

Hill Top and Caldwell Big Local is one of 150 areas across the country to receive £1million of National Lottery funding to deliver a 10 year programme. We are now in our last year of activity, with lots of activities on offer for residents.











Social



#### A weekly social walk around Wembrook Woods.

#### Monday's 12.30pm - 1.30pm.

Meet at HTC hub at 12.30pm or at the entrance to Wembrook Woods (Donnithorne avenue) at 12.45pm The Hub is open before and after for refreshments.

#### **Everyone is welcome**

The route is accessible for wheelchairs, scooters and pushchairs. Under 18's will need to be accompanied by an adult.

All you need is comfortable walking shoes and a waterproof coat.

Each week we will take a gentle walk from the HTC hub down to and around Wembrook Woods. Keen naturalists can help us spot wildlife and observe spring coming in together.

If the weather isn't on our side we'll meet at the hub for a warm drink and alternative activities.

The group has been supported by Think Active and the Mason Foundation, Community Mile Walk. Walk leaders have completed safeguarding and first aid training.

The group will also be supported by Warwickshire Wildlife Trust who will attend a monthly walk to help us to identify wildlife and things to be on the look out for.





undation

# social festival

Volunteers and friends of the HTC Hub will be hosting a food festival at the Hub.

## We are looking for fellow foodies!

If you have some family favourites, inspiring healthy meals or traditional dishes from across the world that you could share with the community, we would love to hear from you. **Email - sarah.deeming@wcava.org.uk or text 07939510344** 



There is no date set for the event yet, we would like to work with local people to organise an event that welcomes people from different cultures to offer a diverse and delicious spread for local people to try, to learn more about and to appreciate the cultural diversities that make up our community.

## HTC BIG LOCAL WHAT'S ON AT THE HUB

#### Warm Hub

Monday's 8.30-12pm

Pop in anytime before 12pm for a hot drink, sausage or bacon sarnie, porridge or toast. Donations taken.



#### Social brew

Join us at The Hub every Tuesday from 1-3pm for a cuppa and a chat.

Everyone is welcome. Access information about local services and activities.



Both sessions are currently free, funded by HTC Big Local and are suitable for beginners, everyone is welcome to come along and have a go. Monday's 6pm - 6.45pm 45 minute introductory session

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**Tuesday's** 

12.15pm - 12.45pm

Chair yoga

30 minute introductory session





#### Social Walk

Join us on Monday's at 12.30pm for a walk from The Hub to Wembrook Woods, check out page 2 for the full details.

#### Starting 26th March

A slow cooking course will run for 4 weeks at The Hub, from 11am - 12.30pm

There are limited spaces, contact Sarah to book on -07939510344

#### WARM HUBS **FREE SLOW COOKING COURSE**

Slow cooking is an easy way to make tasty, healthy meals and save  $\pounds \pounds$  on your energy costs and food bills too. Whether you live alone or have a family to feed, love cooking or have never had the confidence to try, this fun course is for you!







- FREE 4 week demonstration course including starter, mains & pudding FREE slow cooker, weekly ingredients &
  - recipes to take home and make yourself
- FREE energy saving/home safety pack with carbon monoxide alarm
- Enjoy FREE refreshments & meet new people in small course group (12 max)



Places are limited so book your place on our course now!

Hub



These slow cooking courses are provided thanks to a collaboration between







s of the Warm Hubs pro



#### **Bringing Vaccinations Closer To Our Patients**

Nuneaton & Bedworth PCN has been proud to support a new NHS England funded project aimed at improving childhood immunisation rates across our communities, with a special focus on increasing uptake of the MMR vaccine.

One of our chosen locations being Hilltop - The Big Local (HTC), which has provided a great place for parents and their little ones alike to pop in, update records, receive outstanding immunisations and generally discuss all things vaccine related.

#### How It has worked

Children needing vaccinations have been identified through practice systems, and parents have been personally contacted by our administrators to arrange appointments nearby community locations. Each clinic has been staffed by two experienced nurses, ready to not only administer vaccinations but also answer any questions parents/ carers may have with the aim of creating a warm, welcoming environment where families feel supported.

#### Flexible and Family-Friendly

We understand the needs of busy families, which is why clinic times are carefully planned around nursery and school schedules.

We look forward to welcoming parents/ carers and their brave little ones to our clinics, where of course every child will receive a well-earned sticker for their courage.

See our website for more information www.nuneatonandbedworthpcn.co.uk, and also keep your eyes on our social media both on our GP Practice and PCN Facebook pages. You can also call us on: 07572843521, and tell us you would like information about the Immunisation Clinics

Together, let's ensure our community stays healthy and protected.

#### Immunisation hub dates:

#### All dates are Wednesday's 1-5pm

23rd April
21st May
4th June
11th June
2nd July
9th July
6th August
20th August

# EASTER HALF TERM

#### Family Clean and Green

Monday 14th April 14:00 – 15:00 Join Rosie and Katie from Warwickshire Wildlife Trust to do something mega for nature this Easter!

We'll do half an hour litter pick followed by time to plant seeds that can be taken away to grow in your garden as well as entering a sunflower race by planting a giant sunflower seed which Rosie will keep safe for you!

The litter pick will be a timed 30 minutes with prizes for the most litter collected! Free event including hot drinks, squash, biscuits and an easter treat! Children must be accompanied by an adult, at all times. Email Rosie at rosie.charter@wkwt.org.uk or book on Eventbrite by searching the activity title!

#### Wembrook Explorers

with Warwickshire Wildlife Trust at Donnithorne Woods, 11-12pm Sessions are ideal for primary school aged children and families.

#### Tuesday 15th April - Brilliant Birds session

All FREE but booking essential, scan the QR code and search the event.

#### **Crafts with Creation station**

#### Thursday 17th April | 2-3pm

Suitable for children and young people | £1 per person





### Easter multicultural celebration

#### Friday 18th April | 11 - 1pm | HTC Hub, Donnithorne Avenue

We would love to hear about your traditions for celebrating Easter, so that we can share these with the community at our event. Share your favourite activities with us via email to sarah.deeming@wcava.org.uk or text/whatsapp 07939510344.

Free entry | cake stall, tombola and refreshments for sale. Activities for all ages.





# **EASTER HALF TERM**

#### **Wembrook Explorers**

with Warwickshire Wildlife Trust at Donnithorne Woods, 11-12pm Sessions are ideal for primary school aged children and families. Tuesday 22nd April - Art in the Wild session

All FREE but booking essential: www.warwickshirewildlifetrust.org.uk/events

#### Young people's TRIP to Woodlands Adventure

**Thursday 24th April** For ages 10-16 Time: 9-5pm

Places are free but are limited, booking is essential. Trip is funded by HTC Big Local To book on contact Sam at sam@aspireinarts.org or call 07955204216

#### **Crafts with Creation station**

Thursday 24th April | 2-3pm Suitable for children and young people £1 per person

#### **Adults Paint and Sip**

Friday 25th April | 7-9pm £1 per person

1 glass of bubbles provided. No experience needed, Sharon will guide you through the workshop and help you to create a masterpiece to take home!





Warwickshire Wildlife Trust

## HTC BIG LOCAL WHAT'S ON AT THE HUB

## Thursday's are fitness days!

The Hub is open every Thursday from 10am - 12pm for coffee, chats and gentle exercise (always optional).

Join Think Active on the first Thursday of the month for tasters in seated gentle



The other Thursday's you'll be joined by Positive Impact's Regenerate programme; a morning of socialising, light physical activities, games and refreshments.



#### Coming up at The Hub...

Taster sessions in activities that support healing and well-being, including Indian head massage and reiki.

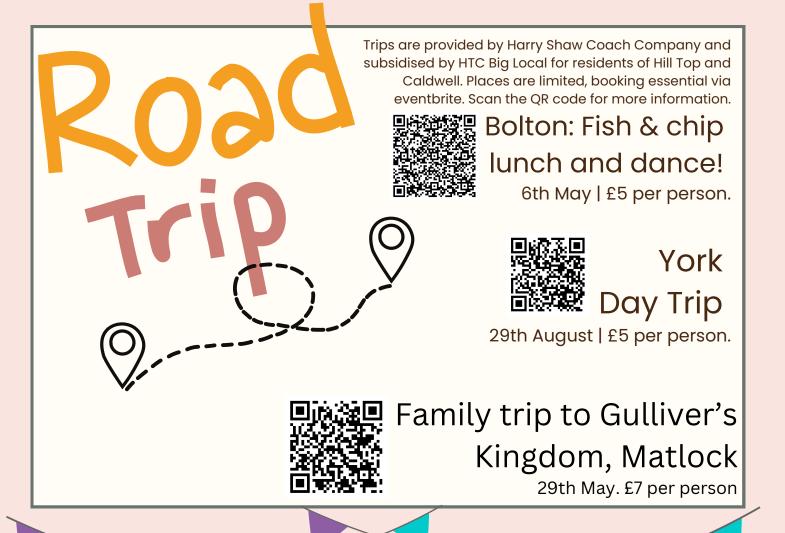
Keep an eye on our Facebook page!











## CELEBRATING 10 YEARS OF HTC BIG LOCAL

2025 marks the final year of Big Local in the Hill Top and Caldwell area. We still have an amazing range of exciting projects and activities planned before it finishes, and we will continue working hard to ensure that there will be a long lasting legacy. We would like to announce an exciting community celebration to mark the end of Big Local and to celebrate some of our achievements. We are still working to finalise the details, but we know already that the event will take place on **Saturday 13th of September** and will involve community stalls, activities music, performances and more and involve many of the people and organisations who have worked with us over the past ten years. We will share details as they become available but please put it in your diaries now.

## HTC BIG LOCAL what's on in the community



Positive impact run weekly youth clubs at Wembrook Community Centre Mondays and Fridays | 5-7pm. Free for 11-18 year olds

HTC Big Local support the youth clubs with venue hire.

citizens advice Providing free and confidential advice for anyone. At Wembrook Community Centre Wednesday and Friday | 9.30 - 12.30pm | Until End of March HTC Big Local fund the Citizen's Advice sessions.

## **Sorrell Road Park**

#### HTC Big Local listened to the community from the start about the need to improve our local green spaces & have more things for our children & young people. Work is now happening!

Work has started on the Sorrell Road Park redevelopment, it will be completed in phases, leaving other areas of the park still available to use.

The play equipment is scheduled to be complete by the end of March, with the last works on the park being completed in April.

The park is owned by Nuneaton and Bedworth Borough Council, who have secured funding from UKSPF and Big Local to make updates.

WATCH THIS SPACE for information about an official park opening!



# Looking back...

We had an amazing few weeks at the hub on the build up to Christmas.

100 gifts donated from Rhenus Logistics and distributed to children and young people in the HTC area.



25 warm and well packs funded by Warwickshire Welfare Scheme and delivered to residents.



Approximately 40 hampers provided for residents to help with the extra costs of the festive period, funded in part by the big local and distributed by big local, local schools and the pantry.

11 families took part in a photoshoot with North Warwickshire South Leicestershire College, receiving some beautiful and professional quality photos in time for Christmas, check out one of our favs in the photos of the very photogenic pooches!

If you have taken part in any HTC Big Local activity or received support in the past then we would love to hear about your experiences, send in any highlights or good news stories to sarah.deeming@wcava.org.uk.

## **CONTACT US**

For details on all of the HTC organised events, scan the QR code for our Eventbrite link.

🗜 facebook.com/HillTopandCaldwell







