



Rugby Communities

E-Bulletin 2nd Edition April 2026

Welcome to the latest edition of our E -Bulletin

If you would like to promote an activity/event or information, please send it through to cdwrugby@warwickshire.gov.uk

Please let us know at any time if you no longer wish to receive these updates.

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Coffee Morning

FREE refreshments. All welcome!



RUGBY REPAIR CAFE

BIN IT?
NO WAY!

Have something that needs repairing? The Repair café experts are coming to Brownsover Community Centre



Wednesday 22nd April 10am -12!

For further info please contact Michelle Gravatt
Phone: 07775220821

Email: michellegravatt@warwickshire.gov.uk

F: <https://www.facebook.com/RugbyCommunities>

Craft Morning

FREE refreshments. All welcome!



Abstract Watercolour

Come and have a go!

Guidance and ideas will be provided

At Brownsover Community Centre, Bow Fell, CV21 1JF.
(next to the Doctor's surgery)

Wednesday 29th April 2026 10am – 12pm

For further info please contact Michelle Gravatt
Phone: 07775220821

Email: michellegravatt@warwickshire.gov.uk

F: <https://www.facebook.com/RugbyCommunities>



Statements of nominations published for May's local elections

09 April 2026

The Statements of Nominations and the Notices of Election Agents for the local elections on 7 May 2026 have been published.

You can view and download the statements and notices for the Rugby Borough Council elections on this website.



- [View and/or download the Rugby Borough Council Statements of Nominations and Notices of Election Agents](#)

A Statement of Nomination has also been published for the Long Lawford Parish Council election on 7 May 2026, together with a Notice of Poll, while Statements of Nominations and Notices of Uncontested Elections have been published for Easenhall, Shilton and Barnacle, Wolston, and Wolvey parish councils.

- [View and/or download the parish council election statements and notices](#)

For more information on the local elections, visit www.rugby.gov.uk/electionready

<https://www.rugby.gov.uk/pl/w/statements-of-nominations-published-for-may-s-local-elections>

MINDFUL PHOTOGRAPHY



FREE

Slow down. Look closer. See differently.

Step away from the rush of everyday life and discover a calmer, more creative way of seeing the world. This relaxed course combines simple photography with mindfulness to support your wellbeing.

COURSE DETAILS

**Dates: 11, 18 May;
1, 8, 15, 22, 29 June;
6 July 2026**

Time: 7:00 – 8:30 pm

**Location: The Benn
Partnership, Railway Terrace,
Rugby CV21 3HR**

A fun and effective way to improve your mental wellbeing



Mindful Photography for Wellbeing is designed to help you slow down, reduce stress, and improve your mental wellbeing through creativity and mindful observation.

- Learn how photography can support your wellbeing
- Build confidence in your creative skills
- Try simple mindfulness and observation exercises
- Capture meaningful moments, not perfect images
- Connect with others in a supportive group

What you can expect to learn

- How mindful photography can support your mental wellbeing
- Simple techniques to help you slow down and focus your attention
- Ways to capture meaningful moments rather than perfect images



Book now at
www.artsuplift.co.uk/wellbeing-courses

More information email: info@artsuplift.co.uk
or call **01926 504 212**



Creative writing for wellbeing



Discover the power of writing to improve your wellbeing.

Join our **FREE** adult creative writing workshops.

Discover your voice, craft compelling stories, and connect with others in a supportive community.

No experience needed.

COURSE DETAILS

Online via Zoom

Wednesdays 7–8.30 pm
20 May
17 June
8 July
19 August



Creative Writing for wellbeing



Find your voice, improve your well-being

Join experienced writer and theatre director, Tristan Jackson-Pate and guest poet Emilie Lauren-Jones, for a supportive introduction to creative writing. Explore storytelling techniques, develop your writing skills, and connect with others. Open to adults from Coventry and Warwickshire.

What you can expect to learn

- Understand the benefits of creative writing for well-being.
- Build confidence and learn new writing techniques
- Meet new people and share your work with supportive peers.



Book now at
www.artsuplift.co.uk/wellbeing-courses

info@artsuplift.co.uk or
call **01926 504 212**



MOVE BETTER – Walk, Sit & Stay Fit

Starting 21st April! ✨

📍 Location: Christ Church Brownsover

🕒 Time: 11am-11.50am

A gentle, supportive exercise class designed especially for seniors ❤️

This feel-good class combines gentle walking-in-place with seated and chair-supported exercises to help you stay active, improve balance, and move with confidence all in a friendly, welcoming environment.

🌟 Move more comfortably.

🌟 Feel steadier on your feet.

🌟 Build gentle strength.

🌟 No floor work

🌟 All abilities welcome.

💖 Message me or comment MOVE BETTER to save your space!

Let's get you moving, feeling strong, and staying active the gentle way.

The graphic features the title 'Move Better Walk, Sit & Stay Fit' in a mix of cursive and sans-serif fonts. A pink banner at the top right says 'Reserve your space'. Below the title is a list of benefits: 'Easier joint movement', 'Better posture', 'Less stiffness', 'Improved balance', and 'Confidence to move', each with a checkmark icon. To the right is a circular photo of two women exercising in a chair. Below the photo, location and time details are listed: 'Christ Church, Brownsover', 'Tuesdays', '11- 11.50AM', and '£8'. A QR code is present with the text 'Book here' next to it. At the bottom, the 'Serendipity WELLNESS' logo and a URL are displayed.

FREE Dr Bike Roadshow Coming to Rugby – 18th April 2026

The Warwickshire County Council [Active Travel Team](#) is bringing its Dr Bike Roadshow to Rugby on Saturday, 18th April 2026, offering free bike health checks and security marking for local residents.

Bike experts will be on hand to check over your bike, carry out minor adjustments, and security mark and register your bike - all free of charge. Locations and times:

- [Rugby Parkrun](#), Whinfield Recreation Ground, Clifton Road, CV21 3QE | 8.00am–9.30am
- [Rugby Eco Hub](#), 43 Clifton Road, CV21 3QE | 10.30am–1.30pm

No booking required - just turn up and get your bike checked by the experts.

Healthwatch Warwickshire Annual Conference 2026

Date: Tuesday 16 June 2026

Time: 10:30 to 15:30 (to be confirmed)

Venue: Wolston Grange Leisure Centre, Old School Fields, Manor View, Manor Estate, Coventry CV8 3PD

 [Register now to stay updated.](#)

<https://www.healthwatchwarwickshire.co.uk/event/2026-06-16/healthwatch-warwickshires-annual-conference>

About this event

Do you have an interest in health and social care in Warwickshire?

Following the government's announcement on the closure of Healthwatch, we would like you to join us to learn how patient voices can continue to be heard when Healthwatch functions are passed to local NHS and governmental organisations.

This event is open to everybody, whether you are an individual who has received health or care, a member of a Patient Group, a volunteer, or someone who works for the NHS, local government or a voluntary, community, faith, and social enterprise organisation.

What do we know?

A Health Reform Bill expected in April 2026 proposes abolishing national and local Healthwatch and NHS England, with Royal Assent anticipated by April 2027. After that, Healthwatch funding ends, and its statutory functions transition to NHS Integrated Care Boards and Local Authorities following a short 6–8-week handover period.

What is still to be decided?

- There is some uncertainty as to whether the above timelines will stay in place.
- How patient voice continues to be heard when Healthwatch functions are passed to local NHS and governmental organisations.

The impact of Healthwatch Warwickshire

By listening to local people, including people from all communities, analysing the feedback we hear, acting to drive change and influence decisions, and partnering with local organisations, we have helped improve health and care for people across Warwickshire.

To ensure patient voice continues to make a positive difference we plan to introduce **'Transition Panels'** to help organisations across Warwickshire prepare for what comes next. **This conference is an opportunity to learn more and get involved.**

You will:

Hear from a keynote speaker.

Hear from people we've helped

Learn how we deliver meaningful engagement — from designing effective surveys to connecting with people in person and listening to their experiences

Discover the impact of our Enter and View process

Connect with Patient Groups, Voluntary and Community Sector Organisations, and Commissioners

Enjoy a networking lunch.

Let's honour the legacy and shape the future together.

Family Information Service

Providing information, advice and one-to-one support for families with children & young people aged 0-25.

New Free Tel: 0800 408 1558
Tel: 01926 742274
Email: fis@warwickshire.gov.uk
www.warwickshire.gov.uk/fis

Warwickshire's Child and Family Well-being Service

Tel 0300 247 0072
or email:
wcfw.contact@hcrgrcaegroup.com

Warwickshire Health Visiting Well Baby drop in Clinic

Tuesdays: 9:30am - 11:00am
at Claremont Children and Family Centre

Breastfeeding Support Drop-in Group for Babies and Toddlers
Wednesdays: 10:00am-11:30am
at Claremont Children & Family Centre

Let's Talk: Speech & language advice line for 0-5 yrs

Tel: 07789 924245
Open every Friday 9:15 - 1pm

Speech and Language Therapy Preschool Team

Tel: 01788 555107

ROSA Drop in Clinic for those impacted by sexual violence

Contact Claremont Children & Family Centre for more details.
Tel: 01788579488

Warwickshire Family Connect

For concerns about a child's wellbeing
Tel: 01926 414144

Early Support Drop ins at the CFCs

Long Lawford Tues - 2.00-4.00pm
Claremont Weds - 2.15-4.15pm
Boughton Leigh Thurs - 9.30-11.30am
Family Support Help Line
Monday to Friday: 9.00am to 4.00pm
Tel: 01926 412412
www.warwickshire.gov.uk/childrenandfamilies

Midwives

Maternity advice,
The Owen Building, St. Cross Hospital
Tel: 01788 663184

Adult and Community Learning

<https://warwickshire.gov.uk/acl>
Tel: 01926 736392

Citizens Advice Bureau

Rugby BRAN CAB
Tel: 0808 250 5715

HCRG Sexual Health & Contraception Drop-in

4th Monday of the month at Claremont CFC 1.45-3.45pm
4th Monday of the month at Boughton Leigh CFC 9.30-11.30am

WHAT'S ON GUIDE
Rugby Children & Family Centres

13th April - 22nd May 2026



Rugby Children & Family Centres (CFC)

Boughton Leigh Children & Family Centre
Wetherell Way, Rugby,
CV21 1LT Tel: 01788 570347

Claremont Children & Family Centre
Claremont Road, Rugby,
CV21 3LU Tel: 01788 579488

Long Lawford Children & Family Centre
Holbrook Road, Long Lawford,
Rugby, CV23 9AL Tel: 01788 561313
Email: rugbycfc@barnardos.org.uk
Website

<https://coventryandwarwickshire.barnardos.org.uk/children-and-family-centres/rugby/>



Our Facebook page is now available!

Follow us by scanning our QR code or search Rugby Children and Family Centres in Facebook



Rugby Borough Children and Family Centres (CFC)
Summer Term Timetable 13th April - 22nd May 2026



Monday

Walk-in Wardrobe & Toy Library
Pre-loved clothes for 0-5 years
10.00am to 11.30am
Claremont CFC

Baby Self Weigh
Come and weigh your own baby
9.30am to 12.00pm
Claremont CFC

Baby Time
Non-walkers from birth
10.00am to 11.00am
Claremont CFC

Toddler Time
Drop-in, no booking
Aimed at 0-5 years
10.00am to 11.30am
Long Lawford CFC

Family ESOL Stay and Play
Aimed at 20mths to 4yrs
1.00pm to 2.00pm
Claremont CFC

Baby Time
Non-walkers from birth
1.30pm to 2.30pm
Long Lawford CFC

Tuesday

Toddler Time
Drop-in, no booking
Aimed at 0-5 years
10.00am to 11.30am
Boughton Leigh CFC

Toddler Chatter Matters
Booking essential*
10.00am to 11.00am
BEC @ Woodlands CV22 6JZ
Starting 21st April 2026

Baby Time
Non-walkers from birth
10.00am to 11.00am
The Barn @ Houlton (CV23 1AL)

Creative Explorers
Aimed at 20 months - 4yrs
Booking essential*
1.00pm to 2.15pm
Claremont CFC
Starting 21st April 2026

Baby & Toddler Time
Aimed at 0-5 years
1.30pm to 2.30pm
Overslade Community Centre (CV22 6AZ)

Baby Time
Non-walkers from birth
1.30pm to 2.30pm
Boughton Leigh CFC

Wednesday

Little Stars
For children with additional needs
10.00am to 11.00am
Claremont CFC

Baby Signing
Booking essential*
10.00am to 11.00am
Wolston Village Hall (CV8 3HJ)
Starting 22nd April 2026

Walk-in Wardrobe
Pre-loved clothes for 0-5's
12.00pm to 2.00pm
Claremont CFC

Baby & Toddler Time
NEW TIME
Non-walkers to 5yrs
1.45pm to 2.45pm
Cawston Community Hall (CV22 7GU)

Baby Massage
Booking essential*
1.30pm to 2.30pm
Claremont CFC
Starting 22nd April 2026

AK Coaching
For 5 - 11 yrs
Booking essential*
3:45pm to 4:45pm
Claremont CFC

Thursday

Tweenie Story Explorers
NEW GROUP
Aimed at 10 - 20 months
Booking essential*
9.30am to 11:00am
Boughton Leigh CFC
Starting 23rd April 2026

Toddler Time
Maximum capacity 20 families
Aimed at 0-5 years
10.00am to 11.30am
Claremont CFC

Tweenie Time
For those standing, cruising round furniture and just starting to walk
1.30pm to 2.30pm
Claremont CFC

Baby Chatter Matters
Booking essential*
1.30pm to 2.30pm
The Barn @ Houlton
Starting 16th April 2026

Expressive Arts
NEW GROUP
For 5 - 11yrs
Booking essential*
3:45pm to 4.45pm
Claremont CFC
Not running on 7th May

Friday

Toddler Time
Aimed at 0-5 years
10.00am to 11.00am
Rogers Hall (CV21 4EN)

Baby Self Weigh
Come and weigh your own baby
9.30-12.00
Boughton Leigh CFC

All blue boxes are booking-required groups. If you are interested in attending please contact any of our centres via telephone or email

Visit our website!
To view our sessions on our website please scan the QR code below



Saturday

Saturdays
Stay and Play session for Dads and male carers
2nd Saturday of the month
10.00am to 11.30am
Monthly dates:
11th April 2026
9th May 2026
Claremont CFC

Rogue Driveway Jet Washers and other scam warnings

Bogus Energy Claims- Warwickshire residents have reported receiving cold calls from unscrupulous businesses trying to sell them green energy products. The callers try to find out if the residents have had any recent medical treatments before claiming that NHS treatment automatically qualifies them for free boilers etc. This is a common ruse used by some businesses to try and get their 'foot in the door,' before announcing that the resident does not qualify for any support at all!

If you require any household energy advice, (including information on energy support, grants, energy performance certificates (EPCs), energy saving and renewable energy for your home), begin by visiting the official [UK Government](#) website.

Trading Standards Linked to Bogus Investment Scam- If you have ever been the victim of an investment scam, beware of letters that falsely claim to have been sent by the Chartered Trading Standards Institute (CTSI). The letters state that the CTSI is investigating the scam investment company and ask the recipient to send money to recover the cash they originally lost. In some cases, the letters claim that the victims of the scam have been beneficiaries of the scam and demand payment from them. In reality, these letters are being sent by the same fraudsters who were behind the original investment scams!

Advice from the [CTSI](#) on letters bearing their logo.

Fraudsters Steal Residents Credit Card Information- Credit card fraudsters are phoning Warwickshire consumers to claim that their accounts have been compromised and need to be 'safeguarded' One report involved a person being told that after they used their credit card to pay for re-delivery of a parcel ([another scam](#)), their card had been compromised. The fraudster asked for passwords and pass codes (to beat 2 factor authentication) and were then able to use the victim's card to pay for goods worth more than £3000. **Never reveal your passwords, PINS or 2 factor authentication codes to anyone.**

If you think you have been the victim of a fraud, contact your bank immediately to make them aware.

Bogus 'DWP' Text Scam- Beware of bogus unsolicited text messages from the DWP (Department of Work and Pensions) relating to 'Energy Benefit Notices.' Recipients are asked to click on a link to provide bank details and pay £1 to confirm their identity. Always delete and block scam text messages.

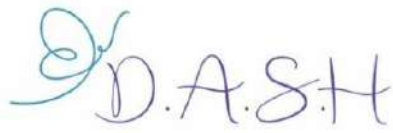
Rogue Driveway Jet Washers- Rogue traders are operating in Warwickshire offering to jet wash driveways warn Warwickshire Trading Standards. These rogues provide residents with a low price before inflating it later and pressurise them into paying.

You can't tell a good trader from a bad one on the doorstep. Never buy from unexpected doorstep callers.

Social Media Subscription Scams- Beware scam advertisements on social media websites, falsely purporting to have been placed by High St. names for discounted products. Victims are encouraged to use their debit or credit cards to purchase these goods but later realise that they have instead signed up to expensive subscriptions for products they neither need to want.

Find out more about recurring and fraudulent payments from the [Financial Conduct Authority](#)

Read full articles here: <https://www.warwickshire.gov.uk/news/article/7539/stop-check-go-used-car-campaign>



Domestic Abuse Support Hub

WOMEN'S PEER SUPPORT GROUP



Domestic Abuse Support Group

Our Women's Peer Support Group offers a safe, understanding space for women who have experienced domestic abuse. You don't need to explain your story – just being here is enough. Connect with others who truly understand, feel heard, and begin rebuilding your confidence at your own pace, with no pressure and no judgement.

You are not alone.



Tuesday 10-12pm

Central Rugby

 07368951354

 www.dashcic.co.uk

 Support@dashcic.co.uk



National Highways: Planned improvement works at the M6 junction 1 near Brownsover, Rugby.

Work is to re-waterproof the bridge and replacing damaged bridge joints to reduce the need for further maintenance and disruption for road users. This will also extend the lifespan of the junction. Due to unforeseen circumstances, we were unable to complete the work as planned and we are now able to return and complete our work.

When will this work take place?

We'll be working from **Friday 17 April** to **Saturday 2 May** under a mixture of overnight, 9pm to 6am, and full weekend closures (9pm Friday to 6am Monday).

East Bridge

Closure	Start	Finish
Full weekend closure (58 hours)	9pm Friday 17 April	6am Monday 20 April
Full weekend closure (58 hours)	9pm Friday 24 April	6am Monday 27 April
Overnight closures	9pm Monday 27 April	6am Saturday 2 May

We've planned our works to retain maximum access to the Moto Services. Access will only be affected for traffic approaching the services southbound via the A426 from the A5. Traffic leaving the services will need to proceed north on the A426 and follow the signed diversions.

[Click here for general traffic diversion information](#)

[Click here for Moto Services exit diversion information](#)

To view individual diversion routes, please select the top left-hand collapsable side bar.

How will our work affect you?

Access for emergency service vehicles will be maintained throughout.

We will make every effort to ensure the impact on the local community and travelling public is kept to a minimum. We always aim to work to the programme, however unforeseen circumstances or adverse weather conditions may mean a change to our planned schedule.

Please accept our apologies in advance for any inconvenience our planned works may cause you.

Further information

If you'd like to receive updates about future work along the M6, please subscribe to our distribution list by emailing noreplym6wmids@nationalhighways.co.uk

For further information about this work, please contact National Highways Customer Contact Centre on 0300 123 5000 open 24/7, email info@nationalhighways.co.uk, or write to us at National Highways, National Traffic Operations Centre, 3 Ridgeway, Quinton Business Park, Birmingham, B32 1AF.

Information about our planned and ongoing road works across the West Midlands can also be found on our website: <https://nationalhighways.co.uk/our-roads/west-midlands/>



Warwickshire Libraries launch Spring/Summer 2026 What's on Guide

Warwickshire Libraries is pleased to announce the launch of its [Spring/Summer 2026 What's On Guide](#)

<https://api.warwickshire.gov.uk/documents/WCCC-2082369270-322>

highlighting a lively and engaging programme of cultural, creative and community activities taking place from April to September across all 18 council-managed libraries.

From Polesworth to Shipston-on-Stour, the new guide brings together a diverse mix of events for children, young people, and adults. With most activities offered free of charge, Warwickshire Libraries continues to support access to inclusive, high-quality cultural experiences for residents across the county.

Family Book Bingo

Family Book Bingo is a yearlong reading challenge designed to help families enjoy stories together throughout 2026, the National Year of Reading.

Complete 12 fun and creative reading activities - from sharing a bedtime story to reading somewhere new - and enjoy a mix of books, poems, and playful prompts that make reading enjoyable for everyone.

When you've completed all 12 activities, submit your entry to be entered into a **prize draw to win £100 in Book Tokens**.



<https://library.warwickshire.gov.uk/children-and-young-adults/family-book-bingo>

FREE MS Awareness Training for Professionals

MS-UK is offering free, one-hour online MS awareness training sessions for professionals and volunteers working in community, health and social care roles.

With over 150,000 people in the UK living with multiple sclerosis (MS), the sessions highlight how the condition affects physical ability, as well as “invisible” symptoms such as fatigue and cognitive challenges. The training covers key topics including what MS is, common misconceptions, symptom management, and the support people may need throughout their journey.

Delivered alongside a speaker with lived experience, the sessions provide practical insights to help improve confidence when supporting individuals with MS. [Read more](#).

Friends of the Hospital of St Cross, Rugby: Call for Donations - Rugby Spring Fair Stall

The Friends of the Hospital of St Cross, Rugby are inviting donations in support of their stall at the Rugby Spring Fair on 4th May. Last year, the group raised over £400 thanks to generous contributions of bottles of alcohol, soft drinks, and bottle bags. Donations can be dropped off at the office at Brookfield House, St Cross, before **Friday, 25th April 2026**.

Volunteers are also needed to help on the day or with preparations in the week leading up to the event - anyone able to assist is encouraged to contact [Garth](#) by email.

garth@fsx.org.uk

Shout Mental Health Support Service

Are you feeling low or struggling to cope? Text the word CWHOPE to 85258 for support. Shout's mental health professionals are available 24/7 and can help if you are feeling stressed, isolated, or low.

Coventry and Warwickshire Partnership NHS Trust have partnered with Shout to offer FREE and confidential text support to anyone in Coventry and Warwickshire.

Quids In, the financial inclusion organisation has published an interesting article on furniture poverty picking up on a report that says that a lack of furniture should be seen as part of the public health crisis in the same way as food, energy, and housing.

You can read the article and link in to the report via,

<https://quidsinpro.com/2026/03/30/hidden-in-plain-sight-furniture-poverty-as-a-public-health-crisis/>

Coton Park Residents' Association

Duration: 1 hr 30 min

Sunday May 3rd- 10.30am - 12 noon.

Coton Park Orchard Foraging

Would you like to learn about foraging from trees? Then why not join us for a walk round Coton Park, including the new fruit tree orchard, to find out more about the basics of foraging from the trees in the area.



The walk will start from the painted concrete rings at the top of the Service Road (off Coton Park Drive, near Aldi) - What3words location: ///hulk.case.stews - at 10:30am so please arrive few minutes earlier. We plan to walk around Coton Park Estate for around an hour, stopping regularly to talk about the trees around us. We will then have time for discussions. This is a collaboration between the Rugby Community Champions and the Warwickshire Food Champions, assistance from CPRA and RBC.

Anyone wishing to join in can register to do so using the following link or scan the QR Code from the flyer also posted on the Group Page.

<https://www.eventbrite.co.uk/.../orchard-foraging-walk...>

The **Warwickshire Changemakers initiative will be returning this year, and the current High Sheriff has launched the search for 100**

Community Heroes. A celebratory event for 2026 will take place in

August at St Mary's Church,

Warwick, and Warwick Castle.

More information is available via,



<https://www.warwickshire.gov.uk/news/article/7518/warwickshire-changemakers-returns-for-2026-with-search-for-100-community-heroes>

Warwickshire & Solihull Community and Voluntary Action (WCAVA) conducted its State of the Sector Survey last year, 2025-26.

“We are proud to launch our sixth State of the Sector Report for voluntary, community, faith, and social enterprise organisations across Warwickshire.

We estimate that there were around 9,500 VCFSE organisations operating across Warwickshire in 2025, and nearly three quarters of these are small in size. We also estimate that the annual economic impact of volunteering was a staggering £928,000,000.

The profile of the Sector has never been greater, and we want to keep it this way. The report explores key areas such as finances, volunteering, and partnerships. It is only by understanding what is happening in communities, and what is facing you in the future, that CAVA, the public sector, and funders can understand where to put our efforts to support you.

CAVA uses the findings to inform local government, funders and the public of the scale and impact of the Sector. Findings from previous surveys have proved invaluable to individual organisations for a range of activities including lobbying and fundraising.”

You can download a copy of the report via, <https://www.wcava.org.uk/wp-content/uploads/2026/03/SoS-Final-Report-2526.pdf>.

Warwickshire Green Social Prescribing Community of Practice are holding their launch event at Foundry Wood, Leamington on Thursday 11th June between 12.30 and 2.30pm.

This event is aimed at Social Prescribers, referring agencies and other practitioners. You can get further information and reserve a place via,

<https://www.eventbrite.co.uk/e/warwickshire-green-social-prescribing-cop-celebration-event-tickets-1985382245742?>



The latest edition of Health & Nature (The West Midlands Natural England’s newsletter) is now available via,

<https://news.mailshot.naturalengland.org.uk/9724/Design/7e40-cez24>

It contains information and notifications of a range of initiatives, activities, and events of nature projects across the West Midlands.

New service planned to support children and young people's mental health

A new mental health and emotional wellbeing service for children and young people from Warwickshire County Council will be available from Saturday, 1st August 2026.

Following a competitive procurement process, [Coventry, Warwickshire and Worcestershire Mind \(CWWM\)](#), a leading voluntary sector provider of mental health services, has been appointed to



deliver the new service on the council's behalf. They will offer the service working in partnership with Guardian Ballers, the Anna Freud Centre, Relationships Coventry, and Warwickshire, and Lifespace Trust.

The new service will support children and young people aged 0 to 18 years or up to 25 years old with an Education, Health, and Care Plan (EHCP). In addition to direct support, the service will also work with families, carers, schools, and professionals who play an important role in children's lives, ensuring they have the knowledge, skills and confidence to recognise early signs of mental health needs and respond effectively. [Read more.](#)

[Volunteers' Week \(1st-7th June 2026\)](#)

National Volunteer Week in 2026 takes place from April 19–25, spanning Sunday to Saturday to celebrate and recognize the impact of volunteers across communities. This week features service projects, appreciation events, and opportunities to begin volunteering.



<https://volunteersweek.org/>



Courses available: May 2026

The Academy offers a wide range of courses and workshops designed to **empower your mental health and wellbeing**, provided by a number of partner organisations working together. Courses are delivered face to face and online via Zoom. All Academy courses and workshops are completely **FREE OF CHARGE** and **open to anyone over the age of 18 living in Coventry and Warwickshire** who wants to better manage or understand their mental health and wellbeing.

Courses available in: North Warwickshire

Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR:

Mindful Photography (by Arts Uplift) – 8 weekly sessions – starting Monday 11 May, 7pm to 8:30pm
(evening session)

Courses available in: South Warwickshire

Life Community Church, Charlotte Street, Royal Leamington Spa, CV31 3EB:

Singing for Wellbeing (by Arts Uplift) – 4 monthly sessions – starting Tuesday 12 May, 7pm to 8:30pm
(evening course)

Fred Winter Centre, 41 Guild St, Stratford upon Avon, CV37 6QY:

An Introduction to Personality and Complex Trauma (by Coventry and Warwickshire Partnership NHS Trust) – 1 session – Thursday, 21 May, 11am to 2:30pm

Lifeways Gardens, 30 Albany Road, Stratford upon Avon, Warwickshire, CV37 6PG:

Nourish and Flourish (by Escape Arts) – 3 weekly sessions – starting Monday 18 May – 1pm to 3pm
(no session on Bank holiday 25 May)

Mindful Photography

Step away from the rush of everyday life and discover a calmer, more creative way of seeing the world.

This relaxed, in-person course blends simple photography with mindfulness techniques to help you switch off, focus your mind, and reconnect with your surroundings.

No fancy kit or experience needed – just bring your phone or camera and a willingness to pause and notice.



To book visit: <https://www.recoveryandwellbeing.co.uk>



Courses available: May 2026

Courses available: Online

Burnout and Fatigue (by Coventry, Warwickshire and Worcestershire Mind) – 2 weekly sessions – starting Tuesday 5 May, 11am to 1pm
Support for People with a Health Condition ...Moving Towards Work (by Department for Work and Pensions) – 1 session – Wednesday 6 May, 10am to 10:45am
Understanding Psychosis (by Coventry and Warwickshire Partnership NHS Trust) – 1 session – Wednesday 6 May, 12:30pm to 3pm
Understanding Bipolar Disorder (by Coventry and Warwickshire Partnership NHS Trust) – 1 session – Thursday 7 May, 10:30am to 12:30pm
Reducing Screen Time (by Coventry, Warwickshire and Worcestershire Mind) – 1 session – Thursday 7 May, 1:30pm to 3:30pm
Coping with Change (by Coventry and Warwickshire Partnership NHS Trust) – 1 session – Friday 8 May, 9:30am to 12pm
Healthy Mind Skills (by Coventry, Warwickshire and Worcestershire Mind) – 1 session – Monday 11 May, 11am to 12:30pm
Substance Use and Mental Health (by Change, Grow, Live) – 1 session – Monday 11 May, 2:30pm to 4:30pm
Mental Health and the Male Brain (by Coventry, Warwickshire and Worcestershire Mind) – 1 session – Tuesday 12 May, 10:30am to 12pm
Bereavement (by Coventry and Warwickshire Partnership NHS Trust) – 1 session – Tuesday 12 May, 10:30am to 2:30pm
Rest and Relaxation (by Coventry, Warwickshire and Worcestershire Mind) – 1 session – Wednesday 13 May, 10am to 11:30am
Advocacy and Your Rights (by VoiceAbility) – 1 session – Wednesday 13 May, 10:30am to 12:30pm
Living with a Long-term Condition (by Coventry and Warwickshire Partnership NHS Trust) – 1 session – Wednesday 13 May, 1pm to 3:30pm
Rethink IPS Employment Service Coventry and Warwickshire (by Rethink) – 1 session Friday 15 May, 10am to 11:30am
Introduction to Anxiety (by Coventry, Warwickshire and Worcestershire Mind) – 1 session – Tuesday 19 May, 1pm to 2:30pm
Self-compassion (by Coventry and Warwickshire Partnership NHS Trust) – 1 session – Tuesday 19 May, 6pm to 8pm (evening session)
Better Body Image (by Coventry and Warwickshire Partnership NHS Trust) – 1 session – Wednesday 20 May, 9:30am to 1:30pm
Come Connect to Arty-Folks (by Arty-Folks) – 1 session – Wednesday 20 May, 11am to 12pm
Introduction to Creative Writing (by Arts Uplift) – 4 monthly sessions – starting Wednesday 20 May, 7:30pm to 8:30pm
Finding Purpose and Direction (by Coventry, Warwickshire and Worcestershire Mind) – 1 session – Thursday 21 May, 12pm to 1:30pm

To book visit: <https://www.recoveryandwellbeing.co.uk/>



Courses available: May 2026

Courses available: Online
Trauma Awareness (by Coventry and Warwickshire Partnership NHS Trust) – 1 session – Tuesday 26 May, 11:30am to 3:30pm
Benefits of Volunteering – Helping others, helping you (by Warwickshire Community and Voluntary Action) – 1 session – Tuesday 26 May, 1pm to 2:30pm
Understanding Self-Harm (by Coventry and Warwickshire Partnership NHS Trust) – 1 session – Wednesday 27 May, 10am to 12:30pm
Writing for Self Expression (by Royal Literary Fund) – 4 weekly sessions – starting Thursday 28 May, 10:30am to 12pm
Positive Thinking (by Coventry, Warwickshire and Worcestershire Mind) – 1 session – Thursday 28 May, 1pm to 2:30pm

A Life Worth Living

This is a course that looks at the positives in recovery and how connection and meaning can help us thrive. We look at how to motivate ourselves towards finding connection and why hope is important in our journey.

This course will be for anyone wanting to make steps to move forward and make changes in their lives.

Reducing Screen Time

This course is designed to develop an understanding of how excessive screen time and digital habits can affect our mental health.

It explores why reducing screen time can be so difficult, and offers practical, realistic strategies to help create a healthier balance with technology.

Participants will learn about the emotional and physical impact of being constantly 'online,' how digital platforms are designed to keep us hooked, and how to move towards a more mindful, compassionate relationship with technology.

Living with a Long-term Condition

This workshop helps you to think about the impact of living with a long term condition and how you can move towards acceptance and continue to live a life with purpose and meaning.



To book visit: <https://www.recoveryandwellbeing.co.uk/>

Consultations and Surveys

Have your say on **Warwickshire County Council's draft Council Plan**.

Share your views on what's important to you to help shape the final version of the plan.

Get involved:



<https://www.warwickshire.gov.uk/news/article/7499/share-your-views-on-warwickshire-county-council-s-future-priorities>

CHILD FRIENDLY WARWICKSHIRE

Children and Family Centres

Share your feedback

Your views can help create spaces where families can play, learn and grow together.

Sharing your ideas will shape support at the centres and help providers to understand what's important to you.

Scan here to share your ideas.

www.warwickshire.gov.uk/myvoice

Service provided by

BARNARDOS
Changing childhoods. Changing lives.

St Michael's C of E
Children & Family Centre

BEST START IN LIFE

Residents encouraged to share their views for SEND Inspection



Children, young people, parents, carers, and professionals across Warwickshire are being invited to share their experiences of Special Educational Needs and Disabilities (SEND) services as part of a joint inspection by Ofsted (Office for Standards in Education, Children's Services and Skills) and the Care Quality Commission (CQC).

Hearing directly from those who use, and support SEND services is a vital part of the inspection. Children and young people with SEND, their parents and carers, and practitioners are now invited to share their views by completing short online surveys:

- [Parent Carer Survey](#)
- [Children and Young People Survey](#)
- [Practitioners Survey](#)

The surveys close at 9am on Tuesday 21 April 2026.

<https://www.warwickshire.gov.uk/special-educational-needs-disabilities-send/local-area-send-inspection>

Cross-pavement electric vehicle charging channels.

Warwickshire residents are being asked to share their views on cross-pavement electric vehicle (EV) charging channels. This follows Warwickshire County Council receiving Department for Transport funding to expand the installation of these across the county.

Cross-pavement charging channels allow residents without off-street parking provisions to run an electric vehicle charging cable safely from their home to the kerbside. They provide a temporary, secure space for the cable while a vehicle is charging, after which the cable is removed and stored by the user.

This short survey will help understand where demand is greatest and how we can best implement this technology to meet the needs of local communities.

The last day for responses is 19 May 2026.

[Click here for more information and to share your views.](#)

Alternatively, please visit www.warwickshire.gov.uk/ask.

Find out more about EV charging in

Warwickshire: <https://www.warwickshire.gov.uk/electric-vehicles>

Jobs, training, and Volunteering



Hill Street Youth and Community Centre, Hill St, Rugby,
CV21 2NB

Tel: **01788 574258**

If you'd like any further support with funding or group development, please contact CAVA's Funding & Group Development Officer for Rugby Borough, Lou Beddoe at lou.beddoe@wcava.org.uk.

If you'd like any support recruiting volunteers, please contact CAVA's Volunteer Coordinator for Rugby Borough, Amy Muzyka at amy.muzyka@wcava.org.uk.

Guide Dogs UK Recruiting Volunteer Fosterers

Guide Dogs UK is inviting people to join an online information session on **Wednesday, 15th April 2026, 7.00pm–8.00pm**, to learn more about becoming a Volunteer Fosterer.

The role is ideal for those working 9–5 who would like to enjoy time with a dog in the evenings and weekends, while Guide Dogs staff provide daytime care and training at the Leamington Spa centre. Food, vet costs, and holiday cover are all included.

Find out more and register for the session [here](#)

<https://events.teams.microsoft.com/event/f855c926-56a1-49cc-a2b3-122e96aa0661@cb3bcfb5-16c9-4fd2-851a-82287749c564>

Volunteering opportunities with Cats Protection (Rugby)

Cats Protection is recruiting volunteers to support its work helping local cats, with a variety of roles available including Trap, Neuter and Return (TNR), fostering, fundraising, cat welfare support, lost and found services, and collection box coordination.

The charity is encouraging anyone with time to spare and a love of cats to get involved and make a difference in their community. Find out more and explore current opportunities [online](#)

<https://www.cats.org.uk/rugby>

Funding

Please find attached potential funding opportunities from APSE's trawl of opportunities. If I can draw your attention in particular to the following schemes that are relevant to charities and non-profits in Warwickshire that could support sustainability aims:

- [Aviva Foundation Communities Fund](#) - funding for climate and financial resilience - small, local organisations supported with an annual income of up to £1m; can receive up to £25k/year
- [Power to Change](#) - Community businesses can access Energy Audit Grants (£500-£2500 in value) plus up to 40% in grant as well as loans to support projects.
- [Calisen Impact](#) - energy sector organisation that supports projects from any UK charity.
- [NPower](#) - charities, religious organisations, education, sports clubs within 50m radius of Solihull can apply - projects up to £100k can include decarbonisation, business growth, local skills projects.

[The Asda Foundation: Local Community Spaces Fund](#)

Application deadline: Tuesday, 28th April 2026, although the fund may close earlier if demand is high
Grants of between £10,000 and £20,000 are available to community organisations operating spaces such as youth clubs, village halls, community cafés, and homeless shelters. The Asda Foundation's Local Community Spaces Fund will award over £1 million in 2026 to support around 70 projects focused on repairing, maintaining, and improving venues that bring people together and help reduce social isolation. Funding can support essential works such as kitchen and bathroom refurbishments, roof and floor repairs, disabled access improvements, heating systems, window and door upgrades, security measures, and internal decoration. Eligible applicants are UK-based not-for-profit organisations with an annual income below £400,000. [Find out more.](#)

[Selco Community Heroes](#)

Application deadline: Monday, 30th November 2026

The Selco Community Heroes scheme is offering funding and building materials to support community groups across the UK. Monthly winners receive up to £2,000 in materials, with finalists going on to compete for top prizes of up to £15,000 through a public vote. The programme is open to local organisations looking to improve their facilities and community spaces. Applications are submitted online, with multiple chances to win throughout the year. [Read more.](#)

[Help the Homeless Grant Scheme](#)

The Help the Homeless Grant Scheme offers capital grants of up to £5,000 to small and medium-sized UK registered charities working with people experiencing homelessness.

The fund supports practical projects that help individuals move towards independent living and reintegration into the community, such as training opportunities or improvements to accommodation and facilities. Priority is given to initiatives focused on long-term outcomes rather than short-term shelter provision.

The next application deadline is **5.00pm on Saturday, 20th June 2026**, with decisions typically made within eight weeks. [Find out more.](#)

[Barclays Community Sport Fund – Access Grants](#)

The [Barclays Community Sport Fund, delivered by Sported](#), is offering £1,000 Access Grants to grassroots organisations working to increase participation in football, tennis and cricket among women and girls, as well as engaging people from other underrepresented groups including people with disabilities.

Open to charities, community groups and sports clubs, the funding can support costs such as coaching, equipment and venue hire. Priority is given to organisations in areas of high deprivation or those supporting underrepresented groups.

The current application window is open until **5.00pm on Wednesday, 27th May 2026**, with high demand expected.

[Warwickshire VCFSE Smoking Cessation Micro-Grants Programme](#)

Application deadline: 12.00 noon on Friday, 22nd May 2026

Local charities, CICs and not for profit community groups are invited to apply for funding to increase awareness and uptake of smoking cessation support among priority communities in Warwickshire. We are actively seeking community-based, culturally sensitive, and innovative approaches that challenge traditional health messaging in appropriate and thoughtful ways. The programme grants are aimed at:

- Ethnic minority communities
- Refugee, migrant, and traveller communities.
- People living in areas of high deprivation.
- People with learning disabilities
- Homeless populations

We are keen to fund programmes across Warwickshire, and the panel will prioritise applications that meet the priority groups listed above. Activities could include awareness campaigns, peer-led support and workshops, training community champions, etc. Funding between £500-£3,000 is available per programme.

For further information and how to apply, please email: wdinfo@wcava.org.uk

[Funding Opportunity: Music for All – Community Project Grants](#)

Application deadline: Thursday, 7th May 2026 at noon

Grants are available for UK community groups delivering local music projects. Funding supports sustainable programmes, particularly in deprived or marginalised communities, and can be used for instruments and equipment. Priority is given to those most in need, including projects supporting people living with dementia. Applications are made [online](#), with decisions expected within three months..

Love Rugby Festival will take place from Saturday 20 June to Sunday 5 July 2026.

Applications are open to businesses and community groups to host events or activities during the festival period. You could receive a grant of up to £2,000. Complete the grant application form for before **Wednesday 22 April 2026**.

[Art and Community Fund Grant Application Form](#)

[Sport and Physical Activity Fund Grant Application Form](#)

For more information, email loverugby@rugby.gov.uk or call the Town Centre Events team on (01788) 5333297.

<https://www.therugbytown.co.uk/love-rugby-festival>

Love Rugby Grants Information Session

31 March from 17:00 - 18:00

Activity Space, Rugby Art Gallery, and Museum

National Grid Electricity Distribution (NGED) – the electricity distribution network operator for your area – has launched the latest round of its [Community Matters Fund](#), focused this spring on **supporting employability and future skills**.

This funding round, delivered in partnership with Localgiving, will provide **£250,000 in grants** to grassroots charities and community groups helping people who are struggling to find work or return to employment. The fund is particularly aimed at supporting people facing barriers to work, and helping them build skills, confidence, and experience for the changing jobs market.

Organisations can apply for grants to support projects that:

Improve employability through CV support, workshops, or interview coaching.

Provide work placements, work experience, or recognised qualifications.

Help people develop practical skills for sectors such as construction, electrical work, digital roles, engineering, or clean energy.

Support people returning to work after a long absence, including due to health conditions, caring responsibilities, or military service.

The fund particularly welcomes applications supporting:

Young people aged 16–25 who are not in full-time education, employment, or training.

People from ethnic minority backgrounds

People with health conditions or disabilities

Armed forces veterans

People returning to work after time away from employment.

Registered charities or non-profit companies limited by guarantee can apply for grants of up to £5,000, while constituted community groups without a charity number can apply for grants of up to **£2,000**.

Eligible organisations must be based in the Midlands, Southwest England, or South Wales.

The application window opened on **Monday 16 March** and closes at **5pm on Thursday 23 April**. Successful applicants will be notified in **May**, with funding distributed later that month. You can find out more by clicking [here](#).

Groundwork is working with People's Postcode Lottery for a third year to deliver Grassroots Grants

Funding can be used for core organisational costs that support the important work organisations deliver in their communities. The funding offered is unrestricted and therefore flexible and can be used where it is most needed.

Key information:

Applications may be submitted at any time between January and September

Eligible to organisations whose income is up to £25,000 in the last financial year.

Applicants will receive a decision within 10 weeks of submission.

Successful organisations awarded up to £2,000 will have 12 months to spend the grant.

The programme will not fund sports or physical activities-based projects. Further details of an alternative programme can be found below. Unrestricted grants of between £500 and £2,000 can be accessed by voluntary or community organisations, including registered charities/companies, whose annual turnover is no more than £25,000.

For further information and application, please go to: <https://www.groundwork.org.uk/grassroots-grants/>

One Stop Community Found

This programme is designed to support community groups or organisations operating within two miles of a One Stop store and which are:

- Tackling food poverty
- Supporting the vulnerable
- Supporting the elderly
- Supporting low-income families
- Running youth sports teams
- Reducing and/or recycling waste

<https://www.groundwork.org.uk/one-stop-community-partnership/>

Home Office announces £73.4 million for faith communities' security

The Home Office has announced up to £73.4 million in funding for 2026–27 to help faith groups enhance security at their places of worship and community centres. Grants can cover equipment such as on-site security, CCTV, intruder alarms, fencing, and floodlights.

Funding is available through the Jewish Community Protective Security Grant, the Protective Security for Mosques Scheme, and the Places of Worship Protective Security Scheme for other faith groups. [Find out more.](https://www.gov.uk/government/news/record-funding-to-protect-faith-communities) <https://www.gov.uk/government/news/record-funding-to-protect-faith-communities>

Cash4Kid – Mental Health Grants up to £3,000

Cash4Kids Mental Health Grants are currently open and available to organisations supporting the mental health of children and young people. The value of grants is typically from £1,000 to £3,000 but they will consider applications for smaller or larger amounts. Full eligibility criteria and the online application form can be found on their website.

<https://cashforkids.org.uk/grants/>

The Hedley Foundation Grants

The Hedley Foundation supports small, registered charities (income under £1 million) for project-based work across the themes of disadvantaged young people, the disabled, the elderly/terminally ill and for organisations supporting the homeless, ex-offenders and carers. Full details and application criteria can be found on their website. No deadlines, as grants assessed on a rolling basis.

<https://hedleyfoundation.org.uk/impact>

Blue Sparks Foundation Grants

This Foundation will fund schools, community groups, PTAs, and sports clubs who support children and young people. They prioritise projects which will enhance the self-confidence, self-esteem, team working skills and educational horizons of the children and young people taking part in them as well as encouraging their creativity, persistence, individuality and aspirations and their willingness to take on leadership roles. Details on their website.

<https://www.bluesparkfoundation.org.uk/about-us/projects-we-support/>

NFU Mutual Charitable Trust Accepting Applications

Application deadline: Friday, 24th April 2026

The [NFU Mutual Charitable Trust](#) is inviting applications from organisations working in agriculture, rural development, and insurance. Grants of £1,000–£50,000 support projects that advance public education, benefit rural communities, relieve poverty, and support young people or the next generation of farmers. Priority will be given to larger initiatives with a significant impact on rural communities. Trustees met twice a year to consider applications, typically in June and November.

B&Q Foundation - Home Improvement Grants

Application deadline: Friday, 15th May 2026

The B&Q Foundation is offering grants of up to £10,000 to UK-registered charities to help fund home improvement projects and home-starter kits that create safer, more comfortable living spaces for people facing homelessness, disability, illness, financial hardship or other disadvantage. Projects can include essential repairs, renovations and upgrades to accommodation and gardens. Application windows run throughout 2026, and interested charities can find out more and apply via the [B&Q Foundation's website](#) and [Neighbourly](#) platform.

Sports England - Movement Fund

We offer up to £15,000 for physical activity projects in the community. The focus is on people who face barriers to activity and projects designed to help them join in.

<https://www.sportengland.org/funding-and-campaigns/our-funding/movement-fund>

Funding Opportunity for Homeless Charities: Help the Homeless Grants Now Open

Application deadline: The quarterly deadlines for applications for funding each year are: 5.00pm on 20th March 20th June 20th September 20th December 2026. Small charities working to support people experiencing homelessness across the UK are invited to apply for funding from [Help the Homeless](#), a long-standing grant-giving trust dedicated to helping vulnerable individuals rebuild their lives. The trust offers small capital grants of up to £5,000 to registered UK charities with an annual turnover of less than £500,000. Funding is designed to help with capital projects - such as facility improvements, equipment or other one-off assets that enable organisations to better support homeless people - and not for running costs, salaries, or IT equipment.

Useful Contacts



RoSA - Rape and Sexual Abuse Support Services

We provide support for children and adult survivors of rape, sexual abuse, sexual exploitation, and sexual violence across Warwickshire, with a base in Rugby.

To find out more or make a referral for yourself or someone else, please click on the link to our website
<https://rosasupport.org/>

or write to: ROSA, PO Box 151, Rugby, CV21 3WR.

call: 01788 551150.

or email: support@rosasupport.org for free and confidential support



Useful Contact Information



Family Information Service

Providing information, advice and one-to-one support for families with children & young people aged 0-25.
New Free Tel: 0800 408 1558
Tel: 01926 742274
Email: fis@warwickshire.gov.uk
www.warwickshire.gov.uk/fis

Children and Families Front Door

For concerns about a child's wellbeing
Tel: 01926 414144

Family Support Help Line

Monday to Friday:
9.00am to 4.00pm
Tel: 01926 412412
www.warwickshire.gov.uk/childrenandfamilies

Breastfeeding Support Drop-in Group for Babies and Toddlers

Wednesdays: 10:00am to 11:30am
Claremont Children & Family Centre
swg-tr.breastfeedingnorth@nhs.net
Tel: 01926 626529

Midwives

Maternity advice, The Owen Building, St. Cross Hospital
Tel: 01788 663184

Adult and Community Learning

<https://warwickshire.gov.uk/acf>
Tel: 01926 736392

Warwickshire Health Visiting Drop in Clinic

Tuesdays: 1:30pm to 3:00pm
Claremont Children & Family Centre

Phone number and TEXT Chat Service

Advice & support for parents of pre-school children of Warwickshire
Text: 07520 615293
OR Tel: 01788 551212

Speech and Language Therapy Preschool Team

Tel: 01788 555107

Citizens Advice Bureau

Tel: 0808 250 5715

Interested in volunteering?
please contact
serena.langan@barnardos.org.uk





Hill Street Youth and Community Centre, Hill St,
Rugby, CV21 2NB

If you'd like any further support with funding or group development, please contact CAVA's Funding & Group Development Officer for Rugby Borough, Lou Beddoe at lou.beddoe@wcava.org.uk.

If you'd like any support recruiting volunteers, please contact CAVA's Volunteer Coordinator for Rugby Borough, Amy Muzyka at amy.muzyka@wcava.org.uk.

Phone: 01788 574258

Act On Energy

AOE encourages energy conservation by providing free and impartial advice to householders and small businesses in Warwickshire, Worcestershire, Birmingham, Coventry, Solihull and surrounding local areas. For additional information, visit [HERE](#)

Or call the Free Advice Line on 0800 988 2881

Dementia Connect dementiaconnect@alzheimers.org.uk

Call: 0333 150 3456 If you are affected by dementia, worried about a diagnosis or a carer, trained staff are ready to give you the support you need. Opening hours: Mon to Weds: 9am – 8pm, Thurs and Fri: 9am – 5pm, Sat and Sun: 10am – 4pm

Warwickshire Pride

<https://warwickshirepride.co.uk/>

Email: info@warwickshirepride.co.uk

Phone: [07580 532 659](tel:07580532659)

80 Spinney Hill. Warwick, Warwickshire. CV34 5SP



Rugby Wellbeing Hub – Coventry & Warwickshire

Mind – Service Information:

Providing low level one to one support and signposting for people struggling with mental health and emotional

wellbeing, face to face one to one/small group options available late in 2020.

Contact us on 02477 712288 or wbw@cwmind.or.uk

Warwickshire Safe Haven - Coventry and Warwickshire Mind

Providing out of hours mental health support 6-11pm every evening by phone/text/email in first instance although face to face support is now available by appointment.

Contact us on 02477 714554 or 07970 042270 or safehaven@cwmind.org.uk

Community Adult Autism Support Service - Coventry and Warwickshire Mind

Providing peer support, one to one sessions and group training sessions for adults and their carers living with autism. Contact us on 02477 714545 or caass@cwmind.org.uk

EQuIP, Equality and Inclusion Partnership

EQuIP provides support, advice, and training. EQuIP's aim is to eliminate discrimination in all its forms.

Address: Room 127, Morgan Conference Suite, Warwickshire College, Technology Dr, Rugby CV21 1AR

Website: <https://www.equipequality.org.uk/>

Main Number: Please ring 0330 135 6606 and wait to be connected to the EQuIP office

Enquiries Number: 07377 431997

Community Engagement: [07799 947860](tel:07799947860) and [07879 497516](tel:07879497516) advice@equipequality.org.uk

Children and Family Support -The Family Information Service - Contact Warwickshire's Family Information Service for advice and guidance on a wide range of subjects.

Phone: 01926 742274 Email: fis@warwickshire.gov.uk Available Monday to Friday, 9am to 5pm.

Family Support - Contact a Family Support Worker for advice and guidance on parenting and all aspects of family life.

Support can be offered through telephone calls, video calls, text messages, or email to suit your needs.

Phone: 01926 412412 - Available Monday to Friday 9am to 4pm. All enquiries will be responded to during this time.

To contact your local district or borough family support team via email please visit:

www.warwickshire.gov.uk/familysupport - for more information.

For more information and advice for families including parenting courses, workshops.

and other support services go to: www.warwickshire.gov.uk/childrenandfamilies

To see how we use your personal data and what your information rights are, please read our overall [customer privacy notice at](#) which includes the contact details if you have a complaint. about your information rights.

For general enquiries, contact Warwickshire County Council customer services on 01926 410410. *You have received this email bulletin as you are currently signed up to the Rugby communities Community Information Update mailing list. If you would like to be removed from this mailing list, please email cdwrugby@warwickshire.gov.uk*

Please also remember that we are sharing this information as a service to the community, it does not necessarily mean that the services or events advertised in this email are endorsed by Warwickshire County Council.