

	Group name	Location
MON	Hoskyn Community Centre	Hamilton House
TUES	Connexions	St Oswald's Church
	Tuesday Teas	Townsend Memorial Hall
	Rugby Baptist Church	Regent Place
	Rugby Methodist Church	Russelsheim Way
	Simply Social	Barley Mow
	Rugby Gardener's	Thornfield's Bowls Club
	Fun 54321 Bowls	Thornfield's Bowls Club
	Tea and Chat	St. John's Avenue
WEDS	Drop-in Stitches	St. John's Avenue
	Friendship Cafe	Anya Court Care Home
	Lunch Club	Rugby Salvation Army
	CAMEO	Rugby Salvation Army
	Community Meal	Overslade Community Centre
	Rugby Methodist Church	Russelsheim Way
	Men in Sheds	Clifton Road
	Tea and Coffee Morning	The Good Shepherd Newton
	Social chat and Pet Therapy	Thornfield's Bowls Club
	Young at Heart	Rugby Elim Church
	United Reform Church	Hillmorton Road
	Rugby Table Tennis Club	Hill Street
THURS	Rugby Baptist Church	Regent Place
	Rugby Methodist Church	Russelsheim Way
	U3A	United Reform Church
	Brownsover Art Group	Helvellyn Way
	Art at the Alex	James Street
FRI	Rugby Baptist Church	Regent Place
	Fun 54321 Bowls	Thornfield's Bowls Club
	Rugby Methodist Church	Russelsheim Way
	United Reform Church	Hillmorton Road
SAT	Friendship Cafe	Anya Court Care Home
	Craft Club	United Reform Church
	Craft and Chat Group/Saturday Coffee Mornings	Christ Church Brownsover
	Saturday Coffee Mornings	St. John's Avenue
SUN	Re-engage	In service users' homes

SOCIAL GROUPS FOR AGES 50+ IN RUGBY



Last updated: 2025



cdwrugby@warwickshire.gov.uk



07775220821



@RugbyCommunities

We also have a leaflet covering exercise classes for ages 50+ in Rugby – please ask for more info

Name	Where	When	Contact & info
CAMEO Friendship Group for Over 55s	Rugby Salvation Army, Bennfield Road, Rugby. CV21 2AS	Wednesday 1.30 - 2.30 p.m.	Catherine Rand catherine.rand@salvationarmy.co.uk 01788 542 347 Free
Coffee Morning	Rugby Baptist Church, Regent Place, Rugby. CV21 2PJ	Friday 10.30 – 12.30 p.m.	Gill Harrison office@rugbybaptist.org.uk 01788 570 410 Charge for refreshments
Coffee Morning / Community Cafe	Rugby Methodist Church, Russelsheim Way, Rugby CV22 7TB	Tuesday Wednesday Thursday 10 - 12noon	01788 579 068 nathan.falla@methodist.org.uk
Tuesdays Simply Social	The Barley Mow, 64 Main St, Newbold, Rugby, CV21 1HW	Tuesday 11.00-12.00	rugby@simply-social.org.uk 07709 541 641
Community Lunch	The United Reform Church, Hillmorton Road, Rugby CV22 5AD	Friday 12.30 – 2.00 p.m.	Revd Robert Maloney churchsec@rugbyurc.org.uk 01788 819 190 2 course -£5

The Community Development Team produces other information leaflets and posters which may be of interest:

- ❖ Drop-ins for Information, Advice or Support in Rugby
- ❖ Lunch Clubs, Community Cafes & Coffee Mornings in Rugby
- ❖ Job Clubs in Rugby
- ❖ Exercise classes for those aged 50+ in Rugby
- ❖ Parent and toddler groups in Rugby
- ❖ Mental health and wellbeing support in Rugby
- ❖ Connect with English in Rugby
- ❖ Activities and support for people living with dementia in Rugby
- ❖ Rugby Community Cooking Resources
- ❖ Cost of living support in Rugby

These leaflets and posters can be downloaded from our Facebook page www.facebook.com/rugbycommunities

Please email cdwrugby@warwickshire.gov.uk if you would like to sign up for any of our email information bulletins



Do you know about older people's social groups in Rugby?
If so, please email any details through to
cdwrugby@warwickshire.gov.uk or call 07775220821

Note: We provide the information for you in good faith and make every effort to keep it accurate and up to date but we cannot guarantee this and so it is your responsibility to check the accuracy of the information before use. Some of the information may be provided by a third party or have links to external sites. We are not responsible for this content and, again, you need to satisfy yourself that the information is correct. To see how we use your personal data and what your information rights are, please read our overall customer privacy notice at www.warwickshire.gov.uk/privacy which includes the contact details if you have a complaint about your information rights. For general enquiries, contact Warwickshire County Council customer services on 01926 410410

If you spot any errors or amendments to any of the details in this leaflet, please do email cdwrugby@warwickshire.gov.uk or call 01788 533656 to let us know. Thank you!

Name	Where	When	Contact & info
Connexions 	St Oswald's Church, Lawford Road, Rugby CV21 2HR	Tuesday 11.00 – 1:00 p.m.	email: theoffice@smso.org.uk phone: 01788 330440 Free There is a varied programme but always tea, coffee, biscuits and chat! At 12.15 lunch is served for those who want to stay. FREE
Craft Club	United Reform Church 40 Hillmorton Road, Rugby. CV22 5DA	Second Saturday of every month 10:00am - 1:00pm	We're a little group of people who like making things, and all are welcome to join us Please contact 01788 819190 churchsec@rugbyurc.org.uk
Day Centre	The Hoskyn Centre, Hamilton House, 12 Bilton Road, Rugby, CV21 7AB	Monday 10.00 – 3:30 p.m.	For more information please phone Irene on 01788 542397 Lunch and social activities provided £10
Memory Café	Anya Court Care Home, 286 Dunchurch Road, Rugby, Warwickshire, CV22 6JA	1 st Wednesday, 3 rd Saturday of the month 2.00 – 4.00 p.m.	01788 811 976 Free

Name	Where	When	Contact & info
Lunch Club	Rugby Baptist Church, Regent Place, Rugby. CV21 2PJ	Tuesday 12.00 - 2.00	office@rugbybaptist.org.uk 01788 570 410 All welcome to come and share lunch! We serve a 2-course meal and a hot drink for £6.00
3rd Tuesday Club Activities and fun for older folk.		Every 3rd Tuesday of the month at 2pm	
Lunch Club	Rugby Salvation Army Bennfield Road, Rugby. CV21 2AS	Wednesday 12.15 – 1.30	Catherine Rand catherine.rand@salvationarmy.co.uk 01788 542 397 £3.50 Two course meal with tea or coffee
Reengage	Afternoon teas provided in our volunteer hosts' own homes.	Second Sunday of every month 3.00 – 5.00	Elaine 07732 946155 elaine@astrodyne.co.uk Social activity for isolated people aged 75 plus, transport provided.

Name	Where	When	Contact & info
Wednesday Group	The United Reform Church, Hillmorton Road, Rugby, CV22 5AD	Wednesday 2pm – 4pm	01788 535201 churchsec@rugbyurc.org.uk A variety of activities hot drinks and a visit to local places of interest.
Thursday Fellowship	Rugby Baptist Church, Regent Place, Rugby. CV21 2PJ	1st Thursday monthly 2.30 - 4.00	office@rugbybaptist.co.uk Guest speakers
Rugby U3A	United Reform Church 40 Hillmorton Road, Rugby. CV22 5DA	Monthly meetings are held on the second Thursday of each month	Secretary info@u3arugby.org.uk Annual fee £10, plus small charge for each group meeting.
Brownsover Art Group	Christ Church Brownsover 2 Helvellyn Way, Brownsover, Rugby. CV21 1QG	Thursday 1 p.m. – 4 p.m.	Sue Dean- Chair onlymme@gmail.com 07505 107 471 New members are very welcome. £8 per month
Wednesday's Bat and Chat Sessions Rugby Table Tennis Club.	Hill Street Community Centre. Hill St, Rugby CV21 2NB	Wednesday morning. 10 - 11:30	No need to book, and the cost is £5 per session. Everyone is welcome, there is a range of players from those who have never tried before to those who play at a high level.

Name	Where	When	Contact & info
Drop-in Stitches	St. George's Church, St. John's Avenue, Hillmorton, Rugby, CV22 5HR	On the last, Tuesday of each month 2pm to 4pm.	This group meets to knit, stitch and chat over a cup of tea. All welcome.
Tea and Chat	St. George's Church, St. John's Avenue, Hillmorton, Rugby, CV22 5HR	On the 2nd Tuesday of every month, from 2pm to 4pm, in the bungalow, alongside the church.	An informal 'tea and chat' meeting is held. All are welcome. Cost £1 including refreshments. For more information, please email Carol Davies baptisms@stgeorgesrugby.org.uk Or office.rugbyeast@gmail.com or call 07741 804523
Saturday Coffee Mornings	St. George's Church, St. John's Avenue, Hillmorton, Rugby, CV22 5HR	On every 2nd Saturday of the month 10.30am to 12.00pm	Coffee morning and table-top sale in the church hall. For more information, please email Carol Davies baptisms@stgeorgesrugby.org.uk Or office.rugbyeast@gmail.com or call 07741 804523

Name	Where	When	Contact & info
Young at Heart	Christian Fellowship Church 46 Cambridge St, Rugby CV21 3NQ	Young at Heart meet one Wednesday a month from 12pm noon until 2:30pm Please ring or look at calendar for next event https://www.rugbyelim.org.uk/young-at-heart	Over 55's. Enjoy a two-course hot lunch followed by tea and coffee. This is a fantastic opportunity to gather together to enjoy games, good conversation, a lovely lunch and to listen to a short devotion from a guest speaker. Please call Janette Clarke on 07941 034 339. www.rugbyelim.org.uk/young-at-heart
Saturday Learn to bowl	Rugby Thornfield Indoors bowls club Bruce Williams Way Rugby Warwickshire CV22 5LL	Courses every six weeks from September to April (must be pre-booked)	Club Secretary - Bev Fowler 01788 571598/01788 576515email us: info@rtibc.co.uk
Fun 54321		Tues and Friday at 6pm	54321 sessions no booking required, great for people who have learnt the basics.

Name	Where	When	Contact & info
Social chat and Pet Therapy	Rugby Thornfield Indoors bowls club Bruce Williams Way Rugby Warwickshire CV22 5LL	10am – 12pm 1st Wednesday of the month	Health Exchange sessions drop in for social interaction, social prescribing and sign posting. https://www.healthexchange.org.uk/services/social-prescribing/social-prescribing-coventry-rugby-and-north-warwickshire/
Rugby Gardener's Guld.	Rugby Thornfield Indoors bowls club Bruce Williams Way Rugby Warwickshire CV22 5LL	Meets every 3rd Tuesday of the month	Please contact Rugby Gardener's Guild for further information about joining. https://www.rugbygardenersguild.co.uk/
Weekly Social Club	Hillmorton Ex-Service Men's Club, High St, Hillmorton, Rugby CV21 4EH, UK	Every Thursday 1-4pm	A weekly social club for members aged 55 and over. Come and take part in games such as bingo, raffles and take trips on our social days out. For more information on our Over 55's Social Club contact Josie on 07913 664512 or email josie.hellan@ntlworld.com

Name	Where	When	Contact & info
Craft and Chat Group	Christ Church 2 Helvellyn Way, Brownsover Rugby CV21 1QG	We meet on some Saturdays at Christ Church from 10am-4pm	Like to craft? Would you like to meet like-minded friends to chat and swap ideas? If you would, this group is for you.
Drop in tea and coffee morning	The Good Shepherd Newton Road Newton Rugby CV23	Every Wednesday between 10.30am - 12.30pm	Enjoy a cuppa and a chat
Tuesday Teas	Townsend Memorial Hall 1 Lilbourne Rd, Clifton upon Dunsmore, Rugby CV23 0BD	Tuesdays 10.00am – 11:45pm	The chance to meet and socialise Includes tea or coffee, and a toasted tea cake or cake. Cost: £2
Hillmorton Hub	Rogers Hall Deering's Road, Hillmorton, CV21 4EN	Every Thursday at 9 a.m. for 3 hours	Pop-in for a chat and a drink. We will have a café area with drinks and cakes, an area for babies and children, some craft activities, computers with internet access, and people who are happy to chat and provide whatever support they can.