Tain
Living Better Group
October - December 2026

Tain Youth Cafe, 17 Stafford Street, Tain, IV19 1AZ

11am - 1pm

Join us for a monthly social meeting where we have a cuppa and a catch up as well as a range of activities; arts and crafts, games, boccia and guest speakers and an opportunity to share and discuss self management.

No booking required and meetings are free to attend, however we do leave out a donation bowl to help cover teas and coffees

THURSDAY 22ND OCTOBER

THURSDAY 26TH NOVEMBER

DECEMBER TBC

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