Local Support Groups

Man Down



https://www.facebook.com/ManDownCornwall/ is a non-profit Community Interest Company founded in Cornwall, dedicated to supporting men with mental health challenges.

Cornwall Mind



https://cornwallmind.org/ aim is to help people in our local communities to improve their mental health and wellbeing.

The Pearl Exchange



The Pearl Exchange, Bude an award-winning charity dedicated to supporting the mental wellbeing of 18-35-year-olds across Cornwall & Devon.

Bude Pain Cafe



A local peer support group for people with pain. The aim is to create a space for you to meet, learn and share tips and experiences.

Berries Community Cafe



A community space bringing people together with great food and activities.

Bude Wellness Warriors



Men's mental health group has been set up to provide the men of Bude with opportunities to connect with nature and other likeminded warriors.

Bude Cancer Support



Bude Cancer Support offer support cafes and different forms of art therapies, restorative workshops and events.

Bude Sensory Nature Group



Creative spaces dementia nature-based activities - helping to reduce social isolation and enhance their physical wellbeing.

Bude Stroke Support



Bude Stroke Group providing information and peer support in a friendly welcoming setting.

Exercising for Mobility,Bude



Fun Chair-based Fitness for people of all ages.
An opportunity to meet friends, old and new.

Bude Parkinson's Group



Parkinson's Support Group for local people living with Parkinson's, their families and carers.

Talking Therapies



NHS Cornwall Partnership Talking Therapies offering a range of educational courses as well as individual and online therapies.

Bude Rethink Womens Group



A relaxed and fun art and crafts women's group whose members have lived experience of mental illness.

WorkWell



Cornwall WorkWell is a support service . Free, friendly, confidential help for people finding work difficult due to their health.

Cornwall Community Transport



Age UK Cornwall & The Isles of Scilly helping to arrange door-to-door transport for people have difficulty accessing other forms of public transport.

