

DEMENTIA FRIENDLY ACTIVITIES CALENDAR V22 January 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			

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Chair Yoga (TASS)	Weekly 11-12 TASS. £5					
Art for Fun (TASS)		Weekly 2-4 TASS Cost - £3				
Arts & Crafts (TASS)	1-3					
Various activities and groups at The Printworks, Tavistock. 01822 615259. info@printworkstavistock.org.uk						
Brunch Club (TASS Community Café, Pannier Market)		Weekly 10-12 Community Cafe				
Foot clinic (TASS)		Weekly 9-4 TASS Cost £25	Weekly 9-4 TASS Cost £25			
Qi Gong (TASS)			10.30am - 12noon TASS 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 TASS Cost £4			
Zumba Gold Liz 07484 157706 lizazenbury@gmail.com	Weekly 10-10.45 United Reform Church					
Wellbeing Walks (Walk & Talk). Tom Mack - Active Devon 01392 925150 Tom.Mack@activedevon.org		Weekly 10.30 The Wharf Refreshments optional				

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Gentle Dance Marie 01822 613925		2 nd Tues 2-3.30 Whitchurch Village Hall				
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>	
Knit & natter (TASS Community Café)		10-11				
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		
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				

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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 1-11-12 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			
Horrabridge – Love Thy Neighbour Pop up café https://www.facebook.com/horrabridgelyn/		Weekly 9-11.30 London Inn				

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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	