

BRAUNTON & SURROUNDING AREAS



Welcome to the **LIVE WELL IN BRAUNTON** **ADULT SPORTS & ACTIVITY DIRECTORY**

Braunton and its surrounding areas have many activities for you to take part in.

This Directory not only covers sport, but has a selection of clubs and organisations and Health & Wellbeing initiatives that bring the community together.

We have been fortunate to get funding from **Rotary Club of Braunton & The Vivian Moon Centre** to help cover the cost of printing this publication.

We hope that you enjoy looking through the directory and find something that you have always wanted to do.

Details for activities may change, please do contact the organiser beforehand to confirm

The directory is not exhaustive and there are new groups starting all the time - check the Live Well website and local social media for the latest news.

www.livewellinbraunton.co.uk

Our grateful thanks to Trish Parsons who compiled the original directory in 2018.



ABOUT LIVE WELL IN BRAUNTON

***Supporting people to live healthier
and happier lives***

LWIB was founded in 2017 by local GP, Dr Hill.
We have been fortunate to have been awarded a
National Lottery Grant, funding a 3 year project.

We work very closely with our local GP Surgery at
Caen Medical Centre providing 1 to 1 support for
individuals via our social prescribers.

We are also engaged with most of the voluntary
and statutory organisations and groups across the
area, supporting existing projects, helping to
identify gaps in what is available locally and
bringing people together to fill them.

GET IN TOUCH

Community Developer

connect@livewellinbraunton.co.uk

Volunteering, Marketing and Admin

support@livewellinbraunton.co.uk

Social Prescribers/Wellbeing Team

can be reached through Caen Medical Centre on
01271 818030





BRAUNTON COMMUNITY GARDEN



Nestled at the Vole at Braunton Academy, our Community Garden is a welcoming space where people of all ages and abilities can come together & grow fresh produce, connect with nature & enjoy the benefits of outdoor activity. Whether you're an experienced gardener or a complete beginner, there's a place for you to get involved, learn new skills, and make friends. Join us as we nurture not just plants but also our community's wellbeing!

Open most Saturday mornings from 10am and for other days and times to be added soon, please look at the Community Diary on our website.

Contact

connect@livewellinbraunton.co.uk

07751 313661



LWIB VOLUNTEER HUB



We have launched a new Volunteer service to anyone with short term needs, outside of the home.

Do you need a short walk buddy, shopping collecting or light gardening?

If so we can help!

Contact your

Social Prescriber or contact us direct:

support@livewellinbraunton.co.uk





Live Well in Braunton
Connecting the Community

Registered CIC No. 12537325



BRAUNTON
COUNTRYSIDE
CENTRE

WELLBEING WALKS

Fortnightly led FREE Wellbeing Walks

Followed by FREE hot drinks

From the entrance of

Braunton Countryside Centre

**Wednesdays 10.15am (for a 10.30am start) until 12pm
with time after for a cup of tea or coffee and a chat**

March

12th, 26th

April

9th, 23rd

May

7th, 21st

June

4th, 18th

July

2nd, 16th, 30th

August

13th, 27th

September

10th, 24th

October

8th, 22nd

November

5th, 19th

Dec tbc

WHO ARE THE WALKS AIMED AT?

People who want to increase their daily steps, improve fitness & health or those who are slowing down or want to lose weight. Slower paced walks to help you take the first step to a healthier life, reduce isolation, and meet new people.

**MOBILITY SCOOTER AND FRAME WALKERS WELCOME,
HOWEVER YOU **MUST** BE COMPETENT IN THE USE OF
EQUIPMENT, AND MOST IMPORTANTLY HAVE A
CHARGED BATTERY!**

For more details - contact

connect@livewellinbraunton.co.uk

BRAUNTON COUNTRYSIDE CENTRE

Caen St Car Park

Located in the heart of Branton village, the Branton Countryside Centre is open every day during the summer, excluding Sundays.

It is operated by volunteers and strives to spread knowledge about the local biodiversity, and the stunning North Devon environment.

It's great to visit the centre to learn more about the area you're in, get suggestions for places to go, and participate in some of the many engaging nature-based activities on offer.

Our aim is to increase and enhance the awareness of the area with the goal of assisting more people in accessing nature.

We have weekly wildlife walks coming up every Wednesday evening at Branton Burrows in June & July, monthly bird walks and nature talks, with a range of other nature-based events too!

Open

April-October: Monday to Saturday
10am—4pm

November-March: Tuesday to Saturday
10am—4pm

Free Admission

Contact

01271 817171

www.brantoncountrysidecentre.org



BRAUNTON LIBRARY

Chaloners Rd

We are a charity run by Libraries Unlimited.

Contact Anna Woods

01271 812808

braunton.library@librariesunlimited.org.uk

Open 6 days a week

Free membership

Mini Readers - Monday 10.30 - 11.15am

Coffee and Crochet - Every other Monday, 2 - 4pm

Tuesday Lego Club - Tuesday 3.30 - 4.30pm

Stay and Play - Wednesday 10 - 11.30am

Creative Writing - Second Wednesday every
month 1 - 3pm

Stay and Play - Thursday 9.30 - 11.00am

Art Box - First Friday of the month 3.30 - 4.30pm

Playmobil Club - Every Saturday 10.00 - 12.15pm

Braunton Library has many more activities
throughout the year and we also offer printing,
scanning and photocopying.

BRAUNTON COMMUNITY LAND TRUST

Braunton CLT is a community led initiative
seeking to provide rental accommodation at
socially affordable rents to those in need of
housing with a connection to the village.

To find out how you can get involved, visit
www.brauntonclt.com



ASK FOR JAKE

Ask for Jake is a local charity run by a team of dedicated volunteers who work to raise awareness of challenges and improve the mental health of the local community.

We do this by offering Peer-to-Peer support, signposting to services and specialist organisations and providing training opportunities.

Fortnightly Mens Hub: Wednesdays 6.30-7.30pm

**Fortnightly drop in talks: Saturdays
10am-11am**

Monthly coffee mornings

Information is on the door of the Hub and via Facebook or by emailing:

info@askforjake.org.uk

The Ask for Jake Hub can be found
In South Street
between Dancing Feet and the Travel agency



CHAIR YOGA WITH LOUISE POUNDS

Christ Church - Wednesdays 3.30pm-4.30pm
St Brannocks - Tuesdays 6pm-7:15pm Regular Yoga

Contact

louisepounds@btinternet.com

SIGN LANGUAGE LESSONS

Vivian Moon Centre

Last Monday of the month 6-8pm

All welcome at £20pp

Refreshments available

Contact

Amy Tuson 07975 587857

VISTA WELLBEING

Vista Wellbeing offers specialist and tailored activity programmes for those living with long-term health conditions, disabilities, or who struggle to access mainstream activities and services.

Contact

07900 041 258

info@vistawellbeing.org.uk

www.vistawellbeing.org.uk



HEADWAY

The Brain Injury Association

We support people who have had brain injuries/
head injuries, tumours, bleeds, strokes etc.

We offer a day centre social group for adults and
the chance to be with others in a safe environment
and setting.

We aim to build clients confidence and self-
esteem through various activities, or you can just
relax and chat.

The day centre also organises entertainment, talks,
meals and trips.

We meet every Tuesday at the Salvation Army Hall
in Oakleigh Road, Barnstaple.

10:30am—3:30pm

£5 for the day

and we provide a cooked lunch for an
additional £5

Contact Jo Nicholls 07971 174960

Email headwayndmobile@gmail.com



BRAUNTON & DISTRICT CITIZENS CLUB

Coffee mornings in the
Vivian Moon Community Centre
Thursday mornings from 9.30am to 12pm.

Everyone welcome!
Come and have a cup of coffee and a natter.

Contact Sue 01271 815924

CHRIST CHURCH LUNCHEON CLUB

Chaloners Road

Fridays at 12 noon
Run by RVS

Contact Jean Watkins 01271 812703

WRAFTON LUNCHEON CLUB

St Augustine's Church Hall, Wrafton,
Braunton EX33 2DE.

Tuesdays at 12 noon.
Roast dinner with pudding & tea /coffee in good
company.

Booking essential. Current cost £6 per person.

Contact Heanton Church Office 01271 815795
(leave a message)

GEORGEHAM VILLAGE HALL

Wednesday Coffee Mornings from 10am -12pm

SOUTH STREET CHURCH COMMUNITY CAFE

South St Church

South Street Church Community Cafe is open to everyone each Wednesday from 12pm-1:30pm.

Pop along and join us for a simple lunch, tea, coffee, pudding and plenty of cakes!

Always a friendly welcome. No charge but donations are appreciated if possible.

BRAUNTON FOODBANK

South St Church

Braunton Foodbank is open at South Street Church every Wednesday from 12pm-1:30pm

For help please phone
07942 292623.

BRAUNTON PARISH HALL

Chaloners Rd Braunton

Saturday Coffee Mornings, Table Top Sales, Fundraising events, Bingo Nights, Hall Hire.

See local Notice Boards or telephone

Parish Clerk/Admin 01271 812131

for what's on.

info@brauntonparishcouncil.gov.uk

CHRIST CHURCH COMMUNITY CAFE

Chaloners Road

Every Thursday 2.30-4.30pm

BRAUNTON CAEN ROTARY **MEMORY CAFÉ**

Vivian Moon Centre, Chaloners Rd

Last Wednesday of the Month

Chat, fun and refreshments

2pm-4pm



Call for more information 01271 816340
admin@brauntoncaenrotary.co.uk

BRAUNTON CAEN ROTARY **PARKINSON'S CAFÉ**

Vivian Moon Centre, Chaloners Rd

Every second Monday of the Month

10.30am-12pm

We invite those living with Parkinson's Disease and their spouses or carers to get out of the house and join us for coffee/tea, biscuits and friendly informal chat

Contact Patrick or Sarah 01271 816150
parkinsonsbraunton@outlook.com

ROTARY CLUB OF BRAUNTON

The Williams Arms, Wrafton

The Club meets weekly at the William's Arms at 12.30pm on Wednesdays with lunch at 1.00pm.

We organise events throughout the year to raise funds for local charities and other causes.

Apart from our fundraising projects we also support the local community, the flower displays around the village are maintained by our members with the help of local businesses and helpers.

While the aims of Rotary have remained unchanged, as a club we continue to develop to meet the ever changing needs of society.



Contact Beryl: 01271 812121
dave20000@tinyworld.co.uk



BRAUNTON VOLUNTEERS

Christchurch, Chaloners Road

Community Car Scheme offering volunteer drivers for hospital and medical trips

New volunteers welcome

Call 01271 815222

BRAUNTON CAEN ROTARY

Vivian Moon Centre, Chaloners Road

We meet on a Wednesday night from 6.30pm at
The Vivian Moon Centre

Everyone is welcome to come along to the
meeting.

As a group we are always looking for people to
join us. We have thrown the rule book away and
just aim to give that bit back whilst having fun.

Contact



admin@brauntuncaenrotary.co.uk
www.brauntuncaenrotary.co.uk



BRAUNTON TWINNING ORGANISATION

Twinned with Plouescat, on the Brittany Coast
in France

Trips to France, French visits, social activities,
monthly fundraising events throughout the year.

In 2025 we shall be celebrating 50 years of
Twinning with Plouescat.

Contact Philip Powell 01271 549828

BRAUNTON UNIVERSITY OF THE THIRD AGE

At the **U3a** you will have the opportunity, together with like minded people, to explore and expand your interests whatever your level of expertise. **New groups beginning all the time!**

Whether you wish to lead a group or simply to learn something completely new all are welcome at the U3A.



Contact Beryl: 01271 812121
dave20000@tinyworld.co.uk



CROQUET

Outdoors from April
2025

ART APPRECIATION

2nd Tuesday of
the month

BOOK GROUP

2nd Tuesday of
the month
2.00pm in the Library

SING ALONG FOR FUN

2nd & 4th Wednesday
1.30-3pm
Braunton Parish Hall
(Back Room)

CRAFT

3rd Wednesday of
the month
2pm Countryside
Centre

COUNTRY DINERS

3rd Friday of
the month

FLORAL ART

3rd Tuesday of the
month
10 - 12pm

GERMAN

Wednesdays
10.30am – 12.00

SPANISH IMPROVERS

Mondays
10.30am - 12.00 pm

MOSTLY FOR MEN

Discussion group
Last Wednesday of
the month

LOCAL HISTORY

2nd Tuesday of the
month
St. Brannock's

LOCAL LUNCHES

2nd Friday of
the month

MAH JONG

2nd and 4th
Wednesdays of the
month at 2pm

POETRY

2nd Wednesday of
the month
2 - 4:30pm

GEOLOGY GROUP

1st Wednesday of the month

BRAUNTON UNIVERSITY OF THE THIRD AGE

RUMMIKUB

3rd Wednesday in the
month
2 - 4pm

SOCIAL SCIENCES

4th Tuesday
10.30am – 12.30pm

STROLLERS

1st and 3rd
Wednesday of the
month.

WINE APPRECIATION

2nd Wednesday of
the month at 7.30pm

DISCUSSION GROUP

Last Wednesday in the month

WEST DOWN WI

Meet every 2nd Thursday in the
West Down Parish Hall
west.down@devonwi.org.uk

CROYDE & GEORGEHAM WI

georgehamandcroydewi@gmail.com
<https://georgehamwi.weebly.com>



ST BRANNOCKS EMPATHY GROUP

St Brannocks Rooms
2nd Monday every month
Friendly, sociable group open to everyone.
Speakers, Day trips, refreshments and raffles

For more details, contact:
Kay Cornish **01271 600871**
Joyce Ruddy **01271 813076**
Jill Cottingham **01271 812545**

JOLLY DOLLIES

The Jolly Dollies are an organisation started by
widows for widows.

Our main objective is to help widows regain a
social life through friendship & events.

Annual Membership Fee £20

thejollydollies@gmail.com



THE JOLLY DOLLIES
SOCIAL NETWORK FOR WIDOWS



BRAUNTON TARGET SHOOTING CLUB

The Range, Chapel Street
The club has been established in Branton since
1944 when it was founded as the Home guard Rifle
club. Smallbore and air rifle and pistol practice.
All welcome to improve their marksmanship.
Own range and equipment can be provided.
Andy Bowman **07815 718843**
brauntontsc@gmail.com

MEN'S SHED

Braunton Men's Shed is a place for anyone to come and learn a new skill, have a chat and a cup of tea.

We are helping Braunton to recapture some of the lost heritage of our Railway and have sited a 62ft train carriage in the old goods yard (now the village carpark).

This will help to tell the story, give a safe place for men to come and work on small projects, to chat and improve their wellbeing.

Contact us to find out more about volunteer opportunities, fundraising events, and ways to get involved as a Shedder.

brauntonmensshed@gmail.com

www.brauntonmensshed.co.uk



FREE & ACCEPTED FREEMASONS

Braunton Lodge No 5624 of Free and Accepted Freemasons of the United Grand Lodge of England.

We meet in our own building on Chaloners Road, with a formal meeting on the 4th Monday in the month.

Contact Paul Howard-Baker 01769 571645

FRIENDS OF THE ASSAULT TRAINING CENTER

We are a not for profit organisation of enthusiastic local and military history individuals of all ages and genders keen to explore the American wartime D-Day training in North Devon.

Contact Richard Bass

01392 660882

richardbass.atc@gmail.com

www.assaulttrainingcenterfriends.co.uk



ROYAL BRITISH LEGION

Memorial Hall Wrafton

almond.maxine@gmail.com

FORTESCUE HOUSE CLUB

Wrafton Road, Braunton

Members Club, home to 2 snooker tables,
1 pool table, a skittle alley and 3 dartboards

01271 812248

BRAUNTON & DISTRICT DARTS LEAGUE

CONTACT BEN: 07774 574302

BRAUNTON & DISTRICT POOL LEAGUE

CONTACT BEN: 07774 574302

BRAUNTON BOWLING CLUB

Memorial Gardens Chaloners Road

Braunton Bowling Club is over 100 years old. We bowl for 50 weeks in the year outdoor from April to September and Indoors during the winter months.

We have three classes of membership:

Full members who bowl all year round

Short Mat members who only bowl indoors

Social Members who are entitled to use all the club's non bowling facilities including the bar.

Contact Juliet: 01271 816811
www.brauntonbowlingclub.co.uk



BARNSTAPLE CROQUET CLUB

Raleigh Meadow St Georges Road Barnstaple

A small, friendly club

Summer—Mondays and Thursdays at 10 a.m.

Winter (indoors)

It is suitable for anyone to play of all ages and mobilities. Coaching and equipment is provided at the club. Come along for a taster session.

Contact Raymond Young: 01271 813255
rayvyoung2000@yahoo.co.uk
www.barnstaplecroquetclub.co.uk



WEST DOWN GARDENING CLUB

Every 3rd Thursday in the month at
7.30pm at West Down Parish Hall EX34 8NF
westdown.org.uk



THE GARDENERS COLLECTIVE

The Gardeners Collective is a community gardening project based at Arlington.

Their mission is to give people of all ages the opportunities and confidence to give growing a go, inspiring a love of the natural environment whilst reaping the physical and mental benefits of engaging with the outdoors.

They offer a variety of workshops and events to improve nature connection and wellbeing across the community.

hello@thegardenerscollective.co.uk
thegardenerscollective.co.uk



CEET

Community Environmental Educational Therapy CIC
Over 55s beach art, Over 55s cycling
Mini bus excursions for a walk, art, coffee and cake, School nature therapy activities



www.ceetcic.co.uk



BRAUNTON BRIDGE CLUB

Christchurch 18:45pm—22:15pm

We are an EBU-affiliated club and play duplicate Bridge every Wednesday Christchurch, from 7pm.

Visitors are welcome, and the hall is wheelchair accessible.

Contact Jacqui Munns 07734 219859
www.bridgewebs.com/braunton



BRAUNTON ART GROUP

Vivian Moon Centre
Thursdays 1pm-3.30pm

Small friendly art group

We welcome all abilities and use every type of medium from pencil sketching, watercolours & oils.

We have one exhibition during the summer which is very popular, and like to encourage all members to join in and exhibit a piece of work. Expert help is always available for those who may require it.

Anyone is welcome to come along, see what we are doing, and enjoy a cup of tea with us.

Contact Maureen Hamilton **07909 753846**
mohamht2@gmail.com

BINGO

Vivian Moon Centre
Sundays

Doors open 6.00pm eyes down 7.30pm
Refreshments available. All welcome!

SAUNTON RD CHOIR

Wednesdays at Aggi
7pm.
£5 per session

BRAUNTON CAMERA CLUB

Wrafton Hall, Wrafton Road
7.30pm-9pm

Braunton Camera Club is a vibrant, friendly and social club based in the Braunton area. The club was established over 20 years ago and currently has around 40 members.

There are weekly meetings on Monday evenings, local outings through the summer and hall based meetings through the winter, with talks, competitions and practical sessions.

Contact Steve Hawes
brauntoncameraclub@gmail.com
www.brauntoncameraclub.co.uk



LOVE BRAUNTON

Formed in 2016 by a group of residents, Love Braunton's purpose is to promote and improve the social, economic and environmental well-being of the Braunton Neighbourhood which includes the development, implementation and maintenance of a Braunton Neighbourhood Plan.

Our vision is that of a community developing in line with the aspirations and wishes of its residents resulting in greater economic, social and environmental wellbeing for all.



connect@lovebraunton.org
www.lovebraunton.org



BRAUNTON MUSEUM

The Bakehouse Centre, Caen St.

Step back in time and explore Braunton's history.

01271 816688

MUSEUM OF BRITISH SURFING

The Yard Caen St

Celebrating Braunton's rich surfing history.

01271 815155

www.museumofbritishsurfing.org.uk



DANCING FEET ACADEMY OF DANCE

The Studio 12 South St, Branton EX33 2AA

We offer classes in
Ballet, Tap, Modern, Jazz, Contemporary, Musical
Theatre, Commercial & Pre-School.

Adult classes in
Ballet, Tap, Jazz, Contemporary, Commercial &
Silver Swans (ballet for over 55's)

Classes from age 2-92
Beginners to Advanced.

Contact Nadine on 01271 816213
info@dancingfeetacademy.co.uk
www.dancingfeetacademy.co.uk



LINE DANCE CLASS

Sea Scouts Hall, Field Lane Branton
Monday mornings 10am till 12am

Contact Sandra 07597 685804

CHAKRA DANCING

Ask for Jake Hub, South Street, Branton.
7pm on the 1st, 2nd and 4th Tuesdays of the month.
A fun stress-reliever where you move freely to
powerful music which resonates with each of the 7
main chakras, bringing your internal energy
back into balance.

Jackie Williamson 07471 894200
reiki.spirit@yahoo.com

ZUMBA AND FITSTEPS

Braunton Parish Hall

Monday

FitSteps 10.30-11.30am Zumba 6.15-7.15pm

Tuesday

Zumba Gold 2.00-3.00pm (Term time only)

Wednesday

FitSteps 10.30-11.30am

FitSteps Tone (with band) 11.30-11.50am

VeraFlow 12noon-1pm Dance, stretch and relax

Thursday

Zumba 6.15-7.15pm

Friday

Zumba Gold 11am-12pm

TAP FOR FUN

Christ Church

Thursdays 5.00-6.00pm (Term time only)

Contact Karen Kenshole 07765 603558

karen.kenshole@gmail.com

BURLESQUE CHAIR DANCE CLASSES

St Brannocks

Tuesday evenings

7- 8 pm

Contact Claire: 07793 317847

MENTAL HEALTH MATES

Mental Health Mates Branton is a volunteer-led peer support group, which promotes and prioritises mental wellbeing within the community through walking and talking.

MHM Branton will host monthly walking groups which will be open and free to everyone, and a space for people to connect with their community without fear of judgement

Contact Emma Smith 07772 118322
mentalhealthmatesbranton@outlook.com

HI-KING SOUTH WEST

Men's mental health support group based in North Devon.

Hiking to the top of your mental health.

Check out our Facebook page or email

hi.king.sw@gmail.com

For more details

WANDER WOMEN NORTH DEVON

Regular free group walks meeting on Saturdays, Sundays and Wednesday summer evenings.

More info on their Facebook page

WALX FOR LIFE

A sociable and friendly walking group, lead by physiotherapist and Nordic Walking instructor Jane Cumming.

We walk, talk and always have time for "coffee and cakes" and more chatting afterwards!

There are regular weekly walks at Saunton, Crow Point, the Burrows and the footpaths and lanes around Braunton, Knowle, Croyde and Georgeham.

All ages are welcome although most of us are over 50!

Jane can teach you to Nordic Walk to improve your posture and functional fitness.

Contact: Jane Cumming 01271 815912
ndphysio@googlemail.com

CHATTY PACES

Chatty Paces is a local women's running group for all abilities for women 18yrs + (sorry no juniors).

We have been established in Braunton since 2008.

Contact Liz Fielder: 07980 342144
chattypaces@gmail.com

BRAUNTON BADMINTON CLUB

Wednesdays 7pm - 9pm at Braunton Academy
Adults and accompanied over 14y, no membership required. £5 per session. Mixed doubles, mixed levels, some knowledge of the game preferred.

m.maddocks105@gmail.com

BRAUNTON TENNIS CLUB

Wrafton Road

Friendly club offering both social and competitive tennis. All ages welcome.

Club sessions on Saturday and Sunday mornings,
Monday and Wednesday evenings.

For more information visit our website
clubspark.lta.org.uk/brauntontennisclub
or e-mail our Secretary
jennylimond1@gmail.com



TABLE TENNIS

Table Tennis (over 18s) just for fun
Thursdays at South Street Church
7.30 – 9p.m
(Term Time Only)

Text Clare 07522 116556 before turning up

CROYDE SURF LIFESAVING CLUB

We're a well-established, friendly surf lifesaving club that teaches sea safety skills to children and adults within a supportive, sociable team atmosphere. The club can also help you gain fitness, stamina and the knowledge you need to enjoy the amazing ocean environment where we live with confidence and safety. We welcome anyone aged from 6 to 66 and older.

Joining the club is a great way to meet people too. Some of us joined when we moved to the area for the first time and there's a strong social element to what we do outside of the active stuff.

Apart from gaining sea safety knowledge, improving your fitness levels and being part of a friendly club, we run training courses for our members. These include the basic lifesaver support award through to the NARS beach lifeguard certificate, which is the internationally-recognised standard for professional lifeguards.

So... what are you waiting for?



BRAUNTON SMALL BOAT & ANGLING ASSOCIATION

Small boat owners who use Velator Quay.

2nd Wednesday of each month at the

Mariners Arms, Branton at 8pm.

Usually informal meetings about anything boat related and sometimes not!

Jack Phillips 07375114566

jackrjphillips@talktalk.net

WOMENS SOFT BALL CRICKET

Branton Cricket Club Kelsey Ground Field Lane

We are a group of ladies meeting on a Tuesday night 7-8.30pm at Branton Cricket Club to learn how to play cricket!

Contact Dean Davies:

07974 944984

wraftonreff@live.co.uk

NORTH DEVON ATHLETICS CLUB

Branton Athletics Track, Wrafton Road,
Branton.

ndac.sec@hotmail.com



CHIVENOR NETTERS

Netball training Wednesday 7-8:30pm Park School

Saturday 9-10:30am Southmead Primary

Jan Willis 07707881672 Facebook: Chivenor Netters

BRAUNTON FOOTBALL CLUB

Camp Lobb, Saunton Road Braunton.

We are a friendly community club providing fun, sociable and safe football sessions for all ages and abilities with the support of our FA qualified coaches and volunteers.



GEORGEHAM & CROYDE ROVERS

Contact : georgehamcroyderovers@gmail.com

BRAUNTON WOMEN'S WALKING FOOTBALL

Wednesday evenings 7-8pm at Pilton College

Contact Mel 07764 767955

DADS v DADS

Braunton Academy Astro Turf

Tuesdays: 7pm

Thursdays: 8pm

Sundays: 10am

Set up to create sustainable local football groups, to help keep us all keep playing football, a sport we love to play.

Contact
dadsvdads@gmail.com

KARATE

Kingsacre School Branton

Wednesdays

Juniors: 6 pm -7 pm

Intermediate: 7 pm - 8 pm

Fridays

Juniors: 6 pm -7 pm

Intermediate: 7 pm-8 pm

Adults: 8 pm – 9 pm

Saturdays

Early years Class 9.00 am – 9.40 am

General Children's Class: 9.45 am – 11 am

Contact Aaron Blake 07736 936738
unionkaratedoclub@gmail.com

KRAV MAGA SELF-DEFENCE

Self-defence is not just about physical techniques, but also about developing mental and emotional resilience. Our philosophy is grounded in the belief that everyone has the right to feel safe and empowered. Various classes available

Contact Craig Ridge 07805 601199

www.kmsd.co.uk



NORTH DEVON TAI CHI

Find out how to gain strength and flexibility through
Tai Chi

Join North Devon Tui Na and find out about group
bookings.

Braunton Parish Hall
Thursday: 11.30-12.30pm (Beginners)

All classes subject to hall rules

To find out more about this class and others
available locally, please contact

Paul Maxfield
07814 080713
01271 867236

Or visit
North Devon Tai Chi on Facebook

AIKIDO

Southmead Primary School

Wednesdays 5pm-9pm

hello@aikidodevon.co.uk

07598 430174

SAUNTON GOLF CLUB

Saunton Road

36 holes of Championship links golf set in the heart of North Devon.

Open to Visitors of all ages all year round.
Both the East and West Courses ranked within the Top 100 in England.

Golf lessons available with our team of PGA Professionals.

Please contact us for more information or to enquire about availability.

Contact: 01271 812436
info@sauntongolf.co.uk



THE GYM BRAUNTON

Unit 7/8 Vellator Way

One off sessions or yearly membership.

Well equipped friendly gym

Keep fit classes, Yoga and Pilates

Coffee shop

All ages welcome

01271 817251
info@thegymbraunton.co.uk
www.thegymbraunton.co.uk



BARNSTAPLE RUGBY CLUB

Pottington Road, Barnstaple

01271 345627

info@barnstaplerugby.com

www.barnstaplerugby.co.uk



URBAN SPORTS CENTRE

Unit 2/3 Chivenor Business Park

North Devon's largest Parkour facility.
Parkour, Nerf Wars, Virtual Reality and more.
Free parkour taster session for ages 4+



Contact Andy on **07456 643732**

uscdevon@icloud.com

www.urbansportscentre.co.uk



TARKA LEISURE CENTRE

7 Seven Brethren Bank Barnstaple
Gym, Swim, Tennis, Indoor Ski Slope, Classes
01271 373361

www.leisurecentre.com/tarka-leisure-centre

NORTH DEVON VELO

Cycling Club

info@northdevonvelo.com

www.northdevonvelo.com



SPECIAL OLYMPICS NORTH DEVON

Sport, Training and Competition for people with learning disabilities.

Come along and have fun, meet new friends and try new sports. Volunteers also needed.

Tarka Leisure Centre
1-2.45pm, Saturdays except Holidays
Weekly charge of £6 per session

Sports on offer: Tennis, Table Tennis, Badminton,
BOCCIA

Follow us on Facebook :
Special Olympics North Devon

Contact Julie
jkemishmillssond@hotmail.com
Tel: 07557 388285 (Julie)
www.specialolympicsgb.org.uk

FRAME RUNNING CLUB

Braunton Athletics Track, Wrafton Road

Thursday 5 - 6.30pm
Frame Running is an adapted sport for individuals who cannot functionally run and rely on sports aids for mobility and balance.

info@thepenguinsportsfoundation.co.uk

ON THE BEACH

Baggy Bluetits Swimming Group

Chill Swimmers Social Swim Community

traciehudson@hotmail.co.uk

CHILL THERAPY CIC

We're passionate about the benefits cold water swimming brings to people and about the joy and fun to be found spending time in the ocean.

info@chilluk.org

Saunton Sands Surf Life Saving Club

Nipper section for children from 6/7 years of age,

Junior sections for 13 to 19 year olds and Seniors

16+ and Masters 30+ sections

sauntonsandsslsc@gmail.com

Hotdoggers Longboard Surf Club

www.hotdoggers.co.uk and Facebook Page

The WAVE Project

Surf therapy charity in the UK. We help young people reduce anxiety and build resilience.

info@waveproject.co.uk

Saunton Beach Shop

Landeez beach wheelchairs and NOMAD all terrain wheelchair carriages for hire

Bookings 01271 890771

ACCESS FOR ALL

Access For All's aims are to work with beach owners to make North Devon beaches accessible and enjoyable for all.

Including but not limited to adequate disabled parking, improved beach access, beach wheelchairs free of charge to hire and a Changing Places facility and/or improved disabled toilet facilities.

This will enable anyone with any kind of need or those needing a little bit of assistance to enjoy time on the beach with their friends and family.

Please follow 'Access For All' on Facebook for up to date information on where we have beach wheelchairs and how to get access to them or email us for further details.

Contact: Nicki Palmer
accessforallbeaches@hotmail.com

BRAUNTON DEAF CLUB

Last Monday of the month at The Aggi Braunton 6pm-8pm. All abilities and ages welcome to come along for a bit of informal sign language practice.

Amy 07975587857 or amyfuson92@hotmail.com

EARTH ACTION NORTH DEVON

(Formerly known as Plastic Free North Devon)

Earth Action North Devon is a local environmental charity whose mission is to protect and improve our environment through community-led action.

Founded as a community group in 2017, they aim to inspire North Devon residents, tourists and businesses to drastically reduce their consumption of single-use plastic, remove it from the environment and dispose of it properly. They aim to connect people with their natural surroundings through conversations, education and events to inspire residents and visitors to protect what our very existence depends on. They organise monthly repair cafes, community beach cleans, water stations at events, event cup hire, school talks and run an Ocean Explorers programme for schools.

They are educating us to remember North Devon and the rest of the world have environmental responsibilities and we need to act now - Everyone has a part to play and is invited to join the movement, no form of contribution or engagement is too small. If you are a Business, individual or school wanting to reduce your 'plastic footprint' or donate some time and or resource please....

Contact info@plasticfreenorthdevon.org



www.plasticfreenorthdevon.org



GREENPATHS CIC

Braunton/Chivenor

Green Paths Environmental Education CIC is a community interest company dedicated to leveraging the great outdoors as a classroom to teach the significance of nature.

Being outdoors is inclusive and enhances all aspects of life. The team comprises educators certified in environmental science, bushcraft, forest schooling, foraging, and mindfulness.

They have specialists for SEN, military, and refugee groups, ensuring our sessions are inclusive and provide focused support. They can host you at their locations or visit your educational institution or club. The possibilities are limitless.

They offer a variety of programs including after-school clubs, holiday clubs, bushcraft lessons, and forest school sessions suitable for all ages. The curriculum encompasses environmental science, mindfulness, and conservation.

Contact Shelley

admin@greenpathseducationcic.org.uk

www.greenpathseducationcic.org.uk



SOUTH STREET TODDLER GROUP

South Street Church

South Street Toddler Group is a friendly group for under 3s and their adults.

We meet on a Monday in term time from 9:30-10:45am at South Street Church.

Prebooking is essential
Phone Cathy on **07776 261541**



SOUTH STREET LITTLE STARS

South Street Church

South Street Little Stars is a group for 3 and 4 year olds and their adults.

We meet every Tuesday in term time from 9:30-10:45am at South Street Church.

Come along and join us.

NOISY NIPPERS

South St Church

Noisy Nippers is a music and movement group for babies, toddlers and young children.

We meet at South Street Church on a Wednesday from 9:30-10:15am.

Pre-booking is essential.

Contact Cathy on **07776 261541** for more details.

DADS & TOTS

South Street Church
1st Saturday of the month (10am-11.30am)
Newborn-5years
Games, Craft and Conversation

STAY AND PLAY

Georgeham CofE Primary School
Free Sessions
Tuesdays 9-11am
From bump to 4 years, Tea coffee and Cake
01271 890440
www.georgeham-primary.devon.sch.uk
georgeham@ventrus.org.uk

STORY BEARS

Parent and child sessions across North Devon
We connect exciting story telling with related
games, songs and play.
www.storybears.co.uk

LITTLE CITY

Mobile role play designed for under 6s and their
grown ups where they can let their imaginations
run free in a safe and fully exclusive space.
School workshops and birthday parties available.
Sessions in St Brannocks Rooms, Braunton on the
4th Thursday of the month and Chivenor Church
Hall on the 3rd Friday, Both at 9.30am & 11am.
emilys@littlecitcityuk.com
www.bookwhen.com/littlecitcitynorthdevon



THE PENGUIN SPORTS FOUNDATION

The Penguin Sports Foundation provides sport & rehab opportunities for children with physical disabilities in North Devon and beyond. We provide a Hydrotherapy programme with 1:1 sessions, Frame Running club and a brand new Hydrotherapy after school club.

Gemma Rous - 07591646331



BUGGY BUDDIES

Outdoor Post-natal Exercise
Mondays 9.30 Braunton Recreational Ground
£7 per session or £25 for 5 sessions

Contact Steph Fletcher 077742 765330
brauntonbuggybuddies@gmail.com

GEORGEHAM PLAYGROUP

Village Hall, Thursdays 9.30am

CROYDE PLAYGROUP

Croyde Baptist Church Mondays 9.30-11.30am
croydebaptistchurch@gmail.com

WEST DOWN STAY AND PLAY

Every 3rd Tuesday in the Parish Hall

PILATES WITH RACHAEL HALL

Dancing Feet Academy, South Street
Pilates Classes in Braunton for all abilities. With over
20 years experience Rachael can tailor make
each class to suit the needs of all of her students.

Strengthen your core, release back tension,
improve your pelvic floor function, reduce
neck pain and improve flexibility and posture

me@rachhall.com



SGP

Sense Greater Peace

Embodiment & Somatics,
Coaching, Yoga, Pilates, Barre
Retreats, Events, Massage, Sound Healing

Braunton Wellbeing Sessions

Over 65's Yoga

Mondays 11.30 am at St Brannocks

Barre Flow & Pumped

Tuesdays 6.30pm Dancing Feet Academy

Movewell Over 65's

Wednesdays 11.30am at St Brannocks

Monthly Sacred Soundbath Immersions

sue@sensegreaterpeace.co.uk

www.sensegreaterpeace.co.uk



YOGA WITH JULES TEMPLETON

Yoga classes.
Everyone welcome.
Tuesdays 9.30-10.30am & Thursdays 6.15-7.45pm at
St. Brannocks Rooms.
Term time.

www.chavutti.org
Or call 07813 874121
julestempleton@hotmail.co.uk



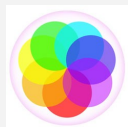
INSPIRIT WELLBEING

Based in Braunton offering individual sessions,
courses and workshops in energy medicine,
well-being and Heal Your Life.

Suitable for all ages.
We help people improve their health and
well-being and find their joy in life, and specialise in
restoring the subtle missing energies that
underpin trauma.

Common presented issues include: stress,
anxiety, depression, relationship issues, chronic ill-
ness, cancer, fatigue, abuse.

Contact Tracy and Greg Ham



07977 299414 or 01271 815850
enlighten@inspirit-wellbeing.info
www.inspirit-wellbeing.info



WESTERN WELLBEING

Pip has been in love with and practising yoga for over 25 years and is a 600hrs+ Senior Certified Yoga teacher and Somatic Yoga for Healing and Recovery therapist.

Chair Yoga for Respiratory Health

Wednesday 10.30am Branton

Gentle Yoga

Tuesday 10.00am Branton

Slow Flow Hatha Yoga

Thursday 7.15pm, West Down.

Friday 9.30am, Croyde.

Friday 11.30am, Branton

HIIT Yoga Fusion

Monday 6.30pm, Heanton.

Wednesday 9.15am, Branton



WESTERN WELLBEING
RELAX - REVIVE - RE-ENERGISE

07738 014383

pip@westernwellbeing.co.uk

www.westernwellbeing.co.uk



NEW DAWN

I am an energy healer, Chakra Dancing facilitator and meditation teacher



New Dawn
WITH JACKIE WILLIAMSON

info@jackiewilliamson.com

07471 894200

www.jackiewilliamson.com



CROYDE YOGA

Monday

Georgeham Parish Hall
Yin Yang 6.30pm
Detox Flow 8pm

Tuesday

Braunton Parish Hall
Dynamic Flow 6.15-7.15 pm

Friday

Dancing Feet Studio, Braunton
Dynamic Flow 9.30-10.30am

For details about Pregnancy Yoga, Mama + Bub
Yoga & Mama + Movers sessions

Contact Tiffany Mackenzie-Shapland

**croyde
yoga**

07772 843794

croydeyoga@icloud.com

VIBRANT LIFE

Chiropractic & Health Centre
Our team of North Devon natural health
practitioners, provide exceptional healthcare for
your entire family



01271 814067

www.vibrantlifecentre.co.uk

23 South Street, Braunton, Devon, EX33 2AA



HANDS ON CLINIC WELLNESS CENTRE

Hand On Clinic is a vibrant health care hub in the heart of Braunton.

Our passion is to help with the health of the local community focusing on the individual needs and your requirements. We tailor treatments to your needs and focus on rebalancing the body and mind to alleviate symptoms.
Contact us for a chat and advice.

01271 812998

info@handsonclinic.co.uk

www.handsonclinic.co.uk



QIGONG

St Brannocks Church Rooms

Wednesday, 18:15-19:15

The main focus of this Qigong class is relaxation; about sinking deeper into relaxation while moving... mindful movement.

It is an excellent way to release tension out of the body and calm the mind at the same time.
It is accessible to most people regardless of age or physical condition

Contact Ollie Tubb 07789 766826
labyrinthmindmovement@gmail.com
labyrinthmindmovement.com



THE BREATH COACH

At The Breath Coach, we believe that proper breathing is the most critical yet overlooked component of optimal physical, mental and emotional health. Every day, we use our science-based, personalised training methods to help individuals and teams make small changes in their breathing that lead to huge improvements in their lives, their work, and their ability to perform whilst maintaining calm under pressure.

Thomas Hague founded The Breath Coach to help individuals and teams unlock their professional and personal potential. Thomas is a certified sports and exercise scientist, Advanced Oxygen Advantage Instructor, Buteyko Instructor, and Aida 1 & 2 Freediver.

Contact Thomas Hague 07511 030989
thomas@thebreathcoach.co.uk
www.thebreathcoach.co.uk



PILATES

South St Church (9.00-10.30am)

Suitable for all abilities.

A Level 4 Therapist and Pilates teacher trainer/examiner with over 15 years teaching experience.

Fun and friendly group, we have coffee and cake afterwards!

Contact Marcela: 07780 525961

GROUNDLED HEALTH

Grounded Health Clinic Located in the heart of Braunton, Grounded Health Clinic provides expert osteopathy services to support your whole family.

Specialising in cranial osteopathy and dry needling, Lizzie is dedicated to helping you overcome pain and discomfort; helping little ones with sleep difficulties or feelings of being unsettled. If you're not sure whether Lizzie can help or if osteopathy is for you - come for a free 20-minute consultation.

Contact Lizzie

hello@groundedhealthclinic.co.uk

07883 888215

www.groundedhealthclinic.co.uk



LORNA TUCKER MASSAGE & PT

Pamper, Treat, Train, Eat

Based in Georgeham with over 15 years of personal training, nutrition, massage and beauty.

Personal training in a private gym

Relaxation massage

Specialists in sports massage for injuries

Post op exercises and rehab

Parkinson's exercise specialist

Weight management & strength conditioning

Lifestyle & nutrition

Waxing, brow & lash tinting

Call Lorna: 07977 911808

HEMOCARE SOLUTIONS

Providing care and support to individuals who wish to live independently at home. We specialise in dementia care, mental health, as well as gardening and property maintenance.

All our staff are fully insured, trained to the highest level and DBS checked.

Find out more here
www.hcsdevon.co.uk



Jill is also a drawing and talking practitioner.
For more information, contact Jill
07854 138985 or homecaresolutions@yahoo.com

MOORE TIME TO CARE

Enabling service, where everyone is treated like family.

Accompanied medical & personal appointments
Social outings/funerals, meeting friends
Shopping assistance
Wheelchair/walker & mobility scooter available

DBS, Public Liability insurance
Fully 1st aid trained
15 years experience

Contact Debbie Moore: 07443 273460
mooretimetocare@btinternet.com

HELPFUL NUMBERS

POLICE, FIRE & AMBULANCE

EMERGENCY 999 NON EMERGENCY 101

POLICE MINICOM EMERGENCY 18000

CRIME STOPPERS 0800 555 111

VICTIM SUPPORT LINE 0808 168 911

HOME FIRE SAFETY CHECK 0800 05 02 999

CAEN MEDICAL CENTRE

Caen St Braunton, North Devon

01271 818030 d-ccg.caen@nhs.net

www.caenmedicalcentre.nhs.uk

N.H.S NATIONAL HEALTH SERVICE 111

NORTH DEVON DISTRICT HOSPITAL

01271 322577

NORTH DEVON DISTRICT COUNCIL

01271 327711

BRAUNTON PARISH COUNCIL 01271 812131

FLOODLINE 03459 88 11 88

SOUTH WEST WATER 0344 346 2020

AGE CONCERN 01271 324488

AGE UK 0800 6781602

THE SILVER LINE HELP LINE 0800 4 70 80 90

DEVON CARERS 03456 434 435

DEMENTIA UK 0800 888 6678

ALZHEIMER'S SOCIETY 0333 150 3456

BRAUNTON VOLUNTEERS 01271 815222

HELPLINES

SAMARITANS 116 123

CALM 0800 585858

TALKWORKS 0300 555 3344

MIND 0300 123 3393

PAPYRUS 0800 068 41 41

SUNRISE DIVERSITY 01271 328915

ALCOHOLICS ANONYMOUS 0800 9177650

NARCOTICS ANONYMOUS 0300 999 1212

CRUSE BEREAVEMENT 0300 330 5466

CITIZEN'S ADVICE 0800 144 8 444

CHRISTIANS AGAINST POVERTY

0800 328 0006

DISABILITY LIVING ALLOWANCE P.I.P

0800 121 4433

ENCOMPASS 01271 371499

NAVIGATE 01823 299050

FOODBANK 07942 292623

361 ENERGY 01271 599361

CARE DIRECT 0345 155 1007

FERN CENTRE 01271 376474

NDADA 01271 321946

ACTION FOR BLIND 01392 332818

CHILDLINE 0800 1111

DOGS TRUST 01271 812709

CINNAMON TRUST 01736 757 900

DEFIBRILLATORS

Braunton Village

John Wensleys Newsagents: outside wall at the entrance to the main carpark

Cross Tree Centre, Siam Bistro in the archway of Chaloners Road

Black Horse Churchyard Archway located off Church Street opposite the Black Horse

Pixie Dell Stores, outside on the shop in Pixie Dell Saunton Park

Willams Arms, Wrafton 24 hour on the wall on the end of their building

South Street Church, South Street found on the end wall to the left of the front doors

Kingsacre Primary School

Caen Primary School

Braunton Football Club Camp Lobb Football Ground

Braunton Mobility On the wall outside, at the front

Braunton Cricket Club, 1st Field Lane

Can be found on the outside wall of the Cricket Club in an unlocked cabinet

Knowle Village

Phone Box on Main Road found in the community phone box on the main road through Knowle

Saunton Beach

Can be found on the steps at the pathway onto the beach

Croyde and Georgeham Village

Georgeham Stores Post Office

Croyde Village Hall outside on the wall

West Down Village

Village Stores on the wall outside

WITH THANKS TO



**The Vivian Moon
Branton Community
Trust Fund**

Registered as a Charity No. 1058211

BRINGING THE COMMUNITY TOGETHER



Live Well in Branton
Connecting the Community

Registered CIC No. 12537325