

HELP WITH FINDING YOUR WAY

Your guide to
local services in
Warwick District

October 2025



www.warwickdc.gov.uk



Community centres and local support schemes

Your local community centres are welcoming and social places that can provide support and assistance with health and wellbeing, employment, financial support, food support, mental health, energy concerns, loneliness and isolation. They can also help you access the internet and IT and many provide Youth Clubs and School Holiday Activities.

Kenilworth

The Kenilworth Centre

Abbey End Car Park, Kenilworth, Warwickshire CV8 1QJ.

Tel: 01926 855205. **Email:** enquiries@thekenilworthcentre.com
www.thekenilworthcentre.com

Leamington Spa

Brunswick Hub

98-100 Shrubland St, Leamington Spa CV31 3BD

Tel: 01926 422123 **Email:** frontdesk@brunswickhlc.org.uk
www.brunswickhlc.org.uk

SYDNI Centre, Cottage Square, Sydenham, Leamington Spa CV31 1PT

Tel: 01926 422071 **Email:** bookings@sydni.org www.sydni.org

Sikh Cultural and Sports Community Centre

17a-17b Queensway Trading Estate Queensway, Leamington Spa CV31 3LZ

Tel: 01926 883129 **Email:** info@queenswaycommunitycentre.org.uk

Crown Routes One Stop Shop

Acorn Court, Stockton Grove, Lillington, Leamington Spa CV32 7NP

Tel: The Health and Wellbeing Team on 01926 422123

Email: frontdesk@brunswickhlc.org.uk

The Westbury Centre, Westlea Road, Leamington Spa CV31 3JE

- Myton Church at the Westbury Centre

Westbury Lunches Tuesdays 12:15 - 2:00pm (term time)

Tel: 01926 419777 www.mytonchurch.org.uk/westbury

- Young People First Food and Fun at Youth Clubs for school years 3 to 13 - please call for more information.

Tel: 01926 450156 www.youngpeoplefirst.org.uk

The Ahmadiyya Muslim Community Centre

Riverside, Adelaide Road, Leamington Spa CV32 5AH

Tel: 01926 330430 **Email:** leamingtonspa@ahmadiyyauk.org

Warwick

Chase Meadow Community Centre

Narrow Hall Meadow, Warwick CV34 6BT

Tel: 01926 490845 **Email:** chasemeadowcentre@gmail.com

www.chasemeadowcc.co.uk

The Gap

39 Oakwood Grove, Warwick CV34 5TD

Tel: 01926 494200 **Email:** admin@thegapwarwick.org

www.thegapwarwick.org

Packmores Community Centre, Lyttelton Rd, Warwick CV34 5EP

Tel: 01926 492488 **Email:** packmores@thegapwarwick.org

www.facebook.com/packmorescentre

Heathcote Community Centre, Cressida Close, Heathcote, Warwick, CV34 6DZ

Tel: 01926 335228 **Email:** heathcotecentre@gmail.com

www.heathcotecentre.org

Whitnash

Whitnash Civic Centre & Library

Acre Cl, Leamington Spa CV31 2ND

Tel: 01926 954930 **Email:** centre.manager@whitnashtowncouncil.gov.uk

www.whitnashtowncouncil.gov.uk/civic-centre

District-wide

Leamington and Warwick Children and Family Centres

Advice for families with children aged 0-19

Tel: 01926 337506 to find your nearest centre.

www.facebook.com/warwickchildrenscentres

Warwickshire Rural Community Council (WRCC)

Find Warm Hubs and Village Halls near you.

Tel: 01789 842182 www.wrccrural.org.uk

Veteran Contact Point

Pageant House, Jury Street, Warwick CV34 4ES

Tel: 02477 343793 **Email:** contactus@veteranscontactpoint.co.uk

Age UK Coventry & Warwickshire

8-10 Clemens Street, Leamington Spa, CV31 2DL

Tel: 02476231999 **Email:** info@ageukcovwarks.org.uk

Community Wellbeing Team

Would you like to know more about...

- Local Groups & Activities
- Wellbeing Walks
- Community Grants
- Dementia Support
- Community Events
- Support for the Armed Forces Community
- Cost of Living Support

Contact us

E. communitywellbeingteam@warwickdc.gov.uk

T. 01926 456019



Community Wellbeing Team

Contact the Community Wellbeing Team to know more about local groups and activities.

Cost of living support available in Warwick District

Further contacts and useful tools for calculating benefit entitlement, budgeting and details of advice and support are available at www.warwickdc.gov.uk/costofliving this includes help with:

- Council tax discounts and exemptions
- Benefits and income support
- Water bills
- Gas and electric bills
- Food Support
- Financial Advice and calculators
- Family and childcare
- School holiday clubs and activities
- Free school meals
- Housing
- Health and Wellbeing
- How to access Citizens Advice

Government support

It is estimated that almost £24billion in benefits goes unclaimed each year in the UK, these include:

- Universal Credit
- Pension Credit
- Disability living allowance
- Personal independence payment
- Attendance allowance
- Carer's allowance
- Employment support allowance
- Jobseekers allowance

Make sure that you are getting the government support you are entitled to using a benefits calculator such as entitledto.co.uk. Further information is available on the www.gov.uk website.

From September 2025, 15 hours of free childcare for eligible working families will increase to 30 hours, meaning eligible working parents can now apply for 30 hours of childcare from the term after their child turns 9 months, until they start school.

For further details of these and other cost of living support schemes available visit [www.gov.uk/cost-of living](http://www.gov.uk/cost-of-living) or talk to Citizen's Advice.

Universal Credit

Universal credit is a payment to help with your living costs, you may qualify if you are on a low income. You may qualify even if you are working and if you pay rent you may also get help with your housing costs. To find out more about universal credit, make an application or check if you might qualify visit www.gov.uk/universal-credit/how-to-claim. Alternatively, Warwick District Council tenants can call 01926 456 129 to speak to a rent officer who can refer you to your Financial Inclusion Officer or speak to Citizen's Advice.

Pension Credit

Pension Credit Gives you extra money to help with living cost if you are over State Pension age and on a low income. Pension Credit tops up your weekly income to the full state pension, £230.25 if you are single and your joint weekly income to £460.50 if you have a partner. If your income is more and you have a disability or care for someone you might still be eligible. Find out more by visiting www.gov.uk/pension-credit or calling 0800 99 1234

Citizens Advice South

Warwickshire offer a range of advice and information relating to benefits, debt, housing, employment, family, consumer, education, tax, law and rights issues.

Tel: 0808 250 5715 (Monday to Friday 9am to 5pm) or **Email** us online

www.casouthwarwickshire.org.uk/contact/

Office 10 Hamilton Terrace,
Leamington Spa open
Tuesday 10am to 2pm and
Wednesday 10am to 1pm for
triage sessions.

**Citizens Advice South Warwickshire
Outreach Centres**

Appointment only: 10.00am & 11.00am
Drop in Service from: 12.00pm – 1.00pm

Monday LEAMINGTON SPA Sydni Centre Cottage Square Sydenham Leamington Spa CV31 1PT	Tuesday LEAMINGTON SPA Brunswick Healthy Living Centre 98-100 Shrubland Street Leamington Spa CV31 3BD
Wednesday WARWICK Shire Hall Market Place Warwick CV34 4RL WARWICK The Gap 39 Oakwood Grove Warwick CV34 5TD	Thursday KENILWORTH Kenilworth Library Smailey Place Kenilworth CV8 1QG LEAMINGTON SPA The Royal Pump Rooms Parade Leamington Spa CV32 4AA
Friday *WARWICK (Appointment only) Packmores Community Centre Lytelton Road Warwick CV34 5EP	 

* Please note no drop in service at this location.

Warwickshire Local Welfare Scheme helps our most vulnerable residents at times of unavoidable crisis when they have no other means of help.

To enquire or to apply for support, **Tel:** 0800 408 1448 or 01926 359182

Monday to Thursday 9am-5pm | Friday 9am - 4.30pm

Warwick District Council Support

Council Tax

There are a number of discounts and exemptions for council tax to discuss eligibility please call 01926 456760.

Council Tax Reduction Scheme

If you are on a low income you may be eligible for a reduction on your council tax.

Discretionary Housing Payments

These are payments to help pay your rent if you get housing benefit or the housing element of universal credit and the amount you receive does not cover your full rent.

Housing Benefit

You can get help to pay your rent if you and your partner are state pension age or are living in temporary accommodation or accommodation where care support and supervision is provided.

Financial Inclusion Team

The Council's team can provide a variety of support to our customers living in our council homes, this includes advice on rent payments, benefits, budgeting, charity applications, foodbank vouchers and fuel poverty.

Further information is available by visiting

www.warwickdc.gov.uk/costofliving or calling the following numbers:

Council tax and benefits

Tel: 01926 456760

Housing and homelessness support

Tel: 01926 456129

Help with your finances (WDC Council tenants only)

You can contact our Financial Inclusion Officers on 01926 958 920

Warwick District Council Customer Service Hub

The Customer Service Hub is located at the Royal Pump Rooms, The Parade, Leamington Spa.

Open from Monday to Friday from 9.30am to 4.30pm it offers in person support and advice with private areas available for those needing a one-to-one meeting with a member of staff.

Other support

VASA South Warwickshire

Volunteer drivers can take passengers to medical and other appointments, groups, activities and day care charging a small mileage and admin fee.

Tel: 01789 262889 **Email:** hello@vasa.org.uk www.vasa.org.uk

Bus Travel - adult single bus fares are capped at £3 until 31 December 2025 when using Stagecoach, Arriva, National Express, Pulhams, IndieGo PLUS Demand Responsive Transport (DRT), Diamond.
www.warwickshire.gov.uk/buses

Digital/Internet access and IT equipment

Support is available from your local community centres and also from the Warwickshire Library Service www.warwickshire.gov.uk/youcanonline

Christmas Support

Contact the Community Wellbeing Team or your local community centre for information on support, events and activities in your area.

Tesco, Asda, Sainsburys and Morrisons are amongst a number of local outlets where Kids Eat Free (or for £1) during the school holidays.
www.moneysavingcentral.co.uk/kids-eat-free

The Holiday Activities and Food (HAF)

Programme is funded by the Department for Education (DfE), though Warwickshire County Council to provide young people who are in full-time education (Reception to Year 11) and eligible for benefits-related free school meals with access to enriching activities and meals, for free, during the three main school holidays: Winter, Spring and Summer.
www.warwickshire.gov.uk/holidays-activities-food-haf

Action 21 Really Useful Centre

Unit 3, Milverton House, Court Street, Leamington Spa

Open 10am to 4pm Monday to Sunday, sell a range of quality second hand items at bargain prices including clothing, shoes, kitchenware, furniture, bikes and tools.

Kenilworth Lions Furniture Store and Bazaar

John Price House, Farmer Ward Road, Kenilworth, CV8 2DH, open every Saturday from 9am to 12:30pm. range of furniture, electrical appliances, household goods at bargain prices.

Warm and Safer Home Grants Up to £20,000 of funding available to eligible residents to make essential repairs or safety improvements to their homes. Owner occupiers living in their property for five years or more who are in receipt of benefits such as Universal Credit, Income Support or Pension Credit could receive funding to cover a wide range of works from addressing security issues, to a lack of hygiene facilities or take measures to provide better heating in cold homes.
Tel: 02476 376294 **Email:** HeartEnquiries@nuneatonandbedworth.gov.uk

Help with food and welfare

Foodbanks are open to anyone struggling to put food on the table regardless of benefit entitlement. To request a voucher for your local foodbank or for more information, call Help Through Hardship on 0808 2082138 or email info@warwickdistrict.foodbank.org.uk

Warwick District Council tenants can also request a Foodbank Voucher by calling the rent team on 01926 456129.

Heathcote Parish Church

Cressida Way, Warwick, CV34 6DZ

Open Mondays 12.30pm – 14.30pm

Southorn Court

The Crest, Lillington, Leamington Spa CV32 7PU

Open Tuesdays 11am to 1pm

St Mary's Church & Community Centre

St Mary's Road, Leamington Spa CV31 1JW

Open Wednesdays 1pm to 3pm

St Paul's Church

Leicester Street, Leamington Spa CV32 4TE

Open Thursdays 2pm to 4pm

The Westbury Centre

Westlea Road, Leamington Spa CV31 3JE

Open Fridays 11am to 1pm

Saltisford Church

Albert Street Warwick CV34 4JX

Open Fridays 13:00 – 15:00

Kenilworth

(Delivery service for Kenilworth town only on Fridays 10 – 2pm)

Tel: 07850 293383

Other organisations that can help with food provision

Leamington

Ahmadiyya Food Bank, Ahmadiyya Muslim Centre, Riverside, Adelaide Rd, Leamington Spa CV32 5AH

Tel: 01926 330430 **Email:** leamingtonspa@ahmadiyyauk.org

Brunswick Hub

Emergency Chilled Foodbank - £5 for an emergency food provision for those struggling to make ends meet or in need of crisis support. Professionals can refer or self-referral subject to a Needs Assessment. Call Brunswick Hub on 01926 422123 (open 10am-2pm) for more information.

Helping Hands Community Project 9a Althorpe Street, Leamington Spa CV31 2AU

Helping Hands offers food and a range of support to local people in need.

Tel: 01926 768500 www.helpinghandscharity.org.uk

Evening Meals - Monday to Thursday 6:30pm

Breakfast Club - Monday to Friday at 10:30am

Lillington Community Pantry, Pound Lane, Lillington, CV32 7RT

For further information and membership enquiries

Tel: 01926 350 800 or **email:** lillington@thecommunitypantry.org.uk
www.thecommunitypantry.org.uk/lillington.php

Food and advice for members of The Pantry 11:00am to 3:00pm

Community Café offering members free food 11:00 – 3:00pm on Thursdays and Fridays.

Myton Church at The Westbury Centre, Westlea Road, Leamington Spa CV31 3JE

Westbury Lunches, every Tuesday 12:15 Free lunch

Outreach Langar outside All Saints Parish Church, Priory Terrace, Leamington Spa, CV31 1AA

Mondays 6:30pm - 7:30pm - hot foods and drinks to anyone present

Tel: 01926 350355 **Email:** outreachlangar@gmail.com

St John The Baptist Tachbrook Street, Leamington Spa, CV31 3BN.

Food Kitchen - free hot meal to eat in or take away Wednesdays 5:30 – 6:30pm

Food Larder – free food and toiletries in the church porch on Wednesday and Sunday mornings

Tel: 01926 289459 www.stjohnsleamingtonspa.org.uk

The SYDNI Centre

SYDNI community veg bags on offer every week, often 50% cheaper than the supermarkets. The veg bags offer a selection of fresh fruits and vegetables, are available to anyone at £5.00 for a small bag or £7.00 for a large bag. To order, call 01926 422071 or email food@sydni.org

SYDNI can issue a small number each week free of charge for anyone in financial hardship unable to afford the cost. For more information on the free veg bags contact the wellbeing officer at wellbeing@sydni.org

Kenilworth

Compassionate Kenilworth warm hubs and community support.

Regular, well-attended warm hubs offering welcoming spaces for people to connect, enjoy activities and receive support. For more information please call 07831 552470 or email info@compassionatekenilworth.co.uk

Warwick

Packmores Community Centre, Sussex Court, Lyttelton Road, Warwick, UK CV34 5EP

Packmores pantry: Tuesday and Fridays 2:00-4:00pm

Working as a community to reduce food waste. Staff and volunteers collect surplus sell-by date food from local supermarkets and welcome residents to collect it and share it for free from Packmores community room and The Gap community centre.

The Gap, 39 Oakwood Grove, Warwick CV34 5TD

Food Pantry Wednesday 12:00-2:00pm

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT Community Fridge every Wednesday 10.45-12

New Life Church Friars Street, Warwick CV34 6HA

Community Café offering free food, Wednesdays in term time - 12:00-2:00pm

Heathcote Community Centre Cressida Close, Warwick CV34 6DZ

Heathcote Hub - All are welcome to come for conversation, games and a light lunch. Thursdays - 12:45-3:00pm

District - Wide

WRCC Community Food Fleet

Not for profit 'meals on wheels' service. A flexible service that allows you to order meals for yourself or for a relative every day, or a couple of times a week.

Tel: 01926 800915 **Email:** cff@wrccrural.org.uk

Employment Support

Brunswick Hub

Brunswick Hub offer Employment Clubs and One to One support. At the Employment Clubs there is free access to computers, internet and printing, with support on hand if you need it.

Employment Clubs are drop-ins, no need to book:

- Brunswick Hub, Thursdays 10:00-12:30pm
- SYDNI Centre, Thursdays 1:00-3:00pm

One-to-one support - Offering support to create CVs, benefit assessments, advice on career & training. To book an appointment or for further information, please call 01926 422123.

www.brunswickhlc.org.uk/what-we-do/services/employment/

Transforming Communities Together Warwick (TCTW) Job Club

Support adults to job search, prepare CV's and gain skills and confidence to secure employment. Specialist support for 16-19year olds. Drop in - no need to make an appointment.

Job Club is open Fridays 12-3pm at: Saltisford Church, Albert Street, Warwick (opposite Sainsbury's), CV34 4JX

Job Club - Transforming Communities Together Warwick

Entrust Pathway to Employment

Pathway to Employment removes barriers to work for people with additional learning needs and/or autism. They offer supported placements, support with gaining employment negotiating contracts and training. Funded by Direct Payments.

www.entrustcarepartnership.org.uk/what-we-do/pathway-to-employment/

Rethink IPS Employment and Training Service

An employment service geared at supporting people experiencing severe mental illness into employment. They also offer help people currently in employment who are struggling or may be at risk of losing their job due to mental illness.

www.rethink.org/help-in-your-area/services/employment-and-training/coventry-warwickshire-ips-employment-training-service/

Online tools via **The Warwickshire Skills Hub**

www.skillshub.warwickshire.gov.uk/homepage/5/our-work-with-people

theKenilworthCentre Pathway to Work

Free weekly drop-in sessions for young people aged 16-25 to help with improving access to education/training or employment. Wednesdays 12:00pm - 3:00pm www.thekenilworthcentre.com/whats-on/pathway-to-work/

Workwell

Support for individuals across Coventry and Warwickshire with mental health or health-related barriers to find or retain employment.

Workwell can support anyone with a mental health or health-related work barrier to:

- Return to or remain at work
- Find and access work
- Refer into and connect with various services in the area"

www.skillshub.warwickshire.gov.uk/workwell

The Shaw Trust National Careers Service. Information, advice and guidance for anyone aged 13+ with lifelong careers to help you make good career choices, no matter what point of your career journey you're at. They also provide information for parents, teachers, employers, coaches and advisers to support others in their career journey. **Tel:** 0800 100 900
www.shawtrust.org.uk/national-careers-service/

Energy Saving

Act On Energy is a local charity providing free help to residents on all home energy efficiency matters. This includes grant funding for energy efficiency measures, managing fuel debt and access to hardship funds. They can help with funding if residents are on lower incomes, means tested benefits and have a health condition.

Tel: 0800 988 2881

Visit: www.actonenergy.org.uk

Energy and money saving tips and advice

Simple changes to the way you use energy in your home can help save £100s per year. Follow these simple steps to help keep warm and lower your energy bills:

- Cover draughts to stop the cold getting in
- Phone your energy provider to see about getting the best tariff
- Check if you are eligible for help to pay your water bill
- Give your wardrobe a revamp – lots of thinner layers will keep you warmer
- Plan events and activities that will keep you moving
- Turn the thermostat down 1C, ideal temperature is between 18 to 21 C
- Do at least one less machine wash a week
- Only boil the water you need
- Have shorter showers and fewer baths
- Turn the heating off even if you are popping to the shops
- Put lids on saucepans while cooking
- Thick curtains can help keep the heat in
- Turn off appliances when not in use, instead of leaving on standby

Wellbeing for Warwickshire

An open door to supporting your mental health



Wellbeing for Warwickshire can help you get information, advice, and the support you need. Able to help if you are feeling low, anxious, or stressed, the phone line is available 24 hours a day, seven days a week. 365 days a year. **Tel:** 0800 616171 www.wellbeingforwarwickshire.org.uk

Wellbeing Walks

Why not join one of our regular Wellbeing Walks in Leamington, Warwick, Kenilworth or Hampton Magna? It's a great way to keep a healthy mind and body, meet new people and prevent illness. Walks are led by a friendly team of volunteers and vary in length and distance from half a mile to four miles depending on your walking ability and most cater for wheelchairs and pushchairs/ buggies.



**first steps to
a happier,
healthier you**

Royal Leamington Spa SYDNI Stroll for Beginners

Where	SYDNI Community Centre, Sydenham, CV31 1PT		
When	Every Wednesday at 10.30am		
How long	60-90 minutes	How Far?	Up to 3 miles
The route varies each week dependent on weather and walking abilities.			
What do I need	Just a good pair of shoes as it's a bit muddy in parts!		
Toilets and refreshments are available; wheelchair accessible; parking nearby			

Royal Leamington Spa BRUNSWICK HUB

Where	98-100 Brunswick Street, CV31 3BD and Sayer Court, CV31 3AL		
When	Every Monday at 10.30am from Brunswick Hub		
How long	60-90 minutes	How Far?	1-3 miles depending on ability
The walk route will take in one or more of the local parks.			
What do I need	Just yourself and some sturdy shoes!		
Toilets and refreshments are available; wheelchair accessible; parking nearby			

Royal Leamington Spa CLARENDON PARK WALKERS

Where	Outside the Aviary Café in Jephson Gardens, Leamington Spa CV32 4AA		
When	Every Thursday at 11.30am		
How long	1 Hour	How Far?	Approx 2-2½ miles
Join the Clarendon Park Walkers and enjoy the many beautiful riverside park walks that Leamington has to offer including Jephson Gardens, Pump Room Gardens and Victoria Park.			
What do I need	Waterproof outdoor shoes, and bring a waterproof just in case!		
Car parking nearby; public transport accessible; toilets and refreshments available			

Royal Leamington Spa LILLINGTON LIBRARY

Where	Lillington Library, Valley Road, Lillington, CV32 7SJ		
When	First Saturday of every month at 10.30am		
How long	1 Hour	How Far?	1 mile, depending on ability
What do I need	Just yourself and some sturdy shoes/waterproof clothing Returning to Lillington Community Centre for tea/coffee.		

Royal Leamington Spa LILLINGTON HEALTH HUB

Where	Health Hub, Valley Rd, Lillington, CV32 7SJ		
When	Every Monday at 9am		
How long	1 Hour	How Far?	1 mile, depending on ability
What do I need	Just yourself and some sturdy shoes/waterproof clothing Returning to Health Hub for tea/coffee.		

Royal Leamington Spa LILLINGTON 3 PARKS WALK

Where	Health Hub, Valley Rd, Lillington, CV32 7SJ		
When	Every Wednesday at 5pm		
How long	1 Hour	How Far?	3 miles
What do I need	Returning to Health Hub for tea and coffee . The route takes in the 3 parks, Mason Avenue Park , Midland Oak Park and the Holt. Easy access for push chairs , wheelchairs, mobility scooter and any other walking aids.		



Warwick CHASE MEADOW MEET & WALK

Where	By the Duck Pond in the park opposite the shops on Narrow Hall Meadow, Warwick, CV34 6BT
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When	Every Tuesday at 11am
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How long	60 minutes	How Far?	up to 1.5 miles
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A friendly, easy going walk suitable for all abilities, finishing at Chase Meadow Community Centre for tea and coffee. For more information contact Karen on 07474 647494 or at bearsat55@hotmail.com

What do I need	Just yourself and a willingness to connect with your local community! Weather-appropriate clothing and suitable footwear.
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Toilets and refreshments available; wheelchair accessible; parking nearby

Warwick CHASE MEADOW RENDEZVOUS & RAMBLE

Where	Meet at the gate to the park opposite the shops / The Unicorn Pub (The Unicorn, 64 Hardwick Field Lane, Warwick, CV34 6LN)
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When	Every Tuesday from 7 pm
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How long	60 mins	How Far?	up to 3 miles
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A friendly walk at a faster pace. For more information contact Jane on 07413 390627 or at jane@jsdi.co.uk

What do I need	Just yourself and a willingness to connect with your local community! Weather appropriate clothing and suitable footwear.
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Warwick WARWICK GATES WALK

Where	Heathcote Community Centre Cressida Cl, Heathcote CV34 6DZ		
When	Every Tuesday from 11.30		
How long	60 mins	How Far?	1-3 miles depending on ability
There is parking, toilets, buggy and wheelchair friendly. Refreshments after the walk			
What do I need	Just yourself and suitable footwear.		

Warwick PRIORY WALKERS AT THE RACECOURSE

Where	Warwick Racecourse (meet at Warwick Golf Centre, Bread & Meat Close)
When	Every Thursday at 11am
How long	Up to 1 hour depending on ability
Toilets, free parking at Bread & Meat Close for 2 hours, refreshments available to purchase afterwards at Warwick Golf Centre.	
What do I need	Just yourself and your friendly smile!

Hampton Magna THE OPEN DOOR CAFÉ

Where	3 Slade Hill, Warwick, CV35 8SA		
When	3 walks available. Every Wednesday, 11am / 11.30am / 12pm		
How long	11am, 90 minutes	How Far?	0.5 - 4 miles Weather dependent
	11.30am, 60 minutes		
	12pm, 30 minutes		

Call Caroline Edwards for more details 07816 074387

What do I need	Just yourself and suitable footwear as paths can be uneven or muddy depending on the walk.
Toilets and refreshments available; wheelchair accessible; car parking nearby	

Kenilworth CASTLE MEDICAL CENTRE

Where	Castle Medical Centre, 22 Bertie Road, Kenilworth, CV8 1JP		
When	Every Monday at 2pm		
How long	30 minutes - 1 hour	How Far?	0.5 to 3 miles depending on ability

Returning to the Kenilworth Centre for tea and coffee at 3pm.
Please call 01926 427684 or look online for further information.

What do I need Just yourself!

Toilets, public transport accessible & car parking nearby

Kenilworth ABBEY MEDICAL CENTRE

Where	Abbey Medical Centre, 42 Station Road, Kenilworth CV8 1JD		
When	Every Friday at 12.30pm		
How long	30 minutes	How Far?	0.5 to 3 miles depending on ability
What do I need	Sturdy footwear is handy, you might also want to bring a camera as there are some spectacular views of St Marys abbey and the lake always has a range of ducks and geese.		

Toilets and refreshments available; wheelchair accessible with car parking nearby



it's a great way to keep
a healthy mind and body

Walking has been described as the perfect exercise, and we completely agree!

Healthy Bodies

Walking is a normal, every day activity - and that's partly why we forget it's actually exercise at all. It's good for us. It can help us stay healthy and watch our weight. It gives us energy.

Meet New People

Walking as part of a group is a good way to start and keep going. You'll make friends, encourage each other, develop a network of supportive fellow walkers and discover new walks in and around your area.

Healthy Minds

Walking – Just like when we do any kind of exercise, our brains release chemicals that make us feel good. This means walking can help with things like depression, stress and anxiety.

Preventing Illness

Being active is a great way to help reduce the risk of a number of different illnesses. People who stay active are less likely to have certain types of cancer, diabetes and heart conditions.

Wellbeing Walks are run by the Ramblers. By sharing their walking and health expertise they enable our schemes to offer short, free, local health walks in communities across England.

Contact the Community Wellbeing Team:

Email: communitywellbeingteam@warwickdc.gov.uk

Tel: 01926 456019

Useful contacts

Emergency Services

999

Police non-emergency enquiries

101 (textphone service 18001 101)

Health Advice - NHS Direct

111

Water mains leak -

Severn Trent Water

0800 783 4444

Floodline contact number

0345 988 1188

Gas Emergency Helpline

0800 111 999

Electricity Power Cut

105

Lifeline service

0300 303 5573

Report a highway problem

01926 412515

WDC Housing Advice & Homelessness

01926 456129 /

0300 303 5573 (out of hours)

Council housing repair emergencies

01926 456129 /

0300 303 5573 (out of hours)

WDC Council Tax and benefits

01926 456760

Report dangerous buildings/ structures

01926 456551 /

0300 303 5573 (out of hours)

Car park emergencies

01926 314009 or 01926 456128

WDC Community Wardens

01926 456010 (if you wish to report a crime, please contact Warwickshire Police on 101 or 999 in an emergency).

Other Support Services

Drugs and Alcohol

Change Grow Live

Change Grow Live Warwickshire is a free and confidential drug and alcohol service. Call 01926 353513 or email: Warwickshire.info@cgl.org.uk

Addiction Family Support

supporting people affected or bereaved by a loved one's addiction. 0300 888 3853

Domestic Abuse and Crime

Refuge Website live chat and 24 hour National domestic abuse helpline. Call 0808 2000 247

Victim Support Information and support for anyone affected by crime. Free Helpline available 24/7. Call 0808 168 9111

Child Protection and Social Services

NSPCC Child Protection Worried about a child? Email, complete an online form or call 0800 800 5000 help@NSPCC.org.uk

Warwickshire Safeguarding:

01926 410410 / 019268 86922 (out of hours)

Runaway Helpline

- call or text 116 000 (Freephone 24 hours)

All information and timings of activities correct at time of printing.



www.warwickdc.gov.uk