

# Chase Meadow

HEALTH CENTRE



## Wellbeing Menu

2 Alder Meadow, Chase Meadow, Warwick, CV34 6JY

01926 400010 [www.chasemeadowhc.nhs.uk](http://www.chasemeadowhc.nhs.uk)



## Welcome to our Menu

Health is very important and good health is key to survival. Health is made up of physical, mental, emotional and social wellbeing, and ensuring that these key aspects are looked after, will keep one in a state of positive comfort and happiness! Here at Chase Meadow Health Centre, we strongly believe in wellbeing and self-preservation. We have therefore teamed up with our Patient Participation Group (PPG), Chase Meadow Community Centre and other local organisations to introduce to you The Wellbeing Menu: our version of a social prescription. This menu has been developed to help people needing help beyond medical care. It offers a range of services designed to cover the aspects of wellbeing and promoting good health, and the menu is not limited to our patients. A more extensive list of services can be found on our website at [www.chasemeadowhc.nhs.uk](http://www.chasemeadowhc.nhs.uk) as well as information on how to register as a patient at the Practice. All information and contact details in our menu are correct at the time of printing.

## Join our Patient Participation Group

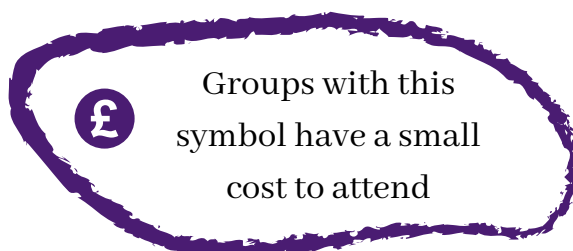
Our Patient Participation Group (PPG) have been instrumental in developing our wellbeing menu. If you would like to make a difference and join our progressive, forward thinking PPG please contact the Practice.

## Thank you!

Chase Meadow Health Centre is a research Practice and actively works on research projects to benefit the future healthcare of patients. We would like to thank Medinova Research who have sponsored the production of our wellbeing menu.

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# Chase Meadow


## HEALTH CENTRE

### All Ages

#### Band of Brothers Men's Group

We are men that meet for genuine fellowship and to enable growth in our faith. We also love the outdoors and organise activities that support the wider church.

 *Thursdays 7.30pm - 9.30pm*

 *Open Door Cafe, 3 Slade Hill, Budbrooke, Warwick, CV35 8SA*

 *Contact: Royston Young 07950 000763*


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#### Art Group for the Community

A relaxed time of 'having a go' at art together, and friendly conversation.

 *Tuesdays (term time only) 1.30pm - 4pm*

 *St Michael's Centre, St Michaels Church, Church Lane, Budbrooke, Warwick, CV35 8QL OR Open Door Cafe, 3 Slade Hill, Budbrooke, Warwick, CV35 8SA*

 *Contact: Parish Office 01926 407020*


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#### Knit & Natter


A relaxed hour of knitting with those who can start you off on a project or just help, guide or chat over coffee.

 *Fridays 10am - 12pm*

 *Saltisford Church, Albert Street, Warwick, CV34 4JX*

 *Thursdays 10.30am - 11.30am*

 *Open Door Cafe, 3 Slade Hill, Budbrooke, Warwick, CV35 8SA*


 *Contact Info: Cathy Davenport 07826 543190 / Parish Office 01926 407020*

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## HEALTH CENTRE

### Warwick Job Club @ Saltisford

Support for people looking for a job. This includes job searches, CV preparation, interview skills, IT help, support and encouragement

 *Fridays 12pm - 3pm*

 *Saltisford Church, Albert Street, Warwick, CV34 4JX*


 *Contact Info: Celia Hilgenberg 07890 811885 /  
celia@warwickjobclub.org.uk*


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### Walking for Health

Organised short walks, with trained walk leaders, in your local community. Walking has been described as the perfect exercise, and helps promote a healthier lifestyle for those who currently do not get out and about as much as they would like. These walks are a good way of meeting people and can help you feel more confident about taking those first steps to a more active lifestyle. More information about Walking for Health can be found at: [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)


**Walk 1**  *Tuesdays 11am - 12pm*


 *Chase Meadow Community Centre, Warwick, CV34 6BT*

 *Contact Info: Karen Mitchell 07474 647494 / bearsat55@hotmail.com*

**Walk 2**  *Tuesdays 7pm - 8pm*

 *The Unicorn, 64 Hardwick Field Lane, Warwick, CV34 6LN*

 *Contact Info: Jane Wright 07413 390627 / jane@jsdi.co.uk*

**Walk 3**  *Wednesdays 11am - 12.30pm*

 *Open Door Cafe, 3 Slade Hill, Budbrooke, Warwick, CV35 8SA*


 *Contact Info: Caroline Edwards 07816 074387 /  
caroline.warwickviews@gmail.com*

# Chase Meadow


## HEALTH CENTRE

### 20s - 30s Connection Group for Young People

A group of people aged from 18 - 40 gather together to play board games. A really friendly place and a great place to make friends and meet new people.


 *2nd & 4th Monday of the month 7pm - 9pm*


 *Cafe No 1, 22-24 High Street, Warwick, CV34 4AP*

 *Contact Info: Luke Thomas [luke.al.thomas@gmail.com](mailto:luke.al.thomas@gmail.com)*

### Volunteering


Chase Meadow Community Centre are looking for volunteers to help with new projects and would welcome any help or support you may feel you have to give. If you have ever had a burning desire to see a certain activity taking place locally, or to share a talent or passion you have with others, then now is the perfect time!


 *Chase Meadow Community Centre, Warwick, CV34 6BT*

 *Contact: [joannahwhitten@googlemail.com](mailto:joannahwhitten@googlemail.com)*

### Chase Chill

A lazy Saturday morning for all the community. Coffee/tea, bacon butties, newspapers, games for all ages, relax and chat. Two minute 'thought for the day'.

 *First Saturday of the month 10am - 12pm*

 *Chase Meadow Community Centre, Warwick, CV34 6BT*


 *Contact Info: Parish Office 01926 407020*

### Parkinson's Exercise Group

A range of therapy and exercises developed specifically for people with Parkinson's Disease.

 *Wednesday 1pm - 2pm*

 *Chase Meadow Community Centre, Warwick, CV34 6BT*

 *Contact Info: Emma Bracher 07715 884255 / [www.ebothery.com](http://www.ebothery.com) / [otwarwick@gmail.com](mailto:otwarwick@gmail.com)*

# Chase Meadow

## HEALTH CENTRE

### Bereavement Support

Losing a loved one can leave you feeling adrift, but talking to others can help. We offer support in a safe place to understand your loss and share experiences of coping with loss.



*Last Tuesday of every month 1pm - 2.30pm*



*Chase Meadow Community Centre, Warwick, CV34 6BT*



*First Monday of every month 7pm - 8.30pm*



*New Life Church, Friars St, Warwick, CV34 6HA*



*Contact Info for both days: Stacey Bains 07507 722537 / [staceybains@covcafe.org](mailto:staceybains@covcafe.org)*

### Chase Meadow Community Gardening Group

Local residents who come together to tidy and maintaining community areas within Chase Meadow. We are planning a designated Community Garden where we can plant herb, flower, fruit and vegetable beds. The Group ethos is also to promote biodiversity, and will plant pollinators whenever possible. Open to all ages and all abilities. Equipment/tools provided.



*As required according to weather and needs of the community garden. Notification of meetings will be given via email or text.*



*Chase Meadow Community Centre, Warwick, CV34 6BT*



*Contact Info: [margotrowdon@btinternet.com](mailto:margotrowdon@btinternet.com) / Karen Mitchell 07474 647494 [bearsat55@hotmail.com](mailto:bearsat55@hotmail.com)*

### Connect

A listening ear and a friendly cuppa. A time for you to find out what's going on in the village and connect to others. Open to all ages.



*1st and 3rd Thursday of every month 10.30am - 11.30am*



*Open Door Cafe, 3 Slade Hill, Budbrooke, Warwick, CV35 8SA*



*Contact Info: Parish Office 01926 407020*

# Chase Meadow

## HEALTH CENTRE

### Make Lunch

A national initiative designed to tackle the “school holiday hunger gap” by providing tasty and nutritious free hot meals for children and their families during the school holidays. Activities are also available for the children in an atmosphere more representative of a society where all mix together and help one another. Not available on Christmas Day, Boxing Day and Good Friday, please check availability for all other Bank Holidays.



*Tuesdays 11.30am - 1.15pm*



*Chase Meadow Community Centre, Warwick, CV34 6BT*



*Wednesdays 11.30am - 1.25pm*



*All Saints Church, 29 Vicarage Field, Warwick, CV34 5NJ*



*Fridays 12pm - 1.45pm*



*St Pauls Church, Friars St, Warwick, CV34 6HA*



*Further details can be found at your child's school or via Facebook (search @makelunchwarwick)*

### £ Mini Meadows Toddler Group

A range of craft activities and games/toys for pre-school children, 0-5 year olds, with their parents. It also offers the opportunity for parents and carers to socialise and find mutual support. Cost £2 per family per session.



*Wednesdays (term time only) 10am - 11.30am*



*Chase Meadow Community Centre, Warwick, CV34 6BT*



*Contact Info: Lou & Luke Thomas 07807 906261 /  
louisathomas.stmichaels@gmail.com*

### Notes


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## Older Adults

### Diamond Club

A chance for those of a 'certain age' to meet other people, play games, socialise and play cards - whilst relaxing and having a coffee. This group 'runs itself' in that the group decide at each meeting if they want to chat, play games or play cards. The club also undertake periodical visits to the pub and lunches out. There is a book club, derived from this group, which meet regularly at each other's houses.

 *Fridays 10.30am - 12pm*

 *Chase Meadow Community Centre, Warwick, CV34 6BT*


 *Contact Info: Audrey Akers 01926 930312 / akersaudrey46@talktalk.net*

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### Forget Me Not Dementia Cafe

A 'drop in' dementia friendly environment for people living with dementia/memory loss, and their friends, families and carers. Afternoon tea, plus optional activities.

 *Last Tuesday of every month 1pm - 2.30pm*


 *Chase Meadow Community Centre, Warwick, CV34 6BT*

 *Contact Info: Holly Nixon 07971 221901*

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### Open Hearts

A time of connection for older people in the community over tea and cake with a monthly light-hearted topic of conversation to share stories.

 *First Wednesday of each month 3pm - 5pm*

 *Open Door Cafe, 3 Slade Hill, Budbrook, Warwick, CV35 8SA*

 *Contact Info: Caroline Edwards 07816 074387 / caroline.warwickviews@gmail.com*



# Chase Meadow

## HEALTH CENTRE

### Over 50s Lunch Club

A friendly lunch for the over 50s



*Last Wednesday of every month 12pm for a 12.30pm start*



*Open Door Cafe, 3 Slade Hill, Budbrook, Warwick, CV35 8SA*



*Contact Info: Denni Hayman 07749 855451*

### Seniors Group

A social evening of food and fellowship for those aged 50 and over. We have a varied programme of entertainers – speakers – activities – quizzes and more.  
Lifts can be arranged.



*Last Saturday of every month 7.30pm\* - 9pm  
\*7pm tea and coffee will be served, ready for a 7.30pm start*



*The Church Hall, St Pauls Church, Friars St, Warwick, CV34 6HA*



*Contact Info: Audrey Akers 01926 930312 / akersaudrey46@talktalk.net  
Pat Kibbler 01926 496552 / kibblere@aol.com*

### Chase Meadow Environmental Group

Local residents coming together to support the community to better care for our environment. We share information and promote and support options that enable everyone to do more to reduce, reuse, recycle.



*2nd Thursday of the month 3pm. Communications also via email.*



*Chase Meadow Community Centre, Warwick, CV34 6BT*



*Contact Info: Margot Rowdon 07711 846165 /  
margot.rowdon@btinternet.com*

### Notes

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## Children & Young Adults

### Board Games Cafe

The cafe is for young people aged 16-25 who have autism and / or related mental health issues who may feel socially isolated. It is a place to meet people, have a tea or a coffee and play board games – or just relax.



*Fridays 7pm - 9pm*



*Rethink Warwick, 45 Coten End, Warwick, CV34 4NT*



*Contact: Jan Richards 01926 419227 / [jan.richards@rethink.org](mailto:jan.richards@rethink.org) / [julie.horseman@rethink.org](mailto:julie.horseman@rethink.org)*

### Kids Run Free & Park Kids

Kids Run Free organises monthly races for children aged between 0 and 16 years, regardless of their ability or socio economic background. Park Kids is a free community running event brought to you by the charity 'Kids Run Free'. All ages and abilities are welcome and our aim is to ignite children's passion for physical activity, encouraging them to be healthier, happier and more confident. To sign up just download the free 'KRF RUNNING APP', turn up on the day and get moving! Volunteering opportunities are also available.



*1st & 3rd Saturday of every month 9am*



*Park Kids Warwick, St Nicholas Park, Warwick, CV34 4QY*



*Contact: 01926 336628 / [info@kidsrunfree.co.uk](mailto:info@kidsrunfree.co.uk)*

### Chase Meadow Community Centre Youth Group Volunteer

If you are 14 years old or over and would like to be a junior volunteer, there are opportunities for this at the Youth Club.



*Wednesdays 4pm - 8pm*



*Chase Meadow Community Centre, Warwick, CV34 6BT*



*Contact: [joannahwhitten@gmail.com](mailto:joannahwhitten@gmail.com)*

# Chase Meadow


## HEALTH CENTRE

### £ Chase Meadow Community Centre Youth Club

For school years 4 and up. Activities include sports, team games, table football, pool, board games, and arts and crafts. £1 per session.

 *Wednesdays 4pm - 5.30pm for school years 4, 5 & 6*  
*Wednesdays 6.30pm - 8pm for schools years 7 and above*


 *Chase Meadow Community Centre, Warwick, CV34 6BT*


 *Contact: joannahwhitten@googlemail.com*


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### The Rock

The Rock Youth Club is run by St Michaels Church (term time) and is open to anyone from school years 7 upwards. The vision of the group is provide a safe place where those from all backgrounds of life can join together to embark on a night of fun, joy and games, and time to encounter God's love.

 *Every Friday term time.*  
*7pm - 8.30pm for school years 7 & 8*  
*8.30pm - 9.30pm for school years 9 and above*


 *Chase Meadow Community Centre, Warwick, CV34 6BT*


 *Contact: Pete Brown & Lou Thomas 07807 906261 /*  
*louisathomas.stmichaels@gmail.com*


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### £ She Rallies

Coolsportz, in conjunction with the national initiative 'She Rallies' (championed by Judy Murray) is running a girls only session for 4 – 11 year olds, aimed at encouraging more girls to play and enjoy sport. The sessions also hope to boost confidence and team working skills. We play a mixture of different games and sports, but no experience is necessary. No equipment is required, just wear loose fitting clothes and trainers / pumps. Bring a drink. Costs £1 per week  
She Rallies are also able to support volunteers aged 11 – 14 years.

 *Tuesdays 3.45pm - 4.45pm*

 *Chase Meadow Community Centre, Warwick, CV34 6BT*

 *Contact: Lianne Candappa 07919 104093 / lianne@coolsportz.co.uk*

# Quick Tips to a Healthier You

5 minute kitchen exercises - [www.drchatterjee.com/5min-kitchen-workout/](http://www.drchatterjee.com/5min-kitchen-workout/)  
 Gym-free workouts - [www.nhs.uk/live-well/exercise/gym-free-workouts/](http://www.nhs.uk/live-well/exercise/gym-free-workouts/)  
 Mindfulness - [www.headspace.com](http://www.headspace.com)

## Eat a Rainbow

- Green**
- Spinach
  - Asparagus
  - Avocados
  - Broccoli
  - Peas
  - Green apples
  - Green grapes
  - Limes
  - Kiwifruit
  - Green beans
  - Lettuce
  - Cabbage
  - Celery
  - Cucumber
  - Green pepper

- Red**
- Tomato
  - Red pepper
  - Radishes
  - Strawberries
  - Rhubarb
  - Cherries
  - Red Grapes
  - Raspberries
  - Watermelon
  - Red apples

- Purple/Blue**
- Beetroot
  - Red cabbage
  - Aubergine
  - Purple asparagus
  - Blackberries
  - Blueberries
  - Purple grapes
  - Plums

- Brown/White**
- Cauliflower
  - Brown pears
  - Mushrooms
  - White peaches
  - Garlic
  - Bananas
  - Potatoes
  - Dates
  - Onions
  - Ginger
  - Parsnips
  - Turnip

- Orange/Yellow**
- Carrots
  - Rockmelon
  - Lemons
  - Sweet potato
  - Pumpkin
  - Pineapples
  - Mangoes
  - Corn
  - Oranges
  - Squash
  - Peaches
  - Nectarines
  - Apricots
  - Grapefruit



For full list of activities visit  
[www.chasemeadowcc.co.uk](http://www.chasemeadowcc.co.uk)




[www.warwickshire.gov.uk/fitterfutures](http://www.warwickshire.gov.uk/fitterfutures)



[www.weightwatchers.com/uk/find-a-meeting/](http://www.weightwatchers.com/uk/find-a-meeting/)

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