

BRAUNTON

AND SURROUNDING AREAS

Live Well in Braunton
Connecting the Community

Registered CIC No.12337325



CLUBS SPORTS AND
ACTIVITY DIRECTORY





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

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 two 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

Andrea, Community Developer
connect@livewellinbraunton.co.uk

Monica, Marketing and Admin
support@livewellinbraunton.co.uk

Karen, Social Prescriber
karen.mottram3@nhs.net

Charlotte, Social Prescriber
charlotte.buttery2@nhs.net





Live Well in Braunton
Connecting the Community

Registered CIC No. 12537325



WELLBEING WALKS

Fortnightly led Free Wellbeing Walks

Followed by free hot drinks

From the entrance of

Braunton Countryside Centre

Wednesdays 10.30am-11.30/12PM

Please arrive 10-15 minutes early

August

2nd, 16th, 30th

September

13th, 27th

October

11th, 25th

November

8th, 22nd

December

6th, 20th

January '24

3rd, 17th, 31st

February

14th

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.

connect@livewellinbraunton.co.uk

CHAIR YOGA

Currently at Braunton Library
Wednesdays 1.30-230



Contact
Louise Pounds
louisepounds@btinternet.com

GET INVOLVED!

VOLUNTEER BUDDY WALKERS
and
COMMUNITY AMBASSADORS NEEDED.

Contact Andrea
connect@livewellinbraunton.co.uk



FRIENDS OF BRAUNTON LIBRARY

Chaloners Rd

Contact Sarah Bushell 01271 812808

braunton.library@librariesunlimited.org.uk

Open 6 days a week

Free membership

Free tea and coffee

Coffee and Crochet

Every other Monday 2pm-4pm

Sing and Swing

Adults singing with Sophie

9am-10am

£3

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, their
home library services and
activities for children.

BRAUNTON & DISTRICT CITIZENS CLUB

Coffee mornings in the
Vivian Moon Community Centre
Thursday mornings from 9.30 am to 12 pm.
Everyone is welcome,
you don't have to be a member

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**

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**.

EXETER ROAD COMMUNITY PANTRY

Beechgate, Exeter Road
(Just next to Argyll Vets)

Stocked pantry for anyone in need.
Donations always welcome

Contact Sophie Beacham 079206 30397

CHRIST CHURCH COMMUNITY CAFE

Chaloners Road

Every Thursday 2.30-4.30pm

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

BRAUNTON CAEN ROTARY
PARKINSON'S CAFE

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 VOLUNTEER BUREAU

Christchurch, Chaloners Road

Community Car Scheme
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
Twining with Plouescat.

Contact Philip Powell 01271 549828

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

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.

Our Travel Club where we organise holidays for our members. Our wonderful Coordinators organise lunches, dinners, coffee mornings and theatre visits

Annual Membership Fee £20

thejollydollies@gmail.com

VOLUNTEER BUDDY WALKERS NEEDED!!

Contact Andrea
connect@livewellinbraunton.co.uk

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

COFFEE CLUB COMPANIONS

Wednesdays 11.am
at SQ

COUNTRY DINERS

3rd Friday of the
month

CRAFT

3rd Wednesday of
the month
2pm Countryside
Centre

FLORAL ART

3rd Tuesday of the
month
10 - 12pm
St Brannocks

FRENCH

Wednesdays 2 to 4pm
Now open to
beginners

GERMAN

Wednesday
10.30am – 12.00

SPANISH IMPROVERS

Monday
10.30am - 12.00 pm

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

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 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

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

Studio KIND

Unit 3, Velator Way, Braunton EX33 2FB

Studio KIND is a local artist led gallery space showcasing artistic excellence.

We host exhibitions, workshops, artist talks, performances, art socials, residencies and online activity. Studio KIND. also champions emerging talent from Devon and beyond.

Exhibitions

The gallery is open Weds-Sat 12.30pm-5.30pm.
Entrance is free.

Workshop

Our varied programme of workshops led by artists, updates frequently so please visit our website for booking details.

Life-Drawing Class

Every Tuesday 6.45pm-9pm (over 18yrs)
All abilities are welcome.

We have free-to-access workshops for families during half term and the summer holidays

Contact Laura or Sharon

01271 817109

Laura@studiokind.org.uk

www.studiokind.org.uk

Studio KIND

Arts & Crafts with ZestLab

Suitable for children (suggested ages 7-12 years)

Monday afternoons 4.30pm-6pm

Saturday mornings 10.15am-12.15pm

To find out more and book visit zestlab.org

[contact@zestlab.org.uk](mailto:contact@zestlab.org)

BRAUNTON ART GROUP

Vivian Moon Centre

Thursdays 1pm-3.30pm

Small friendly art group which has been established for over 20 years.

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

BRAUNTON GAMES CLUB

SQ Bar, Exeter Road

Every Monday

2pm-4pm

Come and join in the fun with
Braunton Games Club.
Mahjong and Backgammon and more

BRAUNTON BRIDGE CLUB

Christchurch

18:45pm-22:15pm

We are an EBU-affiliated club and play duplicate
Bridge every Wednesday evening at the
Christchurch Hall, next to the Aggi, starting at
7pm.

Visitors are welcome, and the hall is wheelchair
accessible.

For all enquiries regarding the club or learning
Bridge

Contact Jacqui Munns 07734 219859.

Or visit

www.bridgewebs.com/braunton

BINGO

Vivian Moon Centre
Sundays

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

SAUNTON RD SINGING GROUP

Wednesdays upstairs at The White Lion
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

DANCING FEET ACADEMY OF DANCE

The Studio 12 South St, Braunton 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.

We offer exams with the Royal Academy of
Dance and also the Imperial Society of Teachers
of Dancing.

We are recognised by the CDMT – Council for
Dance. Drama & Musical Theatre Performance
opportunities locally and in the West End.

Full scale production show at the
Queen's Theatre every 2 years

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

ZUMBA AND FITSTEPS

Braunton Parish Hall

Zumba is a dance/fitness party, it's so much fun!

Zumba Gold is low impact, suitable for mature people or anyone recovering from illness/injury.

FitSteps is a dance/fitness class.

FitSteps Tone improves posture and balance.

VeraFlow is a dance based stretch class.

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

Contact Karen Kenshole 07765 603558

Karen.kenshole@gmail.com

TAP FOR FUN
Christ Church

Thursdays
5.00-6.00pm
(Term time only)
Beginners welcome !

Contact Karen Kenshole 07765 603558
Karen.kenshole@gmail.com

LINE DANCE CLASS

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

Contact Sandra 07597 685804

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

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 and third Monday at different locations for a social get together

www.sigbi.org/barnstaple/contact-us/

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.

In the Braunton area we are aware of many people who have retired and relocated down here, but are unaware of our existence.

Contact Paul Howard-Baker 01769 571645
for more information

CEET

Community Environmental Educational Therapy
CIC

Over 55s beach art (no art experience needed).

Over 55s cycling

Monthly mini bus excursions to different North
Devon locations for a walk, art, coffee and cake

School nature therapy activities

Alternative provision nature therapy

Contact Sarah Jellard sarah@ceetcic.com

www.ceetcic.co.uk

ASK FOR JAKE

The Hub, South St

Ask for Jake was created to train people in
mental health awareness.

Talk Shop is Ask for Jake's weekly drop-in peer to
peer support with our trained volunteers, located
at the AFJ Hub (behind Dancing Feet Academy
on South Street, Braunton).

A safe space to come along for a cuppa, talk and
listen.

info@askforjake.org.uk

askforjake.org.uk

SIGN LANGUAGE LESSONS

Vivian Moon Centre

Last Monday of the month 6-8pm

All welcome at £20pp

Refreshments available

Contact Amy Tuson 079755 87857

INSPIRIT WELLBEING

Based in Branton 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

01271 815850

enlighten@inspirit-wellbeing.info

www.inspirit-wellbeing.info

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 07772118322
menthealthmatesbraunton@outlook.co.uk

VIBRANT LIFE

Chiropractic & Health Centre

01271 814067

www.vibrantlifecentre.co.uk

23 South Street, Braunton, Devon, EX33 2AA

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

WALX For Life
The Gym Braunton

This is 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 including ..

Janes Monday Workout walk, Tuesday evening social walk, Friday’s friendly flat walk and some longer weekend walks.

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
www.WALXForLife.co.uk

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 plan to site 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

FORTESCUE HOUSE CLUB

Wrafton Road, Braunton

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

01271 812248

fortescue.club@gmail.com

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.

Our interest lies principally on Braunton Burrows where many wartime constructions remain unexplored and waiting for excavation to unravel their secrets and to discover how they were used.

We also organise Devon D-Day to commemorate the 1944 landings in Europe with beach displays of vehicles, living history groups and convoys across the training grounds.

Talks to adult groups, schools and guided walks are part of our work as well as archaeological projects and research of individual wartime service personnel for families.

Contact Richard Bass

01392 660882

richardbass.atc@gmail.com

www.assaulttrainingcenterfriends.co.uk

ROYAL BRITISH LEGION

Memorial Hall Wrafton

BRAUNTON COUNTRYSIDE CENTRE

Caen St Car Park

Located in the heart of Braunton village, the Braunton 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 Braunton 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



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
www.sauntongolf.co.uk

TARKA LEISURE CENTRE

7 Seven Brethren Bank Barnstaple

Gym, Swim, Tennis, Indoor Ski Slope, Classes

06:30 - 22:00 Monday to Friday

08:30 - 18:00 Saturday

09:00 - 19:00 Sunday

01271 373361

www.leisurecentre.com/tarka-leisure-centre

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

BARNSTAPLE CROQUET CLUB

Raleigh Meadow St Georges Road Barnstaple

Monday and Thursday from 10 a.m.

We are a friendly club where croquet is played.
We welcome of all abilities and ages.

No previous experience is needed as coaching
will be offered for free.

All equipment is provided for players use.
Players should wear comfortable clothes and flat
shoes when playing.

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

The club is set in a beautiful situation in the
grounds of Barnstaple and Pilton Cricket club.

Contact Raymond Young: 01271 813255

rayvyoung2000@yahoo.co.uk

www.barnstaplecroquetclub.co.uk

NORTH DEVON VELO

Cycling Club

info@northdevonvelo.com

www.northdevonvelo.com

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 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
or e-mail our Secretary
jennylimond1@gmail.com

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

BARNSTAPLE RUGBY CLUB

Pottington Road, Barnstaple

01271 345627

info@barnstaplerugby.com

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

www.tarkastormrl.com

BECOME A LWIB COMMUNITY AMBASSADOR

If someone such as family, friends, or anyone in the neighbourhood need support, you can help them to access activities, services or refer them to LWIB who can provide further support.

You won't be expected to spend hours helping but will be letting people know where to get advice, support or look for activities.

Contact Andrea

connect@livewellinbraunton.co.uk

BRAUNTON FOOTBALL CLUB

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

WOMEN'S FIVE ASIDE FOOTBALL

Alternate Tuesday evenings at Pilton College
Contact Mel 07764 767955

WOMEN'S WALKING FOOTBALL

Wednesday evenings 7-8pm at Pilton College
Contact Mel 07764 767955

ABILITY FOOTBALL

Braunton Astro, Wrafton Road

Saturdays 11:30-12:30

Ability football for players who are neuro diverse
have a physical disability or mental health issue.

For both youth and adults aged over 10.

Contact Mel 07764 76795

BARNSTAPLE PARKOUR ACADEMY

Chivenor Business Park

Free running club for all ages

Contact Andy Lovelock: 07456 643732

KARATE

Training for all age groups

Wednesdays: Kingsacre School Braunton

Junior & Intermediate Classes

6pm – 7pm

7pm – 8pm

Fridays: Kingsacre School Braunton

Junior & Intermediate Classes

Adult Classes

6pm – 7pm

7pm – 8pm

8pm – 9pm

Saturdays: Kingsacre School Braunton

Early years Class

General Children's Class

9.00am – 9.40am

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

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

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.

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

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

9.15-11am

WESTERN WELLBEING

Western Wellbeing was founded by Pip Fresch as a Yoga and wellbeing support business in 2017.

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.

Pip teaches weekly group yoga classes in And around Braunton, and private lessons from her small studio on Wrafton Road in Braunton, or in her client's homes.

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

www.westernwellbeing.co.uk

CROYDE YOGA

Monday

Georgeham Parish Hall*
Yin Yang 6.30pm
Detox Flow 8pm

Tuesday

Braunton Parish Hall*
Dynamic Flow 6.30-7.30pm
Pregnancy Yoga 7.30-8.45pm

Wednesday

Dancing Feet Studio, Braunton
Mama & Me Yoga 9.30-10.30am
Mama & Bubba Yoga 10.45-11.45am

Friday

Dancing Feet Studio, Braunton*
Dynamic Flow 9.30-10.30am

*classes on Croyde Beach (Down End) when
weather is fine

**Monthly Yoga Brunch in Croyde, see social
media for updated info.**

Contact Tiffany Mackenzie-Shapland

07772 843794

croydeyoga@icloud.com

www.croydeyoga.com

YOGA WITH JULES TEMPLETON

Monday Mornings 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

Or call 07813 874121

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

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 am Oxygen Advantage and Buteyko qualified and help people with health issues such as the following-

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

I also work with clients looking to increase their sports performance in all sports.

I work with footballers, surfers, rowers, runners, swimmers etc.

Contact Thomas Hague

07511 030989

thomas@thebreathcoach.co.uk

www.thebreathcoach.co.uk

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 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

BLUE BADGE PARKING 0345 155 1006

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

CHILD PROTECTION SERVICES

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 Charity No. 1058211

&

Rotary



Club of Braunton

FOR THEIR GENEROUS SPONSORSHIP
OF THE LWIB DIRECTORY



Live Well in Braunton
Connecting the Community

BRINGING THE COMMUNITY TOGETHER

