

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

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goodneighbours@hopecoventry.org.uk

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hopecoventry.org.uk/good-neighbours



Social Groups for Women



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Silver Lining Singing Group

Would you like to sing in a 4-part harmony?
Come and join the ladies singing group.

<u>Where and When</u>	<u>Contact</u>
Xcel Leisure Centre, Canley, CV4 8DY Wednesdays 7:15pm-9:30	01926 511 118

Unicorn Social Club

Come along to socialise and meet new friends while joining in with bingo, ladies darts, the over 55's club and pool!

<u>Where and When</u>	<u>Contact</u>
Unicorn Social Club, Holbrooks, CV6 4DE Darts - Tuesdays, 8pm Bingo - Mondays, 9pm, Saturdays, 8pm/9pm, Sundays, 1pm Over 55's club - Mondays 6pm - 8pm	02476 684741

Ladies Circle

Fortnightly ladies group, friendship and fellowship and trips out.

<u>Where and When</u>	<u>Contact</u>
Quinton Park Baptist Church, CV3 5PZ	Email: churchoffice@quintonparkbaptistchurch.org.uk or 024 7650 2376

Ladies Darts

Come along and join in the fun at our weekly ladies only darts night.

<u>Where and When</u>	<u>Contact</u>
Allesley Park Community Centre CV3 5QJ Varies when	024 7684 7920

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Coventry Ladies Social Group

For women in Coventry. Feeling at a loose end and want a night out, trip into town, or support. The group organise walks, meals out, theatre trips and more each week.

<u>Where and When</u>	<u>Contact</u>
Varies each week	Organised via facebook group: tinyurl.com/ coventryladiessocial

There are many more social groups on Facebook to suit all interests, from dog walking to arts and crafts. Sign up and search for a group in your local area.

Knit and Natter

Meeting monthly members knit at home and bring finished articles to the meetings. Regular knitting items for charity sales. Meet new people and chat over a drink. New members welcome.

<u>Where and When</u>	<u>Contact</u>
Central Hall, City Centre, CV1 2HA	Email: lhawkins@csv.org.uk or 02476 252418
Gardenia Dr, Allesley Village, CV5 9BN	07914 756 905

Ladies Arts and Crafts

A ladies group that covers several activities such as crafts, knitting and crochet with guest speakers.

<u>Where and When</u>	<u>Contact</u>
Allesley Park Community Centre CV5 9NG	Email: lynnestanway@hotmail.com or 024 7671 5150

The Heart of England Co-Op Ladies Choir

Friendly Ladies Choir who meet weekly. New members welcome. Meet new friends and enjoy singing a variety of songs.

<u>Where and When</u>	<u>Contact</u>
Friends Meeting House, Hill Street, City Centre, CV1 4AN	hoeclc@gmail.com or 024 7654 3572

NWR Coventry

NWR Coventry are a group of about 16 women, aged from 50-70ish, some retired and some working. They meet in each other's houses monthly at 2.30pm, usually on the 1st Monday of the month.

They often take food to share at members' houses. Area events include quizzes, theatre trips and day conferences, and a telephone treasure trail.

<u>Where and When</u>	<u>Contact</u>
Varies	Local Organiser: Anne Thompson Email: thompson_anne@btinternet.com Website: nwr.org.uk/network/groups/coventry/

Women of Willenhall

Women meet weekly for varied activities including cooking, life skills, fitness, outdoor activities with the Warwickshire Wildlife Trust, crafts and more! Come along, meet new friends, be supported and have fun.

<u>Where and When</u>	<u>Contact</u>
Hagard Community Centre, Remembrance Road, CV3 3DG Thursday 9:30am - 11:30am	Email: womenofwillenhall@gmail.com or 024 7651 1228

Coundon Ladies Walking Group

Meet and be active; all levels of fitness are welcome. Morning, evening and afternoon walks organised across Eastern Green, Coundon and nearby. Some are dog friendly.

<u>Where and When</u>	<u>Contact</u>
Varied—most days of the week	Join Facebook group: tinyurl.com/coundonladieswalking

Sewing Group

Sewing group for women, learn how to sew and design fun items and socialise.

<u>Where and When</u>	<u>Contact</u>
Bell Green, Community Centre, 3 Old Church Road, Coventry, CV6 7BZ Monday and Thursday from 1-3:30pm	024 7668 8086

Gateway Ladies Club

Fortnightly social group. Invited speakers on varying subjects, demonstrations and outings. Lively and active group of ladies.

<u>Where and When</u>	<u>Contact</u>
Christ the King Centre, 14 Westhill Road, Coundon, CV6 2AA 1st and 3rd Thursday at	024 7667 9348

Creative Wellness

Join this creative programme for women. Looking for a new hobby? Or maybe an opportunity to explore art, writing, movement and make new friends?

Free workshops every Saturday – registration required

<u>Where and When</u>	<u>Contact</u>
St Catherine's Church, Stoke Aldermoor, 2 Acorn St, CV3 1DQ Saturdays 3pm-5pm	Email: Creativeworkshops22@gmail.com

Women's Institute (WI)

WIs meet on a regular basis, take part in activities, listen to speakers, and go on trips and outings. They also campaign on current issues.

There are local WIs in **Eastern Green, Allesley, University of Warwick, Earlsdon, Finham, Fillonqley and Binley Woods**. There are also online WIs. Each group meets at a different time and day and will have a different "feel".

<u>Where and When</u>	<u>Contact</u>
Varies	Website: www.thewi.org.uk /wis-a-z

NWR Balsall Common

Members enjoy conversation, friendship and fun. Their programme includes theatre visits, speakers, discussions and quizzes.

<u>Where and When</u>	<u>Contact</u>
fortnightly in term time.	Local Organiser: Marion Davenport Website: nwr.org.uk/network/groups/balsall-common/

Women's Social Group

Exercise, outings, festivals, health cooking, coffee mornings, handicrafts, yoga, Zumba and aerobics.

<u>Where and When</u>	<u>Contact</u>
St. Peter's Centre, Hillfields, CV1 5NP	nafarid@hotmail.co.uk or 07723 604 708

Cook Together Eat Together

Cook Together Eat Together groups are free cooking clubs offering the chance to meet new people and cook new recipes. For residents of Coventry aged 55 and over. No cooking skills needed! Sessions move around Coventry venues, so for more information, visit:

cooktogethereattogether.org

<u>Where and When</u>	<u>Contact</u>
Varies	To book a place, call 0800 464 0699 or email cookandeatwell@groundwork.org.uk

Cheylesmore Women's Association

The group offers a range of activities and guidance reducing feelings of isolation.

<u>Where and When</u>	<u>Contact</u>
Cheylesmore Community Centre, Poitiers Road, CV3 5JX Sewing classes on Sundays 1pm—3pm	Email: paulj@cheylesmorecentre.co.uk / cswa15045@gmail.com or 024 7650 2226

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: n.smith@ vac Coventry.org.uk or 07541 343 491

Arty Folks

Arty-Folks support adults who feel at a low point in life and those wanting to support their mental wellbeing. Art for Wellbeing builds peoples' confidence to think creatively 'outside the box'. Enrolling is easy and there's a new course starting nearly every week!

<u>Where and When</u>	<u>Contact</u>
Various	info@arty-folks.org.uk or 024 7641 4740 / 074 4364 3634

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</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/

EKTA Unity

EKTA Unity run many activities. There are weekly sessions with a new session everyday. Yoga, including chair yoga, arts and crafts session and knitting session. They also run chill and chat sessions, wellbeing session and mixed-gender activities.

<u>Where and</u> <u>When</u>	<u>Contact</u>
St Paul's Church Foleshill, CV6 5FL. Mondays 11am— 12:30pm (yoga/chair yoga) Mondays 1pm–3pm (arts and crafts) Thursdays 10.30—	Email: info@ekta-unity.org Telephone: 07969756164