

Citivism

News, features and updates about what's happening in the city

Summer 2022



• A personal message from Cllr George Duggins, Leader, Coventry City Council.

One Coventry approach

Now, more than ever, organisations need to work as one to improve the city.

We have recently outlined our One Coventry Plan for the city which focuses on tackling inequalities, stimulating prosperity, and making an impact on climate change.

These are ambitious objectives that businesses, voluntary groups, public sector organisations and the public can all get involved in.

With the cost of living having an impact on us all – especially the most vulnerable families and individuals in the city – together we need to ensure that people have access to the support available. Some of that support is highlighted in this edition of Citivism.

We also explain how we are buying former Houses in Multiple Occupation to turn into family homes for people who are homeless, what our family hubs offer, as well as our efforts to tackle fly-tipping.

Also, the fabulous Guildhall reopens this summer, while we also host the Birmingham 2022 Commonwealth Games, the International Children's Games and the return of the Godiva Festival – plus lots of other events.

We know that life is full of challenges but despite this I do hope that you and your friends and family will be able to enjoy some of the free activities and events on offer to you – in your city - this summer.

Written and designed by Coventry City Council's Communications Team.

Help us to shape the future of the city

We all have hopes about what the city could be like in the next eight years and that's why the Council wants to get the views of everyone who lives, works or studies in the city about its new One Coventry Plan.

The One Coventry Plan outlines what the Council believes its vision and priorities for the city should be up until 2030. The best opportunities for Coventry can only be achieved by all of us working together.

Key to this will be tackling inequalities and improving the lives of communities; increasing prosperity for people; and tackling the causes and impact of climate change.

Cllr George Duggins, Leader of Coventry City Council, said:

"The Plan is being refreshed to ensure that it reflects the emerging priorities for the Council, residents, local communities and the city for the coming years.

"A joint approach will make the biggest and most impactful difference to the lives of Coventry people and we want to hear what people have to say."

But what do you think? Are these things important to you?

Visit coventry.gov.uk/ocp to find out more about the One Coventry Plan and give us your views on our priorities by filling in our short survey.



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Looking ahead to the summer

There are many things to enjoy in the city this summer that won't cost too much.

Whatever you are looking to do, find out about the Go CV card, a free scheme for city residents who can benefit from offers and discounts on events, activities and attractions.

Visit go-cv.co.uk for details

Access to faster broadband for 100,000 homes

Thousands of residents in Coventry can now enjoy affordable, reliable full fibre broadband from a range of internet service providers.

Coventry is the first location to pass the 100,000 homes mark since CityFibre, which is a key partner with the Council, started its nationwide roll-out of full fibre broadband.

Construction began on the £72.5m project in November 2018 and CityFibre has since laid almost 1,500km of dense full fibre infrastructure across the majority of the city.

In Ofcom's latest Connected Nations report, Coventry was ranked second in the UK for its digital connectivity.

The full fibre network currently services every building run by Coventry City Council, as well as its traffic management systems, CCTV systems and public WiFi across the city centre.

Cllr Richard Brown, Coventry City Council Cabinet Member for Finance, said:

"Access to a better and faster digital infrastructure is making a massive difference to local people and businesses."

Visit cityfibre.com for details





Fly-tipping warning card

A new fly-tipping warning postcard is being delivered in neighbourhoods where the Council has dealt with issues of dumped waste.

The postcard is being delivered to residents in neighbourhoods where the Council has recently caught people fly-tipping, to encourage households to get in touch anonymously if they witness any further incidents.

Cllr Abdul Salam Khan, Cabinet Member for Policing and Equalities, said:

"We are getting tougher on fly-tipping and want to ensure that residents know that our enforcement officers are working actively in the city."

"We want people to know where we have taken action and when we have successfully caught the culprits."

"We know the vast majority of people dispose of their waste responsibly and get frustrated when they see other people flout the law."

"It's about having a two-way line of communications between ourselves and the public."

"The more evidence we can get the more success we have."

Fly-tipping is a criminal offence, and people will be prosecuted once evidence is gathered.

Anyone can report fly-tipping anonymously by going to coventry.gov.uk/flytipping or calling 08085 834 333.

The website also has advice on disposing of bulky waste.

Reducing the risk of becoming homeless

Coventry City Council has welcomed seven new staff to work in its homelessness prevention service.

The officers are joining a team that is part of the wider Housing and Homelessness Service. Their main role will be to work with people who are at risk of becoming homeless or are already homeless.

They will work to solve a wide range of issues, including those between tenants and landlords to help support people in staying in their existing property.

The service is most commonly used by people who have been evicted from private rented accommodation, people who can no longer stay with family or people who are victims of domestic abuse.

More people are being helped. Last year the Council prevented 1,149 people from becoming homeless compared to 552 in 2019/20.

Cllr David Welsh, Cabinet Member for Housing and Communities said it is a key part of the local authority's strategy to address homelessness and welcomes the appointment of the new officers.

Cllr Welsh said:

"Our housing officers are working really hard to help local families and individuals remain in their home especially when people are facing a crisis, whether it is the threat of eviction or debt issues."

He added:

"That's why we can't be complacent, and I'm delighted we have recruited the new officers, they are a really important addition to the team."

Plan to turn HMOs into houses for homeless families

The Council is buying properties that are currently houses in multiple occupation as part of a plan to turn them into three and four bedroom family homes.

Fifty houses will be purchased in the coming months and the plan is to target neighbourhoods where there is a high proportion of HMOs.

The aim will be to refurbish the HMOs, turning them into good quality temporary larger accommodation for families that find themselves homeless,

and are in desperate need of a property.

The news will offer reassurance to communities too, who are often affected by the negative impact of high numbers of HMOs.

It will offer hope for large families and help ease some of the pressures facing families



without a roof over their head.

The programme will help provide the best possible support to people and families, providing the right accommodation to match housing need.

No excuse for abuse

Council launches campaign to cut down on violence against staff

Coventry City Council has launched a new campaign, reminding people there's 'no excuse for abuse' in any form.

Abuse towards Council employees during their work – both physical and verbal – is a growing concern, with over 750 incidents since 2019/20.

Recent incidents have included people threatening to spit at staff to pass on COVID, and one officer being threatened with a machete.

The campaign carries a clear message that police will be notified of any offences and the

Council will look to prosecute those who cross the line.

Cllr George Duggins, Leader of the Council, said:

"We are there to help and support the people of the city and we thank the vast majority of those for the way they work with us, but the message to the abusive minority is now clear – we will inform police and we will look to prosecute where possible."



Swinging into action at new play area

A new children's play area, has been opened at Coombe Abbey Park. Hundreds of younger children have been trying out the new wooden play area which includes, ladders, bridges, slides, swings and talking tubes among many other interesting attractions.



The natural outdoor play area is next to the park's visitor centre and replaces the previous play area which was at the end of its life and proving too costly to maintain.

The park welcomes around 450,000 visitors per year and the play area was in need of a refresh.

The designers have also recycled previous equipment,

including slides, and have created a zip line for toddlers.

Cllr Abdul Salam Khan, Deputy Leader of Coventry City Council with responsibility for parks, said:

"Coombe is a great family attraction on the edge of the city, and this new play area has had a first-class makeover."

"It's a great design and really complements the park environment, and kids are enjoying the experience."

Simon Egan, from CAP.Co, the contractors for the attraction, added:

"The whole process of getting it designed, built and open has been fantastic and we have enjoyed working alongside the team from Coventry City Council."



Bands in the Park FREE EVENTS

2pm - 3.30pm
(unless otherwise stated)

- **Sunday 17 July**
Allesley Hall
CITY OF COVENTRY BRASS
- **Sunday 24 July**
Longford Park
DAYSRING STEEL PAN BAND
- **Sunday 7 AUG**
War Memorial Park (by the aviary)
BUNNY BURROWS BIG BAND
- **Sunday 14 August**
Spencer Park (by the tennis courts)
CUBBINGTON SILVER BAND
- **Sunday 21 August**
Nauls Mill Park
NON STOP BOP BAND
- **Sunday 11 September**
Caludon Castle Park
PHOENIX ROCK N ROLL BAND

coventry.gov.uk/bandsinparks

St Mary's Guildhall to reopen this summer

Discover 700 years of power, propaganda, and partying right in the heart of Coventry's historic Cathedral quarter this summer.

Following a major transformation and restoration programme, St Mary's Guildhall will offer visitors a new immersive experience with cutting edge interpretation and hands-on activities. Visitors will also have the opportunity to explore the newly uncovered medieval kitchen - one of the best preserved in the country - which is fully accessible for the first time in almost 100 years.

The transformation was made possible with the support of the National Lottery Heritage Fund thanks to National Lottery players, and through the Cultural Capital Investment Fund resourced by Coventry City Council, Arts Council England, and the Government's Getting Britain Building Fund through Coventry and Warwickshire Local Enterprise Partnership.



To see opening times, ticket prices and what's on, visit stmarysguildhall.co.uk

New bistro at Memorial Park

Three new outlets are bringing added flavour to the War Memorial Park.

Coombe Abbey Park LACo, working with No Ordinary Hospitality Management (NOHM), has revamped two existing cafés on site and added a new ice cream kiosk at the heart of the park.

Twenty new jobs are being created for local people.
Cllr Abdul Salam Khan, Deputy leader of Coventry City Council with responsibility for parks, said:

"The War Memorial Park is a wonderful venue that people of all ages can enjoy, and the new cafes and ice cream kiosk will provide a great offer."

For details warmemorialparkbistro.co.uk and sundae-club.co.uk

Cost of living – where to get support and advice

With more families and individuals struggling with increasing costs of food and electricity and gas bills, we want those in most difficulty to know where to find free advice and support. Here we outline some of the help available.



Worried about affording food?

Coventry Foodbank offers **FREE support** on **024 7699 3770**. Social Supermarkets offer heavily discounted food parcels, typically about £20 worth of food for a cost of a £5 membership. Find your nearest hub at coventry.gov.uk/costofliving and check the social supermarkets page.

Healthy Start Scheme

The **Healthy Start Scheme** provides funds worth £4.25 per week to pregnant women and children (0-4 years) who are in low-income families, as well as to all pregnant women under the age of 18.

Funds can be used to purchase fruit, vegetables, milk and infant formula.

To find out more visit healthystart.nhs.uk

Other support with food and energy costs

If you have school-aged children you may be eligible for **FREE school meals**. Call the Council on **024 7683 3773** or email freeschoolmeals@coventry.gov.uk You can also check our schools summer holiday activities and food programme at coventry.gov.uk/haf

The **Household Support Fund** is designed to be used to support households in the most need, particularly those including children and pensioners who would otherwise struggle with buying food and household essentials, and/or paying energy and water bills. Support could include awards towards energy costs, food parcels, essential white goods and other household essentials.

Call the Council on **0808 583 4333** or visit coventry.gov.uk/householdsupportfund where you can fill in an online request for help and support.

Act on Energy – a local charity has also been helping people with their energy concerns for over 20 years.

For details call **FREE** on **0800 988 2881** for more information – or email advice@actonenergy.org.uk

Need help with benefits?

People on a low income, Universal Credit or Job Seekers Allowance could get their council tax bill reduced. To make a claim visit coventry.gov.uk/counciltaxsupport or email benefits@coventry.gov.uk

Also check for advice at coventry.gov.uk/council-tax-benefits

Pension Credit

Did you know that a third of people entitled to pension credit do not claim? The process to apply for Pension Credit is straightforward. A friend or family member can call for you if you cannot use the phone on the Government's Pension Credit claim line on **0800 99 1234** or by textphone on **0800 169 0133**.

Struggling to pay rent?

You may be entitled to a discretionary housing payment. Contact the Council on **024 7683 3773**. An application form is available at coventry.gov.uk/dhp

Central England Law Centre

If you have been issued with court papers for rent arrears or are struggling to pay your rent then Central England Law Centre solicitors can help you.

Contact housingenquiries@centrallenglandlc.org.uk or call **024 76 223 053** and ask for housing help. Further free legal help and advice visit centrallenglandlc.org.uk

More benefits, money, and debt advice is available from:

Citizens Advice Consumer Helpline on - **0800 144 88 48**

Citizens Advice can provide help with debts, benefits, housing and employment issues on the advice line above. For help making a new claim for Universal Credit call the **national Citizens Advice help-to-claim phone line** on **0800 144 8444**.

Coventry Independent Advice Service

Get help with benefits or debt problems. The website, covadvice.org.uk/advice has a self-help page for links to online information and details of other services in Coventry. You can get advice at any time by using the online enquiry form - or the 'live chat' feature - also accessible via the website.

Telephone numbers **07923 126426** or **07923 126430** are open 9am to 7pm each weekday (except Wednesday afternoons when lines close at 1pm).

Warning

Stay away from loan sharks

More than a million people could be in debt to an illegal money lender in England.

The England Illegal Money Lending Team investigates and prosecutes illegal money lenders while supporting those who have borrowed money from a loan shark.

www.stoploansharks.co.uk or call **0300 555 2222**.

Scam awareness

For help to spot, stop or report scams visit the Council's website at coventry.gov.uk/scams or call the Citizens Advice consumer helpline on **0808 223 1133**.

Targeting help to increase family income

The Council will be writing to households facing the most difficulties with the increasing costs of living to look at how they can urgently be supported.

It may be families who are struggling with rent arrears or debt issues or who could access free school meals or support with council tax payments.

Or it may be older people who are not getting the full Pension Credit support they could be receiving.

Families contacted will be helped so that they can increase their income.

The Council wants to discuss cost of living pressures with people to get a better picture of the help they need, and also to help shape future Council services.

If you receive a letter and have any concerns that it may be a scam please contact us on **0808 583 4333** or visit coventry.gov.uk/costofliving

Help can also be found at coventry.gov.uk/costofliving



Birmingham 2022 Commonwealth Games is coming to Coventry

Get your tickets now!

The Birmingham 2022 Commonwealth Games takes place from **28 July – 8 August** and there's still time to grab tickets for the events in Coventry! Judo, wrestling and rugby 7s will all be taking place at **Coventry Arena and Stadium**, and ticket prices start at just £8 for under 16s and £15 for adults. Visit birmingham2022.com/tickets for more information.

Celebrate the Queen's Baton Relay

On **Thursday 21 July**, the **Queen's Baton Relay** travels through Coventry, with a celebration taking place in the city centre. A number of free activities and performances from artists of commonwealth heritage will be held in Broadgate, including dance troupe Chitrakalaimanram, poet Emilie Lauren Jones and rapper John Bernard. Find out more about the Queen's Baton Relay at birmingham2022.com/queens-baton-relay

Get Set for the Games - information for residents and businesses

As the region Gets Set for the Games, the city is expected to be busier than usual. Local traffic and public transport will be busy and road closures will be in place on the days that Coventry Arena and Stadium is in operation. The latest information for residents and businesses can be found at birmingham2022.com/getset

Support Team Coventry at International Children's Games this summer



International Children's Games will be taking place from 11 - 16 August in Coventry

More than 1,500 young athletes will compete, with children from five continents taking part.

Over 85 young athletes from the city will form Team Coventry which is sponsored by Bericote Properties and Glencar Construction. They will be competing in all seven sport categories: athletics, basketball, climbing, football, swimming, table tennis and tennis.

Spectators can support and cheer on Team Coventry from The Alan Higgs Centre, Coventry University and University of Warwick, where the Games will be held.

To find out more information about the event and spectating, visit coventryicg2022.org

GODIVA
FESTIVAL 2-4 SEPT 2022

Festival headliners



Top name acts and the latest rising stars from the Coventry music scene are heading to the Godiva Festival this September.

Headlining on the Friday night will be British rock superstars, **The Libertines**. They will be joined by up-and-coming Coventry indie outfit **Idle Noise** and Ukrainian folk fusion band **Cov Kozaks** as the festival kicks off in style.

Tom Grennan will be the Main Stage headline act on the Saturday joined, by indie rock trio **The Subways**, pop superstar **Katy B**, hip hop duo **A1 x J1**, dance pop favourite **Gracey** and Coventry icon **Neville Staple From The Specials**.

On the Saturday, the second stage will see the return of **Reflection** presents **Daylight Robbery**. Headlined, by a bass heavy performance from Australian dance superstar **LUUDE**.

Bananarama will be performing their catalogue of pop mega hits when they headline the Main Stage on the Sunday. They'll be joined by award winning rock band **The Feeling** in addition to **The Craig Charles Funk and Soul Club**.

For the full line-up visit godivafestival.com/lineup or for all things Godiva Festival [Twitter](https://twitter.com/Godivafestival) [Facebook](https://facebook.com/Godivafestival) [Instagram](https://instagram.com/Godivafestivalofficial) [@Godivafestivalofficial](https://godivafestivalofficial.com)

Get your tickets for Godiva Festival

Coventry's flagship festival returns to the War Memorial Park this September, and you can get your tickets right now for as little as £6.

The much-loved event, from **Friday 2 to Sunday 4 September**, once again promises incredible live music as well as creative and interactive family-friendly entertainment.

Discounted advance tickets are currently available for the festival, with **Advance Weekend tickets** at just **£25** and day tickets starting at **£6**. Concession rate and family tickets are also available.

To see the full line-up and to buy your tickets, visit godivafestival.com/buytickets

Visit our Family Hubs – there’s so much going on



Do you know that Coventry has eight family hubs situated across the city that are open every weekday?

All families are welcome to go along, access services, get advice and support and ask for any help that they might need. They are also great places to have fun, learn and develop new skills – for all the family.

Each Family Hub has a timetable of events, group activities and services, all provided free of charge. They also offer a range of fun activities for children and adults

to enjoy together, especially in the school holidays – like our recent Jubilee events.

For help and advice, call in in person, phone, or visit online. You can talk to experts from a range of services, such as housing, early help, health visitors and midwives, and get help accessing many others there to support you and your family.

Visit coventry.gov.uk/familyhubs. Find us on Facebook too.

Support for new parents

Having a baby is a big life event. It’s natural to experience a range of emotions during pregnancy and after giving birth/becoming a new parent.

If mental health problems occur during pregnancy or in the first year following the birth of a child there is help available.

Whether this is help from a midwife or the local community, through to more dedicated mental health support. Details are available at CWPT mental health support pages covworkpt.nhs.uk/mental-health-support-in-pregnancy-and-after-birth

House Project celebrates first graduates

Coventry’s pioneering House Project to help young people leaving care is celebrating its first anniversary – with a graduation party.

The new scheme supports young people as they build confidence and gain independence while living in their own home.



Young people leave care between the ages of 16 and 18 without the financial and emotional support of family and the House Project aims to help fill that gap.

The House Project in Coventry works with Citizen Housing to identify suitable properties and a group of around 12 young people aged 16 to 17, were the first through the doors, 12 months ago.

For the past year they have learned about day-to-day tasks such as cooking, money and bills, personal safety and finding out how to shop smartly.

They have also been helped to build links with local employers and training providers, attended

conferences, heard from guest speakers and raised money for the homeless.

Cllr Pat Seaman, Cabinet Member for Children’s Services, said:

“The House Project is such a wonderful idea and it really has been a great success.

“The young people have all worked very hard and they have shown maturity and a determination to move on and start to build their lives. They should be very proud.

“Now we are ready to welcome our second intake, and we wish our graduates every success and happiness in their new homes.”

Wellbeing for Life

Pick up health and wellbeing tips wherever you are on life’s journey. For a one-stop self-help resource visit wellbeing4life.co.uk



Interested in fostering? We’re here to help!

We know that lots of people think about fostering but are often unsure on where to start, or how it all works.

That’s why we really like to chat to people about what fostering is and what it means to be a foster carer.

That way you can learn about the training, support and financial package available and decide whether you think

FOSTER FOR COVENTRY

fostering could be right for you.

So get in touch today and we can talk you through how fostering works and what we do to support you throughout your fostering journey.

Visit coventry.gov.uk/fostering or call 024 7683 2828.



Talking about Coventry

A new podcast has launched which looks at some of the main issues Coventry faces, including rough sleeping, climate change and city centre development.

Aaron Ashmore, owner of local business Etch & Pin, has teamed up with Coventry City Council to release 'The Cov Pod' – a regular

podcast to raise awareness of the work taking place across the city and to correct some long-standing myths along the way.

New episodes are regularly released, with interviews tackling issues and topics seen in the city and with notable people from Coventry discussing their relationship with the city and what they hope to see in the future.

Aaron said:

“Podcasts are an ever-growing medium and I am delighted to be collaborating with the Council by covering some of the themes affecting the people of the city.

“Both the Council and I agree that the podcast should feature both the good in the city plus the areas that could be improved. This will be an opportunity for listeners to find out more about why decisions are made locally and the effect on those impacted by them.”

Visit thecovpod.co.uk to hear the first episodes of the podcast and subscribe to future episodes.

Get involved in adult social care

If you have experience of adult social care services, are a carer for an adult, or work for a voluntary organisation in adult care, then you may be interested in being a part of the adult social care stakeholders' group.



The group meets every other month to discuss new developments in adult social care and plays an important part in influencing future improvements to services.

If you'd like to find out more or would like to attend its next meeting please email GetInvolvedasc@coventry.gov.uk



City's first Urban Forestry Strategy

Residents are being invited to take part in a consultation on Coventry's first Urban Forestry Strategy.

The strategy recognises the value of trees in tackling pollution, increasing wildlife habitats, and for people's health.

Cllr Patricia Hetherington, Cabinet Member for city services, said:

“This strategy is a first for the city and lays out how we want to plan to not only maintain the existing trees we have in the city, but also how we want to grow our urban forest.

“The pandemic showed us just how highly people value trees, parks and greenspaces, which are so important to us. We really want to encourage people to comment and feedback on the plans so we can continue to help build spaces that people love and enjoy.”

The consultation will be online at coventry.gov.uk/UFSC until 22 July.

Your local everything app experience is on its way.

Signup and be the first to be notified when the Go CV App is ready to download.

www.go-cv.co.uk



New discount app

Coventry residents are set to be able to take advantage of even more discounts and early bird tickets when resident scheme Go CV launches an app.

The app will enable every Coventry resident who downloads it to access a wide range of offers on the go. But, also for the first time it will give every Coventry business owner the opportunity to promote their business for free.

Ahead of the summer launch to residents, businesses are invited to register on the app as part of the Council's commitment to continue supporting local business, as well as providing discounts for local people.

They will be able to run promotions and campaigns via the app, helping them to reach new customers, and can register at go-cv.co.uk



Afternoon tea at Lady Herbert's Garden in Coventry city centre



Lady Herbert's Garden afternoon tea

The new-look Lady Herbert's Garden in Coventry is once again hosting its popular afternoon tea this summer.

Historic Coventry Trust has been working with Coventry City Council to transform the 91-year-old garden in the city centre with extensive planting.

Francesca Marsland, Heritage Engagement Coordinator at Historic Coventry Trust, said they had been working with Coventry City Council and volunteers to carry out new planting in the garden over the last few months.

"The work has been inspired by the original 1930s' planting plan and we think Lady Herbert's Garden is now looking lovelier than ever."

"Now that the current programme of work has nearly finished and to celebrate the site's amazing heritage, we thought it was the perfect time to organise our afternoon teas for 2022."

The next two teas are running on **Sunday 31 July** and **Sunday 28 August**, with sittings at 12noon-1.30pm and **1.30pm-3pm**.

The Trust is organising more afternoon teas in collaboration with Esquires Coffee.

Booking is essential at historiccoventrytrust.org.uk/whats-on/lady-herberts-afternoon-tea/

Friends, Romans and Coventry men and women....



The Lunt Roman Festival is taking place on Saturday 16 July and Sunday 17 July and will give visitors the chance to see Roman and Iron Age warriors in action as reenactment group The Vicus takes to the arena.

The event is open from 10am-4pm each day. Limited tickets will be available on the day, but visitors are encouraged to book in advance. **Tickets are £12 for adults and £6 for concessions.**

For ticket details visit luntromanfort.org



Assembly Festival Garden

After being part of the City of Culture celebrations in Coventry last summer the Assembly Garden is back.

There is lots happening throughout this summer, with a new programme of some of the most exciting theatre, comedy, circus, children's shows, music and more.

Why not give it a try? Details are available at assemblyfestivalgarden.com/whats-on



heritage open days

City treasures on view

Heritage Open Days in Coventry take place from Friday 9 to Sunday 18 September, celebrating the city's rich culture and heritage.

There are amazing spaces, venues and groups, some well-known and some hidden gems, taking part.

Among them will be the Grade 1 listed 14th Century

Charterhouse, one of only nine Carthusian Monasteries ever built in Britain. The Priors' House includes nationally important medieval Tudor and wall paintings (see photo above).

For up-to-date information on the open days visit coventry.gov.uk/hod

Reaching for the sky at Sports Fest

The **FREE**, six-day Sports Fest event will be back for its 10th anniversary in Broadgate from **Tuesday 26 July – Sunday 31 July, 10am-4pm**

It will celebrate a wide range of sports and wellbeing activities that are suitable for all ages and abilities.

Follow us on

[@CoventrySport](https://www.facebook.com/CovSport) [@CovSport](https://www.instagram.com/CovSport)

