TUMBLY HILL WELLBEING HUB | Next Steps Together

Tumbly Hill Together

What's On | October 2026

Your monthly guide to activities, groups and community life.

All our activities 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.

Date	Activity	Time	Cost
Thu 1	**Maintenance Strength & Balance.** Seated and standing exercises to improve strength, balance and confidence. A natural progression from FaME. Social time afterwards. *Booking essential.*	10:00–11:00	£5.00
	FaME Falls Management Exercise (GP referral required). NHS-funded, evidence-based falls prevention. Social time afterwards.	11:30–12:30	FREE
	FaME Falls Management Exercise (GP referral required).	14:00–15:00	FREE
Tue 6	**Supporters' Group.** A peer support group for anyone supporting a partner, family member or friend through dementia, illness, disability, mental health challenges or other major life changes.	10:30–12:00	FREE* *Suggested £3 donation
	Wellbeing Drop-In. Informal support and signposting for anyone experiencing mental health challenges. Facilitated by trained recovery practitioners working with the Devon Mental Health Alliance.	13:30–16:30	FREE
Thu 8	**Adult ADHD Peer Support – Morning Group.** For adults exploring what ADHD means for them. Share experiences, practical ideas, strategies and resources.	09:30–10:30	FREE
	Maintenance Strength & Balance. *Booking essential.*	10:00–11:00	£5.00
	FaME Falls Management Exercise (GP referral required).	11:30–12:30	FREE
	FaME Falls Management Exercise (GP referral required).	14:00–15:00	FREE
Tue 13	**Wellbeing Drop-In.**	13:30–16:30	FREE
Wed 14	**Dementia NeST – Tumbly Hill Memory Cafe.** A social morning for people living with dementia or memory loss and the partners, relatives or friends who support them. Meet other people, share experiences and spend time together, with information and support available when you need it.	10:30–12:00	FREE* *Suggested £3 donation
Thu 15	**Maintenance Strength & Balance.** *Booking essential.*	10:00–11:00	£5.00

Thu 15	**FaME Falls Management Exercise (GP referral required).**	11:30–12:30	FREE
	FaME Falls Management Exercise (GP referral required).	14:00–15:00	FREE
Fri 16	**Coffee, Games & Social.** Drop in for tea, coffee, squash and cake. There'll be board games, cards and puzzles, or bring your own craft, art or knitting project.	10:30–12:30	FREE* *Suggested £3 donation
Tue 20	**Supporters' Group.**	10:30–12:00	FREE*
	Wellbeing Drop-In.	13:30–16:30	FREE
Wed 21	**Mindfulness Group – Daytime.** A chance to explore mindfulness practices and develop techniques you can use in everyday life.	09:30–11:00	£5.00
Thu 22	**Maintenance Strength & Balance.** *Booking essential.*	10:00–11:00	£5.00
	FaME Falls Management Exercise (GP referral required).	11:30–12:30	FREE
	FaME Falls Management Exercise (GP referral required).	14:00–15:00	FREE
Tue 27	**Wellbeing Drop-In.**	13:30–16:30	FREE
Wed 28	**Dementia NeST – Tumbly Hill Memory Cafe.**	10:30–12:00	FREE*
	Fish & Chips Lunch. Fish & chips from The Codfather, followed by pudding and a drink. A vegetarian option is also available. Please book and pay in advance by **Friday 23 October**.	12:15–13:30	£12.00
Thu 29	**Maintenance Strength & Balance.** *Booking essential.*	10:00–11:00	£5.00
	FaME Falls Management Exercise (GP referral required).	11:30–12:30	FREE
	FaME Falls Management Exercise (GP referral required).	14:00–15:00	FREE
	Adult ADHD Peer Support – Evening Group. For adults exploring what ADHD means for them. Share experiences, practical ideas, strategies and resources.	18:30–19:30	FREE

Coming in November | Two FREE Digital Skills courses with Learn Devon
Beginners 10.00am–12 noon | Get Confident with the Internet 1.00pm–3.00pm
Fridays from 6 November | 5 weeks | Limited to 6 places per course – book now

Next Steps Together

Find out more or book online via our Events page:

📞 **01548 853033** ✉ **hello@nextstepstogether.org**

🌐 **nextstepstogether.org/events**

Scan the QR code to view the latest activities, book online or download the latest edition of Tumbly Hill Together.