Activity Schedule

FEBRUARY 2026

TUMBLY HILL WELLBEING HUB | Next Steps Together

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	**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 *(+ social time)*.	10:00 - 11:00	£5.00
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).	11:00 - 13:00	FREE
Thu 5	**FaME Falls Management Exercise Class (GP referral needed)** NHS-funded, evidence-based falls prevention. *(+ social time)*	11:30 - 12:30	FREE
Thu 5	**FaME Falls Management Exercise Class (GP referral needed)** NHS-fund, evidence-based falls prevention. *(+ social time)*	14:00 - 15:00	FREE
Tue 10	**Tumbly Hill Coffee Morning.** Our friendly monthly social, offering space for anyone who wishes to connect or simply enjoy being part of a group. Come for a chat, bring a book, knit or craft, play games, or just relax with a cuppa.	11:00 - 12:30	FREE
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
Thu 12	**FaME Falls Management Exercise Class (GP referral needed)** See Thu 5 for description.	14:00 - 15:00	FREE
Tue 17	**Wellbeing Drop-In** See Tue 3 for group description	13:30 - 16:30	FREE
Thu 19	**Maintenance Strength & Balance Class** See Thu 5 for description.	10:00 - 11:00	£5.00
Thu 19	**Home Energy Advice** See Thu 5 for description	11:00 - 13:00	FREE

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Thu 22	**FaME Falls Management Exercise Class (GP referral needed)** See Thu 5 for description.	11:30 - 12:30	FREE
Thu 22	**FaME Falls Management Exercise Class (GP referral needed)** See Thu 5 for description.	12:30 - 14:00	FREE
Tue 24	**Teen Toolkit** A monthly wellbeing workshop for home educated young people aged 11-16. Each month the group will explore different aspects of wellbeing, set goals for the month and build a toolkit for life. To book, email Gemma at: hi@gemmamarshallwellbeing.co.uk	10:00 – 11:00	£10 per child (discount for siblings)
Tue 24	**Wellbeing Drop-In** See Tue 3 for group description	13:30 - 16:30	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: From Impressionism to Pop Art** A friendly, informal art history course exploring key movements and artists through the ages. Suitable for both beginners and those with an existing interest. Run over 5 weeks, these sessions are relaxed and discussion based. **Week 1 – Impressionism:** Explores how the Impressionists got their name, challenged traditional art institutions, and became one of the most influential art movements in history.	16:00 – 18:00	£70 covers the full course

Looking ahead to March:

Using the NHS App Wed 25 Mar, 10:00 – 12:00 (likely to fill quickly, please book in advance)

Art History Course (Weeks 2 - 5) Sat 7 Mar, 14 Mar, 21 Mar, 28 Mar, 10:30 – 12:30

Easter Arts & Crafts Workshops Tues 31 Mar 14:30-16:30 & Sat 4 Apr, 10:30 – 12:30

COMING SOON (please visit our website and social media pages regularly for updates)

Wellbeing Together - Men's Improve your Confidence Course (delivered over 5-weeks)
Peer Support Groups: *EmpowerHER* (Mum's support group) | *EmpowerHIM* (Dad's support group)
Carers' NeST (fortnightly) | Men's NeST (monthly) | Grief NeST (monthly) | SEND NeST (monthly)
Dementia Together - Read & Reminisce Group (fortnightly) | Memory NeST (fortnightly memory café)
SEND Together - Let's Talk, Read & Play group for 2–3-year-olds
Generations Together - Tai Kwando – classes for adults and children.

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