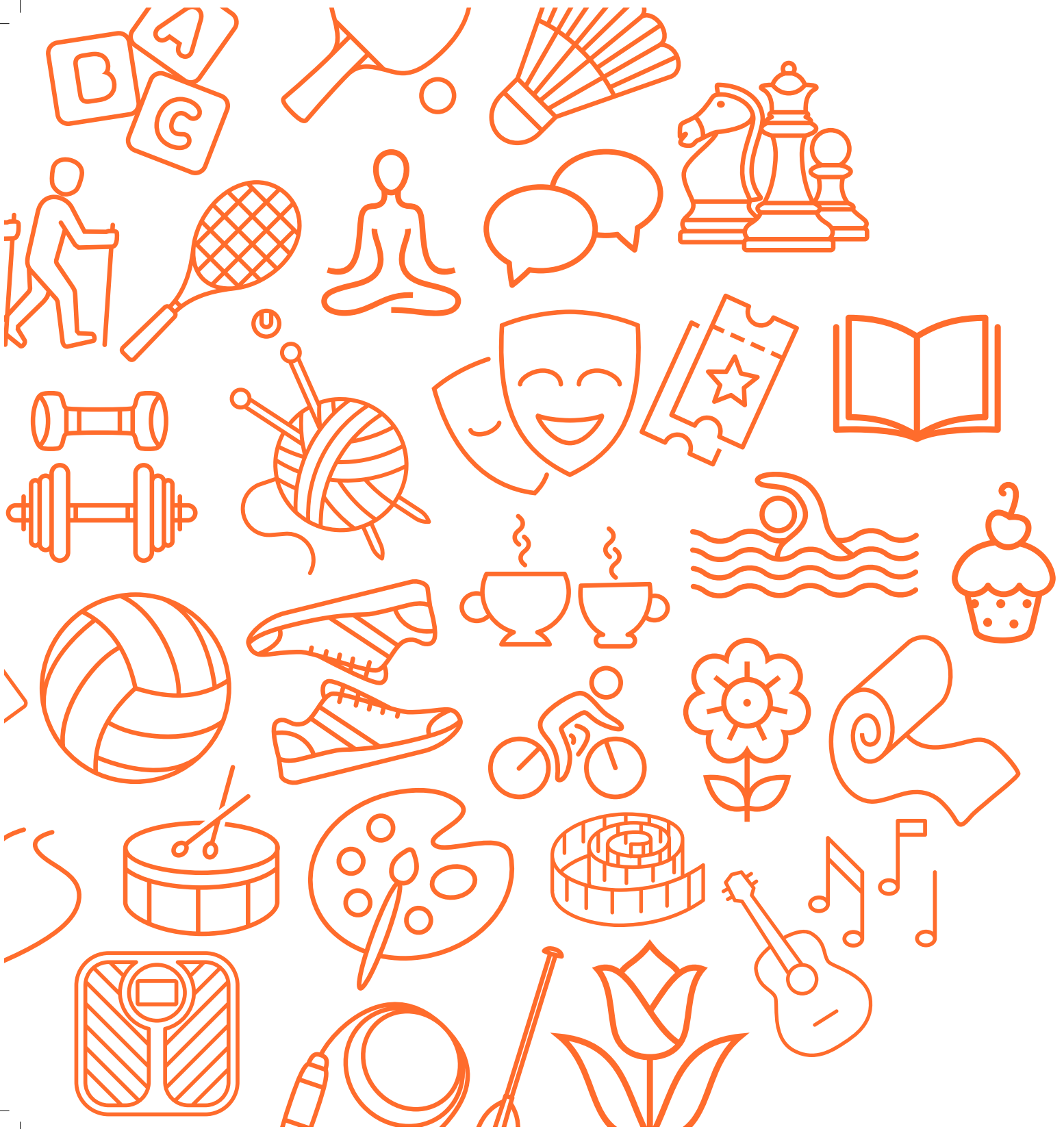


WELLMOOR WHAT'S ON



ACTIVITIES CONTRIBUTING TO HEALTH
& WELLBEING IN MORETONHAMPSTEAD,
MANATON, LUSTLEIGH & NORTH BOVEY

EDITION 2: SEPTEMBER 2019



WHAT'S ON is your handy directory of regular local events. It's been compiled by Wellmoor as a follow-up to 2017's Out & About guide and is full of ways to have fun, socialise and stay well in body and mind. There's something for everyone, every day of the week!

ABOUT WELLMOOR

Wellmoor is part of the Moretonhampstead Development Trust (MDT). It exists to promote the health and wellbeing of individuals and the community in north-east Dartmoor. We work in partnership with healthcare providers and local organisations to co-ordinate joined-up thinking and action for the benefit of all.

Wellmoor believes in encouraging everyone to take the lead on keeping themselves well. One of our goals is to make sure people know about the many ways they can do this in our area: this guide is the result.

If you have any questions about Wellmoor's work please get in touch.

WELLMOOR

T 01647 440775

E admin@moretonhampstead.com

W wellmoor.org.uk

MONDAY

Yoga & Meditation

Mala Shala, Lustleigh
Zen Meditation 8am - 8.45am
Gentle Yoga 10am - 11.30am
Ashtanga Yoga (Mysore) 6.30pm - 8pm
www.malashala.co.uk

Moretonhampstead Pre-School (Term time only)

Suitable for: 2 years + 9am - 3.30pm
01647 440482 | preschool@moretonhampstead.devon.sch.uk

Little Bees

Fore Street Chapel, Moretonhampstead 10am - 12 noon
Suitable for: Children 0-5 with accompanying adult
Judy Hojsgaard: 01647 440123

Source Point Community Health

King George V Sports & Community Centre 10am - 4pm
Affordable Acupuncture, Herbal Medicine, Diet & Nutrition,
Remedial Massage, Tai Chi & Qi Gong
07792 830016 | info@sourcepoint.org.uk | www.sourcepoint.org.uk

Morecare Coffee Morning

Community Hall, Moretonhampstead 10.30am - 12 noon
Usually last Monday of the month

Social Badminton

King George V Sports & Community Centre 1.30pm - 2.30pm
01647 440107 | www.moretonhampstead-devon.co.uk

Pilates

King George V Sports & Community Centre 2pm - 3pm
Suitable for: Everyone
01647 440843

Tip, Tap, Toes (Term time only)

King George V Sports & Community Centre
Grade 2 Modern KS2/3* 3.45pm - 4.30pm
Grade 4 Ballet 5.15pm - 5.45pm
Grade 6 Modern 5.45pm - 6.30pm
Grade 3 Tap 6.30pm - 7pm
dance-life@hotmail.co.uk
*Moretonhampstead Primary School

Tennis Club

King George V Sports & Community Centre
Primary school coaching (Term time only) 4.45pm - 5.45pm
Secondary school youth (Term time only) 5.45pm - 6.15pm
Adult coaching 6.30pm - 7.30pm
Club night 6.30pm - 9.30pm
Members and non-members welcome to club nights
01647 440600 / 07960 711610 | milesthompson1701@gmail.com

Legs, Bums & Tums

King George V Sports & Community Centre 6pm - 6.45pm
01647 440107 | www.moretonhampstead-devon.co.uk

Bridge Club

Community Club, Moretonhampstead 6.15pm - 9pm
Sylvie Gowers: 01647 440386
(please contact if not coming as part of a pair)

Yoga (Hatha)

Village Hall, Lustleigh 6.30pm - 8pm
Suitable for: All abilities
07712 334129 | contactleahedwards@btinternet.com

Yoga

Parish Hall, Moretonhampstead 7pm - 8.30pm
Suitable for: All abilities. Mats provided
01647 441032

The Yard Youth Club

Green Hill, Moretonhampstead

7pm - 9.30pm

Suitable for: 13+ years

theyardmay@gmail.com

TUESDAY

Moretonhampstead Pre-School (Term time only)

Suitable for: 2 years +

9am - 3.30pm

01647 440482 | preschool@moretonhampstead.devon.sch.uk

Bumps and Beyond (Term time only)

Parish Hall, Moretonhampstead

9.30am - 11.30am

Kirstie Alden: 01647 440839 | kirstiealden@yahoo.co.uk

Knit & Natter

Moretonhampstead Library

10am - 12 noon

Suitable for: Everyone

01647 440523

Moretonhampstead Library

10am - 12 noon

Internet access and printing available

01647 440523

Tai Chi (Term time only)

King George V Sports & Community Centre

10.30am - 11.30pm

Suitable for: Everyone

Angus Clark: 07412 387425 | www.livingmovement.com

Walking for Health

Meet Court Street car park

10.30am

01626 215618 | www.walkingforhealth.org.uk

Indoor Bowls

King George V Sports & Community Centre

10.30am - 12.30pm

Suitable for: Everyone

01647 440107 | www.moretonhampstead-devon.co.uk

Pilates

Parish Hall, Manaton

1.30pm - 2.30pm

Candice Skilton: 07976 927118 | candice.skilton@gmail.com

Singing in Harmony with Bee

Moretonhampstead

2.30pm - 4pm

Suitable for: Everyone

07958 083493 | bee.harmony2@gmail.com

Messy Church

Parish Hall, Moretonhampstead

3.30pm - 5.30pm

Usually 1st Tuesday of the month

Suitable for: All children and their carers

Ros Carr: 01647 221430

MED Theatre Drama Groups (Term time only)

Moretonhampstead

Rising Lights (5-7 years)

3.45pm - 4.30pm

Bright Lights (8-10 years)

5pm - 5.45pm

Bright Nights (10-12 years)

5.45pm - 6.45pm

Wild Nights Young Company (13-19 years)

7pm - 9pm

01647 441356 | info@medtheatre.co.uk

Yoga

Mala Shala, Lustleigh

Gentle Yoga

5.30pm - 7pm

Ashtanga Yoga (led)

7.30pm - 9pm

www.malashala.co.uk

The Yard Youth Club

Green Hill, Moretonhampstead 6pm - 8.30pm

Suitable for: Year 6 and over

theyardmay@gmail.com

Pilates

King George V Sports & Community Centre 6.25pm - 7.25pm

01392 244101 | www.adelespilates.co.uk

Indoor Cycling

King George V Sports & Community Centre 7pm - 7.45pm

01647 440107 | www.moretonhampstead-devon.co.uk

Moretonhampstead Community Folk Orchestra (Term time only)

Community Club, Moretonhampstead 7pm - 8.30pm

Suitable for: All abilities and instruments welcome. No auditions.

David Faulkner: 01647 440020

Moor Voices Womens Choir (Term time only)

Baptist Chapel, Moretonhampstead 7pm - 8.30pm

Margaret Spittles: 01647 440614 | margaret.spittles@gmail.com

Choir

Village Hall, Lustleigh 7.30pm onwards

Will Carnell: 01647 277270 | westerleighmusic@btinternet.com

WEDNESDAY

Moretonhampstead Pre-School (Term time only)

Suitable for: 2 years + 9am - 3.30pm

01647 440482 | preschool@moretonhampstead.devon.sch.uk

ArtRaft – Creative Group for Older People

Health Centre, Moretonhampstead 10.30am - 12 noon

Suitable for: 60+ | Melinda: 01647 440971

Yoga

Mala Shala, Lustleigh

Ashtanga Yoga (Mysore)

Ashtanga Yoga (led)

Revitalising Yoga

Zen Meditation (guided)

www.malashala.co.uk

7am - 8.30am

9.30am - 11am

1pm - 2.30pm

8pm - 9pm

Art Class

Parish Hall, Manaton

3rd Wednesday of the month

Suitable for: Beginners & improvers

Jane Leitch: 07776 216785

10am - 4pm

East Dartmoor U3A

Union Inn, Moretonhampstead

1st Wednesday of the month (not July or August)

Margaret Marsh: 01647 433225

10am - 12 noon

Scrabble Club

Moretonhampstead Library

Suitable for: Everyone

01647 440523

Meet at 2pm

Moretonhampstead Library

Internet access and printing available

01647 440523

2pm - 6pm

Miggy's Tales –

Songs, Rhymes and Stories for pre-school children

Moretonhampstead Library

Suitable for: Under 5s | 1st week of the month

01647 440523

2.30pm

Zumba

King George V Sports & Community Centre

Pip Jones: 07946 615808

6pm - 8pm

The Yard Youth Club

Green Hill, Moretonhampstead

6pm - 8.30pm

Suitable for: 8-12 years

theyardmay@gmail.com

TAGB Tae Kwon Do

King George V Sports & Community Centre

Beginners

6pm - 7pm

Senior students

7pm - 8pm

07718 750390 | peter@martialarts4fun.co.uk

Moorland Flower Club

Community Club, Moretonhampstead

7.30pm - 9pm

Last Wednesday of the month

Carol Bennett: 01647 440445

Moortones Singing Group

Union Inn, Moretonhampstead

7.30pm - 9.15pm

John Willis: 01647 440456

History Society

Union Inn, Moretonhampstead

7.30pm onwards

3rd Wednesday of the month

Bill Hardiman: billmgs2001@hotmail.com

Lustleigh Society

Village Hall, Lustleigh

7.30pm onwards

Usually last Wednesday of the month (not in June, July, August or December)

Peter Mason: 01647 277498

Lustleigh Garden Society

Monthly: Date, time and venue vary

Suitable for: All welcome

Gill Hepworth: 01647 277138 | gillianhepworth@googlemail.com

THURSDAY

Moretonhampstead Pre-School (Term time only)

Suitable for: 2 years +

9am - 3.30pm

01647 440482 | preschool@moretonhampstead.devon.sch.uk

Revitalising Yoga

Mala Shala, Lustleigh

9.30am - 11am

www.malashala.co.uk

Teignbridge Mobile Library

The Green, North Bovey

9.40am - 10.25am

Parish Hall, Manaton

12.05pm - 12.50pm

The Cleave Inn, Lustleigh

1.40pm - 2.40pm

1st Thursday of the month

Yoga

Energising

9am - 10.15am

Gentle

10.30am - 11.45am

Jane Willis: 01647 440456

Coppelia House Coffee Morning

Moretonhampstead

10.30am - 12 noon

01647 440729 | Usually 3rd week of the month

Manaton WI

Parish Hall, Manaton

2pm - 3pm

1st Thursday of the month

Charlotte Keene: 01647 221208

Memory Café

Community Club, Moretonhampstead

2pm - 4pm

Usually last Thursday of the month

Suitable for: People with memory problems and their carers

Julia: 01647 441597

Source Point Community Health

King George V Sports & Community Centre 2pm - 8pm
Affordable Acupuncture, Herbal Medicine, Diet & Nutrition,
Remedial Massage, Tai Chi & Qi Gong
07792 830016 | info@sourcepoint.org.uk

Outdoor Bowls (April - September)

King George V Sports & Community Centre 6pm onwards
Suitable for: Anyone welcome, bowls are available for use
Bill Hardiman: 01647 441083

Moretonhampstead Scout Group (Term time only)

Moretonhampstead Parish Hall, Langaford Farm Trust or Out and About

Beavers (6-8 years) 5pm - 6.15pm
Alex Mackley: 01647 441152 | alex.mackley@devonscouts.org.uk

Cubs (8-10.5 years) 5.20pm - 6.45pm
Martin Halliday: 07908 673826 | martin.halliday@devonscouts.org.uk

Scouts (10.5-14 years) 7pm - 8.30pm
Martin Halliday: 07908 673826 | martin.halliday@devonscouts.org.uk

Explorers (14-18 years) 7pm - 8.30pm
Mike Collins: 01647 440934 | mike.collins@devonscouts.org.uk

Circuit Training

King George V Sports & Community Centre 6.30pm - 7.15pm
01647 440107 | www.moretonhampstead-devon.co.uk

Tennis Club

King George V Sports & Community Centre 6.30pm - 9.30pm
Suitable for: Members and non-members welcome
01647 440600/07960 711610 | milesthompson1701@gmail.com

Table Tennis

Moretonhampstead Community Centre 7pm - 9pm
Kenneth Underhill: 01647 440046

Handbell Ringing

Cossick Cross nr Moretonhampstead 7pm - 9.30pm
Suitable for: All levels of musical ability
Jean Reddaway: 01647 440438

Indoor Cycling

King George V Sports & Community Centre 7.30pm - 8.15pm
01647 440107 | www.moretonhampstead-devon.co.uk

North Bovey WI

Parish Hall, North Bovey 7.30pm onwards
Nicola Shears: 07506 461191 | 2nd Thursday of the month

FRIDAY

Moretonhampstead Pre-School (Term time only)

Suitable for: 2 years + 9am - 3.30pm
01647 440482 | preschool@moretonhampstead.devon.sch.uk

Tai Chi (Term time only)

Parish Hall, Manaton 10am - 11am
Angus Clark: 07412 387424 | www.livingmovement.com

Flexercise: Stretch, Tone & Strengthen

King George V Sports & Community Centre 10.15am
Suitable for: 50+
Celia: 01647 440107 / 07802 764145

Pilates

King George V Sports & Community Centre 1pm - 2pm & 2pm - 3pm
Candice Skilton: 07976 927118 | candice.skilton@gmail.com

Tip, Tap, Toes (Term time only)

King George V Sports & Community Centre

Grade 1 Ballet 4.30pm - 5pm

Grade 4 Tap 5pm - 5.30pm

Grade 4 Ballet 5.30pm - 6.30pm

Grade 8 Ballet 6.30pm - 7.30pm

dance-life@hotmail.co.uk

Bell Ringing

St Andrews Church, Moretonhampstead

6.30pm onwards

New ringers always welcome

Mike Jeffery: 01647 440755 | mike.jeffery.senior@gmail.com

Games Night

White Hart, Moretonhampstead

6.30pm onwards

Usually 1st Friday of the month

dracolichgamer@gmail.com

Film Club

Green Hill, Moretonhampstead

7.30pm onwards

2nd Friday of the month

Alan Murgatroyd: 01647 440995

SATURDAY

Ashtanga Yoga

Mala Shala, Lustleigh

9am - 10.30am

www.malashala.co.uk

Indoor Cycling

King George V Sports & Community Centre

9.30am - 10.15am

01647 440107 | www.moretonhampstead-devon.co.uk

Moretonhampstead Library

10am - 1pm

Internet access and printing available

01647 440523

Tip, Tap, Toes (Term time only)

King George V Sports & Community Centre

Melody Bear Ballet (18 months +) 10am - 10.30pm

Pre Primary Ballet 10.30am - 11am

Grade 2 Tap 11am - 11.30am

Grade 1 Tap 11.30am - 12 noon

Grade 1 Ballet 12 noon - 12.30pm

Grade 1 Tap 12.30pm - 1pm

dance-life@hotmail.co.uk

Junior Football

King George V Sports & Community Centre (Term time only) 10.15am - 12 noon

01647 440107 | www.moretonhampstead-devon.co.uk

SUNDAY

Community Church

Fore Street Chapel, Moretonhampstead (1st, 3rd & 5th Sundays) 10am

Moreton Sports Centre (2nd & 4th Sundays) 10am

Suitable for: Everyone

www.moretoncommunitychurch.org

Moorland Ramblers

Varies each week

meet at 10am

www.moorlandramblers.org.uk

Veterans Football – outdoor 5 a side

King George V Sports & Community Centre (Every other week) 10.30am

Suitable for: 40 + years. New members welcome

Paul Disney: 01392 423606 | pauldisney@pauldisney.co.uk

A Hopkins: 07921 863736 | a.hopkins@fpd-group.co.uk

Vince Hall: 07735 457281 | vince.hall@hotmail.co.uk

Regular Parish Sunday Services

Please see next page.



Regular Parish Sunday Services

(From the first Sunday of the month)

Sunday I

Morning Worship, 9.30am, Moreton

Communion, 9.30am, Manaton

Informal, 10am, North Bovey

Matins, 11am, Lustleigh

Sunday II

Communion, 8am, Docombe

Communion, 9.30am, Moreton

All Age, 10am, Manaton

Communion, 11am, Lustleigh

Sunday III

Morning Worship, 9.30am, Moreton

Communion, 9.30am, North Bovey

Communion, 11am, Manaton

Evensong, 6pm, Lustleigh

Sunday IV

Communion, 9.30am, Moreton

Morning Worship, 11am, Lustleigh

Evensong, 6pm, Manaton

*For calendar updates please visit
www.moretonhampsteadparishchurch.org*

OUTDOOR SPACES

Moretonhampstead

- Moretonhampstead Allotments
- Jayne Bulman: 01647 440582
- The Sentry
- Cycle Path
- Skate Park
- King George V Playground

Lustleigh

- The Orchard

ANNUAL EVENTS

JANUARY

- Turning of the Year, Moreton

MAY

- Lustleigh May Day
- Mini Music Day, Moreton
- NGS Open Gardens (fundraising for cancer charities)

JUNE

- Flag Festival, Moreton
- Music Day, Moreton
- Flower Festival, Moreton

JULY

- North Bovey Fair

AUGUST

- Twinning Visit
- Manaton Fair & Show
- Food Festival, Moreton
- Moreton Carnival
- Lustleigh Show
- NGS Open Gardens (fundraising for cancer charities)

NOVEMBER

- Green Hill Christmas Fair, Moreton

DECEMBER

- Moreton Christmas Lights



SUMMER OPENING TIMES MAY – SEPTEMBER*

01647 440276

www.moretonpool.co.uk

VOLUNTEERS NEEDED | LANE & GENERAL SWIMMING | WATER POLO | KAYAK CLUB | AVAILABLE FOR PRIVATE HIRE | HOT SHOWERS

WHAT & WHEN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING LANES		7 – 8.30 ^{AM}			7 – 8.30 ^{AM}	9 – 11 ^{AM}	9 – 11 ^{AM}
AQUAFIT			12 – 1 ^{PM**}				
LUNCH LANES	1 – 2 ^{PM}	1 – 2 ^{PM}	1 – 2 ^{PM*}	1 – 2 ^{PM}	1 – 2 ^{PM}		
GENERAL SWIM	2.30 – 5.30 ^{PM}	2.30 – 5.30 ^{PM}	2.30 – 5.30 ^{PM}	2.30 – 5.30 ^{PM}	2.30 – 5.30 ^{PM}	2.30 – 5.30 ^{PM}	2.30 – 5.30 ^{PM}
EVENING LANES	6.30 – 8 ^{PM}	6.30 – 8 ^{PM}	6.30 – 8 ^{PM}	6.30 – 7.30 ^{PM}			
WATER POLO				7.30 – 9 ^{PM}			6 – 7.30 ^{PM}
KAYAK CLUB					6.30 – 8.30 ^{PM}		

*Please note that the timetable is slightly different during school term time and refer to the pool website www.moretonpool.co.uk for more details.

**Sessions subject to demand and may be cancelled if not well attended or due to bad weather

Can you help! To keep the pool open we need more volunteers to work in the shop and to lifeguard. If you can spare as little as an hour a week it would make a huge difference, so please get in touch. Email us at moretonpool@hotmail.com



GREEN
HILL
ARTS

Supports community
wellbeing through
creative participation.

Fore Street , Moretonhampstead, Devon TQ13 8LL

Tuesday – Saturday | 10^{AM} – 4^{PM} (FREE)
01647 440775 | www.greenhillarts.co.uk



WELLMOOR

The Wellbeing Network

Local voluntary organisations working
in partnership with GPs and the RD&E
Community Nursing & Therapy team
based at Moreton Hospital to bring
joined up health and wellbeing to
everyone living in the area.

For more information, and to ask about first
steps contact Natasha:

01647 440775

admin@moretonhampstead.com

Moretonhampstead Health Centre

Opening Times & Services

GP Surgery Opening Hours

Monday to Friday, 8.30am – 6pm
Please book an appointment

Midwife Appointment

Every other Monday, 9am – 12pm

Health Visitor

Every other Monday, 1.30pm – 3pm
Please book an appointment

Podiatry Clinic

Wednesday, 9am – 5pm

Nail Cutting Clinic

Third Thursday of the month
9am – 12.30pm

TOGETHER

Alcohol/Drug Addiction Support Service
2nd Tuesday of every month, 10am – 5pm
Morning: Drop in Service
Afternoon: Please book an appointment

Artraft

Art Group for older people
Every Wednesday (term time only)
10.30am – 12pm

Citizens Advice

Friday, 9am – 12pm
Appointments and Drop in Service

Live Wise, Balance Well

Tuesday, 11.30am – 1pm
Moretonhampstead Community Hall

Live Wise, Age Well

Coping Strategies Course for the over 50s
Thursday, 10.30am – 12.30pm

Please contact the Health Centre for further details

01647 440591

www.moretonhampsteadhealthcentre.co.uk





NEDCARE
COMMUNITY-LED CARE IN
NORTH EAST DARTMOOR



YOUR LOCAL, REGULATED HOME CARE SERVICE

- Bespoke personal care and support for people at home
- Regulated by the Care Quality Commission
- A community initiative putting people before profit
- Local carers with high standards, training and support

T: 01647 279211

E: info@nedcare.org

www.nedcare.org

Moretonhampstead Hospital, Ford Street,
Moretonhampstead, Devon TQ13 8LN

CQC Provider ID 1-3649613304

MORETONHAMPSTEAD SPORTS & COMMUNITY CENTRE



Fully Equipped Gym,
Indoor Cycling Studio, Treatment Room,
Function Rooms for Meetings, Weddings
& Parties, Floodlit All Weather Tennis
Courts, Football & Cricket Pitch, Bowling
Green & Horse Riding Arena, Camping
with hot showers & toilet facilities,
Children's Play Area
Community Bus For Hire

King George V Playing Fields,
North Bovey Road, Moretonhampstead,
Devon TQ13 8NZ

01647 440107

www.moretonhampstead-devon.co.uk



SOURCE POINT
COMMUNITY HEALTH CIC
MORETONHAMPSTEAD
www.sourcepoint.org.uk

ACUPUNCTURE | HERBAL MEDICINE
DIET | REMEDIAL MASSAGE
TAI CHI | QI GONG

**Affordable, Effective Health Care
for the Whole Community**

King George V Community & Sports Centre
North Bovey Road, Moretonhampstead TQ13 8NZ
info@sourcepoint.org.uk | 07792 830016



MORECARE

A charity run by volunteers

Transport - Befriending - Helping you stay independent

New Volunteers Welcome.

Please get in touch if you want any assistance.

0800 622 6245 - www.morecare.org.uk

Charity No. 1101257

green SHOES



HANDMADE
SINCE 1981

Visitors welcome to our shop
and workshop

The Old Chapel
26A Cross Street
Moretonhampstead
TQ13 8NL

Open Mon, Tues, Thurs and Fri;
9.15-5pm
Saturday 10-4pm
01647 440735
www.greenshoes.co.uk
info@greenshoes.co.uk



Improving wellbeing and reducing social isolation by
creating opportunities for people to come together to
cook and eat.

From cookery courses for men to community lunches,
delicious food and good company are at the heart of all
we do.

www.kneadtoconnect.org

info@kneadtoconnect.org

FIND OUR MORE

For more information about events in the area you can go to the Moretonhampstead Information Centre, take a look at local publications like the News in Moreton and parish magazines, or visit the following websites:

www.visitmoretonhampstead.co.uk
www.manatonparishhall.co.uk
www.northbovey.org
www.lustleighvillagehall.co.uk
www.devon.gov.uk

OTHER USEFUL WEBSITES

www.nhs.uk
www.mind.org.uk
www.healthwatchdevon.co.uk
www.pinpointdevon.co.uk
www.citizensadvice.org.uk
www.drinkwiseagewell.org.uk
www.nedcare.org
www.independentage.org
www.ageuk.org.uk
www.getactivedevon.co.uk
www.thesexualhealthhub.co.uk
www.ageing-better.org.uk
www.kidshealth.org.uk
www.moretonhampsteadhealthcentre.co.uk
www.teigncvs.org.uk
www.activedevon.org

WELLMOOR

Green Hill, Fore Street
Moretonhampstead, TQ13 8LL

T 01647 440775
E admin@moretonhampstead.com
W moretonhampsteadtrust.org.uk



Wellmoor is part of the Moretonhampstead Development Trust, a long established charity.

Design by Studio de Ville | www.wearedeville.co.uk