group, all abilities welcome. £2 per person, per session. No need to book. Attendees must bring their own equipment. This is not a tutor-led session. Day/time: Tuesdays, 10am-12pm Venue: Claremont centre, 43 Clifton Road, Rugby, CV21 3QE
01455 209 489	Rugby Decorative Fine Arts Society	Monthly lectures and discussions on fine arts. Non-members welcome. Fees apply. Contact is Joy Lunn. Day/time: Thursday, from 7pm. Venue: Benn Hall, Newbold Road, Rugby CV21 2LN.
Crafts, home skills group		
	Ball of Yarn Group, Rugby	Crafting and knitting group. No charge but donations are welcome. Day/time: Mondays, 10am-12pm. Venue: Rugby Library, Little Elborow Street, Rugby CV21 3BZ and Day/time: Wednesdays, 6.30-9pm. Venue: Works4Me, 31 High Street, Rugby, CV21 3BW. Web: facebook.com/groups/ballofyarn/
07968 983 320	Railway Terrace Cooking club: Rugby	4-week course – learn how to cook on a budget, then enjoy a meal together. Call to book a place. Contact is Joyce Woodings. Day/time: Tuesdays, 10am-12pm. Venue: Rugby Evangelical Free Church, 54 Railway Terrace, Rugby, CV21 3EX. Email: joycewoodings@yahoo.co.uk Web: bennpartnership.org.uk/content/railway-terrace-cooking-course
01788 573 696	Brownsover Art and craft group: Rugby	Social craft group, members knit; paint; scrapbook; sew; cross-stitch; embroider; make cards; crochet. Meet like-minded friends to chat and swap ideas. Contact is Pat or David Rushton. Day/time: Occasional Saturdays, 10am-4pm. Venue: Christ Church. 2 Helvellyn Way, Brownsover, Rugby, CV21 1QG. Email: Rushtond00@gmail.com Web: http://www.cnbparishes.org.uk/adults.htm

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01788 553 033	Express Arts and Craft, Rugby	Free fun, social, art and craft group. Explore new techniques and exciting ideas. Free tea and coffee included. All abilities welcome. Thursdays, 10am-12pm (term time only). Venue: Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR. Email: rob.higgs@bennpartnership.org.uk Web: bennpartnership.org.uk/content/arts-crafts-free
N/A	Knit and Natter: Rugby	All welcome regardless of ability or experience. Day/time: Second Wednesday of the month, 2-4pm. Venue: St John's Church, Long Lawford, Rugby, CV23 9BH. All welcome
01788 812 840	Knit and Natter/ Crochet and Chat: Rugby	Knitting and crotchet group. £1.50 per session including tea/coffee and biscuits. Learn to knit or crochet - no experience necessary. Contact is Sarah. Day/time: Tuesdays, 10.30am-12pm. Venue: St Peter's and St John's Church, Clifton Road (on the corner of St Peter's Road), CV21 3PF. Web: peterjohnchurch.org.uk/knit-and-natter.html
01788 522 540	Pins and Needles Rugby	A creative, social group that enjoys knitting and sewing. Bring your own project, or join in a group activity. Day/time: Tuesdays, 1.00-3.00pm. Venue: Claremont Centre, 43 Clifton Road, Rugby, CV21 3QE (in the café).
01788 579 068	Sewing Club: Rugby	Day/time: Mondays, 2-3.30pm. Venue: Rugby Methodist Church Centre, Russelsheim Way, Rugby, CV22 7TB. Email: rmccoffice95@gmail.com Web: rugbymethodist.org.uk/calendar.htm
N/A	U3A crafts, Rugby	A chance to learn and use your skills in a variety of useful and practical activities. Call for precise location. Online enquiries only. Day/time: Fouth Tuesday of month 10am-12pm. Venue: Long Lawford (contact U3A for further details). and Day/time: Tuesday of month 2-4pm. Venue: Long Lawford (contact U3A for further details). Web: u3arugby.org.uk/index.php?plD=7
01788 579 068	Wednesday Craft Afternoon: Rugby	Bring your own craft or knitting, or if you don't have one, come and help those who do. Also play board games, develop coloured pictures, and listen to stories whilst having a chat with coffee, tea and cakes. Day/time: Third Wednesday of the month, 2.30-4pm. Venue: Rugby Methodist Church Centre, Russelsheim Way, Rugby, CV22 7TB. Email: rmccoffice95@gmail.com Web: rugbymethodist.org.uk/calendar.htm
History, reminiscence, and local interest		
01788 814 734	Reminiscence World with Sarah: Rugby	Call for exact dates. Day/time: Monthly on Wednesdays, at 11am. Venue: Manor House, Bawnmore Road, Bilton, Rugby, CV22 7QU.
N/A	Rugby and District Historic Transport Studies Group	The main aim of the group is to preserve photographs and memories of transport history from around Warwickshire. Entry is just £1 per meeting; all profits go to the Warwickshire and Northamptonshire air ambulance. Day/time: Second Thursday of the month, from 2pm. Venue: Methodist church hall, Main Street, Newbold on Avon, Rugby, CV21 1HH.

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		Email rdhtsg@hotmail.co.uk Web freewebs.com/rdhtsg/
N/A	Rugby Family History Group: Rugby	Talks, discussions, group visits, and project evenings. contact for timetable. Day/time: Various, multiple. Venue: Percival Guildhouse, St Matthews Street, Rugby, CV21 3BY. Web: rugbyfhg.co.uk/
Music		
01788 552 540	Claremont Singers: Rugby	Community singing group. £1.50 per session. Day/time: Thursdays, 2.30-4pm. Venue: Claremont Centre, 43 Clifton Road, Rugby, CV21 3QE.
N/A	Long Lawford Community Choir, Rugby	No singing experience or audition is required. Each session costs £1.50. Day/time: Saturdays, 5pm-7pm. Venue: St Johns Church, Long Lawford, Rugby, CV23 9BH. Email llccrugby@outlook.com Web: llccrugby.wixsite.com/choir
07745 306 289	Rugby Community Choir	Contact is Biddy Allen. Day/time: Fortnightly, Tuesdays, 6.15-8.15pm. Venue: Avon Valley School and Performing Arts College, Newbold Rd, Rugby CV21 1EH. Email rugbycommunitychoir@outlook.com Web: rugbycommunitychoir.wixsite.com/rugbycc
01788 814734	Singing with Mike White, Rugby	Venue: Manor House, Bawnmore Road, Bilton, Rugby, CV22 7QU. Day/time: Various. Web: themanorhousereresidentialhome.co.uk/activities.htm
01788 336 165	Woodland Singers, Rugby	Sociable ladies' choir. Contact is Gill Clark. Day/time: Thursdays, 7.30-9.30pm. Venue: St Mark's Church, Church Walk, Bilton, Rugby, CV22 7LX.
Computer skills		
01788 842 952	IT Drop-in: Rugby	Support from a volunteer tutor, who will help you to take your first steps towards understanding how to use a computer. Tea and coffee available. All welcome. Contact for drop-in availability. Day/time: Various. Venue: New Bilton Community Centre, Gladstone Street, Rugby, CV21 2JP. Email: hammond4@ntlworld.com
01788 576 041	IT Drop-in: Rugby	Support from an experienced volunteer eg using your laptop or table; accessing the internet and email; using social media; shopping online; any other IT queries. Held Wednesday, 9am-5pm, at Hill Street Community Centre, Hill Street, Rugby CV21 2NB. Email: info@hillstreetcentre.co.uk
01788 552 933	Online Basics Computer Training: Rugby	Free computer training. Find out how getting digital could save you time, stress and money. If you feel nervous about using computers or the internet, experienced volunteers will be on hand to guide you. Contact is Brandon Leslie. Day/time: Mondays, 1-3pm. Venue: Benn Partnership Centre, Railway Terrace, Rugby CV21 3HR. and Day/time: Wednesdays, 10am-3pm. Venue: Benn Partnership Centre, Railway Terrace, Rugby CV21 3HR. Email: brendan.leslie@bennpartnership.org.uk Web: bennpartnership.org.uk/content/free-online-basics-computer-training

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03005 558 171	Silver Surfers: Rugby	Free computer and tablet help sessions for people aged 50 plus. Venue: Rugby Library, Little Elborow Street, CV21 3BZ. Day/time: Mondays 10.30-11.30am, and 11.30am-12.30pm. Web: warwickshire.gov.uk/computersandinternet#5
Activities for people with learning challenges		
07415 302 859	Individual Support Solutions Hub: Rugby	A free service for any adult with a learning disability and/or their carers, offering an information and signposting service, including support to access community facilities; take part in groups and projects; pursue a new hobby; improve independent living skills at home; explore voluntary and/or paid work. Hub Services Team Leader is Claire Ward. Day/time: Mondays, Tuesdays and Thursdays, 9.30am-4.30pm; Wednesdays, 14.30pm; Fridays 9.30am-4pm. Venue: The Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR. Email: claire@isswarks.com Web: www.individualsupportssolutions.org
07533 916 231	Tiger Feet: Rugby	Classes led by Embody Dance for people with learning or physical disabilities (plus their carers, if required), providing the opportunity to enjoy dance as a hobby. Day/time: Fridays, 1-1.50pm. Venue: Claremont Centre, 43 Clifton Road, Rugby, CV21 3QE. Web: embodysdance.co.uk/classes/tiger-feet-adults/
Other		
01788 552 993	ESOL Adult and Community Learning course: Rugby	35-week 'English for Speakers of Other Languages' course, for beginners and intermediate-level learners whose first language is not English. Call for days/times. Venue: Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR. Email: rugbyalc@warwickshire.gov.uk Web: warwickshire.gov.uk/api/documents/WCCC-1106-157
01788 553 033	ESOL Conversational skills course: Rugby	An 'English for Speakers of Other Languages' course, designed to build vocabulary and help with conversational English. Costs £8 per 2-hour session. Day/time: Tuesdays and Fridays, 10am-12pm. Venue: Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR. Email: info@bennpartnership.org.uk Web: bennpartnership.org.uk/content/bpc-esol-classes
01788 553 033	ESOL Conversation Group: Rugby	An 'English for Speakers of Other Languages' course, featuring an hour of basic English grammar and vocabulary teaching, followed by an hour where informal conversation in English is encouraged between all in attendance. Call for days/times. Venue: Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR. Email: info@bennpartnership.org.uk Web: bennpartnership.org.uk/content/esol-classes
01788 336 763	ESOL course: Rugby	A twelve-week 'English for Speakers of Other Languages' course, designed for complete beginners. Booking is essential. Day/time: Tuesdays, 9.30-11.30am. Venue: St Peter and St John's Church, St Peter's Road, Rugby, CV21 3PF. Email: jenny@peterjohnchurch.org.uk Web: peterjohnchurch.org.uk/latest-news/esol-course-english-speakers-of-other-languages

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01788 553 033	ESOL course: Rugby	'English for Speakers of Other Languages' lessons covering speaking, listening, reading and writing eg making appointments; travelling and buying tickets; asking directions; food; clothes; sports; employment; and grammar basics. There are no exams but the lessons support ESOL Entry 1 & 2 levels. Teacher is CELTA qualified. Day/time: Tuesdays, 6-7.30pm. Venue: New Bilton Community Centre, Gladstone Street, Rugby CV21 2JP. Email: hammond4@ntlworld.com
01788 553 033	ESOL English My Way course: Rugby	An 'English for Speakers of Other Languages' course. Primarily for women aged 19+, who have lived in the UK for more than 12 months; are unemployed/underemployed (working in low paid jobs despite higher qualifications); must speak English below Entry Level 1. Call for days/times. Venue: Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR. Email: info@bennpartnership.org.uk Web: bennpartnership.org.uk/content/english-my-way
N/A	Rugby Borough Council, Rugby Tu i Teraz	Facebook page that offers information on events, community groups, English classes and support services for the Rugby Polish community. Eastern European link worker is Ola Kolenda. Email: tuiterez@rugby.gov.uk Web: facebook.com/pg/Rugby-Tu-i-Teraz-618873934937201/about/

North Warks community centres, hubs, and activity centres

07483 912 020	Arley and St Michael's Community Centre	Address: Gun Hill, Arley, Coventry, CV7 8HA. Email: enquiries@arleycommunitycentre.co.uk
02476 494 094	Bulkington Village Community Centre: Bedworth	Address: School Rd, Bulkington, Bedworth, CV12 9JB. Web: bulkingtoncommunityandconferencing.co.uk/
02476 757 100	CHESS Centre; Nuneaton	Address: 460 Cedar Road, Camp Hill, Nuneaton, Warwickshire. CV10 9DN. Web: chess-centre.webs.com/whatsonatchess.htm
02476 392 856	Hartshill Community Centre: Nuneaton	Address: Church Rd, Nuneaton, CV10 0LY Contact John Randle. Web: hartshillcommunitycentre.co.uk/

North Warks activities

		Multi-mixed activity groups
024 7634 7569	Bulkington U3A	Numerous interest groups in the locality, at various locations and times, for mature people. Membership fees apply. Contact for further information and timetables. Email: Brian@u3anuneaton.org.uk Web: u3anuneaton.org.uk
		Social groups and lunchclubs
024 7632 2048	Breakfast, Zumba and lunch: Nuneaton	Day/time: Mondays, 8am-2pm Venue: Wembrook Community Centre, Raveloe Drive, Nuneaton, CV11 4QP. Web: wembrookcommunitycentre.org.uk/#!/community/vstc1=healthy-living-network

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02476 362 512	Coffee mornings: Bedworth	Day/time: Wednesdays, 10am-1pm. Venue: Bedworth Heath Community Centre, Smorrall Lane, Bedworth, CV12 0JP. Email: bheathcc@btconnect.com Web: bedworthheath.org.uk/weekly%20events.htm
See email address	Lunch/Coffee morning	Polesworth – Mondays - Pensioners meal at Polesworth Memorial Hall – 11.30am to 1pm. £4 per meal. Thursdays – Coffee and gossip 9.30am to 12 noon – Polesworth Library Contact: Richard Dawson Email: richardjohndawson1@gmail.com
02476 362512	Crafty Cuppa	Crafty Cuppa – Thursdays 12.30 to 2pm - Bedworth Heath Community Centre, 181 Smorrall Lane, Bedworth, CV12 0JP Tel: 02476 362512
02476 362512	Knit and Knatter	Mondays 12 – 3pm – Bedworth Heath Community Centre, 181 Smorrall Lane, Bedworth, CV12 0JP Tel: 02476 362512
02476 322 048	Friends with Food lunchclub: Nuneaton	Affordable meals, and the opportunity to meet new people and take part in activities, eg arts and crafts; bingo. Transport available. Home delivery of food an option. Day/time: Mondays, 12-1.30pm. Venue: Wembrook Community Centre, Nuneaton, CV11 4QP. Web: arbury.nhs.uk/website/M84003/files/Friends%20With%20Food%20Leaflet%20-%20NEW.pdf
02476 322 048	Friends with Food lunchclub, Nuneaton	Affordable meals, and the opportunity to meet new people and take part in activities, eg arts and crafts; bingo. Transport available. Home delivery of food an option. Day/time: Tuesdays, 12-1pm. Venue: Stockingford Community Centre, Haunchwood Rd, Nuneaton, CV10 8DY. Web: arbury.nhs.uk/website/M84003/files/Friends%20With%20Food%20Leaflet%20-%20NEW.pdf
01827 60789	Friendship Club, Tamworth	Coton Green Church, Comberford Tamworth B79 9AA First Wednesday of each month at 10.30am Session begins with guest speaker and after the talk have a “bring and share” lunch, so please bring a little food to share. All welcome.
02476 322 048	Friends with Food lunchclub: Nuneaton	Affordable meals, and the opportunity to meet new people and take part in activities, eg arts

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		and crafts; bingo. Transport available. Home delivery of food an option. Day/time: Wednesdays, 11.30am-12.45pm. Venue: Newtown Road, Nuneaton, CV11 4HR. Web: arbury.nhs.uk/website/M84003/files/Friends%20With%20Food%20Leaflet%20-%20NEW.pdf
02476 322 048	Friends with Food lunchclub: Bedworth	Affordable meals, and the opportunity to meet new people and take part in activities, eg arts and crafts; bingo.. Home delivery of food an option. Day/time: Thursdays 10.30 to 1pm (10.30 till 12 noon is bingo, activities and cup of tea/coffee) 12 noon is lunch till 1pm Venue: The Bedworth Methodist Church, Mill Street, Bedworth, CV12 8BW. Web: arbury.nhs.uk/website/M84003/files/Friends%20With%20Food%20Leaflet%20-%20NEW.pdf
02476 392 856	Hartshill Ladies Group	Meet for social evening, chats, visiting speakers, fundraising, fun and trips out. Contact Susan Randle. Day/time: Thursday (usually second and fourth of every month), at 7- 9pm. Venue: Hartshill Community Centre, Church Road, Hartshill, Nuneaton, CV10 0LY. Email: jrandle@sujo.fsnet.co.uk
Yvonne - 07380 966803	Knit and Natter club	Knit and Natter club at St Marys Church, Market Square, Atherstone. Tuesdays From 10am to 2pm. Group knit items to donate to charity Tea/coffee provided
02476 312293	Parish Choir – Bulkington	Thriving Parish Choir which practices every Monday at 7.30 pm in Church. New members are welcome. Our Lady Sacred Heart, Bulkington, The Presbytery, Mill Lane, Bulkington, CV12 9RU
02476 312293	Bulkington Over 50s club	Second Thursday of month, 2 – 4pm. Our Lady Sacred Heart, Bulkington, The Presbytery, Mill Lane, Bulkington, CV12 9RU
02476 376598	Bulkington Walking for health	Walking for health. Mondays @ 1.30pm. Contact Amanda Campbell Barker on 02476 376598. Bulkington Village Community Centre, Bulkington, CV12 9JB
02476 373116	Manchetter Womens Institute	Second Wednesday of every month at 7.30pm. Contact Many Coult on 02476 373116 Manetter Memorial Hall, Old Farm Road, Manchetter, Atherstone, CV9 1QN
	Friends of Manchetter Tea & Chat	Every Thursday 10.30am to 12 noon. Enjoy a drink and a natter and make some new friends. Manetter Memorial Hall, Old Farm Road, Manchetter, Atherstone, CV9 1QN
07748 262530	Manchetter Prize Bingo	Every Thursday 7pm to 9pm. 50p entrance fee includes refreshments. Contact: John Holt on

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		07748 262530. Manetter Memorial Hall, Old Farm Road, Mancetter, Atherstone, CV9 1QN
07760 431680	Polesworth Memorial Hall Bingo	Polesworth Memorial Hall 20 Bridge St, Polesworth, Tamworth B78 1DT Day/Time: 1 st Tuesday of every month, 2pm to 4pm. Contact Richard on: 07760 431680
07896 757722	Cake Bake & Craft Club	A monthly group usually on the third Wednesday of every month from 7pm to 9pm which have demonstrations on various craft techniques from pottery to cake decorating. For more information call 07896 757722. Manetter Memorial Hall, Old Farm Road, Mancetter, Atherstone, CV9 1QN
	Breakfast Club for Men	Breakfast Club for Men that are feeling alone or isolated. Monday mornings from 10am to 11.30am Venue: St Benedicts Community Hall, Owen Street, Atherstone CV9 1DG. This event is free of charge
: 02476 388508	Line Dancing Tea and Chat Short Matt Bowling Line Dancing	Stockingford Community Centre, Haunchwood Road, Nuneaton, CV10 8DY. Tel: 02476 388508 Monday – Line dancing – 10am to 11am Tuesday – Tea and chat – 1.30pm to 3pm - various activities (fortnightly) Wednesday – Short mat bowling – 12.30pm to 3pm Thursday – Pat's line dancing (beginners) – 11.15am to 12.45pm
01827 715816	Craft and Chat Club	Craft & Chat Club (includes tea/coffee). At Crafty Corner, 69 Long Street, Atherstone, CV9 1AZ. Wednesday evenings from 7pm to 9pm
01827 716 882	Mancetter Indoor Bowls Atherstone	Beginners or established bowlers. Day/Time: Wednesdays 1pm to 2pm. Venue - Mancetter Memorial Hall Old Farm Rd, Mancetter, Atherstone CV9 1QN £2.50 per person includes tea/coffee & cake. (1 st session is FREE for all new members) Contact Sandra Holt: 01827 716882
01827 716 882	Mancetter Dance Class Atherstone	Day/Time: Fridays 10am to 11am. Venue - Mancetter Memorial Hall Old Farm Rd, Mancetter, Atherstone CV9 1QN
	Mancetter Information and Wellbeing Hubs	Venue - Mancetter Memorial Hall Old Farm Rd, Mancetter, Atherstone CV9 1QN Information Hub : Thursday 10am to 12 noon

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	Atherstone	Wellbeing Hub : Monday 9am to 12 noon and Friday 1pm to 4pm
02476 732 491	Older Person's Forum: Bulkington	The forum aims to improve the lives of older people within the borough, and to ensure service providers are aware of the particular issues facing older people. Contact Darrell Buckley. Day/time: Every 3 rd Tuesday, from 10am. Venue: Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB. Email: drbuckley223@googlemail.com Web: bulkingtoncommunityandconferencing.co.uk/the_event/older-persons-forum/
02476 344 553	Open doors coffee morning: Nuneaton	An informal coffee morning in the community hall. Day/time: Fridays, 10am-12pm. Venue: St Nicolas Parish Church, Vicarage Street, Nuneaton, CV11 4AZ. Web: stnicolaschurch.org.uk/services&activities.html
02476 344 553	Over 50s Club, Nuneaton	Lunch followed by activities including guest speakers; exercise class; craft activities; bingo. Days out, theatre trips and meal organised as part of the programme of events. Day/time: Every other Tuesday, 12am-2.30pm. Venue: St Nicolas Parish Church, Vicarage Street, Nuneaton, CV11 4AZ. Web: stnicolaschurch.org.uk/services&activities.html
02476 392 856	Over 50s Club: Nuneaton	Social chat with refreshments plus indoor games, quizzes, bingo, visiting speakers and day trips. Day/time: Wednesdays, 1-3pm. Venue: Hartshill Community Centre, Church Road, Hartshill, Nuneaton, CV10 0LY. Email: jrandle@sujo.fsnet.co.uk
02476 757 100	Over 50's Luncheon Club: Nuneaton	Bingo and lunch, occasional day trips. Day/time: Tuesdays, 12-4pm. Venue: Camp Hill Education Sports and Social, 460 Cedar Road, Camp Hill, Nuneaton, CV10 9DN. Email: chesscenter@warwickshire.gov.uk Web: chess-centre.co.uk/whatsonatchess.htm
02476 757 100	Purl Jam Women's Institute: Nuneaton	Day/time: 2 nd Tuesday of each month, 7.30-9.30pm. Venue: Camp Hill Education Sports and Social, 460 Cedar Road, Camp Hill, Nuneaton, CV10 9DN. Email: chesscenter@warwickshire.gov.uk Web: chess-centre.co.uk/whatsonatchess.htm
02476 373 395	Royal Naval Association: Nuneaton	Social group for those who have formerly served in the Navy. Secretary is Mal Gordon. Day/time: Thursday evening, every three weeks.

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		Venue: The Chilvers Coton Conservative Club, Coton Road, Nuneaton, CV11 5UD. Web: royal-naval-association.co.uk/branches/no-08-area/nuneaton/
02476 311 057	Saturday club for over 60s: Bulkington	Tea and chat; variety of activities. No need to book. Contact Rev Carol Foyn. Day/time: 2 nd Saturday of the month, 3-4.30pm. Venue: Ryton Methodist Church, Rugby Road (opposite the New Inn), Bulkington, CV12 9JR. Email: carol_foyn@me.com Web: methodists5-10.org.uk/Wordpress/ryton/
07760 431 680	Bingo, Polesworth	Polesworth Memorial Hall, Bridge Street, Polesworth, B78 1DT Every Thursday, with professional caller – 2pm to 4pm. Contact Richard (Caretaker) 07760 431680
02476 353 750	Scrabble club: Nuneaton:	Day/time: Mondays, 2-4pm. Venue: Newtown Centre, Newtown Road, Nuneaton, CV11 4HR. Web: wcava.org.uk Email: newtown@wcava.org.uk
02476 491 815	Social and Games drop-in session, Bulkington	Games and social activities in the library Friendship café. £2 (includes refreshments). No need to book, just drop in on the day. Wednesdays, 10am-12pm, at Bulkington Community Library, School Road, Bulkington, Bedworth, CV12 9JB. Email: bulkingtoncommunitylibrary@btconnect.com
01676 541 026	The Arley Village Community Café	An opportunity to meet with others in a friendly and relaxed atmosphere and enjoy a freshly cooked meal, followed by a choice of sweets for £5. Followed by games of bingo, and also a raffle during the evening. Day/time: 3 rd Tuesday of the month, from 5.30pm. Venue: The Old Barn, St Michael's Church, Arley, CV7 8HA. Email: general@arleycofechurches.org.uk Web: arleycofechurches.org.uk/
0808 802 8080	Royal British Legion, north Warwickshire	Events and activities Day/time: various. Venue; Numerous locations across the county, contact for further details. Web: counties.britishlegion.org.uk/counties/
Sports groups		
BLC 02476 499 010; ESC 02476 320 620; JSC 02476	Nuneaton and Bedworth Borough Council Passport to Leisure	Free passport for residents aged 60 years or over. Entitles the holder to free/concessionary rates on a range of sports activities eg swimming; jubilee gym; squash; badminton; tennis.

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343 688; PLC 02476 321 200.		Apply via Bedworth Leisure Centre; Eton Sports Centre; Jubilee Sports Centre; Pingles Leisure Centre. Web: nuneatonandbedworth.gov.uk/info/21003/sports_and_physical_activity/291/passport_to_leisure/2
02476 385 765	Short Mat Bowls: Nuneaton	£1 per session. Day/time: Wednesdays, 2-3.30pm. Venue: Newtown Centre, Newtown Road, Nuneaton, CV11 4HR. Web: wcava.org.uk Email: newtown@wcava.org.uk
Exercise classes		
02476 388 507	Exercise for over 55s: Stockingford	Zumba-type sessions for anyone who needs or wants to sit down while exercising. £2 per session. Day/time: Fridays, 10-10.45am. Venue: Stockingford Community Centre, Haunchwood Road, Stockingford, CV10 8DY Email: info@stockingfordcc.org Web: stockingfordcc.org/Exercise-over-55-s.html
02476 757 100	Fit & Hearty: Nuneaton	Ladies social group - gentle exercise to music, the session finishes with a cuppa and a chat. Day trips and parties organised throughout the year. Day/time: Wednesdays, 1.30-2.30pm. Venue: Camp Hill Education Sports and Social, 460 Cedar Road, Camp Hill, Nuneaton, CV10 9DN. Email: chesscenter@warwickshire.gov.uk Web: chess-centre.webs.com/whatsonatchess.htm
02476 322 048	Seated Exercise Class: Nuneaton	Gentle exercise to music, suitable for those over 50 years of age. Day/time: Tuesdays, 10-11.30am. Venue: Newtown Centre, Newtown Road, Nuneaton, CV11 4HR. Web: wcava.org.uk Email: newtown@wcava.org.uk
	Walking groups	Atherstone – Thursdays – 1pm – Rear of St Marys Church Hartshill – Thursdays 1.30pm – Hartshill Community Centre Kingsbury – Wednesdays – 10.30am – Kingsbury Methodist Church
07939 800 093	Atherstone Over 50s walking Football	Contact Alan for further details. Day/time: Thursdays, 5.30-6.30pm. Venue: Queen Elizabeth Academy Pitch, Witherley Road, Atherstone, CV9 1LZ.
Dance classes		
07533 916 231	Embody Dance Class: Nuneaton	Dance class for people over 50 years. Day/time: Mondays, 11am-12pm.

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RESOURCE DIRECTORY

		Venue: Newtown Centre, Newtown Road, Nuneaton, CV11 4HR. and Day/time: Every other Tuesday, 1:15-1:45. Venue: St. Nicholas Church, Vicarage Street, Nuneaton, CV11 4AZ. Web: wcava.org.uk Email: newtown@wcava.org.uk
02476 364 808	Line Dancing: Bulkington	Contact Claire Wilkins. Day/time: Mondays, 7.30-8.30pm. Venue: Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB.
07533 916 231	Mature Movers, Bedworth	Dance classes for over 50s. £2 per class. Day/time: Tuesdays, 11.30am-12.30pm. Venue: Saunders Hall Working Men's Club, Saunders Avenue, Bedworth, CVB12 8JR. Web: embodydance.co.uk
07533 916 231	Mature Movers: Bedworth	Dance classes for over 50s. For residents of Bedworth. £2 per class. Day/Time: Wednesdays, 10-11am. Venue: Bedworth Heath Community Centre, Smorrall Lane, Bedworth, CV12 0JP. Web: embodydance.co.uk
07533 916 231	Mature Movers: Bedworth	Dance classes for over 50s. For residents of Bedworth. £2 per class. Day/time: Wednesdays, 11.45am-12.45pm. Venue: St Giles Church (small hall), St Giles Road, Bedworth, CV7 9GZ. Web: embodydance.co.uk
07533 916 231	Mature Movers: Bedworth	Dance classes for over 50s. For residents of Bedworth. £2 per class. Day/time: Fridays, 10-11am. Venue: Bedworth Methodist Church, Mill Street, Bedworth, CV12 8JZ. Web: embodydance.co.uk
07729 308405	Tea Dance: Bulkington	Includes sequence dance tuition from 1pm. Contact Jenny Smith 07729 308405 Day/time: Mondays, 2-4pm. Venue: Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB.
Organised walks		
02476 376 598	Walking for Health: Nuneaton, Bedworth, and Bulkington	Group aiming to improve general health, fitness and wellbeing. Approximately one-hour walk on either well paved paths, recreation ground or trail paths. Contact Amanda Campbell Barker. Day/time: Various. Location: Various. Email: amanda.campbell-barker@nuneatonandbedworth.gov.uk
Gardening and craftworking		
02476 491 820	Bulkington Gardening Club	Guest speakers, garden trips, information stall, monthly plant sale, and Contact Paul Nash. Day/time: Every 3 rd Wednesday, 7.30-9.30pm.

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		Venue: Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB. Web: http://bulkingtongardeningclub.weebly.com/
01827 874 415	Hurley & District Gardening Club	Includes talks, hands-on activities, and outings. Membership applies. Contact is Sue. Day/time: Every 4th Tuesday of the month, 7.30pm. Venue: Hurley Village Hall, Knowle Hill, Hurley, CV9 2JE. Entrance fee includes speaker, refreshments and a raffle ticket. Email: hdgc1993@gmail.com
07486 437459	Men In Sheds: Nuneaton	A group of dedicated woodwork specialists, gardeners, wood turners, and general 'handy men' who create items for the grounds of the George Elliot hospital. Day/time: Tuesdays, and Thursdays, 10am-12pm. Venue: Enquire for further details. Email: meninsheds16@gmail.com Web: geh.nhs.uk/community-involvement/geh-arts-programme/men-in-sheds/
07825 806 938	People in Action	Garden activities; arts and crafts; woodworking. Suitable for those of all ages, who are living with learning/physical/mental health conditions (including dementia). Places must be booked. Attendees must arrange their own transport. Self-referrals accepted. Contact Rob Bell. Day/time: Venue: Bedworth Community Gardens, Miners Welfare Park, Rye Piece Ringway, Bedworth, CV12 8JT. Email: admin@people-in-action.co.uk
02476328 831	Woodturners: Bulkington	Contact Eric Taylor. Day/time: Every other month, Fridays, 7pm. Venue: Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB.
Arts and languages groups		
	Bedworth and Exhall Camera Club	For people of all abilities to socialize, support and learn in a relaxed friendly environment. Contact chairman, Rex Coleman. Day/time: Tuesdays, 7-30pm. Venue: Bulkington Village Centre School Road, Bulkington, CV12 9JB. Web: becc.club/becc/
07483 912 020	Community Arts, Arley	All are welcome to this exciting class where you can learn variety of art techniques. £1 per session. Day/time: Wednesdays, at 10-12pm, Venue: Arley and St. Michael's Community Centre, Gun Hill, Arley, CV7 8HA. Email: enquiries@arleycommunitycentre.co.uk
01788 832 210	Creative Writing: Bulkington	Contact Diane Lindsey. Day/time: Wednesdays, 7-9.30pm.

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		Venue: Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB.
02476 640 982	Friday Art: Bulkington	An informal group who meet to complete their own art projects, share ideas & techniques. Occasional tuition & workshops. Diane Lindsay. Contact Barbara. Day/time: Fridays, 10am. Venue: Arden Room, Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB.
07887 846 783	French class: Bulkington	Contact Gordon Mercer. Day/time: Thursdays, 6.30-8.30pm. Venue: Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB.
02476 387 209	Nuneaton and District Society of Artists: Bulkington	Includes visiting demonstrations; member workshops; trips to enable outdoor painting; visits to places of artistic interest; exhibitions. Annual subscription applies. Contact Jim Kirkwood. Day/time: Wednesdays, 7.30-10pm. Venue: Arden room of Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB.
02476 352 263	Rebel Art: Bulkington	Art club, to share and learn skills covering all mediums. Contact Gay Bolton. Day/time: Wednesdays, 10am. Venue: Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB.
02476 640 867	Shires Botanical Art Group: Bulkington	Contact Marian Chapman. Day/time: 2 nd Saturday of the month, 10-4pm. Venue: Wedston Road, Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB.
02476 689 309	Silverstar Art Studio: Bulkington	Contact Michelle Stamper. Day/time: Monthly on Saturdays, 1-4pm. Venue: Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB.
Crafts; home skills groups		
07732 371 971	Craft Times: Bulkington	Weekly craft group. Contact Jane Guy. Day/time: 9.30am Venue: Bulkington Village Community Centre, School Road, Bulkington, CV12 9JB.
02476 490 033	Beadilicious: Bulkington	For beginners and those with existing skills. Basic equipment is provided, including sewing machines (these must be pre-booked). Contact Louisa Crook. Day/time: the first Saturday of the month, 10am. Venue: Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB. Email: mail@beadelicious-beads.co.uk
02476 494 094	Flower arranging course, Bulkington	Day/time: Fridays, 10am-12pm. Venue: Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB.

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07967 828 303	Jewellery making, Bulkington	Contact Jo Lovell. Day/time: Wednesdays, at 7-9pm. Venue: Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB.
02476 386 168	Lace Making and other crafts: Bulkington	Lacemaking, patchwork and crochet. No tutor, advice only. Tuesdays during term-time. Contact is Mrs Smith. Day/time: Tuesdays, 7-9pm. Venue: Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB.
07449 622 017	Nuneaton Craft Club	Make cards of all sizes and descriptions, using all sorts of techniques including stamping, decoupage, card and box making. Contact Dot or Jean. Day/time: Mondays, 10-12pm. Venue: Stockingford Community Centre, Haunchwod Road, Nuneaton, CV10 8DY. Web: stockingfordcc.org/Craft-Club.html
02476 640 867	Phoenix Lace: Bulkington	Self-help, no tutoring. Small charge for refreshments. Group outing in winter to the Lace Fair. Day/time: Mondays, 10-2pm. Venue: Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB.
02476 613 526	Upholstery and soft furnishings: Bedworth	Thursdays, 7-9.30pm, at Bedworth Heath Community Centre, Smorrall Lane, Bedworth, CV12 0JP. Contact Edna. Web: bedworthheath.org.uk/weekly%20events.htm
History, reminiscence and local interest		
	Nuneaton and North Warwickshire Family History Society: Nuneaton	Find out your family tree. Members of the society shall be available to help you investigate your family members with the use of free internet and laptops. Quarterly journal. £1 per session. Day/time: Tuesdays, 10am-12pm. Venue: Attleborough Baptist Church, The Green, Attleborough, Nuneaton, CV11 4JZ. Email: wesimkinsandson@btconnect.com
Music		
01827 713 709	Atherstone Choral Society	Sing Bach to Beatles, occasional performances of all varieties. New members are always welcome. No auditions - just come along and sing. Day/time: Mondays, 7.30-9.30pm. Membership fees apply. Venue: Racemeadow Primary Academy, Ratcliffe, Road, Atherstone, Warwickshire, CV9 1LT (use the Ratcliffe Road entrance. Turn right through gates and use the entrance on the left). Email: acscio2015@gmail.com Web: atherstonechoralsociety.co.uk/

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02476 312 857	Strumming club: Bulkington	For players of guitar, banjo or ukulele. A selection of traditional & modern songs. Contact Patrick Murphy. Day/time: Thursdays, 7-9pm. Venue: Bulkington Village Community Centre, School Road, Bulkington, Bedworth, CV12 9JB.
Computer skills		
02476 353 065	Introduction to computers: Nuneaton	Three-week course. Day/time: Mondays, 12.30-3pm. Venue: Camp Hill Early Years Centre, Hollystitches Road, Nuneaton, CV10 9QA.
02476 353 065	Introduction to computers: Bulkington	Three-week course. Day/time: Mondays, 9.30am-12pm. Venue: Bulkington Village Community Centre, School Road, Bulkington, CV12 9JB.
07966 392 467	The Arley Village Tweeters Club	Basic computer and internet for seniors - get help with using a computer and the internet, e-mails, shopping, on-line banking, etc. Day/time: Tuesdays, 10am-12pm, at the Venue: Arley Community Hub, Arley and St Michaels Community Centre, Gun Hill, Arley, CV7 8HA. Email: main@arleycommunitycentre.co.uk
Other		
024 7634 8522	Calm Your Mind, Nuneaton	Relaxation and meditation to combat stress, worry, anxiety and low mood. Wednesdays, 1pm-3pm, at The Newtown Centre, Newtown Road, Nuneaton, CV11 4HG. Email: enquiries@nwmrc.co.uk
07596 986 789	Community acupuncture clinic, Bulkington	Every Tuesday at 9.30-11.30am, at Bulkington Village Community Centre, School Rd, Bulkington, Bedworth, CV12 9JB. No need to book, just drop in. Treatment £15. Acupuncturist is Rebecca Richards. Web: rebeccarichardsacupuncture.com
02476 322 048	Weight Busters	11.15am-12pm, at the Newtown Centre, Newtown Road, Nuneaton, CV11 4HR. £3 donation. Get weighed and set weight loss targets. Email ashilton@wcava.org.uk

Kenilworth activities

Multi-mixed activity groups		
01926 858 595	Kenilworth U3A	Groups for those no longer in full time employment. Also offered are a variety of excursions, eg to the theatre, and sites of historical interest. Membership fees apply. Contact for further details and timetables. Secretary is Kathleen Harry. Day/time: Various. Venue: Various. Web: u3asites.org.uk/kenilworth/groups

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01926 852 365	Waverley Centre activities, Kenilworth	Activities for older people in Kenilworth and surrounding areas. Includes lunch club, crafts, dominoes, nail care, seated exercises, singing, and reminiscence. Day/time: Various, see online activity plan. Venue: Waverley Day Centre, 65 Waverley Road, Kenilworth, CV8 1JL. Web: waverleydaycentre.org.uk/services.asp
Social groups and lunchclubs		
01564 782 103	Elderberries, Lapworth	Social group for ladies aged 60+. Various activities including meals out, speakers, cards, and bingo. Contact is Mal. Day/time: Tuesdays, 2-4pm. Venue: Lapworth Village Hall, Old Warwick Road, Lapworth, B94 6LD. Web: lapworth.org/lapworth-elderberries/
01926 336 986 or 02476 415 211	Kenilworth Bridge Club	Day/time: Various, see online timetable for precise details. Venue: 211 Warwick Rd, Kenilworth CV8 1FB. Web: www.bridgewebs.com/kenilworth/
01926 859 478	Kenilworth Civic Society	Day/time: 7.30pm on the third Tuesday of the month, 7.30pm.Venue: Senior Citizens Club, Abbey End, off Abbey End Car Park, Kenilworth, CV8 1QJ Web: thekenilworthsociety.co.uk/
01926 864 093	Kenilworth Lions Club	Events and activities to support needy causes in the community and raise funds to help both local and international charitable initiatives. Day/time: 2 nd Monday of the month, at 7.30pm. Venue: Farmer Ward Road, Kenilworth, CV8 2DH Web: kenilworthlionsclub.co.uk/ContactUs.aspx
01926 859 213	Kenilworth Supper Club	Day/time: 2 nd Wednesday of the month at 7pm, at the Venue: Clarendon Arms, Castle hill, Kenilworth. Contact Janet Holden. Email: mandjholden@ntlworld.com
01926 855 205	Kenilworth Teapot	Drop-in café for older residents. Celebrations for birthdays, trips out and a regular raffle. Contact is Mary Harrison. Day/time: Fridays, 10.30-11.30am. Venue: Youth and Community Centre, Abbey End car park. Email: harrisonmary@btinternet.com Web: kenilworthweb.co.uk/business-directory/283/kenilworth-teapot/
07759 487 300	Simply Social, Kenilworth	Wednesdays, from 8-30pm. Venue: Kenilworth Wardens Cricket Club, Glasshouse Park, Glasshouse Lane, Kenilworth, CV8 2AL. Web: simply-social.org.uk/kenilworth-2/
	Abbey Fields walk	Abbey Medical Centre, 42 Station Road, Lemilworth CV8 1JD Every Friday at 12.30. 0.5 to 3 miles. Just turn up
	Walk	Castle Medical Centre, 22 Bertie Road, Kenilworth CV8 1JP. Every Monday 12pm and first Tuesday of each month at 12.pm. 0.5 to 3 miles
01926 852 365	Waverley Centre lunchclub, Kenilworth	Lunchclub for older people in Kenilworth and surrounding areas Notification is required by 9.30am on the day. No transport provided. Day/time: 11.30am-1.30pm. Venue: 65 Waverley Road, Kenilworth, CV8 1JL Web: http://www.waverleydaycentre.org.uk/services.asp
Exercise classes		
01926 460 145 or 07962 216 833	Tai Chi, Kenilworth	Venue: St Nicholas Parochial Church, Bridge Street, Kenilworth, CV8 1BP. Contact Ernie Boxall for timetable. Web: balancehealth-fitness.co.uk/ ernie@balancehealth-fitness.co.uk
	Saturday Evening Social Evenings, Kenilworth	Day/time: from 8pm. Venue: Kenilworth School, Leyes Lane, Kenilworth, CV8 2DA Email: terry@terrystdancecentre.co.uk
Gardening and craftworking		

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01926 855 554	Kenilworth Horticultural Society	Talks on topics of interest by a guest speaker, also occasional shows. The meetings are also an opportunity for socialising and exchanging gardening news and ideas over a cup of tea and a cake afterwards. Day/time: Wednesday of each month, at 7.30pm. Membership and charge applies. Contact is Liz Watson. Venue: Wilton Club House, Senior Citizens Club, Southbank Road, Kenilworth, CV8 1LA (off Abbey End car park). Email: email liz@Kenilworth-hs.org.uk Web: kenilworth-hs.org.uk/contact.html
Art and languages groups		
01926 858 670	Kenilworth History and Archaeology Society	The objective of the society is the promotion of members' and public interest in their heritage by discovering, recording, publishing, or by any other means, the history and archaeology of the Kenilworth area in the county of Warwickshire, England. Day/time: 2 nd Monday of the month, at 7-45pm (except July and August). Venue: Senior Citizens' Club, Abbey End car park, Kenilworth, CV8 1QJ. Email: khas.secretary@gmail.com Web http://www.khas.co.uk/

Leamington Spa/Warwick district community centres, hubs, and activity centres

01926 422 123	Brunswick Centre, Leamington Spa	Address: 98-100 Shrubland Street, Leamington Spa, CV31 3B. Email: frontdesk@BHL.C.Services Web: https://brunswickhlc.org.uk/
01926 410 222	Castle Hill Baptist Church, Warwick	Address: Castle Hill, Warwick, CV34 4EX Web: http://warwick-baptists.org.uk/
01926 843 234	Claverdon Church Centre, Warwick	Address: Church Road, Claverdon, Warwick, CV35 8PD. Web claverdoncentre@btinternet.com Email: office@churchesofarden.org.uk Email; churchesofardenoffice@gmail.com
01926 730 140	Cubbington Village Hall, Leamington Spa	Address: Broadway, Cubbington, Leamington Spa, CV32 7JR.
01926 484 692	Hatton Village Hall, Warwick	Address: Birmingham Road, Hatton, Warwick, CV35 7LR. Web: hattonvillagehall.co.uk/
01926 427 684	Lillington Community Centre, Leamington Spa	Address: Mason Avenue, Lillington, Leamington Spa, CV32 7QE Web: chainlillington.co.uk/community.html
01926 429 351	Radford Semele Community Hall, Leamington Spa	Address: 4 Godfrey Close, Radford Semele, Leamington Spa, CV31 1UH Web: radfordsemelepc.org.uk/village-organisations/
01926 422 071	SYDNI Centre, Leamington Spa	Venue: Cottage Square, Sydenham, Leamington Spa, CV31 1PT Web; sydni.org/contact.html
01926 494 200	The GAP community centre, Warwick	Address: 9 Oakwood Grove, Warwick, CV34 5TD Email: katethegap@gmail.com Web: thegapwarwick.org/
01926 491 873	WarwickSpace Community Centre, Warwick	Address: 71 Coten End, Warwick, CV34 4NP Email; info@warwickspace.org.uk Web: warwickspace.org.uk/

Leamington Spa/Warwick district activities

Multi-mixed activity groups		
01789 293 377	Dene Valley U3A	Numerous interest groups in the locality, at various locations and times, for retired or semi-retired people. Membership fees apply. Call for further details.

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01926 259 923	Warwick District U3A	<p>Web: denevalleyu3a.btik.com</p> <p>Various groups and activities for those who are retired or semi-retired. Secretary is Sue Sheen. Membership fees apply. Contact for further details and timetables.</p> <p>Web: u3asites.org.uk/warwickdistrict/home</p> <p>Email: suesheen0@gmail.com</p>
Social groups and lunchclubs		
	Age Concern Leamington lunch club, Leamington Spa	<p>CURRENTLY ON HOLD</p> <p>Guests are served tea or coffee when they arrive and can talk or play games while the meal is being prepared. Transport may be available from Leamington, Cubbington and Whitnash via the club minibus, or by a volunteer car driver.</p> <p>Venue: Dale Street Methodist Church Dale, Street, Leamington Spa CV32 5HL</p> <p>Day/time: Wednesdays, contact for further details</p> <p>Email: Batesjean66@hotmail.com</p>
01926 458 100	Age UK Warwickshire lunch and social club, Leamington Spa	<p>CURRENTLY ON HOLD</p> <p>Venue: 8 Clemens Street, Leamington Spa, CV31 2DL</p> <p>Day/time: Fridays, contact for further details</p> <p>Email: info@ageukwarks.org.uk</p> <p>Web: https://www.ageuk.org.uk/coventryandwarwickshire/our-services/warwickshire/lunch-and-social-clubs/</p>
01926 458 100	Age UK Warwickshire lunch and social club, Leamington Spa	<p>CURRENTLY ON HOLD</p> <p>Venue: Chandos Court, Leamington Spa, CV33 9RR.</p> <p>Day/time: Thursdays, contact for further details</p> <p>Email: info@ageukwarks.org.uk</p> <p>Web: https://www.ageuk.org.uk/coventryandwarwickshire/our-services/warwickshire/lunch-and-social-clubs/</p>
01926 458 100	Age UK Warwickshire lunch and social club, Warwick	<p>CURRENTLY ON HOLD</p> <p>Day/time: Mondays and Wednesdays, contact for further details</p> <p>Venue: Saltisford Gardens, Warwick, CV34 5RL.</p> <p>Email: info@ageukwarks.org.uk</p> <p>Web: https://www.ageuk.org.uk/coventryandwarwickshire/our-services/warwickshire/lunch-and-social-clubs/</p>
01926 458 100	Age UK Warwickshire lunch and social club, Warwick	<p>CURRENTLY ON HOLD</p> <p>Day/time: Tuesdays, contact for further details</p> <p>Venue: James Court, Weston Close, Warwick, CV34 4PD.</p> <p>Email: info@ageukwarks.org.uk</p> <p>Web: https://www.ageuk.org.uk/coventryandwarwickshire/our-services/warwickshire/lunch-and-social-clubs/</p>
01926 683 514	Austin Heath Monthly Afternoon Tea	<p>Monthly Afternoon Tea please call to make your booking. Please call for upcoming dates.</p> <p>Thursday 2pm – 4pm (31st October 19 – dates and times can change each month so please call for more information)</p> <p>Address: Austin Heath, Gallagher Way, Heathcote, Warwick CV34 6AF</p> <p>Telephone: 01926 683 514</p> <p>Website: https://www.inspiredvillages.co.uk/village/austin-heath/events</p>
01789 840 605 or 01789 841 018	Bingo, Warwick	<p>Bingo. Contact is Mavis or Martin.</p> <p>Day/time: Mondays, from 7pm.</p> <p>Venue: Lawrence Mackie House, St Peter's Rd, Wellesbourne, Warwick, CV35 9PN.</p>
07811 823 900	The Space Drink and Biscuits	<p>Venue: All Saints Church, Leamington Spa, CV31 1AA</p> <p>Day/Time: Every Thursday 2.00 – 4.00pm</p>

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	Leamington Spa	Come to the space for a drink and biscuits while having company and making new friends, a listening ear within a warm, safe environment. Accessible for people with learning disability, anxiety, depression or who want to overcome social isolation. Each week we do simple bible Study and have the opportunity to say a personal prayer. Please contact Sue Oldham and Ann Adams for more information.
01926 411 619	CAMEO Social Fellowship, Warwick	A social fellowship meeting, friendship, and speakers on various subjects. Contacts are Margo or Alan Skillicorn. Day/time: 3rd Tuesday of the month, 1.30pm Venue: Castle Hill Baptist Church, Warwick, CV34 4EX. Web: warwick-baptists.org.uk/activities/for-adults/cameo/
01926 422 071	Circle of Tea, Leamington Spa	Day/time: Tuesdays, 10am Venue: SYDNI Centre, Cottage Square, Leamington Spa CV31 1PT Web: sydni.org/whats-on/circle-of-tea/
01926 842 628	Claverdon Monday club, Warwick	A friendly meeting for retired people. Contact is Shirley Reading. Day/time: Alternate Mondays, 2.30pm. Venue: Claverdon Church Centre, Church Rd, Claverdon, Warwick CV35 8PD Web: warwickshirewi.org.uk/wi/claverdon/
01926 426 164	Claverdon Women's Institute, Warwick	Monthly meetings, activities, events and campaigns. Day/time: 1 st Tuesday of the month, at 2pm. Venue: Dorothea Mitchell Hall, Station Rd, Claverdon, Warwick, CV35 8HF Web: warwickshirewi.org.uk/wi/claverdon/
See email address	Activity Group	Royal Spa Centre Leamington Spa, Senior Citizen Activity Group will meet Fridays from 10am to 12 noon. This is until the 26th July 2019. Autumn dates TBC. Activities such as Table tennis, badminton, Carpet bowls, Keep fit, Tai Chi, Quiz, Scrabble and Card Games. On the first day any one attends there is no charge, if the person decides to become a member they pay a £1.00 on each attendance and 50p if they take part in line or circle dancing. Email p927ward@btinternet.com
Just turn up	Craftnoon tea	Whitnash Library, Craftnoon Tea Every Tuesday 2.30 – 4.00pm Bring your own project and spend some time creating and relating. Just turn up.
	Chase Meadow Meet and Walk	Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BY Tuesdays at 11.00am 1.5 miles
	Chase Meadow Rendevous & Ramble	Chase Meadow Rendevous and Ramble, The Unicorn 64 Hardwick Field Lane, Warwick, CV34 6LB Every Tuesday at 6.30pm up to 3 miles
01926 422123	Dementia Support	Dementia Support, Activities and Friendship, Every Wednesday 11.00am to 1.00pm at Brunswick Hub Community Centre, Shrubland Street, Leamington Spa, CV31 3BD. Support and Information for Carers and for those living with Dementia or Memory loss. Meet others who understand and share the same experiences, Assistance with paperwork or form completion, trained Volunteers on hand, Join in with Activities or just sit and relax, Lunch Options for £3.75 charge applies. For more information please call Hilary on 01926 422123
01926 310 480	Gainsborough coffee mornings, Leamington Spa	Activities, socialising, and refreshments. Day/time: Fridays, 11am. Venue: Gainsborough Hall Care Home, Russell Street, Leamington Spa, CV32 5QB

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07711 447 597 or 0752 844 0487	Oasis, Leamington Spa	Social group with speakers and workshops, for those over 55. Day/time: Contact for further details. Life Community Church, Charlotte Street, Leamington Spa, CV31 3EB. Web: life-cc.org/church-life/seniors/h
01926 730 140	Cubbington Friendship Club, Leamington Spa	Tea or coffee and activities eg board games, knitting circle, and raffle, includes refreshments. Day/time: 1 st Wednesday of the month, 2-4 pm. Venue: Cubbington village hall, Broadway, Cubbington, Leamington Spa, CV32 7JR.
	Dormer Parish Hall, St Peters Church, Dormer Place, Leamington Spa	Dormer Senior Citizens meet for afternoon tea, bingo, raffle and good fund company on first saturday of each month. 1.30pm in St Peters parish hall, no need to join or book, just come along
01926 330 044 (Mel Myers)	Hatton Bridge Club, Warwick	Some previous experience necessary, single players welcome. Day/time: Wednesdays, 7.30–10.30pm Venue: Hatton village hall, Hatton, Warwick, CV35 7LR. Web: hattonvillagehall.co.uk/groups
01926 357210	Leycester House Care Home, Warwick	Regular events held - to find out more click the following link https://www.leycesterhouse.com/ or email events@leycesterhouse.com or all 01926 357210
01926 426 194	Leamington Spa Friendship Centre	A friendship club for the over 50s - monthly meetings, also quizzes, trips out, and social events. Contact is Sue Bishop. Day/time: 1st Tuesday of the month, 10am-12pm. Venue: St Mary's Church Hall, Leamington Spa, CV31 1JW. Email: leamingtonspafrfriendshipcentre.weebly.com/
01926 739 402	Lillington Crown café, Leamington Spa	Community café, welcomes all the family. Mondays 10am-12pm, Day/time: Tuesdays 10.30am-2pm and Thursdays 4.30- 5.30pm. Venue: Lillington community centre, Mason Avenue Lillington Leamington Spa, CV32 7QE. Web: chainlillington.co.uk/community.html
01926 778 505	Outlook, Leamington Spa	A weekly community group for people who are retired or out of work. Day/time: Mondays at 10.30am-12pm. Venue: Lower hall of St. Mary's Church, St. Mary's Road, Leamington Spa, CV31 1JW. Web: stmarysleamington.com/community-projects/h
01926 421 483	Radford Rendezvous coffee morning, Leamington Spa	2nd Wednesday morning of the month. Contact is Janet Summers. Radford Semele community hall, 68 Lewis Road, Leamington Spa, CV31 1UQ. Web: radfordsemelepc.org.uk/village-organisations/
No number just turn up	Radford Road Church, CV31 1NF	Every Tuesday 10.00-11.30am. Free coffee and teacake, meeting new friends, having someone to talk to, magazines to read. Just turn up.
01926 314 153	Radford Semele Whist Club, Leamington Spa	New members welcomed. Contact is Lorraine Wade. Day/time: Wednesdays, 7-30pm Venue: Radford Semele community hall, 68 Lewis Road, Leamington Spa, CV31 1UQ. Web: radfordsemelepc.org.uk/village-organisations/
01162 688 783	Royal Air Forces Association, Leamington Spa	For those who have previously served in the RAF. Social meetings Day/time: 1st Tuesday of the month (summertime BST evenings 7.30pm; wintertime from 2pm). Venue: St Patricks Irish Club, Riverside Adelaide Road, Leamington Spa, Warwickshire, CV32 5AH, Web: https://www.rafa.org.uk/members-3/branches-and-clubs/
0808 802 8080	Royal British Legion, Leamington/Warwick district	Events and activities Day/time: various.

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		Venue; Numerous locations across the county, contact for further details. Web: counties.britishlegion.org.uk/counties/warwickshire-birmingham
07410 138 350	Royal Naval Association, Warwick	For those who have formerly served in the Navy. Contact is Phil Torney. Day/time: Meets once a month, contact for further details. Racing Club Warwick, Townsend Meadow, Hampton Road, Warwick, CV34 6JP Web: leamingtonrna@btconnect.com
01926 422 071	SYDNI bingo, Leamington	Day/time: Fridays, 1-3pm Venue: SYDNI Centre, Cottage Square, Leamington Spa CV31 1PT. Web: sydni.org/sydni-cafe/
01926 422 071	SYDNI community café, Leamington	Day/time: Monday-Fridays, 9am-2pm Venue: SYDNI Centre, Cottage Square, Leamington Spa CV31 1PT. Web: sydni.org/sydni-cafe/
01926 422 071	SYDNI Women's group, Leamington Spa	Lively, stimulating conversation, and a chance to meet new people. Day/time: 9:30am-12:00pm Venue: SYDNI Centre, Cottage Square, Leamington Spa CV31 1PT. Web: sydni.org/this-week/
01789 262 889	VASA lunch clubs, Leamington/Warwick district	Lunch clubs, groups and activities. Contact is Sam McNaught Barrow. Day/time: Various, contact for further details Venue: Various, contact for further details Email: hello@vasa.org.uk Web: vasa.org.uk/
01789 840 605 (Mavis); 01789 841 018 (Martin)	Wellesbourne Bridge Club	A small social club, not affiliated to the EBU, new members welcome. Day/time: Mondays 2-5pm. Venue: St Peter's Church Centre, Wellesbourne, Warwick, CV35 9LS. Web http://www.wellesbourne.btck.co.uk/Clubs/Bridge
07545 493 773	Whitnash Senior Luncheon club	Contact is Kitty Crutchley. Day//time: contact for further details. Venue: 24 Coppice Road, Whitnash, CV31 2JF
Exercise classes		
01926 422 123	Aero-tone, Leamington Spa	Low impact aerobics for all abilities. £3 per session. Day/time: Thursdays 10-11am, Venue: Brunswick Healthy Living Centre, Leamington Spa, CV31 3BD
01926 422 071	Chair Exercise, Leamington Spa	Seated exercise offers all the benefits of standing exercise, without the risk. Day/time: 11.30am-12.30pm Venue: SYDNI Centre, Cottage Square, Leamington Spa CV31 1PT. Web: sydni.org/this-week/
01926 494 200	Extend exercise classes, Leamington Spa	Gentle exercise sessions to music. £4 per session. Contact Chris. Venue: The Gap, 9 Oakwood Grove, Warwick, CV34 5TD. Day/time: Tuesdays, 9.30am - 10.30am, Web: thegapwarwick.org/fitness-dance/
01926 494 200	Gentle Yoga, Warwick	Suitable for all ages, for mobility, wellbeing, breathing, balance. Day/time: Tuesdays, 11am-12pm. £4 per session. Venue: The Gap, 39 Oakwood Grove, Warwick, CV34 5TD. Web: thegapwarwick.org/fitness-dance/
07816 356 244	Nifty Over Fifty exercise group, Leamington Spa	Gentle aerobics and stretches - an exercise class designed specifically for the older adult to improve cardiovascular fitness, flexibility and strength. Contact Kate. Venue: The Gap, 9 Oakwood Grove, Warwick, CV34 5TD. Day/time: Mondays, 9.30-10.30am. £4pp. Web: thegapwarwick.org/fitness-dance/
01789 840 605 or 01789 841 018	Wellesbourne Bridge Club	Day/time: Mondays, 2p.m. Contact Mavis or Martin. Venue: St Peter's Church Rooms, Church Street, Wellesbourne, Warwick CV35 9LS.

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		Contact Mavis on 01789 840605 or Martin on 01789 841018
	Wellesbourne Knit and Natter	For beginners and experienced knitters alike Day/time: 1st and 3rd Tuesdays, 6-8pm. Venue: Church Hall from 6pm. to 8 pm.
01789 470 012	Wellesbourne WI	Fun and friendship. Contact Pat Bright. Day/time: 2 nd Wednesday of the month, 7-30pm Venue: Wellesbourne Village Hall, School Road, Wellesbourne, CV35 9NH. Web: warwickshirewi.org.uk/wi/wellesbourne/
Dance classes		
01926 411 694	Berry Tea Dances, Warwick	Afternoon tea dances, call for further details and exact dates. Day/time: Monthly, 2-4pm. Venue: Court House, Jury Street, Warwick, CV34 4EW Web: unlockingwarwick.org
01926 427 846	Milverton Folk Dance Group, Warwick	English, Scottish, Welsh and square dancing. Also Saturday Dances at various times during the year at Claverdon Church Centre. Charges apply. Contact is Rachel Conlan. Day/time: Thursdays (not August), 8-10pm. Venue: Hampton on the Hill village hall, Old School Lane (off the A4189), Henley Road, Warwick, CV35 8QS. Web: milvertonfolkdancegroup.wiki.zoho.com/
01926 429 287	Sequence Dancing, Lillington	Line dancing for beginners and intermediate dancers. Contact for further details. Venue: Lillington Club, Lime Avenue, Leamington Spa, CV32 7DA Leamington Spa, Warwickshire
01926 484 692	Terrys Tuesday Teadance, Warwick	Day/time: Tuesdays at 2.15-5pm. Venue: Hatton village Hall, Hatton, Warwick, CV35 7LR. Email: terry@terrysdancecentre.co.uk Web: hattonvillagehall.co.uk/groups
01926 492 183	Line Dancing for Beginners, Wellesbourne	Contact Jenni for further details. Day/time: Tuesdays, 7.30-8pm Venue: Village Hall, School Road, Wellesbourne, Warwick CV35 9NH Email: jenni_fuller@inbox.com
Organised walks		
	Guided Health Walks Leamington Spa	Weekly walk from the Sydni Centre, around Newbold Comyn, Jephson gardens and canal (1 – 1 ½ hours). The route varies each week dependant on the weather and walking abilities of group, finishing with a cup of tea or coffee at the Sydni Centre. Walk leaders are Andrew and Sue Hewitt. Contact is Joanna Dagg. Day/time: Wednesdays, from 10.30 am. Venue: Sydni Centre, Cottage Square, Leamington Spa, CV31 1PT. Email: joanna.dagg@warwickdc.gov.uk Web: www.walkingforhealth.org.uk/
	Priory Health Walks, Warwick	A gentle stroll around the park, on a desinated path. The walk is a measured mile. Day/time: Mondays, 2.30-3.30pm. Venue: Packmore Community Centre Lyttelton Road, Warwick, CV34 5EP Web: www.walkingforhealth.org.uk/
Gardening and craftworking		
01926 843 159	Claverdon Gardening Group, Warwick	Gardening activities and occasional talks. Contact Chris Duckworth. Day/time: Every third Tuesday of the month (except December which is the second Tuesday), 7.30pm. Venue: Dorothea Mitchell Hall, Claverdon. Email: chrisduckworth18@gmail.com

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	Incredible Edible Garden Project, Leamington Spa	Coffee morning to discuss volunteer involvement in the community gardening project. Day/time: Tuesday 10.30am – 12pm Venue: Meet at 3 Regent Grove, Leamington Spa CV32 4NY (various local locations for gardening). Web: http://www.leamingtoninbloom.co.uk/?p=188
Just turn up	St Johns Church Hall Crafts / Activities	Venue: St Johns Church Hall, Tacbrook Street, Leamington Spa, CV31 3BN Day/time: Fridays 10.30am – 12.30pm (Starting 6 th September 2019) Come along to either crafts or activities followed by Coffee, tea and biscuits. As funding is limited we ask for a minimum of £1.00 donation
01926 422 071	Sydi gardening club, Leamington Spa	A weekly gardening club where you can meet other gardeners, support each other and exchange tips and ideas to grow your garden. Day/time: 9:30am-12:30pm and 1:45pm -2:45pm Venue: SYDNI Centre, Cottage Square, Leamington Spa CV31 1PT. Web: sydni.org/this-week/
	Repair café, Leamington Spa	Tools, materials and specialist help from volunteers, to assist you in repairing just about any household or garden item. The centre also has an excellent café for drinks and snacks. Date/time: 1st Saturday of the month, 11am-2pm. Venue: Sydni Centre Cottage, Square, Sydenham, Leamington Spa, CV31 1PT Web: https://www.facebook.com/RepairCafeLSpa
01926 422 071	Sydni ManCraft group, Leamington	A space for men to build, construct, sculpt and create whatever you want. Socialise, improves well-being, and meet others. Day/time: Fridays 4-6pm. Suitable for all ages Venue: SYDNI Centre, Cottage Square, Leamington Spa CV31 1PT. Web: sydni.org/this-week/
01926 843 122	Warwick Natural History Society, Warwick	Day/time: Alternative Thursdays, 7.30pm Venue: Friends' Meeting House, High Street, Warwick, CV34 4AX. Summer field talks, guided walk and talks, ornithological visits, members' library. Email: barbaracuttell@gmail.com Web: www.wnhs.info/
Art and languages groups		
01926 499 628	Art club, Leamington Spa	Mixed ability art group. Tuition is available. Fees apply. Bring your own materials. Contact is Margaret Day/time: Mondays, 2-4pm Venue: The Gap, 9 Oakwood Grove, Warwick, CV34 5TD. Web: thegapwarwick.org/eventsactivities.htm#587428224
	Painting for Pleasure, Leamington Spa	A group for disabled people and those living with or recovering from illness (including carers) needing some respite and those who feel isolated. Paint and draw to create projects with and for the local community. Contact Helena or Margaret. Day/time: Wednesdays, 9.30am-12pm, or 1-3.30pm. Venue: Westbury Centre, Westlea Road, Leamington Spa, CV31 3JE. Web: painting4pleasure.org.uk/
01926 428 401	Radford Semele Art Group, Leamington Spa	Most weeks individuals work on their own project, but occasionally artists are hired to give demonstrations. Weekly contribution is £3. Contact is Iris Chater. Day/time: Wednesday mornings, 10am to 12pm. Venue: Radford Semele community hall, 68 Lewis Road, Leamington Spa, CV31 1UQ. Web: radfordsemelepc.org.uk/village-organisations/

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02476 714 312	Wednesday Art Group, Warwick	Contact is Moira Linder. Day/time: Wednesdays at 9.30am–12.30pm or 1.30–4.30pm. Venue: Hatton village Hall, Hatton, Warwick, CV35 7LR Web: hattonvillagehall.co.uk/groups
	Wellesbourne Photo Group	Includes occasional outings. Contact Sue for further details. Day/time: 1st and 3rd Thursdays, 7.30pm. Venue: Village Hall (committee room), School Road, Wellesbourne, Warwick, CV35 9NH Email: newleafimages@live.co.uk
Crafts; home skills groups		
01926 422 071	Sydni craft group, Leamington Spa	Suitable for all ages. Participants are encouraged to bring their own craft, learn from and teach others. Occasional demonstrations. Day/time: Wednesdays, at 2-4pm. Venue: SYDNI Centre, Cottage Square, Leamington Spa CV31 1PT. Web: www.sydni.org/this-week/
01926 408 247	The Quilters's Den , Warwick	Quilting classes. Call for session prices. Day/time: 10am-4pm. Venue: 9 Smith Street, Warwick, CV34 4JA. Web: thequiltersden.co.uk/classes_and_workshops
	First Thursday group, Wellesbourne	Craft and cake – bring your own project or just come for a chat. Day/time: 1st Thursday of the month, 2 – 4 pm. Venue: Methodist Church, Bridge Street, Wellesbourne, Warwick CV35 9LR
History, reminiscence and local interest		
01926 641 188	Motoring Memories	Occasional lectures and practical workshops for classic car owners, or those interested in the creative subjects such as art and photography. Venue: British Motor Museum, Banbury Road, Gaydon, Warwickshire, CV35 0BJ. Web; britishmotormuseum.co.uk/learning/adult-learning/lectures-and-workshops Email: enquiries@britishmotormuseum.co.uk
01926 412 132	St John's Museum, Warwick	Various events, talks and activities about local history and archaeology. Check website for timetable. Venue: Warwick, CV34 4NF. Web: heritage.warwickshire.gov.uk/museum-service/st-johns-house-museum-planning-your-visit/
01926 330 711	Sydenham History Group, Leamington Spa	Talks and slideshows illustrate the history of Sydenham as well as that of Leamington Spa itself. Day/time: Tuesdays at 7.30pm starting with refreshments, at the Venue: SYDNI Centre, Cottage Square (Off Marloes Walk), Sydenham, Leamington Spa CV31 1PT. Web: sydni.org/eventspage.php?ID=74
01926 738 959	Warwickshire County Record Office, Warwick	Various events and talks. Check website for timetable. Venue: Priory Park, Cape Road, Warwick, CV34 4JS. Email: recordoffice@warwickshire.gov.uk Web: heritage.warwickshire.gov.uk/warwickshire-county-record-office/
01926 851 031	Warwickshire Home Library Service	Countywide delivery service for people who can't get to their local library due to disability or poor health, delivering books, audiobooks and information to their home. Email: mobilelibraryservice@warwickshire.gov.uk Web: https://www.warwickshire.gov.uk/mobilelibraries
	Wellesbourne Family History group	Guidance sessions on the computer Day/time: 2nd and 4th Mondays, 10am-12pm Venue: Wellesbourne Library, Kineton Road, Wellesbourne, Warwick CV35 9NF
Music		

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	Milverton Folk Players Club, Warwick	Contra, Country Dance, Scottish Country, Square Dance. Day/time: Thursday evenings, call for times. Venue: 44 Field Barn Rd, Budbrooke, Warwick CV35 8TS Contact is Rachel Conlan. Web: milvertonfolkdancegroup.org.uk/
01926 778 454	Songlines community choir Leamington Spa and Warwick	A 100-strong community choir. Songs from many traditions, inc gospel, folk and pop. Contact is Bruce Knight. Day/time: Wednesdays (Leamington Spa) and Tuesdays (Warwick). Phone for exact locations and times. Email: bruceknight.voice@virgin.net Web: https://naturalvoice.net/practitioner/bruceknight
07881 922 555	The Harmonisers community choir, Leamington Spa	Modern and classic rock/pop songs with a choral twist, and occasional acapella numbers. All welcome, no auditions or experience necessary. Mondays, 7:30pm - 9:30pm. Venue: Cubbington Social Club, Windmill Hill, Cubbington, Leamington Spa CV32 7LN. Email: theharmonisers@gmail.com Web: theharmonisers.co.uk/
Computer skills		
01926 422 123	Learn My Way Internet Skills, Leamington Spa	Computer and/or internet skills with the support of a tutor. No previous experience necessary. Learn at your own pace, choose your own topics. Day/time: Fridays, 9.30am-4pm (drop-in). Venue: Brunswick Hub, 98-100 Shrubland Street, Leamington Spa, CV31 3BD Email: reception@brunswick.org.uk Web: brunswickhlc.org.uk

Stratford-on-Avon community centres

01789 766 084	Jubilee Centre, Alcester	Address: Jubilee Fields, St Faiths Road, Alcester, B49 6AG.
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Stratford-on-Avon activities

Multi-mixed activity groups		
01527 853 745	Alcester U3A	Numerous interest groups, various time and locations for anyone not in full time work and living within easy reach of Alcester. Contact for further information and timetables. Web: alcesteru3a.btck.co.uk
01564 794 079	Beauesert Probus Club, Henley-in-Arden	A clubs for retired or semi-retired people from all walks of life and may include business or professional people. Day/time: 1st Wednesday of month, 11.30am Venue: Henley Golf and Country Club, Birmingham Road, Henley-in-Arden B95 5QA.
01564 792 491	Rotary Club of Henley-in-Arden	Contact is Mike Redman. Day/time: Tuesdays, 12.30pm Venue: Henley Golf and Country Club, Birmingham Road, Henley-in-Arden B95 5QA. Web: henleyinardenrotary.org/Main.aspx
	Rotary Club of Southam	A small club with an interesting programme of events throughout the year, Day/time: Contact for details. Venue: The Fox and Hen, Bascote Heath, Southam, CV47 2DN.
	Shipston-on-Stour U3A	A range of activities for members who learn from each other, through sharing their knowledge, skills and experience. For retired/semi-retired people. Membership fees apply. Day/time: Contact for timetables. Venue: Various.

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		Web: u3asites.org.uk/shipston-on-stour/contact
	Shottery U3A, Stratford-on-Avon	Numerous interest groups, at various time and locations. Membership fees apply. Day/time: Contact for timetables. Venue: Various. Web: shotteryu3a.btik.com
Social groups and lunchclubs		
01926 458 100	Age UK Warwickshire lunchclub, Stratford-on Avon	CURRENTLY ON HOLD Lunch only. Day/time: Tuesdays 12-1.30pm. Venue: Melville House, New Street, Stratford-on-Avon, CV37 6EB. Web https://www.ageuk.org.uk/coventryandwarwickshire/our-services/warwickshire/lunch-and-social-clubs/
01926 458 100	Age UK Warwickshire lunchclub, Stratford-on Avon	CURRENTLY ON HOLD Afternoon tea and cakes; raffle; bingo; occasional outings. Day/time: Wednesdays, 2-3.30pm. Venue: Bishopton Community Centre, Drayton Avenue, Stratford-on-Avon, CV37 9PB. Web https://www.ageuk.org.uk/coventryandwarwickshire/our-services/warwickshire/lunch-and-social-clubs/ .
01789 268522	Community Café Stratford Upon Avon	Cup of tea/coffee with a slice of cake Day/time: Wednesdays at 10.00am Venue: Lower Meadow Care Home - Runwood Homes Senior Living Drayton Ave, Stratford-upon-Avon CV37 9LF
	Stratford College Friendship Club Stratford upon Avon CV37 9QR	The Academy Training Restaurant at Stratford College does lunch clubs in term time. Tuesdays and Wednesday 12pm Starters £3.00, Mains £6.00, and Desserts £3.00. For more information and booking please telephone 01789 263521
01789 763 494	Alcester Derby and Joan	A social gathering for the over 60's. Monthly meetings and group outings. Day/time: Contact for further details. Venue: Contact for further details. Web kinwartonpc.org/local-contacts/
01789 298 835	Cake and Company, Stratford-on-Avon	Tea, coffee, cake, and friendship. Venue: Methodist Church, Old Town, Stratford-upon-Avon, CV37 6BG. Email: stratforduponavonbaptist.org.uk/#!/activities Web: stratforduponavonmethodist.org.uk/
	Cinema club, Henley-in-Arden	Community cineama experience. Day/time: Evenings. Venue: Memorial Hall, Station Road, Henley-in-Arden B95 5JP. Web: henleynews.co.uk/
01789 293 101	Friends Around 50, Stratford-upon-Avon	A Stratford-based social network providing women in the 40s-60s age range with the opportunity to make new like-minded female friends whilst enjoying a very wide range of events which include pampering, adventure, meals, theatre and regular walks. Contact Sue Wareing. Day/time: Various times over the day, evening and weekend. Venue: Various Email: fa50@fsmail.net Web: friendsaround50midlands.co.uk
01789 766 084	Golden Oldies Cinema Club, Alcester	Cinema showings. Tea will be served at the interval. Day/time: Monthly, doors open at 2pm for a 2:30 start to the film. Venue: Jubilee Court Community Centre, St Faith's Rd, Alcester, Warwickshire B49 6AQ. Web: alcester-tc.gov.uk/events/event/alcester-cinema-club/

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	Henley & District Domino League, Henley-in-Arden	League games for teams. Contact Gary Hibbert for further details. Day/time: Various. Venue: various. Web: henleydominoleague.btck.co.uk
01789 414 205	Ladies Fellowship, Stratford-on-Avon	Includes speakers. Day/time: Second Thursday of the month, 2-3.30pm Venue: Stratford-Upon-Avon Baptist Church, Payton Street, Stratford upon Avon, CV37 6UA. Email: office@stratforduponavonbaptist.org
01789 268 191	Meeting Point for Men, Stratford-on-Avon	Meetings are addressed by a speaker for about 45 minutes, followed by questions and then informal conversation over tea and biscuits. Contact Malcom Smith. Day/time: Last Monday of the month, 2.30pm Venue: Methodist Church, Old Town, Stratford-upon-Avon, CV37 6BG. Email: stratforduponavonbaptist.org.uk/#!/activities Web: stratforduponavonmethodist.org.uk/
01789 766 084	Regular activities and speakers, information and support. Alcester	Venue: Globe House, Priory Road, Alcester B49 5AL Day/Time: 1 st Wednesday of every month. Drop in between 10am and 12pm For more information please contact Wendy Sherwood, health and Wellbeing Coordinator Tel: 01789 766084 or Email: info@alcester-tc.gov.uk
0808 802 8080	Royal British Legion Alcester	For ex-service personnel. Regular meetings with refreshments, and occasional outings. Venue: Kings Court Hotel, Alcester, B49 5QQ. Day/time: Third Wednesday, 7:30pm Web: counties.britishlegion.org.uk/counties/warwickshire-birmingham/county-information/branches
0808 802 8080	Royal British Legion, Henley in Arden	For ex-service personnel. Day/time: First Tuesday of every month, from 8pm Venue: Black Swan, 23 High St, Henley-in-Arden B95 5AA Web: counties.britishlegion.org.uk/branches/henley
0808 802 8080	Royal British Legion, Southam	Day/time: 2nd Monday of each month at 10am Venue: Galanos House, Banbury Road, Southam, CV47 2BL. Web: counties.britishlegion.org.uk/counties/warwickshire-birmingham/county-information/branches
0808 802 8080	Royal British Legion, Stratford-on-Avon	For ex-service personnel. Venue: The RBL Club, Bull Street, Stratford upon Avon Warwickshire, CV37 6DT Day/time: 2nd Tuesday of every month, from 7.30pm Web: counties.britishlegion.org.uk/branches/stratford-upon-avon
0808 802 8080	Royal British Legion, Wellesbourne	For ex-service personnel. Day/time: Every 3rd Thursday at 8pm. Venue: Conservative Club, 14 Church Street, Wellesbourne, CV35 9LS. Web: counties.britishlegion.org.uk/counties/warwickshire-birmingham/county-information/branches
01798 260 108	Senior Citizens Action Network (SCAN), Alcester	A group of over-50s who meet to discuss key local issues, and to access information on a variety of support services. Day/time: Various. Venue: Various. Email: socialinclusion@stratford-dc.gov.uk Web: stratford.gov.uk/people-communities/senior-citizens-action-network-scan.cfm
01926 612 789 or	Southam and District Bridge Club	Meets at the Grange Hall on Mondays duplicate bridge; Wednesdays - social bridge. Contact Hilary Nealon or Sally Gascoyne. Venue: The Grange Hall, Coventry Rd, Southam CV47 1QA

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01926 612 775		Day/time: Monday evenings and Wednesday afternoons. Web: southamcouncil-warks.gov.uk/groups.htm
01926 812 148 (Pauline) or 01926 813 652 (Jacky)	Southam Darby and Joan Club	A chance to meet friends, and enjoy speakers, visits to shows and meals out, etc. New members are welcome and transport can be provided. Contact Pauline Brailsford or Jacky Graham. Venue: Wattons Lodge, Park Lane, Southam, CV47 0HX Day/time: 1st Friday of the month. Web: southamcouncil-warks.gov.uk/groups.htm
01926 812 149	Southam Friendship group	The Group is open to all ladies, to enjoy speakers, outings, and activities. Contact Sandra Meacham. Day/time: Wednesday evenings, 8-9.30pm Venue: Congregational Church, Wood Street, Southam, CV47 1PP. Web: southamcouncil-warks.gov.uk/groups.htm
01789 414 205	Tea party, Stratford-on-Avon	Tea and cakes, plus games, songs and friendship. Day/time: Last Friday of the month, 2.30-4pm Venue: Stratford-Upon-Avon Baptist Church, Payton Street, Stratford upon Avon, CV37 6UA. Email: office@stratforduponavonbaptist.org
01564 792 993	Henley-in-Arden Bridge Club, Warwick	A small and friendly club, new visitors welcome. Day/time: Tuesdays, 6.50pm. Venue: Wootton Wawen Social Club, Alcester Road, Wootton Wawen, Henley-In-Arden, West Midlands, B95 6AY (located behind the Wootton Wawen Village Hall - opposite the Bulls Head car park entrance). Web: bridgewebs.com/henleyinarden/home.html
Sports groups		
01789 765 004	Alcester (Crown) Bowls Club, Alcester	Friendly bowling sessions and club competitions. Day/time: Various. Contact for further details. Contact is John Slater. Venue: Meeting Lane, Alcester, B49 5QT. Web: alcesterunionistclub.co.uk/alcester-and-district-bowling-club/
01527 502 016	Entaco Bowls Club, Studley	Members play several times a week April-September, plus indoor bowling October-April. Players of all ages and abilities are welcome. Contact Mike Bell. Day/time: Various. Venue: Studley sports & social club ground, Eldorado Close, Studley, B80 7HP. Email: mikebell@sky.com Web: www.entacobowlsclub.com
01564 793 504 or 01564 795 216	Henley-in-Arden Bowls Club	Runs April-September. Contacts are Mick Shenton or Jon Butler Day/time: Various. Contact for details. Venue: Henley Sports & Social Club, on the A3400, B95 6AP. Email: mpjbutler@gmail.com Web: sites.google.com/site/henleyinardenbowlsclub/
01926 813 765	Southam Ramblers	Walks of about five miles, with shared transport arranged from starting point. Day/time: Alternate Wednesdays, 9.30am. Additional, shorter walks through the warmer months. Venue: Starting at Wood Street Car Park, Southam, CV47 1PP. Web: ramblers.org.uk/southam
Dance classes		
01789 204 989	Saturday night social dancing, Henley in Arden	Monthly dances, includes tea and coffee. Call for exact dates. Contact Alan or Vivian. Day/time: Occasional Saturdays, 8-11pm.

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		Venue: Henley in Arden Church hall, Beaudesert Lane, Henley in Arden, B95 5JY. Email: ilov2getherdancing@hotmail.com Web: myballroom.co.uk/stratford-dances.html
01789 204 989	Town Hall Charity Tea Dances, Stratford Upon Avon	Charity Tea Dances, includes Tea & Biscuits. Call Alan for precise dates. Day/time: Monthly, Wednesdays, 2-4.15pm Venue: Town Hall ballroom, Sheep Street, Stratford upon Avon, CV37 6EF. Web: myballroom.co.uk/stratford-dances.html
Organised walks		
07885 834 545	Alcester Tuesday Walkers	A slow paced walk through the countryside surrounding Alcester. Destination to be decided on the day. Contact John Ross. Venue: Starts from Greig Centre Car Park, Kinwarton Road, Alcester, B49 6AD Email: jaross@iee.org Web: alcester.co.uk/page.aspx?id=1015
01789 260 115	Walking for Health	Gentle walks led by trained leaders. Call Daniel Tolhurst for further details. Locations: Bidford, Stratford, Southam and Wellesbourne. Email: leisure@stratford-dc.gov.uk Website: stratford.gov.uk/sport-leisure-arts/walking-for-health.cfm
Gardening and craftworking		
01789 765 105	Alcester Gardening Club, Alcester	Monthly speakers discussing various topics membership fees apply. Contact Hilary Morgan for further details. Day/time: 1st Thursday of the month Venue: Jubilee Court Community Centre, St Faith's Road, Alcester, B49 6AQ. Web: alcester.co.uk/page.aspx?id=1161
01926 811 519	Creative textiles, Southam	Introductory course, booking is essential. Please call for exact times. Day/time: Mondays. Venue: Graham Adams Centre, St James Road, Southam CV47 0LY. Email: info@grahamadamscentre.com Web: grahamadamscentre.com/contact-us/
01789 292 052	Lifeways Community Garden, Stratford-on-Avon	Everything grown is shared. Contact James Pavitt. Venue: 30 Albany Road, Stratford-on-Avon, CV37 6PG. Day/time: Sundays, at 2.30pm. Email: james@nettlesoup.co.uk Web: lifewaystherapycentre.com
01789 268 294	Mens Shed, Stratford-on-Avon	A group of men, involved in woodwork and modelling projects, meeting for friendship, while sharing skills and interests. Open to over 50s. Days/times: Call for dates and times. Venue: Town Square, Stratford-on-Avon, Warwickshire, CV37 6DY. Email: mshedstratforduponavon@gmail.com
07885 873 167 or 01926 813 986	Southam Gardening Club	A monthly gardening club, with speakers, demonstrations, quizzes, outings and garden visits. Contact Lesley Smith. Day/time: 3rd Monday of the month, at 7.30pm. Venue: The Graham Adams Centre, St James Road, Southam, CV47 0LY. Web: thesouthamgardeningclub.blogspot.com/
	Wellesbourne Flower Club	Attendees enjoy a demonstration each month, followed by a raffle for the flowers. Yearly or monthly subscription options. Contact Christine Watts. Day/time: 3rd Wednesday of the month, 7.30pm. Venue: Wellesbourne Village Hall, School Road, Wellesbourne, Warwick CV35 9NH. Email: christinewatts46@gmail.com

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		Web: southmidlandsnafas.co.uk/
Art and languages groups		
	Kineton Art Group	Painting group, includes occasional demonstrations and workshops. Day/time: Mondays, 12.30-3pm, or 7-9.30pm. Venue: Kineton village hall Mill Street, Kineton, CV35 0LB. Email: info@saa.co.uk Web: saa.co.uk/kineton-art-group
07854 001 248	Photo Club, Stratford-on-Avon	Contact Phil Welch for further details. Day/time: Most Tuesdays, from 7.30pm. Venue: Bishopton Community Centre, Drayton Avenue, Stratford-upon-Avon, CV37 9PB. Email: membership@stratfordphotographic.org.uk Web: stratfordphotographic.org.uk/
01564 794 883	Startford Scribes, Stratford-upon-Avon	Suitable for enthusiastic amateurs to published authors. Contact Cathy Whittaker. Call for further details, prices, and day/times. Day/times: Wednesday in term time, 10am-12pm. Venue: Alcester Email: catherine_margaret_whittaker@hotmail.com Web hstratfordscribes.btck.co.uk/
01789 268 701	Sunnysideup Writing group, Stratford-on-Avon	Suitable for over 50s. Support and encouragement to build the confidence of new writers, and those who already write and are interested in self-publishing. Day/time: Every other Thursday, 10am-12pm. Venue: Scholars Mews Retirement Care Home, Scholars Lane, Stratford-on-Avon, CV37 6HE. Email: sunnysideup-uk@outlook.com Web: sunnysideup-uk.org/activity-groups
Crafts; home skills groups		
03005 558 171	Betty's Board Games, Alcester	Drop-in session. Meet new people for friendly chat, games, and refreshments. Day/time: Mondays, 10-11.30am. Venue: Alcester library, Globe House, Priory Road, Alcester, B49 5DZ.
01789 296 789	Card Craft Group, Stratford-on-Avon	Make greeting cards from recycled, donated materials. Donations anticipated, all funds go to the church. Day/time: Mondays, 10am-12pm. Venue: Methodist Church, Old Town, Stratford-upon-Avon, CV37 6BG. Email: stratforduponavonbaptist.org.uk/#!/activities Web: stratforduponavonmethodist.org.uk/
01789 555 678	Craft Club, Stratford-on-Avon	Day/time: First Monday of the month, 2-4.30pm Venue: Stratford-Upon-Avon Baptist Church, Payton Street, Stratford upon Avon, CV37 6UA. Share crafts such as quilling to decorate greetings cards and pegs; simple painting; decorating objects with a sponging process; knitting; cross stitching; and rag-rugging cushions. Tea and biscuits are provided free. Contact Gill Lawley or Pam Young Email: e.lawley@ntlworld.com
03005 558 171	Crafternoon Tea, Alcester	Held at Alcester library, Globe House, Priory Road, Alcester B49 5DZ, Fridays 1.30-3pm Email: warwickshire.gov.uk/alcesterlibrary
07974 640 994	Flower Club , Henley-in-Arden	Meets on 2nd Tuesday of month 7.30pm (excluding July/Aug), at Memorial Hall, Station Road, Henley-in-Arden, B95 5JP. Contact Paula Pugh. Email: henleyinardenflowerclub@live.co.uk Web: southmidlandsnafas.org.uk/henleyinarden

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01564 792 243	Henley-in-Arden Allotment and Gardening Club	Occasional gardening-related social gatherings. Call for further information. Stratford Road, Wootton Wawen,, Henley-in-Arden, B95 6BD Email: lizmajor1@gmail.com
01789 296 789	Knit, Stitch and Natter, Stratford-on-Avon	Make greeting cards from recycled, donated materials. Donations are welcomed, all funds go to the church. Day/time: Tuesdays at 10am-12pm Venue: Methodist Church, Old Town, Stratford-upon-Avon, CV37 6BG. Email: stratforduponavonbaptist.org.uk/#!/activities Web: stratforduponavonmethodist.org.uk/
01926 812 966	Napton Art Group	Social painting group. Venue: Napton Village Hall, The Crescent, Napton, Southam, CV47 8LS Email: jrsoni@hotmail.co.uk Web: southam.co.uk/organiser/napton-art-group/
03005 558 171	Reading Group, Alcester	New members welcome. Day/time: 2 nd Thursday of the month, 2–4pm. Venue: Alcester library, Globe House, Priory Road, Alcester B49 5DZ Web: https://www.warwickshire.gov.uk/alcesterlibrary
01295 670 674	Sewing classes, Stratford-on-Avon	Patchwork; quilting; dressmaking; home furnishings; sewing machine techniques. Contact Sheila Jones. Day/time: Alternate Wednesdays, 10am-1.30pm. venue: Ratley village hall, Chapel Lane, Ratley, Banbury, Oxford, OX15 6DS.
07764 447 604	Southam Baking Circle	An amateur baking group of all ages, where bakers get together to share tips, skills, try out something new. Day/time: 2 nd Thursday of every month. Venue: Southam Congregational Church, Wood Street, Southam, CV47 1PP. Email: southambakingcircle@hotmail.co.uk Web: southam.co.uk/directory/all/southam-baking-circle/
01926 815 086	Southam in Bloom	A volunteer group dedicated to brightening up the centre of Southam with floral displays. Day/time: 2nd Tuesday of the month, 7.30pm Venue: Sports and Social Club, School Street, Southam CV47 1PL. Email: tessasadler@yahoo.co.uk Web: southam.co.uk/directory/all/southam-in-bloom/
01788 552 933	Sugarcraft, Southam	Cake decorating and sugarcraft and run by a committee of volunteers. Booking essential. 2 nd Wednesday of the month, 7.30pm Venue: Ufton village hall, Southam Road Ufton CV33 9PF. Web: bsquk.org/who-we-are/
01564 792 251	Ullenhall Gardening Club	Day/time: 4th Tuesday of month, 7.45pm Venue: Ullenhall Village Hall, Ullenhall B95 5NW. Web: ullenhallpc.org.uk/activities-clubs-societies/ullenhall-henley-gardening-club
History, reminiscence and local interest		
	Alcester and District Local History Society	Day/time: 2 nd Wednesday of the month, 8pm Venue: St Benedict's Catholic High School, Kinwarton Rd, Alcester, B49 6PX. Email: info@alcesterhistory.org.uk Web: alcesterhistory.org.uk/pages/meetings.html
Music		
01789 488 401	Alcester Singers, Alcester	New members welcome. No auditions necessary. Day/time: Thursdays, 7.30pm Venue: Alcester St Nicholas' C of E Primary School, St Faith's Road, Alcester, B49 6AG

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		Web: alcestersingers.co.uk/ocportal/index.php
01926 817 516	The Melody Makers, Southam	A community choir. New members welcome. Call for further details. Web: thesouthammelodymakers@gmail.com
01789 268 701	The Sunnysiders Ukelele group, Stratford-on-Avon	Complete beginners and more advanced learners welcome. Includes tea/coffee and cake. Day/time: Mondays, 10am-12pm Venue: Tyler House Tyler Street, Stratford-on-Avon, CV37 6TY. Web: sunnysideup-uk.org/activity-groups
Computer skills		
03005 558 171	Silver Surfers, Alcester	Free drop-in computer and tablet help for over 50s. Day/time: Thursdays, 10am-12pm. Venue: Alcester library, Globe House, Priory Road, Alcester, B49 5DZ.
01789 268 701	The Sunnysiders Computer group, Stratford-on-Avon	Learn how to send emails, edit pictures, talk to family and grandchildren via Skype or Facetime, buy safely online, and develop your hobbies. Day/time: Thursdays at 2-4pm Venue: Methodist Church Centre, Old Town, Stratford-upon-Avon, CV37 6BG Web: sunnysideup-uk.org/activity-groups
Other		
01608 682 218	Shipston Bee Keepers, Shipston-on-Stour	Monthly social meetings, with a topical talk scheduled, visits to home apiaries once a month, and invitations to various lectures and training programmes. Beginners welcome. Contact for further details. Web: sbka.org.uk/

DAYCARE

01926 410 410	Warwickshire Adult Care and Support Services Guide 2018/19	This county council guide lists daycare provision in Warwickshire, as well as advice on how to go about deciding on, and arranging place. Web: carechoices.co.uk/region/west-midlands/warwickshire/
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Rugby

01788 522 577	Overslade House Daycare: Rugby	Date/time: 10am-4pm, Address: 12 Overslade Lane, Rugby, CV22 6DY. Web: barchester.com/home/overslade-house-care-home
01788 816940	Cherry Trees Daycare, Rugby	Specialist dementia care. Address: 242 Dunchurch Road, CV22 6HS. Web: cherry-trees.org.uk/
01788 535842	Elmhurst Care Facility Daycare, Rugby	Specialist dementia care. Address: 42 Hillmorton Road, CV22 5AD. Web: elmhurstcarefacility.co.uk/
01788 542 397	Hoskyn Centre Daycare, Rugby	Daycare for people living with disabilities. Hamilton House, 12 Bilton Road, CV22 7AB. Email: irene@hoskyncentre.co.uk Web: hoskyncentre.co.uk/about-us
01788 814 734	Manor House Daycare, Rugby	Specialist dementia care. Address: 6 Bawnmore Road, Bilton, CV22 7QU. Web: themanorhousereresidentialhome.co.uk/
01788 542 353	Rugby Care Centre Daycare	Address: 53 Clifton Road, CV21 3QE.
07907 510 899	Rugby Community Care Daycare	Address: Wood Street, Rugby, CV21 2NN. Web: facebook.com/RugbyCommunityCare/
01788 813 066	Sedlescombe Park Daycare, Rugby	Address: 241 Dunchurch Road, CV22 6HP.

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North Warwickshire

024 7676 9395	Anmol Day Centre, Nuneaton	Day care services for older disabled people over 55 years. Address: Upper Abbey St, Nuneaton CV11 5DH.
01827 712 895	Bracebridge Court, Atherstone	Address: Friary Road, Atherstone, CV9 3AL.
024 7638 3779	Caldwell Grange, Nuneaton	Address: Donnithorne Avenue, Nuneaton, CV11 4QJ.

Leamington Spa/Warwick/Kenilworth

01926 425 072	Cherry Tree Lodge, Leamington Spa	Address: 1 Gleave Road, Whitnash, Leamington Spa, CV31 2JS.
01926 852 365	Waverley Day Centre, Kenilworth	Address: Kenilworth Community Care, 65 Waverley Road, Kenilworth, CV8 1JL.

Stratford-on-Avon

01527 853 766	Four Acres, Studley	Address: Archer Close, Studley, B80 7HX
01608 662 005	Low Furlong, Shipston-on-Stour	Address: Darlingscote Road, Shipston-on-Stour, CV36 4DY

MENTAL HEALTH SUPPORT

Warwickshire

Information and advice about mental health		
Click link	Directory of Mental Health Support in Warwickshire	Directories of Mental Health Support in Warwickshire. https://directory.warwickshire.gov.uk/ and http://www.wcava.org.uk/directory-of-mental-health-provision
Online	Adult information leaflets	Numerous adult information leaflets regarding physical health, mental health, learning disabilities, and how Coventry and Warwickshire Health Trust can help. Web: covworkpt.nhs.uk/adult-information-leaflets
08444 775 774	Anxiety UK	Offers support, advice and information on a range of anxiety and anxiety-based depressive conditions. Web: anxietyuk.org.uk/
03333 233 880	Bipolar UK	Information guides, local peer-support groups, e-community, and employment support for employees and employers Web: www.bipolaruk.org/
03000 111 999	Farming Community Network	Pastoral and practical support for those in the farming community who are suffering from stress, low mood or depression, isolation, alcohol or drug dependency. Helpline is open 7am-11pm. Web: fcn.org.uk/
0300 123 3393	Mind National	Information line, A-Z of mental health, information and support, medication guides, e-community. Web: mind.org.uk/
Online only	Moodzone	Practical information, interactive tools, and videos to assist with coping with stress, anxiety or depression, or improving your emotional wellbeing. Web: nhs.uk/conditions/stress-anxiety-depression/
08449 674 848	No Panic	FAdvice and information for people suffering with anxiety, panic attacks, obsessive disorders, or phobias. Web: nopenic.org.uk/

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02477 712288	Warwickshire Wellbeing Hubs	In person at Warwickshire Wellbeing Hubs - free one to one support, walk-in sessions and drop-in sessions visit: www.cwmind.org.uk/wbw or call: 02477 712288
0300 303 2626	Recovery and Wellbeing Academy	Visit the Recovery and Wellbeing Academy to do a course or workshop specifically designed to empower your mental health and wellbeing. https://recoveryandwellbeing.covwarkpt.nhs.uk or call 0300 303 2626
03005 000 927	Rethink	Support including an advice line, and numerous factsheets about accessing services, learning about different medications, criminal justice guides, talking treatments, and more. Web: rethink.org/
0300 304 7000	SANE	Information on depression and other mental illnesses, e-communities for adults and young people, blogs. Web: sane.org.uk/
Helplines and counselling services		
01926 458 112	Age UK Warwickshire counselling for carers	The opportunity to talk to someone in confidence about your concerns and emotional difficulties that arise from your caring role. Sessions are held in your own home. Open to over 65s. A donation to the counselling service is anticipated. Currently being delivered by telephone or video link
01926 458 112	Age UK Warwickshire counselling	Support for difficult events, such as bereavement and loss, health difficulties, relationship problems, or other major life changes. Open to anyone aged 65+. Sessions last for one hour, and are held in your own home. A donation to the counselling service is anticipated.. Currently being delivered by telephone or video link
01788 560 800	ASSIST	ASSIST employs therapists trained to work with people living with the after-effects of trauma, and those with post-traumatic stress disorder (PTSD). Suitable following a traumatic life experience or incident, or a traumatic bereavement.
07507 722 537	Bereavement Support Groups	<p>FREE bereavement support groups for adults led by experienced facilitators and refreshments will be served by a team of trained & friendly volunteer listeners.</p> <ul style="list-style-type: none"> • Every last Tuesday of the month 1.00pm - 2.30pm at Chase Meadow Community Centre Narrow Hall Meadow, Warwick CV34 6BT • Every first Monday of the month 7.00pm - 8.30pm at the New Life Church, Friars Street, Warwick CV34 6HD <p>To reserve a place or for more information please contact Stacey Bains on 07507 722537 or email stacey.bains@covcofe.org</p>
01926 335228	The Centre of Relation Care Warwick Gates Counselling	<p>The Centre for Relational Care is a registered charity that offers relational care, counselling and psychotherapy for those who are experiencing difficulties in their lives, which leads them to seek outside help.</p> <p>Whilst no one will be refused counselling on the basis of it not being affordable, a minimum donation of £15.00 per session is suggested.</p> <p>https://www.warwickgates.org.uk/crc-counselling</p>
0800 585 858	CALM	Service for men at risk of suicide, or who are low in mood, or wishing to talk to someone. Webchat is also available.
0333 3447 990	Counselling directory	Find a professional counsellor or psychotherapist in your area. Web: counselling-directory.org.uk/

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0808 808 1677	Cruse	National service for bereavement support. Web: cruse.org.uk/telephone-support
02476 671 090	Improving Access to Psychological Therapies (IAPT)	Guided self-help, computerised cognitive behavioural therapy (CCBT), group / individual therapy, information leaflets. Web: covwarkpt.nhs.uk/iapt/pages/default.aspx
0800 616 171	Mental Health Matters	24/7 telephone helpline, staffed by support workers who use counselling skills to provide callers with emotional guidance and information. Web: mentalhealthmatters.com/
02476 225 863	Relate Coventry & Warwickshire	Relationship counselling; family mediation, sex therapy, support service for victims / survivors of domestic abuse and their family. Web: relatecoventry.org/
116 123	Samaritans	Telephone support if you would like to talk about the difficulties you are experiencing. Email: jo@samaritans.org Web: samaritans.org/how-we-can-help-you/contact-us
Phone: 0793652566 8	Time Out Counselling	Timeout counselling; a registered charity providing affordable counselling for Coventry and Warwickshire. Timeout is based in Coventry and offers free and low-cost counselling in the local area across a wide-range of topics that people experience. We also provide an online counselling service via video link for those who are unable to get to us in person.
0121 565 5605	Kaleidoscopeplus	Kaleidoscopeplus.org.uk. The Kaleidoscope Plus Group are facilitating a 'Suicide Bereavement Support Service' across Warwickshire. The service provides a safe space for people who have been bereaved by suicide to come together and talk openly about their experience. Contact Claire Dale, claire.dale@kaleidoscopeplus.org.uk Telephone 0121 565 5605 Website www.kaleidoscopeplus.org.uk
02476 302 969	SOBS Survivors of Bereavement Suicide	SOBS Survivors of Bereavement Suicide, Group meetings 2nd Monday of every month Call Jacqui on 02476 302 969
0208 930 8906	Welldoing	Search for a psychotherapist or counsellor for adults / adolescents / children, or find therapists who offer online services. Web: welldoing.org/
Mental health support groups and community services		
020 3119 0960	Keyring community links	Up to 6 weeks of tailored support for adults with low-level mental health needs. May include support to engage with services or the community, one-to-one focused support, or peer support. Contact is Maria Beale. Email: Bethany Hunt 07825 275 405 Web: keyring.org/what-we-do/community-links
01926 419 227	ReThink Warwickshire employment service	Service for people with mental health conditions to find and maintain paid employment. Email: mhess@rethink.org Web: rethink.org/services-groups/services/warwickshire-employment-service
0300 304 7000	SANeline	Emotional support and information to anyone affected by mental health difficulties. Helpline available out of hours Web: http://www.sane.org.uk/what_we_do/support/
Online	Sane support forum	An online, moderated forum for those over 18, which is designed to be a safe space to offer support, ideas and share experiences. Web: sane.org.uk/what_we_do/support/supportforum/support_rooms/
01708 765 200	Support Line	Confidential emotional support for children, young adults and adults, particularly in regard to supporting survivors of childhood sexual, emotional and physical abuse.

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02476 796 416	Together housing related support	Web: supportline.org.uk/ Support available to people needs relating to their mental health, physical disability, learning disability or sensory impairment, who would benefit from short-term housing related support. Email: warks-hrs@together-uk.org Web: together-uk.org/projects/warwickshire-housing-related-support/
0300 330 5499	Voiceability IMCA	If you have been assessed as lacking capacity to make specific decisions you may be able to get an independent mental capacity advocate. Email: imca@voiceability.org Web: voiceability.org/support-for-you/independent-mental-capacity-advocacy
0300 222 5947	Voiceability IMHA	If you are being detained under a Mental Health Section, you are legally entitled to help and support from an independent mental health advocate. Advocates can support you with understanding and getting information about your rights under the Act, the parts of the Act that apply to you, and the medical treatments you may be given. Web: voiceability.org/services/coventry-and-warwickshire/independent-mental-health-advocacy-imha
02476 631040 ext 11	Community Powered Advocacy Service	This service is for people age 18+ with a vulnerability who are not receiving social care services. A person may have poor mental or physical health (or both), a disability – including learning disability and/or autism – or another health need. They may be older, be leaving care, be homeless or at risk of homelessness. These are just a few examples. Aside from a low level vulnerability, each person we work with will be: Either a Warwickshire resident or accessing a Warks GP Over the age of 18 Not in receipt or eligible for statutory advocacy provision With low level support needs (both in terms of physical support and other complexities that require more specialist help) Contacting Naomi Madden at nbaker@grapevinecovandwarks.org to find out if the person is eligible.

Rugby

Mental Health Information and hubs		
01788 544 105	Rugby Mind wellbeing café and hub	Community café for people living with mental health conditions, for friendship and companionship. Also available is information and advice regarding mental health, one-to-one support and guided self-help, use of a lightbox, books on prescription Days/times: Tuesdays 1pm-4pm, and Saturdays 10am-1pm. Address: 28 Cromwell Road, Rugby, CV22 5LY. Email: wbw@cwmind.org.uk Web: cwmind.org.uk/rugby-wellbeing-hub
Helplines and counselling services		
01926 458 112	Age UK Warwickshire counselling for carers	The opportunity to talk to someone in confidence about your concerns and emotional difficulties that arise from your caring role. Sessions are held in your own home. A donation to the counselling service is anticipated.
01926 458 112	Age UK Warwickshire counselling	Support for difficult events, such as bereavement and loss, health difficulties, relationship problems, or other major life changes. Open to anyone aged 55+. Sessions last for one hour, and are held in your own home. A donation to the counselling service is anticipated.
07714 586 654	Cruse bereavement Counselling, Rugby	Bereavement counselling for Rugby residents. There may be a waiting list for this service. Email: coventry@cruse.org.uk

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RESOURCE DIRECTORY

		Web: cruse.org.uk/get-help/local-services/west-midlands/coventry-and-warwickshire/contact-us
01788 546 712	Oasis Counselling and Resource Centre, Rugby	Confidential counselling service that works within the ethical guidelines as defined by The Association of Christian Counselling. There may be a waiting list for this service. 46-48 Cambridge Street, Rugby, CV21 3NQ Email: Oasis@rugbyelim.org.uk Web: https://www.oasis-counselling-centre-rugby.co.uk/
Mental health support groups and community services		
03333 233 885	Rugby Bipolar UK support group	An informal support group for anyone affected by bipolar, or who is in the process of seeking a diagnosis. Friends, family and carers are also welcome. Occasional speakers. Information available on helplines, and local support services, and activities. Day/time: Fourth Tuesday of the month, 7-9pm. Address: Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR. Email: rugby@bipolarukgroups.org.uk
Mental health social activities		
01788 573 099	Cruse support group, Rugby	Bereavement support group. £2 per session. Contact is Christine. Day/time: 1 st and 3 rd Monday of the month, 7-9pm, Address: Claremont Centre (café) 43 Clifton Road, Rugby, CV21 3QE.
01788 810 585	Mental health social activities group, Rugby	Regular, organised trips and social activities, including bowling; pool; canal walks; pub get-togethers. Contact Don for further details.
02476 229 988 or 03003 032 626	Mind Recovery and Wellbeing Academy	Various courses aimed to support personal recovery and wellbeing. Online prospectus available. Address: 28 Cromwell Rd, Rugby, CV22 5LY. Web: https://cwmind.org.uk/recovery-wellbeing-courses/
07986 322 404	REST, Rugby	Stress management for Rugby residents with mild depression, anxiety, or muscular tension – exercise and speakers. Day/time: Thursdays, 7.30-9.30pm Venue: Octopus Centre, St Cross Hospital, Rugby, CV2 5PX. Web: rest-online.co.uk/

North Warwickshire

Helplines and counselling services		
02476 320 095	North Warwickshire Counselling Service	A voluntary counselling service, offered by professionally trained counsellors. Web: http://www.nwcounselling.org.uk/
Mental health social activities		
07483 991763	Mental Health Matters	The Warwickshire Safe Haven @ the Newtown Centre, Newtown Road, Nuneaton CV11 4HG offers out of hours mental health support to anyone aged 16+ in Nuneaton and surround areas. Open 6pm-11pm Thurs to Sunday. www.mhm.org.uk
02476 229 988	Mind Anxiety and Relaxation course	A 10 week programme for people needing support with anxiety management, stress, panic attacks, phobias, social shyness, insomnia, worrying, dealing with stress & learning to relax. Web: https://cwmind.org.uk/anxiety-management-courses/

Leamington/Warwick

Mental Health Information and hubs		
01789 298 615	Springfield Mind, Leamington Spa and Warwick	Various services including navigation to health and community activities, wellbeing workshops, and active monitoring programmes for people whose mood is becoming low.

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RESOURCE DIRECTORY

		Address: 2 Southborough Terrace, Brunswick Street, Leamington Spa, CV31 2DT. Address: Saltisford Church, Albert Street, Warwick, CV34 4JX. Address: 45 Coten End, Warwick, CV34 4NT. Email: enquiries@springfieldmind.org.uk Web: springfieldmind.org.uk/
07483 991763	Mental Health Matters	The Warwickshire Safe Haven @ 4&6 Clemens Street, Leamington Spa, CV31 2DL offers out of hours mental health support to anyone aged 16+ in Leamington Spa and surrounding areas. Open 6pm-11pm Mon to Weds. www.mhm.org.uk
Helplines and counselling services		
01926 458 112	Age UK Warwickshire counselling for carers	The opportunity to talk to someone in confidence about your concerns and emotional difficulties that arise from your caring role. Sessions are held in your own home. A donation to the counselling service is anticipated.
01926 458 112	Age UK Warwickshire counselling	Support for difficult events, such as bereavement and loss, health difficulties, relationship problems, or other major life changes. Open to anyone aged 55+. Sessions last for one hour, and are held in your own home. A donation to the counselling service is anticipated.
07799 015 650	New Hope, Leamington, Warwick and Stratford upon Avon	A confidential counselling service which is available to anyone living in Leamington Spa, Warwick, Stratford and surrounding areas. There is small charge for this service. Also offering counselling to homeless people in the area. Address: 70 Saltisford, Warwick CV34 4TT Web: newhopecounselling.org.uk/
07507 722 537	Together for Change bereavement support group, Warwick	Six weekly sessions of bereavement support, led by experienced facilitators who will be assisted by a team of trained volunteer listeners. Contact Stacey Bains. Day/time: 1 st Monday of the month, 7-8.30pm Venue: New Life Church, Friars Street, Warwick, CV34 6HD Email: stacey.bains@covcofe.org Web: tctwarwick.co.uk/event/bereavement-support-group-6/
Mental health social activities		
Online contact form	Foundry Wood, Leamington Spa	Ecotherapy and volunteering opportunities in community woodland. Booking is necessary for some activities. Address: Princes Drive, Leamington Spa, CV313PH. Web: foundrywood.co.uk/
01789 298 615	Springfield Green Minds, Leamington Spa	Sessions of gardening and growing produce at a local allotment, to improve mental wellbeing, and to encourage friendship. Day/time: Tuesdays, 10am-12pm. Address: Northumberland Road Allotments, Leamington Spa, CV32 6HB. Web: springfieldmind.org.uk/our-services/green-minds/ Email: enquiries@springfieldmind.org.uk
07906 262364	Tallis Wood Wellbeing	Offers a course of 6 weekly sessions for people struggling with their mental health or feeling socially isolated. Taster Session Weds 4 September. Next course date 11 Sept to 16 October and then 6 November to 11 December. All sessions run 10.30-3.30pm. Lunch provided and transport available if you live in south Leamington. Contact Kristie@arccic.co.uk tel 07906 262364
01789 298 615	Springfield Mind, From Hoarder to Order, Leamington Spa	For people who have an interest in this field. Email: enquiries@springfieldmind.org.uk Web: https://springfieldmind.org.uk/training2/from-hoarder-to-order

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RESOURCE DIRECTORY

Stratford-on-Avon

Mental Health Information and hubs		
01789 298 615	Springfield Mind, Leamington Spa and Warwick	Various services including navigation to health and community activities, wellbeing workshops, and active monitoring programmes for people whose mood is becoming low. Address: 48 Cygnet Court, Timothy's Bridge Road, Stratford-upon-Avon, CV37 9NW. Email: enquiries@springfieldmind.org.uk Web: springfieldmind.org.uk/
Helplines and counselling services		
01926 458 112	Age UK Warwickshire counselling for carers	The opportunity to talk to someone in confidence about your concerns and emotional difficulties that arise from your caring role. Sessions are held in your own home. A donation to the counselling service is anticipated.
01926 458 112	Age UK Warwickshire counselling	Support for difficult events, such as bereavement and loss, health difficulties, relationship problems, or other major life changes. Open to anyone aged 55+. Sessions last for one hour, and are held in your own home. A donation to the counselling service is anticipated.
01926 882 521	All About People, Leamington Spa	Various therapy services, for eg relationships, stress and anxiety, or bereavement. Email: info@aapscounselling.co.uk Web: allaboutpeopleltd.co.uk/
07730 216 700	Cruse, South Warwick	Bereavement counselling for residents of South Warwick. Email: coventry@cruse.org.uk Web: cruse.org.uk/get-help/local-services/west-midlands/coventry-and-warwickshire/contact-us
07799 015 650	New Hope, Leamington, Warwick and Stratford upon Avon	A confidential counselling service which is available to anyone living in Leamington Spa, Warwick, Stratford and surrounding areas. There is no charge for this service, but a donation is anticipated. Address: 70 Saltisford, Warwick CV34 4TT Web: newhopecounselling.org.uk/
Mental health social activities		
01789 532 110	Escape Adult Arts, Stratford-on-Avon	Art projects for adults recovering from illness or hoping to improve their wellbeing. Address: Old Slaughterhouse Arts and Heritage Studio, Stratford-on-Avon, CV37 6EE. Email: info@escapearts.org.uk Web: escapearts.org.uk/adult-arts/
01789 298 615	Springfield Green Minds – Stratford-on-Avon	Sessions of gardening and growing produce at a local allotment, to improve mental wellbeing, and to encourage friendship. Day/time: Monday, 11am-1pm Address: Stratford-upon-Avon Allotment, Lifeways Therapy Centre, 30 Albany Road, Stratford-upon-Avon, CV37 6PG. Web: springfieldmind.org.uk/our-services/green-minds/ Email: enquiries@springfieldmind.org.uk

DEMENTIA SUPPORT, HELPLINES & TRAINING

Warwickshire

Community support		
01788 513 712	Arden dementia assessment service, Rugby	Assessment of memory difficulties, and post-diagnostic information for people who have just been given a diagnosis of dementia. Professional referral required. Address: The Railings, Woodside Park, Rugby, CV21 2AW.

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RESOURCE DIRECTORY

01926 450 660	Arden dementia assessment service, Leamington Spa	Assessment of memory difficulties, and post-diagnostic information for people who have just been given a diagnosis of dementia. Professional referral required. Address: Yew Tree House, 87 Radford Road, Leamington Spa, CV31 1JQ.
01789 415 440	Arden dementia assessment service, Stratford on Avon	Assessment of memory difficulties, and post-diagnostic information for people who have just been given a diagnosis of dementia. Professional referral required. Address: Stratford Healthcare, Building 1, Floor 2, Arden Street, Stratford-upon-Avon, CV37 6NQ.
0300 200 2008	Arden dementia assessment service, Nuneaton	Assessment of memory difficulties, and post-diagnostic information for people who have just been given a diagnosis of dementia. Professional referral required. Address: Manor Court Avenue, Nuneaton, CV11 5HX.
Online	Coventry and Warwickshire Health Trust	Numerous adult information leaflets regarding physical health; mental health; learning disabilities, and how CWPT can help. Web: covwarkpt.nhs.uk/adult-information-leaflets
01788 663 044	St Cross, dementia support	Information about supporting people who are experiencing confusion or dementia while in hospital. Contact Debbie Harris. Web: uhcw.nhs.uk/for-patients-and-visitors/dementia-care-at-uhcw Web: uhcw.nhs.uk/caring-for-you/your-inpatient-stay/dementia-care-at-uhcw/
024 7696 4998	University Hospital Coventry and Warwickshire, dementia support	Information about supporting people who are experiencing confusion or dementia while in hospital. Contact Debbie Harris. Web: uhcw.nhs.uk/for-patients-and-visitors/dementia-care-at-uhcw Web: uhcw.nhs.uk/caring-for-you/your-inpatient-stay/dementia-care-at-uhcw/
Dementia information, support, and advice		
0333 150 3456	Dementia Connect	It offers people with dementia, and their carers, family and friends, free and easy access to the support they need. From practical advice on legal documents, to someone to talk to when things get tough. And they can access support by phone, online and face to face. Covers all of West Midlands Web: https://www.alzheimers.org.uk/refer
01926 888 899	Alzheimer's Society Dementia Navigator scheme	Support and signposting to other services. Email: southwarks@alzheimers.org.uk Web: apps.warwickshire.gov.uk/PublicHealthDir/services/138
01926 888 899	Alzheimer's Society, Warwickshire	Information, advice and guidance. Address: 10 Wise Street, Leamington Spa, CV31 3AP Web: alzheimers.org.uk/find-support-near-you
0800 888 6678	Dementia UK	Helpline, information and advice about living with dementia, support to access your local Admiral nursing team. Email: info@dementiauk.org Web: dementiauk.org/
online	Elefriends	Online e-community for individuals who are experiencing low mood. Also for family and friend. Web: elefriends.org.uk/
online	Teepa Snow	Useful advice by Teepa Snow, who offers practical ideas on dealing with challenging situations. Web: teepasnow.com/
024 76 217 740	Warwickshire Young Carers	A service for children and young adults who are fulfilling a caring role. Peer groups and advice sessions with a staff member. Address: Ryton Gardens, Wolston Lane, Ryton on Dunsmore, Rugby, CV8 3ES.

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RESOURCE DIRECTORY

		Email: info@warwickshireyoungcarers.org.uk Web: warwickshireyoungcarers.org.uk/
Assistive technology		
Online	Advice on wandering	Advice on discouraging someone from leaving the house. Web: alzheimersweekly.com/2016/05/10-tips-to-prevent-wandering-from.html
01564 785 100	Just Checking	An easy-to-use online activity monitoring system that uses sensors to help people stay independent in their own home. Web: justchecking.co.uk/family/dementia
01908 951 045	MedicAlert	Personalised ID for people who wander, or may get lost, listing emergency contacts, medications, clinic details and other important documentation. Email: info@medicalert.org.uk Web: medicalert.org.uk/
0800 292 2901	MindMe	GPS tracking devices, including personal alarm and response service, for locating people who wander. Email: sales@mindme.co.uk Web: mindme.care/
07506 152 048	PocketFinder	GPS tracking devices for locating people who wander. Web: pocketfinder.com/personaltracker/
Online	The Herbert Protocol	A national scheme, to be used in the event of a person with dementia going missing. It consists of a form to be filled out by eg spouse, family, next of kin, that contains vital information about the person at risk, that can be passed to the police. The forms are available online. Email: contactus@warwickshire.police.uk Web: warwickshire.police.uk/article/20156/The-Herbert-Protocol
020 3322 9070	Unforgettable	Online store for assistive technology and other items that make living with dementia a little easier. A catalogue is available on request. Email: happytohelp@unforgettable.org Web: unforgettable.org/
01926 410 410	Warwickshire Dementia Portal	Information about living with dementia, providing support, staying independent, and reducing the risks. Email: dementiapartnership@warwickshire.gov.uk Web: dementia.warwickshire.gov.uk/
Training courses		
024 7610 1040 (option 5)	CarersTrust, Learning and Sharing sessions VIP	Training courses that run for six weeks each. Includes sessions on understanding dementia, dealing with emergencies, how the NHS and Social Care services work, moving and handling, and dealing with difficult behaviour. Email: paul.nicholls@carerstrusthofe.org.uk Web: carerstrusthofe.org.uk/training-and-learning/our-free-training/
01788 576 854	Rugby Dementia Support, Understanding Dementia course	Dementia awareness training in how to support people directly affected by dementia, led by a retired clinical psychologist, and an experienced dementia trainer. Places must be booked. Venue: Friends' Meeting House, 28 Regent Place, Rugby, CV21 2PN. Email: jane.muers@btinternet.com Web: rugbydementiasupport.org.uk/event/training-in-understanding-dementia-2/

Rugby

Community support		
0300 303 3131	Admiral nursing team (Rugby and Coventry)	Personalised advice, support and information for carers at any stage of their caring experience. Clients must be registered with a Coventry or Rugby GP. Self-referrals are accepted. Email: CRCCG.CRGPAadmiralnurses@nhs.net

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RESOURCE DIRECTORY

		Web: coventryrugbygateway.nhs.uk/pages/dementia-admiral-nurse-service/
Befriending, and peer support		
01788 811 976	Alzheimer's Society dementia café, Rugby	A place to relax and socialise, and find out about local information and services. Day/time: 1st Tuesday of each month, 1.30-3.30pm Venue: Anya Court Carehome, 286-290 Dunchurch Road, Rugby CV22 6JA Web: alzheimers.org.uk/find-support-near-you#!/search
01788 576 854	Rugby Dementia Support, bereaved carers group	Support and companionship for people who have been bereaved following caring for a person close to them. Contact Jane Muers. Day/time: monthly at 11am-12.30pm Venue: Friends' Meeting House, 28 Regent Place, Rugby, CV21 2PN. Email: jane.muers@btinternet.com Web: rugbydementiasupport.org.uk/event/bereaved-group-2/
01788 576 854	Rugby Dementia Support, First Friday Together	Group activities for people with memory problems while their carers meet, share experiences and information with others. Contact Jane Muers. Day/time: 1 st Friday of the month, 10.30am-12pm. Venue: Claremont Centre (Offord and Sedgewick rooms), 43 Clifton Road, Rugby, CV21 3QE. Email: jane.muers@btinternet.com Web: rugbydementiasupport.org.uk/event/first-friday-together-2/
01455 823570	Rugby Dementia Support, Thursday Together	A social evening for families living with dementia. Contact Jane Muers. Day/time: 2 nd Thursday of the month, 6.30-8.30pm. Venue: The Benn Partnership Centre, Railway Terrace, Rugby CV21 3HR. Email: jane.muers@btinternet.com Web: rugbydementiasupport.org.uk/event/thursday-together-3/
01788 552 540	Rugby Forget-Me-Not Friends Befriending	Weekly friendship visits by a trained volunteer, for individuals and couples who are living with dementia, provided by Rugby Dementia Support and Age UK Warwickshire. Information about local dementia services can also be provided on request. Contact Alice Maher. Email: RFF@ageukwarks.org.uk Web: rugbydementiasupport.org.uk/wp-content/uploads/2018/11/RFFleaflet.pdf
Activity groups and daycare		
01788 552 540	Age UK Warwickshire Musical Memories, Rugby	Familiar music in a relaxed environment, for anyone who is affected by dementia or memory difficulties. There is no charge for attending, but donations are anticipated. Day/time: 2 nd Monday of the month, 10am-12pm. Venue: Bull Inn, Clifton-on-Dunsmore, 33-5 Main Street, Rugby, CV23 0HB.
024 7623 7521	Awaken the Arts, Coventry	Guided exploration of the visual arts by an art education specialist, suitable for people with memory difficulties, and their carer/supporter. Places must be booked. Day/time: 1 st Tuesday of the month. Venue: Herbert Art Gallery and Museum, Jordan Well, Coventry, CV1 5QP. Email: nicky.mcintosh@culturecoventry.com Web: theherbert.org/whats_on/112/awaken_the_arts
07907 510 899	Rugby Community Care	The daycare / support group offers a range of social activities, three course meal, refreshments and entertainment. Day/time: Tuesdays, Wednesdays, and Fridays, 10am-3pm.

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		Venue: Wood Street, Rugby, CV21 2NN. Email: rugbycommunitycare@gmail.com
01455 823 570	Rugby Dementia Support, music sessions	Music sessions for people with dementia and their carers. Contact Jane Muers. Day/time: Fridays, 10am -12 noon. Venue: Friends' Meeting House, 28 Regent Place, Rugby, CV21 2PN. Email: jane.muers@btinternet.com Web: rugbydementiasupport.org.uk/event/2349/
01788 533 201	The Good Times Crafts and Games, Rugby	A group where people can make crafts made from meaningful materials. Sessions are free, but must be booked. Venue: Rugby Library and Museum, Little Elborow St, Rugby, CV21 3BZ. Day/time: Last Friday of the month, 1.30-3.30pm Web: rugby.gov.uk/ragm/homepage/60/
0370 192 4697	We Sing, Rugby	Singing for those living with dementia, and their carers, led by Hillmorton choir. Day/time: 1st and 3rd Monday of the month, 1.30-2.30pm Venue: Webb Ellis Court lounge, Featherbed Lane, Hillmorton, Rugby, CV22 7AU. Email: Jennifer.Wheeler@housingandcare21.co.uk

North Warwickshire

Befriending, and peer support		
01926 888 899	Alzheimer's Society dementia Café, Atherstone	A place to relax and socialise, and find out about local information and services. Day/time: Call for details. Venue: Church Lane, Weddington, Nuneaton, CV10 0EY Web: alzheimers.org.uk/find-support-near-you#!/search
01926 888 899	Alzheimer's Society dementia café, Bedworth	A place to relax and socialise, and find out about local information and services. Day/time: Call for details. Venue: High Street, Bedworth, CV12 8NH. Web: alzheimers.org.uk/find-support-near-you#!/search
01926 888 899	Alzheimer's Society, Side By Side	Support for people living with dementia, who are feeling isolated and lonely. Or who would like some support going in the community, and meeting new friends. Web: alzheimers.org.uk/get-support/your-support-services/side-by-side
01675 463 326	Coleshill Hub, dementia cafe	Company, peer support, and creative activities. Day/time: First Friday of the month, at 1.30-4pm. Venue: St. Peter and St. Paul's Church, Coleshill Road, Water Orton, B46 1QU. c.claridge312@btinternet.com Web: coleshillhub.org.uk/memory-cafe/
Activity groups and daycare		
07766 051 987	Singing With A New Spirit (SWANS), Nuneaton	An informal singing group for people with dementia and brain injuries, and a place where carers can find support. Contact Sally-Anne Veasey. Day/time: Tuesdays, 1-2pm, then 2-3pm. Venue: St. James Church Community Centre, Church Lane, Weddington, Nuneaton, CV10 0EY. Email: saveasey@postmaster.co.uk Web: stjamesweddington.org.uk/Events.php

Kenilworth

Befriending, and peer support

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RESOURCE DIRECTORY

01926 888 899	Alzheimer's Society dementia café, Kenilworth	A place to relax and socialise, and find out about local information and services. Day/time: Call for details. Venue: Waverley Day Centre, Waverley Road, Kenilworth, CV8 1JL. Web: alzheimers.org.uk/find-support-near-you#!/search
07847 366 149 or 07929 371 470	The Little Ray of Sunshine café, Kenilworth	A cafe and place to socialise, and to meet others for friendship and support. Contact Debbie Brown or Cathy Edwards. Day/time: 3rd Monday of every month, 10.30 - 12.30 pm. Venue: The Kenilworth Centre, Abbey End Car Park, Kenilworth CV8 1JP Web: thekenilworthcentre.com/user-groups/
01926 858 433	Waverley Carers Group, Kenilworth	Day/time: 3rd Saturday of the month, 10.30am-12.30pm. Venue: Waverley Day Centre, Waverley Road, Kenilworth, CV8 1JL.

Warwick/Leamington

Befriending, and peer support		
03333 211 924	Care UK dementia café, Leamington Spa	A supportive environment for people living with dementia to enjoy a cup of tea. Day/time: Mornings, weekdays. Venue: Kenilworth Priors House, Old Milverton Lane, Blackdown, Leamington Spa, CV32 6RW Email: francesca.brennan@careuk.com Web: careuk.com/care-homes/priors-house-royal-leamington-spa/events/dementia-friendly-cafe
02476 652 602	Alzheimer's Society dementia café, Warwick	A supportive environment where you can share your experiences, or simply chat with others in a similar situation. Cost is £12 (per person, per year) which includes entry to Compton Verney's exhibitions, collections and park (accompanying carers are free). Day/time: Second Tuesday of month, 10.30am-12.30pm Venue: Compton Verney Art Gallery, Warwick, CV35 9HZ. Email: coventry@alzheimers.org.uk Web: alzheimers.org.uk/find-support-near-you#!/search
01926 612 483 (Jill) or 01926 612 340 (Janice)	Connections Café, Harbury	Dementia support café, in association with the Pam Britton Trust. Contact Jill Baker or Janice Montague. Day/time: Third Wednesday of month, 2-4pm Venue: Harbury Village Library, High Street, Harbury, Warwick, CV33 9HW. Email: janellmont@gmail.com or jillbaker2015@outlook.com Web: harburyvillagelibrary.org.uk/events/hvl_connections_cafe
07964 683 146	Café WRAP, Wellesbourne	A social group for those with memory loss – arts, crafts, speakers and companionship from other people in similar circumstances. Contact Heather Brown. Day/time: Wednesdays, 2- 4 pm Venue: Wellesbourne Village Hall, School Road, Wellesbourne, Warwick, CV35 9NH. Web: http://www.reminiscence.org.uk/cafe-wrap/
Activity groups and daycare		
01926 458 100	Age UK Warwickshire Musical Memories, Leamington Spa	Listening to, and joining in with musicians in 'making music', and sharing experiences in relaxed, informal surroundings. Day/time: The last Monday every month (except bank holidays), 10am-12pm Venue: The Moorings Bar and Restaurant, Myton Road, Leamington Spa, CV31 3NY. Web: https://www.ageuk.org.uk/coventryandwarwickshire/our-services/warwickshire/musical-memories-cafes/
01926 458 100	Age UK Warwickshire	Listening to, and joining in with musicians in 'making music', and sharing experiences in relaxed, informal surroundings.

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RESOURCE DIRECTORY

	Musical Memories, Warwick	Day/time: First Monday every month (except bank holidays), 10.30am-12.30pm. Venue: Saxon Mill, Coventry Road, Guys Cliffe, Warwick, CV34 5YN, Web: https://www.ageuk.org.uk/coventryandwarwickshire/our-services/warwickshire/musical-memories-cafes
01926 888 899	Alzheimer's Society, Singing for the Brain, Leamington Spa	A singing group, where familiar songs are sung, all based around the principles of music therapy. Day/time: Contact for details. Venue: Brunswick Health Living Centre, 98-100 Shrubland Street, Leamington Spa, CV31 3BD.

Stratford-on-Avon

Befriending, and peer support		
01608 661 703	Active Memory Group, Stratford-on-Avon	Activities for people with memory problems and their carers. Contact Alyson Spence. Day/time: First and third Thursday of month 10-12pm Venue: St Edmund's Church, Shipston on Stour, Stratford on Avon, CV36 4AP. Web: st-edmundsshipston.co.uk/gallery.html
01789 488 088	Alcester Dementia Café	Support for people with memory problems/dementia, their families, carers, former carers, providing information and support. Contact is Carole Zambonini Day/time: Tuesday and Friday, 10.30am-12.30pm. Venue: The Jubilee Centre, Jubilee Hall (off St Faith's Road) Alcester, B49 6AG. Email: alcestercafe@gmail.com Web: alcesterdementiacafe.org/alcester-cafe/
02476 652 602	Alzheimer's Society dementia café, Stratford-on-Avon	A place to relax and socialise, and find out about local information and services. Day/time: Contact for details. Venue: St Andrew's Church, Church Lane, Shottery, Stratford-upon-Avon, CV37 9HQ. Web: alzheimers.org.uk/find-support-near-you#!/search
01789 261 061	Café WRAP, Bishopstone	A social group for those with memory loss – arts, crafts, speakers and companionship from other people in similar circumstances. Contact Janine Jackson. Day/time: Wednesdays, 2- 4 pm Venue: Next to the Bishopton Primary School, 153 Drayton Ave, Stratford-upon-Avon, CV37 9PB. Web: http://www.reminiscence.org.uk/cafe-wrap/
01608 654 444 or 01608 662 433	Down Memory Lane, Stratford-on-Avon	A singing experience for those with memory problems. Refreshments provided. Contact Dave Hollingworth or Barbara Smith. Day/time: Third Friday of month 2-3.30pm Venue: Community Lounge Stour Court, Old Road, Shipston-on-Stour, Stratford-on-Avon, CV36 4HF
01926 812 185	Southam Dementia Café	The café is open to everyone and provides an opportunity to meet others and share experiences. There will be volunteers on hand to offer support and practical advice. Day/time: Last Wednesday of month, 2.30pm-4pm. Venue: Galanos House, Banbury Road, CV47 2BL. Web: britishlegion.org.uk/get-support/care/care-homes/galanos-house/

OTHER HEALTH SUPPORT

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RESOURCE DIRECTORY

Warwickshire

		National / county help and disability support
On line	Arthritis Action	Resource directory - includes our Exercise and Activity Directory, our Mental Health Directory, our online chair based exercise videos to help people stay active even when at home, our informative Webinars as well as information about cooking and recipes. https://www.arthritisaction.org.uk/living-with-arthritis/resource-centre/
On line	Arthritis Acton	Covid-19 Advice:- Created as the UK went into National lockdown and which has been added to over the last couple of months, it has some really great information for the general public, especially with regards to mental health and looking after yourself as well as others during these challenging times. https://www.arthritisaction.org.uk/covid-19-advice/
Online	Coventry and Warwickshire Health Trust	Numerous adult information leaflets regarding physical health, mental health, learning disabilities, and how CWPT can help. Web: covwarkpt.nhs.uk/adult-information-leaflets
0330 995 0400	Disability Rights UK	Advice and information about disability rights and related issues. An information handbook can be provided on request. Web: disabilityrightsuk.org/
0300 999 0004	Disabled Living Foundation	Impartial advice, information and training on independent living, mobility products, or other types of daily living equipment. Web: https://www.dlf.org.uk/
111	NHS Choices	Urgent medical advice line
0808 800 3333	SCOPE	Support and information about welfare benefits, community care, equipment, independent living, mobility and transport, disability hate crime reporting. Email: helpline@scope.org.uk Web: scope.org.uk/support/disabled-people/local/about
024 7638 5200	Warwickshire Employment Support Team	Support for people with a learning disability, autism or Asperger's who want to find paid work, full or part-time employment Web: warwickshire.gov.uk/west
Support for veterans		
020 8590 1124	BLESMA	Help, advice and emotional support to veterans who have lost limbs in their duty, and their families. Email: ChadwellHeath@blesma.org Web: blesma.org
07763 792 168	Veterans contact point	Support gateway for all who have served for any of the armed forces. Can offer support with obtaining work and skills, accessing social networks and providing advice regarding housing, finance, mental and physical health, drugs and alcohol dependency. Address: Armed Forces Centre, The Horsa Building, Bentley Road, Nuneaton, CV11 5LR. Email: contactus@veteranscontactpoint.co.uk Web: veteranscontactpoint.co.uk/
Support for physical conditions		
0300 222 5800	Asthma UK	Information on living with asthma, including triggers, diagnosis, treatments, and asthma care with the NHS. Email: info@asthma.org.uk Web: asthma.org.uk/

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RESOURCE DIRECTORY

0300 300 3311	British Heart Foundation	Information about heart health, tests and treatments. There is also a magazine and an online community. Web: bhf.org.uk/
01926 357 220	Bladder and Bowel Community	Information and advice on all aspects of continence. Also a home delivery service for products. Email: help@bladderandbowel.org Web: bladderandbowel.org/
online	Continence Product Advisor	Provides independent and evidence-based advice on how to choose and use suitable incontinence products Web: continenceproductadvisor.org/
02077 933 650	Dystonia UK	Helpline, online forum, information and advice, advocacy service, and local support groups. Web: support@dystonia.org.uk
0345 123 2399	Diabetes UK	Online information and advice, and a helpline where you can ask questions about all aspects of living with diabetes helpline@diabetes.org.uk
0115 924 0800	Headway	For people living with brain injury. Information and advice on living with a brain injury, or for caring for someone that has. Peer support groups (Warwick and Nuneaton). Email: enquiries@headway.org.uk Web: headway.org.uk/
08088 080 000	MacMillan cancer support	Medical, financial, and health information, peer support groups, and an e-community for people living with cancer. Web: macmillan.org.uk/
02476 601 762	MND Association	Information for people affected by motor neurone disease, and their carers. Information and advice, including help regarding benefits, finding communication devices, accessing local support. Email: mndconnect@mndassociation.org Web: mndassociation.org/
0808 800 8000	MS Society	Practical, financial and emotional support for people living with multiple sclerosis. Email: helpline@mssociety.org.uk Web: mssociety.org.uk/
0808 800 0303	Parkinson's UK	Information about Parkinson's disease, including how to access support, finding a local Parkinson's nurse, preparing for the future. There is also an e-community. Email: hello@parkinsons.org.uk Web: parkinsons.org.uk/
0808 800 4050	Versus Arthritis	Information and support for people living with arthritis, includes information on work, treatments, benefits, and pain management. Email: enquiries@versusarthritis.org Web: versusarthritis.org/
Sensory support		
01733 358 356 (textphone)	Deaf Blind UK	Information and advice on social groups, befriending, digital inclusion, guiding, independent living, support for carers. Email: info@deafblind.org.uk Web: deafblind.org.uk/
01306 876 883	Ménière's Society	Support and information for people with vestibular (inner ear) disorders causing dizziness and imbalance. Email: info@menieres.org.uk Web: menieres.org.uk/
0303 123 9999	RNIB Counselling	Information and advice, helpline, reading service, social telephone groups, online shop. Email: helpline@rnib.org.uk Web: rnib.org.uk/

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0300 330 9256	Sense	Support and information for people who are deafblind or have associated disabilities. Includes information on living independently, accessing technology, hobbies and activities, maintaining wellbeing, arranging holidays. Email: info@sense.org.uk Web: sense.org.uk/
01926 413 043	Warwickshire County Council services to deaf people	Information about deafness, sign-language, deaf clubs, assessment and registration, specialist equipment, and accessing interpreters and notetakers. Web: warwickshire.gov.uk/servicesforthe deaf
01926 413045	Warwickshire County Council hearing loss assessment	Are you deaf or experiencing hearing loss? Warwickshire County Council may be able to help you to remain independent at home by providing you with specialist equipment. No age limit. For a free assessment tel 01926 413045 or Textphone: 01926 413015 Email: pdssreferral@warwickshire.gov.uk www.warwickshire.gov.uk/servicesforthe deaf
01926 411 331	Warwickshire Vision Support	Includes information, advice and advocacy on living with sight loss, rehabilitation, interactive technology, social support, home visitors, talking books, audio magazine. Email: enquiries@warwickshire.vision Web: warwickshire.vision/
Addiction support		
0800 9177 650	Alcoholics Anonymous	Information and local peer support groups for people affected by alcoholism or problem drinking. Email: help@aamail.org Web: alcoholics-anonymous.org.uk/
0300 1236 600	FRANK	Help and advice about substance misuse and recovery, signposting to local support centres. Email: frank@talktofrank.com Web: talktofrank.com/
Online	Stop Smoking service	Helpline, information on methods to try to stop smoking, medication support, one-to-one and group support, Web: nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/

Rugby

		Local help and disability support
01788 550 085	Rugby Myton Hospice	Day hospice for people with long-term, life-limiting health conditions. Can provide occupational therapy, physiotherapy, spiritual and pastoral care, art as diversion and therapy, and counselling. Referral by a healthcare professional or self-referral with permission for MDH to contact your GP and consultant. Address: Barby Road, Rugby, CV22 5PY. Email: Enquiries@mytonhospice.org Web: mytonhospice.org
01788 544 991 or 01788 552 219	Rugby Disability Forum	Members meet to discuss issues that affect their lives, and use their influence to promote their needs and initiate change. Contact Sue Hillman. Day/time: Last Tuesday of the month, 10am–12pm. Venue: Hamilton House, 12 Bilton Road, CV22 7AB Email: sue.hillman@talktalk.net Web: facebook.com/RugbyDisabilityForum/
01788 812 910	Rugby Sport for the Disabled Association	RSDA exists to promote and provide sport, recreation and leisure activities for disabled people. Sports include archery, boccia, bowls, kurling, pool, swimming, table tennis, table games. Contact Bernard Purdy.

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		Day/time: Saturday mornings, and Thursday afternoons Venue: The Queen's Diamond Jubilee Centre, Bruce Williams Way, Rugby, CV22 5LJ. Email: info@rugbysda.org.uk Web: rugbysda.org.uk/
01788 572 831	St Cross Hospital	Barby Road, Rugby, CV22 5PX.
Continence support		
01788 555 105	Continence services, Rugby community team	Specialist continence advisers for Rugby and surrounding villages. Based at the Orchard Centre, Lower Hillmorton Road, Rugby, CV21 3SR.
Support for physical conditions		
02476 965 128	Multiple sclerosis nurses, University Hospital of Coventry and Warwickshire	Specialist clinical advice and support for people with multiple sclerosis. Based at UHCW, Clifford Bridge Road, Coventry, CV3 2DX. https://www.mssociety.org.uk/near-me/branches/coventry-and-district-branch/who-we-are
01788 573 399	Parkinson's speech therapy, Rugby	Held by Parkinson's UK, Rugby branch, on every 2 nd Thursdays, 2-4pm, in the Sedgewick Room, at the Claremont Centre, 43 Clifton Road, Rugby, CV21 3QE.
01788 573 399	Parkinson's UK, Rugby	Meeting venue Rugby United Reformed Church, 40 Hillmorton Road, Rugby, CV22 5AD, last Thursday of the month at 2-4pm. Contact Jim Cave jimcave@mypostoffice.co.uk http://www.parkinsons.org.uk/local-support-groups/regions/west-midlands/rugby-branch
01788 810 905	Take Heart, Rugby	Support for people living with a heart condition, including exercise classes, walking group, and befriending. Meets on the last Tuesday of the month, at 7pm, at Octopus Centre, Hospital of St Cross, Barby Road, Rugby, CV22 5PX. Contact is David. www.takeheartrugby.org.uk
Diabetes support		
Sensory support		
01788 422 300	Diabetic eye screening, Rugby	Emis Healthcare will be present in the Annexe at the Claremont Centre, 43 Clifton Road, Rugby, CV21 3QE, on Thursdays, 9am-5pm. Book appointments via the Rugby, Coventry and Warwickshire Appointments and Booking Office . ahw.desp@nhs.net
01788 573707 (store) 0800 740 8706 (appointments)	Hidden Hearing, Rugby	Hearing tests in store or at home. Based at 21-22 High Street, Rugby, CV21 3BG.
01788 551 258	Rugby & District Talking Newspaper for the Blind	A weekly, digital audio memory stick of local news to our blind and partially sighted listeners. The information is taken from the Rugby Advertiser. Memory sticks provided to those who do not have one. enquiries@rugbytalkingnewspaper.org
02476 375 927	Specsavers, Rugby, home hearing tests	Store based at Unit 26, Northway, Clock Towers Shopping Centre, Rugby, CV21 2JR. For home-based appointments you must provide a letter from your GP to confirm that you are unable to come into the store for your test.
0800 198 1134	Specsavers, Rugby, home sight tests	Store based at Unit 26, Northway, Clock Towers Shopping Centre, Rugby, CV21 2JR. For home-based appointments you must provide a letter from your GP to confirm that you are unable to come into the store for your test.
01788 551 422	The Torch Fellowship, Rugby	Christian group for the blind and partially sighted. Meets at Christ Church 2 Helvellyn Way, Brownsover, Rugby, CV21 1QG, at 2.30-

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		5pm, on the second Saturday of the month. Contact Phil and Yvonne Gatley. phil.gatley@ntlworld.com
01926 411 331	Warwickshire Vision Support club Hamilton House, Rugby	10.30am-1.30pm, every other Thursday at Hamilton House, 12 Bilton Rd, Rugby, CV22 7AB. Transport to and from the Club is provided at a subsidised rate.
01926 411 331	Warwickshire Vision Support club, Hillmorton Club, Rugby	7.30-10pm, on the 2 nd Tuesday of the month, at the Hillmorton Ex-serviceman's Club, Hillmorton, Rugby, CV21 4PW. Transport to and from the Club is provided at a subsidised rate.
01926 411 331	Warwickshire Vision Support VIP Club, Rugby	2-4pm, on the 2 nd Wednesday of the month, at the Methodist Church, Bilton Road, Rugby, CV22 7DY. Transport to and from the Club is provided at a subsidised rate.
		Support for people with learning difficulties and autism
07415 302 859 (Claire) or 07936 015 966 (Yvonne)	Grapevine Speaking Up group, Rugby	For people living with learning disabilities. Have your say on things that matter to you. Free session. 50p for drinks. Held monthly on a Monday, at 1pm–3pm at RCCG House, 33-35 Albert Street, Rugby, CV21 2SG. Call for exact dates. Contact Claire Ward or Yvonne Richardson. rugbyhub@isswarks.com
01788 536 247 or 07415 302 859 (Claire); 07936 015 966 (Yvonne)	Individual Support Solutions, Rugby Community Wellbeing Hub	Local hub for people living with learning disabilities and/or their carer. Short course and activities available as well as information about learning disability service providers; community facilities and groups; college courses and other learning opportunities; employment support and voluntary work; keeping safe and healthy. The Hub Community Café, 31-32 High Street, Rugby CV21 3BW, on Mondays and Fridays Contact Claire Ward or Yvonne Richardson. rugbyhub@isswarks.com www.nwcommunityhubs.com
01788 536 247 or 07415 302 859 (Claire); 07936 015 966 (Yvonne)	Individual Support Solutions, Rugby Community Wellbeing Hub	Useful information on learning disability issues and support services, at the Benn Partnership Centre, on Mondays, Tuesdays and Thursdays, 9.30am-4.30pm; Wednesdays 1-4.30pm, and Fridays, 9.30am-4pm. Contact Claire Ward or Yvonne Richardson. rugbyhub@isswarks.com www.nwcommunityhubs.com
07415 302 859 (Claire) or 07936 015 966 (Yvonne)	Individual Support Solutions, Feel-good Friday, Rugby	Health groups for people living with learning disabilities. Gentle movement with Yvonne, held 10.30-11.30 am at RCCG House, 33-35 Albert Street, Rugby, CV21 2SG. Starts 3rd February 2017. £1 including drink and healthy snack. Also afternoon workshops with a health focus - guest speakers, women's group, men's health issues, etc , held 1.30-3pm, same address. Starts 13th January 2017. Cost of each session to be confirmed. Contact Claire Ward or Yvonne Richardson. rugbyhub@isswarks.com
01788 573 318	New Directions, Rugby	Provides support for adults of any age, with learning disabilities (and autism) to live interesting and fulfilling lives, including home care and supported living; respite; day activities (two-weekly rolling timetable, includes sports; ICT; art; meditation; rambling; swimming; sensory activities; gardening; horse-riding; drama); residential; transition support; dementia support. Based at 27 Bilton Road Rugby, CV22 7AN admin@newdirectionsrugby.org.uk http://newdirectionsrugby.org.uk/
Online contact form	Rugby Autism Network	Parent-led support for those in and near Rugby http://www.rugbyautismnetwork.co.uk/ rugbyautismnetwork@live.co.uk
07464 670 470	Sesame Day Centre (Brandon Trust) Rugby	Support for people with complex needs, eg learning disabilities, autism, or physical disabilities, including learning new skills; sports and leisure activities; shopping; music; Tiger feet; arts and crafts; film

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		club; therapeutic interaction; sensory stories; reflexology; physiotherapy. debbie.holloway@brandontrust.org
07816 575 156	Tea Leaf Tales, Rugby	Drama group for people with learning difficulties. Held Tuesday 7–9pm, at RCCG House, 33-35 Albert Street, Rugby, CV21 2SG. Contact Kate.
		Addiction support
01926 353 513	Change, Grow, Live	Recovery groups. Based at the Benn Partnership centre, railway terrace, Rugby, CV21 3HR. Mondays drop-in session, at 12-2pm, and mutual support group, at 3-4.30pm. Web: www.changegrowlive.org/content/change-grow-live-warwickshire
01926 889 356	ESH Works, Rugby	Support available on Mondays. Drop-in session, 12-2pm, talk to people who have direct personal experience of addiction and recovery; Addiction Mutual Support, 3-4.30pm, mutual support for people with addiction problems; Family Mutual Support (by appointment only, 12-2pm), support for families and friends affected by addiction. Based at the Recovery Partnership, 1 Regent Place, Rugby, CV21 2PJ.
01788 569 582	The Recovery Partnership, Rugby	Free and confidential service. Based at 1 Regent Place, Rugby, CV21 2PJ. Volunteer supporters assist with recovery plans, including attending external appointments, and encouraging realistic goal setting.
		Other support
01788 572 456	Hope4/The Hope Centre Rugby	Services include the Hope day centre, for homeless and badly-housed people; Hope4U, providing hot food and drinks to adults in need; a Winter Shelter providing supper, beds and breakfasts for up to 15 rough-sleepers a night. No drop-in service - all guests at the Hope Centre need to be referred by an appropriate agency. 8 Newbold Road, Rugby, CV21 2LJ. http://www.hope4.org.uk/venues.html general@hope4.org.uk
	Hummingbird Centre, Rugby	Friendship and support; information and advice; complementary therapy sessions; relaxation and meditation classes; training courses for anyone affected by cancer. Based at 28 Regent Place, Rugby, CV21 2PN on Tuesdays and Thursdays, 10am-1pm. Contact is Helen. thehummingbirdcentremidlands@hotmail.com http://www.thehummingbirdcentre.org/
01788 551 151	RoSA	Support, counselling, and helpline for anyone affected by rape or sexual abuse.
01788 542 347	Salvation Army (Rugby)	Bennfield Road, Rugby, CV21 2AS. Activities and events include café, at 10am - 12pm Mondays and Fridays; luncheon club at 12:15pm, on Thursdays and Over 60s group, at 1:30pm on Thursdays.
01788 547 368	The Refuge Warwickshire Domestic Violence Service, Rugby	Drop-in sessions for anyone concerned about abuse and violence. They run on the third Tuesday of the month, 10am-12.30pm, at Oakfield Children's Centre, Oakfield Road, Rugby, CV22 6AU. http://www.refuge.org.uk/what-we-do/our-services/refuge-warwickshire-domestic-violence-service/
01788 579 488	The Refuge Warwickshire Domestic Violence Service, Rugby	Drop-in sessions for anyone concerned about abuse and violence. They run on the third Tuesday of the month, 1.30-3.30pm, at the Claremont Children Centre, Claremont Road, Rugby, CV21 3LU http://www.refuge.org.uk/what-we-do/our-services/refuge-warwickshire-domestic-violence-service/
0800 408 1552	Talk 2 Someone, Warwickshire	Support offered includes domestic abuse helpline; support workers, sanctuary scheme; Independent Domestic Violence Advocates

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	Domestic Abuse Support Service	(IDVAs). Helpline is open Monday-Friday, 8.30am - 8.30pm; Saturday 10am-4pm. http://www.talk2someone.org.uk/7251
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North Warwickshire

		Local help and disability support
0300 123 1745	Friendship Nuneaton, Bedworth and North Warwickshire	Daily support for families living with learning or physical disabilities, or mental ill health; advocacy service for older people, including 24-hr supported living; domiciliary care; housing support; specialist residential homes; resources; crisis care for people with mental ill health. friendship@longhurst-group.org.uk
		Support for veterans
		Continence support
02476 390 032	Continence services, North Warwickshire Community Team	Specialist continence advisers. Area includes Camphill Clinic, Bedworth Clinic, Springhill Clinic, Coleshill Clinic, Polesworth Clinic. Based at Camphill GP Led Health Centre, Ramsden Avenue, Nuneaton, CV10 9EB.
		Support for physical conditions
07745 525 698	Headway support group	Every last Wednesday of the month, 2-4pm at St Nicolas Parish Church, Vicarage Street, Nuneaton, CV11 4AZ. Support for anyone who has a connection to a brain injury – the person including their family or friends/carers. Contact Janet Sewell/ Lydia Wilkinson for further details www.headwaycw.org.uk headwaycw@aol.com
01675 464 802	Parkinson's support group, Mancetter	3rd Thursday, from 2pm, at St Peter's Church, Mancetter Road, Mancetter Road, CV9 1NL. Contact is Jan Naylor
02476 385 765	Stroke club: Nuneaton	Support for anyone who has been affected by a stroke. Day/time: Thursdays, 9.3am-2.30pm. Venue: Newtown Centre, Newtown Road, Nuneaton, CV11 4HR. Web: wcava.org.uk Email: newtown@wcava.org.uk
		Diabetes support
01455 614 934	Diabetes UK support group, Nuneaton	3rd Wednesday of the month, 7-30pm (finish times vary), at Chilvers Coton Heritage Centre, Avenue Road, Nuneaton, CV11 4LT. Contact Ann Cormley.
		Sensory support
01926 411 331	Warwickshire Vision Support club, Atherstone	Held at St Mary's Church, Church Street, Atherstone, CV9 1HH. Transport to and from the Club is provided at a subsidised rate.
01926 411 331	Warwickshire Vision Support club, Coleshill	Held at Servite House, Coleshill, B46 1BU. Transport to and from the Club is provided at a subsidised rate.
01926 411 331	Warwickshire Vision Support club, Leamington Spa	Held at Gaydon. Transport to and from the Club is provided at a subsidised rate.
01926 411 331	Warwickshire Vision Support club, Nuneaton	Held at 12-2pm, 1 st Thursday of the month, at Reg Haddon Court, Nuneaton, CV10 0DD. Transport to and from the Club is provided at a subsidised rate.
		Support for people with learning difficulties and autism
07580 522 338	Asperger's United support group Nuneaton	2nd Monday of the month, 8pm+ (finish times vary), at Windmill Sports and Social Club, Mancetter Road, Nuneaton, CV10 0HW
01926 485 469	Enrych Warwickshire, Nuneaton and Bedworth (CV10, CV11 and CV12)	Support for people with a variety of disabilities, including physical disabilities, learning disabilities and people with mental health needs. Provision of Personal Assistants to help with everyday activities including getting out and about, shopping, paying bills, laundry (no

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		personal care); volunteer buddy to access leisure and learning activities. liz.williams@enrych.org.uk
07464 670 470	Ramsden Day Centre (Brandon Trust) Nuneaton	Support for people with complex needs, eg learning disabilities, autism, or physical disabilities, including learning new skills; sports and leisure activities; shopping; music; Tiger feet; arts and crafts; film club; therapeutic interaction; sensory stories; reflexology; physiotherapy. debbie.holloway@brandontrust.org
		Addiction support
01926 353 513	Change, Grow, Live	Recovery groups. Based at 24a Coton Road, Nuneaton, CV11 5TW. Wednesdays: drop-in session, at 12-2pm; mutual support group, at 3-4.30pm; family mutual support group, 6-7.30pm. Web: www.changegrowlive.org/content/change-grow-live-warwickshire
01926 889 356	ESH Works, Nuneaton	Support available on Tuesdays. Drop-in session, 12-2pm, talk to people who have direct personal experience of addiction and recovery; Addiction Mutual Support, 3-4.30pm, mutual support for people with addiction problems, Family Mutual Support, 6-7.30pm, support for families and friends affected by addiction. Based at 24A Coton Road, Nuneaton, CV11 5TW info@eshworks.org
		Other support
02476 153 841	Heart Failure Education Programme	Discussions with the heart failure nurse specialist, and a series of presentations for you and your carer/close supporter. Free parking and refreshments. Call for specific dates. Garden Room, Mary Ann Evans Hospice, George Eliot Hospital site, College Street, Nuneaton, CV10 7DJ.
02476 865 433	Mary Ann Evans Day Hospice Nuneaton	Elliot Way, Nuneaton, CV10 7QL. Support via a 12-week programme at the hospice, 10am-3pm, for those requiring end-of-life care. Support provided with care; dressings; chaplaincy; nutrition; activities. Transport can be provided (no charge). http://www.maryannevans.org.uk/day-services/
02476 865 441	Mary Ann Evans Hospice at Home North Warwickshire	For those requiring end-of-life care. Professional or self-referrals accepted. Assistance with personal care; toileting; pressure area care; emotional and spiritual care; emotional support. 7 days a week, 8.30am-4.30pm, also overnight service 10pm-7am. http://www.maryannevans.org.uk/hospice-at-home/

Leamington and Warwick

		Local help and disability support
		Support for veterans
		Continence support
		Support for physical conditions
024 7673 6803	Arley Stroke Support Group	Information about stroke and local services, support and help in regaining your confidence after a stroke. Meets on Mondays, at 10am-3pm, at Rowland Court Centre, Old Arley, Coventry, CV7 8PF. Contact Margaret Merrill. margaret.merrill@sky.com
02476 697 262	Breathe Easy Warwick & District support group	For those living with a lung condition eg COPD. Meets on the 1st Monday of every month 7-9pm, at St Mary's Church Centre, St Mary's Road, Leamington Spa, CV31 1JW. Contact Linda Smith. lindasmith3103@gmail.com
01926 427 216	Castel Froma	Hydrotherapy pool with hoist. Medical swim sessions available at £5 per session (£4 for pensioners), following initial assessments (at cost), also supported sessions for those require the services of the physiotherapist. Self-referrals accepted. http://www.castelfroma.org.uk/ info@castelfroma.org.uk

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07815 812 585	Escape Community Arts, Leamington Spa	Art projects for people with disabilities and their carers. Payments accepted via personal budgets. Thursdays, 10am-12pm, at the Sydni Centre, Cottage Square, Leamington Spa CV31 1PT. http://www.escapearts.org.uk/ robinwade@escapecommunityarts.co.uk
	Facial Palsy UK Support Group, Leamington Spa	Group is held every six months on a Saturday, at Leamington & County Golf Club, Golf Lane, Whitnash, Leamington Spa, CV31 2QA. support@facialpalsy.org.uk
02476 503 904	Kenilworth Stroke Support Group	Meets on Tuesdays, 2-4pm, at the Waverley Day Centre, 65 Waverley Road, Kenilworth, CV8 1JL. Contact Karen Atkins.
01926 730 010	Multiple Sclerosis Society, Leamington Spa	Support for people affected by MS. Includes events; support team; financial assistance. Membership is £5 per year.
01926 853 023	Parkinson's UK exercise classes, Leamington & district	Exercise classes on Mondays, 11am-12pm.at Sydi Centre, Cottage Square, Marloes Walk, Sydenham, CV31 1PT. Contact Margaret.
01926 853 023	Parkinson's UK, Leamington & district	Talks and activities, every 2 nd Thursday of the month, at Sydi Centre, Cottage Square, Marloes Walk, Sydenham, CV31 1PT. Contact Margaret.
01788 333 755 (Mary) or 01788 578 761 (Carol)	Rugby Fibromyalgia Support Group	Support, discussion and advice for those with the condition, and their carers. Newsletters, information sheets, support line, lending library, trips, exercise and therapy sessions for members. 2 nd Thursday of the month, at John Lees Hall, Baptist Church, Regent Place, Rugby, CV21 2PJ. www.fibromyalgia-support.net Contact Mary or Carol
07525 088 102	Warwick & Leamington Stroke Support Group	A friendly group, aiming to give back confidence to stroke survivors and carers. Meets on Fridays, at 11am-1pm, fortnightly, at Chandos Court, Chandos Street, Leamington Spa, CV32 4YU. Call for further details. Contact Janet Evans. janete@hotmail.co.uk
		Diabetes support
		Sensory support
01926 411 331	Warwickshire Vision Support club, Leamington Spa	Held at 10am-12pm, every other Wednesday, at Chandos Court, Leamington Spa, CV32 4YU. Transport to and from the Club is provided at a subsidised rate.
		Support for people with learning difficulties and autism
01926 423 029	Turning Point, Leamington Spa	Provides advice, information, support and workshops to adults with Learning Disabilities in South Warwickshire. Based at Wellbeing Service, Clarence House, Clarence Street, Leamington Spa, CV31 2AD.
		Addiction support
01926 353 513	Change, Grow, Live	Recovery groups. Based at 16 Court street, Leamington Spa, CV31 2UA. Tuesdays: drop-in session, at 12-2pm; mutual support group, at 3-4.30pm; family mutual support group, 6-7.30pm. Web: www.changegrowlive.org/content/change-grow-live-warwickshire
01926 889 356	ESH Works, Leamington Spa	Drop-in session – 12-2pm, talk to people who have direct personal experience of addiction and recovery; Addiction Mutual Support, 3-4.30pm ; Mutual support for people with addiction problems; Family Mutual Support, 6-7.30pm , support for families and friends affected by addiction. Based at 9A Althorpe Street, Leamington Spa, CV31 2AU info@eshworks.org
		Other support

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RESOURCE DIRECTORY

	Myton Hospice	See link for a variety of support including counselling, physiotherapy, clinical psychological. https://www.mytonhospice.org/patients-and-families/the-services-we-provide/
01926 770 628 or 01926 882 365	Bounce Back, Leamington Spa	Support group for women who have, or have had, a diagnosis of breast cancer. 1 st Wednesday of the month, 7-8.45pm, at Brunswick Healthy Living Centre, Leamington Spa, CV31 3BD info@bouncebackgroup.co.uk www.bouncebackgroup.co.uk

Kenilworth

		Local help and disability support
		Support for veterans
		Continence support
		Support for physical conditions
		Diabetes support
		Sensory support
01926 411 331	Warwickshire Vision Support club, Kenilworth	Held at Methodist Church Hall, Priory Road, Kenilworth, CV8 1JN. Transport to and from the Club is provided at a subsidised rate.
		Support for people with learning difficulties and autism
		Addiction support
		Other support

Stratford-on-Avon

		Local help and disability support
		Support for veterans
		Continence support
01926 600 820	Continence services, South Warwickshire community team	Specialist continence advisers. Area includes Alcester, Ellen Badger, Henley, Southam, Stratford Healthcare. Based at Royal Leamington Spa Rehabilitation Hospital, Heathcote Lane, Warwick, CV34 6SR.
		Support for physical conditions
07815 812 585	Escape Community Arts, Leamington Spa	Art projects for people with disabilities and their carers. Payments accepted via personal budgets. Tuesdays, 1-3pm, at the Old Slaughterhouse arts and heritage studio, Sheep Street, Stratford-on-Avon, CV37 6EE. http://www.escapearts.org.uk/ robinwade@escapecommunityarts.co.uk
01789 721 798 or 01386 872 762	Parkinson's support group, Stratford-on-Avon	4 th Monday of the month (except August), 1.30-4pm, at Stratford Sports Club. Contact Carol Longden or Cecilia Evans.
		Diabetes support
		Sensory support
01789 295 489	Stratford-on-Avon Talking Newspaper	Free service to all blind or partially sighted people. Stratford Herald (weekly) and a magazine (monthly) recorded on memory sticks. Players provided. Copies can be sent to listeners anywhere within the UK. Contact Jacky Williams jackywilliams88@yahoo.com
01217 053 926 (Mrs Maskell) or 01564 794 209 (Mrs Gennard)	Visually Impaired club, Henley-in-Arden	Club for visually impaired people - any registered blind or partially sighted person welcome. Meets on alternate Wednesdays 2pm-4pm at Dell Court, Henley-in-Arden, B95 5JW. Contact leaders Mrs.S Maskell or Mrs B.Gennard.
01926 411 331	Warwickshire Vision Support club, Henley-in- Arden	Transport to and from the Club is provided at a subsidised rate.

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RESOURCE DIRECTORY

01926 411 331	Warwickshire Vision Support club, Stour Valley	Held at 2-4pm, every other Monday, at Stour Court, Old Road, Shipston, CV36 4HE. Transport to and from the Club is provided at a subsidised rate.
01926 411 331	Warwickshire Vision Support club, Stratford-on-Avon	Held at 2-4pm, every other Thursday, at St Andrews Church, Shottery, CV37 9HQ. Transport to and from the Club is provided at a subsidised rate.
01926 411 331	Warwickshire Vision Support VIP club, Southam	Held at 2-4pm, every other Wednesday, at at Conreg Church, Wood Street, Southam, CV47 1PP. Transport to and from the Club is provided at a subsidised rate.
		Support for people with learning difficulties and autism
07873 574 657	Autistic Adults Spectrum Plus, Stratford-on-Avon	1 st Wednesday of the month, 7-9pm, Junction one, Wedstern Road, Stratford-on-Avon, CV37 0AH
01926 423 029	Turning Point, Stratford-upon-Avon	Provides advice, information, support and workshops to adults with Learning Disabilities in South Warwickshire. Based at Wellbeing Service, Clarence House, Clarence Street, Leamington Spa, CV31 2AD.
		Addiction support
01926 353 513	Change, Grow, Live	Recovery groups. Based at Foundation House, masons Road, Stratford on Avon, CV37 9NF. Thursdays: drop-in session, at 12-2pm; mutual support group, at 3-4.30pm. Web: www.changegrowlive.org/content/change-grow-live-warwickshire
01926 889 356	ESH Works, Stratford-on-Avon	Support available on a Thursday. Drop-in session, 12-2pm (by appointment only), talk to people who have direct personal experience of addiction and recovery; Addiction Mutual Support 3-4.30pm , mutual support for people with addiction problems; Family Mutual Support (by appointment only, 12-2pm), support for families and friends affected by addiction. Stratford Healthcare, Arden Street, Stratford-upon-Avon, CV37 6HJ. info@eshworks.org
	ESH Community project, Southam	A residential rehabilitation facility specifically for clients who have already been engaged with the local drug and alcohol treatment providers (The Recovery Partnership) and are drug or alcohol free. Referrals are taken directly from The Recovery Partnership. Available from September/October 2017. info@eshworks.org
		Other support
01789 266 852	The Shakespeare Hospice support group, Stratford-on-Avon	Support group for people with cancer. Monthly, 2-4pm, every 3 rd Friday, Church Lane, Shottery, Stratford-on-Avon, CV37 9UL. Contact Carole Lomas.

TRANSPORT SCHEMES AND TRAVEL

Warwickshire services

Online	Age UK Holidays and Travel	Information about UK breaks; city breaks; ocean and river cruises; cycling, walking, camping and rail tours; safari's; singles holidays; escorted tours and mobility and care provision. http://www.ageuk.org.uk/products/holidays--travel/
01926 359 180	National Concessionary Travel Scheme, Warwickshire	Senior and disabled passes for free bus travel https://www.gov.uk/apply-for-elderly-person-bus-pass
Online	Silver Travel Advisor	Travel reviews and advice for over 50s. Includes a free magazine and mini-guides, online forum and special offers. http://www.silvertraveladvisor.com/ service@silvertraveladvisor.com

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01926 410 410	Warwickshire County Council Blue Badge Scheme	Parking permits that let disabled drivers and passengers park nearer to their destination. http://www.warwickshire.gov.uk/disabledparkingbadge
01926 412 929 or 0500 212 225 (requests)	Warwickshire County Council Flexi-bus services	For those with mobility problems. The bus is equipped with an electric lift or low floor ramp to help passengers on board. All vehicles can carry wheelchairs/mobility scooters and pushchairs. A trained assistant will be on hand to help passengers on and off, and to assist on the vehicle. Off-route pick-up sometimes available on request. Flexi-bus services can be located on the Bus Timetables webpage at https://www.warwickshire.gov.uk/buses https://www.warwickshire.gov.uk/flexibus passengertransport@warwickshire.gov.uk

Rugby

01788 333 246	Cars of Rugby	Local taxi firm which offers rear-loading, wheelchair accessible transport, allowing the person to remain in their wheelchair for the duration of the journey.
01788 570 202	Dial-a-cab	Local taxi firm which offers rear-loading, wheelchair accessible transport, allowing the person to remain in their wheelchair for the duration of the journey.
01788 546 666	People Express	Local taxi firm which offers rear-loading, wheelchair accessible transport, allowing the person to remain in their wheelchair for the duration of the journey.
01788 226000	Rural Rugby Bus Service	The new service, called Back & 4th Dial-a-Ride, aims to provide a vital link for people who struggle to access public transport. It's a door-to-door service, collecting passengers from home and delivering them to their chosen destination. Journeys must be pre-booked, minibuses are fully wheelchair accessible and have low-floor steps for ease of access. A return fare is £5.00, but concessionary bus passes. Contact Back & 4th on 01788 226000, Monday – Friday, 10.00am to 3.00pm
01788 561 293	WCAVA Health Car Scheme/ Car Link Rugby	The Health Car Scheme service provides volunteer transport to medical appointments for those unable to make use of public transport options. 5 days' notice is usually required and the cost is estimated prior to the journey. The Car Link service provides the same for social care appointments. WCAVA, 60 Regent Street, Rugby, CV21 2PS. Phonelines open 10am-1pm. http://www.wcava.org.uk/rugby-transport-scheme

North Warwickshire

01827 717 074	Beeline Transport, North Warwickshire	Door-to-door volunteer transport to health appointments. For district residents, or those registered with a North Warwickshire GP, who are unable to use public or private transport due to sickness or disability. Based at Partnership Centre, Coleshill Road, Atherstone, CV9 1BN. Phonelines open Monday-Friday, 9.00am-3pm. http://www.beelineconnect.org.uk/
02476 315 151	Medi-Car Transport Service, Nuneaton & Bedworth	A community transport service operated by the Nuneaton & Bedworth Volunteer Centre, providing support to people to make medically related eg visits to hospitals or day care centres, depending on driver availability. Phonelines open Monday-Friday, 9.30am-3pm. http://www.volunteercentre.org.uk/medicar.html
02476 315151	Social Car Scheme	NuneatonTransport. All journeys are charged at 45p per mile. An administrative charge of £2 is made for each journey or £1 for a return journey of between 1-6 miles. All monies are paid to the driver, who will also provide a receipt on request

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RESOURCE DIRECTORY

02476 31 51 51	Volunteer Friends	A transport service for people living in the Borough of Nuneaton & Bedworth who need to make social related journeys and are not able to use public transport, because of ill health (short or long term) old age or disability, and are 65+. All journeys are charged at 45p per mile. An administrative charge of £2 is made for each journey or £1 for a return journey of between 1-6 miles. All monies are paid to the driver, who will also provide a receipt on request. Any parking fees applicable to the journey. Telephone 024 7664 0088
02476 315 151	Mini-bus hire	Available to community groups, courtesy of the Nuneaton and Bedworth Volunteer Centre. Two minibuses (one seats 8, the other 15), both with tail lifts. Space for wheelchairs on both. Can be hired with a MiDAS-trained driver, unless you have your own. info@volunteercentre.org.uk

Leamington Spa/Warwick

01789 471 595	Back & 4th Community Transport Shoppa-Hoppa, Warwick	An assisted shopping service for residents in parts of Warwick District, by a fully trained volunteer driver, to the supermarkets around Leamington Shopping Park. May include a shopping assistant eg for people who have sight limitations or use a wheelchair. The return journey costs £6, carers can travel free. Operates Mondays and Wednesdays, according to your area. Monday (book previous Monday-Thursday): Aylesford, Barford, Bishops Tachbrook, Budbrook, Emscote, Hampton Magna, Hampton on the Hill, Hatton, Heathcote, Myton, Norton Lindsay, Saltisford, Sherborne, Warwick town, Wasperton and Woodloes. Wednesday (book previous Wednesday to Monday): Brunswick, Cubbington, Eathorpe, Milverton, Newbold, Offchurch, Radford Semele, Syndenham, Wappenbury, Wesston under Wetherley, Whitnash. http://www.ruralwarwickshire.org.uk/content/shoppa-hoppa
01926 42 59 59	Easy Cabs	Local & Long Distance; Disabled-Access Vehicles Available (including wheelchair accessible vehicles, allowing the person to remain in their wheelchair for the duration of the journey); Airport Transfers; Courier Service; Chauffeur Service; 24 Hours/7 Days a Week. All Major Credit Cards Taken http://www.easy-cab.co.uk/contact/
01926 889899	Home James	A taxi services which can accommodate wheelchairs.
01926 8888 66	Kabline	A taxi services which can accommodate wheelchairs.
01926 313141	Morecambes	A taxi services which can accommodate wheelchairs.
01926 881 161	Victoria Cars	Numerous styles of vehicles, including wheelchair accessible ones, allowing the person to remain in their wheelchair for the duration of the journey victoriacarsltd@hotmail.com http://www.victoriacarsleamington.co.uk/contact-us/
01789 472 615	Warwick Health Transport Service, Back & 4th Community Transport, Leamington, Warwick,	Transport to medically-related appointments for older people who live in the Warwick District, who can walk unaided. One week's notice required where possible. The cost is 45p per mile plus a small booking fee, to be paid directly to the driver. http://www.ruralwarwickshire.org.uk/backand4th

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RESOURCE DIRECTORY

	Kenilworth & surrounding areas	
01789 472 615	WRCC Community Cars	Medically related social journeys such as visits to hospitals or day care centres. Warwick Enterprise Park, Wellesbourne, Warwick, CV35 9EF. Phonelines open Monday-Friday, 10am-1pm, www.ruralwarwickshire.org.uk

Stratford-on-Avon

	Harbury Energy Initiative eWheels	A free, volunteer transport service for those who for physical or financial reasons have few or no options for transport. The scheme works on a referral basis alongside local agencies including food banks, social services, children's centres and GP surgeries. http://www.harburyenergy.co.uk/harburys-electric-car-club/
01926 412 300	Shipston Link	Community bus services from the surrounding villages of Shipston on Stour. This service can be used for medical, social and shopping purposes. http://shipstonlink.co.uk/
01926 817 525	Southam Community Minibus Association	Services for individuals who can travel independently, but who can't use mainstream transport services. Can be used for medical or social/shopping purposes.
01789 264 491	UBUS (replaces the Community Links service), Stratford area	Dial-a-bus service is for all Stratford-on-Avon residents of any age who are stuck for transport to travel locally on weekdays, between 9.30am and 2.30pm, due to mobility problems or other issues, or due to living in an isolated location with no, or infrequent, public transport. Book 9.30am-2.30pm Monday-Friday. All UBUS passengers will be provided with a Membership Number. https://www.stratford.gov.uk/transport/community-transport.cfm https://www.stratford.gov.uk/files/seealsodocs/169413/UBUS%20DL%20leaflet%20JUNE%202014.pdf
01789 296 344	VASA Transport Service for Medical Appointments, Stratford-on-Avon/ Shipston/Southam/ Alcester	Door-to-door transport to medical appointments, including those further afield, eg to hospitals in Coventry and Birmingham. Three working days' notice prior to a journey is required, also for the volunteer driver's mileage costs to be paid (45p per mile). VASA will also take people to social engagements if they are housebound, find it hard to access public transport, or if they live in rural and isolated areas. Phonelines open Monday-Friday, 10am-1pm. http://www.vasa.org.uk/services/volunteer-services/volunteer-transport-service
01789 262889	VASA Transport	Our volunteer drivers can take you to medical appointments or to groups and activities to help overcome social isolation. Areas covered: Stratford, Warwick, Leamington Spa, Kenilworth, Southam, Alcester, Shipston and the surrounding villages.
01789 471 595	Warwickshire Rural Community Council Back & 4th Community Transport, Stratford-on-Avon district and South Warwickshire	Community transport for residents of Stratford-on-Avon district and South Warwickshire. The 15/16 seater minibuses are wheelchair accessible and can be hired by community/voluntary organisations/older people who are rurally isolated or have a physical or learning disability. Outings may include shopping trips, lunch outings and cultural visits. http://www.ruralwarwickshire.org.uk/content/group-hire

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RESOURCE DIRECTORY

CARER SUPPORT

Carers courses and education

03002 225 855	Alzheimer's Society	'Dementia Friends' local information sessions are run by Dementia Friends Champions, who can help you to understand what it's like to live with dementia, and the actions you can take to support people living with the condition. https://www.dementiafriends.org.uk/WEBSession#.WAc_9YMrKvE
See link	Care Companion	Care Companion is a free, simple to use resource developed to support those who care for their loved ones. It has been created by a collaboration between carers and teams from the NHS, local authority, and the University of Warwick. Discover how Care Companion can help you , please go to www.carecompanion.org.uk to find out more
online	Carers Trust	A free training course http://carerstrusthofe.org.uk/our_services/carer_training.aspx and http://carerstrusthofe.org.uk/events
	Caring with Confidence	Help for unpaid carers to make a positive difference to their life and that of the person they care for. Suitable for anyone who cares for a person with a physical or mental health condition, disability or problem related to old age. http://nhschoices.leopink.com/menu.html
online	FutureLearn	FutureLearn offers a number of free online courses relating to specific health conditions, health and wellbeing. https://www.futurelearn.com/
	Home Instead	Free online training tutorials to guide you in caring for someone with Alzheimer's or other dementias. Each class can be completed within 5-15 minutes. At the end of each class you can download a class checklist PDF. No pre-registration required. http://www.homeinstead.co.uk/Online_Training_Tutorials.do
02476 887 459	Hope course (cancer)	A 6-week, group-based, self-management support course, for carers of people living with cancer. Each weekly session lasts 2½ hours, for groups of 8-12 participants. The course has been developed by Coventry University and Macmillan Cancer Support. There is no cost to attend the course. hsx116@coventry.ac.uk
02476 887 459	Hope course (dementia)	A 6-week, group-based, self-management support course, for carers of people living with dementia. Each weekly session lasts 2½ hours, for groups of 8-12 participants. The course has been developed by Coventry University for Coventry City Council. There is no cost to attend this course. hsx116@coventry.ac.uk
	Open University	'Caring Counts' is a free reflection course, which was developed with and for carers. It aims to help carers gain a clearer understanding of who they are, and to recognise the range of skills they've developed whilst caring. http://www.open.edu/openlearnworks/course/view.php?id=1688
01788 576854	Rugby Dementia Support	3-hour 'Dementia Awareness' courses, run monthly by clinical psychologist Jane Muers, and dementia trainer Jill Perry. Suitable for family, friends and professionals. £5 per person. jane.muers@btinternet.com
online	Warwickshire County Council	A free online training course, and information toolkit for carers https://www.warwickshire.gov.uk/careraaware
01789 778431	Warwickshire Reminiscence Action Project	A 'Reminiscence Awareness' course for those who are caring for someone, living with dementia, or who have other disabilities and are of older age. This course is Level One accredited with the Open College Network, West Midlands. £89 per person.

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RESOURCE DIRECTORY

Warwickshire

0800 389 2077	Care Choices	A free helpline designed to generate reports of care providers which match the carer's specific needs.
0800 389 2077	Care Select	An e-book to help you navigate the care system, and the emotional and practical aspects of choosing and funding care for an ageing relative or friend. www.carechoices.co.uk/ https://issuu.com/carechoices/docs/care_select_2016_lr
0808 808 7777	Carers UK	Advice about accessing financial support; practical support; staying healthy; work and employment; relationships; equipment and technology; campaigns; directory; news and publications, including 'Up Front' guide. http://www.carersuk.org/
0300 123 1053	NHS Carers Direct helpline	Information including assessments; benefits; direct payments; individual budgets; time off and maintaining, leaving or going back to work or education; and complaints about services. http://www.nhs.uk/conditions/social-care-and-support-guide/pages/carers-direct-helpline.aspx
02476 101 040 (option 4)	Warwickshire Carers Wellbeing Service	Carer Wellbeing Workers available for five districts of the county. Offers support and information, carer's emergency card, peer support groups, access to discounted services, e-bulletins. Also carer clinics in a number of GP surgeries and hospitals. carerssupport@carerstrusthofe.org.uk
01926 410 410	Warwickshire County Council Adult Social Care	Including financial, care needs, and carer's assessments; Occupational Therapy; Blue Badge scheme; loan of disability equipment.
01926 886 922(outside office hours only)	Warwickshire County Council Emergency Duty Team	The social services department provides an emergency social work service at night, at weekends, and on all public and local authority holidays. All staff who are part of the Emergency Duty Service are social workers trained to deal with emergencies when normal support is not available.

Rugby

02476 385 888	CarersTrust Heart of England carer support group, Rugby	Meets on first Wednesday of the month, 11am-1pm, at Brookes restaurant, 15 Bank Street, Rugby, CV21 2QE.
02476 385 888	CarersTrust Heart of England Mental Health Carers Support Group	Support for carers over 18, of people with mental health conditions. Meets on the 4 th Thursday of the month, 2-3.30pm at Rugby Library, Little Elborow Street, Rugby, CV21 3BZ
07464 670 470	Sesame Day Centre (Brandon Trust), Rugby	Support for people with complex needs, eg learning disabilities, autism, or physical disabilities, including learning new skills; sports and leisure activities; shopping; music; Tiger feet; arts and crafts; film club; therapeutic interaction; sensory stories; reflexology; physiotherapy. debbie.holloway@brandontrust.org
02476 217 747	Thyme to Be, Rugby	An opportunity for family carers to meet like-minded people, to garden and learn new skills together in a relaxing surrounding. Refreshments provided. Transport and replacement care may be provided by Carers Trust (limited availability). Held monthly on a Tuesdays and Wendesda, 11am-3pm, at Ryton Organic Gardens, Wolston Lane, Ryton on Dunsmore, CV8 3LG. Contact Collette Bond. cbond@gardenorganic.org.uk

North Warwickshire

02476 385 888	CarersTrust Heart of England Carer	2nd Monday of the month, 1-3pm, at Hatters Space, Abbey Street, Nuneaton, CV11 5DN. Chat, teas and coffee, option of activities.
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	and Cared-for Group Nuneaton	
02476 758 200 (Gordon) or 02476 491 383 (Will)	CarersTrust Heart of England carer support group, Bedworth	Meets on the first Wednesday of the month, 1.30-3.30pm, at CAB (1 st floor), Congreve Walk, Bedworth, CV12 8LX. Contact Gordon Nash or Will Roe.
02476 385 888	CarersTrust Heart of England carer support group, Dordon	Third Thursday of the month from 10.30am-12.30pm, Dordon Village Hall, Browns Lane, Dordon, Tamworth, B78 1TR. Supporting adult carers who look after an adult with any medical condition.
024 7638 5888	CarersTrust Heart of England Carer Support Service drop-in sessions	Held on the third Thursday of the month, 10.30am-12.30pm, Dordon Village Hall, Browns Lane, Dordon, Tamworth, B78 1TR. Supporting adult carers who look after an adult with any medical condition.
02476 385 888	Mental Health carers group, Nuneaton	Meets on the first Thursday of the month, at 2-4pm, at Hartshill Community Hub, Church Road, Nuneaton, CV10 0LY.

Kenilworth

01926 485 486	South Warwickshire Carers Support Group	Newsletters; leaflets; information sessions; drop-in centre; training workshops and pamper days for carers; telephone service; one-to-one advice; support groups; benefits advice; advocacy; help for family carers to become involved in individual/local/regional planning/policy making. zoe@swcss.org.uk http://www.swcss.org
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Leamington and Warwick

02476 385 888	CarersTrust Heart of England Carers Group, Leamington Spa	Meets at 11am-12.30pm on the first Monday of the month at at Brunswick Healthy Living Centre, Shrubland Street, Leamington Spa, CV31 3BD.
02476 258 888	CarersTrust Heart of England Learning Disabilities Carers' group, Warwick	Meets on the third Wednesday of the month, 10.30am-12.30pm, at Hill Close Gardens, Bread and Meat Close, Warwick, CV34 6HF. Contact John Webberley.
	OSCARS group, Wellesbourne	Support and social group. Day/time: 2nd Monday of the month, 10.30 am – 12pm. Venue: Wellesbourne, Village Hall, School Road, Wellesbourne, Warwick CV35 9NH

Stratford-on-Avon

02476 385 888	CarersTrust Heart of England Carers Group, Southam	Meets on first Wednesday of the month, 10.30am-12.30pm, at Southam Clinic, Pendicke Street, Southam, CV47 1PF.
02476 385 888	CarersTrust Heart of England Carers Group, Stratford-on-Avon	A well-attended group for carers of people with a range of medical conditions. Regular speakers. Held on the 2nd Tuesday of the month, 2-4pm at Briar Croft, Alcester Road, CV37 6PH. Contact Mario Jaco.
02476 385 888	CarersTrust Heart of England Carers Group, Studley	Meets on the third Monday of the month, 2-4pm, at the Village Hall, High Street, Studley, B80 7HJ.
02476 385 888	CarersTrust Heart of England Mental Health Carers Group, Stratford-Upon-Avon	Held the second Thursday of every month at 2.30-4pm at 30 Albany Road, Stratford-upon-Avon, CV37 6PG. Contact is Vicki Farley.


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07947 893 504	Carers 4 Carers, Kineton	Frequent speakers workshops. Held on the fourth Friday of the month, at the Kineton Village Hall, Mill Street, Kineton, CV35 OLB, 10.30am-12pm. Refreshments and occasional speakers. www.carers4carersonthefosse.org.uk Kcarers4carers@gmail.com
07860 282 663	Lifeways, Stratford-on-Avon	Carers' café, for carers, their cared-for person, and ex-carers. Meets on the 1 st and 3 rd Thursday of the month, at 2-4pm, at 30 Albany Road, Stratford-on-Avon, CV37 6PG, twice a month. Complementary therapies (massage and reiki), free of charge. Contact Nicky Harvey nicmharvey@gmail.com www.lifewaystherapycentre.com

PRACTICAL SUPPORT

Warwickshire

		National and county services and schemes
0845 685 1061	Age UK LifeBooks	Free booklet, in which to record all your important information, documentation, and contacts, very useful in the event of an emergency. http://www.ageuk.org.uk/home-and-care/home-safety-and-security/lifebook/
020 7250 8191	Radar NKS Key	The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country eg in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations. Cost of key (with VAT) £5.40. https://crm.disabilityrightsuk.org/radar-nks-key
	Safe Places scheme	Local businesses that have pledged to welcome people if they feel vulnerable. http://www.warwickshire.gov.uk/safeplaces
		Disability stores and services
0845 5194 734	Complete Care shop	A huge range of disability aids, viewable online only (no paper catalogue). https://www.completecareshop.co.uk/
02476 378 484	Mobility and Lifestyle, Bedworth	Mobility and Lifestyle is the largest independent mobility company in the Midlands. Local branch for disability aids. 7 Leicester Street, Bedworth, CV12 8JP. Opening times Monday-Saturday, 9am-5pm.
0800 0433 342 or 01827 216 111	Mobility and Lifestyle, Tamworth	Sells new and used stair lifts and mobility vehicles. Offers repairs to mobility vehicles. 5 Colehill, Tamworth B79 7HA http://www.mobilityandlifestyle.co.uk/
01788 544 010	Mobility and Lifestyle, Rugby	Mobility and Lifestyle is the largest independent mobility company in the Midlands. Local branch for disability aids including scooters and stairlifts. 41 8a-8b Swan Centre, Rugby, CV21 3EB. Opening times Monday-Saturday, 9am-5pm.
0800 0832622 or 01788 810666	Rentmobility, Rugby	New and reconditioned mobility aids for sale or rental, with full warranties and interest free payment schemes. 47 Cymbeline Way, Bilton, Rugby, CV22 6JZ. Home shoe-fitting service. Wheelchair hire from £5 per day. Open 9am-4.30pm Monday-Friday, 10am-3pm Saturday. rentmobility@hotmail.co.uk http://www.rentmobility.co.uk/
01926 470 450	Shopmobility Leamington	Scooters and wheelchairs for hire, £5 per day. Long-term rental also available (a deposit of £20 is required manual wheelchair hire, and £100 for long-term scooter hire), Monday-Saturday, 9.30am-4.30pm, at Level 4 of the Leamington Priors Shopping Mall Car Park, CV31 4XT admin@leamingtonshopmobility.org.uk
07451 428 131	Shopmobility Rugby	Hire a scooter for use around the town centre. Annual registration fee £12 (need two documents to prove name and address), hire £3 for three hours, available between 10am and 3.30pm, Monday to Saturday.

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RESOURCE DIRECTORY

0800 559 3636	The Forum of Mobility Centre	Assessment and advice for people with all types of disability, including advice on adaptations. http://www.mobility-centres.org.uk/find_a_centre/
		Personal alarms
0800 011 3846	Age UK Personal alarm	AUK Personal Alarm is a rental system - you pay a one-off initial cost, and then an ongoing fee. Self-Connect option (£69.00 + £13.80 VAT initial fee, then £3.47 + £0.69 VAT weekly rental) or We-Connect option (£129.00 + £25.80 VAT initial fee, then £3.47 + £0.69 VAT weekly rental). http://www.ageuk.org.uk/products/mobility-and-independence-at-home/personal-alarms/
01788 579 706	Lifeline personal alarms Rugby Borough Council	Personal alarms for Rugby residents. Residents can also have Lifeline for just £5.52 per week. Some residents may qualify for a VAT exemption and will pay just £4.60 per week. https://www.rugby.gov.uk/site/scripts/xforms_form.php?formID=238
01926 339 577	Lifeline service, Warwick district	Two payment options Rental option (one-off installation charge £25, currently collected via a cheque + monitoring fee £46.80/£56.16 if not VAT exempt, collected via Direct Debit); Purchase option (one-off installation charge £150, currently collected via a cheque + monitoring fee £23.40/£28.08 if not VAT exempt, collected via Direct Debit. Various pendant options/medication dispenser/keysafe choices. lifelineservices@warwickdc.gov.uk http://www.warwickdc.gov.uk/info/20112/community_safety/126/lifeline_service/2
		Telecare
01926 410 410	Warwickshire County Council telecare services	Information about assistive technology - a wide range of equipment and services that can help people to stay safe, and remain independent. Links to providers. Web: warwickshire.gov.uk/telecare
0800 0 336 330	Truecall	Block all nuisance calls, and accept only calls from trusted callers and nominated organisations of your choosing. Works with all telephones and networks, and alongside pendant alarm systems. Email: Sales@trueCall.co.uk Web: truecall.co.uk/
		Mobility support
0800 566 8435	Age UK Stairlifts	A specially selected a range of stairlifts designed to help you regain that simple pleasure – at a reasonable price. Includes installation and trained advisors. http://www.ageuk.org.uk/products/mobility-and-independence-at-home/stairlifts/
0808 231 8211	Allied Mobility (National)	A range of wheelchair accessible vehicles (WAVs) for sales or hire. Home demonstrations and delivery available.
02476 302 645	British Red Cross West Midlands and Warwickshire Mobility Loans service	Short-term loans of mobility aids to people in need, including wheelchairs, commodes, walking sticks and frames. Free loan but donation requested at end of loan period. Based at Bradbury House, Wheler Road, Seven Stars Estate, Coventry, CV3 4LB.
024 7623 7055	Wheelchair service, Coventry and Warwickshire Partnership NHS Service	Manages the needs assessment, procurement, supply, delivery, maintenance, collection, storage, decontamination and disposal of wheelchairs and associated equipment. Wheelchairs range from highly sophisticated pieces of equipment with integrated micro-technology to basic chairs for occasional use. Appointments necessary, call to book. Based at Newfield House, Kingfield Road, Coventry, CV1 4NZ. https://www.covwarkpt.nhs.uk/service-detail/health-service/wheelchair-service-128/
0300 456 4566	Motability (National)	The Motability Scheme provides a way for people with disabilities to lease a car, scooter or powered wheelchair in exchange for their

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		mobility allowance. You can search for car-types, including wheelchair accessible vehicles (WAVs), scooters and powers wheelchairs.
0800 915 7744	Warwickshire County Council EnableMe Centre	Equipment service including free aids for those with adult social care needs. A member of staff can help you complete the on-line assessment and provide demonstrations of the equipment. Unit 2, Trojan Business Centre, Tachbrook Park Drive, Leamington Spa, CV34 6RS.
01926 624 432	Wenman Healthcare, Warwick	Short-term sale and hire of scooters, wheelchairs, walking aids, beds, hoists, and recliners; repairs and servicing of equipment. Debden Farm, Barford, Warwick, CV35 8DA. info@wenmanhealthcare.co.uk
		Shopping services
02476 315 151	Supported shopping service, Nuneaton	A weekly, fully escorted, door-to-door shopping trip for people who find it difficult to go shopping on their own. Service by volunteers. Space for wheelchairs (not mobility scooters). Venues are Nuneaton town centre, and Nuneaton Asda. Cost £6 return. Wednesdays collection from Bulkington; Stockingford; Camp Hill; Central Nuneaton. Fridays collection from Bulkington; St Nicholas Park; Weddington; Central Nuneaton. info@volunteercentre.org.uk www.volunteercentre.org.uk
		Handyperson and maintenance services
01926 458 125	Age UK Warwickshire Home Maintenance Service	For small jobs around your home, for those over 55. Operates all over Warwickshire. Handyperson costs £25 per hour plus the price of materials. Can supply and fit key safes from £40, usually within 48 hours. Cannot provide electrical, gas or roof work, or repairs to domestic appliances. HousingServices@ageukwarks.org.uk
01926 466 282	Home Safety Check WCC Safe and Well visits	A free service. A home visit by the Warwickshire Fire and Rescue Service, providing with fire safety advice, check that your smoke alarms are working and replace/install new ones if needed. Advice also provided on preventing slips, trips and falls; giving up smoking; winter warmth; home security.
01926 426 222	John Barber, Rugby	Shrubs, hedges, and trees pruned; root and stump removal; gutters cleaned/unblocked; borders maintained. Lower prices for three or more jobs. Discounted rates for those over 50 (£50 (with card) + £15 off). Gutters £10 off, or £25 off when booked with pressure cleaning.
02476 376 294	Nuneaton and Bedworth Council Care and Repair	Repairs, home improvements and adaptations to your home.
01788 533 888	Orbit Handyperson, Rugby	Home improvements, repairs or adaptations for those over 60, or with a disability. Contact Joan Gledhill. joan.gledhill@orbit.org.uk https://www.rugby.gov.uk/info/20080/repairs_and_loans/159/repairs_and_loans_-_private_sector_housing
		Laundry and kitchen services
02476 322 048	Friends with Food	Support in choosing, preparing and cooking food for those who eg are living on a budget, living alone and cannot cook, or are recently widowed and are not used to cooking.
01926 420 107	Lansdowne Laundry Rugby and Warwick district	Laundry service for soiled/wet bedding. Prices start from £11 for a soiled single duvet topper (non-feather) and covers. Collection and delivery service included. Serves Rugby, Leamington, Warwick, Kenilworth and some of the surrounding villages.
01788 440 014	Regal Dry Cleaning, Rugby	Standard dry cleaning plus laundry services (standard only)
		Food banks
07733 551 926	Alcester and Studley Foodbank	Based at Arden Foodbank, Globe House, The Priory, Alcester, B49 5DZ. Foodbank Centres available on Fridays, 2-3.30pm, at Alcester Methodist Church, Priory Road, Alcester, B49 5DX and Tuesday, 2-3.30pm, at Studley Methodist Church, Alcester Road, Studley, B80 7NJ. ardenfoodbank@gmail.com http://arden.foodbank.org.uk

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01827 718 322	Ediblelinks, North Warwickshire	Food parcels to those identified as vulnerable and in immediate need of food and support. lrowley.ediblelinks@gmail.com https://www.northwarks.gov.uk/info/20064/help_and_advice/1261/food_bank
07809 203 178	Bedworth Foodbank	Bedworth Baptist Church, 28 Coventry Road, Bedworth, CV12 8NN. Available on Tuesdays, 10am-12pm, at Bedworth Baptists Church, 28 Coventry Road, Bedworth, CV12 8NN and on Thursday, 12.30-2.30pm, at The Little Chapel, Bulkington Road, Bedworth, CV12 9DG. info@bedworth.foodbank.org.uk https://bedworth.foodbank.org.uk
07557 680 019	Rugby Foodbank	Access Foodbank vouchers (compulsory) from Hope4, 8 Newbold Road, Rugby, CV21 2LJ. Foodbanks available at New Life Church, Monday, 12.30-2.30pm and Friday, 10am-12pm, at 28-42 Railway Terrace, Rugby, CV21 3LJ; Rugby Methodist Church, Wednesday 1-3pm, at Russelsheim Way, Rugby, CV22 7TB; Christ Church, Friday, 1.30-3.30pm, at Helvellyn Way, Brownsover, Rugby, CV21 1JF. info@rugby.foodbank.org.uk https://rugby.foodbank.org.uk/
07850 293 383	Warwick District Foodbank	Provides emergency food and support to local people in crisis. St Mary's Church St Mary's Road, Leamington Spa, CV31 1JW. info@warwickdistrict.foodbank.org.uk https://warwickdistrict.foodbank.org.uk/
07884 418 732	Stratford-on-Avon Foodbank	Voucher exchange system - for a minimum of three days of emergency food at your nearest foodbank centre. Vouchers are available from doctors' surgeries, local schools, churches, Stratford District Council (Access Team), and the Citizens Advice Bureau. FoodBank Warehouse and Distribution Centre: Tesco Superstore, Birmingham Road, Stratford Upon Avon, CV37 0UA (located on the left hand side car park, follow signs for Click and Collect - next to the parent/toddler parking area). info@stratforduponavon.foodbank.org.uk https://stratforduponavon.foodbank.org.uk/
07532 064 801	Kenilworth Foodbank	Open on Tuesday and Friday - 12-2pm, at Jubilee House, Smalley Place, Kenilworth, CV8 1QG. info@kenilworth.foodbank.org.uk
		Other
Online service	Borrow My Doggy	Fill the dog void in your life by spending time with one and helping out owners at the same time. Annual subscription is £44.99 for owners, and £9.99 for borrowers (no additional costs). http://join1.borrowmydoggy.com/
01926 422 123	Brunswick Slipper Service, Warwick district	Reduce falls with well-fitted slippers for the elderly and the disabled, women's sizes 3-8 and men's sizes 6-12, £8 (Warwick district residents) or £9 (those living outside), Mondays-Friday, 9am-5pm, at Brunswick Hub, 98-100 Shrubland Street, Leamington Spa, CV31 3BD.
0800 232 1722	Chiropodist, Coventry	Coventry Foot Clinic (Peter Maxwell) Home visits available to areas CV1 to CV6
07527 097 252	Chiropodist, Rugby	Claire Judd is available on Thursdays at the Claremont Centre, 43 Clifton Road, Rugby, CV21 3QE. Call Claire directly to book a slot. misscjudd@hotmail.co.uk
01926 614111 or 07791849561	Chiropodist, Leamington, Kenilworth, Warwick area	Gail carries out home visits.
01736 757 900	Cinnamon Trust	Volunteer support for pet owners who are unable to fully care for their pet eg dog-walking; fostering while you are in hospital; assistance with regular pet care; registers of pet-friendly care homes; arranging long-term care following a life change.

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	Community dental services	Referral via dentist, GP or a health professional. No self-referrals. Suitable for those with medical, physical or mental health conditions which prevent them from being treated in a regular dental surgery, or for those who are housebound (those with access difficulties will need to register with a dentist with ground-floor access instead).
Online only	Do-it	Search for voluntary placements in your local area https://do-it.org/
07899 756 157	Hairdresser, Rugby	Unisex stylist, DBS checked. Fridays at the Claremont Centre, 43 Clifton Road, Rugby, CV21 3QE. Appointments must be booked. Contact Evie.
07912 359 746	Silver Fern Beauty, Rugby	Hand, arm, scalp and neck massages, manicures, facials, brow tinting in your own home, for the elderly and housebound. Natalya has previous experience in caring. http://www.silverfernbeauty.co.uk/

CARE AT HOME

Warwickshire

		Personal Budgets and Direct Payments
02476 937 370	Penderels Trust Warwickshire	Advice, guidance and practical solutions to enable people with disabilities and older people to live independently in their own homes. Support with personal budgets; direct payments; brokerage; using a care agency; becoming an employer; payroll support and resources; third-party supported accounts; managing your money; financial independence. Service manager is Lisa Collins. warwickshire@penderelstrust.org.uk http://www.penderelstrust.org.uk/
01775 820 176	The Respite Association (National)	Provides short term assistance in the funding of appropriately qualified respite care for disabled, sick, elderly or terminally ill persons in order that their regular carer can be allowed to take a much needed break. http://www.respiteassociation.org/Home.aspx
02476 322 860	The Rowen Organisation, Warwickshire	Advice on Personal Budgets and Direct Payments, including support in recruiting, checking and paying for care. Factsheets available in various languages. Most services are free of charge as they are paid for by the Local Authority. http://www.therowan.org/ info@therowan.org
		Care services (Warwickshire)
0121 7665 444	British Red Cross West Midlands and Warwickshire Support at Home	Short-term practical and emotional support from a volunteer at home, to help people regain their independence. Includes rebuilding confidence; offering companionship; collecting prescriptions; assistance with shopping. Referrals accepted from health and social care professionals, as well as self-referrals. http://www.redcross.org.uk/Where-we-work/In-the-UK/Northern-England/Staffordshire-West-Midlands-and-Warwickshire
02476 101 040	Carers Trust Heart of England, Warwickshire	Assistance with domestic support; collecting pension/paying bills; befriending/support in accessing the community; personal care, live-in care; respite care; 24hr care; end of life care. http://carerstrusthofoe.org.uk/our_services/practical_care_services.aspx
01728 605 107	Christie's Live-in Care	24 hour, live-in care. http://www.christiescare.com/care@christiescare.com
01926 680 767	Helping Hands Warwickshire Hourly Visiting Care	Respite care; emergency care; personal care; complex care; palliative care; housekeeping; practical support. http://www.helpinghandshomecare.co.uk/enquiries@helpinghands.co.uk
01789 444 356	Helping Hands Warwickshire Live-in care	Live-in care http://www.helpinghandshomecare.co.uk/enquiries@helpinghands.co.uk

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01788 552 548	Home Support Age UK Warwickshire	Companionship at home for Warwickshire residents (does not include personal care), may include short trips out. Can also provide practical assistance around the home eg housework; shopping; meal preparation; ironing; dog walking; light gardening. Email Care.Admin@ageukwarks.org.uk Web: https://www.ageuk.org.uk/coventryandwarwickshire/our-services/warwickshire/home-support/
0800 086 8686	Promedica24	Live-in care/companionship and support in your own home. Matched according to personality and interests. info@promedica24.co.uk www.promedica24.co.uk/southwarwickshire
01926 410 410	Warwickshire Country Council, Care Choices: The Warwickshire Care Directory 2018	A guide to Warwickshire Adult Care and Support Services. E-book available from: http://www.carechoices.co.uk/wp-content/uploads/2016/07/Warwickshire-Guide-2016-17-L.Res_.pdf

North Warwickshire

02476 011 765	Bluebird Care North Warwickshire	Includes personal care; respite; end of life care; specialist care; homecare. Areas covered from Nuneaton to Atherstone, Coleshill, Kingsbury, Nether Whitaker, Polesworth, Grendon and Bedworth. http://www.bluebirdcare.co.uk/n-warwickshire-nuneaton/nwarks@bluebirdcare.co.uk
02476 581 244	Caremark	Support with personal hygiene; light housework; shopping; meal preparation; dog walking; companionship; support to attend appointments; respite; overnight care; live-in care coventry@caremark.co.uk
01788 877421 or 07534 562 602	GN Wellsprings North Warwickshire	Personal care; practical help with daily activities; live-in care; sitting services; night cover; palliative care; social worker assessments including person-centred support plans/assessments, advice on brokerage; and direct payments. http://gnwellspringscare services.org.uk/info@gnwellspringscare services.org.uk
01455 247 100	Home Instead North Warwickshire	Personal care; complex care; specialist care; convalescence care; respite care; practical support; companionship. http://www.homeinstead.co.uk/Index.do
02476 364 509	Immaculate Grace Care Ltd	Home care support including short calls; sitting; night care; live-in care; end of life care; companionship; budgeting; shopping and socialising; access to the community.

Rugby

02476 581 244	Caremark	Support with personal hygiene; light housework; shopping; meal preparation; dog walking; companionship; support to attend appointments; respite; overnight care; live-in care coventry@caremark.co.uk
01788 571 776	Caring Help at Home	Domestic help at home, also support to resume friendships, clubs, hobbies or leisure activities Contact is Di Walsh. http://www.caringhelpathome.co.uk
01788 544 064	Everycare Rugby	Respite; palliative care; 24hr care; night-time care; hospital discharge service; holiday/outings; companionship. Available in Rugby. rugby@everycare.co.uk http://www.everycare.co.uk/rugby-warwickshire/contact/
01788 877421 or 07534 562 602	GN Wellsprings Rugby	Personal care; practical help with daily activities; live-in care; sitting services; night cover; palliative care; social worker assessments including person-centred support plans/assessments, advice on brokerage; and direct payments.

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		http://gnwellspringscareservices.org.uk/info@gnwellspringscareservices.org.uk
01788 438 375 or 07885 695 960	Home Help with Michelle	Flexible support with domestic tasks, such as cooking, meal preparation, shopping, laundry, cleaning, dog walking; help with filling out forms or making benefit applications; help to attend appointments to enjoy social activities; companionship. Available for short-term or occasional support, or long-term arrangements. Contact Michelle Edgar. homehelpwithmichelle.com
02476 364 509	Immaculate Grace Care Ltd, Rugby	Home care support including short calls; sitting; night care; live-in care; end of life care; companionship; budgeting; shopping and socialising; access to the community.
01788 486 006	Lotus Care, Rugby	Everyday tasks; personal care; respite; live-in care; support and companionship; domestic support including laundry and ironing; gardening service.
01788 440 012	The Care Bureau, Rugby	Home Healthcare can be provided for people of all ages and needs from short 15 minute calls up to 24 hour care. Includes nursing care; domiciliary care; live-in care; holiday companions. https://www.carebureau.co.uk/

Leamington/Warwick/Kenilworth

01926 400 030	Bluebird Care Warwick	Includes personal care; respite; end of life care; specialist care; homecare. Available across Warwick, Leamington Spa, Kenilworth, Stratford-upon-Avon, Wellesbourne, Barford, Henley-in-Arden and the surrounding towns and villages, including Brinklow, Pailton, Lutterworth, Dunton Bassett. http://www.bluebirdcare.co.uk/stratford-warwick/about-us info@bluebirdcare.co.uk
01788 570 999	Flexicare South Midlands	Includes companionship; domiciliary support; personal care; end of life care; specialist care; assistance with appointments; shopping; pension and medication collection; day/night sit-in service; rehabilitation/hospital discharge care. info@flexicaresouthmidlands.co.uk http://www.flexicaresouthmidlands.co.uk/
07525 167 061	Lois Owen-Ward Alleviate Care	Bespoke care within a 10 mile radius of Leamington Spa, including help around the home; assistance with meal planning and food preparation; hair washing/drying; financial organisation; assisting with daily routines; trips out; companionship. Lois is experienced in numerous health conditions. http://www.alleviatecare.com/ lois@alleviatecare.com
01926 316 200	Lotus Care	Everyday tasks; personal care; respite; live-in care; support and companionship; domestic support including laundry and ironing; gardening service.
01926 427 423	The Care Bureau Leamington	Home Healthcare can be provided for people of all ages and needs from short 15 minute calls up to 24 hour care. Includes nursing care; domiciliary care; live-in care; holiday companions. https://www.carebureau.co.uk/

Stratford-on-Avon

01926 400 030	Bluebird Care Stratford/Warwick	Includes personal care; respite; end of life care; specialist care; homecare. Available across Warwick, Leamington Spa, Kenilworth, Stratford-upon-Avon, Wellesbourne, Barford, Henley-in-Arden and the surrounding towns and villages, including Brinklow, Pailton, Lutterworth, Dunton Bassett. http://www.bluebirdcare.co.uk/stratford-warwick/about-us info@bluebirdcare.co.uk
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01788 570 999	Flexicare South Midlands	Includes companionship; domiciliary support; end of life care; specialist care; assistance with appointments; shopping; pension and medication collection; day/night sit-in service; rehabilitation/hospital discharge care. info@flexicaresouthmidlands.co.uk http://www.flexicaresouthmidlands.co.uk/
01789 204 040 or 01926 629 030	Home Instead South Warwickshire	Personal care; complex care; specialist care; convalescence care; respite care; practical support; companionship. http://www.homeinstead.co.uk/Index.do
01789 520 990	The Care Bureau Stratford-on-Avon	Home Healthcare can be provided for people of all ages and needs from short 15 minute calls up to 24 hour care. Includes nursing care; domiciliary care; live-in care; holiday companions. https://www.carebureau.co.uk/

CARE HOMES

Warwickshire

Booklet	'Care Select'	Your companion through the emotional and practical aspects of choosing and funding care for an elderly relative https://issuu.com/carechoices/docs/care_select_2016_lr
Booklet	Independent Age 'Choosing a Care Home'	Support and advice, including paying for care; needs assessments; exploring other options; top-ups and the council's duty.
Booklet	Independent Age 'How to Find the Right Care Home'	Where to start and what to consider when thinking about, and viewing, care homes.
07801 863 616	Warwickshire Association of Care Homes	An organisation representing the independent sector nursing and residential homes in the county. Has an online search engine. Contact Warwickshire Partners In Care info@wpic.co.uk

MEALS ON WHEELS

Warwickshire and North Warwickshire

01926 889 511	Apetito, Warwickshire	Meals on wheels - frozen meals home delivery service. Also offers a hot meals service. Caters for a variety of diets including vegan, vegetarian, Kosher, Afro-Caribbean, Asian, Halal, low fat, or for people with conditions such as diabetes, dysphagia or dementia, and for those with food allergens, or eating difficulties. http://www.apetito.co.uk/private-home-deliveries/
02476 306 788	Square Meals, Rugby and surrounding area	Frozen meals, home delivery. Dietary adjustments made to order. Occasional orders or regular accepted. Short notice possible eg following hospital discharge. Contact Beverly Johnson.
0800 773 773	Wiltshire Farm Foods, Warwickshire	Frozen meals, home delivery. Caters for various dietary needs including gluten-free, low fat, low salt, low sugar, vegetarian, and for those with allergies or other requirements. No contract necessary. http://www.wiltshirefarmfoods.com/
07392 084482	Healthy Living Network (new Nov 2020)	Would you or someone you know benefit from a freshly cooked weekly meal delivery? Meals are £5.00 for 2 courses, delivered chilled, straight to your door which means you can enjoy them at lunch time or later in the evening. Contactless delivery. Payment by cash, cheque or via Facebook. Call the Healthy Living Network on 07392 084482 to place your order or find out more.

DISCOUNTS AND OFFERS

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Warwickshire

0800 800 150	BT Fault Repair Scheme	Priority free phone repair to BT customers, 24/7, all year including Christmas day. https://www.btplc.com/inclusion/HelpAndSupport/
01443 336 000	Cadw Wales	Cadw is the Welsh Government's historic environment service. Carers/companions accompanying a disabled person are admitted free at all monuments. cadw@wales.gsi.gov.uk http://cadw.gov.wales/?lang=en
	CarerSmart	CarerSmart was set up by Carers Trust. Carers can save money on a range of products by getting cash back in numerous high street stores as well as discounted rates on energy bills, insurance renewals and lifestyle activities. They will also have access to free legal advice. There is no charge to join the online club. http://www.carersmart.net/
	Council tax reduction for carers	You will be disregarded if you provide live-in care for at least 35 hours a week, for someone who isn't your partner, spouse, or child under 18. The person you care for must receive either the middle or higher rate of the care component of Disability Living Allowance; the daily living component of Personal Independence Payment; Attendance Allowance; Armed Forces Independence Payment; or the highest rate of Constant Attendance Allowance. Contact your local council to apply. https://www.gov.uk/council-tax/discounts-for-disabled-people
	Council tax reduction for severely mentally impaired people	People with a severe mental impairment may receive a discount. This may apply to a person with dementia, amongst other conditions. To be disregarded you must possess a certificate from a registered medical practitioner which confirms this. You must also be in receipt of either Disability Living Allowance (middle or higher rate care component); the daily living component of Personal Independence Payment; Attendance Allowance; Constant Attendance Allowance; Severe Disablement Allowance; Incapacity Benefit; or Income Support where a disability premium is included. Contact your local council to apply. https://www.gov.uk/council-tax/discounts-for-disabled-people
03456 050 525	Disabled Persons Railcard	Companions and their cared for receive 1/3 off most rail fares. Further offers also apply. http://www.disabledpersons-railcard.co.uk/
03703 331 182	English Heritage carers' discount	Free admission to carers visiting national heritage sites. http://www.english-heritage.org.uk/visit/places/stonehenge/plan-your-visit/visitors-with-disabilities/
01316 688 600	Historic Scotland	Historic Scotland offers free entry to carers accompanying a disabled visitor on a one-to-one basis at any of its historical sites. https://www.historicenvironment.scot/
01793 281 7634	National Trust's Admit One offer	Carers get in free to NT properties when the person with a disability is a member. https://www.nationaltrust.org.uk/features/visitors-with-disabilities
	No VAT on disability equipment or adaptations	If you have disability or a long-term illness, you won't be charged VAT on products designed or adapted for your own personal or domestic use. Neither will you be charged VAT on the installation, repairs or maintenance, or on any spare parts or accessories. https://www.gov.uk/financial-help-disabled/vat-relief
01789 403 436	Royal Shakespeare Company carers discount scheme	Carers and their cared for may qualify for a concessionary ticket price of £16. https://www.rsc.org.uk/ticket-prices
01789 299 288	Stratford Upon Avon Butterfly Farm carers go free offer	Carers can get free entry to the farm in Stratford-Upon-Avon. http://www.butterflyfarm.co.uk/attraction/opening-times-and-admission.php

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	The Rough Guide to Accessible Britain	The guide is free to view online. It includes ideas for days out across Britain, with Reviews, hints and tips by disabled visitors, and accessibility information including disabled parking. www.accessibleguide.co.uk
0844 474 1777	Twycross Zoo free admission	Carers receive free admission if accompanying their cared for person. https://twycrosszoo.org/visit-us/tickets-pricing/
02392 248 545	UK Cinema Exhibitor's Association card	Free entry to the cinema with the person you care for. Admin fee of £6 applies. Accepted by approximately 90% of cinemas. https://www.ceacard.co.uk/
024 7652 4524	Warwick Arts Centre Companionship ticket	Companions get a free ticket when their disabled cared-for person pays the full rate. http://www.warwickartscentre.co.uk/visit/accessibility/
	Watersure scheme	If you use a lot of water either for medical reasons you may apply for a discount. You need to have a water meter, or be waiting to have one installed to qualify. You also need to be in receipt of income-based Jobseeker's Allowance; Income Support; income-related Employment And Support Allowance; Pension Credit; Housing Benefit; Working Tax Credit; or Child Tax Credit awarded at a rate higher than the family element. Contact your water provider to discuss this discount.

INFORMATION AND ADVICE

Warwickshire

		Information and advice
0800 269 545	AbilityNet	A Charity that provides free help with computers, tablets and smartphones to older people and disabled people of all ages. Helpline provides advice on how computers can be adapted to meet the needs of disabled people. ITCanHelp volunteers can visit people in their homes to help with everyday IT needs. Also provides online assessments and resources to help your clients get the best from their computers.
0800 678 1174	Age UK Advice Line	Information and advice on a range of subjects affecting older people.
0844 855 2322	Citizen's Advice helpline (National)	General information and advice, including benefits; work; debt and money; consumer rights; relationships; housing; discrimination; tax; healthcare; and education. https://www.citizensadvice.org.uk/ Webchat available https://www.citizensadvice.org.uk/about-us/contact-us/web-chat-service/
	GCFLearnFree.org	Free online tutorials about acquiring computer and ipads skills, internet use, windows use, online safety, and using computer programmes. http://www.gcflearnfree.org/ipadbasics/
08004 70 80 90	Silver Connects	The Silver Connects team provides older people with support, advice, and help with connecting to local services, including issues ranging from housing and health issues, to finding lunch clubs and even financial concerns.
0800 731 4880	SSAFA	Information and advice for veterans, including financial, housing, and debt advice; buying household goods; dealing with military mental illness; bereavement; homelessness; support for offenders and ex-offenders. https://www.ssafa.org.uk/help-you/veterans
		Financial support

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RESOURCE DIRECTORY

0345 605 6055	Benefits enquiry line (Attendance Allowance)	Information regarding Attendance Allowance on Gov.uk
0345 605 6055	Benefits enquiry line (Disability Living Allowance)	Information regarding Disability Living Allowance on Gov.uk
0345 850 3322	Benefits enquiry line (Personal Independence Payment)	Information regarding Personal Independence Payment on Gov.uk
01926 422 123	Breathing Space	Impartial, professional, and free advice about your money worries. Information and advice about rent arrears; debt; housing problems; benefits; difficulties paying fuel bills. Call to book an appointment, drop-in Money Advice sessions open Wednesdays, 10am-2pm, at the Brunswick Hub, Shrubland Street, Leamington Spa, CV31 3BD. frontdesk@brunswickhlc.org.uk
0300 222 5947	Voiceability Advocacy	Advocacy service open to all Warwickshire residents. https://www.voiceability.org/services/coventry-and-warwickshire
0808 164 6220	People, Potential, Possibilities (P3), Warwickshire	County-wide floating support for adults over 25 who need help to maintain their accommodation. 'Navigator' advice centres are available for advice or support on housing-related issues, benefits, money management, health and other related issues. Support available for a 12-month period. warks@p3charity.org Referrals can be made via https://warks.referrals.p3charity.org/
0300 456 2370	Pohwer	Independent and free information, advocacy and advice services across England, offering direct and local support via Professionals and Volunteers. Includes NHS Complaints advocacy; Direct Payments support; IMCA and IMHA support; Care Act advocacy. Also General Health Advocacy - non-statutory service available to NHS patients with complex needs eg physical/learning (aged 18+)/mental health (aged 65+) difficulties. Referrals are self-referrals or referral from a health professional. www.pohwer.net
online	Turn2Us	Benefits calculator; personal grants search tools. https://www.turn2us.org.uk/
024 7635 4034	Warwickshire Welfare Rights	Leaflets and factsheets on a range of benefits-related topics; a rolling training programme of courses; help with appeals against benefit decisions. info@wwras.org.uk http://www.wwras.org.uk/
		Legal support
0300 456 0300	Office Of The Public Guardian	Lasting Power of Attorney, and Guardianship. https://www.gov.uk/government/organisations/office-of-the-public-guardian
0207 242 1222	The Law Society	The Law Society is the independent professional body for solicitors. Information about various areas of practice; different methods of support and services; help to find a suitable solicitor for your needs; policies and campaigns. http://www.lawsociety.org.uk/
		Other
0870 240 0009	DVLA	Driver and Vehicle Licensing Agency. https://www.gov.uk/government/organisations/driver-and-vehicle-licensing-agency
0870 600 0301	DVLA Medical unit	To discuss a medical condition, changes to your licence, Blue Badge and Motability schemes, concessions, and dropped curbs. http://www.dvla-contact-number.co.uk/dvla-medical-contact/

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Rugby

		Information and advice
01788 552 542	Age UK Warwickshire, Information and Advice, Rugby	Information and advice for people over 50, or their carers or close supporters. Drop in at 10am-3pm, Monday-Thursday, at the Claremont Centre, 43 Clifton Road, Rugby, CV21 3QE. rugby.info@ageukwarks.org.uk
0844 855 2322	Citizen's Advice, Rugby	Local office, at 1st Floor, Chestnut House, 32 North Street, Rugby, CV21 2AG. Open Mondays, Tuesdays, Wednesdays, Fridays, 10am-2pm, Thursdays, 9am-5pm. Call to make an appointment. Telephone advice also given. http://www.brancab.org.uk/ adviser@brancab.org.uk adviser@brancab.org.uk Local office availability info
0808 164 6220	P3, Rugby	Monday-Friday, 9am-5pm. Unit 5, The Robbins Building, Henry Street, Rugby, CV21 2QA. Floating support service for adults over the age of 25 who need support to manage and maintain their accommodation. 'Navigator' advice centres for anyone who needs advice or support for a housing-related issue, as well as helping people access other services to improve their situation or circumstances.
01788 574 258	WCAVA Volunteer Centre, Rugby	19-20 North Street, Rugby, CV21 2AG, Monday-Friday, 10am-2pm. Information and group support, access to volunteering opportunities in the community.
		Financial support
		Legal support
01788 552 542	Legal Clinic Moore and Tibbets, Rugby	A free, initial consultation for 20 mins with a solicitor, on Wednesdays, 1-3pm, at Age UK Rugby, Claremont Centre, 43 Clifton Road, Rugby, CV21 3QE. Advice on a range of issues including Wills; Power of Attorney; care home fees. https://www.ageuk.org.uk/coventryandwarwickshire/our-services/warwickshire/free-legal-clinics/
		Other
01788 579 499	MP's surgery, Rugby	Discussion by appointment only. Held at 3-5pm, in the Sedgewick room, at the Claremont Centre, 43 Clifton Road, Rugby, CV21 3QE.

North Warwickshire

		Information and advice
01782 744 996	CISWO Advice Surgery	Drop-in sessions 10am - 12pm, every second Monday of the month, at Griff and Coton Sports Club, Nuneaton, CV10 7JQ for anybody in need of a chat or help concerning anything from finances to when are the bins emptied. You do not have to be connected to the miners welfare to attend these sessions. Contact Bernadette Davey or Kerry Shildauer. bernadette.davey@ciswo.org.uk kerry.shildauer@ciswo.org.uk
0844 855 2322	Citizen's Advice, Atherstone	Local office, at The Parish Rooms, Welcome Street, Atherstone, CV9 1DU. Open Mondays, Tuesdays, Fridays, 9.30am-2pm, and Wednesdays 3.30-6.30pm. Call to make an appointment. Telephone advice also given. http://www.nwcab.org.uk/ advice@nwcab.org.uk Local office availability info
0844 855 2322	Citizen's Advice, Bedworth	Local office, at 25 Congreve Walk, Bedworth, CV12 8LX. Open Mondays, Tuesdays, Thursdays, Fridays, 10am-2pm, and Wednesdays, 9am-5pm, at 25 Congreve Walk, Bedworth, Warwickshire, CV12 8LX. Call to make an appointment. Telephone advice also given. info@brancab.org.uk http://www.brancab.org.uk/ Local office availability info
0844 855 2322	Citizen's Advice, Nuneaton	Local office, at 23e Abbey Street, Nuneaton, CV11 5BT. Open Mondays, Tuesdays, Thursdays, Fridays, 9am-5pm, and Wednesdays, 9am-1.30pm.

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		Call to make an appointment. Telephone advice also given http://www.brancab.org.uk/ info@brancab.org.uk Local office availability info
	Citizen's Advice, Arley	Springhill Medical Centre, Phil Collins Way, Arley, CV7 8FD 9.30am to 12.30pm on 12 and 26 November and 10 December 2019 Croft Mead Communal Room, Ansley 10am to 1pm on 5 November and 3 December 2019 Arley Community Centre (Church), Gun Hill, Arley, CV7 8HA 10am to 1pm on 19 November and 17 December 2019.
		Financial support
		Legal support
02476 351 049	Legal Clinic Moore and Tibbets, Nuneaton	A free, initial consultation for 20 mins with a solicitor. Advice on a range of issues including Wills; Power of Attorney; care home fees. 1st Wednesday of the month, 10am-12pm, at Nuneaton CAB, 23E Abbey Street, Nuneaton, CV11 5BT. Tel: https://www.ageuk.org.uk/coventryandwarwickshire/our-services/warwickshire/free-legal-clinics/
		Other

Leamington/Warwick/Kenilworth

		Information and advice
01926 458 143	Age UK Warwickshire Information and Advice, Leamington Spa	Information and advice for people over 50, or their carers or close supporters. Drop-in at 8 Clemens Street, Leamington Spa, CV31 2DL. leam.info@ageukwarks.org.uk
0844 855 2322	Citizen's Advice, Warwick district	Local office, at 10 Hamilton Terrace, Leamington Spa, CV32 4LY. Open Mondays, 10am-3.30pm; Wednesdays, Thursdays and Fridays, 10am-2pm. Call to make an appointment. Telephone advice also given. http://www.cableamington.org.uk/ Local office availability info
		Financial support
		Legal support
01926 458 100	Legal Clinic Moore and Tibbets, Leamington Spa	A free, initial consultation for 20 mins with a solicitor. Advice on a range of issues including Wills; Power of Attorney; care home fees. Thursdays, 10am-12pm, at Age UK Leamington Spa, 8 Clemens Street, Leamington, CV31 2DL. https://www.ageuk.org.uk/coventryandwarwickshire/our-services/warwickshire/free-legal-clinics/
		Other

Stratford-on-Avon

		Information and advice
01789 205 059	Age UK Warwickshire Information and Advice, Stratford-on-Avon	Information and advice for people over 50, or their carers or close supporters. Drop-in at Briar Croft, Alcester Road, Stratford-on-Avon, CV37 6PH. briar.croft@ageukwarks.org.uk
0844 855 2322	Citizen's Advice, Stratford-on-Avon	Local office, at 25 Meer Street, Stratford-on-Avon, CV37 6QB. Open Mondays-Fridays, 10am-4pm. Call to make an appointment. Telephone advice also given. http://www.stratforduponavoncab.org.uk/ Local office availability info enquiries@stratforduponavoncab.org.uk
		Financial support

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		Legal support
01789 205 059	Legal Clinic Moore and Tibbets, Stratford -on-Avon	A free, initial consultation for 20 mins with a solicitor. Advice on a range of issues including Wills; Power of Attorney; care home fees. 2nd and 4th Wednesday of the month, 10am-12pm, at Stratford –on-Avon Age UK, Briar Croft, Alcester Road, Stratford-upon-Avon, CV37 6PH. https://www.ageuk.org.uk/coventryandwarwickshire/our-services/warwickshire/free-legal-clinics/
		Other

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