

Age Concern Community Activities Timetable

	Week 1	Week 2	Week 3	Week 4
Monday	Afternoon Bingo Baptist Church Cafe, Boutport Street, Barnstaple, 2pm-4pm, £2.50 , Social Club & Bingo	Afternoon Bingo Baptist Church Cafe, Boutport Street, Barnstaple, 2pm-4pm, £2.50 Social Club & Bingo	Afternoon Bingo Baptist Church Cafe, Boutport Street, Barnstaple, 2pm-4pm, £2.50 Social Club & Bingo	Afternoon Bingo Baptist Church Cafe, Boutport Street, Barnstaple, 2pm-4pm, £2.50 Social Club & Bingo
Tuesday	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE
	Barnstaple Benefits Clinic Age Concern 116-118 Boutport St 10am-3pm BOOKING ESSENTIAL	Barnstaple Benefits Clinic Age Concern 116-118 Boutport St 10am-3pm BOOKING ESSENTIAL	Barnstaple Benefits Clinic Age Concern, 116-118 Boutport St 10am-3pm BOOKING ESSENTIAL Ilfracombe Benefits Clinic Ilfracombe Library 10am-3pm BOOKING ESSENTIAL	Barnstaple Benefits Clinic Age Concern 116-118 Boutport St 10am-3pm BOOKING ESSENTIAL
Wednesday	Barnstaple Elder Day – Free Shopmobility Supported Shopping & Social Day Library Cafe 10am-12pm Library Soup Lunch 12pm-2pm Green Lanes Pop-Up Help Desk 10am-3pm	Music Melody Baptist Church Cafe, Boutport St, Barnstaple 2pm-3.30pm, £3.50 Old Favourites Sing-Along with Refreshments	Barnstaple Library Club, Room 2A, 2pm–3.30pm, £2.50 Interesting Speaker, Good Company, Raffle, Refreshments	Fish & Chip Lunch Club, The Catch, Boutport St, Barnstaple, 12.45pm -2.15pm, £8-£11 Good Food & Company BOOKING ESSENTIAL
Thursday	Craft and Chat Baptist Church Café, Boutport St, Barnstaple, 1.30pm-3.30pm, £3 Bring along your own craft or join in with ours	Brunch Club, Barnstaple Coffee Shop, High Street, 12.30pm-2pm, £5-£9 Good Food & Company BOOKING ESSENTIAL	South Molton Benefits Clinic Amory Centre, 10am-3pm BOOKING ESSENTIAL	Ilfracombe Pop-in Morning, The Lantern, High St, Ilfracombe 10am-12pm, £2 Refreshments, Chat & Support
			South Molton Lunch Club, The Coaching Inn, 12.30pm-2pm from £10 Good Food & Company BOOKING ESSENTIAL	
Friday	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE
	Seated Exercise - Chair Tai Chi Baptist Church Cafe, Boutport St, Barnstaple, 2pm-3.30pm, £4 Balance, Flexibility, Strength With Refreshments	Seated Exercise – Chair Yoga Baptist Church Cafe, Boutport St, Barnstaple, 2pm-3.30pm, £4 Balance, Flexibility, Strength With Refreshments	Seated Exercise – Chair Yoga Baptist Church Cafe, Boutport St, Barnstaple, 2pm-3.30pm, £4 Balance, Flexibility & Strength With Refreshments	Seated Exercise - Chair Tai Chi Baptist Church Cafe, Boutport St, Barnstaple, 2pm-3.30pm, £4 Balance, Flexibility, Strength With Refreshments



Barnstaple & North Devon | Supporting Independent Living

Community Activities Timetable Booking & Support

Most activities do not require booking, just turn up.
For Lunch Clubs and the Benefits Clinics please book.

To book a Lunch Club, Pop-in Transport or Elder Day Support contact:

Meryl Tanton

Community Activities Service Manager

Email: meryl@ageconcernnorthdevon.org.uk

Telephone: 01271 445133

To book a Benefits Clinic appointment contact:

Tina Harris

Care Line, Community Transport, Shopping Services Manager

Email: tina@ageconcernnorthdevon.org.uk

Telephone: 01271 445131

Or you can book at the Age Concern office: 116-118 Boutport Street, Barnstaple, EX31 1TD

Please speak to the Service Manager if:

- you are a **carer** and the person you care for would like to attend an Activity while you take a break
- you require **transport** or an **escort** to enable you to attend an Activity
- you require **financial help** to attend an Activity