

# **BRAUNTON AND SURROUNDING AREAS**



## **CLUBS SPORTS AND ACTIVITY DIRECTORY**



2024 EDITION

# **Welcome to the LIVE WELL IN BRAUNTON ADULT SPORTS and 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 that bring the community together.

We have been fortunate to get funding from The **Vivian Moon Braunton Community Trust Fund** and **Rotary Club of Braunton** 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](http://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](mailto:connect@livewellinbraunton.co.uk)

**Volunteering, Marketing and Admin**

[support@livewellinbraunton.co.uk](mailto:support@livewellinbraunton.co.uk)

**Social Prescribers**

can be reached through the medical centre on  
01271 818030





## **BRAUNTON COMMUNITY GARDEN**



Are you green fingered but don't have a garden  
or space to grow?

Do you enjoy gardening and like to share your  
knowledge and skills?

Would you just like to try some gardening?

**If so, we would love to hear from you!**

The benefits of Community Gardens are well  
documented.

Plants and people have the power to create  
lasting change and creating new social  
connections through gardening can transform  
our wellbeing and environment for the better.

### **Contact**

connect@livewellinbraunton.co.uk  
07751 313661



Become a

**COMMUNITY AMBASSADOR**

**CONTACT**

connect@livewellinbraunton.co.uk  
07751 313661





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 10.30 start) 11.30/12PM

**June**

**5th, 19th**

**July**

**3rd, 17th, 31st**

**August**

**14th, 28th**

**September**

**11th, 25th**

**October**

**9th, 23rd**

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

## 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.

**We are hoping to offer further dates.**

**For more details, contact**

**[connect@livewellinbraunton.co.uk](mailto: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 stunning North Devon's 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 offered as part of the centre's most recent Connect2Nature project.

Our connect2nature project is striving 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, and monthly and bee and bird walks throughout the summer, with a range of other nature-based events too!

### **Contact**

01271 817171

[www.brantoncountrysidecentre.org](http://www.brantoncountrysidecentre.org)



## **FRIENDS OF BRAUNTON LIBRARY**

Chaloners Rd

**Contact Sarah Bushell 01271 812808**

[braunton.library@librariesunlimited.org.uk](mailto:braunton.library@librariesunlimited.org.uk)

Open 6 days a week

Free membership, Free tea and coffee

### **Coffee and Crochet**

Every other Monday, 2pm - 4pm

### **Creative Writing**

Second Wednesday every month, 1pm - 3pm

### **Thursday Board Games**

10.30am - 12.30pm

Braunton Library has many more activities  
available throughout the year.

Please ask for details of reading groups,  
home library services & activities for children

## **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](http://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.

**Talk shops:** 1st Friday of the Month  
6:30-7:30pm

Anyone can come for a tea/coffee it is a safe space to come and talk and listened to.

**Parent Peer-to-Peer support group**  
1st Monday of the month  
7-8pm

**Men's Hub :** Alternate Wednesdays  
6:30-7:30pm

**Talk shop:** 2nd, 3rd, 4th & 5th Saturdays  
10-11am

Information is on the door of the Hub and via Facebook or by emailing: [info@askforjake.org.uk](mailto:info@askforjake.org.uk)

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



## **CHAIR YOGA**

Christ Church  
Wednesdays 3.30-4.30

### **Contact**

Louise Pounds  
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 079755 87857

## **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

### **BRAUNTON & DISTRICT CITIZENS CLUB**

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

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**

Heanton Church Hall Wrafton

Provides a cooked meal for elderly, disabled,  
lonely and unemployed adults

Booking essential

Tuesdays at 12 noon

**Contact Mrs Christine Westlake  
01271 816340**

### **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 and at the shed in the church carpark on Thursday evenings from 5:30pm-6:30pm.

For help please phone **07942 292623**.

## **BRAUNTON PARISH HALL**

Chaloners Rd Braunton

Saturday Coffee Mornings, Table Top Sales,  
Fundraising events, Bingo Nights

See local Notice Boards or telephone  
**Parish Clerk/Admin 01271 812131**

for what's on.

Email [info@brauntonparishcouncil.gov.uk](mailto: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@brauntuncaenrotary.co.uk](mailto:admin@brauntuncaenrotary.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](mailto: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 VOLUNTEER BUREAU**

Christchurch, Chaloners Road

Community Car Scheme offering volunteer drivers for hospital and medical trips

New volunteers welcome

**01271 815222**  
brauntonvolunteers@gmail.com

## **BRAUNTON CAEN ROTARY**

The Mariners Arms, 42 South St, Braunton

We meet on a Wednesday night from 6.30pm at  
The Mariners Arms

Everyone is welcome to come along to the  
meeting and stop for an optional meal  
afterwards.

Visit our club and enjoy fellowship and fun and  
to see what we are doing in the local  
Community

### **Contact**

**admin@brauntoncaenrotary.co.uk**  
**www.brauntoncaenrotary.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.

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

### **ART GROUP**

Vivian Moon Centre,  
Tuesday 2-4pm

### **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  
St Brannocks

### **FRENCH**

Wednesdays 2 to 4pm

### **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  
Rooms

### **LOCAL LUNCHES**

2nd Friday of the  
month

### **MAH JONG**

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

### **POETRY**

2nd Wednesday of  
the month  
2.15 - 5.00pm

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



## **BRAUNTON UNIVERSITY OF THE THIRD AGE**

### **SKITTLES**

Mariners Arms  
2nd Thursday in the  
month at 2pm  
(term time only)

### **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

**Contact Beryl:** 01271 812121

dave20000@tinyworld.co.uk

### **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 and social events.

Annual Membership Fee £20

**[thejollydollies@gmail.com](mailto:thejollydollies@gmail.com)**

### **BARNSTAPLE & DISTRICT SOROPTIMIST CLUB**

Soroptimists transform the lives and status of  
women and girls through education,  
empowerment and enabling opportunities.

We meet first Monday monthly, 7.00pm at  
Barnstaple Hotel

**[www.sigbi.org/barnstaple/contact-us/](http://www.sigbi.org/barnstaple/contact-us/)**

## **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 and 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

## **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 Beryl:** 01271 812121  
dave20000@tinyworld.co.uk

### **BARNSTAPLE CROQUET CLUB**

Raleigh Meadow St Georges Road Barnstaple

Monday and Thursday from 10 a.m.

Croquet can be played by people with limited  
mobility but provides good exercise and is fun to  
play.

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

## **WEST DOWN GARDENING CLUB**

Every 3rd Thursday in the month at 7.30 p.m. at  
West Down Parish Hall (EX34 8NF)  
**[westdown.org.uk](http://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](mailto:hello@thegardenerscollective.co.uk)  
[thegardenerscollective.co.uk](http://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](http://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](http://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, water colours, 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](mailto:mohamht2@gmail.com)

## **BINGO**

Vivian Moon Centre  
Sundays

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

## **SAUNTON RD SINGING GROUP**

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](mailto:brauntoncameraclub@gmail.com)  
[www.brauntoncameraclub.co.uk](http://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**  
**<https://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](http://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](mailto:info@dancingfeetacademy.co.uk)  
[www.dancingfeetacademy.co.uk](http://www.dancingfeetacademy.co.uk)

## **LINE DANCE CLASS**

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

**Contact Sandra 07597 685804**

## **CHAKRA DANCING**

Tuesdays 7pm at the Ask for Jake Hub  
£10 per session

[info@jackiewilliamson.com](mailto:info@jackiewilliamson.com)  
07471 894200  
[www.jackiewilliamson.com](http://www.jackiewilliamson.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](mailto: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 Braunton is a volunteer-led peer support group, which promotes and prioritises mental wellbeing within the community through walking and talking.

MHM Braunton 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**  
[mentalhealthmatesbraunton@outlook.com](mailto:mentalhealthmatesbraunton@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](mailto: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**

Braunton Academy

Every Wednesday evening during term time in the sports hall at Braunton Academy 7pm start 2 hour session club level doubles £5

## **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](http://clubspark.lta.org.uk/brauntontennisclub)  
or e-mail our Secretary  
**[jennylimond1@gmail.com](mailto: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

### **BRAUNTON CRICKET CLUB**

Braunton Cricket Club Kelsey Ground Field Lane

**01271 814834**

info@brauntoncricketclub.co.uk

### **WOMENS SOFT BALL CRICKET**

Braunton Cricket Club Kelsey Ground Field Lane

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

Fun and sociable with a Prosecco reward for all at the end of the session!

**Contact Dean Davies:**

**079749 44984**

Wraftonreff@live.co.uk

### **NORTH DEVON ATHLETICS CLUB**

Braunton Athletics Track, Wrafton Road,  
Braunton.

ndac.sec@hotmail.com

### **CHIV NETTERS**

Braunton Academy

Netball training Wednesday 7pm and Saturday  
9am at the Braunton Academy courts

**BRAUNTON FOOTBALL CLUB**

Camp Lobb, Saunton Road Braunton,  
Thriving Senior and Junior sections

**GEORGEHAM & CROYDE ROVERS**

Contact : [georgehamcroyderovers@gmail.com](mailto:georgehamcroyderovers@gmail.com)

**BRAUNTON WOMEN'S WALKING FOOTBALL**

Wednesday evenings 7-8pm at Pilton College

**Contact Mel 07764 767955**

**MEN'S WALKING FOOTBALL**

Coming Soon!

Check social media for details

**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](mailto:dadsvdads@gmail.com)



## **KARATE**

Kingsacre School Braunton

### **Wednesdays**

Juniors: 6pm -7pm

Intermediate: 7pm - 8pm

### **Fridays**

Juniors: 6pm -7pm

Intermediate: 7pm-8pm

Adults: 8pm – 9pm

### **Saturdays**

Early years Class 9.00am – 9.40am

General Children's Class: 9.45am – 11am

**Contact Aaron Blake 07736 936738**

unionkaratedoclub@gmail.com

unionkaratedo.com

## **KRAV MAGA SELF-DEFENCE**

Braunton Parish Hall

Monday 7.45pm to 9.15pm

**Contact Craig Ridge 07805 601 199**

www.kravmagaselfdefence.club

## **BARNSTAPLE PARKOUR ACADEMY**

Chivenor Business Park

Free running club for all ages

**Contact Andy Lovelock: 07456 643732**

## **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](mailto: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](mailto:info@sauntongolf.co.uk)

[www.sauntongolf.co.uk](http://www.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](mailto:info@thegymbraunton.co.uk)

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

### **BARNSTAPLE RUGBY CLUB**

Pottington Road, Barnstaple

**01271 345627**

[info@barnstaplerugby.com](mailto:info@barnstaplerugby.com)

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

### **TARKA STORM RUGBY LEAGUE**

South Molton Rugby Club

Established in 2018, Tarka Storm are currently part of the South West League.

Senior Mens and Women's teams

[admin@tarkastormrl.com](mailto:admin@tarkastormrl.com)

[www.tarkastormrl.com](http://www.tarkastormrl.com)

### **TARKA LEISURE CENTRE**

7 Seven Brethren Bank Barnstaple

Gym, Swim, Tennis, Indoor Ski Slope, Classes

**01271 373361**

[www.leisurecentre.com/tarka-leisure-centre](http://www.leisurecentre.com/tarka-leisure-centre)

### **NORTH DEVON VELO**

Cycling Club

[info@northdevonvelo.com](mailto:info@northdevonvelo.com)

[www.northdevonvelo.com](http://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.

Tarka Leisure Centre  
1-2.45pm, Saturdays except Holidays  
Weekly charge of £3 per session

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

Follow us on Facebook :  
Special Olympics North Devon

### **Contact Julie**

[jkemishmillssond@hotmail.com](mailto:jkemishmillssond@hotmail.com)  
Tel: 07557 388285 (Julie)  
[www.specialolympicsgb@org.uk](http://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](mailto: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

## **PLASTIC FREE NORTH DEVON**

A local environmental charity aiming to reduce consumption of single-use plastic.

Info on beach cleans, repair cafes and more....

<https://plasticfreenorthdevon.org>

## **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](http://www.georgeham-primary.devon.sch.uk)  
[admin@georgeham-primary.devon.sch.uk](mailto:admin@georgeham-primary.devon.sch.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](http://www.storybears.co.uk)

### **LITTLE CITY**

Role play experience for ages 6 & under  
Held at St Brannocks and Chivenor  
To book: [www.littlecityuk.com](http://www.littlecityuk.com)  
[emilys@littlecityuk.com](mailto:emilys@littlecityuk.com)

## **NOURISHED DROP-IN CENTRE**

South St Church

Thursday 1-2.30pm

Free weekly sessions

Come for a chat and to meet others.

Breastfeeding/infant feeding support available

Toddlers and children welcome

**[book@earlynourishment.eventbrite.com](mailto:book@earlynourishment.eventbrite.com)**

## **BUGGY BUDDIES**

Outdoor Post-natal Exercise

Mondays 9.30 Branton Recreational Ground

£7 per session or £25 for 5 sessions

**Contact Steph Fletcher 077742 765330**

**[brantonbuggybuddies@gmail.com](mailto:brantonbuggybuddies@gmail.com)**

## **GEORGEHAM PLAYGROUP**

Village Hall, Thursdays 9.30am

## **CROYDE PLAYGROUP**

Croyde Baptist Church Mondays 9.30-11.30am

**[croydebaptistchurch@gmail.com](mailto:croydebaptistchurch@gmail.com)**

## **WEST DOWN STAY AND PLAY**

Every 3rd Tuesday in the Parish Hall

9.15-11am

## **HOMECARE 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](http://www.hcsdevon.co.uk)**

Jill is also a **drawing and talking** practitioner.

For more information, contact Jill  
0785 4138985 or [homecaresolutions@yahoo.com](mailto: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](mailto:mooretimetocare@btinternet.com)**

## **HOOP JAM**

Urban Sports Centre, Chivenor  
Friday evenings 7.30-8.30pm

All ages and abilities welcome!

**Contact Janine**

marniandrose@gmail.com

**Book here:**

<https://hoop-jam-with-janine.pembee.app>

## **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.cook  
sensegreaterpeace.co.uk

## **YOGA WITH JULES TEMPLETON**

Mondays 9.45am at The Yoga Barn, Hele  
Limited spaces, booking required

Thursdays 6.15pm at St Brannock's Hall  
Drop-in class, suitable for everyone.

For more info please see website  
[www.chavutti.org](http://www.chavutti.org)

## **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  
illness, cancer, fatigue, abuse.

**Contact Tracy and Greg Ham**  
07977 299414 or 01271 815850  
[enlighten@inspirit-wellbeing.info](mailto:enlighten@inspirit-wellbeing.info)  
[www.inspirit-wellbeing.info](http://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 Braunton

### **Gentle Yoga**

Tuesday 10.00am Braunton

### **Slow Flow Hatha Yoga**

Thursday 7.15pm, West Down.

Friday 9.30am, Croyde.

Friday 11.30am, Braunton

### **HIIT Yoga Fusion**

Monday 6.30pm, Heanton.

Wednesday 9.15am, Braunton

**07738 014383**

[pip@westernwellbeing.co.uk](mailto:pip@westernwellbeing.co.uk)

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

## **NEW DAWN**

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

[info@jackiewilliamson.com](mailto:info@jackiewilliamson.com)

07471 894200

[www.jackiewilliamson.com](http://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**

**07772 843794**

[croydeyoga@icloud.com](mailto:croydeyoga@icloud.com)

[www.croydeyoga.com](http://www.croydeyoga.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](http://www.vibrantlifecentre.co.uk)

23 South Street, Braunton, Devon, EX33 2AA

## **HANDS ON CLINIC**

Hands On Clinic is a vibrant hub dedicated to your health Led Bowen Technique with Phil, physiotherapy, acupuncture, sports injury treatment.

We also offer a complete range of massages including, healing massage, deep tissue, chavutti, Lomi Lomi, abdominal, aromatherapy, hot stones & much more.

### **CONTACT**

01271 812998

[info@handsonclinic.co.uk](mailto:info@handsonclinic.co.uk)

[www.handsonclinic.co.uk](http://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 OllieTubb 07789 766826**

[labyrinthmindmovement@gmail.com](mailto:labyrinthmindmovement@gmail.com)



## **THE BREATH COACH**

I am a breathing coach who specialises in coaching people to make small changes and improvements to their breathing to help them feel, move, perform, and recover better.

I help people with health issues such as  
Breathlessness , Asthma  
High blood pressure  
Poor sleep inc. Snoring, insomnia, sleep apnea  
Stress and Anxiety, Poor circulation  
Poor posture and movement  
Bad backs and necks  
Sports Performance

**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**

Lizzie Gittoes established Grounded Health to help the people of Braunton find the right path to health.

She is particularly interested in cranial osteopathy, treating children and babies, as well as helping people overcome neck pain, back pain and pregnancy-related pain.

### **Contact Lizzie**

hello@groundedhealthclinic.co.uk

07883 888 215

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**

## **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](http://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 470 8090**

**DEVON CARERS 03456 434 435**

**DEMENTIA UK 0344 346 2020**

**ALZHEIMER'S SOCIETY**

**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

**FAMILIES IN GRIEF** 01237 479027

**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

**Saltrock,** Velator near Quay Café Found on the outside wall next to the front door. you will need to get a code from 999

**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

# THANKS TO



**The Vivian Moon  
Braunton Community  
Trust Fund**

Registered as a Charity No. 105821

**&**

**Rotary**  
Club of Braunton



**Live Well in Braunton**  
Connecting the Community

Registered CIC No. 12537325

## BRINGING THE COMMUNITY TOGETHER

