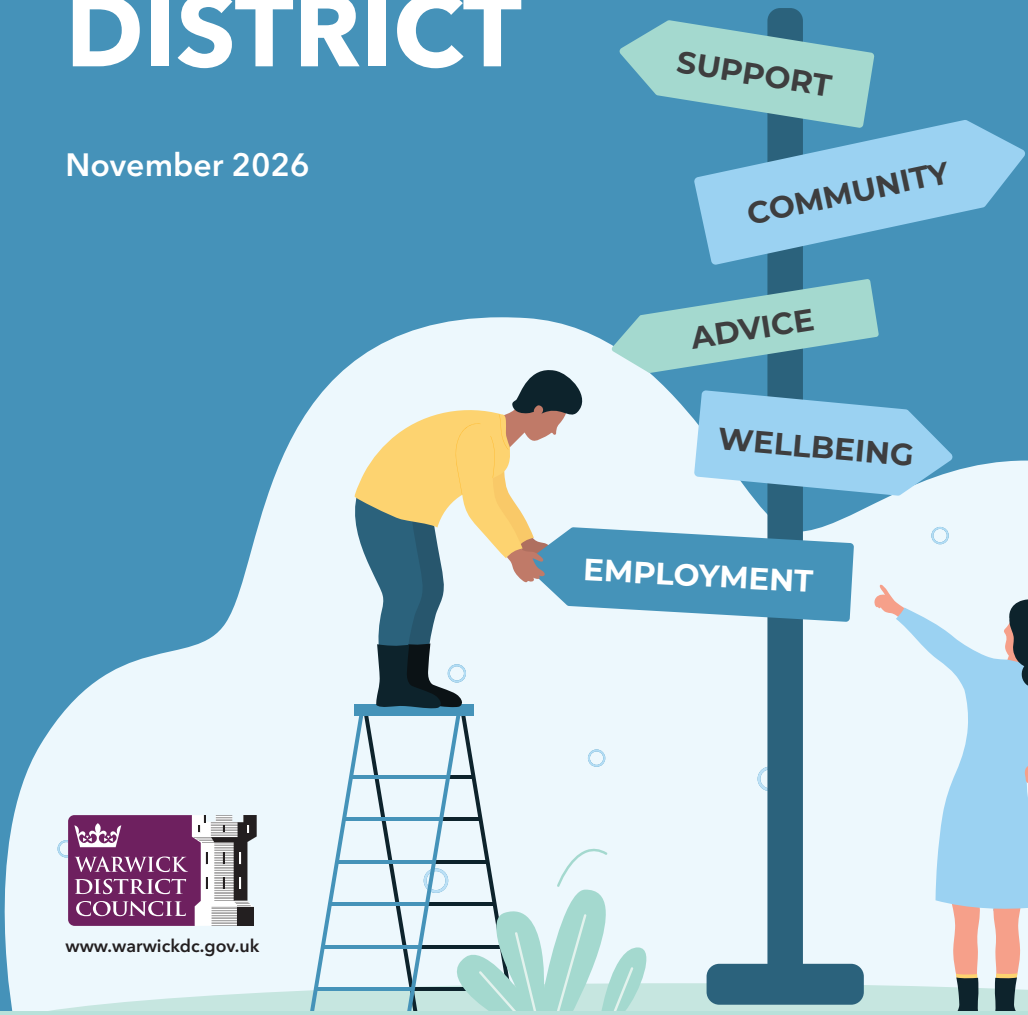
GUIDE TO SERVICES IN WARWICK DISTRICT

November 2026



WARWICK DISTRICT COUNCIL

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

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

Lillington Connect at Southorn Court Community Space
Mondays 1pm-4pm Southorn Court, The Crest, Lillington, CV32 7PU
Tel: 07443 643634 (Arty-Folks)

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

Veterans 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

Warm Hubs
Visit Warwickhire.gov.uk/warm-hubs to find a warm hub close to your home.

SAFE SPACE

@ the Lodge

SAFE SPACE

We're here to help you!

Our Space is there for anyone who feels unsafe, finds themselves in an uncomfortable situation or needs some support. You can expect a non-judgmental, welcoming space led by a designated safe space coordinator who can offer support and signposting.

Where?

South Lodge,
The Parade

///urban.owls.bunch

Scan for website

When?

Friday and Saturday nights
10pm – 4am

Why?

- Feel safe when out in Leamington Spa
- Reduce violent incidents
- Support victims
- Reassurance, first aid, signposting

Who?

This is a multi-agency initiative supported by many partners. The service is currently funded through a grant from Leamington Spa Town Council.

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.

Working parents can now apply for 30 hours of childcare from the term after their child turns 9 months, until they start school. You can make your application when your child is 23 weeks old.

For further details of these and other cost of living support schemes available visit **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.

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. 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

Attendance Allowance

Attendance Allowance is a benefit for people over State Pension age who need help with personal care or supervision because of an illness or disability. There are 2 different weekly rates, and the amount you get depends on how much help you need. The allowance is not means tested and can be spent on care or other types of help for the home for example equipment, meal delivery or taxis.

You can claim Attendance Allowance if you meet the following criteria:

- You're over State Pension age (if you haven't reached it, you may be eligible for Personal Independence Payment instead).
- You have any type of disability or physical or mental illness, including sight or hearing impairments and conditions such as dementia.
- You could benefit from help with personal care, such as getting washed or dressed, or supervision to keep you safe during the day or night.
- You've needed help for at least 6 months. This doesn't apply if you're terminally ill, in which case you can make a claim straight away

Attendance Allowance helpline
Telephone: 0800 731 0122 Monday to Friday, 8am to 6pm

Citizens Advice South Warwickshire offers 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 3.30pm)

www.casouthwarwickshire.org.uk/contact

10 Hamilton Terrace, Leamington Spa - open Mondays, Tuesdays, and Wednesdays from 10am to 2pm for drop-in sessions.

Crisis and Resilience Fund 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

www.warwickshire.gov.uk/crisisresiliencefund

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.

Crisis and Resilient Fund 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.

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

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 £2 from January 2027 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 Re-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

HEART Partnership

Is a cross Warwickshire partnership providing advice and assistance on adaptations for the elderly and disabled to live independently whilst keeping homes safe, secure and warm. Caseworkers assess individual customer needs and housing conditions and provide advice and support.

Tel: 024 7637 6294
Email: HeartEnquiries@nuneatonandbedworth.gov.uk
www.nuneatonandbedworth.gov.uk/heart/heart-helping-live-independently-home

IndieGo PLUS

IndieGo PLUS is a low cost on demand bus service operating in Hatton, West Warwick and west Kenilworth. You book your ride through the mobile app or call centre, where you can request your pick-up and drop off points. Prices range from £3 for a single trip with discounts for children. The bus operates from 6am to 7.30pm Monday to Saturday. Download the IndieGo PLUS app or call 01926 895559.

Repair Cafes

Repair Cafés are free meeting spaces run by volunteers where you can take things to be mended. It's all about repairing things together to support a circular economy where we re-use as much as possible rather than throwing things away.

Kenilworth Repair Cafe

Abbey Hill United Reformed Church
Abbey Hill
Kenilworth
Every third Saturday of the month between 2PM and 5PM.
Email: repaircafekenilworth@gmail.com

Leamington Spa Repair Cafe

SYDNI Centre CV31 1PT usually the first Saturday of every month at the 11am to 2pm but check each event in case of changes
Tel: 01926 422071 **Email:** repaircafeleamingtonspa@gmail.com

Warwick Repair Cafe

Court House, Jury Street, Warwick CV34 4EW

Tel: 01926 492212 **Email:** info@visitwarwick.co.uk

What can I bring?

Almost anything! If you can carry it or pedal it volunteer repairers can look at it.

How much does it cost?

Nothing! Consultation and repairs are free of charge, although donations are accepted towards running costs.

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 to 2.30pm

Lillington Free Church

Cubbington Road, Lillington, CV32 7AL
Open Tuesdays 11am to 1pm

SYDNI Centre

Cottage Square, Sydenham CV31 1PT
Open Wednesdays 1pm to 3pm

St Paul's Church

Leicester Street, Leamington Spa CV32 4TE
Open Thursdays 2pm to 4pm

Saltisford Church

Albert Street, Warwick CV34 4JX
Open Fridays 1pm to 3pm

Kenilworth

(Delivery service for Kenilworth town only on Fridays 10 to 12pm)
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 893325 **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

Brunch Club – every Thursday at 11am for 2 hours
Everyone is welcome at the Tachbrook Street Brunch Club. A free cooked meal, unlimited hot drinks, and a welcoming friendly space to meet others to chat and get to know neighbours and make new friends.

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.

Email: wellbeing@sydni.org

Pastimes Community Hub

St Peter's Hall, Dormer Place, Leamington Spa CV32 5AA
Tuesdays 12-3pm (Seated Fitness 11.15am)
A friendly and welcoming hub with food and refreshments available. Open to anyone who wants to come along for a cuppa, chat and any activity you would like.

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, 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

Healthcote Hub - All are welcome to come for conversation, games, coffee, coffee, tea and cake. Thursdays - 11:00am-2:00pm

Volunteering in your Community/Warwick District

WCAVA Volunteer Centre

CAVA is the gateway to volunteer roles available across the county. Over 800 local and national organisations use us to promote their roles via our online matching service. There are hundreds of different ways to volunteer across the district no matter who you are, how much time you have or what your reasons for volunteering are. You can choose to volunteer on a regular or short-term basis (such as doing a shift at an event), or from home.

Tel: 01926 477512 www.wcava.org.uk

Services for people living with dementia and their carers

Alzheimer's Society Warwickshire, Dementia support

A personalised support service for anyone with dementia, their carer, family, and friends. They offer information and guidance, emotional support, signposting, and referral to organisations who can help.

Alzheimer's Society Dementia Support Line **Tel:** 0333 150 3456. www.alzheimers.org.uk/get-support.org.uk

Age UK

Offer day opportunities throughout Warwickshire, with meaningful, enjoyable experiences for local people living with dementia, helping them

stay connected, active and supported within their community.
Tel: 02476 231999 **Email:** info@ageukcovewarks.org.uk
www.ageuk.org.uk/coventryandwarwickshire/

Appoint Us Support Services

Provide services (including Sitting Services, companionship, carer breaks, integration into the community, help at home or out and about, advocacy, independent welfare reviews, benefit Advice, therapy service, (pet & creative, laugher yoga, etc). They also offer pre dementia diagnosis memory testing services with indicators and advice.
Tel: 024 76699 8414 **Email:** info@appointusservices.co.uk
www.appointusservices.co.uk

Carers Trust Heart of England Warwickshire Carer Wellbeing Service

Ensure that carers are supported in every way possible so that they can take on this vital role while maintaining their own health and wellbeing
Tel: 02476 632972 **Email:** contactus@carerstrucsthofe.org.uk
www.carerstrusthofe.org.uk

Employment Support

Brunswick Hub

Brunswick Hub offer Employment and Digital Support services.

At the **Employment & Digital Drop-ins**, there is free access to computers, internet and printing, with support on hand if you need it. No need to book:

- Brunswick Hub, Thursdays10:00am-12:30pm
- SYDNI Centre, Thursdays 1:00-3:00pm
- Packmores Community Centre, last Thursday of the month 11:00am -1:30pm
- Lillington Community Pantry, first Friday of the month 1:00-3:00pm, drop in session

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-and-digital

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**
https://skillshub.warwickshire.gov.uk/
Tel: 02476 796461 **Email:** skillshub@warwickshire.gov.uk

The Kenilworth Centre Pathway to Work
Free one to one sessions for young people aged 16-25 to help with access to education, training or employment, mentoring & Youth work Support. Book in with their experienced youth worker and arrange a meeting at the Kenilworth centre. Appointment only - **Email:** sam@thekenilworthcentre.com for more info 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

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

Health & Wellbeing

Wellbeing for Warwickshire supports adults through drop-in hubs, one-to-one sessions, community support, workshops, information, and the mental wellbeing line. The friendly, compassionate team are there to listen and support you with information, connection, advice and signposting. They'll help you find the part of the Wellbeing for Warwickshire service that's right for you, or guide you to other support if needed. **Tel:** 0800 616171 Monday to Friday, 9am–5pm. www.wellbeingforwarwickshire.org.uk

Smoke Free Coventry & Warwickshire Anyone aged 12+ who lives, works or is registered with a GP in Coventry or Warwickshire can access free stop smoking support. **Tel:** 01926 695943 or smokefreecw.co.uk

Everyone Active Staying active is one of the best ways to support both physical and mental wellbeing, especially for people living with Parkinson's. Regular activity can help improve balance, strength, coordination and cardiovascular fitness.

Everyone Active offers a complimentary membership for people living with Parkinsons, more information can be found here: www.everyoneactive.com/promotion/parkinsons

St Nicholas Park Leisure Centre – **Tel:** 01926 495353
Newbold Comyn Leisure Centre – **Tel:** 01926 358456
Abbey Fields Swimming Pool (open July 2026) – **Tel:** 01926 855478
Castle Farm Leisure Centre – **Tel:** 01926 969550

Wellbeing Walks Why not join the Ramblers 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 anddistance from half a mile to four miles depending onyour walking ability and most cater for wheelchairs and pushchairs/ buggies.

ECHO A mental health service available for young people up to the age of 18, and up to 25 for those with an Education, Health and Care Plan (EHCP).

ECHO will support children and young people experiencing lower-level mental health and emotional wellbeing challenges.

Support available through ECHO may include counselling, advice and guidance, consultation support for parents and professionals, and signposting to other services such as bereavement support.

Anyone can access support from ECHO for a child or young person.

Tel: 02476 631835 (lines are open Monday to Thursday 9am to 4.30pm and Friday 9am to 4pm) or visit www.echosupport.org.uk

RAMBLERS

WELLBEING WALKS

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 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		
When	Every Tuesday at 11am		
How long	60 minutes	**How Far?**	up to 1.5 miles
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.		
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)		
When	Every Tuesday from 7 pm		
How long	60 mins	**How Far?**	up to 3 miles
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.		

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 11.30am, 60 minutes 12pm, 30 minutes	**How Far?**	0.5 - 4 miles Weather dependent

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			

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 456020

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