





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

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

steps in.
Refreshments available at meet/end points.



WEDS: 9.30-10.30am

Meet | Mayors Cafe

Walk | Bedworth Miners Welfare Park

NUNEATON

THURS: 9.30-10.30am

Meet | Saints Cafe

Walk | Riversley Park

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

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

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

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SEATED EXERCISE

- Every Tuesday &Wednesday
- Volunteer Friends, Bulkington, CV12 9JB
- Every Friday
- The Newtown Centre, Newtown Rd, Nuneaton CV11 4HG



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

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

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















Sessions are 1 hour 30 min, held at:

Bedworth Community Centre Smorrall La, Bedworth CV12 OJN

The Newtown Centre Newtown Rd, Nuneaton CV11 4HG

Do you want to make a positive

FREE 12 Week Programme covering:

Healthy weight

Nutrition

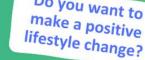
Exercise

Sleep/tiredness

Mental wellbeing

Smoking /alcohol

Self-refer OR Referred by a medical professional





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Walk & Talk

Improve your health and wellbeing by connecting with your local community





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

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



BEDWORTH: NUNEATON:

Meet | Mayors Cafe Meet | Saints Cafe

Walk | Bedworth Miners Welfare Park | Walk | Riversley Park

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

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

