

Sid Valley HELP
01395 892 011 or 07378 964 521
www.sidvalleyhelp.org.uk



Men of Sidmouth!

It's time to get out and do something. Time to join a social or sports club, or start voluntary work

We know many men don't want to just sit around feeling bored and lonely! Sid Valley Help is running the Social Men project to help men who want to reconnect to activities in the local community.

Get started

- Choose from the list of local groups, clubs and voluntary organisations in the Social Men leaflet, or on our website www.sidvalleyhelp.org.uk, and join up
- Call our Helpline on **01395 892 011** and get a copy of our Social Men leaflet posted to you, or talk to Ron and get advice on which group might suit you
- Visit the **Information & Support Centre** at 48 High Street and ask the volunteers for a Social Men leaflet and advice.

Registered Charity Number 1181458



This leaflet gives a brief description of some local social clubs and groups that may appeal to men re-connecting with social activities after the covid disruptions. All of the groups are operating (October 2021) and welcome new members.

All Saints Men's Walking Group

The Group walks once a month, covering a distance of 7-10 miles on a circular route, starting at 10am and stopping for coffee and a packed lunch along the way. New members are always welcome. Contact Malcolm on 01395 568750
allsaintssidmouth.org.uk/get-involved/for-men

Emmanuel Midweek Circle

The group meets on Wednesdays at 2.30pm to listen to a speaker, or take part in a range of activities, have tea and chat. Currently some people are from the church and some are visitors. The meeting welcomes men and women whether they attend church or not. Enquiries 01395 514041 emmanuelbaptistchurch.org.uk

Friendship Club

The Friendship Club is solely for people over 50 living alone and meets the first Sunday of each month at The Royal York & Faulkner Hotel, Sidmouth 2-4pm for tea £3. The meeting provide the opportunity to have a chat and make friends. There are regular lunches and outings and coach trips. Enquiries 01395 579040

Lions Club

The Lions Club of Sidmouth, a registered charity, primarily serves the local communities of Sidmouth, Sidford, Sidbury, Newton Poppleford, Tipton St. John and Branscombe. The Lions raise money for charitable causes through a variety of fundraising events including their Great Duck Derby, Santa Sleigh and Manor Pavilion Theatre concerts. The funds raised are used to facilitate community services, such as theatre trips and Christmas parties for the elderly, also to support various youth related activities and to help the disabled, infirm and the needy. Lions value fun and friendship and have regular social events. Club meetings usually take place twice a month at the Anchor Inn, Old Fore Street, Sidmouth. Enquiries 0345 833 7849 sidmouthlions.org.uk

Sid Vale Probus Club

The Club promotes fellowship between locally resident retired and partly retired professional and business men. At each meeting there is usually a lecture on an interesting topic followed by lunch. Meetings are held at the Blue Ball Inn, Sidford on alternate Tuesdays from 10.30am onwards. New members welcome - enquiries to the membership secretary Derek on 01395 579 239.



Sidmouth Cricket Tennis and Croquet Club

The Club has three sporting sections for cricket, tennis and croquet and a non-playing social section. All sections are happy to welcome new members or they may wish to support the club by joining the non-playing section. The common theme is that members enjoy the club's wonderful facilities on the sea front and membership gives a discount on the already competitive bar prices. Typical social events include Sunday lunches, fund raising events and mince pies after the Boxing Day swim. For more information contact Phil, Non-Playing Secretary phone 01395 512348 or email lowdells@gmail.com sidmouthctcc.org.uk

Sidmouth Men's Forum

Now in its 66th year, the Sidmouth Men's Forum meets at 3pm each Thursday between October and March at All Saints Church Hall and has good speakers on a wide range of subjects. Guests welcome to turn up or phone 01395 579100 for more information.

Oasis Café

The Cafe offers a warm welcome, positive conversation, and a cuppa, to people of all ages. Join us every Wednesday 12:45 to 2:15pm at The Dance Studio, The Unitarian Old Dissenting Meeting House (located at the top of High Street on All Saints Road). Contact: 07977 469882 or oasissidmouth@gmail.com

Repair Café

How about volunteering to help others fix their broken items? We see a wide variety of items including electrical items, bikes, furniture, garden equipment and pretty much anything that can be carried and fixed. We meet on the last Saturday of every month 10am to 1pm. Sidmouth Repair Cafe has been extremely well supported by our community and always generates a really positive, happy buzz from fixers, volunteers and people coming along with broken items alike. Give the Sidmouth Repair Café at Manstone Lane a call on 07977 064498 and join the team! www.facebook.com/sidmouthrepaircafe/

Rotary Club

The Rotary Club of Sidmouth undertakes a variety of fund raising events and community projects such as theatre trips, garden visits, youth and environmental projects, and befriending. The members meet at 12.15pm at the Victoria Hotel, Sidmouth on 2nd and 4th Wednesdays of the month. These meetings include a 2 course meal and a monthly speaker on a topical subject. Fellowship meetings take place from 12 noon on the 1st, 3rd and 5th Wednesdays of the month at the Anchor Inn, Old Fore Street, Sidmouth, food is available at bar. We warmly welcome visitors who may be interested in joining us. Enquiries to Alan phone 07483 235435 www.rotary-ribi.org/clubs/homepage.php?ClubID=1222

Sidmouth Voluntary Services

New clients and volunteers are always welcome at Sidmouth Voluntary Services, Twyford House in Coburg Road. SVS provides a variety of services including:

- Coffee and refreshments every morning from 9 to 11 am - drop in for a chat or to relax with the daily newspaper or a book from our library. Activities such as bingo take place with Lisa on Friday mornings.
- Free groceries available from our Fare Share and Sidmouth SAVE Food Hub which collects food that would otherwise be wasted for distribution at the cafe.
- The Lunch Club runs from Monday to Friday and offers a three course freshly prepared meal. A door-to-door minibus service is available for a small charge.
- Cooked lunches are delivered by volunteers to households who need it.
- The medical car service is continuing to assist clients with transport to and from hospital, GP and dental appointments.

Phone 01395 515063 or email sidmouthvs@gmail.com

sidmouthvs.org.uk

U3A Sidmouth

There are over 480 members in the Sidmouth branch of U3A with some 60 groups covering a wide range of interests from art to yoga including walking and lunch groups. New members are always welcome. Look at the website: u3asites.org.uk/sidmouth/welcome or call 0785 2942471

Other clubs and groups

There is a wide range of other clubs and voluntary groups in Sidmouth and many have social events alongside their main activities. Lists of these clubs and groups can be found at: sidmouth.gov.uk/community-services/sport-leisure/. The main categories are:

- **sports** - such as keep fit, badminton, rugby, sailing, rowing, tennis and table tennis; many sports clubs have non-playing social members
- **voluntary work** - including becoming a trustee or volunteer for Sidmouth Memory Café, Living with Cancer, Sidmouth Hospice at Home, Lifeboat, Scouts, Guides, the Sid Vale Association, Friends of the Byes and Sid Valley Help
- **art and hobbies** - music, poetry, painting, U3A
- **dancing** - folk, ballroom, Scottish, square
- **science** - observatory, science festival, amateur radio
- **singing and music** - choir, gospel, acoustic folk, town band, WREN
- **games** - petanque, whist, bridge, bowls, chess
- **churches** - social events and support for parishioners and all in need.

For more information and advice call Sid Valley Help on 01395 892 011 or visit the Information & Support Centre at 48 High Street and ask the volunteers for advice.