

**Information in this booklet has been collected by Good Neighbours Coventry, but we do not run these groups. If you have questions about local groups, or updates for this booklet, please contact us:**

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There are more social groups on Facebook, Meetup.com, and Nextdoor to suit all interests, from dog walking to arts and crafts. Sign up to those sites to find a group in your local area.

# Social Groups for Women



## 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 etc each week.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Varies each week	Organised via Facebook group: <a href="https://tinyurl.com/coventryladiessocial">tinyurl.com/coventryladiessocial</a>

## NWR Coventry

NWR Coventry are approx 16 women, aged 50-70ish, some retired and some working. They meet in each other's houses monthly, where they often share food. Events include quizzes, theatre trips & outings.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Usually 1st Monday each month, 2:30pm	Local Organiser: Anne Thompson <a href="mailto:thompson_anne@btinternet.com">thompson_anne@btinternet.com</a> <a href="http://nwr.org.uk/network/groups/coventry/">nwr.org.uk/network/groups/coventry/</a>

## Coundon Ladies Walking Group

Meet and be active. All levels of fitness are welcome. Morning, evening and afternoon walks organised across Eastern Green, Coundon & nearby. Many are dog friendly.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Varied locations & times daily	Join Facebook group: <a href="https://tinyurl.com/coundonladieswalking">tinyurl.com/coundonladieswalking</a>

## Walking Football (women)

Slower-paced football for women age 35+ (& men age 50+). Take part in the slower-paced version of football, get fitter and develop new friendships. For all abilities. Regular social events for members after sessions. £3 per session, first two free.

Mondays & Thursdays 11am-12.30pm: mixed gender sessions. Tuesdays 7pm-8pm (spring & summer) / 8pm-9pm (autumn & winter): women only.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Alan Higgs Sports Centre, Stoke Aldermoor	07790 821457 <a href="http://pitchero.com/clubs/coventryanddistrictwalkingfootball">pitchero.com/clubs/coventryanddistrictwalkingfootball</a>

## Coventry Walks (60mins) by CV Life

Free for all, especially good if you feel isolated, or have health conditions. Need to be able to walk continuously (can be slowly!) for 30 mins. Gentle walks in a loop, in multiple Coventry locations each week. Check each week for which walks are running, in War Memorial Park, Tile Hill (Penny Farthing), Canley (Xcel Centre), or north Coventry. Join the email mailing list or the WhatsApp Group on [chat.whatsapp.com/GDOhpVLbvNNGGsGHmVTaDhe](https://chat.whatsapp.com/GDOhpVLbvNNGGsGHmVTaDhe)

<b>Where and When</b>	<b>Contact</b>
Varies (generally 11am)	02476 252500 lifestyleshealth@cvlife.co.uk <a href="http://www.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-coventry">www.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-coventry</a>

## Coventry U3A

U3A (University of the Third Age) offers leisure & learning for retirees (of all ages). There are three U3As in Coventry, with large events with speakers, and smaller hobby groups e.g. lunches out, poetry, walking, crafts, book club, gardening, music, history, walking, theatre outings, pub quiz, scrabble, current affairs. Groups meet in-person (in homes and in venues), and online. The largest Coventry group has 450 members & 30+ social groups. They have holidays & trips out. An online-only national U3A is also available. £15 annual fee.

<b>Where and When</b>	<b>Contact</b>
Varies each week - there is a group activity almost daily	Coventry U3A: <a href="http://u3asites.org.uk/coventry">u3asites.org.uk/coventry</a> or 024 76 675 055  Coventry Spires U3A: <a href="http://u3asites.org.uk/coventry-spires">u3asites.org.uk/coventry-spires</a> or 07935 957 672  Coventry Sherbourne U3A: <a href="http://u3asites.org.uk/coventry-sherbourne">u3asites.org.uk/coventry-sherbourne</a>

## Women’s Institute (WI)

Take part in activities, listen to speakers & go on trips. Local WIs meet monthly in **Allesley** (Wednesday afternoon), **Earlsdon** (Thursday morning & evening), **Finham** (Monday morning), **Styvechale** (Wednesday evening), **Binley Woods** (Wednesday afternoon). There are also **online WIs**. Each group meets at a different time and day & has a different “feel”. £54 annual fee.

<u>Where and When</u>	<u>Contact</u>
Varied (see above)	thewi.org.uk/wis-a-z
Also online groups	tinyurl.com/virtualwis

## Soroptimists International Club

Women’s group – listen to interesting speakers and make new friends.

<u>Where and When</u>	<u>Contact</u>
Hearsall Golf Club, 33 Beechwood Ave CV5 6DF 7pm, 2nd & 4th Tuesday each month (not August)	024 7638 7879 sicoventry@aol.com tinyurl.com/soroptimistcoventry

## Coventry and Warwick outdoor group

A walking and cycling group throughout the year covering Warwickshire, plus trips in the UK / abroad. Walks are 5-15 miles most weeks of the year, both weekend and midweek. Evening walks in summer.

<u>Where and When</u>	<u>Contact</u>
Varies weekly – see their website.	cwogmembership@gmail.com or 02476 690700 coventryoutdoorgroup.co.uk/index.html#

## Golden Years Club Walking Group

Walking group for people age 50+. Routes planned with public transport, so you can join/leave whenever you wish; beginner friendly. Most walks last 2 hours with coffee.

<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.

## Mindful Walking Group (for wellbeing)

An inclusive accessible walking group, exploring local parks at a steady pace; no-one left behind. Everyone can join – bring a carer if needed. Examples include Allesley Park, Nauls Mill Park, Wyken Croft, and Leamington's Jephson Gardens.

<b>Where and When</b>	<b>Contact</b>
Varies weekly – join the Facebook group.	facebook.com/groups/160623559353025

## Women's Wellbeing Walks Coventry and Warwickshire

Fancy meeting like-minded people whilst walking? Want to get outdoors more but not sure where to start? This group is for women of any age who enjoy the outdoors! Walk for enjoyment, friendship, or fitness. All abilities.

<b>Where and When</b>	<b>Contact</b>
Varies daily – join the Facebook group.	facebook.com/groups/1387861208895554/

## 2Pepper Women's Events

Varied social events, from free to £20, depending on the activity. Example events include Tea & Talk; Story Circles; (Mix & Sip) Painting & Making; Poetry Circles; Photography. All women welcome.

<b>Where and When</b>	<b>Contact</b>
Fargo Village Varies – see Instagram	www.instagram.com/2pepperevents/ 2pepperevents@gmail.com

## Ladies Social Group

Looking for a friendly space to relax, chat, and make new connections? All are welcome – we'd love to see you there!

<b>Where and When</b>	<b>Contact</b>
Coventry Central Library Mondays fortnightly, 2pm-3.30pm	<b>02476 832314</b>

## Evergreens women's group

Friendly & welcomes new members. Existing members are generally age 60+. Talks, entertainment, outings, but mainly cuppa and a chat with crafts. £5 per meeting / £25 for the year.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Eastern Green Village Hall, Church Lane CV5 7BX  2pm–4pm First Thursday of the month	Patsullivan8186 @gmail.com  02476 470 550

## Ladies Club

Chat & socialising for women. Free.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Tile Hill Library  Third Tuesday of the month 1.30pm– 3.30pm	<b>024 7678 6785</b>

## Coventry CHA Rambling Club

A variety of ~5 mile walks which are accessed by public transport or a coach.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Various:  <b>Weekly on Saturdays,</b> <b>Monthly on Sundays</b> and <b>Fortnightly on Thursdays</b>	Website for details and timetables for walks:  <b>www.coventrycha.co.uk</b>  Or contact Brian at  <b>briankeates@aol.com</b>  <b>024 7641 8198</b>

## Fred's Rambles

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

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

## Dance Fitness - all abilities

Our ladies' dance fitness group is all about movement, music, and community, no judgment, no pressure. Suited for all abilities.

<u>Where and When</u>	<u>Contact</u>
St Christopher's Church, Allesley Park	Jomari@davis@hotmail.co.uk
Mondays 9:30am, Wednesdays 6:30pm, or online classes	07817 679311

## Women Only Circuits

Free women only circuits for all ages and abilities. Enjoy getting fitter with friendly people.

<u>Where and When</u>	<u>Contact</u>
Foleshill Community Centre, Thursdays 9.30am	feedingcoventrycomms@gmail.com or 02476 682749

## Women who support women - mental health support group

Women uplift, empower, and support each other. Walks, gentle physical activity, indoor support meetups, meals out. Come for a brew, biscuit and a chat, meet new people, get stuff off your chest, get advice and make new connections. £2 donation. Join the Facebook group to get started.

<u>Where and When</u>	<u>Contact</u>
Main meeting at Cheylesmore Community Centre (room 3) Wednesdays 6.30pm-9pm	fb.com/groups/1390957362056425/

## Refresh Women's Group

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<u>Where and When</u>	<u>Contact</u>
St John's, 45 Westwood Heath Road CV4 8GN 2nd Friday each month, 9am-1pm . Free	<b>admin@stjohnswestwood.org.uk</b> <b>024 7669 5026</b>

## Chat Central

Chat Central helps people age 18+ to find others with similar interests, to have fun, join a hobby, and find new friends. Activities include walks, coffee morning drop-in, history talks, art & physical activity. Activities are reviewed monthly.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Varied days & times & locations - multiple times every week	c.monaghan@vacoventry.org.uk 07541 343 491 fb.com/ChatCentralVAC

## Savzee's mental health awareness

Active local Facebook group offering mental health support any day. Chat to support one another, plus wellbeing walks.

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

## Fire and Dice board games

Friendly & welcoming group of approx. 6-12 people who play a variety of board games. Some eat together (at 6pm) before playing too. Join the Discord for chat & to coordinate bringing games (optional). Usually meets at Table 18 (left of the bar/tills from the entrance).

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Coundon Hotel pub, Barkers Butts Ln, CV6 1DT on Mondays 7pm-9pm	<a href="https://discord.gg/bP7JbzQn">discord.gg/bP7JbzQn</a> facebook.com/groups/ firedicemids

## Meeples board games club

A small free board games group. There is a Whatsapp group to organise meetups.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
St Mary's Walsgrave vicarage, monthly(ish) on Saturdays, 6pm-9pm	07539 551 398 revtomcook@stmaryscoventry.org

## 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 & central	cov@geek.zone
Friday 7pm & daily	meetup.com/geekzonecoventry

## Sh\*t To Do

A mixed Coventry Facebook group to find a buddy to attend events with. Put event details in the group to find like-minded attendees.

<u>Where and When</u>	<u>Contact</u>
Join the Facebook group	tinyurl.com/shttodo

## Board Games club - central

All ages welcome. Bring your own games, or play some of the club's stock. Meet new people.

<u>Where and When</u>	<u>Contact</u>
Central Library, city centre, Fridays 3pm-6pm	024 7683 2314 central.library@coventry.gov.uk

## Ladies Circle

Ladies group for friendship, prayer, fellowship and meals out. Most attendees are age 60-85.

<u>Where and When</u>	<u>Contact</u>
Quinton Park Baptist Church, Cheylesmore, CV3 5PZ  Tuesdays fortnightly 10.30am-12.30pm	churchoffice@quintonparkbaptistchurch.org.uk  024 7650 2376

## Gateway Ladies Club

Fortnightly social group. Talks on varying subjects, demonstrations and outings. Lively, active group of ladies, open to new friends.

<u>Where and When</u>	<u>Contact</u>
Christ the King Centre, 14 Westhill Road, Coundon, CV6 2AA  1st & 3rd Thursday of month at 7:30pm	024 7627 4465 or berylplusdogs@gmail.com

## Harmony Hub - menopause group

A safe space for menopausal women to combat isolation. Make new friends and support each other in a relaxed, friendly environment.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
The Highlife Centre, CV2 4LY Thursdays tbc	<a href="http://www.highlife.org">www.highlife.org</a>

## Pause & Connect - menopause group

Free menopause support group, meeting monthly, with free refreshments. If you're peri-menopausal or menopausal, this group is here for you. Share concerns, hear from expert speakers, and gain reliable information in a supportive environment.

There is a confidential question box too.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Creamy Café, Jardine Crescent, Tile Hill 2nd Tuesday of month 7pm	Search 'My Tile Hill' group on Facebook or <a href="mailto:tilehillreporters@gmail.com">tilehillreporters@gmail.com</a>

## Belles Book Club (Styvechale)

A new friendly women only book club in which to chat. have a cuppa and a shared enjoyment of reading. There is no pressure to finish the book and no obligation to speak. £6 including refreshments.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
St Thomas More's Church (Margaret Roper Room) CV3 5DE, 1st Tuesday of month 7pm	<a href="mailto:bookbellesbookclub@gmail.com">bookbellesbookclub@gmail.com</a>

## Coventry Book Club

Friendly small group which varies types of books they read, voting on the next one. You don't have to come to every session. Free entry, just buy a drink. DM the group on Instagram for info, or just turn up. Dates for next sessions are on Instagram. They also have a WhatsApp group chat you can join.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Old Windmill Pub, Spon End, CV1 3BA Wednesdays fortnightly, 6.30pm-8pm	instagram.com/ bookclubcov

## The Book Club Coventry

Monthly subscription of £9.99. Two book clubs from the same organiser that meet monthly. There may be a waiting list to join; enquire on their website.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
The Slug & Lettuce pub, city centre, CV1 5RN  Both every 2nd Thursday & 1st Tuesday of the month, 7.30pm	<a href="http://www.chapter25bookclub.com">www.chapter25bookclub.com</a>

## People's Community Support Group

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<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Hagard Community Centre Willenhall, Mondays 7pm	024 7630 3947

## The Jewels women's group

A safe, welcoming space for widows, single mums, female carers, women with long-term illness, or women experiencing bereavement and loss. We offer emotional & spiritual support, peer support & empowerment to help them navigate their journey.

We also run ongoing online support through WhatsApp and Zoom.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Pathways Family Hub, Radford CV6 1HD  Thursdays fortnightly 11am-1pm	Complete the Joining Form: <a href="https://forms.gle/CsuhbZfiknxX8Gv97">forms.gle/CsuhbZfiknxX8Gv97</a>  07759 224719  admin@silasmkobafoundation.org.uk

## Arty Folks

For adults age 16–67 feeling low or suffering from poor mental health. Simple, supported art projects to build confidence. Booking essential.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Eaton House near Railway Station CV1 2FJ	024 7641 4740 or 07443 643 634
1pm–3pm Mondays, Free	info@arty-folks.org.uk www.arty-folks.org.uk

## LGBT+ Wellbeing Support Group

1:1 support, group socialising & workshops for any LGBT+ adults.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Wellbeing Hub (by Mind), Wellington Gardens, Spon End, CV1 3BT	wbhub@cwmind.org.uk 02476 017211
Saturdays monthly 10.30am–12.30pm	

## Forte Choir

An informal mixed gender inclusive choir, primarily with members in their 30s–50s.

Auditions twice yearly. £55 subs.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
St Mary Magdalen Church, Chapelfields	fortecov@gmail.com
Wednesdays 7.30pm–9.30pm	fortecov.co.uk

## Voice of the Town Choir

First session free. Modern & dynamic, performing memorised pop songs with steps / claps. No auditions or requirements to read music. £110 per term. Register before coming.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
The Maudsley pub, Allesley Old Road, CV5 8GJ	voiceofthetown.co.uk/coventry/
Mondays 7pm–9.30pm	

## Silver Lining Singing Group

Ladies 4 part harmony choir. All are welcome!

<u>Where and When</u>	<u>Contact</u>
Coventry & North Warks Sports Club, Binley Road, CV3 1HB 7.30pm–9.30pm Wednesdays, Free	Hazel 07967 127961 info@silver-lining.org.uk www.silver-lining.org.uk

## Ladies Choir - Community Voices

Ladies choir - no experience necessary.

<u>Where and When</u>	<u>Contact</u>
Potters Green Community Centre, CV2 2QR Wednesdays 7.30pm	facebook.com/ groups/234449654214489 Jeanlord57@gmail.com 02476 611 544

## Coventry Photographic Society

Photographic group with talks & outings. Venue occasionally varies. Members share pictures:

[fb.com/groups/coventryphotographicsociety.co.uk](https://fb.com/groups/coventryphotographicsociety.co.uk)

<u>Where and When</u>	<u>Contact</u>
Festival Pub, Leaf Lane, Styvechale, CV3 5QJ Mondays 7.45pm-10pm (not June-August)	07988 698 900 covps2@outlook.com coventryphotographic society.co.uk/diary

## Confidence Through Photography

Facebook group supporting people with their mental health as they take creative photos in Coventry.

<u>Where and When</u>	<u>Contact</u>
Weekly meetups at varied times Free	fb.com/ groups/40327970008 1631/

## Women's Horticulture Society

Women come along to learn more about gardening.

Meet new friends, be supported.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Baginton Road URC Styvechale CV3 6FP <b>2pm on 2nd Wednesday of each month</b>	<b>Angela or June</b> <b>02476693904 or</b> <b>02476334322</b>

## Coventry Society history group

A large history society with varied talks about Coventry. From May till August we arrange visits to interesting places.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
Trinity House, 5A Priory Row, city centre, CV1 5EX second Wednesday of month, Sept to April, 7.30pm	coventrysociety.org.uk 078 555 35249

## Yarn at The Yard

Bring your own knitting and crochet projects and meet new people. LGBT+ inclusive, for all adult ages. Free, buy refreshments.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
The Yard pub, city centre, CV1 5RU Wednesdays 5pm-7pm	024 7501 2959 www.instagram.com/ theyardcoventry

## Knit & Natter for women

A women's group offering a safe, social hub in a welcoming place. Bring your knitting or other craft work. Come and natter together as you work & enjoy each others company. Tea & toast available.

<b><u>Where and When</u></b>	<b><u>Contact</u></b>
St John the Divine Willenhall Thursdays 10am	024 7630 3266

## 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, <b>CV6 7BZ</b> <b>Monday and Thursday from 1pm-3:30pm</b>	<b>024 7668 8086</b>

## Let's Get Crafty

Women doing craft, knitting, crochet etc together. We share skills & try new crafts. Beginner friendly, £2, booking essential.

<u>Where and When</u>	<u>Contact</u>
WEETC Centre, 239 Robin Hood Road, Willenhall CV3 3AN Fridays 12.30pm	Letsgetcrafty239@gmail.com 02476 511228

## Belgrade Crafternooners

A small friendly group for chat and crafting in the first floor upstairs balcony foyer area of the theatre. It's mainly knit & crochet, though people doing other non-messy crafts attend too.

<u>Where and When</u>	<u>Contact</u>
Belgrade Theatre CV1 IGS Mondays 1pm-3pm (not August)	quirkwonky@gmail.com or traceyaclark@hotmail.co.uk fb.com/events/313875614707423

## Dholki Ladies Drumming Group

Creative drumming for wellbeing. Run by the Sahil Project. Aimed at South Asian older women.

<u>Where and When</u>	<u>Contact</u>
Sahil Office, Foleshill Mondays 11am	024 7663 8754 info@sahilproject.co.uk

## Nigel Watson Art

Be an artist. You don't have to know how. Learn and have fun.

<u>Where and When</u>	<u>Contact</u>
St Martin's Finham, 136 Green Lane, CV3 6EA Weekly Thursdays 10am-12pm / 1pm-3pm	Nigel Watson nigelwatsonart@gmail.com

## Drawing / watercolour / photography classes

Classes run in blocks and one-off, £28. Classes are beginner friendly, typically Sunday mornings. Explore techniques in a relaxed, supportive environment.

<u>Where and When</u>	<u>Contact</u>
Kenilworth Rd Finham Varies	coventryartgroup.co.uk

## Sketchbook & drawing group

Meet & draw your own projects. Linked to Sitting Rooms of Culture Facebook group:

[fb.com/groups/503899843640143/](https://fb.com/groups/503899843640143/)

Small fee to cover room hire.

<u>Where and When</u>	<u>Contact</u>
LTB Priory Visitors Centre, 6 Priory Row, city centre CV1 5EX Weekly Saturdays, 1pm	sarahruthhedley@gmail.com  fb.com/ ltbshowrooms/

## Watercolour classes

All abilities, booking essential. Qualified, experienced art tutor. Taster session available.

<u>Where and When</u>	<u>Contact</u>
St Barbara's Earlsdon, Wednesdays 7pm	sarahruthhedley@gmail.com
Allesley Park Community Centre, Mondays 10am	07975 714790