



Local Wellbeing & Health 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.

Berries Community Cafe



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

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.

Bude Sensory Nature Group



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

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 Rethink Womens Group



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

Bude Stroke Support



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

Endometriosis Support Group



Endometriosis UK support groups offer valuable support and information to those affected by endometriosis held at Berries Community Cafe.

Bude Parkinson's Group



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

Pearl Exchange Neurodiversity



This monthly support & coaching group offers a welcoming space for neurodivergent adults to connect, explore challenges and celebrate strengths.

Carers Useful Contacts, Cornwall



There is lots of support and advice available for carers. If you are looking after or providing care for a relative, child or friend.

Sight Loss Support



Bude and Holsworthy Macular Society Support Group

Disability Cornwall



Disability Cornwall are here for people of all ages living with a long-term health condition or disability, and for their carers and families too.

