

August 2024 Diary Dates- Scroll Down Page

**New dates to book ahead-



With Laura

EXERCISE CLASSES FOR THE OVER 50s

ALL EXERCISES CAN BE DONE SEATED OR STANDING

HINGHAM SPORTS AND SOCIAL CLUB

WATTON ROAD, NR9 4HB

TUESDAY 1.00PM

STARTS TUESDAY 3RD SEPTEMBER

JUST £6.00

For more information or to book your place call:

Laura: 07845 578689 or 01362 692021

THE SESSIONS ARE SET TO GREAT MUSIC AND INCLUDE:
FLEXIBILITY, AEROBIC, STRENGTH AND BALANCE EXERCISES

COME AND HAVE SOME FUN WHILST GETTING STRONGER AND
FITTER

ONE FREE CLASS WITH THIS LEAFLET



With Laura

EXERCISE CLASSES FOR THE OVER 50s

ALL EXERCISES CAN BE DONE SEATED OR STANDING

**TOFTWOOD VILLAGE HALL
47, SHIPDHAM ROAD, DEREHAM NR19 1JL**

MONDAY 1.30PM

STARTS MONDAY 2ND SEPTEMBER

JUST £6.00

For more information or to book your place call:

Laura: 07845 578689 or 01362 692021

THE SESSIONS ARE SET TO GREAT MUSIC AND INCLUDE;
FLEXIBILITY, AEROBIC, STRENGTH AND BALANCE EXERCISES

COME AND HAVE SOME FUN WHILST GETTING STRONGER AND
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Heritage Open Days

Fri 6 – Sun 15 September 2024

Explore, Experience, Enjoy!

Discover hundreds of free events taking place in Norfolk this September. Unique stories, fascinating places, brilliant history, and experiences you'll never forget... the Norfolk Heritage Open Days festival has something for everyone to enjoy!

Lots of HODs events are drop-in and you can just turn up on the day, there's always plenty to enjoy and experience. The brochure clearly outlines which events you'll need to book in advance.

[Click on the link below to go to the online brochure](#)

[Heritage Open Days | Norfolk Heritage Open Days](#)

**Booking opens Monday 19
August!**

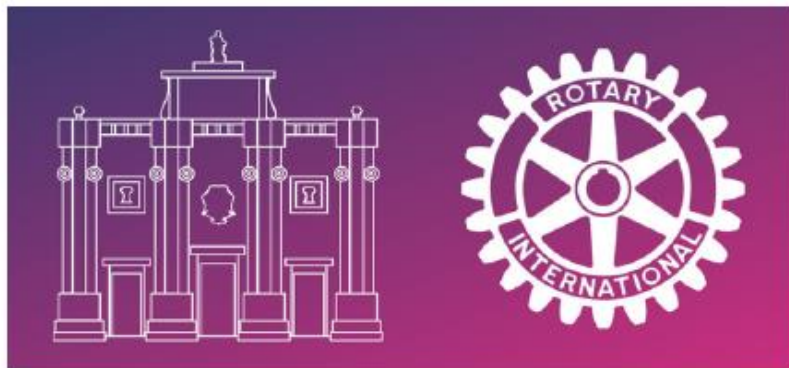


Rotary  Club of Kings Lynn Priory

SENIOR CITIZENS FILM CLUB

**Monday 19th August and Wednesday
21st August**

KINGS LYNN CORN EXCHANGE CINEMA



IT ENDS WITH US

BASED ON THE BOOK BY COLLEEN HOOVER

Meet at 10.00 for tea and coffee

£4 per ticket

Film starts at 10.45

Booking is essential, to secure your tickets email:

Bharti.Patel@west-norfolk.gov.uk

07375375404.

Creative Socials

Tuesday 6th August- St George's Theatre Cafe



GREAT YARMOUTH CREATIVE SOCIALS

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

Words of Wisdom -
Letterpress Printing with
Donna Thompson Inspired...

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**.

<https://www.creativeartseast.co.uk/post/events/great-yarmouth-creative-socials-aug24>

Thursday 8th August- Attleborough Town Hall



BRECKLAND CREATIVE SOCIALS - ATTLEBOROUGH

**01:00 PM Attleborough
Town Hall**

Words of Wisdom -
Letterpress Printing with
Donna Thompson Inspired...

Information on this event is below...

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**.

<https://www.creativeartseast.co.uk/post/events/breckland-creative-socials-attleborough-aug24>

Friday 9th August- Thetford Library



BRECKLAND CREATIVE SOCIALS - THETFORD

01:00 PM Thetford Library

Words of Wisdom -
Letterpress Printing with
Donna Thompson Inspired...

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**.

<https://www.creativeartseast.co.uk/post/events/breckland-creative-socials-thetford-aug24>

More Diary dates below.....

Monday 12th August- Hunstanton Community Centre



WEST NORFOLK CREATIVE SOCIALS - HUNSTANTON

01:00 PM Hunstanton
Community Centre

Words of Wisdom -
Letterpress Printing with
Donna Thompson Inspired...

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**.

<https://www.creativeartseast.co.uk/post/events/west-norfolk-creative-socials-hunstanton-aug24>

Friday 16th August- Dereham Trinity Methodist Church



BRECKLAND CREATIVE SOCIALS - DEREHAM

01:00 PM Trinity Methodist
Church

Words of Wisdom -
Letterpress Printing with
Donna Thompson Inspired...

Information on this event is below...

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**.

<https://www.creativeartseast.co.uk/post/events/breckland-creative-socials-dereham-aug24>

Wednesday 21st August- Great Massingham Village Hall



WEST NORFOLK CREATIVE SOCIALS - GREAT MASSINGHAM

01:00 PM Great

Massingham Village Hall

Words of Wisdom -
Letterpress Printing with
Donna Thompson Inspired...

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**.

<https://www.creativeartseast.co.uk/post/events/west-norfolk-creative-socials-great-massingham-aug24>

[More Diary dates below.....](#)

Age UK Norfolk Advice Drop-in

14th August-Thetford Library

10am to 1pm-Come along and meet a member of our Advice and Information Team from Age UK Norfolk. They will be available to help with questions and queries.



Arts Festival

ST. ANDREW'S CHURCH, GREAT RYBURGH

RYBURGH ARTS FESTIVAL: 24th – 26th August

Sat: 10 - 5 p.m. Sun: 1 – 5 p.m. Mon: 10 – 4 p.m.

Preview: Fri. 23rd August 7 p.m. – 9 p.m.

Art exhibition, music, flowers. St. Andrew's Pantry open.

Details from 01328 829413



SQUARE DANCING

What it is. The dancers form sets of eight people in a square formation (hence the title) and dance to caller directed moves for enjoyment. Moves are memorised by the dancers and the caller directs the patterns to be completed. So you do not memorise a complete dance, you enjoy the live choreography by a caller and dance as a group.

Why we do it. First and foremost it is fun. You share the activity with like minded people who are very friendly. It is good exercise, keeps the brain active and is an opportunity to make new friends. It is possible to go all over the country and meet new people in clubs around the British Isles and abroad.

Join us on a regular basis on Friday afternoons at 1:00pm to be entertained and meet new friends. Open to all! Whether you come as a couple or as a single you are made welcome.

Spin 'n' Wheel is based at the Good Shepherd Church Hall on Thunder Lane, Norwich. Contact Sylvia Mak on 01603 755658 if you are a returning dancer or if you are thinking about learning this great activity.



Cuppa Care Bus dates below.....

Cuppa care Bus Timetable for August

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 board of our Cuppa Care Bus who can help.

See below for locations and dates....



August Bus Locations

Acle, Car Park by Acle Methodist Hall

Monday 19th, 10am - 12pm

Antingham Village Hall

Wednesday 28th, 10am - 12pm

Attleborough, Queens Square

Thursday 22nd, 10am - 12pm

Aylsham Town Hall

Wednesday 14th, 1pm - 3pm

Aylsham, Bure Valley House

Monday 12th, 1pm - 3pm

Dereham Shopping Centre

Wednesday 21st, 1pm - 3pm



More

August Bus Locations

Fakenham War Memorial

Tuesday 27th, 10am - 12pm

Great Yarmouth, The Market Place

Monday 19th, 1pm - 3pm

Hickling Methodist Church

Thursday 8th, 1pm - 3pm

Hoveton and Wroxham Medical Centre

Wednesday 28th, 1pm - 3pm

Holt, The Venue

Monday 12th, 10am - 12pm

Hunstanton, The Bandstand

Wednesday 7th, 10am - 12pm

Loddon, Church Plain Car Park

Tuesday 6th, 10am - 12pm

Long Stratton Leisure Centre

Tuesday 6th, 1pm - 3pm

King's Lynn, Waterside Retirement Housing

Wednesday 7th, 1pm - 3pm

Necton Community Centre

Tuesday 27th, 1pm - 3pm

Northrepps Village Hall

Wednesday 14th, 10am - 12pm

North Walsham, Vicarage Street Car Park

Tuesday 13th, 10am - 12pm

August Bus Locations

Norwich, The Forum

Thursday 15th, 10am - 3pm

Sheringham, Station Approach Car Park

Tuesday 13th, 1pm - 3pm

Stalham, Staithe Surgery Car Park

Thursday 8th, 10am - 12pm

Swaffham War Memorial

Friday 2nd, 1.15pm - 3.15pm

Thetford, Market Place

Friday 2nd, 10am - 12pm

Watton, Queens Hall

Wednesday 21st, 10am - 12pm



Wymondham, Waitrose Car Park

Thursday 22nd, 1pm - 3pm

More Diary dates below....

Norfolk Library Service Bereavement Cafés



**Informal friendship groups for bereaved adults run by
Norfolk Library Service**

**A space to support each other and find
information about other services.**

Taverham - Mondays 11.00 —12pm

Caister – Mondays 11.30 – 1.00pm

Costessey Library - Mondays 5.30 - 6.30pm

Great Yarmouth Library -Tuesdays 10.30 - 12.00pm

North Walsham Library - 2nd Tuesday of the month 12.00 - 1.00pm

Cromer Library - Tuesdays 12.00 - 1.00pm

Sheringham Library - Tuesdays 1.00 - 2.00pm

Mundesley Library – Tuesdays 3.00 – 4.00pm

Hunstanton Library - 2nd & 4th Wednesday 2.00 - 3.00pm

Dersingham - Wednesdays 11.00— 12.00pm

[More venues below.....](#)

Norfolk Library Service Bereavement Cafés Continued

Kings Lynn - Wednesday 5.30—6.30pm

Aylsham Library - Thursdays 10.00 – 11.00pm

Gaywood Library – Thursdays 11.00 -12.00pm

Dereham Library –Thursdays 11.30 - 1.00pm

Downham Market Library –Thursdays 12.30 -1.30pm

Gorleston Library – Thursday 2.30 – 4.30pm

Holt Library - Fridays 11.00 -12.00pm

Martham Library - Fridays 12.30—2.00pm

Sprowston Library – Fridays 1.00 – 2.00pm

Learn more about Adult Social Services at your local library

Find out how Adult Social Services can help you or someone you know to stay well and independent in your home.

Promoting
Independence

 Norfolk County Council

July

- 17** Great Yarmouth 1.30-3.30
- 23** Thetford 9-11
- 29** Aylsham 11-1

August

- 8** Fakenham 10-12
- 9** Hunstanton 10-12
- 14** Kings Lynn 10-12
- 16** Diss 10-12

September

- 2** Wymondham 10-12
- 7** Attleborough 10-12
- 9** North Walsham 10-12
- 10** Dereham 10-12
- 17** Acle 11-1
- 20** Cromer 10-12
- 26** Downham Market 10-12



Community Socials August 2024

Date & Time...			Event...	Location...
Thur	1st	12:00	Mindful Colouring	St Andrew's Church, Roman Road, Lowestoft, NR32 2DQ
Thur	1st	18:00	Dungeons & Dragons One Shot Adventure *booking required*	Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER
Tue	6th	10:00	Re-Do Craft Social *booking required*	St Augustines Gate Unit 4, Norwich, NR3 3BE
Tue	6th	12:00	Halesworth Café Catch Up	Chinny's, 27 Norwich Rd, Halesworth, IP19 8BX
Thur	8th	10:30	Norwich Café Catch Up	Merchant's House Café, Fye Bridge St, Norwich, NR3 1LJ
Fri	9th	10:00	Pop Up Referral Support	The Social Supermarket, Hall Road, Norwich, NR1 3HL
Mon	12th	14:00	My Long-Term Health Condition and Me Social Group	Louise Hamilton Centre, James Paget Hospital, Gorleston, NR31 6LA
Wed	14th	18:00	Quiz	Online
Thur	15th	18:00	Dungeons & Dragons Character Creation Session *booking required*	Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER
Mon	19th	10:30	Crafty Creations	DANES, 161 Rotterdam Road, Lowestoft, NR32 2EZ
Tue	20th	10:30	Theatre Royal Café Social	Theatre Royal, Theatre Street, Norwich, NR2 1RL
Wed	21st	17:00	Norwich Evening Social	Café Bar Marzano, The Forum, Norwich, NR2 1TF
Thur	29th	12:30	Caister Café Social	The Rabbit Hutch, Caister On Sea, NR30 5ET

All of our socials are open to anyone 16+ with no need to book. Online socials are hosted on Teams via our website, scan the QR code for more!

Any queries please email us: socials@wellbeingnandw.co.uk

Click on link below for Wellbeing Socials website for details -

<https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/>

Wellbeing Socials

Wellbeing Walks August 2024



Norfolk and Waveney
Talking Therapies

Date & Time...	Walk...	Meeting Point...
Thur 1st 10:30	Waterloo Park	Feed Café, Waterloo Park Pavillion, Norwich, NR3 3HX
Fri 2nd 10:30	Redwings Aylsham	Spa Lane, Aylsham, NR11 6UE
Mon 5th 10.30	North Walsham	Market Cross, Market Place, North Walsham, NR28 9BS
Tue 6th 10:30	Diss	Frenze Beck Nature Reserve, Sawmills Road, IP22 4GG
Wed 7th 10:30	Hunstanton	Princess Theatre, Hunstanton, PE36 5AH
Thur 8th 10:30	Beccles	Community Hub, 20 Blyburgate, Beccles, NR34 9TB
Fri 9th 10:30	Cromer	Cromer Pier, Promenade, Cromer, NR27 9HE
Mon 12th 10:30	Norwich	City Hall steps, St Peters Street, Norwich, NR2 1NH
Mon 12th 10:30	Fakenham	Wensum Lodge Hotel, Fakenham, NR21 9AY
Tue 13th 12:00	Sheringham	Town Clock opp Sheringham Little Theatre, 2 Station Road, Sheringham, NR26 8RE
Wed 14th 10:30	Downham Market	Town Hall, Bridge Street, Downham Market, PE38 9DW
Thur 15th 13:00	Lowestoft	Boating Lake, Kensington Gardens, Lowestoft, NR33 0HY
Fri 16th 10:30	Great Yarmouth	Marina Centre main entrance, Marine Parade, NR30 2ER
Fri 16th 10:30	Wymondham	Tiffany/Becketswell Car Park, Wymondham, NR18 9PH
Mon 19th 10:30	Dereham	St Nicholas Church, Church St, Dereham, NR19 1DN
Tue 20th 12:00	Swaffham	St Peter & St Paul Church, Market Place, PE37 7AQ
Wed 21st 10:30	Felbrigg	Car Park 'Welcome Hut', Felbrigg, NR11 8PP
Thur 22nd 10:30	Holt Country Park	Hetty's House Tea Room, Edgefield Hill, Holt, NR25 6SP
Fri 23rd 10:30	Redwings Caldecott	Caldecott Hall, Beccles Road, Fritton, NR31 9EY
Tue 27th 10:30	Thetford	The Light Cinema, Bridge Street, Thetford, IP24 3AE
Tue 27th 12:00	Gorleston	Marine Parade Car Park, Gorleston-on-Sea, NR31 6EZ
Fri 30th 10:30	King's Lynn Riverside	Customs House, King's Lynn, PE30 1HP

All our walks are open to anyone aged 16+ with no need to book. Our walks include a café visit, you are welcome to join us just for a cuppa if you don't fancy the walk!

Any queries please email us: socials@wellbeingandw.co.uk



for anxiety and depression



Click on link below for Wellbeing Socials website for details.-

<https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/>



Coastal Walks



Come and join us for a stroll along parts of the Norfolk Coastal Path. Meet like minded people and enjoy the views and fresh air along our beautiful coast. Open to anyone over 16yrs. All abilities welcome, mixed terrain paths at some points. We will do our best to accommodate all and walking times will vary depending on group and weather.

Weds 7th August 10.30am - Hunstanton

Meet outside Princess Theatre, 13 The Green, PE36 5AH

Fri 9th August 10.30am - Cromer

Meet at Cromer Pier, Promenade, NR27 9HE

Tues 13th August 12 noon - Sheringham

Meet at Sheringham Town Clock (opposite Little Theatre), NR26 8RE

Thurs 15th August 13:00pm - Lowestoft

Meet at Kensington Gardens Boating Lake, NR33 0HY

Fri 16th August 10.30am - Great Yarmouth

Meet outside Marina Centre (main entrance), Marine Parade, NR30 4ET

Tues 27th August 12 noon - Gorleston

Marine Parade Car Park, Gorleston-on-Sea, NR31 6EZ

For more information please email us on socials@wellbeingnandw.co.uk

www.wellbeingnands.co.uk

0300 123 1503

Click on link below for Wellbeing Socials website for details -

<https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/>

More below...



wellbeing
Helping you live your life

NHS
Norfolk and Waveney
Talking Therapies

CRAFTY SEWING

with Re:Do CIC

Tuesday 6th August @ 10am
St Augustins Gate Unit 4, Norwich
★ *new accessible location*

An opportunity to explore a crafty sewing social.
All materials are provided, and no experience is needed!
Email us at socials@wellbeingnandw.co.uk to book your place



www.wellbeingnands.co.uk 0300 123 1503

Click on link below for Wellbeing Socials website for details -

<https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/>

End of August diary dates