

## OCTOBER 2024

At Chat Central, you will find a friendly place to:

- Make connections
- Try something new
- Get active
- Chill and watch
- Chat, share and support
- Meet up and socialise
- Get into volunteering
- Walk and explore Coventry

We offer up to 20 sessions to Coventry residents aged over 18.

### GROUP VOLUNTEERING SESSIONS

HELP SAMARTIAN'S PURSE GET READY FOR THEIR ANNUAL SHOEBOX APPEAL

**WEDNESDAY 2ND OCTOBER**

**11:00 - 1:00**

MEET AT THEIR WAREHOUSE AT CROSSPOINT BUSINESS PARK, CV2 2TA OR TRAVEL WITH US FROM POOL MEADOW AT 10:15



### CLOTHING COVENTRY

HELP CHECK AND SORT ITEMS FOR COVENTRY'S CLOTHING BANK

**FRIDAY 25TH OCTOBER**

**10:15AM - 1:00PM**

MEET AND WALK FROM POOL MEADOW AT 10:15 OR MEET THERE AT 10:30, NAPIER STREET, CV1 5PR



### Tuesday

**15th Historic Walk of Coventry's Medieval City Wall with Scott Duffin**

**1:00 - 3:00pm** Meet outside United Reformed Church Hall, CV1 1EX **FREE**

### Thursdays

**Give it a Go Thursdays 2:00 - 4:00pm** United Reformed Church Hall, CV1 1EX:

- **3rd - Tai Chi with Carol** (seated options available) **FREE**
- **17th - Support and Advice Showcase** **FREE**

### 10th World Mental Health Day Fair

**10:30am - 2:00pm** Coventry Transport Museum, CV1 1JD **FREE**

### 31st Visit to Creative Kindness 10:15 -

**12:00** Meet outside Central Library, CV1 1FY at 10:15 **FREE**

### Fridays

#### Pick n Mix - City Walk + Litter Pick

Every Friday in October **except 25th**, 10:00 - 11:30am

Meet at Canal Basin steps CV1 4LW. We walk, we talk and we clean up Cov!

**Also no litter pick on Fri 1st Nov**