

Mid Devon Healthcare Primary Care Network

Supporting wellbeing in the heart of Devon



DIGITAL INFORMATION BOOKLET

“Sharing and providing
links to details of
services and information
available
to you within the
Mid Devon Healthcare
Community”

All information in this digital booklet has been taken from the websites of each agency

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AGE UK

Age UK Advice Line - 0800 678 1602

www.ageuk.org.uk



Money and legal

- [Benefits and entitlements](#)
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AGE CONCERN CREDITON
AND DISTRICT

Tel: 01363 775008

info@ageconcerncrediton.co.uk



Community club

This takes place on Mondays, Wednesdays, and Fridays between 10am-2:30pm. Clients are provided with a two-course hot meal, refreshments, and snacks throughout the day. There are many different activities that take place which we tailor to our clients' needs/preferences. This is at a cost of £31 with transport, without transport it is £27.00

Coffee mornings

Held every alternate Tuesday we have a coffee morning; this is held between 10:00-12:00pm. Where individuals come along to have coffee and a chat and usually, we have a speaker that gives a presentation. This is at a cost of £2.50.

Lunch Club

On the other Tuesday we have a lunch club that is held at the Red Deer in Crediton, which includes a two-course hot meal this is Free of charge, although donations are greatly appreciated. You must book in advance on the following number – 01363 775008

Memory Café

This is held every Tuesday afternoon between 2pm-4pm. This is aimed for clients with Dementia and their carers. For more information, please contact Brian Shillingford on 01363 772657.

Home Support Service

Our Home Support Workers provide practical domestic assistance to clients in their own homes, helping them to maintain independence and wellbeing. Support includes enabling tasks, general cleaning, and meal preparation, tailored to each individual's needs.

Befriending Service

Our Befriending Service is delivered by trained volunteers who visit clients in their homes to offer companionship and emotional support. The service helps reduce isolation and loneliness by providing regular social contact and a friendly presence.

[click here](#) for further information on their website.

[Affordable Foot Care Service](#)

[Forthcoming Events](#)

[Home Support](#)

[Lunch and Refreshments](#)

[Memory Café](#)

Tuesday

2 – 4pm

[Over 55 Community Arts Club](#)

Thursday (1st & 3rd of the month)

3 – 5pm

[Useful Numbers and Links](#)

[Wellbeing Drop in Coffee Mornings](#)

Tuesday (3rd of the month)

10 am – 12 Noon

DEVON CARERS

Devon Carers Contact Number - 0345 434 435

www.devoncarers.org.uk



Am I a carer?

- Do you look after someone?
- Do they have a medical condition?, mental health illness or drug/alcohol addiction?
- Would they struggle to cope without your support?

If yes, you are an unpaid carer!

It is really easy to register with Devon Carers:

Online Registration:

devoncarers.org.uk/register-for-support/

Live Chat : [Home - Devon Carers at Westbank](#)

Telephone: 0345 434 435

MID DEVON LIFELINE ALARMS – 01884 255255

A Lifeline alarm provides help at the touch of a button 24 hours a day, 365 days a year. The service provides peace of mind to people who feel at risk in their own homes. It gives people the freedom to live their life independently knowing that they can obtain assistance when they need it. The alarm is also supplied with a wireless pendant worn around the neck or wrist allowing help to be summoned from anywhere around your house or garden. Calls for assistance are answered by specially trained staff who will immediately call family members, friends or neighbours nominated by you for help. In case of a medical emergency, the appropriate emergency service will also be called.

This service is available to anyone living in Mid Devon. If you would like them to visit and show you how the Lifeline works, please use the [contact us](#) form, or telephone on the number above.

MID DEVON MOBILITY

Monday – Friday 9am – 3pm
01884 242099 (Tiverton)
01363 773303 (Crediton)



**Mid Devon
Mobility**
Connecting Communities

info@middevonmobility.org.uk

A local charity making a difference to local people offering a variety of accessible transport solutions. Our services are aimed at connecting communities, helping to increase the independence, mobility and peace of mind of older and disabled people combating the problems of loneliness and isolation.

RING & RIDE

[Ring & Ride Tiverton](#)

[Ring & Ride Crediton](#)

[North Devon Ring & Ride](#)

[Community Car](#)

[Hot Food Delivery Service](#)

[Events](#)

CARELINE 365 – 0808 304 4818

The Careline pendant is water-resistant and can be used in the bath and shower. The system can also be used in the garden with a range of up to 100 metres.

Their standard alarm works using your existing landline telephone connection. However, they also offer a Smartlife Personal Alarm and SOS GPS Alarm for those without a landline.

LIFE CONNECT 24 – 0808 134 9636

Life Connect 24 also offer a personal alarm service. [Click here](#) to see their product details.

AGE CO (OWNED BY AGE UK)

Age Co offer a variety of independent living solutions for those over 50 years of age helping them to live life on their own terms. [Click here](#) to see their wide range of mobility solutions, incontinence products and personal alarms.

INDEPENDENT LIVING CENTRE – 01392 380181

The Independent Living Centre is based in Newton Abbot. The NHS therapy team helps people to find equipment solutions to stay active, safe and independent. They are a joint NHS & Devon County Council funded service, offering completely impartial and independent assessment and advice to individuals, families and carers. They are not a shop and won't try to sell you anything.

The qualified NHS therapists offer pre-booked face to face assessments in our demonstration centre. All appointments are with a Therapist who will guide you to find the right equipment solution.

SPECIALIST SHOPS FOR SELLING EQUIPMENT FOR INDEPENDENCE

[Bridge & Lindsey](#), Exeter – 0800 015 1102

[British Red Cross](#), Exeter – 0344 412 2738

[Exeter Disability Centre](#) – 01392 824428

[Dolphin](#) (Stairlifts and Alarms), Crediton – 01363 776486



Admiral Nurses – 0800 888 6678

Admiral Nurses are specialist dementia nurses who provide free, expert advice, support and understanding to help families care for their loved one.

As experts in the condition, their tailored, life-changing support helps families through the fear and confusion of dementia. From sharing practical tips for caring to offering compassionate emotional support and helping plan for the future, they are there when people impacted by the condition need them most.



FILO FAMILY SUPPORT SERVICE – 0333 939 8225

The Filo Family Support Service's purpose is to provide a day care service which has high aspirations for what can be achieved for people who have either a diagnosis of dementia or a related condition such as Alzheimer's disease. We also cater for those who have no formal diagnosis but are experiencing issues with their memory. Via the small and intimate group sizes, we aim to give people the time and space to feel at ease, to flourish and to form friendships. No client is subsumed by a large group and confidence is gently nurtured.

ROBOPETS

RoboPets is a companion sensory pet for all ages. They are designed to bring comfort, joy and companionship. For people living with dementia these pets have been proven to reduce stress and anxiety. Play has never been so rewarding! [Click here](#) to view their website.

LOCAL GROUPS AND SUPPORT CAFÉS

Here is a list of local groups and cafes that meet in the local communities offering dementia support, exercise routines, refreshments and lots more...

Age Concern, Crediton

Community Club	Mon, Tues, Wed, Thursday	
Memory Café	Tues 2-4pm	Ben Shillingford - 01363 772657
Wellbeing Coffee Morning	3 rd Tues 10-12	Kate Tucker 01363 775008 / 777241
Gentle Seated Exercise	Thurs 10:15-11:30	Kate Tucker 01363 775008 / 777241

DENTISTS

[NHS England, How to find a dentist...](#) Click on this link to find the up to date information from NHS England.

[Chulmleigh Dental Practice](#), Chulmleigh

[Crediton Denture Clinic](#), Crediton

[My Dentist](#), Crediton

[Park House Dental Practice](#), Crediton

[Wistaria House Dental](#), Crediton

[North Tawton Dental Practice](#), North Tawton

[Taw Valley Dental Care](#), North Tawton

[My Dentist](#), Okehampton

[Queenswood Dental Clinic](#), Okehampton

[Whitehall Dental Practice](#), South Molton

[My Dentist](#), Torrington

[Torrington Dental Practice](#), Torrington

PHARMACIES

NHS England... Find a Pharmacy... simply [click on this link](#) and enter a post code.

Alternatively, some local pharmacies within our community are listed below:

[Allied Pharmacy, Torrington](#)

[Boots Pharmacy, Barnstaple](#)

[Boots Pharmacy, Crediton](#)

[Boots Pharmacy, Exeter](#)

[Boots Pharmacy, Okehampton](#)

[Boots, South Molton](#)

[Boots Pharmacy, Tiverton](#)

[Crediton Pharmacy](#)

[Day Lewis Pharmacy, South Molton](#)

[Day Lewis Pharmacy, Exeter](#)

[JHoots Pharmacy, Tiverton](#)

[North Tawton Pharmacy](#)

[Pharmacy at Redlands, Crediton](#)

[Pharmaderma Ltd, Okehampton](#)

[Tesco Pharmacy, Crediton](#)

[Tesco Pharmacy, Tiverton](#)

[Tiverton Pharmacy](#)

OPTICIANS

NHS England... [Click here](#) to find a local directory of opticians in the area.

Alternatively, some local opticians can be found here...

[Atlantic Home Eyecare](#)

[Bills Optician, Exeter](#)

[Bills Optician, Tiverton](#)

[Boots, Barnstaple](#)

[Boots, Exeter](#)

[Boots, Tiverton](#)

[Byrnes & Byrnes Opticians, South Molton](#)

[Crediton Eye Centre](#)

[South Molton Eyecare](#)

[Specsavers, Barnstaple](#)

[Specsavers, Exeter](#)

[Specsavers, Okehampton](#)

[Specsavers, Tiverton](#)

[Vision Express, Barnstaple](#)

[Vision Express, Exeter](#)

AUDIOLOGISTS

NHS England... [Click here](#) to gain more information from the NHS regarding audiology.

Alternatively, some local audiologists can be found here...

[Boots Hearing Care](#)

[Specsavers](#)

EAR HEALTH / WAX SOLUTIONS

Here you will find links to various companies who will also offer home visits.

[The Home Dewax Company](#) – 07522 480809

[Mid Devon Ear Wax Solutions](#), Chris Williams – 07517 725589

[Wax Removal @ Coplestone](#) – 07969 188529

[The Microsuction Clinics](#) – 07811809504

[The Hearing Care Partnership - 0800 52 00 546](#)

FOOT HEALTH

Here you will find links to various companies who will also offer home visits.

[Foot Care by Claire](#) – 07724 736330

Foot Health Practitioner – Viv Pulford – 07827 779559

MID DEVON HEALTHCARE PCN WELLBEING TEAM



Our wellbeing team is made up of Wellbeing coaches and a Therapeutic Gardener based at the Growing Well Garden at Bow Medical Practice.

“As a Team we offer people support and strategies to help them improve their lives. Providing many useful resources and services that can benefit wellbeing in the community. Our service aims to help people to live a more fulfilling life and have insight into what may be holding them back”.

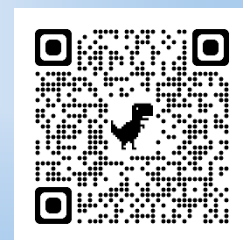
Supporting you to improve your health and wellbeing by:

- Focusing on what matters most to you.
- Helping you to reach your goals and your ambitions.
- Connecting you to local community services and activities.

[Click here](#) to our webpage on the Mid Devon Healthcare PCN website which provides an array of resources, information and links on topics such as (or alternatively click directly below to take you to an individual topic:

- [Bereavement](#)
- [Cancer Care Support](#)
- [Carers Support](#)
- [Children and Young Persons Disability and Carers Support](#)
- [Community Support Services](#)
- [Disability](#)
- [Drug and Alcohol Support](#)
- [Finance Advice and Housing Support Advice](#)
- [Male Mental Health and Sexual Abuse Support](#)
- [Mental and Physical Wellbeing Support](#)
- [Older Persons Mental Health, Physical and Wellbeing Support](#)
- [Sexual Abuse Services and Support](#)
- [Young Carers Support](#)

You can also follow our Facebook and Instagram Social Media Pages for up to date events and information or scan our QR code to request a referral:





INVOLVE – VOLUNTARY ACTION IN MID DEVON

[Involve](#) are Mid Devon’s Council for Voluntary Service, supporting and promoting voluntary and community action across Mid Devon through the provision of:

- [Support for Organisations](#)
Access services for charities, community groups, and others in the third sector.
- [Opportunities to Volunteer](#)
Get information on how to connect with opportunities to become an active citizen.
- [Community Projects](#)
See their projects to support the wellbeing of people within our community.

ACTIVITIES AND GROUPS IN ASHREIGNEY

[Yoga](#)

Wednesday, 5:30-7pm,

The Village Hall

ACTIVITIES AND GROUPS IN BURRINGTON

[Coffee Mornings](#)

Monthly at Holy Trinity Church

[Lunches](#)

Peter's Lunches, 2nd Friday 1pm, Monthly (Over 65's), Parish Hall

[Coffee Mornings](#)

Monthly, Wednesdays, 10am – 11:30am, The Chapel

[Burrington Comrades Club](#)

[Ladies Skittles](#)

[Mens Skittles](#)

[Parish Walkers](#)

ACTIVITIES AND GROUPS IN BOW

The Bow and Arrow is a quarterly magazine, delivered free of charge to the people of Bow, advertising local businesses, with information, write ups, recipes and interesting articles from various local groups and organisations. [Click here](#) for the latest publication...

1st Bow Scouts	Thursday	Bow Village Hall / Burston Meadow
Bow AAC		Burston Meadows
Bow Bears Pre-School		
Bow Congregational Church	Sunday	
Bow Coffee Morning	Tuesday 10:30am (1 st of the month)	Bow Garden Centre
Bow Garden Club	Monday (2 nd of the month bi monthly)	Bow Village Hall
Bow Gospel Hall	Sunday	
Bow Historical Society	Monday (4 th of the month)	Bow Village Hall
Bow Runners	Monday 8:45am	Bow CP School
Bow Village Market	Saturday (4 th of the month)	Bow Village Hall
Bow Walkers	Tuesday, 9:30am	click here for more information...
Bow WI	Tuesday (2 nd of the month)	Bow Village Hall
Seated Exercise	Monday 10:30am	Bow Village Hall
Short Mat Bowls	Wednesday 7:30-9:30pm	Bow Village Hall
Slimming World	Tuesday 5:30pm	Bow Village Hall
St Bartholomew's Church	Sunday	
Tea & Talk	Mondays, 2 – 3:15pm	Bow Village Hall

ACTIVITIES AND GROUPS IN CHAWLEIGH

<u>Art Group</u>	Tuesday, 2-4:30pm,	Jubilee Hall
<u>Carpet Mat Bowls</u>	Thursday, 7:30pm,	Jubilee Hall
<u>Craft Group</u>	Thursday, 2-4pm (bi-weekly)	Jubilee Hall
<u>Community Lunch</u>	Friday, monthly,	Jubilee Hall
For those living on their own to come and chat with others in a similar position.		
<u>Drop-in Café</u>	Tuesday, 10:30-12 Noon,	Jubilee Hall
<u>Monthly Community Market</u>	Saturday (3 rd of the month)	Jubilee Hall
<u>Womens' Institute</u>	Wednesday (1 st of the month)	Jubilee Hall

ACTIVITIES AND GROUPS IN CHULMLEIGH

Army Cadet Force	Wednesday	7:00 - 9:30pm	The Pavillion, Chulmleigh
Art Group	Tuesday	9:30am – 1:00pm	The Pavillion, Chulmleigh
Badminton Club	Monday	7:00 – 9:00pm	The Pavillion, Chulmleigh
Beavers, Cubs & Scouts	Thursday	5:00 – 9:15pm	The Pavillion, Chulmleigh
Bell Ringers	Tuesday	7:30-9pm	Jane Hill 01837680128
Board Games / Warm Space	Monday	6:00 - 8:00pm	The Town Hall, Chulmleigh
Bowls (Short mat)	Tuesday	7:00 – 10:00pm	The Pavillion, Chulmleigh
	Thursday	2:00 – 5:00pm	The Pavillion, Chulmleigh
Brownies	Wednesday	5:00 – 6:30pm	The Pavillion, Chulmleigh
Cameo(monthly)	2 nd Tuesday	7:30pm	The Town Hall, Chulmleigh
Chulmleigh Parish Church			
Holy Communion	Wednesday	10:00am	Parish Church, Chulmleigh
(followed by tea/coffee/jigsaw and chat)			
Chulmleigh District Society	Occasional	click on the link to see up to date details	
Chulmleigh Charity Shop		click on the link to see up to date opening times	
Chulmleigh Old Fair	July	click on the link to see up to date details	
Coffee Mornings	Saturday	9:00 – 11:00am	The Town Hall, Chulmleigh
Cricket Club		info@chulmleighcricketclub	
Chulmleigh Floral Art Club		click on the link to see up to date details	
Football		chulmleighfc@gmail.com	
Games / Dementia Morning		10:00am	The Ivor Marsh Library
Chulmleigh Garden Society	Monday	(2 nd per month)	The Pavillion, Chulmleigh
Golf			Chulmleigh Golf Club
Library			The Ivor Marsh Library
Line Dancing	Tuesday	7:30pm	The Town Hall, Chulmleigh
Parent and Baby	Thursday	9:30-11:30am	The Pavillion, Chulmleigh
Parish Council	Wednesday	monthly	The Town Hall, Chulmleigh
Pilates	Wednesday	9:30am	The Pavillion, Chulmleigh
Police Surgery	Tuesday	10:00am	The Town Hall, Chulmleigh

Rainbows	Wednesday	3:45-5:00pm	The Pavillion, Chulmleigh
Rural Cinema	Friday	(2 nd monthly)	The Pavillion, Chulmleigh
Sunday Lunch Club	Sunday	(4 th monthly)	The Town Hall, Chulmleigh
Table Tennis Club	Monday	7:00-9:00pm	The Pavillion, Chulmleigh
Tai Chi	Monday	10:00-11:30am	The Pavillion, Chulmleigh
Tennis Club			chulmleightennisclub@gmail.com
Warm Space	Monday	12:30pm	The Town Hall, Chulmleigh
Yoga	Saturday	9:45-11:00am	The Pavillion, Chulmleigh
Youth Club (Phatfish)	Monday	7:00-9:00pm	The Pavillion, Chulmleigh

ACTIVITIES AND GROUPS IN CREDITON

Community spaces/Warm spaces

Our community spaces are warm, welcoming places to be with others, share a drink and chat, or just be.

Crediton Library

Free hot drinks, WI-FI, warm space

The Station Tearooms (Turning Tides)

Hot drinks, food and company

Catholic Church

Hot meal at 1pm

Crediton Congregational Church

Coffee and company, hot drinks and cakes (quiz, games and puzzles optional)

Crediton Methodist Church

Hot drinks and refreshments

Together 4 Coffee

Crediton Congregational Church

Hot two course meal and coffee/tea – booking required

Opening days / times

Monday 10am - 3pm

Tuesday 12 Noon – 3pm

Thursday 10am – 12 Noon

Friday 10am – 12 Noon

Saturday 10am

Friday 12 Noon – 2pm

Crediton and District U3A Group

U3As are learning cooperatives of people who are retired, semi-retired or have finished raising their family, and there are no age limited. They have a general meeting each month where various speakers give presentations on many various subjects.

There are also many interest groups which are run by the membership and meet monthly. U3A draws upon the knowledge, experience and skills of the members to organise and run interest groups, in accordance with the wishes of the membership. *The U3A approach is learning and associating for sheer pleasure – there are no assessments to undertake or qualifications to be gained. Joining a U3A is a great way to meet people and make new friends.*

Crediton Library

Crediton Library - discover new activities, information, resources and support at your local library. From reading groups, to health and wellbeing information, free activities for children, free access to computers and WiFi, business support and much more!

Crediton Library is also a centre for a wide range of social groups for all ages, please click below for details:

- [Knitwits](#)
- [Book Group](#)
- [Bounce & Rhyme](#)
- [Duplo and Lego Club](#)
- [Paper Plate Merfolk Craft](#)
- [Stories and Verse](#)
- [Table Top Games](#)

The Bookery
01363 774740
hello@thebookery.org.uk

A not-for-profit independent bookshop which hosts a range of events and actively pioneers programmes supporting literacy, community wellbeing and access to cultural and learning opportunities. [Click here](#) to see their exciting events programme...

ACTIVITIES AND GROUPS IN LAPFORD

The ARK Coffee Shop, company and Conversation	Tuesdays/Fridays, 10am - 2pm,	The Ark, Lapford
Badminton	Tuesday	Victory Hall
High Five Juniors	(4-7 yr olds), Monthly, 3 rd Saturday,	Victory Hall
High Five Youth Cub	(7-12 yr olds), Thursday, 6:00-7:30pm,	Victory Hall
Lapford Youth Club	(11-16 yr olds), Monthly, 2 nd and 4 th Fridays,	Victory Hall
Lapford Cares Community Group for those caring for older residents in Lapford	Thursday, 10:30am – 12 Noon	Victory Hall
Lapford Allotment Society		Kelland Hill Allotments
Beavers	Tuesday after school	
Cubs & Scouts	Thursday evening	
Book Club	First Monday of the month,	The ARK
Short Mat Bowls	Monday	Victory Hall
Amateur Dramatic Society	Pantomime annually	Victory Hall
Dog Club	Wednesday 5:30 – 10:00pm	Victory Hall
Lapford Football Club		
Horticultural Society	Monthly, Tuesday evenings	
Lapford Over 60's Club	Monthly Thursday afternoons, Outings – Wednesdays	
Yoga	Wednesday, 11:00am	Victory Hall

ACTIVITIES AND GROUPS IN NORTH TAWTON

[ANTS \(Actors of North Tawton Society\)](#)

[Badminton](#) Monday 7:30-9:30pm North Tawton Town Hall

[Ballet](#) Tuesday from 4pm North Tawton Town Hall

[Bell Ringing](#) Thursday 7:30-9pm St Peter's Church

[Bowling Club](#)

[Flat Green Lawn Bowls](#) Monday 6-8pm

[Flower Club](#) Monday (2nd of the month) 2:30pm Sampford Courtenay Village Hall

[Little Fishes Baby & Toddler Group](#) Thursday, 9-11am Mortimer Room, St Peter's Church

[Little Seedlings Playgroup](#) Tuesday, 9-11am School Hall, Primary School

[North Tawton Community Centre](#)

[North Tawton Environmental Trust](#)

[North Tawton Brownies](#) Monday 5:45-7pm North Tawton Town Hall

[North Tawton Girl Guides](#) Monday 6:30-8:30pm St Peter's Church

[North Tawton Rainbows](#) Wednesday 4:30-5:30pm North Tawton Town Hall

[North Tawton Rangers](#) Thursday 7-9pm (fortnightly) St Peter's Church

[North Tawton Repair Café](#) [Dates/Times published here...](#)

[North Tawton Rugby Club](#)

[North Tawton Sewing Club](#) Monday 6:30pm North Street Chapel

[North Tawton Scouts](#) [Click here for more information...](#)

[North Tawton Twinning Association](#) [Click here for more information...](#)

[North Tawton WI](#) Wednesday 2-4pm (1st of the month) North Tawton Rugby Club

[Painting Class](#) Tuesday 1:30-4pm Community Centre

[Pilates](#) Tuesday 10:15am North Tawton Town Hall
Wednesday 7-8pm North Tawton Town Hall

[Red Mud Arts](#) [Click here for more information...](#)

[Royal British Legion](#)

[Short Mat Bowls](#)

[Ten Tors Western Line Dancing](#) Tuesday 7pm North Tawton Town Hall

[YANTS \(Young Actors of North Tawton Society\)](#)

[Yoga](#) Saturday 9:30-11am

[Youth Football Training](#) Saturday 10am – 12 Noon North Tawton Football Club

[Zumba](#) Monday 6:30-7:15pm North Tawton Rugby Club

[CIRCL Mobility](#) Monday 7:15-8pm North Tawton Rugby Club

ACTIVITIES AND GROUPS IN THORVETON

Film Nights	Friday (3 rd of the month)	Thorveton Memorial Hall
Market and Big Breakfast	Saturday (2 nd of the month)	Thorveton Memorial Hall
Parent & Toddler Group	Thursday 9:30-11:30am	Thorveton Memorial Hall
Pilates	Wednesday 9am & 7pm	Thorveton Memorial Hall
Sewing Class	Monday 7:30pm	Thorveton Memorial Hall
Thorveton History Society	click here for more information...	
Thorveton Ambers, Ramblers and Trampers		
Caroline Prine 07749 775304 or Graeme Culshaw 01392 860203		
WI	Tuesday 7:30pm (1 st of the month)	WI Hut, Thorveton

ACTIVITIES AND GROUPS IN WEMBWORTHY

[Tea, Cake and Conversation](#) 2-3:30pm, First Friday, monthly, The Village Hall

[Little Red Hen](#) Drop in sessions for Craft, Pottery and Sewing

ACTIVITIES AND GROUPS IN WINKLEIGH

[Archaeology Group](#)

[Art Group](#) Thursday, 10am – 2pm, Community Centre

[Badminton](#) Tuesday, 7-9pm, Village Hall

[Beavers](#) (Boys & Girls aged 6-8)

[Book Club](#) 1st Thursday monthly, 7-8:30pm Village Hall

[Chi Kung](#) Thursday mornings Village Hall

[Church Wives group](#) 2nd Monday, monthly, 2:30-4:30pm Village Hall

[Coffee Morning](#) Wednesday, 9:30-10:30am Community Centre

[Family History/Genealogy](#) 3rd Tuesday, monthly, 10:30am – 12 Noon, Village Hall

[Forget Me Not Friends](#) 1st & 3rd Wednesday, 2-4pm Community Centre
Everyone is welcome, especially people affected by memory loss and their carers.

[Friendship Club](#) 2nd & 4th Thursday, 2:30-4:30pm Community Centre

[History Club](#) 3rd Tuesday, monthly Village Hall

[Kung Fu](#) Wednesday, 7-8pm Community Centre

[Movie Club](#) One Friday, monthly Village Hall

[Pilates \(Variety of styles\)](#) Friday, 9:30-10am, 10-11am, 11-12Noon

[Short Mat Bowls](#) Monday, 2-4:30pm Sports Centre

[Snooker Club](#) Tuesday, 7-9pm Sports Centre

[Tap Dancing](#) Wednesday, 7-8pm Village Hall

[Tai Chi](#) Wednesday, 6:30-8pm Sports Centre

[Taw Valley Quilters](#) Saturday, 10am-4pm Community Centre

[Tennis \(5-11 yr olds\)](#) Sunday, 9:30-10:30am Sports Centre

[Therapeutic Pilates classes](#) Thursday, 7:15-8:45pm Village Hall

[Village Hall Market](#) 1st Saturday, monthly Village Hall

[Winkleigh Events](#) Facebook page of ongoing events happening in Winkleigh

[Yoga](#) Friday, 10-11am Community Centre

[Youth Club](#) Monday-Friday, 7-9pm Sports Centre