

We are here to support you. If you have questions or concerns, please contact Good Neighbours Coventry:

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Email:

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fb.com/goodneighbourscoventry

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Social Groups for Men

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Coventry Probus Club

Coventry Probus is a social group for retired professional and business men. Interesting presentation of about an hour. Walking and pub lunch groups on other days too.

www.coventryprobus.org.uk

<u>Where and When</u>	<u>Contact</u>
St James Church Hall, Knoll Drive, Styvechale CV3 5BT 1st Friday of each month at 10:15am	Email: starkeyrb@ outlook.com or 024 7641 1929

Men’s Friendship Club

A welcoming place to socialise.

<u>Where and When</u>	<u>Contact</u>
Gilbert Richards Centre, Broadway, Earlsdon CV5 6NT Fridays 10:30am –12:00pm	Phone: 024 76672911

Geek Zone

Coventry meet ups discussing sci-fi, games, or any other nerd things. Meet ups are online and in-person, including meals out, gaming sessions, and chat.

<u>Where and When</u>	<u>Contact</u>
See meetup.com/GeekZoneCoventry for events. Fridays at 7pm and throughout the week.	Email: cov@geek.zone or fb.com/GeekZoneCov or 0300 030 0030

Arty Folks

Are you feeling like you need a boost? Art for Wellbeing builds peoples' confidence to think creatively 'outside the box'. Enrolling is easy and new courses start each week.

<u>Where & When</u>	<u>Contact</u>
Various locations & times, & online.	info@arty-folks.org.uk 07443 643 634

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Grounded For Men

A safe and supportive place for men of all ages, backgrounds, and situations to come along. Sometimes you just need someone to talk to about nothing in particular and sometimes you need to offload. It's ok to simply say nothing at all. When it's needed, we can offer you pastoral, practical and wellbeing support.

Take part in a game of darts or dominoes. Have a cup of tea or coffee and a biscuit, drop in for half an hour or stay for the whole time.

<u>Where and When</u>	<u>Contact</u>
Every Thursday at the Hope Centre, Vauxhall Street, Hillfields CV1 5LF 11.30am to 1pm	For more information telephone Wes on 02476633500 Or just come along.

EKTA Unity

EKTA Unity run many activities for Asian elders. They are a Men's yoga group, including chair yoga. There are sessions everyday. They also run chill and chat sessions, wellbeing session and mixed-gender activities.

<u>Where and When</u>	<u>Contact</u>
St Paul's Church Foleshill, CV6 5FL Mondays 11am—12pm	Email: info@ekta-unity.org Telephone: 07969756164

Social Football for over 50s

Social football for over 50s is run by Sky Blues in the Community. Come have a kick about and meet new friends.

Enjoy controlled or walking football. Evening social football is also available. £5 per session.

<u>Where and When</u>	<u>Contact</u>
<p>Coventry Sphinx Sports & Social Club, Sphinx Drive, Stoke, CV3 1WA.</p> <p>Mondays 10:30am meet for 11am kick off of controlled football</p> <p>Thursday 10am meet for 10:30am kick off of walking football</p>	<p>Email</p> <p>sbtc@sbtc.org.uk</p> <p>or</p> <p>02476 786 349</p>

Finham Men's Social Group

Finham Men's Social Group is aimed at men aged 50+

Run by Good Neighbours Coventry. Come for a chat, meeting friendly people in a supportive environment, loads of cake, and talks/activities. Just turn up!

<u>Where and When</u>	<u>Contact</u>
<p>St Martin's Church in Finham, Green Lane, CV3 6EA</p> <p>Fridays 1pm—2:30pm.</p>	<p>Email: dave@hopecoventry.org.uk</p> <p>07715 405111</p>

Keresley Men's Social group

Keresley Men's social group aimed at men aged 50+

Run by Good Neighbours Coventry. Come for a chat, meeting friendly people in a supportive environment, loads of cake, and talks/activities. Just turn up!

<u>Where and When</u>	<u>Contact</u>
<p>ICC Keresley, 3 Greens Road, Keresley, CV6 2FJ</p> <p>Tuesdays 2pm—3:30pm</p>	<p>Email:</p> <p>dave@hopecoventry.org.uk</p> <p>or</p> <p>07715 405111</p>

Foleshill Men's Social group

Foleshill Men's social group aimed at men aged 50+

Run by Good Neighbours Coventry. Come for a chat, meeting friendly people in a supportive environment, loads of cake, talks/activities - including the odd game of darts!

Where and When	Contact
St Paul's Church, 346 Foleshill Rd, Coventry CV6 5AJ Thursday 6.30pm-8pm	Email: dave@hopecoventry.org.uk or 07715 405111 - or just come along!

Men at Mocha

Allesley Park Evangelical Church run 'Men at Mocha' - a men's coffee morning

Where and When	Contact
Mocha Lounge, Westmade Centre, Winsford Ave, CV5 9AF Monthly Mondays at 9.30am	Email: I.rosina@hotmail.com or 07847866322

Online Men's Course

6 weeks of targeted discussions around men's health.

<u>Where and When</u>	<u>Contact</u>
Sky Blues in the Community Online Mondays 1pm-2pm,	Email: George.heaton@sbitc.org.uk or 07845 812 639

Greyfriars Arts Society

A weekly programme of talks on all aspects of the arts. Additional activities such as walks and theatre visits complement these talks.

<u>Where and When</u>	<u>Contact</u>
Unitarian Church 116 Holyhead Road, CV1 3AE Fridays 7pm	greyfriarscoventry.co.uk

Senior Walkers

Walking group who meet weekly. Walks average 4 miles covering country, canals & lanes. Bring a packed lunch and enjoy fresh air and good company. New members welcome.

<u>Where and When</u>	<u>Contact</u>
Methodist Central Hall, city centre. CV1 2HA Meet weekly	Email: info@centralhall.info or 024 7646 3363

Men's Walking & Talking Group

Men Walking and Talking currently run mental health walks with the aim of bringing men together in a safe space to end the stigma around men's mental health by supporting each other.

<u>Where and When</u>	<u>Contact</u>
Midlands & Kenilworth	www.menwalkingand talking.co.uk Or see Facebook via tinyurl.com/yeujmfpn

Tile Hill Men's Space

Weekly activities range from axe throwing & music, to coffee & chat.

Facilitated by Good Neighbours Coventry. Come for a chat, meeting friendly people in a supportive environment. All men welcome.

<u>Where and When</u>	<u>Contact</u>
St Oswalds, Jardine Crescent, Tile Hill, CV4 9PL Wednesdays weekly, 1.30pm-3.30pm.	creativesclubevents@gmail.com or

Willenhall Men's Group

Willenhall Men's Group offers a supportive place to chat.

<u>Where and When</u>	<u>Contact</u>
Hagard Centre, Remembrance Road, CV3 3DG Wednesdays 5.15pm-7.15pm	Telephone: 02476 303266

Coventry U3A

U3A (University of the Third Age) is for leisure and knowledge among people who are retired. There are three U3As in Coventry, which have large events with speakers and chat, and smaller social groups based around interests e.g. poetry, walking, craft, book club, quiz group, gardening, music, history. Social groups meet in person and on Zoom. The largest Coventry group has 450 members and over 30 social groups.

<u>Where and When</u>	<u>Contact</u>
Various	Coventry U3A: u3asites.org.uk/coventry/ or 024 76 675 055 Coventry Spires U3A: u3asites.org.uk/coventry-spires/ or 07935 957 672 Coventry Sherbourne U3A: u3asites.org.uk coventry-sherbourne/

Men's Shed

Coventry Men's Shed is open to men age 30+.

There are Makers Sessions. Most men build plastic model kits, but you're welcome to bring along any building project. Come build, and chat to other men. Sometimes the group have local trips out, too.

<u>Where and When</u>	<u>Contact</u>
Rose Community Centre Spon End Hope Street, CV1 3LH Tuesdays 3pm-5pm	Email: coventrymensshed@gmx.co.uk or visit facebook.com/coventrymensshed1 Or telephone Gibo 07401 955367
First session is free then £3 each session.	

MENTalk

MENTalk sessions include chat, physical activities, group exercises, team games, gardening, yoga and creative activities – everything is optional and all activities are free to attend.

Sessions can move around Coventry so please contact them first.

<u>Where and When</u>	<u>Contact</u>
Bluecoat Sports Hall, Stoke CV1 2BA. Mondays 6pm-8pm Saturdays 11am-1pm	Email: George.heaton@sbitc.org.uk or 07845 812 639
Moat House Leisure Centre, Wood End, Winston Ave CV2 1EA. Thursdays 12pm-2pm	

Chat Central

Chat Central helps people to find others with similar interests, to have fun, get out of the house, join in with a hobby, and find new friends. Activities include walks, coffee morning drop-in, arts and crafts, physical activity and more. Activities are reviewed monthly.

<u>Where and When</u>	<u>Contact</u>
Usually meet fortnightly on Tuesdays, 2pm-4pm, at Warwick Road URC, City Centre, CV1 1EX. Walking group is on Wednesdays from 11am-12:30pm.	Email: c.monaghan@ vac Coventry.org.uk or 07541 343 491

Coventry CHA Rambling Club

A Variety of walks, the club has been organising rambles since 1911.

<u>Where and When</u>	<u>Contact</u>
Various Weekly on Saturdays and Sundays and fortnightly on Thursdays	Website for details and timetables for walks: www.coventrycha.co.uk

Walking for Wellbeing

A regular, easier, shorter and slower walk club for wellbeing in a green space.

<u>Where and When</u>	<u>Contact</u>
Email for details or lookup on Facebook for a variety of green space walks.	Email: walkingwellbeingcw@ outlook.com or FACEBOOK.COM/ WALKWBNGCW