

Welcome to what's on at Tumbly Hill this April.

Tumbly Hill is run by Next Steps Together (NeST). It offers a range of community courses and activities for all age groups, delivered by the NeST team and by local organisations and facilitators. For more detailed information, including booking details and updates, please visit our website: nextstepstogether.org

All activities at Tumbly Hill are dementia-friendly and neurodivergent-affirming. We welcome different ways of thinking, communicating and experiencing the world, and aim to create a calm, inclusive and supportive environment for all.

Regular Activities

Wellbeing Drop-in A welcoming space offering informal mental health support, listening and signposting, delivered by trained Recovery Practitioners from the Devon Mental Health Alliance.	Every Tuesday 13:30 - 16:30 Free
Dementia Carers' Catch-up (Support Group) A welcoming space for people who are looking after someone living with memory concerns or dementia. This is an opportunity to share experiences, access guidance and connect with others. This group runs on the 1st and 3rd Tuesday of each month.	Tuesday 7 Apr and 21 Apr 10:30 - 12:00 Free (donations welcome)
Maintenance Strength & Balance Class A gentle, inclusive session with seated, standing and balance exercises adapted to your needs. This is a natural progression from the Falls Prevention Class to maintain both fitness and social connection. There's time to stay for a hot drink and a chat after each session.	Every Thursday 10:00 - 11:00 £5 per session
FaME Falls Prevention Classes A 24-week, NHS-funded, evidence-based programme designed for people who are at risk of falling or concerned about their balance. Delivered by a trained Postural Stability Instructor, FaME helps improve strength, balance, mobility and confidence, including practical skills such as getting up safely from the floor. There's always time to stay for a hot drink and a chat afterwards.	Every Thursday Session 1 - 11:30 - 12:30 Session 2 - 14:00 - 15:00 Free (GP referral required)
Home Energy Advice Drop-in Free, practical advice on lowering energy bills, improving home efficiency and accessing grants and support. Delivered by South Dartmoor Community Energy (SDCE) & LEAP.	Thursday 9 Apr and 23 Apr 10:00 - 11:30 Free

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

Courses & Programmes

New Beginnings Course (11-week programme) A supportive 11-week programme run by Phoenix Rising New Beginnings CIO for women who have experienced domestic abuse. This course focuses on rebuilding confidence, improving wellbeing and taking positive steps forward in a safe and supportive environment. Please email: phoenixrisingcic20@gmail.com or call 07754 976489 for more details or to book a place	Mondays (Starting 20 April) 11:00 -13:30 Free (donations welcome, if you feel able)
Men's Improve Your Confidence (4-week course) A small, supportive men's group exploring confidence, communication and personal boundaries in a relaxed and informal setting. Please email learndevon@devon.gov.uk or call 01392 384094 for more details or to book a place.	Wednesdays (Starting 15 April) 10:00 - 12:00 Free

Monthly & One-Off Activities

Tumbly Hill Coffee Morning A relaxed and friendly space to connect with others over tea, coffee and cake. Stay for a chat, meet new people, or simply enjoy a cuppa in good company. Everyone is welcome.	Tuesday 14 April 11:00 - 12:30 Free
Dementia Awareness Training Session A friendly, informative session covering understanding dementia, communication approaches and how to support someone living with dementia. Suitable for family members, volunteers and anyone interested in learning more. Booking required – places are limited	Tuesday 21 April 14:00 - 15:30 Free
Practical Art Course – Taster Session A relaxed, hands-on introduction to our upcoming practical art course. Try out drawing, painting and simple mixed media techniques in a supportive and informal setting. Whether you're completely new or picking things up again, you'll be guided step by step and encouraged to explore and experiment. The full 5-week course will build on this, helping you develop your own creative style and create a final piece inspired by different art movements.	Saturday 18 April 10:30 - 12:30 Free

Looking Ahead to May

- Additional SEND & Dementia services and family activities
- Pay-what-you-can counselling sessions, mindfulness and sound therapy sessions

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