

Listing title	Area	Find out more	Brief description	Contact
Let's Walk!	Coventry and Warwickshire	https://www.facebook.com/Lets-Walk-383430905548236	Dogs make 'everything' better, don't they? Therefore we, at Let's Walk! Would love to give you the opportunity to come for a walk with us and our lovely doggies. No pressure of human conversation, just some time outside, in fields and parks; walking, playing and socialising with the numerous dogs we meet through the week.	contactletswalk@gmail.com
Effective Exercise for Everyone	Coventry and Warwickshire	07432 708303	Exercise therapy that is individual or for groups. Motivational and accessible, qualified and experienced in cardiac rehab, pilates, over 50's, Parkinson's and osteoporosis and seated/standing sessions.	gaye.warwick@sky.com
Orchestra of the Swan:	Coventry and Warwickshire	https://orchestraoftheswan.org/music-cares/	Music Care programme of workshops for people living with dementia and their carers therapeutically informed music workshops led by professional musicians from Orchestra of the Swan and aimed at people living with dementia and their carers.	education@orchestraoftheswan.org
Mental Wellbeing and Safety in Employment Workshop	Coventry and Warwickshire	https://www.thelearn2group.org.uk/portfolio/mental-wellbeing-and-safety-in-employment	A unique opportunity to recognise and understand workplace best practice for mental health and wellbeing from both health and safety and employment laws. Co-delivered by mental health first aid, health and safety and human resource specialists, this three-hour workshop provides you with context, resources and confidence to ensuring optimum wellbeing in the workplace.	tbrink@sagegreen.com
SlimFit5k - Walking & Running Courses	Warwickshire	https://groups.runtogether.co.uk/slimfit5k	Slimfit5k provides fun and inclusive Walking4Exercise and Walk2Run courses and groups in Leamington Spa for those wanting to lose or maintain weight, and/or manage physical, mental and emotional	slimfit5k@btinternet.com

			health. During our sessions we focus on posture, breathing and technique, mindset and achieving your goals. SlimFit5k is also a mental health champion group through RunTogether and Mind.	
Healthy Lifestyles Coventry	Coventry	www.hlscoventry.org	Ready to stop smoking, lose weight, get more active or cut down on drinking - but not sure where to start? Get FREE support by calling us or visit online for more information to become the Best You.	0800 122 3780
Illuminate: Mental Wellbeing at Work support	Coventry and Warwickshire	http://www.illuminatevr.co.uk/	Illuminate provide training and vocational rehabilitation services to encourage proactive behaviours and supportive environments where staff can thrive at work. We support organisations to develop their wellbeing strategy through group workshops including mental health first aid, building resilience and specialist management training as well as 1:1 coaching and rehabilitation for those struggling in work to return to and sustain employment.	lisa.whittleton@illuminatevr.co.uk
Side by Side - Peer Support in Your Community	Coventry and Warwickshire	https://cwmind.org.uk/peer-support-with-cwmind/	Our aim is to promote mental health and wellbeing and we are connecting with established peer support groups and hope to support new groups and those who wish to develop and/or start new groups. We will be offering free training, based on the Side by Side Peer Support in Your Community Toolkit, for anyone involved in peer support, or anyone who wants to help start a group. We also have a small grant funding opportunity of up to £250 (per group) to help groups develop.	fran.flint@cwmind.org.uk
The Learn2 Group	Coventry and Warwickshire	https://www.thelearn2group.org.uk/mental-health-first-aid	We deliver Mental Health First Aid courses privately for organisations and for individuals through our open courses in Coventry. Courses can be internally	becki.coombe@thelearn2group.org.uk

			certified or certificated through awarding organisations. We deliver one-hour CPD sessions, half day awareness courses, one day champion and two day full first aider. Private courses can be delivered for 8-16 delegates at one time.	
The Amethyst Centre	Coventry and Warwickshire	http://www.amethystcentre.com	We offer complementary therapies and training in them to C&G Level 3 standard. Free wellbeing consultations available. A team of specialists are available to come to your workplace. We have three therapy rooms and a meeting/training room available to hire for just £10 per hour.	hello@amethystcentre.com
Arts Uplift CIC	Coventry and Warwickshire	www.artsuplift.co.uk	Arts Uplift CIC is an arts and health and heritage company using the power of the arts (dance, drama, visual arts, music, film) to improve people's mental and physical wellbeing. Areas of health include dementia, people with additional needs, mental health, stroke, Parkinson's and more.	jenny@artsuplift.co.uk
Women's Tap Dance for Wellbeing, Support and Friendship		https://www.facebook.com/groups/1296758820427686/?ref=share	Dance leader Mary Grigg loves to build bonds of trust in the tap dance workshops she facilitates and believes the support women can offer one another is a vibrant and fruitful resource for building confidence, self-esteem and friendship.	marylgrigg@yahoo.co.uk
Alpha Focus Hypnotherapy		https://www.alpha-focus-hypnotherapy.co.uk/	Deep mind and body relaxation.	07824 643766
Pu-Tai Wellbeing - Discover Your Path to Inner Peace and Joy	Coventry and Warwickshire	https://www.putaiwellbeing.com	Pathfinder programmes of spiritual self-discovery and personal development. Tailored to you, for your journey. "I arrived (for my Pathfinder session) feeling lost, confused and frustrated... through your wisdom and insight I feel I've been able to unravel my	07566 235577

			thoughts and reactions, so I feel clearer and focused, and able to trust in myself and my journey again."	
Relax Kids Coleshill	North Warwickshire	Facebook: Relax Kids Coleshill Alison	Supporting children and young people to recognise and regulate their emotions in a fun and practical way using stretching, breathing, massage and visualisations.	alisonrelaxkids@outlook.com
Work Wellness Ltd	Coventry and Warwickshire (businesses only)	www.workwellnessuk.co.uk	Occupational Health & Wellness at your workplace. Clinically validated QRisk Heart & Mind Health Checks, Mental Health England First Aid Training. We come to you!	Workwellnessuk@gmail.com