

DEMENTIA FRIENDLY ACTIVITIES CALENDAR V24 March 2026

* (TMC) Heather Rayne 07436 008281 info@tavistockmemorycafe.co.uk
 (TASS) www.tavistockareasupportservices.org.uk 01822 616958 Enquiries@tasstavistock.org.uk

| TAVISTOCK DEMENTIA GROUPS | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--------------------------------------|---|--------|--|
| Memory Café (TMC) Heather Rayne 07436 008281 info@tavistockmemorycafe.co.uk | | | | | | 2 nd & 4 th Sat 11-12.30/2-3.30 TASS <i>Booking required*</i> |
| Care & Share (TMC) (TMC) Heather Rayne 07436 008281 info@tavistockmemorycafe.co.uk | | | | 3 rd Thurs 10.30 – 2.30 Library <i>Booking required*</i> | | |
| Talking Memories (TMC) | | | | | | 1 st Sat 11-12.30 Drop in Library |
| Catch a Cuppa Cafe | 10.30am-12.30pm TASS café, Panier Market | | | | | |
| Carers support group (Now Devon Carers) peer.support@devoncarers.org.uk or via their helpline number 03456 434 435 | | 2 nd Tues 2-4 Library | | | | |
| Care for a Cuppa (TMC) Ex carers group | | | | 2 nd Thurs 2.30 – 4.00. Ring 07436 008281 to check. Bedford Hotel | | |
| Singing with Brian Burley (TASS) www.tavistockareasupportservices.org.uk 01822 616958 Enquiries@tasstavistock.org.uk | | 2 nd Tues = 10-12 Cost £3 inc refreshments and free raffle | | | | |
| Love to Sing (TASS) Upstairs lounge | | | 4 th Weds 2 – 3.30. £4 | | | |

DEMENTIA FRIENDLY ACTIVITIES CALENDAR V24 March 2026

| | | | | | | |
|--|---|--|--|--|--|--|
| Chair Yoga (TASS) | Weekly 10-11 TASS. £5 | | | | | |
| Art for Fun (TASS) | | Weekly 2-4 TASS Cost - £3 | | | | |
| Arts & Crafts (TASS) | 1-3 | | | | | |
| Music Club afternoons. Bring your own instrument or come along and learn to play a percussion instrument. (Enquiries or to book via TASS) | Weekly 2 - 3.30 £5 | | | | | |
| Various activities and groups at The Printworks, Tavistock. 01822 615259. info@printworkstavistock.org.uk | | | | | | |
| Social Club (TASS Community Café, Pannier Market) | | Weekly 10-12 Community Cafe | | | | |
| Foot clinic (TASS) | | Weekly 9-4 TASS Cost £25 | Weekly 9-4 Cost £25 | | | |
| Qi Gong (TASS) | | | 10.30am - 12noon Cost £7 | | | |
| Tai Chi for wellbeing (Kathy McHugo) 07968 048877 | | Weekly 1-2pm United Reform Church. Cost £5 | | | | |
| Love to Move (TASS) | | | 1 st , 2 nd , 3 rd Weds 1.30 – 3.30 £4 | | | |
| Zumba Gold Liz 07484 157706 lizazenbury@gmail.com | Weekly 10-10.45 United Reform Church | | | | | |

DEMENTIA FRIENDLY ACTIVITIES CALENDAR V24 March 2026

| | | | | | | |
|--|---------------|--|------------------|---|---|-----------------|
| Wellbeing Walks (Walk & Talk). Tom Mack - Active Devon 01392 925150 Tom.Mack@activedevon.org | | Weekly 10.30 The Wharf Refreshments optional | | | | |
| Gentle Dance Marie 01822 613925 | | 2 nd Tues 2-3.30 Whitchurch Village Hall | | | | |
| Chair Exercise (TASS) | | | | | 2nd and 4th Friday 9.45 - 11.30 | |
| Lunch Club (TASS) www.tavistockareasupportservices.org.uk | | | | | 2nd and 4th Friday of each month, 2 course meal £6.50 at TASS. <i>Booking required*</i> | |
| Wooley Wednesdays (TASS Community Café) | | | 1-3 | | | |
| Sew with Sally (knitting/crochet). Tavistock Library | | | | 9.30 - 1 | | |
| Men in sheds 07725 577010 admin@tavistockmeninsheds.uk | 10-12 | | 2-4 | | 10-12 | |
| OTHER GROUPS | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Parkinsons Group (TASS) Movement and more | | 2 nd Tues 10.45 – 12 £5 | | | | |
| Parkinsons Group (TASS) Coffee Morning | | | | | 3 rd Fri 10.30 – 12 £3 | |
| Parkinsons Group (TASS) Support Group | | Last Tues 10.30 – 12 £3 | | | | |
| Parkinsons Group (email: parkyattavi@gmail.com) | | | | 2 nd Thurs The Wharf | | |
| Stroke Group (TASS) | | | | 1 st & 3 rd Thurs 10-12 | | |
| Macular Society (TASS) | | | | 2 nd Thurs 2.40 - 4 | | |

DEMENTIA FRIENDLY ACTIVITIES CALENDAR V24 March 2026

| | | | | | | |
|--|--|---|--|---|--|--|
| Sensory Outreach Service (TASS) Hearing & sight loss (TASS) | | | | 4 th Thurs 9.30 - 1 | | |
| Physically Challenged Group (TASS) | | | | 2 nd Thurs 2.40 – 4 | | |
| Veterans Breakfast & Banter Group (TASS) | | 1 st & 3 rd Tues 9.30- 12 | | | | |
| Veterans Brew & Banter (TASS) | | | | | | 3 rd Sat 10:30am- 12:30pm |
| OTHER GROUPS | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Respiratory Group | 11.30 – 12.30 Lower Deck, Tavi URC | | | | | |
| Diabetes Group | | 1 st Tuesday 1-3, Tavi Library | | | | |
| Cancer Peer Support Group (TASS) | | 2 nd Tuesday TASS | | | | |
| Fibromyalgia/long term pain/fatigue | | 1 st Tues 11-12 Library | | | | |
| Tech Café – help with IT | | | | 3 rd Thurs 2 – 3.30 Bedford Hotel | | |
| OUTSIDE TAVISTOCK | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Yelverton Lunch Club Yelvercare. Ann Davis 07775 695864 | | | 1 st & 3 rd Weds Yelverton | | | |
| Yelverton Friendship Café (Terry Donnelly 01822 613145) | | | | | 1 st & 3 rd Friday 2 - 4 pm Briar Tor Community room | |
| Charleston Friendship Group Mandy 01822 855347 or Trish 01822 852163 | | | 2 nd & 4 th Weds Buckland Monochorum village hall | | | |

DEMENTIA FRIENDLY ACTIVITIES CALENDAR V24 March 2026

| | | | | | | |
|---|--|---|--|---|---|--|
| Horrabridge – Love Thy Neighbour Pop up café https://www.facebook.com/horrabridgelyn/ | | Weekly 9-11.30 London Inn | | | | |
| Horrabridge Grief Group | | | | 1 st & 3 rd Thurs 5.30 – 7.30 Village Hall | | |
| Horrabridge Friendship Group | | | 1 st & 4 th Weds 12-2 Village Hall | | | |
| Okehampton Memory Café Clare Northey https://www.facebook.com/groups/974687097286408/about mailto:clare.northey@ttv.homeinstead.co.uk | | Every week 1-3 Pavillion in the Park | | | | |
| Day Centre, Okehampton £25 including freshly cooked lunch and refreshments. Emma Cooper 07796 034749 | | | | | Fairplace Church on Fridays, 10am- 4pm | |