

DROP-INS in RUGBY for Information or Advice or Support

RUGBY CITIZENS ADVICE BUREAU 1st floor, Chestnut House, 32 North Street, Rugby, CV21 2AG. (Entrance via North St Car Park) Advice on benefits, debt, housing, disability, employment, consumer, etc.

Rugby Drop-in times: Monday, Tuesday and Wednesday 10.00am to 2.00pm.

Advice Line Number 0808 250 5715 (Mondays to Fridays 9-5)

Brownsover Outreach advice sessions as follows:

Boughton Leigh Children & Family Centre, Wetherell Way, Rugby, CV21 1LT

Mondays: 9am to 1pm

Brownsover Community Centre, Bow Fell, Brownsover, Rugby, CV21 1JF

Wednesdays: 9.30 am to 12.00pm

Please go to www.brancab.org.uk for more information and for web enquiry forms.

P3 Rugby -The Robbins Building (Unit 5), Henry Street, Rugby, Warwickshire, CV21 2QA

Tel: 01788 222827

Monday and Tuesday 10am -2pm at the P3 hub in Henry Street.

We are at different drop-ins community hubs each Wednesday this information is displayed at our hub and can be accessed by call the P3 0808 164 6220

ADVICE & SUPPORT

Our advice and support services can help you with a range of issues including housing, education, employment, sexual health, relationships, finances and benefits, as well as deal with debt.

<https://www.p3charity.org/>



Long Lawford Refresh. Methodist Church, School Street, Long Lawford, CV23 9AT

Wednesdays 9.00am to 1.00pm

Drop-in for a chat, tea / coffee, a slice of cake. Concludes with a light lunch at 12noon.

Monthly coffee mornings last Saturday of the month 10am



Call: 07930 396813

Email: Nathan.Falla@methodist.org.uk

<https://www.lawfordlighthouse.org.uk/welcome.htm>

DROP-INS in RUGBY for Information or Advice or Support

The BENN PARTNERSHIP CENTRE

WORK CLUB: Help with C.V.s & Returning to Work, Gaining Professional qualifications, Universal Credit, Benefits & Housing, Everyday Problems, Citizenship and UK Settlement. Digital Skills. Financial Challenges.

Mondays & Fridays
10:00am-1:00pm

Thursdays:
12:00pm-3:00pm

Benn Partnership Centre,
Railway Terrace, Rugby. CV21 3HR
Phone: [01788 553033](tel:01788553033)
Email: info@bennpartnership.org.uk



Clockwise Credit Union – Rugby office

10-12 Albert Street, Rugby CV21 2RS

Those who live and/or work in Warwickshire can become a member of Clockwise Credit Union and access loans, savings and bank accounts. The Rugby branch is open Tuesdays and Thursdays 10am to 3pm

Tel: [03301755792](tel:03301755792)

Email: hello@clockwise.coop



BARNARDO'S WARWICKSHIRE CHILDREN AND FAMILY CENTRES

A coordination of services for children, young people and families 0-19 and up to 25 (SEND)



Baby Times

A space for you and your baby to play and explore sensory toys and chat to fellow parents, as well as find support from our experienced staff.

Tuesdays 10-11am @ The Barn, Houlton

Tuesdays 1.30-2.30pm @ Boughton Leigh Children & Family Centre

Wednesdays 2.00-3.00pm @ Cawston Community Hall

Toddler Times

Lots of fun activities for your toddler to explore

Mondays 2.00-3.00pm @ Cawston Community Hall

Tuesdays 1.30-2.30 @ Overslade Community Centre

Fridays 10.00-11.00am @ Rogers Hall, Hillmorton

Please note our timetable changes from time to time especially in school holidays. Other sessions are available but will require prior booking.

For further information and to request a full timetable and booking details

Phone: [01788 561313](tel:01788561313)

Website: <https://coventryandwarwickshire.barnardos.org.uk/>

Email: rugbychildren&familycentre@barnardos.org.uk

DROP-INS in RUGBY for Information or Advice or Support

Brownsover Buddy Club

Brownsover Buddy Club is open at the Children's Centre in Wetherell Way every Thursday morning from 9.30am to 12.30pm. As well as providing support to job seekers in writing CVs and completing job applications it can also offer support and advice on many other issues, either directly or by signposting to other organisations.



The Chapel Main Street Newbold on Avon CV211HH

Newbold Chapel is situated 200m up the road from the Co-op on Newbold's main street.

The Food Pantry is every Wednesday - for Newbold residents, plus Long Lawford by referral.

There is also a chair exercise group every Wednesday from 2-2.30pm, followed by 'snack and chat', which is open to everyone.



WARWICKSHIRE VISION SUPPORT in Rugby -Baptist Church, Regent Place, Rugby, CV21 2PJ

A weekly meeting for those who are looking for support when they have concerns about their sight or are already sight impaired.

The sessions run every Wednesday from 9.30 – 11.30 and have a monthly programme of social opportunities, speakers and activities. Support with IT and Magnifiers is also available by appointment.

Everyone is welcome – you do not need to be registered as visually impaired, if you, a friend or relative have a sight condition and you wish to obtain information or advice, please come along!

Further information via <https://warwickshire.vision/>



DROP-INS in RUGBY for Information or Advice or Support

Making Connexions- Elmer the community campervan offers information and advice on the support services available, as well as providing food and a friendly face to talk to for the most vulnerable people. Elmer is currently visiting Newbold and Long Lawford

Contact: Lucy Catling. Email:

lucy.glow@btinternet.com Phone: 07764 758474



Rugby Methodist Church

Friday evenings, we have a Kids Club in the Lounge, with crafts, games, and opportunities to chat to other families.

There is no cost to attend, and you can drop in anytime between 4pm and 5.30pm for a time of fun and community!

If you have any questions, email Nathan on

Nathan.Falla@methodist.org.uk



Change Grow Live- 35-37 Albert Street Rugby CV21 2SG

CGL is a recovery-focused service with a full range of treatments and interventions designed to support people to take control of their recovery journey and achieve their recovery goals. Services include harm reduction, opiate replacement prescribing, residential and community detoxes, counselling, emotional support and supported access to mutual aid. Support in accessing training, employment and housing will also be available.

Opening Times:

Monday 09:00 -17:00 Tuesday 09:00 - 17:00

Wednesday 10:00 - 18:00 Thursday 09:00 - 17:00

Friday 09:00 - 17:00

Tel: 01926 353 513

Email: Warwickshire.Info@cgl.org.uk



Family Support Worker Consultations

Would you like the opportunity to chat with a Family Support Worker about parenting?

We can support you with:

- Developing routines and boundaries
- Understanding your child's behaviour
- Supporting your child's mental health

Phone 01926 412412 Monday to Friday 9am-4pm to book a consultation or to speak with a Family Support Worker.

Tuesday: Long Lawford Children's Centre
2.00-4.00pm

Wednesday: Clarendon Children's Centre
2.15pm-4.15pm

Thursday: Boughton Leigh Children's Centre
9.30am-11.30am

DROP-INS in RUGBY for Information or Advice or Support

Christians Against Poverty

CAP Debt Centre: Christians Against Poverty [CAP Rugby | BEC Church](#)

<https://www.becchurch.org.uk/cap-rugby>

CAP Rugby's Debt Centre is run in partnership with: Revive Church Network

CAP Debt Centre

Take your first step out of debt. Call our free helpline on 0800 328 0006, where the friendly team will arrange your first appointment with your local Debt Coach. Call 0800 328 0006. Our free debt service is offered in client's homes, with flexible appointments from Monday to Thursday.

For more information see
www.capdebthelp.org



CAP Money Coaching

This free, four session course takes place throughout the year at: Rugby Eco Hub, Claremont Centre, Betts Hall, 43 Clifton Road, Rugby, CV21 3QE (entrance is on Bath Street)
Email:

moneycoachingrugby@gmail.com
for details of the next course
For more information see
www.capuk.org/trymoneycoaching



Debt Help Drop-In

Meeting every first Tuesday of the month, 10.30-12pm
at
Rugby Methodist Church Centre
RMCC, Russelsheim Way, CV22 7TB
Contact rugby@capuk.org to find out more



DROP-INS in RUGBY for Information or Advice or Support

The Bradby Club

Youth club

Offers young people with voluntary open access youth club sessions. Open-access youth sessions are currently delivered 2 nights a week.

Tuesday: Young Carers (ages 8+) 4:00 till 6:00

Wednesday: Open Access Youth Club (ages 12+) 16:00 till 19:00

Thursday: Open Access Youth Club (ages 12+) 16:00 till 19:00

The evening youth club sessions allow young people to attend the club giving them somewhere to go, something to do and someone to talk to.



Address: The Bradby Club, East Union Street, Rugby.CV22 6AN

Telephone: 01788 544344 **Email:** office@bradby.org.uk **Website:** www.bradby.org.uk **Facebook:** Young people make friends – [bradbyclub](https://www.facebook.com/bradbyclub)

[\(brabs\)](#) Adults and young people like our page– [The Bradby Club Supporters](#)  follow us – [@thebradbyclub](https://twitter.com/thebradbyclub)

DROP-INS in RUGBY for Information or Advice or Support

RUGBY LIBRARY

Mondays:

Living Room in the Library

Join us in our living room area for refreshments, company, games & puzzles, craft materials, free Wi-Fi and occasional talks and workshops. 10 am

IT Help at Rugby Library

Get help using a computer or your own device. Every Monday morning at Rugby Library. 10:30 Do need to book <https://www.eventbrite.co.uk/e/it-help-at-rugby-library-tickets-732662121127?aff=ebdsoporgprofile>

Tuesdays:

Yarn Crafters at Rugby Library

Drop-in yarn crafts group. Bring along your own project or help us with ours. 1:15pm

Wednesdays

Board Games Drop-in Session

Drop-in Board Game session.

10:30 am

Thursdays:

Chess Mates at Rugby Library

Stop by for a friendly game of chess at Rugby Library. 10 am

Family History Help at Rugby Library

Get help with researching your family history on the third Thursday of every month. 2 pm

Fridays:

Let's Make Music and Sound at Rugby Library

Learn how to make music and sound with a Digital Audio Workstation, software synthesisers and keyboards. No music experience necessary. 10am



DROP-INS in RUGBY for Information or Advice or Support

Pets As Therapy (PAT) Rugby Thornfield Bowling club An established welcoming hub, run by experienced Social prescribers with trained therapy dogs where everyone is welcome. Held on the first Wednesday of each month.

Health Exchange run a PAT (Pets As Therapy) Hub that is held **on the first Wednesday of each month from 10.30 am-12 noon.**

It is a lovely group where you will find gorgeous therapy dogs, lovely people, a warm welcome, advice, guidance and support, refreshments, and it is completely free!

We aim to cultivate meaningful relationships, and address the needs of our community.

The Address is **Rugby Thornfield Bowling club, Bruce Williams Way, Rugby CV22 5LZ (for satnav use CV22 5LJ)**

Contact Details:

Email: samantha.brack@healthexchange.org.uk

Email: emma.bond@healthexchange.org.uk



RUGBY WELLBEING HUB (Coventry & Warwickshire MIND) 28 Cromwell Road, CV22 5L

Drop-in sessions: free information, support related to mental health and wellbeing plus café offering free Internet access and reasonably priced light refreshments.

Tuesdays 1-4pm, Saturdays 10am – 1pm

Email: support@wellbeingforwarwickshire.org.uk

Tel: Helpline 0800 616 171

Web: www.cwmind.org.uk/rugby



Coventry and Warwickshire Safe Haven which is available for people aged 16+ who have feelings of mental health distress or have potential to reach crisis point if intervention is not provided, it provides an informal environment that is safe, comfortable and welcoming every Wednesday evening from 6-11pm at the Rugby Wellbeing Hub, 28 Cromwell Road, Rugby.

Phone 02476 017200

Email support@cwsafehaven.org.uk

Text 07852 010146 (Warwickshire)

Safe Haven
Coventry and
Warwickshire

DROP-INS in RUGBY for Information or Advice or Support

Rugby Art Gallery and Museum Little Elborow Street, Rugby, CV21 3BZ

Phone (01788) 533201 Email ragm@rugby.gov.uk

Relaxed Hour

For neurodivergent children and young visitors with sensory needs. A **FREE** session for neurodivergent children, where young visitors who would benefit from a more relaxed environment can enjoy and explore our space. They will also have the opportunity to participate in a craft activity.

The Good Times

Friendly, craft and reminiscence sessions aimed at adults living with Dementia and their carers. **FREE**

Relax, create and socialise over a cuppa. All sessions run from 1.30-3.00pm Dates can be found at www.ragm.co.uk/accessible-hours

Artist Surgeries – FREE, contact ragm@rugby.gov.uk to book.

Advice and support for local artists on a variety of topics including developing your creative practice and fundraising.

Baby Hour

Every first Monday of the month 10am - 11am FREE

Time to enjoy our exhibitions for mums, dads, guardians, and their children under 2. Come and experience our current exhibition free of worry about tears or tantrums, a safe space for you and your baby to relax and enjoy surrounded by others who wish to do the same. There will also be sensory light play for the babies.

Bright and Early Opening – Dates can be found at www.ragm.co.uk/accessible-hours - FREE

Experience our spaces with brighter and even lighting, tailored to meet the needs of blind and partially sighted visitors to ensure that visitors across the full spectrum of visual impairment can discover, learn, explore, enjoy our exhibitions.

The spaces will be baby-friendly, with sound lowered where possible. Older children may also attend, but only alongside an under 2 and their caregiver.



DROP-INS in RUGBY for Information or Advice or Support

Rugby Eco Hub 43 Clifton Rd, Rugby CV21 3QE

01788 486026

<https://rugbyecohub.org/>

info@rugbyecohub.org



Repair Cafe - 1st and 3rd Saturday Jan - November 10AM - 1PM, The Eco Hub

Have you got something you are throwing away just because it's broken? Clothes that need mending? Just need something fixing? Our fabulous menders are here to help, our menders will attempt to fix your item and will show you how to mend your item just in case! No appointment needed, just come on by.

Knitting with Irena - 1st and 3rd Thursday of the month, the Eco Hub

Join us at The Eco Hub at 7pm - 9pm and learn the knitting essentials: how to cast on, knit, purl, and bind off; How to choose the right yarn and tools; Selecting suitable patterns for beginners and Tips for fixing small mistakes and finishing projects with confidence. Suggested donation is £3

Library of Things - Every Tuesday, Thursday, Friday and Saturday - 10am - 4pm, Thursdays until 7pm, The Eco Hub

A library of amazing household items and hobbies that you are able to rent for a small fee instead of spending hundreds on a product you may only use once. We have gardening equipment to steam cleaners, Gazebos to drones.

Information was compiled and checked in June 2025 by Community Development Workers, Rugby Area Team, Warwickshire County Council,
Tel. [07775220821](tel:07775220821), E-mail: cdwrugby@warwickshire.gov.uk

*Do you know about **any other drop-ins?** Or are there **any changes?** Please send amendments & additions for next issue, thank you.*