HEALTH & WELLBEING HUBS @ SWFT

What's on @ Lillington Health Hub

Valley Road, CV32 7SJ

South Warwickshire University NHS Foundation Trust

Monday

Wellbeing Walk 9-10:30am

Start the week with a 1+ mile walk with other local residents. Meeting outside the Hub at 9am & returning to the Group Rooms for refreshments.

Seated Exercise 11:15-12:15pm

This popular session is led by a qualified instructor specialising in over 50s fitness. Please get in touch to enquire about spaces.

'Pause for arts & crafts 4:30-6pm

Meeting every 1st Monday of the month, these creative sessions are run by Artspan to support menopausal people. Starts 13 Jan in the Group Rooms.

Tuesday

Seated Exercise 10:15-11:15am

Get in touch to book a space at this gentle exercise session led by a qualified instructor specialising in over 50s fitness.
In the Group Rooms from 7 Jan.

Wednesday

Advice Drop-In 10-12pm

Brunswick Hub Wellbeing Officers are on hand to support on issues such as debts, benefits, money, housing, employment and mental health.
In Group Room 1.

Wellbeing Walk 5-6pm

A 3 mile evening walk with shorter route options available for those that want this. Meet at 5pm outside the Hub to walk together and fight the winter blues!

Thursday

Exercise Referrals Drop-In 9am-12pm

Everyone Active instructors can discuss how people with long-term physical & mental health conditions can benefit from free gym, swimming & exercise classes.
In Group Room 1.

NHS Talking Therapies offer mental health support for those feeling anxious, stressed or low in mood. *Referral/Self referral* to the service is required*. From 23 Jan.

PROTECT Drop-In 3-6pm

A drop-in for young people aged 13-25 to access confidential sexual health advice. Condom distribution & pregnancy testing support available. From 23 Jan.

Friday

Stop Smoking support 9-1pm

FItter Futures will offer free one-to-one support to anyone 12+ in Warwickshire who wants to stop smoking. *Referral/Self referral* to the service is required** From 3 Jan.

Wellbeing Walk 6-7pm

Join us for a 3 mile evening walk that takes in 3 local parks. Meet at 6pm outside the Hub to walk together and blow away the cobwebs before the weekend arrives! Starts 10 Jan.

Lillington Health Hub has a small room that can be used for community activities. Please get in touch with Becky (Health & Wellbeing Hub Coordinator) to enquire about space.
Health&WellbeingCentre@swft.nhs.uk

*__NHS Coventry, Warwickshire and Solihull Talking Therapies__ is a free, confidential and effective service for people with mild, moderate and moderate to severe symptoms of anxiety and low mood. There is also psychological support for long-term health conditions, such as diabetes and chronic pain. In addition, Talking Therapies offers perinatal emotional wellbeing support, counselling for depression, couples therapy for depression and other group therapies, including stress matters, compassion-focused therapy.
Self-refer over the phone (024 7667 1090; Monday to Friday, 9am-4:30pm) or online at https://www.talkingtherapies.covwarkpt.nhs.uk/self-referral .

**__Fitter Futures'__ specialist practitioners offer free stop smoking support for anyone aged 12+ living, working in or registered with a Warwickshire GP. Support includes 12 weeks of one-to-one appointments to help to manage cravings and withdrawal symptoms and Free nicotine replacement therapy (NRT) products or Vape Quit Kits (18+ only).
To book an appointment:
Call 0333 005 0092 Or text QUIT to 60777
Complete a self-referral form via the website:
https://fitterfutures.everyonehealth.co.uk

Health&WellbeingCentre@swft.nhs.uk 07436 056546

Weekly & free | Monthly & free | Referral only & free