

# November Diary Dates to scroll down

## AgeUK Norfolk Events and Talks-



We will be at-

6<sup>th</sup> November-10am to 2pm – Stoke Ferry Community Pub( The Bluebell)

8<sup>th</sup> November- 10am to 12 Noon- “Living Well in Winter” Positivitea Event at The Venue, Holt

14<sup>th</sup> November 10am to 1pm – Thetford Library advice drop in

21<sup>st</sup> November 2.30pm onwards-Talk for The Good Companions at New Buckenham Village Hall

## Creative Socials to book-

### TUESDAY 05 NOVEMBER



### **GREAT YARMOUTH CREATIVE SOCIALS**

**01:00 PM St George's  
Theatre Cafe**

Zine Making &  
Playful Illustration with  
Rose Feather Learn three  
simple...

Creative Socials offer high-quality arts workshops for people aged 50+ in Great Yarmouth! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment. Free to attend, but **booking is essential**.

Click on the link below to go to the website page. There is more information and how to book for **Great Yarmouth**.

## [Great Yarmouth Creative Socials - Creative Arts East](#)

**FRIDAY 08 NOVEMBER**



### **BRECKLAND CREATIVE SOCIALS - THETFORD**

**01:00 PM Thetford  
Methodist Church**

Zine Making &  
Playful Illustration with  
Rose Feather Learn three  
simple...

Creative Socials offer high-quality arts workshops for people aged 50+ in Thetford! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment. Free to attend, but **booking is essential**.

Click on the link below to go to the website page. There is more information and how to book for **Thetford**.

## [Breckland Creative Socials - Thetford - Creative Arts East](#)

More dates below...

## MONDAY 11 NOVEMBER



## WEST NORFOLK CREATIVE SOCIALS - HUNSTANTON

01:00 PM Hunstanton  
Community Centre

Zine Making &  
Playful Illustration with  
Rose Feather Learn three  
simple...

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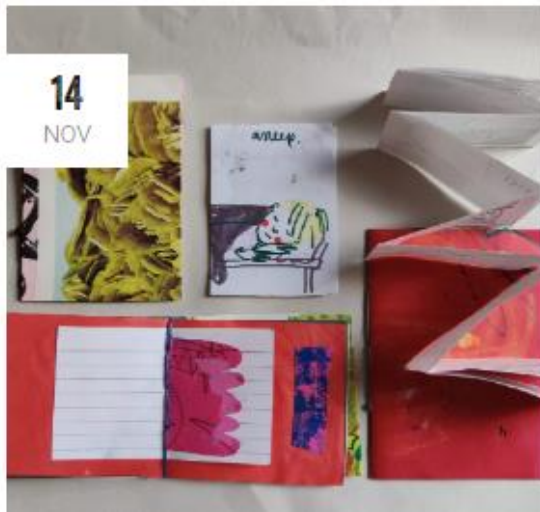
Creative Socials offer high-quality arts workshops for people aged 50+ in Hunstanton! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment. Free to attend, but **booking is essential**.

Click on the link below to go to the website page. There is more information and how to book for **Hunstanton**.

[West Norfolk Creative Socials - Hunstanton -  
Creative Arts East](#)

More dates below...

## THURSDAY 14 NOVEMBER



### BRECKLAND CREATIVE SOCIALS - ATTLEBOROUGH

01:00 PM Attleborough  
Town Hall

Zine Making &  
Playful Illustration with  
Rose Feather Learn three  
simple...

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Creative Socials offer high-quality arts workshops for people aged 50+ in Attleborough! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment. Free to attend, but **booking is essential**.

Click on the link below to go to the website page. There is more information and how to book for **Attleborough**.

[Breckland Creative Socials - Attleborough - Creative Arts East](#)

## FRIDAY 15 NOVEMBER



### BRECKLAND CREATIVE SOCIALS - DEREHAM

01:00 PM Trinity Methodist  
Church

Zine Making &  
Playful Illustration with  
Rose Feather Learn three  
simple...

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Creative Socials offer high-quality arts workshops for people aged 50+ in Dereham! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment. Free to attend, but **booking is essential**.

Click on the link below to go to the website page. There is more information and how to book for **Dereham**.

## [Breckland Creative Socials - Dereham - Creative Arts East](#)

**TUESDAY 19 NOVEMBER**



### **WEST NORFOLK CREATIVE SOCIALS - GREAT MASSINGHAM**

**01:00 PM Great**

**Massingham Village Hall**

Zine Making & Playful Illustration with Rose Feather Learn three simple...

Creative Socials offer high-quality arts workshops for people aged 50+ in Great Massingham! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment. Free to attend, but **booking is essential**.

Click on the link below to go to the website page. There is more information and how to book for **Great Massingham**.

## [West Norfolk Creative Socials - Great Massingham - Creative Arts East](#)

The Friends of Binham Priory invite you to

## “The First Kiss”

An intriguing look at firsts in art with



### Dr Nick Trend

Nick is Chief Cultural Editor for the travel desk of the Daily Telegraph. He has produced guides to many of the greatest museums and art collections and worked on the curatorial staff at the National Gallery, London. He will highlight favourite firsts in paintings from his book ‘Art Firsts’.

**7pm for 7.30pm**

**November 22<sup>nd</sup> Binham Memorial Hall**

Tickets £10 including a glass of wine/soft drink.

Public box office opens November 1<sup>st</sup>. For tickets email [fobptickets@gmail.com](mailto:fobptickets@gmail.com). We are a small group of volunteers.

Please be patient if we do not respond immediately.

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## **Come Singing For People Of All Ages With Memory Loss**

We are happy to announce that we have started to sing again very safely at the following venues:

### **Come Singing at Millenium Library**

Tuesdays:

2nd and 4th Tuesday of the month 10.45 – 11.45

The Norfolk and Norwich Millennium Library

The Forum

Norwich

Phone 01603 774774

### **Come Singing at Earlham Library**

Fridays:

3rd Friday in each month 11.15 – 12.15

Earlham Library,

Colman Road,

Norwich, NR4 7HG.

01603 454338

If you are interested in starting up a singing group in your area please contact us at [info@comesinging.org.uk](mailto:info@comesinging.org.uk)

All sessions are free for people living with dementia and their carers.

<https://www.comesinging.org.uk/>

### **COME SINGING BY PHONE**

for more information, please phone Heather on 01603 452404.



Norfolk and Waveney  
Talking Therapies

## Countywide Wellbeing Walks

Come and join our free walks across the County, connect with new people, breath in the fresh air and get back to nature!

All our walks are staffed by our Community Team and open to anyone aged 16+ with no need to book.

We always include a café visit and you are welcome to join us just for a cuppa if you don't fancy the walk!

Any enquiries please feel free to get in touch!

[cdcteam@norfolkandwaveneymind.org.uk](mailto:cdcteam@norfolkandwaveneymind.org.uk)



for anxiety and depression

For walks timetable-see below....



# Wellbeing Walks

## October-December 2024



Norfolk and Waveney  
Talking Therapies

Day	Meeting Point...	Time	Oct	Nov	Dec
Monday	North Walsham Market Cross, Market Place, NR28 9BS	10:30	7th	4th	2nd
	Norwich City Hall Steps, St Peter's Street, NR2 1NH	10:30	14th	11th	9th
	Fakenham Wensum Lodge Hotel, NR21 9AY	10:30	14th	11th	9th
	Dereham St Nicholas Church, Church Street, NR19 1DN	10:30	21st	18th	16th
	Carlton Marshes Visitor Centre, Burnt Hill Lane, NR33 8HU	12 noon	28th	25th	23rd
Tuesday	Diss Frenze Beck Nature Reserve, Sawmills Rd, IP22 4GG	10:30	1st	5th	3rd
	Sheringham Town Clock opposite Little Theatre, 2 Station Rd, NR26 8RE	12 noon	8th	12th	10th
	Swaffham St Peter & St Paul Church, Market Place, PE37 7AQ	10:30	15th	19th	17th
	Thetford The Light Cinema, Bridge Street, IP24 3AE	10:30	22nd	26th	-
	Gorleston Marine Parade car park, NR31 6EZ	12 noon	22nd	26th	-
Wednesday	Downham Market Town Clock, Bridge Street/High Street, PE38 9DW	10:30	9th	13th	11th
	Felbrigg Hall Car Park Welcome Hut, Felbrigg Hall, NR11 8PP	10:30	16th	20th	18th
Thursday	Waterloo Park Feed Café, Waterloo Park Pavilion, Angel Road, NR3 3HX	10:30	3rd	7th	5th
	Beccles Community Hub, 20 Blyburgate, NR34 9TB	10:30	10th	14th	12th
Friday	Redwings Aylsham Spa Lane, Aylsham, NR11 6UE	10:30	4th	1st	6th
	Cromer Cromer Pier, Promenade, NR27 9HE	10:30	11th	8th	13th
	Great Yarmouth Marina Centre main entrance, Marine Parade, NR30 2ER	10:30	18th	15th	20th
	Wymondham Tiffey/Becketswell Car Park, NR18 9PH	10:30	18th	15th	20th
	King's Lynn Customs House, Purfleet Quay, PE30 1HP	10:30	25th	29th	-
	Redwings Caldecott Beccles Road, Fritton, NR31 9EY	10:30	25th	29th	-



for anxiety and depression

Or pop along to a social...

## Community Socials October-December 2024

**NHS**  
Norfolk and Waveney  
Talking Therapies

Day	Location	Time	Oct	Nov	Dec
Monday	My Long-Term Health Condition and Me Social Group Louise Hamilton Centre, James Paget Hospital, Gorleston, NR31 6LA	14.00	14th	11th	9th
	Crafty Creations DANES, 161 Rotterdam Road, Lowestoft, NR32 2EZ	10.30	21st	18th	16th
	Attleborough Social *NEW* Attleborough Library, Ground Floor, Attleborough Community and Enterprise Centre, Church Street, NR17 2AH	13.00	28th	25th	23rd
Tuesday	Re-Do Crafting Social - *booking required* Unit 4, St Augustine's Gate, Norwich, NR3 3BE	10.00	1st	5th	3rd
	Halesworth Cafe Catch Up Chinny's, 27 Norwich Rd, Halesworth IP19 8BX	12noon	1st	5th	3rd
	Theatre Royal Café Social Theatre Royal, Theatre Street, Norwich, NR2 1RL	10.30	15th	19th	17th
Wednesday	Norwich Café Social (just on Wednesday for October then Thursday) Merchant's House, Fye Bridge St, NR3 1LJ	10.30	9th	-	-
	Online Quiz Night – entry via our website <a href="https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/">https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/</a>	18.00	9th	13th	11th
	Norwich Evening Social Marzanos, The Forum, NR2 1TF	17.00	16th	20th	18th
Thursday	Dungeons & Dragons One Shot Adventure *booking required* Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER	18.00	3rd	7th	5th
	Norwich Café Social Merchant's House, Fye Bridge St, NR3 1LJ	10.30	-	14th	12th
	Caister Café Social The Rabbit Hutch, Caister On Sea, NR30 5ET	12.30	31st	28th	-
	Lowestoft Café Social The Red Mingo, 4 Surrey Street, Lowestoft NR32 1LJ	13.00	17th	20th	18th
	Mindful Colouring Gorleston Library, Lowestoft Road, Gorleston, NR31 6SG	17.00	3rd	7th	5th

All of our socials are open to anyone 16+ with no need to book unless specified, which can be done on the email below. Socials last around 1.5 to 2 hrs and are very informal.

Online socials can be accessed via our website.

Any queries please email us: [CDCTeam@norfolkandwaveneymind.org.uk](mailto:CDCTeam@norfolkandwaveneymind.org.uk)





91%\*

of UK adults think small moments of connection can make a difference to someone who feels lonely

\*Based on a YOUNGVOY PLC survey of 2,147 UK adults in September 2019.



@cuppacarenorfolk



The Cuppa Care Bus aims to bring people together and tackle loneliness.

Whether you just want to get out of the house, to meet new people, or chat about something that's worrying you – we have friendly people on hand who can help. Come on your own or with a friend, you'll be more than welcome to join us for a cuppa and a chat!

Contact us at  
cuppacarenorfolk@gmail.com or  
01603 404440.

BUS

Where:	<input type="text"/>		
When:	<input type="text"/>		
From:	<input type="text"/>	To:	<input type="text"/>

Cuppa Care is a project initiated by the Rotary Club of Norwich, lead by Hear for Norfolk and delivered by a number of local organisations who help and support people of all ages with a range of services.



See dates, times and venues below.....

Or check online by clicking this link-

<https://www.hearfornorfolk.org.uk/cuppacare/>

**Acle** Car Park by Acle Methodist Hall, Bridewell Lane, Acle NR13 3RA

Monday 11th November 10am - 12pm

More dates....

**Attleborough** Queens Square, Attleborough, NR17 2AF

Thursday 21st November 10am - 12pm

**Aylsham** Outside Aylsham Town Hall, NR11 6EL

Wednesday 6th November 1pm - 3pm

**Aylsham** Bure Valley House, Station Road, Norwich, NR11 6HU

Monday 4th November 1.00pm - 3pm

**Dereham** Dereham Shopping Centre, Wright's Walk, Dereham, NR19 1TR W

Wednesday 13th November 1.00pm - 3pm

**Diss** Market Square, Outside the Post Office, IP22 4AN

Monday 25th November 10am - 12pm

**Erpingham** Erpingham with Calthorpe Village Hall, The Street, Erpingham NR11 7QB

Wednesday 20th November 10am - 12pm

**Fakenham** War Memorial, Market Place, Fakenham

Tuesday 26th November 10am - 12pm

**Great Yarmouth** The Market Place, Great Yarmouth, NR30 2BA

Monday 11th November 1pm - 3pm

**Harleston** Coop Car Park, Bullock Fair Close, IP20 9AT

Monday 25th November 1pm - 3pm



**Hoveton** Hoveton & Wroxham Medical Centre, Stalham Road, NR12 8DU

Wednesday 20th November 1.00pm - 3pm

**Holt** The Venue, Kerridge Way, Holt NR25 6DW

Monday 4th November 10am - 12pm

**Loddon** Church Plain Car Park, NR14 6LX

Tuesday 5th November 10am - 12pm

**Ludham** Ludham Village Hall Car Park, Norwich Road, Ludham, NR29 5PB

Thursday 14th November 1pm - 3pm

**Necton** Necton Community Centre, 13 Tun's Road, Necton PE37 8EH

Tuesday 26th November 1pm - 3pm

**Northrepps** Northrepps Village Hall, 4 School Close, Northrepps, Cromer, NR27 0LB

Wednesday 6th November 10am - 12pm

**North Walsham** Vicarage Street Car Park, North Walsham, NR28 9DQ

Tuesday 12th November 10am - 12pm

**Norwich** The Forum, Millenium Plain, Norwich, NR2 1TF

Thursday 7th November 10am - 3pm

**Poringland** Bugens Car Park, The Street, NR14 7RQ

Tuesday 5th November 1pm - 3pm

**Sheringham** Station Approach Car Park, Station Road, Sheringham, NR26 8RG

Tuesday 12th November 1pm - 3pm

**Spixworth** Village Hall Car Park, Spixworth, NR10 3NQ

Friday 8th November 10am - 12pm

**Stalham** Staithe Surgery Car Park, NR12 9BU

Thursday 14th November 10am - 12pm

**Swaffham** Swaffham War Memorial, Lynn Street

Friday 1st November 1.15pm - 3.15pm

**Taverham** Taverham Village Hall Car Park, Taverham, Norwich, NR8 6JR

Friday 8th November 1pm - 3pm

**Thetford** Market Place, Thetford, IP24 2DS

Friday 1st November 10am - 12pm

**Watton** Queens Hall, Norwich Road, Watton, IP25 6DA

Wednesday 13th November 10am - 12pm

[More free groups and events to attend-](#)



Norfolk and Waveney  
Talking Therapies

# Attleborough Social

Monday's 23rd Sep, 28th Oct,  
25th Nov & 23rd Dec @ 1.00 - 2.30pm

Attleborough Library,  
Church Street, NR17 2AH

Pop in for a chat over a cuppa, borrow  
some books, join in with some mindful  
colouring, or maybe get crafty!

For more information please email us at  
[socials@wellbeingandw.co.uk](mailto:socials@wellbeingandw.co.uk)  
or scan the QR code



for anxiety and depression



## Super 60s Social Group

Available to all those aged 60 and over. Our social  
group runs every Friday from 10:30 am-12:30 pm at  
REST Thetford Riverside Walk.



mind. Norfolk and Waveney  
**REST**  
Thetford

More dates below.....

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This autumn Homeinstead are launching two new Companionship Café locations in Norwich to combat loneliness and isolation. These cafés offer tea, coffee, cakes, quizzes, and friendly company, as well as access to tablets for internet use, games, or tech support. Here are the café locations and schedules:

**Thorpe Companionship Café**

When: 1st Thursday of each month

Where: St Williams Way Library, NR7 0AJ

Next café: Thursday, 7<sup>th</sup> November, 10:30am-12:00pm

**Earlham Companionship Café (NEW)**

When: 3rd Thursday of each month

Where: Earlham Library, NR4 7HG

Next café: Thursday, 21<sup>st</sup> November, 2:00pm-3:30pm

**Hellesdon Companionship Café (NEW)**

When: 2nd Friday of each month

Where: Hellesdon Library, NR6 5QB

Next café: Friday, 8<sup>th</sup> November, 10:30am-12:00pm



Attendance is free, and no booking is required. For more details, contact:

Email: [hannah.begley@homeinstead.co.uk](mailto:hannah.begley@homeinstead.co.uk)

Phone: 01603 963317

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Hi to all you ladies out there.

Are you wondering what you can do now that summer is almost over?

Are you looking to meet new people? If so, look no further, we have the perfect solution.

We are **Horning Ladies Lunch Club**, and, we are delighted to announce, that, we are returning in October, following our summer break.

Already we have had several new enquiries 😊

We still have spaces though, and are always happy to welcome new members.

**We meet on the 4th Tuesday of each month (between October and June ) at the Old Rectory Hotel in Crostwick.**

We enjoy a delicious 2 course meal, followed by Tea or Coffee, and, to complete the afternoon, we have a different guest speaker each month.

**You do NOT have to live in Horning, in order to join us.**

**It is essential** that lunch is booked in advance, to do this or, if you require any further information.

Please contact Tricia Elson on 07931 301606

Or, email her- [ladieslunchclub@btinternet.com](mailto:ladieslunchclub@btinternet.com)

More events and activities below-

# Bereavement Cafés



**Informal friendship groups for bereaved adults.  
A space to support each other and find  
information about other services.**

**Costessey Library - Mondays 5.30-6.30pm**

**Cromer Library - Tuesdays 12.00 - 1.00pm**

**Hunstanton Library - Tuesdays 2.00-3.00pm**

**Gaywood Library –Thursdays 11.00 –12.00pm**

**Dereham Library –Thursdays 11.30-1.00pm**

**Downham Library –Thursdays 12.30 –1.30pm**

**Holt Library - 3rd Monday of the month 2.00-3.30**



To find out when the next group is starting in your area, please give us a call.

**ATTLEBOROUGH**  
01953 452538

**BECCELES**  
01502 714445

**BUNGAY**  
01986 892790

**DISS**  
01379 640810

**HALESWORTH**  
01986 875588

**HARLESTON**  
01379 853999

**WYMONDHAM**  
01953 601103

Following the course there are regular monthly meetings, offering **further support** and connection with others who have attended previous groups.

Rosedale Bereavement Support Group is a complementary *8 week course* covering many aspects of the grieving process.

The groups are *open to all*, no matter how long ago they were bereaved or which funeral director has been used. The groups are led by trained facilitators of the Rosedale Bereavement Support Programme.

[www.rosedalefuneralhome.co.uk](http://www.rosedalefuneralhome.co.uk)

**The Bridge for Heroes** – a small charity with a big heart, supporting the Armed Forces community of West Norfolk and beyond.

We run a Drop-In centre on South Clough Lane, King’s Lynn, and our doors are open from 10am until 4pm Monday to Friday, and from 10am until 2pm on Saturdays. We provide hot and cold drinks, home-cooked lunches, with a warm welcome and friendly conversation.

If you are a veteran or serving member of HM Forces, full-time or reserve, you are welcome to access our services. If you are the spouse, widow/er, parent, child or carer

of someone who has served or is serving, we are here for you too. And we don't want to forget families separated through divorce or relationship breakdown. We do everything we can to assess need on a case-by-case basis, and it all starts with a brew and a chat!

Find us at 52A South Clough Lane, King's Lynn PE30 1SE and online at [www.thebridgeforheroes.org](http://www.thebridgeforheroes.org).

Call the team on 01553 760 230 or email [contact@thebridgeforheroes.org](mailto:contact@thebridgeforheroes.org).

Facebook and Instagram @thebridgeforheroes.

END OF NOVEMBER DATES SO FAR