

## Age Concern Community Activities Timetable

	Week 1	Week 2	Week 3	Week 4
Monday	<b>Afternoon Bingo</b> Baptist Church Cafe, Boutport Street, Barnstaple, <b>2pm-4pm, £2.50</b> , Social Club & Bingo	<b>Afternoon Bingo</b> Baptist Church Cafe, Boutport Street, Barnstaple, <b>2pm-4pm, £2.50</b> Social Club & Bingo	<b>Afternoon Bingo</b> Baptist Church Cafe, Boutport Street, Barnstaple, <b>2pm-4pm, £2.50</b> Social Club & Bingo	<b>Afternoon Bingo</b> Baptist Church Cafe, Boutport Street, Barnstaple, <b>2pm-4pm, £2.50</b> Social Club & Bingo
Tuesday	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £2</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £2</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £2</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £2</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>
	<b>Barnstaple Benefits Clinic</b> Age Concern 116-118 Boutport St <b>10am-3pm BOOKING ESSENTIAL</b>	<b>Barnstaple Benefits Clinic</b> Age Concern 116-118 Boutport St <b>10am-3pm BOOKING ESSENTIAL</b>	<b>Barnstaple Benefits Clinic</b> Age Concern, 116-118 Boutport St <b>10am-3pm BOOKING ESSENTIAL</b> <b>Ilfracombe Benefits Clinic</b> Ilfracombe Library <b>10am-3pm BOOKING ESSENTIAL</b>	<b>Barnstaple Benefits Clinic</b> Age Concern 116-118 Boutport St <b>10am-3pm BOOKING ESSENTIAL</b>
Wednesday	<b>Barnstaple Elder Day – Free Shopmobility Supported Shopping &amp; Social Day</b> Library Cafe 10am-12pm Library Soup Lunch 12pm-2pm Green Lanes Help Desk 10am-2pm	<b>Music Melody</b> Baptist Church Cafe, Boutport St, Barnstaple <b>2pm-3.30pm, £3.50</b> Old Favourites Sing-Along with Refreshments	<b>Barnstaple Library Club,</b> <b>Room 2A, 2pm–3.30pm, £2.50</b> Interesting Speaker, Good Company, Raffle, Refreshments	<b>Fish &amp; Chip Lunch Club, The Catch,</b> Boutport St, Barnstaple, <b>12.45pm -2.15pm, £8-£11</b> Good Food & Company <b>BOOKING ESSENTIAL</b>
Thursday		<b>Petroc (College) Lunch Club,</b> Petroc, <b>Sticklepath Hill,</b> <b>12.30pm-2pm, £3-£5</b> Good Food & Company (NB Term Time only) <b>BOOKING ESSENTIAL</b>	<b>South Molton Benefits Clinic</b> Amory Centre, <b>10am-3pm</b> <b>BOOKING ESSENTIAL</b> <b>South Molton Lunch Club,</b> <div style="background-color: white; padding: 5px; text-align: center;">The venue is undergoing refurbishment - please enquire</div>	<b>Ilfracombe Pop-in Morning,</b> The Lantern, High St, Ilfracombe <b>10am-12pm, £2</b> Refreshments, Chat & Support
Friday	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £2</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £2</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £2</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £2</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>
	<b>Seated/standing Exercise, Chair Tai Chi</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>2pm-3.30pm, £4</b> Balance, Flexibility, Strength With Refreshments	<b>Seated/standing Exercise Chair Yoga</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>2pm-3.30pm, £4</b> Balance, Flexibility, Strength With Refreshments	<b>Seated/Standing Exercise Chair Yoga</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>2pm-3.30pm, £4</b> Balance, Flexibility & Strength With Refreshments	<b>Seated/Standing Exercise Chair Tai Chi</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>2pm-3.30pm, £4</b> Balance, Flexibility, Strength With Refreshments

## 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 or Elder Day support contact:

Meryl Tanton - Community Activities Service Manager

Email: [meryl@ageconcernnorthdevon.org.uk](mailto:meryl@ageconcernnorthdevon.org.uk) | Telephone: **01271 445133**



### To book Community Transport, Shopping or Shopmobility contact:

Leon Trewin - Community Transport, Shopping & Shopmobility Service Manager

Email: [leon@ageconcernnorthdevon.org.uk](mailto:leon@ageconcernnorthdevon.org.uk) | Telephone: **01271 445130**



### To book a Benefits Clinic appointment contact:

Tina Harris – North Devon Help Desk and Benefits Service Manager

Email: [tina@ageconcernnorthdevon.org.uk](mailto: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