

## Welcome to our “What’s On” guide for June.

Tumbly Hill activities are dementia-friendly and neurodivergent-affirming, with a welcoming and inclusive approach for all age groups. For more information, including booking details and updates, visit: [nextstepstogether.org](https://nextstepstogether.org)

### \*\*\* New & Featured This Month \*\*\*

<b>Volunteering Together</b> Meet a range of local organisations offering volunteering opportunities across the South Hams. Explore ways to get involved in your community, meet new people, build confidence or share your skills and experience. This event is part of National Volunteers’ Week 2026.	<b>Saturday 6 June</b> <b>14:00 – 17:00</b> <b>Free</b>
<b>Beeline for Digital Skills (5-week course)</b> Would you like to enjoy the benefits of being connected to the online world but feel left out? This free Learn Devon course can help you with: <ul style="list-style-type: none"><li>• sending emails and communicating online</li><li>• saving and organising files</li><li>• staying safe online</li><li>• using the internet more confidently in everyday life</li></ul> For more details, please email <a href="mailto:learndevon@devon.gov.uk">learndevon@devon.gov.uk</a> or speak to a NeST team member on 01548 853033.	<b>Wednesday</b> <b>3, 10, 17, 24 June</b> <b>and 1 July</b>  <b>10:00 - 12:00</b> <b>Free</b>
<b>*** NEW *** Singing for the Brain</b> A structured singing and activity session developed by Alzheimer’s Society for people living with dementia and those around them. Using familiar songs and music, sessions are designed to stimulate memory, support communication and promote wellbeing. You’re welcome to join us for fish and chips beforehand, or stay for tea, coffee and cake afterwards.	<b>Wednesday 24 June</b> <b>14:00 - 15:00</b> <b>Free</b> (donations welcome)  <b>Held on the last</b> <b>Wednesday of each</b> <b>month.</b>
<b>*** NEW *** ADHD Adult Peer Support Group</b> A peer support group for adults who have discovered their ADHD later in life, including those who are newly diagnosed, self-identifying or exploring whether ADHD may apply to them. A chance to share experiences and explore what this means for you, alongside others who understand how you feel. For more details, please contact our facilitator Jenny Field via WhatsApp on 07309 410030.	<b>Thursday 25 June</b> <b>18:30 - 19:30</b> <b>Free</b>  <b>Held on the last Thursday</b> <b>of each month.</b>

For further information, or to book an activity please email [hello@nextstepstogether.org](mailto:hello@nextstepstogether.org) or call: **01548 853033**.

## Regular Activities

<p><b>Wellbeing Drop-in</b></p> <p>Informal mental health support, listening and signposting from trained Recovery Practitioners at Devon Mental Health Alliance.</p>	<p><b>Every Tuesday</b> <b>13:30 - 16:30</b> <b>Free</b></p>
<p><b>Supporters' Group</b></p> <p>A peer support group for people supporting a partner, family member or friend through dementia, illness, disability, mental health challenges or other major changes in life. Time to talk openly and spend time with others who understand.</p>	<p><b>Tuesday 2 and 16 June</b> <b>10:30 - 12:00</b> <b>Free</b> (donations welcome)</p>
<p><b>Maintenance Strength &amp; Balance Class</b></p> <p>Seated, standing and balance exercises adapted to your needs, helping maintain strength, mobility, confidence and independence. You're welcome to stay for refreshments afterwards.</p>	<p><b>Every Thursday</b> <b>10:00 - 11:00</b> <b>£5 per session</b></p>
<p><b>FaME Falls Prevention Classes</b></p> <p>A 24-week, NHS-funded programme for people concerned about falls or balance. FaME helps improve strength, mobility and confidence, including practical skills such as getting up safely from the floor. <b>(GP referral to Elder Tree – Active Lives Team required)</b></p>	<p><b>Every Thursday</b> <b>Session 1 - 11:30 - 12:30</b> <b>Session 2 - 14:00 - 15:00</b> <b>Free</b></p>
<p><b>Home Energy Advice Drop-in</b></p> <p>South Dartmoor Community Energy advises how to lower energy bills, improve home efficiency and access grants and support.</p>	<p><b>Thursday 11 and 18 June</b> <b>10:00 - 11:30</b> <b>Free</b></p>

## Courses & Events

<p><b>Fish &amp; Chips at Tumbly Hill</b></p> <p>Join us for a sociable lunch with fish and chips from The Cod Father. Choose from cod, scampi or a vegetarian option. <b>Please pre-order by Monday 22 June.</b></p>	<p><b>Wednesday 24 June</b> <b>12:15 – 13:30</b> <b>£10 (paid in advance)</b></p>
<p><b>New Beginnings Course</b></p> <p>A course for women who have experienced domestic abuse, focusing on rebuilding confidence, improving wellbeing and taking positive next steps in a safe environment. For more details, call 07754 976489 or email: <a href="mailto:phoenixrisingcic20@gmail.com">phoenixrisingcic20@gmail.com</a></p>	<p><b>Mondays</b> <b>11:00 -13:30</b> <b>Free</b> (donations welcome)</p>
<p><b>The Soundtrack of Our Lives (4-week course)</b></p> <p>Step back through the decades and explore the music, style and cultural moments that shaped life in the UK from the 1950s to the 1990s. Each week, enjoy familiar songs and shared memories from a different decade. A chance to revisit the soundtrack of everyday life.</p>	<p><b>Saturday</b> <b>13, 20, 27 June &amp; 4 July</b> <b>10:30 - 12:30</b> <b>£65 pp for the four weeks</b></p>

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