

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

Telephone: 07563 902 904

Email:

goodneighbours@hopecoventry.org.uk

Website:

fb.com/goodneighbourscoventry

hopecoventry.org.uk/good-neighbours



Social Groups for Men



Contents:

Groups run by Good Neighbours:

Finham Men's Social Group	5
Keresley Men's Social Group	5
Foleshill Men's Social group	6

Social/Chat Groups:

Man Kind Black Men's Group	6
Tile Hill Men's Space.....	7
Men's Earlsdon Friendship club	7
Chat Central	8
Willenhall Men's Group	8
Andy's Man Club	9
Coffee Club at Oddfellows House	9
Coventry Probus Club	10
Sh*t to do	10

Exercise and Fitness:



Coventry CHA Rambling Club.....	11
Men's Mental Health Walking Group..	11

Online interest groups (U3A)

Huge varied of peer-led online groups for over 50s. Groups range from drawing classes, current affairs chat, cryptic crosswords, cinema, languages, boating, reading, writing, photography, astronomy, and more. See the website for the latest listings.

To join a group, become a member of U3A Interest Groups Online (£12/year).

<u>Where and When</u>	<u>Contact</u>
Online zoom meetings.	www.u3a.org.uk/learning/interest-groups-online/interest-groups-online-groups

Senior Walkers.....	12
Men's Walking & Talking Group	12
Golden Years Club Walking Group.....	13
Pathways Coventry.....	14
Fred's Rambles.....	14
Coventry & District Walking Football..	15
Cancer Support Walking Football.....	15
Sphinx Walking Football.....	16

Wellbeing:

MenTALK.....	17
Savzee's mental health awareness.....	17
Grounded For Men.....	18
The Man Cave.....	19

Food & Drink Clubs:

Men at Mocha.....	19
Men's Breakfast x2.....	20
Gents International Dining.....	21

Games:



Scimtar Wargames Club.....	22
Geek Zone.....	22
Afternoon Pub Quiz.....	23

Creative/ Hobbies:



Men's Shed.....	24
Watercolour Classes.....	24
Painting With Watercolours Meetup.....	25
Pencil Shading for Beginners.....	25
Coventry Photography Group.....	25
Arty Folks.....	26
Confidence Through Photography.....	27
Coventry Model Boat Club.....	27
Sketchbook and Drawing Group.....	28
City Of Coventry Male Voice Choir.....	29
Three Spires Harmony Men's Choir.....	29
Online Interest Groups.....	30
Good Neighbours Contact Details.....	32

Three Spires Harmony Men's Choir

Male singing group for pop music & musicals & movies, old and new favourites. No singing experience necessary.

<u>Where and When</u>	<u>Contact</u>
St James on the Grange Styvechale CV3 6QR Tuesdays 7:30-9:30pm	07757 170 488 davidrharris364@gmail.com

City of Coventry Male Voice Choir

Men's singing group, for all abilities. £12.50/ month paid as an annual fee or installments.

<u>Where and When</u>	<u>Contact</u>
Woodside Ave Methodist Church CV3 6BE Wednesday 7:30pm-9:30pm	07946 384942 ccmvcsecretary@gmail.com

Sketchbook and Drawing Club

This is a no tuition mixed meeting of artists, drawing on your own projects. Linked to Sitting Rooms of Culture Facebook group. Small fee to cover room hire.

<u>Where and When</u>	<u>Contact</u>
LTB Priory Visitors Centre, city centre, CV1 5EX 1pm–3pm Saturday	sarahruthhedley@ gmail.com

Finham Men's Social Group

Aimed at men aged 50+. Run by Good Neighbours Coventry. Come for a chat, meeting approx. 15 friendly men in a supportive environment, cake, and talk about the news, life, and whatever else you feel like. Just turn up, or contact Dave beforehand if you prefer.

<u>Where and When</u>	<u>Contact</u>
St Martin's Green Lane, CV3 6EA Fridays 1pm–2:30pm	dave@ hopecoventry.org.uk 07715 405 111

Keresley Men's Social group

Aimed at men aged 50+. Run by Good Neighbours Coventry. Come for a chat, meeting approx. 12 friendly men in a supportive environment, loads of cake. Just turn up, or contact Dave beforehand if you prefer.

<u>Where and When</u>	<u>Contact</u>
ICC Keresley, 3 Greens Road, CV6 2FJ Tuesdays 2pm–3:30pm	dave@ hopecoventry.org.uk 07715 405 111

Foleshill Men's Social group

Aimed at men aged 50+, but we also have some younger members. A small group 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! Just turn up, or contact Dave beforehand if you prefer.

<u>Where and When</u>	<u>Contact</u>
St Paul's, 346 Foleshill Rd, CV6 5AJ Thursdays 4:30pm–6pm	dave@ hopecoventry.org.uk 07715 405 111

Man Kind Black Men's Group

Empowering Black men to navigate life's challenges through supportive community, open dialogue and shared experiences.

<u>Where and When</u>	<u>Contact</u>
Coventry Caribbean Centre CV1 3BB Fridays 2pm–4pm	07833 129 331 mankindcoventry@ gmail.com

Confidence through Photography

A place to share your photographs, learn new tips, and make friends. Regular meet ups around Coventry.

<u>Where and When</u>	<u>Contact</u>
Various meet up points – see Facebook group.	'Confidence through photography group' On Facebook

Coventry Model Boat Club

The club is over 50 years old and caters for all forms for model boating, both creating and sailing.

<u>Where and When</u>	<u>Contact</u>
Keresley Coronation Club, CV6 2FL Monthly; first Tuesday of the month. 8pm–10pm	coventry.model.boa t.club@gmail.com or Facebook

Arty Folks



Arty-Folks support adults who feel at a low point in life and those wanting to support their mental well being through simple, supported art projects. Art for Wellbeing builds peoples' confidence to think creatively 'outside the box'. Enrolling is easy and essential for a three week initial course. There's a new course starting nearly every three weeks.

To be eligible for enrolment, you must be age 16-67 & living in Coventry or Warwickshire.

experiencing mental health difficulties such as anxiety, depression, psychosis, personality disorders, schizophrenia, or self-diagnosed mental distress.

<u>Where and When</u>	<u>Contact</u>
Eaton House CV1 2FJ 1pm-3pm Monday	024 7641 4740 or 07443 643 634 info@arty-folks.org.uk

Tile Hill Men's Space



Weekly activities range from axe throwing & music, to coffee & chat. Come for a chat in a supportive environment. All men welcome, all ages.

<u>Where and When</u>	<u>Contact</u>
St Oswald's, Jardine Crescent, CV4 9PL Wednesdays 1.30pm-3.30pm	creativesclubevents@gmail.com 07512 924401

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 -12pm £1 entry fee	024 7667 2911

Chat Central



Mixed group chat, trying new hobbies in a supportive environment. Activities multiple times per week, every week. All adults 18+ welcome. Recent activities include music events, walks, arts and crafts, songwriting, talks, history, physical activities and more. Activities change monthly – contact them for this month's events.

<u>Where and When</u>	<u>Contact</u>
Venue varies— contact for latest venue/ dates.	07541 343491 chatcentral@ vacovertry.org.uk

Willenhall Men's Group

The Group offers a supportive place to chat.

<u>Where and When</u>	<u>Contact</u>
Hagard Centre, CV3 3DG Wednesdays 5.15pm–7.15pm	Telephone: 02476 303 266

Painting With Watercolours Meetup / Pencil Shading for Beginners



For beginners & those with some experience. Classes run in blocks. Explore techniques in a relaxed & supportive environment. Bring own pencils or paints, brushes, and paper. Classes £28.

<u>Where and When</u>	<u>Contact</u>
Kenilworth Road CV3 Fortnightly on Saturday	For address, book online: coventryartgroup.co.uk

Coventry Photography Group

£28 classes; longer sessions cost more. Different aspects of photography at varied Coventry locations. Must book online.

<u>Where and When</u>	<u>Contact</u>
Sunday 11am–1pm See website for venues	coventryartgroup. co.uk

Men's Shed



Coventry Men's Shed is for men aged 30+. Most men build plastic model kits but you can bring any building / craft project. Build & chat with other men. Local trips out too.

<u>Where and When</u>	<u>Contact</u>
Rose Community Centre CV1 3LH Tuesday 3pm-5pm	07401 955 367 coventrymensshed@gmx.co.uk

Watercolour Classes

All abilities, multiple classes available. Qualified art tutor of 20 years. Taster session available for a small fee.

<u>Where and When</u>	<u>Contact</u>
St Barbara's Earlsdon CV5 6AG Wednesday 7pm-9pm	To book email sarahruthedley@gmail.com 07975 714 790

Andy's Man Club



Peer to peer support group for men over the age of 18. Doors open 6.30pm for a 7pm start.

Free national group with many locations, all with the same format & time. Coventry's groups have around 60 members. Website has more details.

<u>Where and When</u>	<u>Contact</u>
Mercia MS Therapy Centre, Aldermans Green, CV2 2PJ or Coventry Vision Hub , Earlsdon, CV5 6TH Both Mondays 7pm-9pm	info@andysmanclub.co.uk Duncan: 07880 092 333

Coffee Club at Oddfellows House

A mixed group with coffee plus friendship and a bit of banter. Call ahead so they expect you.

<u>Where and When</u>	<u>Contact</u>
Oddfellows House CV1 3JH Mondays 11am	Chris: 024 76632900 or Jan: 07579 766208 Christine.Luckett@oddfellows.co.uk

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	starkeyrb@outlook.com
1 st Friday of month, 10:15am	024 7641 1929

Sh*t To Do

A new mixed Facebook group in Coventry where people can make plans to attend gigs, concerts, restaurants & more. If you want to go to a show or film but don't have anyone to go with, post the event details in the group to find like-minded attendees.

<u>Where and When</u>	<u>Contact</u>
Join the Facebook group for meet ups	Facebook: Sh*t To Do

Afternoon Pub Quiz

This group is from "U3a - Coventry Sherbourne". Become a member of this U3A for just £20 to join this group and any other of their many social & special interest groups. These groups meet both in public spaces and in members' homes.

<u>Where and When</u>	<u>Contact</u>
CV1 Wednesday weekly 2pm	See U3a website for more information.

Scimtar Wargames Club



Board games and miniatures games.
Historical, Fantasy and Sci-Fi

<u>Where and When</u>	<u>Contact</u>
Christ Church Cheylesmore CV3 5GT Wednesday 7pm-10pm	scimitargamesgroup@gmail.com

Geek Zone

Socialising to discuss sci-fi, games and other nerd things! Plus gaming sessions, board games, and meals out. Sessions throughout the week & online.

<u>Where and When</u>	<u>Contact</u>
Online Zoom & city centre. Friday 7pm & daily.	cov@geek.zone meetup.com/ geekzonecoventry

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, Monthly on Sundays and Fortnightly on Thursdays	Website for details and timetables for walks: www.coventrycha.co.uk Or contact Brian at briankeates@aol.com 024 7641 8198

Men's Mental Health Walking Group

Men's walks happen every Saturday, but not always at War Memorial Park. Some walks in other parts of Coventry or in Rugby. Contact group for latest location.

<u>Where and When</u>	<u>Contact</u>
Location varies 10am Saturday	Back & Forth Men's Mental Health on Facebook or 07583 429 889

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	info@centralhall.info 024 76 463 363

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	menwalkingandtalking.co.uk Or see Facebook via tinyurl.com/yeujmfpn

Gents International Dining



Meals out with other men. This group is from "Coventry U3A". Become a member of this U3A for just £15 to join this group and any other of their many social & special interest groups. These groups meet both in public spaces and in members' homes.

<u>Where and When</u>	<u>Contact</u>
Venue varies - contact group for latest venue Bimonthly on Thursday afternoons	John Latham: 017 8857 0138 Or visit the Coventry U3A website.

Men's Breakfast Club



Just turn up – enjoy food and a chat! Donations welcome.

<u>Where and When</u>	<u>Contact</u>
Ansty Road Church CV2 3EY Monthly, last Friday of the month. 9:30am–11:30am	024 7665 0969

Men's Breakfast

Men's breakfast with conversation. May not run during school holidays – contact them to check.

<u>Where and When</u>	<u>Contact</u>
Coventry City Mission, CV2 2AA Wednesday, weekly ??am–11am	024 7661 5931 office@covcitymission.org.uk

Golden Years Club Walking Group



Walking group to boost health for those over 50 local to Coventry. Walking routes planned with public transport, so you can join/leave whenever you wish; even if you are a beginner, you can join in. Most walks last 2 hours with coffee & cake too.

<u>Where and When</u>	<u>Contact</u>
Location & date varies, usually starts 10am.	carole@gyc.org.uk Check dates of walks & sign-up on gyc.org.uk . Walks usually free.

Pathways Coventry



Meetings and walks to promote wellbeing.

<u>Where and When</u>	<u>Contact</u>
Varies – see Facebook page find out latest	Facebook: Pathways Coventry

Fred's Rambles

The location and meeting place varies, but generally speaking always within Warwickshire or the West Midlands.

<u>Where and When</u>	<u>Contact</u>
Varies – see contact to find out latest First Sunday of the month at 12pm	gfluckett@gmail.com Fred Luckett can also be approached physically at the weekly Thursday Healthy Walk from the City Arms in Earlsdon at 10.30 a.m.

The Man Cave



Online group for men of all ages to discuss any mental health.

<u>Where and When</u>	<u>Contact</u>
Facebook	Search on Facebook: The Man Cave

Men at Mocha



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

<u>Where and When</u>	<u>Contact</u>
Mocha Lounge, Westmade Centre, Winsford Ave, CV5 9AF Monthly Mondays at 9.30am (Usually 2nd Monday of the month.)	Email: l.rosina@hotmail.com or 07847866322

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.

Coventry & District Walking Football Club



Slower-paced football from mid 40s to late 70s group. The Club is set up for men over 50 and women over 35 with differing footballing abilities & who enjoy a slower pace. Develop new friendships.

<u>Where and When</u>	<u>Contact</u>
Alan Higgs Centre, CV3 1HW Monday & Thursday 11am -12:30pm (mixed) Friday 7pm-8pm (men)	Email via website Coventrywalkingfootball.com

Cancer Support Walking Football

Support football for anyone with or who has been through cancer. Run by Sky Blues in the Community.

<u>Where and When</u>	<u>Contact</u>
Alan Higgs, CV3 1HW Fridays 10:30am meet, 11am kick off	024 7678 6349 shakeil.barrett@sbitc.org.uk

Sphinx Sports & Social Club - Walking Football



Social football, run by Sky Blues in the Community. Have a kick about and meet new friends. Enjoy controlled football or walking football. Evening social football also available.

<u>What</u>	<u>Where and When</u>
Over 50s Controlled Football	Monday 10:30am CV3 1WA
Over 50s Walking Football	Thursday 10am CV3 1WA
Parkinsons Walking Football	Thursday 2:30pm CV3 1WA Shakeil.barrett@sbitc.org.uk
024 7678 6349 / sbitc@sbitc.org.uk	

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.

Referrals can be made on this form:

<https://forms.office.com/e/KJ7Vid3Dg2>

<u>Where and When</u>	<u>Contact</u>
Moat House Leisure and Neighbourhood Centre CV2 1EA Thursdays 12:00pm–2:00pm	07845 812 639 024 7684 1720 george.heaton@sbitc.org.uk

Savzee's mental health awareness

Active local Facebook group offering mental health support any day. Sunday meeting includes coffee and chat, supporting one another, plus wellbeing walks.

<u>Where and When</u>	<u>Contact</u>
Scout Hut, Wyken CV2 3GH 11am–1pm Sundays Group meets most weekends, contact before going	Facebook: FOREVER23 & SAVZEE'S MENTAL HEALTH AWARENESS GROUP