

Mental Health

friendly Sport & Physical Activity



Mental Health Friendly Sport and Physical Activity Clubs in the Vale

Barry

**Barry Town Utd Pan Disability
Football Club**
nwlatham65@gmail.com

Barry YMCA Gymnastics Club
01446 724000

Red Dragons Netball Club
carlandmelanie@sky.com

Barry Leisure Centre - Swimming
01446 403000

**Barry Leisure Centre –
GP Referrals**
01446 403000

Barry Air Target Club
07776 331237
chair.barryairtargetclub@gmail.com

Seriously Mad Runners
www.seriouslymadrunners.com/
Seriouslymadrunners@outlook.com

Forces Fitness
http://forcesfitness.co.uk/
info@forcesfitness.co.uk

LiveFIT Wales/Cymru
http://www.lovelifelivefitness.co.uk/

Michelle Grant Personal Training
https://m.facebook.com/
thetrainstation2/
07402 715829

Nija Yoga
nijayoga@gmail.com

Penarth

**Breeze Network Cardiff and Vale
(Cycling)**
https://www.facebook.com/
BreezeNetworkCardiffandVale/
BreezeSEWales@gmail.com

Forces Fitness
http://forcesfitness.co.uk/
info@forcesfitness.co.uk

LiveFIT Wales/Cymru
http://www.lovelifelivefitness.co.uk/

Old Penarthians RFC
http://oldpenarthians.rfc.wales
facebook.com/OldPensRFC

Sully Indoor Bowls Club
https://www.sullyindoorbowlsclub.org.uk/

Rural Vale

**Breeze Network Cardiff and Vale
(Cycling)**
https://www.facebook.com/
BreezeNetworkCardiffandVale/
BreezeSEWales@gmail.com

**Cowbridge Leisure Centre –
GP Referrals**
01446 403000

Forces Fitness
http://forcesfitness.co.uk/
info@forcesfitness.co.uk

Llantwit Major Bowls Club
http://lmbc.wales/
club.sec@lmbc.wales

Llantwit Major Leisure Centre
01446 403000

Llantwit Major Tennis Club
https://clubspark.lta.org.uk/
LlantwitMajorTennisClub

Cowbridge Judo Club
07549 100403
judo-steve@outlook.com

Rhoose Life Saving Club
https://www.facebook.com/
rhooselifeguardsclub/

The Saints FC U10 and U12's
https://www.facebook.com/stathanfc/

Vale Surf Life Saving Club
https://www.facebook.com/
valesurflifesavingclub/
01446 711745

For more information
please contact Simon Jones,
Senior Healthy Living Officer,
Vale of Glamorgan Council
on 01446 704728 or sljones@
valeofglamorgan.gov.uk



If you see a coach or volunteer at one of the clubs above wearing a MV Pin Badge or Wrist Band, they will have had Mental Health Awareness Training and are happy to help if needed.