

Feel Good Fest

Connecting communities to
live healthier, happier lives



EVENT GUIDE

www.stratfordtowntrust.co.uk

**CROWNE
PLAZA®**
— BY IHG —
Stratford-upon-Avon



Give it a go sessions

Below you can find some of the activities to get involved with throughout the day

Timed sessions:

10.30 & 11am Yoga with Sophie, meet in the Hidcote Room.

1pm Guided walk of Stratford-upon-Avon Local Nature Reserve with Warwickshire Wildlife Trust. Meet in the foyer.

Activities throughout the day, in the Ballroom:

Demonstrations from **Heart of England Woodturners**.

Creative arts with **Escape Arts**.

Tudor object handling with **Shakespeare Birthplace Trust**.

Music from **Orchestra of the Swan**.

Keeping active games station with **Everyone Active**.

Sensory area, toys & crafts with **Stratford Family Club**.

Basic sewing with **Hathaway Quilters**.

All things hedgehogs with **Forest of Hearts**.

And MORE!

Five ways to wellbeing

**Welcome to Feel Good Fest! We hope you have
an enjoyable and uplifting day!
This guide tells you who you can visit today.**



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

Bungee fitness
Anytime Fitness
Park Run
Everyone Active
Athletic club



TALK & LISTEN,
BE THERE, FEEL CONNECTED

Lifeways
VASA Community Transport
The Stour Health & Wellbeing Partnership
Kissing it better
Homestart
Warwickshire Reminiscence Action
Project (WRAP)
Wellbeing for Warwickshire
Carers Trust HofE
Stratford Library
Veteran Contact Point
Parenting Project
Stratford Fibro Friends
Support group for Ehlers Danlos Support
(EDS)
Parenting Neurodiverse Teens
Escape Arts
Orbit
Eco Work-shop
Stratford Family club
YMM





Warwickshire & Solihull Community &
Voluntary Action (WCAVA)
Stratford Foodbank
Shakespeare Lions
SWFT charity
Warwickshire County Council
Warwickshire Parent Care Voice
Shakespeare Hospice
Stratford Town Trust



Menopause Knowledge
Warwickshire Vision
Holy Trinity
NHS talking therapies
Warwickshire Wildlife Trust (WWT)
Healthwatch Warwickshire
HCRG Care Group Limited



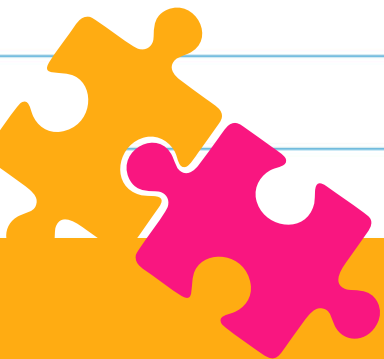
Stratford Guild of Weavers, Spinners
and Dyers
Citizens Advice South Warwickshire
(CASW)
Everyone Health
Shakespeare club
Brook Arts
Hathaway Quilters
Shakespeare's Birthplace Trust
Heart of England Woodturning Club
Forest of Hearts



NOTES



Following this event, I pledge to...



thank
★ you ★

Thank you for coming to Feel Good Fest!





Your Feedback

Please complete this form, tear off and leave with one of the team or pop in a feedback box.

These questions can also be found online via the QR code below. Providing feedback will enable us to offer an even better 'Feel Good Fest' next time! Thank you.

Do you live, work or study in Stratford-upon-Avon? **Yes** **No**

Did this event help you feel more connected to your community? **Yes** **Maybe** **No**

By attending this event, I'm now more aware of:

- *What's happening in the local community*
- *What advice and support is available, and how to access the services*
- *Ways to keep healthy*
- *How to get involved or give back*

☐☐☐☐

Please provide your contact details if you would like to receive follow up information from the event organisers.

Name:

Email:

Data Protection – Your feedback will be shared between the event partners; Stratford Town Trust, NHS and WCAVA who are committed to taking good care of your personal data. For more information about how each partner's data privacy please see their websites.

SCAN ME

