



August 2023
Chat Central News

Chat Central is a National Lottery Funded project where we help people to find others with similar interests, to have fun, get out of the house, join in with a hobby, get involved with their community and to find new friends, tackling loneliness and isolation in all its forms in Coventry.

We help people to explore their interests and start doing the things they want to do. Our support is tailored to the person's needs and can be anything from a one-off visit to us for information to longer term support. We have a range of activities including coffee morning drop-ins, walks, arts and crafts, tennis, pool, bingo, group volunteering and health talks. Our aim is to reach-out and help anyone in Coventry who is 18 and over, especially if they are bereaved, retired, a new parent, just out of hospital, dealing with an illness or condition that limits their ability to get out, recently arrived in the city or just out of practice with socialising. And we help them to:

meet new friends

rediscover interests

Or find new ones

build confidence

volunteer

Summer at Chat Central has been lots of fun! We've been enjoying the sun on our Friday morning litter pick, visiting a local community cinema, having a go at water colour painting and limerick writing at our TRY Thursdays, and playing board games with Julie on Friday afternoons. Participants have continued to pave out their next positive steps by attending Kawa River Therapy sessions and we all enjoyed a glorious day trip to Coombe Abbey. Read on to find out about our adventures..



Pool Meet Ups with Hayley

We continue to meet regularly for pool sessions at Rileys Sports Bar. This is a super relaxed and friendly group, providing an ideal environment for both beginners and pool-pros to enjoy a game together. If you fancy joining us for a few games of pool and a free tea, coffee or lime soda, come along to our **next meet up at Rileys on Tuesday 8th August 2-4pm**. Thank you to Hayley for creating such a warm, fun group for our pool meets.



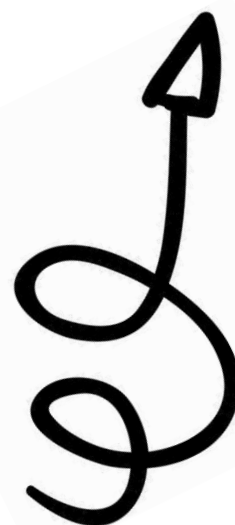
Watercolour Painting with Fatin

Our Masters placement student, Fatin, led an incredibly relaxing watercolour painting session at one of our TRY Thursdays. This was a thoroughly enjoyable session for artists and novices alike, with lots of us commenting on how tranquil we felt after such a mindful activity. It was fantastic to take our minds off other things for two hours, and let our creative juices flow! Come along to our TRY Thursdays, every other Thursday at United Reformed Church if you'd like to have a go at something new, or practice a skill you've not used for a while!



Mission Possible: Pick n Mix Fri-Yays! with Janette

A highlight of every week is our Mission Possible litter pick with the wonderful Janette. A super friendly and dedicated group who meet every Friday 10am outside the Transport Museum and spend an hour or so helping to keep Cov clean and staying active at the same time! It's a brilliant way to get out and about and meet new people, whilst doing your bit for the community. We turn out every Friday, rain or shine, but we've been very lucky with so much sunshine in these summer months. Why not come and join us next Friday?!



Welcome to Alice

After welcoming Fatin last month, we are equally delighted to welcome Master's placement student, Alice, to the Chat Central Team too! Alice will be with us every Friday for six months, so she'll be another familiar, friendly face on our Friday walks and games afternoons. Come and say hi!

Chat Central in the Press – Moving Stories

It was great to have Think Active join us for one of our morning walks in June. Think Active are running an initiative called Moving Stories – promoting the benefits of living a more active life. After a fun photoshoot on the Transport Museum bridge and Lady Herbert's Gardens, it was brilliant to see our stories come to life in their write up. Check it out [here](#). A huge thank you to Ann for sharing her story and experiences with Think Active. We look forward to seeing more of you on our Friday walks too!



Stoke Screen Film Club



We spent a lovely spring evening at Stoke Screen Film Club, watching *Romantics Anonymous*. It was great to spend an evening somewhere new, enjoying a great film (and brushing up on our French at the same time!). If evenings and weekends work better for you, be sure to put **Sunday 13th August** in your diary – we'll be at **War Memorial Park 2-3.30pm for Bands in the Park**. Bring along some picnic food and enjoy an afternoon of music and good company.

Board Games with Julie

Although the July weather hasn't been as summery as we'd hope, you can still get out on a Friday afternoon and join our wonderful volunteer Julie for board games at Trinity House. We love getting together for a cuppa, some games and maybe a quiz or two! Come and join us when you have a free **Friday. Every week 1-3pm at Trinity House.**



Coombe Abbey Day Trip

A Chat Central summer highlight was definitely our day trip to Coombe Abbey Country Park. We all got the bus together from Pool Meadow to Coombe Abbey (free bus ticket!), had a wander, shared a picnic and even got a cheeky group photo with a gorilla! People made new friends in the fresh air and created some lovely memories. A great day had by all!



Guitar & Limericks with John

We're so lucky to have so many fantastic volunteers at Chat Central, who give up their time to share their passions and talents with others. John has led three guitar and song-writing workshops so far, and we can't wait for the next one in the coming months. We all had a go at writing a verse and chorus about love, Coventry, or both! We were then able to record ourselves reading or singing the lyrics and John will transform it into a complete song. We'll be sure to share it when it's available!



Singing with Angela

Angela is another musically talented Chat Central volunteer. A huge thank you to Angela for a wonderful session discussing what our identities mean to us and singing This is Me! from The Greatest Showman. Lots of us find that singing is a great way to let things go for an hour or so and we like to get together and sing frequently. If you have an interest that you'd like to have a go sharing with a friendly group, please get in touch with us about leading a session.



Facebook is a great way to stay up to date with Chat Central activities. Check out our two recent videos to find out more about our [Friday walks](#) and [how the whole project works](#).



Facebook page: <https://www.facebook.com/ChatCentralVAC>

COMING UP IN AUGUST...

Fri 4 th Aug	10am	Mission Possible: Pick 'n' Mix. City walk + Litter-picking	Outside Transport Museum	FREE
Fri 4 th Aug	1-3pm	Games Afternoon with Julie	The Yard, Trinity House, Old Bluecoat School	FREE
Tues 8 th Aug	2-4pm	Pool meet up with Hayley	Rileys Sports Bar	FREE
Thurs 10 th Aug	2-4pm	TRY: Yoga (seated options available)	United Reformed Church, Warwick Road	FREE
Fri 11 th Aug	10am	Mission Possible: Pick 'n' Mix. City walk + Litter-picking	Outside Transport Museum	FREE
Fri 11 th Aug	1-3pm	Games Afternoon with Julie	The Yard, Trinity House, Old Bluecoat School	FREE
Sun 13th Aug	2-3.30pm	Bands in the Park picnic (bring a drink and some picnic)	War Memorial Park	FREE
Tues 15 th Aug	6-7pm	Tennis meet up	War Memorial Park	FREE Please book
Fri 18 th Aug	10am	Mission Possible: Pick 'n' Mix. City walk + Litter-picking	Outside Transport Museum	FREE
Fri 18 th Aug	1-3pm	Games Afternoon with Julie	The Yard, Trinity House, Old Bluecoat School	FREE
Tues 22 nd Aug	2-4pm	Pool meet up with Hayley	Rileys Sports Bar	FREE
Thurs 24 th Aug	2-4pm	TRY: Health session	United Reformed Church, Warwick Road	FREE
Fri 25 th Aug	10am	Mission Possible: Pick 'n' Mix. City walk + Litter-picking	Outside Transport Museum	FREE
Fri 25 th Aug	1-3pm	Games Afternoon with Julie	The Yard, Trinity House, Old Bluecoat School	FREE
NO ACTIVITIES WEEK BEGINNING 28TH AUGUST				

Please note the following changes from September:

- **Thursday United Reformed Church meet ups will take place 12.30-2.30pm**, instead of 2-4pm.
- **Friday morning walks/litter pick will meet at 10am at The Canal Basin**, instead of The Transport Museum.



Come along to **FREE** welcoming & fun events in Coventry. Build **confidence**, get into socialising, feel more **connected** & start **making a difference!**



CHATCENTRAL@VACOVENTRY.ORG.UK

CALL 07541 343 491

Chat Central Project Summer Break

Week beg 28th Aug
(All week)

NO EVENTS this week
Back week commencing
4th Sept

**WE'LL
BE
BACK**

Voluntary Action Coventry has moved:

Our office has moved, but we'll still be around the city centre for most of our Chat Central activities. See below for more info, especially regarding volunteer drop-in support.

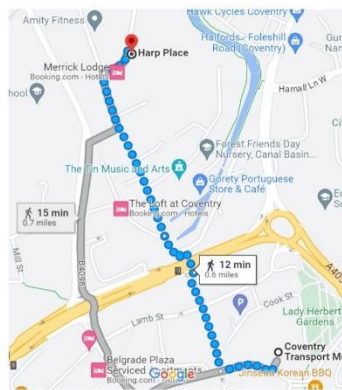
WE HAVE
Moved



Face-to-face
volunteer drop-in
sessions are on hold.
We will resume on 28
Aug 23. You can still
get personalised
support with finding
roles during this time
by emailing or calling.

To **Harp Place**
2 Sandy Lane,
Radford. CV1 4DX

12 minute walk /
8 minute bus
(number 15 to
Holbrooks)



📞 024 7622 0381

✉️ volunteering@vacoventry.org.uk



JOIN OUR YOGA CLASS

with: Rosanna

*Keep your mind healthy and release stress through
our FREE yoga class.*

Beginners are encouraged to participate!

All abilities are embraced, we offer seated options as well

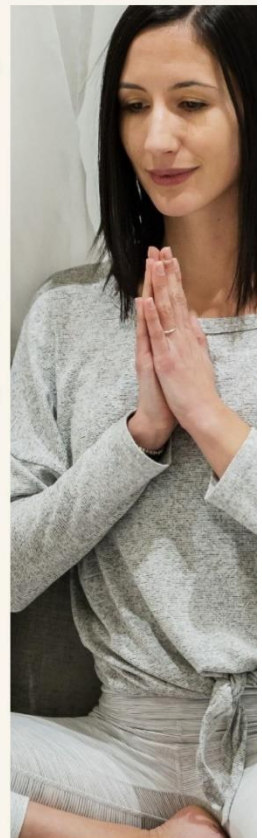
**THURSDAY
10th August 2023
2pm**

Join Now

📞 07541 343491

📍 The United Reformed
Church's Large Room,
Warwick Rd

🌐 [https://www.vacoventry.org.uk/page/
chat-central](https://www.vacoventry.org.uk/page/chat-central)



CHATTY POOL MEET



**TUESDAY 8TH AND 22ND AUG
2PM-4PM @ RILEYS
HERTFORD PLACE, BUTTS ROAD
COVENTRY CV1 3JZ**

**CHATCENTRAL@VACOVENTRY.ORG.UK
CONTACT NICKY - 07541343491**



CHAT CENTRAL
FRIDAY GAMES
 Julie's never boring board games

Fridays
1pm-3pm
 The Yard, Trinity House,
 Old Bluecoat School,
 CV1 5EX



Healthy snacks, teas, coffees
FREE! No need to book
 Tel: 07541 343 491

Kawa Therapy

Wed 23 Aug
1-4pm

Harp Place, 2 Sandy Lane
Coventry, CV1 4DX.

Enjoy 45 minutes of 1-2-1 'me time' to share personal stories

Kawa is the Japanese word for 'river' and is a talking-based, **FREE** Occupational Therapy session for Chat Central members

We will use the idea of a river to draw, explore and represent parts of your life

It will help us to chat deeply and work out together experiences and themes that might be blocking or helping the flow of your river

We can then see what is working and what isn't. It will increase your self-confidence and self-understanding



BOOK: 07541343491



Please note: Meeting point for Pick n' Mix Fri-yays will change to the Canal Basin from September.

Pick n' mix Fri-yays!

MISSION POSSIBLE
Group Volunteering Experiences



We walk,
We connect,
We clean up Cov

Meet us outside the
Transport Museum
Fridays 10am

We'll take a gentle walk
around the city,
litter-picking as we go!



CHATCENTRAL@VACOVENTRY.ORG.UK
CALL 07541 343 491

More things to do (outside of Chat Central):



COVENTRY COMMUNITY CONNECTIONS

Monday

Creative Kindness. 10.30am-12.30pm
Earlsdon Library, CV5 6FZ
[024 7678 6970](tel:02476786970), admin@earlsdonlibrary.org.uk

Friendship Group. 10:30am - 12pm
Stoke Library, CV2 4EA
[024 7678 6990](tel:02476786990), stoke.library@coventry.gov.uk

Wellness Junction. 11am-1:30pm
Broad St Hall, CV6 5BG
[024 7674 0493](tel:02476740493), admin@broadsthall.co.uk

Knit One Paint One. 11:30am - 3pm
Koco Community Resource Centre, CV1 3JQ
[024 7671 4988](tel:02476714988), admin@kococommunity.org.uk

DEMENTIA Active. 10am - 12pm
Centre AT7, CV6 7GP
[024 7666 5530](tel:02476665530), George.Heaton@sbitc.org.uk

MENTalk. 6pm – 8pm
Bluecoat School, CV1 2BA
George.Heaton@sbitc.org.uk

Coventry & Warwickshire Gospel Choir. 7:15pm - 9pm
Hearsall Baptist Church, CV5 8FE
[024 7667 8587](tel:02476678587), cwgospelchoir@hotmail.com

Tuesday

Creative Kindness. 10:30am - 12:30pm
Coundon Library, CV6 1HT
[024 7678 6969](tel:02476786969)

Creative Kindness. 10:30am - 12:30pm
Allesley Park Libraries, CV5 9JE
[024 7678 5813](tel:02476785813), allesleypark.library@coventry.gov.uk

Healthy Walk. 1.15pm (40 mins stroll)
1, Winston Avenue, CV2 1EA
[024 7662 2964](tel:02476622964), carol@mhct.co.uk

Kadence Music. 7:30pm – 9:00pm
Broad St Hall, CV6 5BG
[024 7674 0493](tel:02476740493), admin@broadsthall.co.uk

Wednesday

Wellness Junction. 11am-1:30pm
Broad St Hall, CV6 5BG
[024 7674 0493](tel:02476740493), admin@broadsthall.co.uk

Men's Space. 1:30pm - 3:30pm
St Oswald's Church, Jardine Crescent, CV4 9PL
[075 1292 4401](tel:07512924401), stoswald.tilehill@gmail.com

Walk and Talk. 9am (45 - 60 mins stroll)
77, Barker's Butts Lane, CV6 1DZ
[024 7531 0147](tel:02475310147), info@covenantandkingdom.org

Creative Cafe. 2-4pm
Methodist Central Hall, CV1 2HA
[024 7622 3564](tel:02476223564), alisha.kadir@undergroundlights.org

Thursday

Creative Kindness. 10:30am - 12:30pm
 Central Library, CV1 1FY
[024 7683 2314](tel:02476832314)

Creative Kindness. 10:30am - 12:30pm
 Oasis Café, CV1 3BL
[024 7663 1118](tel:02476631118)

Reminiscence session. 1pm - 2pm (last Thursday of each month)
 Tile Hill library, CV4 9PL
[024 7678 6785](tel:02476786785), tilehill.library@coventry.gov.uk

Photography walk. 2pm - 7pm
 Koco Community Resource Centre, CV1 3JQ
neilcatleyphotography@gmail.com

MENTalk. 12pm - 2pm
 Moat House Leisure Centre, CV2 1EA
[024 7684 1720](tel:02476841720), George.Heaton@sbitc.org.uk

Kadence Music. 1:30pm - 3:00pm
 Broad St Hall, CV6 5BG
[024 7674 0493](tel:02476740493), admin@broadsthall.co.uk

Creative Kindness. 10:30am - 12:30pm
 Foleshill Library, CV6 5BG
[024 7678 6977](tel:02476786977)

Creative Kindness. 10:30am - 12:30pm
 Tile Hill Library, CV4 9PL
[024 7678 6785](tel:02476786785), tilehill.library@coventry.gov.uk

Creative Kindness. 12pm - 2pm
 Willenhall Library, CV3 3DG
[024 7678 6991](tel:02476786991), willenhall.library@coventry.gov.uk

Craft Group. 10am
 Aldermans Green Church, CV2 1PP
[024 7668 5230](tel:02476685230), office_agfmc@gmail.com

Every two weeks on a Saturday, Midday, photography walk
neilcatleyphotography@gmail.com

Friday

Meet the Chat Central Team



Voluntary Action Coventry



Nicky Smith
 Engagement Officer
 Occupational Therapist



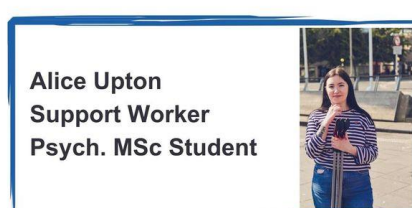
Sarah Taylor
 Project Assistant



Hayley Harman
 Activities
 Co-ordinator



Fatin Athirah
 Support Worker
 Psych. MSc Student



Alice Upton
 Support Worker
 Psych. MSc Student



And our amazing volunteers



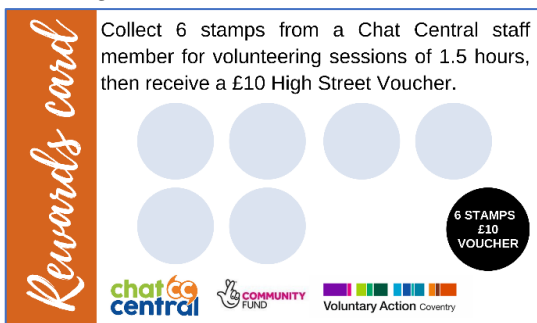
Volunteering with Chat Central

We are always grateful to our wonderful volunteers who help add extra quality to our sessions by sharing their skills and helping with the running of events.

If you have a skill you'd like to share at our meet ups, or if you'd like to come along to help serve refreshments and chat to people, we'd love to hear from you. If interested, please contact Nicky on 07541 343 491.

Chat Central also welcomes volunteers and participants who are new to the UK and can help support and direct people to improving language skills, self-confidence and build people up to start volunteering in the community.

We pay for expenses and travel and also offer a special reward card where 6 volunteering stamps earns a High Street Voucher.



Chat Central are looking for volunteers...

- Are you able to help people to feel better about themselves?
- Do you like talking to people and getting involved?
- Do you accept people as they are?
- Can you put yourself in their shoes and think about their experience of life?
- Do you understand, or have you experienced loneliness, and can you relate to how it affects people?
- Can you listen well to others?
- Are you happy to work with and accept differences?
- Are you happy to work under the guidance of the Engagement Officer and buddy volunteer, following suggestions about the needs of the people we work with and health and safety issues?
- Do you value the benefits of group work, community, and how activities like crafts and hobbies bring people together and build confidence?

We are looking for people to help with serving refreshments or leading activities such as arts and crafts, yoga, bingo.... and chatters to help people feel welcome.

Chat Central is a project of VAC and funded by TNL



Voluntary Action Coventry

Find out more:

Call Nicky or WhatsApp
07541 343491

Email:

chatcentral@vacoventry.org.uk
www.facebook.com/ChatCentralVAC



Call or
WhatsApp
Sarah (Project
Assistant):
07729 290317