BRIXHAM What's on Guide Oct 2026

(All subject to change at venues discretion. Advise is to contact them before going plus there will be more going on that might not be on here. For up to date info as more comes in each day, pls do join my Facebook page: Helen Ambler, Community Builder for Brixham and if you know of anything that should be on this list and is not, pls email me with activity, dates, times and contact name and number)

MONDAY

- Brixham Methodist Church Fore Street - Mons Busy bees toddler group 10am – 1130am Term time only
- Brownies, Guides and Rangers from 1715 to 1845 term time only. Contact 07803 387089 or Girlguiding.org.uk at the Constitutional Club (No longer at the Methodist Hall/Christian Community Centre)
- Ladies Dance Fitness class- Mondays 630pm – 730pm Brixham Rugby Club upstairs room- upbeat pop tunes. Learn dance routines while getting fitter. Polly caters to different levels, but no experience necessary, everyone improves with time. Message Polly Pritchard-Davies on Facebook to join group chat or message her on 07890010191 and book a ½ price first trial session. Normal price is £7 pay as you go or book a block for less. Friendly group, loves newcomers.
- Brixham Does Care café open 10am – 1pm Mon to Weds for drinks and snacks. Everyone welcome. Any drink and a bacon sandwich £3.50. In the function room at Brixham Town Hall.
- Brixham Table Tennis Club 6-9pm Brixham College Sports Centre – Free first time, £5 per session thereafter
- Boys Brigade 1st Brixham Co – meet every Mon night in term time at United Reformed Church Hall, New Road £1 per week. For Boys aged from 5 years – 19 years, split into 3 different age groups between 530pm and 830pm. 01803 857684.
- Olde Buoys 1030am – 1230pm at Brixham Does Care café. £2.50pp and transport can be provided for £2.50pp subject to availability
- Film Club once a month, usually the 3rd Monday of each month at 1pm – 3pm in the function room with Brixham Does Care. £6pp to include a cold drink. Buy tickets from the office at BDC.
- Brixham Bay Walks 945am meet at the rear of Douglas House in Gillard Road, walk up to Berry head and back to berry head hotel for refreshments. Contact Mike on 01803 844013.
- Karate for over 50's in St Marys Church Hall, Drew Street 4-5pm £5pp Contact Sensei Zenos Christo, 8th Dan, 07740643967 (can be younger than 50, just have a chat with him)
- Friends of Brixham Library 2nd Monday of each month – talk on local interesting subject 01803853870
- Yum – Mobile Social supermarket at Brixham Rugby Club 10am – 12pm Mondays
- Brixham Good Companions – A friendship group with an interesting speaker and tea and cake each month. 3rd Monday of each month. £3pp members or £4pp guests (cost subject to change slightly) 130pm – 315pm at The URC opposite Brixham Theatre. Call Jan 01803 414925 for more details. You don't have to join but if you wish to join, membership is £10 for the year. Other social stuff too, bus trips out, dinner nights etc.
- Stay & Play at Brixham Library Mon and Tues mornings term time only 945am – 1130am. Booking essential limited spaces. £2 per family includes a cup of tea or coffee. Share books, meet others, play with toys.
- Swimming for disabled adults at the Admiral Swimming Centre, Brixham 11am – 12pm. Please contact Rob Boyd on 850823 for more details.
- Tai Chi with Lisa Kay – Scala Hall 10am – 11am 07943275585 to book – FaceBook: Taichi lisa kay

TUESDAY

- Brixham Does Care café open 10am – 1pm Mon to Weds for drinks and snacks. Everyone welcome. Any drink and a bacon sandwich £3.50. In the function room at Brixham Town Hall.

- Brixham Methodist Church Fore Street – Rainbows 17:15– 18:30 Term time only. Contact 07813 810211 or Girlguiding.org.uk

- French Morning at La Petit Maison every Tuesday 10am – 12pm but recommended to get there at 10am to get a seat. Join them for coffee and a croissant and some easy, informal chat with others like-minded, who fancy practising or improving their French conversation skills. Whether you're starting out with French, a bit rusty, or are fluent speaking, join them for a fun morning in their cosy harbourside bistro. £5pp entry fee to include fresh hot coffee and a tasty croissant.

- Ladies Dance Fitness class- Tuesdays 11am – 12pm Community Church Hall Fore Street next to the Spar - upbeat pop tunes. Learn dance routines while getting fitter. Polly caters to different levels, but no experience necessary, everyone improves with time. Message Polly Pritchard-Davies on Facebook to join group chat or message her on 07890010191 and book a ½ price first trial session. Normal price is £7 pay as you go or book a block for less. Friendly group, loves newcomers.

- Carers Coffee afternoon - Brixham Methodist Church Fore Street – Every last Tuesday 13:00 -15:00. Come along for some peer support – chat with other people who may be in a similar situation to yourself and ask any questions you need and the carer support worker will be able to help you. £2pp for tea/coffee/cake

- Quay Harmony Ladies Choir Tues nights 7pm – 9pm Brixham Rugby Club 07435 582088 or 07532 762580

- Small steps play group for children with additional needs - on certain Tuesdays – contact The Barn, Brixham

- Brixham Harmony Singers (women only) – sing for fun, health, wellbeing with Roz Walker Tuesdays 130pm – 3pm term time Catholic Church Hall Brixham. Gospel/pop/folk. All welcome. £6pp per week. 07816 936521. They are looking for a new MD (musical director), so please do contact them if you know of anyone.

- Brixham Harriers running club meet at 630pm Thinking Fitness Gym, Lytes Road, £20 a year but first 3 sessions free. Website brixhamharriers.co.uk or email bxmharriers@gmail.com

- Torbay Cycle CIC Big Bike revival on Fore Street – Tuesdays from 10am – 12pm term time only

- Brixham Does Care run minibus trips – contact them to ask when next ones are

- Brixham and district ladies forum Catholic Church Hall, New Road £4pp for tea coffee biscuits chat and speakers Alternate Tuesdays 10am – 1130am 01803 856906 or 01803 854928. All welcome.

- Scrabble – Brixham Library 1130am – 1/130pm with Marian and Reg – contact 07976096248 to check details

- Skittles – Brixham Constitutional Club (what was Brixham Conservative Club) 3pm – 430pm with Marion and Reg – contact 07976096248 to check details

- Chair yoga - Brixham Library – every other Tuesday 345pm – 445pm – Free and includes a tea/coffee afterwards – just turn up, no experience or booking required 29th Sept and 13th Oct with many more

- Sew Crafty – FINISHED AT BRIXHAM RUGBY CLUB - NOW ONLY AT GOODRINGTON CHURCH ON DARTMOUTH ROAD - 2pm – 5pm £4pp for tea coffee homemade cakes. Learn to sew, knit, crochet, paint, macramé, bag making, beading, toy making and more. All welcome. 07495 068888 or 07872 561678.

- Knit and Natter 1030am – 1230pm at Brixham Does Care £2.50pp

- Bingo 1.30pm – 3.30pm at Brixham Does Care £2.50pp. Need to buy membership to BDC for the year as well for this one due to gambling laws you have to be a member to play.

- Stay & Play at Brixham Library Mon and Tues mornings term time only 945am – 1130am. Booking essential limited spaces. £2 per family includes a cup of tea or coffee. Share books, meet others, play with toys.

- Riviera Singers Ladies Choir 7.15pm – 9pm @ Christian Community Centre. Chris 01803 883886

- Watercolour group – Tuesdays from 10am – 12pm. Room 1 in the Christian Community Centre

- Poetry for Pleasure at Brixham Library 1030am – 1230pm meet every 3rd Tues of each month & share poetry

- French Morning at La Petit Maison every Tuesday 10am – 12pm but recommended to get there at 10am to get a seat. Join them for coffee and a croissant and some easy, informal chat with others like-minded, who fancy practising or improving their French conversation skills. Whether you're starting out with French, a bit rusty, or are fluent speaking, join them for a fun morning in their cosy harbourside bistro. £5pp entry fee to include fresh hot coffee and a tasty croissant.

- Mens Meet up 11am – 1215pm - Front Room coffee shop by the Baptist Church – pop along for as little or as long as you like, lovely Paul will be there to chat to – refreshments can be purchased from the cafe

- Mens Shed runs Tues – Fri 1030am – 130pm in the room above the Baptist Church Hall (roughly 8 steps to go up), through the blue door by the taxi rank, just ring the doorbell and someone will come down and let you in. It's a place to share skills, try out new things and meet up with others who enjoy DIY. They repair, upcycle and repurpose items and offer inexpensive repairs for the local community. A fully equipped workshop for you to go along and use. Also repair and service sewing machines for roughly £25 per machine. Contact Gary on 01803 883794 or email: sujoan33@outlook.com

- Beginners' fitness yoga Brixham Catholic church hall, new road 6pm try for only £5 07325 735500 or email oceanyogabrixham@gmail.com

- Monthly Polynesian dance class with Nicola Bianca 630pm – 8pm. The Scala Hall or on the compass deck at Shoalstone pool. Email: Hello@nicolabiancawellness.co.uk

WEDNESDAY

- The Queens Arms Chris Thomas and House band every Wednesday night

- Brixham Blues 2nd Weds of every month 8pm at The Constitutional Club (was Conservative Club), New Road

- Stretch and Tone exercise class every Weds 730pm – 830pm £4 per session. All abilities welcome. Bring a mat/towel and a drink. Brixham Methodist Church, Fore Street

- Afternoon of Music with Classic Gold 1st Weds of each month FREE 2pm – 330pm at Brixham Baptist Church Hall. Classic Gold guitar and bass guitar vocal duo play. Dancing encouraged! All inclusive/all welcome/wheelchair friendly. It is a group of people coming together to share their love of music, dancing and chat. Contact me for more details. (Music is from the 1950's, to present, rock 'n' roll, jive, pop and country). Tea coffee biscuits provided. Donations gratefully appreciated.

- Alight kids Club Weds afternoons 330pm – 5pm – 5-10 yrs £1 per child at the Christian Community Centre, Fore Street. Please register before coming using the QR code on their poster on their door.

- Beginners fitness yoga Brixham Catholic church hall, new road 930am and 6pm try for only £5 07525 735500

- Church Coffee Morning - Brixham Methodist Church Fore Street - Every Wednesday 10:00 -12:00

- Prayer service in Church - Brixham Methodist Church - Every Wednesday 11:00

- Chess in the Front Room café by Baptist Church Hall 6pm – 9pm

- Brixham Does Care café open 10am – 1pm Mon to Weds for drinks and snacks. Everyone welcome. Any drink and a bacon sandwich £3.50. In the function room at Brixham Town Hall.

- Over 50's– Lupton House Cuppa/chat round a fire – Every Weds term time only 10am – 230pm – also looking for volunteers to help maintain orchards. Mostly men at this one but there are a few women too. They would need notice of at least a day of you going so they know how much soup to provide. £2pp needed for soup. Also, one weds per month, fun and crafting intergenerational session with the early years. Contact: orchardforestsch@gmail.com

- Healthy Minds Torbay listening support service is available from 9am at The Bay Coffee Company, then from 9.45 am until 11.15 am at Brixham Library. They offer 30 minute appointments and have a NEW phone number 07442509736 (available 9am-5pm Monday to Friday) as well as their email address healthymindsappointments@proton.me to book appointments via.

- Tripudio Flow (gentle exercise to music) Catholic Church Hall 11am -12pm Nicola 07783787369. Trial session only £5. This class can be done on a chair/using a chair if preferred. Nicola will happily accommodate.

- Brixham Horticultural Society meet on the 1st Weds of each month except January – 2pm at the Catholic Church Hall New Road Brixham 07712 199426. Tea coffee biscuits and chat £1.50pp and includes a speaker on a subject.

- Knit Together 10.30am -12.30pm at Brixham Does Care £2.50pp

- Ladies Group 1-3pm at Brixham Does Care £2.50pp

- Woolpack 1030am – 1230pm at Brixham Library – come along and knit or crochet whilst having a chat. FREE but need to book. Beginners welcome.

- Walking Rugby Weds nights 7pm – 8pm Brixham College – contact Bryan Pitman from Brixham Rugby Club

- Play groups at The Barn Brixham 0 – 19 Torbay. All sessions drop in and free. Toddler group weds 945am – 1115am 1 – 5 years and Baby club 130pm – 230pm 0 – 1 yrs. Donations welcome

- PLAY TORBAY - ASRUS is a FREE term time weekly club providing activities and social learning experiences for young people in Torbay with autism spectrum conditions, which may or may not be diagnosed. Children come along with their Parent / Carer / Guardian…and often brothers, sisters and friends too. This means the club supports the whole family, not just one person. It is a place to be with friends, to play outdoors, to make music with support from music leaders and a place to chill and chat. Each week there are different activities including creating crafts to take home and making delicious food to eat. Open every Wednesday from 5.30pm. Please go to the website to book: https://www.playtorbay.org.uk/asrus. If you have a child or young person that you think would like to attend, we would love to hear from you. Play Torbay also runs a term time Woodland Hub session for home educated children on Wednesday mornings: 930am–12pm. For more information email: lesley@playtorbay.org.uk or call 07508 396282

- Mens Shed runs Tues – Fri 1030am – 130pm in the room above the Baptist Church Hall (roughly 8 steps to go up), through the blue door by the taxi rank, just ring the doorbell and someone will come down and let you in. It's a place to share skills, try out new things and meet up with others who enjoy DIY. They repair, upcycle and repurpose items and offer inexpensive repairs for the local community. A fully equipped workshop for you to go along and use. Also repair and service sewing machines for roughly £25 per machine. Contact Gary on 01803 883794 or email: sujoan33@outlook.com

THURSDAY

- Colour and Chat 10.00-12.00pm at Brixham Does Care. £2.50pp
- Art 1.30-3.30pm at Brixham Does Care £2.50pp
- Lunch Club (usually on the first Thursday of each month) with Brixham Does Care at a different venue each month. Contact 01803 857727 for more details and to book. Transport is provided for £2.50pp in the TQ5 area but spaces are limited.
- Bounce and Rhyme at Brixham Library 130pm – 2pm – a fun session with sing a long rhymes – good socialisation for parents and little ones – space is limited so booking essential 01803853870
- Arts and Crafts Group Brixham Library 2pm – 330pm- go along and try – no experience necessary – Booking essential 01803 853870 £1 per session
- Brixham Methodist Church, Fore Street - Thursdays 10:00 -11:30 (term time only) Busy Bees toddler group
- Brixham Methodist Church, Fore Street - Every third Thursday 8:30 Bible Breakfast
- Probus Club Brixham for retired and semi retired men – 945am at the Catholic Church Hall, New Road. Tea, coffee, biscuits and chat. Interesting varied talks from 1030am. The club is non political and non religious. Weekly entry fee £3. No annual fee. First three taster visits free. All details found at www.brixhamprobus.co.uk or email info@brixhamprobus.co.uk
- Mummy and Me – Friendship, Education and Support – Term time Thursdays 930am – 1130am, St Mary's Church Hall, St Mary's Square, Milton Street, Brixham, TQ5 0BU
- Coffee Morning at Brixham Baptist Church 10am – 12pm – lovely small group of people, tea/coffee biscuits provided – donations gratefully received.
- Open Mic Nights at the Golden Lion, 65 New Road, Brixham. Fortnightly Thursday nights 8pm onwards – sing, play or comedy.
- Brixham Orpheus Male Voice Choir Thursday evenings at The Christian Centre, Fore Street 715pm – 9pm. Contact www.brixham-orpheus-choir.co.uk or 07878836559. They are looking for a new Musical Director (MD), so pls do contact them if you or anyone you know is interested in taking on the role.
- Compass House social prescriber walks every 2nd Thurs of each month meet at 1230pm under Compass House Doctors surgery. Just turn up – nice flat walk to breakwater and back for coffee
- Mens Shed runs Tues – Fri 1030am – 130pm (but Thurs has a specific womens DIY group available for £3pp to include tea/coffee/biscuits and making of specific items ladies want to make) in the room above the Baptist Church Hall (roughly 8 steps to go up), through the blue door by the taxi rank, just ring the doorbell and someone will come down and let you in. It's a place to share skills, try out new things and meet up with others who enjoy DIY. They repair, upcycle and repurpose items and offer inexpensive repairs for the local

community. A fully equipped workshop for you to go along and use. Also repair and service sewing machines for roughly £25 per machine. Contact Gary on 01803 883794 or email: sujoan33@outlook.com

- Beginners fitness yoga Brixham Catholic church hall, new road 7pm try for only £5 07325 735500
- Karate for over 50's in St Marys Church Hall, Drew Street 4-5pm £5pp Contact Sensei Zenos Christo, 8th Dan, 07740643967 (can be younger than 50, just have a chat with him)
- IT Buddy at Brixham Library 930am – 1230pm – if you need help with basic IT, then book a half hour slot with Annie, their IT buddy
- Brixham Youth Club – In the Scala Hall - lots of fun activities, tuck shop, milkshakes and much more - Thursdays 630pm - 8pm. Term time only. FREE. For 11 – 18 yr olds.
- Brixham Harriers running club meet at 630pm Thinking Fitness Gym, Lytes Road, £20 a year but first 3 sessions free. Website brixhamharriers.co.uk or email bxmharriers@gmail.com
- Yoga for Women at Manana, Thursdays 930am – 1030am Book online: www.charlottewoodsyoga.com
- 1st Brixham Girls Brigade at The Baptist Church Hall, 5 – 19 yr olds, term time only, £7pp per half term 545pm – 7pm. Contact 01803854988 or brixhamgirlsbrigade@outlook.com

FRIDAY

- Friends of Brixham Library Coffee morning – 1st Friday of each month 10am – 12pm cuppa cake and conversation everyone welcome no need to book.
- Folk Club 1st Friday of each month at The constitutional club 7pm – 830pm
- Coleton Fishacre walks – first Friday of every month 1030am start
- Brixham Methodist Church, Fore Street - Every Friday 10:30 (term time only) Friday Fellowship
- Craft and chat friendship group with Claire – bring your own craft/colouring book and pencils or just come along for a chat and make new friends £1pp to include tea coffee biscuits. Front room (Brixham Baptist Church) Fridays 2pm – 330pm.
- Play groups at The Barn Brixham 0 – 19 Torbay. All sessions drop in and free. Thriving child play grp Fridays 10am – 1130am 0 – 5yrs. Donations welcome
- Bridge 10.30am-12.30pm at Brixham Does Care £2.50pp
- Walking Football every other Friday night 7-8pm Brixham College. Contact Joe 07866574263
- Handicraft 1.15-3.15pm at Brixham Does Care. £2.50pp
- Middle Street Walkers – 2nd Friday of each month 2pm meet at Flour Flower on Middle Street – wellbeing walk, flat, short, accessible for all, hosted by Natalie from Healthy Minds and myself (Helen), contact Natalie 07595218225 or me 07469660873. Usually finishes approx. 4pm and we all buy a drink at Flour Flower when we get back but do not have to.
- Battery Gardens Volunteers meet 10am – 1130am to keep the Battery Gardens looking lovely – contact Tim at Battery Gardens (through me) before attending to make sure someone will be there to work alongside.

- Friday night Sip and Paint at 'A kick up the Arts' on Bolton Street. A great fun night out for only £12.50pp for 2 hours. Most people that go have little or no experience of painting, they just want to try something new. There is a bit of guidance, some hints and tips and confidence building, which makes the world of difference. Email Sarah to book: akickupthearts.brixham@gmail.com They also do life drawing, other art and craft workshops, work with Home educated children and can cater for adult and childrens parties.

- Community Youth Group at St Marys Church 7pm last Friday of each month

- Bereavement support group in The Trawler function room on North Boundary Road. The last Friday of each month 130pm – 3pm. Call Carol Faith for more details on 07384056239 or contact me. Providing a safe space where you can meet others in a similar position to you. Refreshments available.

- Tai chi with Lisa Kay Catholic Church Hall on New Road 10am – 11am 07943275585 to book

- Mens Shed runs Tues – Fri 1030am – 130pm in the room above the Baptist Church Hall (roughly 8 steps to go up), through the blue door by the taxi rank, just ring the doorbell and someone will come down and let you in. It's a place to share skills, try out new things and meet up with others who enjoy DIY. They repair, upcycle and repurpose items and offer inexpensive repairs for the local community. A fully equipped workshop for you to go along and use. Also repair and service sewing machines for roughly £25 per machine. Contact Gary on 01803 883794 or email: sujoan33@outlook.com

- Brownies - St Margaret Clitherow School from 1800 to 1930, (Guides from 1800 to 1945 with Bridget 07787548215) - both term time only. Contact 07813 810211 or Girlguiding.org.uk

SATURDAY

- Brixham Rugby Cubs at Brixham C of E School Hall 10am (3-4 yr olds), 11am (5-6yr olds) bryanpitman33@btinternet.com

- Breakfast Together at Brixham Library – everyone welcome to enjoy a continental breakfast together for free once a month 10am – 1115am. Book for the next one on 01803 853870.

- Saturday club at Brixham Library 10am – 12pm – free drop in sessions with self-led activity

- Coffee Morning at The Front Room on the 1st Saturday of each month hosted by Rachel £1pp minimum donation for tea coffee biscuits – come along for a chat and make some new friends

- Over 50's social at Thinking Fitness Lytes Road 10am – 12pm – different activities – contact me for further info until I find a contact number – (Can be under 50 if have a chat with them). Meet once a week on a Saturday morning between 10:00 and 12:00 in the sports centre at Brixham College. It costs £4 for 2 hours and £3 for 1 hour. They tend to play table tennis and racquetball in the first hour, then stop for coffee & a chat, then more of the same plus badminton, if there's enough of them, after the break. They have a very good laugh, it's as much a social event as a way of keeping fit and active. It's been going for many years, and they are a great bunch of supportive people.

SUNDAY

- Brixham Baptist Church 1030am every Sunday 'Shine' a great way for families to start Sundays. Meet up with friends, have a tasty free brunch, crafts, chat, chill. Parents and carers can stay too. Contact: families@brixhambaptist.org.uk

- The Queens Arms Open Mic Last Sunday of each month 4pm – 6pm hosted by Chris Thomas and band but you bring the talent!

- Brixham Methodist Church Fore Street 5pm coffee cake conversation 3rd sun of month

- Healthscape CIC Sea Swimming group – Brixham Breakwater – 10am meet – either stay on land and chat, dip your toes in or swim in swimming cossie or wetsuit – contact Healthscape CIC on Facebook for more info

- RC Model Yacht Racing Youngs Park Goodrington- contact the group on Facebook 'Torbay Model Yacht Club' or email: torbaymodelyachtclub@aol.com

SOME UPCOMING EVENTS ON VARIOUS DAYS/DATES:

- **Finding Your Voice Poetry Workshop – Oct 15th 130pm – 330pm Brixham Theatre –** Free session open to all – be part of a friendly and supportive group led by local poet and artist Becky Nuttall – we explore Reading and writing poetry, developing your writing style, developing your voice. Together we can share poetry by poets we love, the poetry we write and how to find your individual voice. Call me for more info.
- **Wellbeing Coffee Morning hosted by The Middle Street Walkers – Sat 31st Oct 2026 1030am – 1pm in the Front Room coffee shop next to Brixham Baptist Church –** refreshments provided - donations gratefully received – this is a fundraiser for Baton of Hope Torbay Charity - contact me (Helen) on 07469660873 for more details.
- **Poetry People – Nov 19th 130pm – 330pm – Brixham Theatre –** Free sessions open to all – enjoy listening to, reading and performing poetry. Hosted by Project X actors and local poets. No booking required, just turn up and refreshments will be available
- **FAB – Festival of Arts Brixham 19th – 30th October – loads going on in Kick up the arts, Brixham library, Brixham Museum and Brixham Theatre and The Music Factory CIC will be putting on a show – follow F.A.B - Festival of Arts Brixham on Facebook or email festival.arts.brixham@gmail.com**
- **Snowball Sat 21st Nov fundraiser for the charity I work for, Torbay Communities 7pm – midnight 3 course meal, live auction and raffle, live music from the 60's explosion band at The Imperial Hotel Torquay.**
- **Lights, lanterns and laminations in Brixham – Fri 20th and sat 21st Nov**

Additional support and information groups

- Brixham Does Care Weekly Activities | (brixhamdoescare.co.uk) help with form filling and befriending
- Drawing and Talking Therapy, emotional and wellbeing support, companionship, community activities, home life management, batch cooking and gardening, de cluttering and hoarding and much more! Contact Debbie 07876202794 or email debs@meredith.ms. Different rates depending on what help is needed.
- ECOE – free energy advice and home visits – contact 0800 772 3617 or healthyhomes@ecoe.org.uk
- Torbay Community Helpline 01803 446022 or https://bit.ly/torbayhelpline One call that's all!
- Torbay Together online platform to find out about up to date groups/events www.devonconnect.org/torbay
- Torbay Timebank to volunteer your time to help others and find others that may be offering their time and can help you www.devonconnect.org/torbay/torbay-timebank
- Hotel breaks for unpaid carers if 18 yrs or over and providing unpaid care for 30 hrs or more per week. Contact Devi Porter on 07880136859 or email debi.porter@nhs.net to register.
- Health Connect Coaching – do you have experience of a long term health condition? Could you benefit from being supported by someone with shared lived experience who really gets it? Then call 07825 792847 or email tsdft.healthconnectcoaching@nhs.net for free 1:1 support to move forward with positive changes and goal setting.
- 12 week FREE face to face counselling sessions for issues such as anxiety, depression, bereavement, relationship and family issues, past trauma and other issues. Not for severe, complex and enduring mental health conditions such as dementia, psychosis or a personality disorder. Sessions held at Centrepeace in Paignton. To book, contact Becky at: counselling@centrepeace.org.uk or 01803 550720.12 week waiting list.
- Brixham Heritage Museum. Free entry, run by volunteers, donations welcome, dogs welcome, free activity backpacks to borrow. Check website for up to date opening hours.
- Live Longer Better Torbay – 9 week block courses run 2 times a year by Jess Slade on 07772 023170 or email jessslade@torbaycdt.org.uk. Web: www.torbayassembly.com/live-longer-better. Have fun and stay active for FREE! Contact Jess to book on or join a waiting list. Sessions are usually 1015am – 130pm at Brixham Baptist Church and optional lunch 130pm – 230pm

- Motor Active Exercise Centre on Briseham Road Brixham are offering a one-week free trial to anyone to try it out and see if they like it, then if eligible, there may be some free 10-week spaces coming up for grabs fully funded by Active Devon! Contact 07908688853. No funded places at mo but watch this space!
- Free, safe, anonymous mental health support for young people kooth.com. No referral needed, just sign up.
- Brixham Library – Loads going on each day – check out their website and/or Facebook page for up-to-date info ranging from baby sessions to crafting, poetry, board games and art sessions. 01803 853870
- The South Devon Players Theatre and Film Company – get involved in the acting and/or volunteer your time to help them keep running www.southdevonplayers.com or email southdevonplayers@gmail.com
- Brixham Arts and Theatre Society – get involved by calling 07884166508 or email: ceciliakean@outlook.com
- Carol Yates – Counsellor, Somatics, yoga therapist, bach flower remedies, reiki healing 07496 763099
- Brixham V.E.G (Very Eager Growers) community allotment group – a lovely group growing veg together – harvest the seeds that you grow – great for kids to get involved with as well – open to all the community of Brixham to get involved - on Alma Road, Furzeham – contact me (Helen Ambler CB) for more details.
- Brixham Battery Heritage Centre Free admission. Hours open until end of Sept are: Tues 10am – 4pm, Weds 10am – 4pm, Thurs 10am – 4pm, Fris and Sats 11am – 2pm - Suns and Mons closed www.brixhambattery.net
- Heart and Soul Coaching practice – A mindful conversation that empowers consciousness to find yourself deeper and higher – work together with Jane to make change happen 07505 701128
- Free support from Digital Health Devon to get digital skills check up, to help support people to access local health, social care and wellbeing services online. Email info@digitalhealthdevon.co.uk or 0800 0520029
- Read Easy UK have volunteers who help people learn to read – find them on Facebook
- Eat That Frog – Focus Forward – contact 01803551551 for more details about working 1 on 1 with a mentor if you are between 25 and 64 and live in Torbay and are not in work. They can help with digital skills, health and wellbeing, cv and job searching, accessing community groups, maths and English, and housing issues.
- STEP ONE – a brilliant charity providing various courses/workshops/ yoga for mental health/peer support groups and wellbeing walking groups. Check out their website www.steponecharity.co.uk – loads of brilliant support on there with contact details from other local charities offering support as well on there.
- Themed walks around Brixham at www.brixhamwalks.org
- Active Minds – Brixham Atlas respite and therapy – The art of care – stimulating, engaging and therapeutic sessions for those with dementia or memory loss. Small friendly therapeutic sessions. For info or to book a free session, contact Jonathon on 01626774799 or info@atlas.care
- HOPE Programme – chronic pain, fatigue and low level anxiety and depression 6 week course in Newton Abbot but the course comes highly recommended if you can get there 01803320696
- Active Devon - see Active Devon facebook page and website for more details about staying active
- Brixham Theatre have loads of shows on – check out their facebook page and website
- Mapzest – an interactive app on facebook and your phone to check out events/pubs/bars/restaurants
- Nicola Bianca for yoga and Polynesian dancing contact 07470450355 or hello@nicolabiancawellness.co.uk
- Nicole berry for counselling and therapy walk and talk 07525853553 or nicoleberrycounselling@gmail.com
- Claire Hawkins for pilates and yoga 07734084151 or Clairehawkins4@icloud.com
- Gemma Gardner for Sound Therapy gemma@signaturesoundtherapies.co.uk
- Dawn Green for Tuning Fork Therapy 07486400239 or dawnlouise369@gmail.com
- Lisa Kay Chinese Qigong TaiChi master 07943275585 and 07549606255 or lisarchina@aliyun.com
- Nicola Hall for Tripudio Flow 07783787369 or nicolahall54@gmail.com
- Brixham Harriers for running – contact them on facebook
- Healthscape for swimming -they are on facebook - they swim every Sun morning off the Breakwater in Brixham – a free to attend group run by volunteers
- Admiral Swimming Pool – opposite the Brixham of E Primary School
- Thinking Fitness – the gym behind Brixham College that is for public use
- Shoalstone pool – follow their facebook page for updates on events and socials
- Dimensions for Autism – Follow them for lots of online and in person workshops
- Long covid support group – Contact Jenny Pankhurst 07923674967 or email jennypankhurst402@gmail.com

VOLUNTEERING

There are lots of places in Brixham who would love to take you under their wing:

- Brixham Theatre – contact volunteers@brixhamtheatre.uk
- Brixham Heritage Museum – contact curator@brixhamheritage.org.uk or pop in and see Holly
- The Pilgrim of Brixham sailing boat – contact 01803 858148 or info@pilgrimofbrixham.co.uk
- The Vigilance of Brixham sailing boat – contact heathermkeeling@gmail.com
- Shoalstone Pool – contact 01803 302024 or info@shoalstonepool.com
- The Pirates group who are actively getting ready for May 2026! Pirate festival weekend (pop in and see John in Bay Coffee Co for more info on this)
- Healthy minds Torbay are looking for volunteers for various jobs – contact healthymindstorbay@proton.me
- Middle Street Wellbeing are looking for volunteers for serving teas/coffees at monthly coffee mornings and future group support of other activities coming up contact Natalie on middlestreetwellbeing@proton.me
- Prospect Brixham contact: Natasha on hello@prospectbrixham.org
- Brixham Community Partnership contact: jimstpier@gmail.com
- South Devon Players theatre group – front of house or behind the scenes help needed – contact southdevonplayers@gmail.com
- Brixham Future CIC – contact: john.brennan@brixhamfuture.co.uk
- Ukrainian Action contact: adamsteward@tiscalli.co.uk
- Brixham Arts and Theatre Society contact: ceciliakean@outlook.com
- Sue Ryder Charity Shop Fore Street 01803850704
- Fishermens Mission – contact helenlovell@fishermensmission.org.uk
- Dart Sailability – Join our happy crew as a sailor or volunteer - no experience needed – enjoy sailing, boating, racing, picnics, wildlife cruises, regattas, RYA courses, BBQs, cuppas and cake – enabling people with any disability to enjoy sailing, boating and social activities on the river dart. Membership from £1. www.dartsailability.org and contact - info@dartsailability.org
- Read Easy UK need volunteers to help people learn to read – contact – torbayrecruiter@readeasy.org.uk
- The Seal Project are looking for Wildlife enthusiasts who may not be able to get out and about hiking or carrying camera equipment, but who'd love to be involved in marine life monitoring via their own laptop. They require volunteers to cover monitoring of an off shore seal haul out - training will be given. They are also looking for enthusiastic Seal Wardens who would be happy to incorporate a little 'public engagement' whilst out on their daily walk around the Breakwater and marina areas, or those who'd like to get some fresh air and exercise with a purpose - raising awareness about the seals seen locally. They know during the winter months especially, and high summer, the seals are a massive draw to the area, but understanding and knowledge of these fascinating creatures is less than they thought, so with some knowledge (training given), leaflets and a high viz top and a smile you can help them make our wildlife be better understood, better respected, and better protected, by members of the public, whilst being part of a fab team of volunteers who do all they can to ensure the seals of South Devon are kept safe and undisturbed. If this is of interest please get in touch via email to volunteering@thesealproject.co.uk or 07818 034668. Registered charity No 1187703. Funded only by donations. Founded by a love of seals. Run entirely by volunteers.
- Brixham Rotary Club – David Sharpe: rotarybrixham@gmail.com
- Brixham Does Care need befrienders and minibus drivers – contact 01803 857727
- Little Valley animal shelter devon charity shop on Fore Street – pop in or call John on 07961986103
- 'Volunteering in Torbay' facebook page holds lots of volunteer requests – join the page to see
- Torbay Communities charity need befrienders who are happy to meet up with people out and about for coffee and chat or go round their house – speak to me
- Point Field CIC smallholding of chickens, pig, horse, goats – over in Galmpton– contact Georgina on 07595396656 for more info and to apply (used to be called Lucky Clucks)
- Time for you Torbay need volunteers to sit with people while their carer goes out for between 1 and 3 hours – contact Torbay Community Helpline on 01803 446022 to offer help.

- Life on the edge volunteer programme – womens conservation group meet once a month around Brixham area – friendly, no experience needed, minibus pick ups – contact lote@southdevon-nl.org.uk
- Torbay on the move LTA Free Park Tennis Activators to volunteer to facilitate free weekly tennis sessions. No coaching experience required, anyone can sign up to start making a difference in the local community https://www.lta.org.uk/role-and-venues/volunteers/become-a-tennis-volunteer/

FUNDING

- Contact Steven Chown our funding advisor on stevenchown@torbaycdt.org.uk and ask him to add you to his mailing list for monthly updates on funding and grants that are available. He also runs advice clinics which you can book in for.

For any further information on groups, contact.

Helen Ambler Brixham Community Builder Torbay Communities

Mob: 07469660873 Email: helenambler@torbaycdt.org.uk

Please do like and follow Brixham CB Facebook page 'Helen Ambler, community builder for Brixham' to keep updated with things as they pop up!