Keep moving !















Bude Sensory Nature Group



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

Exercising for Mobility,Bude



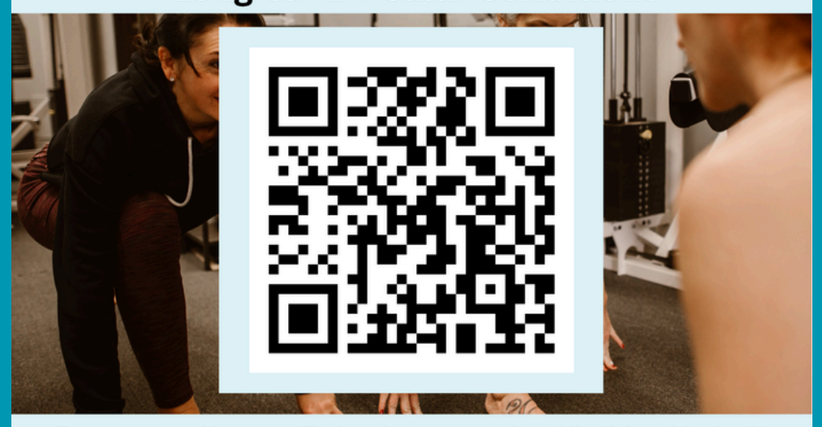
Fun Chair-based Fitness for people of all ages.
An opportunity to meet friends, old and new.

Healthy Cornwall



Healthy Cornwall - are you ready to make the healthy choice? No matter what your age or ability, they can help you lead a happier, healthier lifestyle.

Being more Active with Long-term Health Conditions



Every move enables more. Find out how to get active whilst living with a health condition today.

Move2Music Adult SEN Course



Lisa Wood's Fitness Move2Music adapted fitness for adults with SEN.
Carer must attend and take part if they wish!

Healthwise Bude Leisure Centre



The program is intended for Cornwall residents and aims to help individuals who are not currently active due to medical issues

Bude Seals Open Water Swimmers



An inclusive, friendly group where we support and encourage each other whether newbies or experienced Swimmers/ dippers.

Bude Wellness Warriors Walks



Join us (men of Bude) on the second Sunday of each month for a 6-10 mile hike in some of the most beautiful locations in Cornwall and Devon.

Bude Walk and Talk



Bude Walk and Talk is an independent walking group. "Walking with us can seriously improve your health"

