



Big Brain Tour 2026: Keswick Saturday 13 June 2026 The Mixing Shed and The Depot, Pencil Factory, Keswick

Overview

Babs the Brain is touring Scotland and the North of England with Brain Health Scotland in partnership with Scotmid!

Step inside our giant inflatable brain and discover fun, hands-on activities designed to raise awareness of brain health for people of all ages.

Whether you stay for 20 minutes or an hour, there's something for everyone to explore, create and enjoy.

Alongside Babs the Brain, this tour stop features a Community Hub, where local groups will be sharing ways you can connect with people, stay active, learn new skills, and support your wellbeing in your community.

What to expect

- 🧠 A walk-through experience inside Babs
- 🌀 Hands-on activities, including:
 - Crafting your own brain cells and brain hats
 - Voting on what matters to you for a good night's sleep
 - Blending your own pedal powered smoothie
 - And plenty more!
- 👥 Community group stalls and taster activities.

Our friendly team will be on hand to guide you through the activities, answer questions and help you get involved.

Planning your visit

We suggest planning for a 60-90 minute visit, though you're welcome to stay longer or drop in briefly if you're short on time.

The event will run from **11.00 am–4.00 pm**, with a quiet hour from **10.00 am–11.00 am** for anyone who would benefit from a more relaxed environment. Visitors are asked to book an arrival slot in advance, this is to help us manage numbers and keep things comfortable inside Babs and around the activity tables.

You're very welcome to stay longer than your chosen hour and we know plans can change, so we'll always aim to be as flexible as possible on the day where capacity allows.

Accessibility information

- The Big Brain Tour will be in The Mixing Shed and the Community Hub will be in The Depot. Both are ground floor, step free, and wheelchair accessible.
- Accessible toilets are available outside the hall.
- Seating is available throughout the venue.
-

Noise Levels:

The space can get lively and noisy with Babs' air blower, groups exploring, and all the fun hands-on activities.

There is a dedicated quiet hour from 10-11am for anyone who would benefit from a quieter and more relaxed environment. Please note, there is still noise from the fan inflating the brain.

Ear defenders are available to borrow, feel free to bring along your own ear defenders or headphones.

Brain Health Scotland

Brain Health Scotland is an initiative by Alzheimer Scotland, making sure nobody faces dementia alone and supporting a future of better brain health for all.



Skiddaw u3a will be at this Keswick event. Please visit our stand in The Depot.

<https://skiddaw.u3asite.uk/>