

Activity Schedule

MARCH 2026

All activities at Tumbly Hill are dementia-friendly and neurodivergent-affirming. We welcome and support different ways of thinking, communicating and experiencing the world. Our inclusive, intergenerational approach values connection across all ages and abilities. Please get in touch if you'd like more information or wish to discuss any accessibility requirements.

Day & Date	Activity	Time	Cost
Tue 3	Wellbeing Drop-In. Safe, welcoming support for anyone experiencing mental health challenges. Offers informal support and signposting. This group is facilitated by trained Recovery Practitioners working with the Devon Mental Health Alliance.	13:30 - 16:30	FREE
Thu 5	Home Energy Advice. Free, practical advice on lowering your energy bills, improving home efficiency, and accessing grants for household equipment. Drop in to speak with an advisor working with South Dartmoor Community Energy (SDCE) and the Local Energy Advice Partnership (LEAP).	10:00 - 11:30	FREE
Thu 5	Maintenance Strength & Balance Class. Gentle session, open to all with a mix of seated, standing and balance exercises adapted to your needs. This is a natural progression from FaME to maintain fitness, technique and connection (+ <i>social time</i>).	10:00 - 11:00	£5.00
Thu 5	FaME Falls Management Exercise Class (GP referral needed) NHS-funded, evidence-based falls prevention. (+ <i>social time</i>)	11:30 - 12:30	FREE
Thu 5	FaME Falls Management Exercise Class (GP referral needed) NHS-funded, evidence-based falls prevention. (+ <i>social time</i>)	14:00 - 15:00	FREE
Sat 7	Art History Course Week 2 – Post-Impressionism Van Gogh, Gauguin and the bold new directions that followed Impressionism.	10:30 – 12:30	£70 For full course
Tue 10	Wellbeing Drop-In See Tue 3 for group description	13:30 - 16:30	FREE
Thu 12	Maintenance Strength & Balance Class See Thu 5 for description.	10:00 - 11:00	£5.00
Thu 12	FaME Falls Management Exercise Class (GP referral needed) See Thu 5 for description.	11:30 - 12:30	FREE

For further information, or to book an activity please email us on hello@nextstepstogether.org or call: 01548 853033.

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Thu 12	FaME Falls Management Exercise Class (GP referral needed) See Thu 5 for description.	14:00 - 15:00	FREE
Sat 14	Art History Course Week 3 – Cubism, Dada & Surrealism From Picasso’s Cubism to the experimental and dreamlike worlds of modern art.	10:30 – 12:30	£70 For full course
Tue 17	Tumbly Hill Coffee Morning. St Patrick’s Day themed coffee morning – wear something green and enjoy cake and a glass of Guinness (alcohol-free option available).	11:00 - 12:30	FREE
Tue 17	Wellbeing Drop-In See Tue 3 for group description	13:30 - 16:30	FREE
Sat 21	Art History Course Week 4 – Modernism Bauhaus, Constructivism and the ideas that transformed art, design and architecture.	10:30 – 12:30	£70 For full course
Tue 24	Wellbeing Drop-In See Tue 3 for group description	13:30 - 16:30	FREE
Wed 25	Using the NHS App (likely to fill quickly – please book in advance. For more information or to book a place, please email: learndevon@devon.gov.uk or call 01392 384094	10:00 - 12:00	FREE
Thu 26	Home Energy Advice See Thu 5 for description	10:00 - 11:30	FREE
Thu 26	Maintenance Strength & Balance Class (+ social time) See Thu 5 for description.	10:00 - 11:00	£5.00
Thu 26	FaME Falls Management Exercise Class (GP referral) See Thu 5 for description.	11:30 - 12:30	FREE
Thu 26	FaME Falls Management Exercise Class (GP referral) See Thu 5 for description.	14:00 - 15:00	FREE
Sat 28	Art History Course Week 5 – Abstract Expressionism & Pop Art From Jackson Pollock’s expressive paintings to the bold imagery of Pop Art.	10:30 - 12:30	£70 For full course
Tue 31	Wellbeing Drop-In. See Tue 3 for group description	13:30 - 16:30	FREE

Looking ahead to April:

Dementia Together

Dementia Carers’ Support Group | Every 1st and 3rd Tuesday starting Tuesday 21st April

Wellbeing Together

Men’s Improve your Confidence Course (delivered over 4-weeks) Wednesdays 15th April – 6th May

For more information or to book a place, email: learndevon@devon.gov.uk or call 01392 384094

SEND Together

Family Hub’s Let’s Talk, Read & Play group for 2–3-year-olds (more details to follow)

Please visit our website and social media pages regularly for updates

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