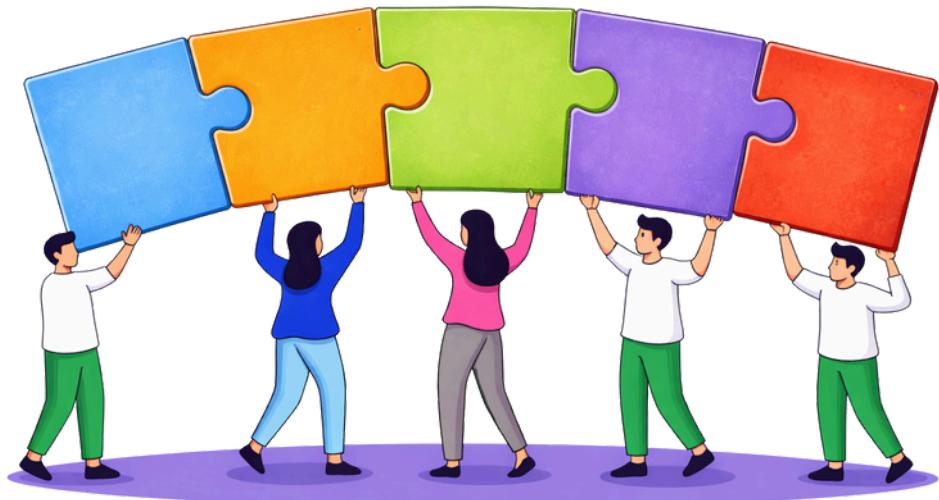


# Feel Good Fest

Connecting communities to  
live healthier, happier lives



## EVENT GUIDE

[www.stratfordtowntrust.co.uk](http://www.stratfordtowntrust.co.uk)

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



 **Stratford  
Town Trust**  
creating a vibrant and  
connected community  
CELEBRATING 25 YEARS

WARWICKSHIRE & SOLIHULL  
**CAVA**   
COMMUNITY & VOLUNTARY ACTION

**NHS**  
South Warwickshire  
University  
NHS Foundation Trust

# 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.



Bungee fitness  
Anytime Fitness  
Park Run  
Everyone Active  
Athletic club



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  
Warkwickshire 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

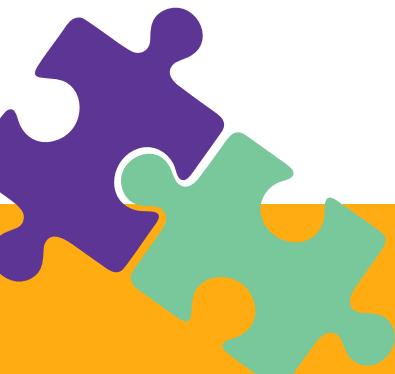


**Following this event, I pledge to...**



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:**

**SCAN ME**

**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.

