

# ACTIVE

## SKY BLUES



Sessions are 1 hour 30 min, held at:

**Bedworth Community Centre**  
Smorrall La, Bedworth CV12 0JN

**The Newtown Centre**  
Newtown Rd, Nuneaton CV11 4HG

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



**FREE 12 Week Programme**  
covering:

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



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



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

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

02476 786 349 | [lewis.robinson@sbitc.org.uk](mailto:lewis.robinson@sbitc.org.uk)

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





In Partnership with



# SEATED EXERCISE



**Every Tuesday & Wednesday**



Volunteer Friends, Bulkington, CV12 9JB



**Every Friday**



The Newtown Centre, Newtown Rd, Nuneaton CV11 4HG



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registration  
form.

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

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

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



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# BUGGY TALK



is an **EXCITING NEW FREE** session aimed at getting parents out and about with children 4 years and under.

This will be a social session, designed to get parents socialising whilst getting their steps in.  
*Refreshments available at meet/end points.*



**BEDWORTH**

**NUNEATON**

**WEDS: 9.30-10.30am**

**THURS: 9.30-10.30am**

Meet | Mayors Cafe

Meet | Saints Cafe

Walk | Bedworth Miners Welfare Park

Walk | Riversley Park



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# Walk & Talk

Improve your health and wellbeing by connecting with your local community



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

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



**BEDWORTH : NUNEATON:**

**Meet | Mayors Cafe**

**Meet | Saints Cafe**

**Walk | Bedworth Miners Welfare Park**

**Walk | Riversley Park**

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

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

**FREE  
REFRESHMENTS!**

# WALKING FOOTBALL



**EVERY FRIDAY**



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

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

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

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



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

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# PAIN CAFÉ

## A warm space for shared strength

Nuneaton & Bedworth PCN are collaborating with Pure Health & Wellbeing to deliver a Pain Café.

This will be a safe space where you can come and meet other like-minded people to connect and share your stories with.

A Health & Wellbeing Coach will give a brief presentation to discuss pain management, followed by opportunities to meet professionals like Social Prescribers.

Attendees can participate in activities such as quizzes or simply enjoy socialising over coffee!

*Please note: This session is a community support group and not a consultation for chronic pain, fibromyalgia, or any other conditions. If you require a consultation, please contact your GP.*



Are you dealing with persistent pain and/or fibromyalgia?



Do you need a space where others truly understand your struggle?



Are you looking for support, connection, and a friendly chat over a hot drink?



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



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



3rd Tuesday of every month



10:30-12:30



Saints Nuneaton, Newdegate St,  
Nuneaton CV11 4ED

