HEALTH & WELLBEING HUBS @ SWFT

Weekly What's on @ Lillington Health Hub

South Warwickshire University NHS Foundation Trust

Monday



Wellbeing Walk

9-10:30am
Start the week with a 1 mile walk (approx) with other local residents. Meeting outside the Hub at 9am and returning to the Group Rooms for refreshments afterwards.



Seated Exercise

11:15am-12:15pm
Open to all who want to take part, this session is led by a qualified instructor specialising in over 50s fitness.
Group Rooms at the Hub.

Tuesday

Watch this Space! We hope to have more happening here soon in the future.

Wednesday



Advice Drop-In

10am-12pm
A weekly drop-in provided by Brunswick Hub Wellbeing Officers. Pop in for support on issues such as debts, benefits, money, housing, employment and mental health.
Group Room 1 at the Hub.



Wellbeing Walk

5-6:30pm
Join us for a 3 mile evening walk that takes in 3 local parks. Meet at 5pm outside the Hub to walk together and fight those winter blues!

Thursday



Everyone Active Referrals Drop-In

9am-12pm
A weekly drop-in provided by Everyone Active for people with long-term health conditions. Drop-in to find out how you can access free gym and swimming membership.
Group Room 1 at the Hub.

Friday

Watch this Space! We hope to have more happening here soon in the future.

Lillington Health Hub's Group Room provides a small space for community groups to meet together. We run weekly events from this room and hope to add to these as our work develops. We aim to offer these activities for free or for as low cost as possible so that as many in the community can access them. We often have pop-up advice stalls in reception and one-off events taking place to. Specific details about all of these can be found on our our Facebook page (search for StratfordHWIC) or by contacting Becky Canton, our Health & Wellbeing Hub Coordinator:
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