

# 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.