



## Rugby Community Wellbeing Hub activities

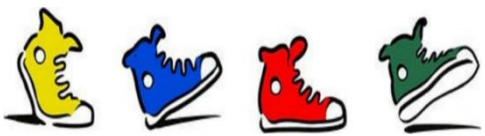


### Social group

Activities will be posted on our website and Facebook page as they are available

Booking essential as places are limited  
*(Please note - sessions out in the community may involve a small cost)*

### Walking Group



Meet new people and have a chat while you walk  
Wednesdays  
10.30am

Booking is essential as places are limited

### Seated Exercise



A free, fun and gentle movement session with Yvonne

### Relaxation



Take a little time out with our free session

Friday mornings  
11.30 – 12.15pm at RCCG House



If you would like to make an appointment or attend one of our activities contact:

Yvonne on 07936 015966 or  
Rachel on 07415 302859

Email [rugbyhub@isswarks.com](mailto:rugbyhub@isswarks.com)

or

[rachel@isswarks.com](mailto:rachel@isswarks.com)



Activities will be advertised as they are organised  
on the notice board at the hub,  
also

The NW Community Web page

Facebook

&

Twitter

Please follow the links to:-

Website: <https://www.nwcommunityhubs.com>

Facebook page: [www.facebook.com/nwcommunityhubs](http://www.facebook.com/nwcommunityhubs)

Twitter: <https://twitter.com/nwcommhubs>



Benn Partnership Centre,  
Railway Terrace, Rugby CV21 3HR



RCCG House,  
Albert Street, Rugby CV21 2SG

Please note that we are unable to provide support for individuals accessing the above activities. If you require support to participate or with personal care, please ensure that you are accompanied by a carer or support worker.

**\*\*Please note the hub charges 50p for drinks per session**

also

there may be a small charge for some activities\*\*