

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 Help Desk 10am-2pm	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			South Molton Benefits Clinic Amory Centre, 10am-3pm BOOKING ESSENTIAL	
			South Molton Lunch Club, The Coaching Inn, 12.30pm-2pm from £8 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/standing Exercise, Chair Tai Chi Baptist Church Cafe, Boutport St, Barnstaple, 2pm-3.30pm, £4 Balance, Flexibility, Strength With Refreshments	Seated/standing Exercise Chair Yoga Baptist Church Cafe, Boutport St, Barnstaple, 2pm-3.30pm, £4 Balance, Flexibility, Strength With Refreshments	Seated/Standing Exercise Chair Yoga Baptist Church Cafe, Boutport St, Barnstaple, 2pm-3.30pm, £4 Balance, Flexibility & Strength With Refreshments	Seated/Standing Exercise Chair Tai Chi Baptist Church Cafe, Boutport St, Barnstaple, 2pm-3.30pm, £4 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 | Telephone: **01271 445133**



To book Community Transport, Shopping or Shopmobility contact:

Leon Trewin - Community Transport, Shopping & Shopmobility Service Manager

Email: 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 | 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