



January 2024
Chat Central News

Happy New Year to all our Chat Central members, volunteers and friends!

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 welcome sessions, walks, arts and crafts, yoga, 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.

A flyer for an information session. It features logos for the Community Fund, Voluntary Action Coventry, and Chat Central. The text reads: "Welcome to Chat Central", "Information session", "Weds 17th January 2024", "1.30-2.30pm", "Voluntary Action Coventry, Harp Place, Sandy Lane, CV1 4DX", "Come along & find out more about our project & how you can get involved", and "FREE". There is also a large orange letter 'i' in a circle on the right side.

Welcome to Chat Central
Information session
Weds 17th January 2024
1.30-2.30pm
Voluntary Action Coventry,
Harp Place, Sandy Lane, CV1 4DX
**Come along & find out more about our
project & how you can get involved**
FREE

Think Chat Central could help you or someone you know? Watch this video to find out more about the project or come along to our next information session on Wednesday 17th January 2024 at Harp Place. Everyone is welcome at these sessions.

<https://youtu.be/n3WAF4g8pul>

It's been a busy time at Chat Central during which we have welcomed many new participants, said goodbye to members of our team, taken part in group volunteering sessions and hosted a variety of events encouraging people to connect with others. As we begin a New Year, let us share some of our stories from the latter part of 2023 and look towards upcoming events.

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 16th January 2-4pm**. Thank you to Hayley for creating such a warm, fun group for our pool meets.



Gentle Bhangra with Gurpreet

We were so happy to welcome back Gurpreet for another session of Gentle Bhangra. Her enthusiasm really rubbed off on all the participants and it wasn't long before we were all picking up the moves and joining in with the traditional folk dance of India. Gurpreet was able to offer a seated option and we all had a wonderful afternoon, enjoying the music, the dance and the company.

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 We walk, we connect, we clean up Cov!



A highlight of every week is our Mission Possible litter pick. A super friendly and dedicated group who meet every Friday at 10am by the Canal Basin steps at the start of the Coventry Canal. We spend an hour or so helping to keep Coventry 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 come rain or shine and really enjoy our time working together for the good of our local environment.

Our first walk in 2024 is Friday 12th January, why not come and join us one Friday?

ALL CHANGE AT CHAT CENTRAL!

Thank you and goodbye to Nicky!

Chat Central sadly said goodbye to Nicky Smith our Chat Central Engagement Officer. Nicky, who is an Occupational Therapist, has returned to working for the NHS with patients needing support following strokes and head injuries. A huge thank you to Nicky for all her hard work at Chat Central and for all the support she has offered participants. We will miss having you at Chat Central!



Welcome to Celia

We are delighted to welcome Celia as the new Chat Central Engagement Officer. Celia has worked in education for most of her life in Coventry but after having such positive experiences volunteering at various venues across the city is very excited to be joining the team at Chat Central.



Goodbye and Good Luck Alice

It was also time to say goodbye to Alice, our placement student who has been with us for the past six months. Alice will be greatly missed at the Pool meet ups and Pick n Mix walks on Fridays. We thank her so much for all her hard work and commitment and wish her all the very best as she continues her studies.



Doodle Power with Linda



In November, Linda brought Doodle Power to Chat Central. This was a calm and relaxing session in which we tried different doodling techniques or just enjoyed allowing our minds to switch off and let the pens do the hard work. Some of the results were amazing and the chance to be in that moment with our doodling gave many of us a great sense of well-being and mindfulness.

Thank you, Linda, for leading such a great session.



Chatty Zoom – Online Meet Up

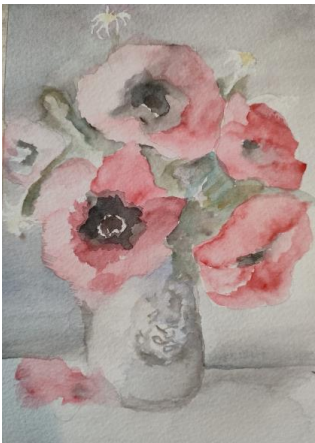
Each week our online Chatty Zoom gives anyone who is unable to meet up in person the chance to talk online with members of the Chat Central team and anyone who would like to join us for an informal catch up.

One of our regular participants is Nat who often shares her incredible artwork with us. One of Nat's amazing paintings and poem was turned into a Christmas card for the Brain & Spine Foundation charity this year. Nat has also been raising money for charity by creating these beautiful light bottles.

Nat had a brain injury and is paralysed from the chest down. Until her illness Nat had never really painted but look at her work now! Maybe this year you'll try a new hobby that leads you on such an adventure!



The dancing had stopped as
she lay in her bed,
The wheelchair beside her, sad
thoughts in her head
Her friends all around her
hugged her quite tight
"We'll help you to dance, you'll
party all night!" By Natalie Parr



We have also enjoyed quizzes, shared photographs and stories.

We will be changing the day and time of our Chatty Zoom online meet ups in the New Year to Wednesday mornings from 10:30-11:30 am, so why not grab a coffee and join us online? Our first session back after the New Year will be Wednesday 10th January 2024.

Email us on chatcentral@vacovertry.org.uk or call us on 07541343491 so that we can send you a link to the meeting.



Mission Possible – Operation Christmas Child Shoebox Packing

At Chat Central we love to find fantastic volunteering opportunities which we can attend as a group. This year we once again supported the 'Big Shoebox Challenge' in which we checked shoeboxes which has been filled with clothes, gifts and toiletries for children all around the world.



The atmosphere was wonderful, and we all enjoyed checking the boxes which had been filled with such love and care. We have worked with various agencies such as Warwickshire Wildlife Trust and Samaritan's Purse to enable us to volunteer as a group. It's a great way to meet new people, learn new skills and have fun whilst doing something positive for the local community or those in need.

Festive Jingle Mingle

We wrapped up the year with a joyous Christmas get together. It was a great opportunity for us to share a drink and a mince pie. We had fun taking part in quizzes and particularly enjoyed the challenge of Christmas Pictionary. We were really uplifted by singing old Christmas favourites led by our wonderful volunteer John. Gary and Jo were also on hand to collect donations of winter coats for Clothing Coventry. It really was a wonderful end to another fantastic year at Chat Central. Thank you to everyone who attended and supported the event.



COMING UP IN January...

Weds 10 th Jan	10:30- 11:30 am	Chatty Zoom online meet	Call or email Chat Central for a link to the meeting	FREE
Thurs 11 th Jan	2-4pm	Tai Chi with Carol	United Reformed Church, Warwick Road CV1 4DX	FREE
Fri 12 th Jan	10:00 – 11:30 am	Mission Possible: Pick 'n' Mix. City walk + Litter-picking	Meet @ Canal Basin steps CV1 4LW	FREE
Tues 16 th Jan	2:00 – 4:00 pm	Pool meetup with Hayley	Rileys Sports Bar CV1 3JZ	FREE
Weds 17 th Jan	10:30- 11:30 am	Chatty Zoom online meet	Call or email Chat Central for a link to the meeting	FREE
Weds 17 th Jan	1:30 – 2:30 pm	Welcome to Chat Central Open to anyone interested in finding out more about Chat Central	Harp Place Sandy Lane Radford CV1 4DX	FREE
Fri 19 th Jan	10:00 – 11:30 am	Mission Possible: Pick 'n' Mix. City walk + Litter-picking	Meet @ Canal Basin steps CV1 4LW	FREE
Weds 24 th Jan	10:30- 11:30 am	Chatty Zoom online meet	Call or email Chat Central for a link to the meeting	FREE
Thurs 25 th Jan	2:00 – 4:00 pm	Intro to Song Writing with John	United Reformed Church, Warwick Road CV1 4DX	FREE
Thurs 25 th Jan	7:00 – 9:30 pm	Film Night (Film: Rudy)	Stoke Screen Film Club Coventry and North Warwickshire Sports Club CV3 1HB	FREE Please book with Chat Central
Fri 26 th Jan	10:00 – 11:30 am	Mission Possible: Pick 'n' Mix. City walk + Litter-picking	Meet @ Canal Basin steps CV1 4LW	FREE
Tues 30 th Jan	2:00 – 4:00 pm	Pool meetup with Hayley	Rileys Sports Bar CV1 3JZ	FREE
Weds 31st Jan	10:30- 11:30 am	Chatty Zoom online meet	Call or email Chat Central for a link to the meeting	FREE

Please note that from January 2024 there will be a change of time for our Thursday slot at the United Reformed Church

- **Thursday United Reformed Church meet ups will take place 2.00-4.00pm**, instead of 12:30-2:30 pm.

Chat Central is a project of VAC and funded by TNL



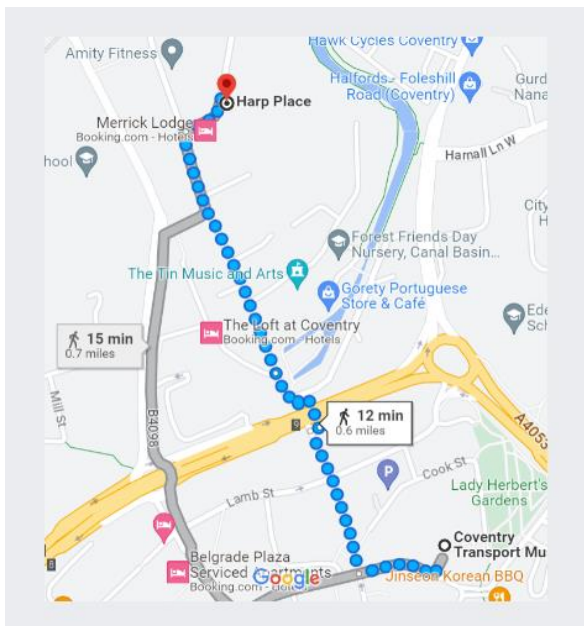
Voluntary Action Coventry



Voluntary Action Coventry has moved:

Our office moved from the city centre to Harp Place in Radford last summer, but we'll still be around the city centre for most of our Chat Central activities.

Harp Place, Sandy Lane, Radford, Coventry, CV1 4DX





POOL

Meet Up

WITH HAYLEY

2:00-4:00PM

FREE GAMES

TUESDAY 16TH & 30TH
JANUARY 2024

RILEYS, THE BUTTS, CV1 3JZ

NO NEED TO BOOK, JUST COME ALONG AND ENJOY A FEW FREE GAMES OF POOL WITH A FRIENDLY GROUP OF PEOPLE.

CALL 07541 343 491
CHATCENTRAL@VACOVENTRY.ORG.UK

ABOUT

Chat Central brings people together, helps people to find others with similar interests, to have fun, get out of the house, to join in with a hobby, to get involved with their community and to find new friends.

- Make connections
- Try something new
- Get Active
- Chill and watch
- Support and a friendly ear
- Meet up and socialise
- Get into volunteering
- Walk and explore Coventry
- Drop in for advice
- Arts, crafts, singing
- Skills and visits

FUNDED BY THE WILLIAM A
CADBURY CHARITABLE
TRUST AND THE NATIONAL
LOTTERY COMMUNITY FUND



CHATCENTRAL@VACOVENTRY.ORG.UK

CALL 07541 343491

JAN 24 EVENTS

Tuesdays

16th & 30th - **Pool meetup** with Hayley
2-4pm, Rileys, The Butts, CV1 3JZ
FREE

Wednesdays

10th, 17th, 24th, 31st - **Chatty Zoom**
online meet 10.30-11.30am **FREE**

17th - **Welcome to Chat Central** 1.30-
2.30pm VAC, Harp Place, Sandy Lane,
CV1 4DX **FREE**

Thursdays

11th - **Tai Chi with Carol** 2-4pm The
United Reformed Church large room
Warwick Road. CV1 1EX **FREE**

25th - **Intro to Song-writing with**
John 2-4pm The United Reformed
Church large room Warwick Road. CV1
1EX
FREE

25th - **Film Night! (Film: Rudy)**
7-9.30pm Stoke Screen Film Club,
Coventry and North Warwickshire
Sports Club, CV3 1HB **FREE - book**
your place!

Fridays

City Walk . Pick n'Mix. (12th, 19th,
26th).
10-11.30am. Meet @ Canal Basin
steps CV1 4LW. We walk, we connect
& we clean up Cov! **FREE**



Voluntary Action Coventry



**chat
central**

Chat Central invite you to join us for a

Movie Night with Stoke Screen Film Club

Book your free ticket now for the showing of
'Rudy,' a film set in Coventry.

**THURSDAY
25TH
JANUARY
7-9:30PM**



Set in the heart of rural England, Rudy finds her relationship with her father being tested. Through a newfound friendship with a boy from Coventry, Rudy discovers fun, freedom and autonomy, but is it at the sacrifice of unspoken family wounds?

A poignant insight into love, loss and moving on.
At Coventry and North Warwickshire
Sports Club, Binley Road CV3 1HB

Book your place now by calling 07541 343491
or email chatcentral@vacoventry.org.uk

Meeting ID: 883 0552 8153
Passcode: ABcd123



Chatty Zoom

Grab yourself a coffee and join us for our fun
and Chatty weekly zoom meet.

Wednesdays
10.30 - 11.30 am
From 10th Jan
2024



FREE! No need to book
Tel: 07541 343 491



Pick n' mix Fri-yays!

MISSION
POSSIBLE



Group Volunteering
Experiences

We walk,
We connect,
We clean up Cov

Meet us at the steps to
the Canal Basin every
Friday at 10am

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



CHATCENTRAL@VACOVENTRY.ORG.UK
CALL 07541 343 491



Voluntary Action Coventry

chat 
central



Intro to Song-Writing with John



FREE



GIVE IT A GO
THURSDAYS

Thursday 25th January 2024

2:00 - 4:00 pm

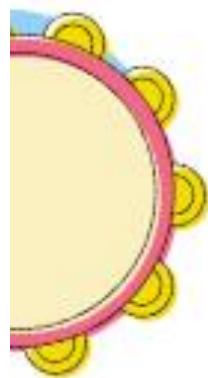
The United Reformed Church
Warwick Road
CV1 1EX

Come along, get creative and try something new with a friendly bunch of people. If you play an instrument, bring it along!

FREE Hot drinks and fresh fruit.

chatcentral@vacoventry.org.uk

Call 07541 343 491



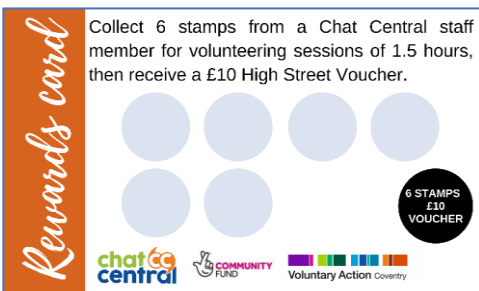
Volunteering with Chat Central

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 Celia 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.



- 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.

Find out more:

Call Celia (Engagement Officer)
or WhatsApp
07541 343491

Email:

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

Call or
WhatsApp
Sarah
(Project
Assistant):
07729 290317



