

BUGGY

TALK

SKY 
BLUES
in the **COMMUNITY**

is an **EXCITING NEW** 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

WEDS: 9.30-10.30am

- Mayors Cafe | meet
- Bedworth Miners Welfare Park | walk

NUNEATON

THURS: 9.30-10.30am

- Saints Cafe | meet
- Riversley Park | walk

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 get in touch via the details below:



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

PAIN CAFÉ

A warm space for shared strength

Nuneaton & Bedworth PCN are collaborating with Pure Health & Wellbeing and The Makery 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 and Pharmacists.

Attendees can participate in activities such as quizzes and board games, or simply enjoy a bit of 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.

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



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?



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



3rd Tuesday of every month, starting January 21st



10:30-12:30



The Makery, Unit 10, Abbeygate Shopping Centre, Nuneaton CV11 4EL



Walk and Talk

Improve your health and wellbeing by connecting with your local community



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. Ask any member of staff at your GP practice to be referred to a Social Prescriber and we will be in contact to book you into the group.

FREE REFRESHMENTS!



Improve your:
Physical Health,
Mental Health, Social
Isolation, Loneliness
whilst connecting
with nature and
making new
friends.

Fortnightly at each location on
Thursdays

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

Nuneaton:

Meeting at Saints
Cafe
Walking around
Riversley park and
back to Saints Cafe.

Address: Newdegate
Street, Nuneaton,
CV11 4ED

Bedworth:

Meeting at The
MayorsCafe
Walking around Miners
Welfare park and back
to The Mayors Cafe.

Address: Miners
Welfare Park, Bedworth,
CV12 8JT

- 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



SKY
BLUES
in the **COMMUNITY**



SEATED EXERCISE group



TUES

2.15-3.45PM

WEDS

2-3.30PM

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

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

LOCATION Volunteer Friends, Bulkington, CV12 9JB

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

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



For more info or a chat about the session, please get in touch:



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WALKING FOOTBALL

JUBILEE SPORTS CENTRE, NUNEATON, CV10 7EZ

SKY 
BLUES
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FRI: 11am-12pm

Enjoy 1 hour
of football and
meet new people.

Our WF 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.




**NUNEATON
BEDWORTH**
PRIMARY CARE NETWORK

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

ACTIVE

SKY BLUES

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.

To complete your registration form please scan the QR code:



Sky Blues in the Community are working in partnership with the PCN

We're working with 11 GP surgeries within Nuneaton and Bedworth

SKY BLUES
in the COMMUNITY


NUNEATON & BEDWORTH
PRIMARY CARE NETWORK

Sessions are 1 hour 30 min, held at:

Bedworth Community Centre
Smorrall La, Bedworth CV12 0JN

The Newtown Centre
Newtown Rd, Nuneaton CV11 4HG
(1hr exercise only sessions also available)



02476 786 349 | sbltc@sbltc.org.uk