

Day & Time      Activity/Session      Description      Fee

**Monday**

10.30-12.30pm	By Your Side Stay & Play	Children's Play & Parental Support Session	FREE
10.30-12noon	Computer Café	Older Adults Tech support and learning drop in café	£2 suggested donation
1.30-2.30pm	Pixiefit Zumba Gold with Miranda	Zumba exercise class	POA
2-4pm	Gap Art	Relaxed environment to enjoy your creative side	£2 suggested donation
4.30-6pm	Gap Youth	Juniors youth session, aged 7-11yrs	£1.50*
6.30-7.30pm	Pawsome Fun Puppy Training	Dog Training with Shannon Beck	POA
8-9.30pm	12 Steps (All Addictions)	All Addiction Support group	FREE

**Tuesday**

1-3pm	Live Life	Activities and social group for older adults	£2 suggested donation
4.30-6pm	Gap Youth	Juniors youth session, aged 7-11yrs	£1.50*
6-7.30pm	Gap Youth	Seniors youth session, aged 12-18yrs	£1.50*
8-9pm	Mindfulness with Denise	Mindfulness practice for health and wellbeing	£5.00

**Wednesday**

10-1pm	OPAL Older Adults at Lunch	Hot 2 course meal & Bingo with our award winning Lunch club	£5 + bingo
10-12noon	Recovery and Wellbeing Academy Courses	5 week courses focusing on a range on Mental Wellbeing topics	FREE
4.30-7pm	Alpha Trails Experience	4 week Puppy & Dog Course	POA

**Thursday**

9.30-10.30am	Tai Chi with Debbie	Gentle movement for all ages and abilities	POA
10-12noon	Knit & Natter, Crochet & Chatter	Needlework social group for all abilities, knitting optional	£2 suggested donation
11-12noon	Pixiefit Zumba Gold with Miranda	Zumba exercise class	POA
11-1pm	Prospects	Careers support for young people 16-18yrs towards education, employment or training	FREE
7-10pm	Warwick Dog Training Club	Professional support in Dog Training	POA

**Friday**

10-11.15am	Friday Friends Play group	Stay and Play for 0-4 year olds	£1 per child
6.30-8pm	Karate with Steve	Karate class	£5

**Saturday**

8.30am	Slimming World	Join a warm and friendly slimming world group	£5.95
1pm-7pm	Available to hire for private functions	Please call for The Gap futher details	POA

**Sunday**

11-1.30	The Redeemed Christian Church of God	Sunday Family Worship	FREE
2-4.30pm	Available to hire for private functions	Please call for The Gap for futher details	POA
5-8pm	K9 Concepts Dog Training	Dog Training with Samantha	POA

\*£1 for members \*\*introductory offer until Christmas 2021

**FLEXIBLE ROOM HIRE**

We have a variety of rooms available, all equipped to cater for a diverse range of activities and events—formal or informal, regular or one-off bookings, large or small. To check availability, enquire about pricing, and discuss your needs further, please drop in, call us on 01926 494200 or email us at [admin@thegapwarwick.org](mailto:admin@thegapwarwick.org)

**FOR MORE INFORMATION PLEASE SEE OVERLEAF**

## FOR MORE INFORMATION PLEASE SEE BELOW

Group	Additional Details
<b>12 Steps</b>	All welcome, no booking required. Please contact Simon on 01789 261868 for more information
<b>Alpha Trail Experience</b>	For more information, please visit <a href="http://www.alphatrails.co.uk">www.alphatrails.co.uk</a> , email <a href="mailto:ask@alphatrails.co.uk">ask@alphatrails.co.uk</a> , or contact Chelsie on 07837 438055
<b>By Your Side Stay and Play</b>	Informal free drop-in sessions for parents (and baby) experiencing mental health difficulties in pregnancy or following the birth of a child, please contact <a href="mailto:byyoursideforum@outlook.com">byyoursideforum@outlook.com</a>
<b>Computer Café</b>	No need to book but please contact The Gap Older Adults team for further details and dates as this group does not run every week.
<b>Friday Friends Play Group</b>	Play group for children aged 0-4 years to attend with a parent, grandparent, carer or other adult. No need to book, all welcome.
<b>Gap Art</b>	All ages and abilities welcome to join our creative atmosphere - bring your own supplies. Please contact The Gap for further information or drop in
<b>Gap Youth</b>	Please contact The Gap Youth Team for further details
<b>Karate with Steve</b>	Shotokan Karate for all ages and abilities. Please contact Steve on 07880626806 for more information
<b>Knit &amp; Natter, Crochet &amp; Chatter</b>	Meet new friends and enjoy a cuppa. Wool provided for fundraising projects. Please contact The Gap Older Adults team for further information
<b>K9 Concepts Dog Training</b>	Please see <a href="http://www.k9concepts.co.uk">www.k9concepts.co.uk</a> or contact Samantha on 07837131184 for more information
<b>Live Life</b>	Please contact The Gap Older Adults team for further details
<b>Mindfulness with Denise</b>	Contact Denise on 07970012549 or email <a href="mailto:dcolehypnotherapy@hotmail.com">dcolehypnotherapy@hotmail.com</a> for more details
<b>OPAL Lunch Club</b>	Booking required - Please contact The Gap Older Adults team for further details
<b>Pawsome Fun Puppy Training</b>	Please contact Shannon on 07803560094 for more information
<b>Pixiefit Zumba Gold with Miranda</b>	Please contact Miranda on 07595696506 for more information and to book a place
<b>Prospects</b>	Prospects is contracted on behalf of Warwickshire County Council to deliver career guidance to young people aged 16-18 who are Not in Education, Employment or Training (NEET) across Warwickshire. Call us on 02476 321950 to arrange to speak to an adviser by telephone or at one of our venues. Find out times and venues at <a href="http://www.prospectsnow.me">www.prospectsnow.me</a>
<b>Recovery and Wellbeing Courses</b>	To find out what courses are running and to book a place, please visit our website <a href="https://www.recoveryandwellbeing.co.uk/">https://www.recoveryandwellbeing.co.uk/</a> If you need more information, please contact 0300 303 2626 or email <a href="mailto:Recovery.Academy@covwarkpt.nhs.uk">Recovery.Academy@covwarkpt.nhs.uk</a>
<b>Slimming World</b>	Contact Charlotte on 07450 879 028 for more information
<b>Tai Chi with Debbie</b>	To check for availability please contact Debbie on 07773 318830 as booking is essential.
<b>Warwick Dog Training Club</b>	For more information, please visit <a href="http://www.warwickdogtrainingclub.co.uk">www.warwickdogtrainingclub.co.uk</a> , email <a href="mailto:Warwickdogtrainingclub@gmail.com">Warwickdogtrainingclub@gmail.com</a> , or contact Rachel on 01926 775591
<b>The Redeemed Christian Church of God</b>	Sunday Family Worship - contact Pastor David on 07908472134 or email <a href="mailto:info@rccgwarwick.org">info@rccgwarwick.org</a>
<b>The Gap Older Adults Enquiries</b>	Please contact Cherylynn Harrison by email on <a href="mailto:cherylynn.harrison@thegapwarwick.org">cherylynn.harrison@thegapwarwick.org</a>
<b>The Gap Young People Enquiries</b>	Please contact Jane Lisle-Holmes by email on <a href="mailto:jane.lisle-holmes@thegapwarwick.org">jane.lisle-holmes@thegapwarwick.org</a>
<b>For all General Enquiries and Room Bookings</b>	Please contact The Gap on 01926 494200 or by email on <a href="mailto:admin@thegapwarwick.org">admin@thegapwarwick.org</a> for all general enquiries

### JOIN US FOR ONE OF OUR ACTIVITIES OR DROP IN AND HAVE A CUPPA!

We are here to give you a friendly welcome and to support you however we can. No appointment necessary. Just pop in.

You can even enjoy a delicious piece of homemade cake courtesy of our wonderful cook, and buy high quality second-hand books.

We also offer printing and copying, and use of community laptops in our cafe area.

**OPEN**  
**MONDAY - FRIDAY**  
**9am till 3pm**

**The Gap**  
Building stronger communities

**The Gap Community Centre**  
39 Oakwood Grove  
Warwick  
CV34 5TD

Tel: 01926 494200  
[www.thegapwarwick.org](http://www.thegapwarwick.org)  
[admin@thegapwarwick.org](mailto:admin@thegapwarwick.org)  
[www.facebook.com/TheGapWarwick](https://www.facebook.com/TheGapWarwick)

### PLEASE SUPPORT US!

We are a charity so we rely on grants and donations to keep supporting the local community. You can support us by:

**Shopping online** — by using Amazon Smile (find us as The Warwick Percy Estates Community Projects), or Easyfundraising. You can support us by doing your online shopping without any cost to you. Easyfundraising will give us a small percentage of what you spend via [www.easyfundraising.org.uk/causes/gapcc/](http://www.easyfundraising.org.uk/causes/gapcc/)

**Online Donations** — you can make a monthly or one off donation through CAF Donate via <https://cafdonate.cafonline.org/15194>

**Art Exhibition** — visit us to see artwork for sale, provided by The Kenilworth Art Society, 50% of proceeds are donated to The Gap