

December Diary Dates

Creative Socials to book-

TUESDAY 03 DECEMBER



GREAT YARMOUTH CREATIVE SOCIALS

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

Dancing throu' the Decades
with Sam Moss Join Sam
for...

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-dec24>

More Below...

MONDAY 09 DECEMBER



**WEST NORFOLK CREATIVE
SOCIALS - HUNSTANTON**

01:00 PM Hunstanton

Community Centre

Dancing throu' the Decades
with Sam Moss Join Sam
for...

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-dec24>

More below...

THURSDAY 12 DECEMBER



**BRECKLAND CREATIVE
SOCIALS -
ATTLEBOROUGH**

**01:00 PM Attleborough
Town Hall**

Dancing throu' the Decades
with Sam Moss Join Sam
for...

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-dec24>

More below...

FRIDAY 13 DECEMBER



BRECKLAND CREATIVE SOCIALS - THETFORD

**01:00 PM Thetford
Methodist Church**

Dancing throu' the Decades
with Sam Moss Join Sam
for...

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-dec24>

WEDNESDAY 18 DECEMBER



WEST NORFOLK CREATIVE SOCIALS - GREAT MASSINGHAM

**01:00 PM Great
Massingham Village Hall**

Dancing throu' the Decades
with Sam Moss Join Sam
for...

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-dec24>

FRIDAY 20 DECEMBER



BRECKLAND CREATIVE SOCIALS - DEREHAM

01:00 PM Trinity Methodist Church

Dancing throu' the Decades with Sam Moss Join Sam for...

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-dec24>

Lunch Club

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

Companionship Cafes

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, 5th December, 10:30am-12:00pm

Earlham Companionship Café (NEW)

When: 3rd Thursday of each month

Where: Earlham Library, NR4 7HG

Next café: Thursday, 19th December, 2:00pm-3:30pm

Hellesdon Companionship Café (NEW)

When: 2nd Friday of each month

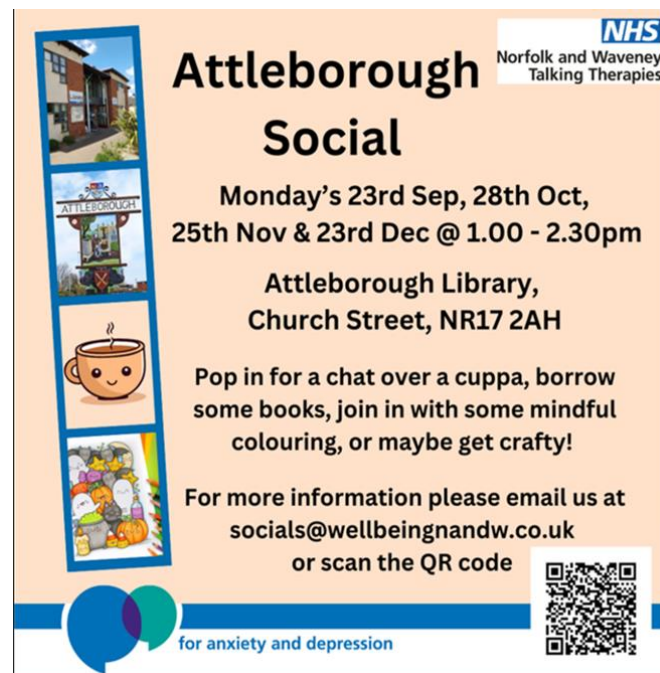
Where: Hellesdon Library, NR6 5QB

Next café: Friday, 13th December, 10:30am-12:00pm

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

Email: hannah.begley@homeinstead.co.uk

Phone: 01603 963317



The poster features a vertical strip of four images on the left: a building, a street sign for Attleborough, a smiling coffee cup, and a collection of craft supplies. The main text is centered and includes the NHS logo and 'Norfolk and Waveney Talking Therapies' in the top right. At the bottom left, there is a logo of two overlapping circles and the text 'for anxiety and depression'. A QR code is located in the bottom right corner.

Attleborough Social

NHS
Norfolk and Waveney
Talking Therapies


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@wellbeingnandw.co.uk
or scan the QR code


for anxiety and depression



91%*
of UK adults think small moments of connection can make a difference to someone who feels lonely

*Based on a YOUGov 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:

When:

From: To:

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.

Supported by 

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

Or check online by clicking this link-

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

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

Monday 16th December 10am - 12pm

Aldborough Aldborough Community Centre, The Green NR11 7AA

Tuesday 3rd December 10am - 12pm

Aylsham Outside Aylsham Town Hall, NR11 6EL

Wednesday 11th December 1pm - 3pm

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

Monday 9th December 1.00pm - 3pm

Cromer Barkers Herne, Summerhouse Close, Cromer, NR27 9JE

Tuesday 3rd December 1.00pm - 3pm

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

Wednesday 18th December 1.00pm - 3pm

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

Monday 16th December 1pm - 3pm

Hickling Methodist Church Car Park, NR12 0YD

Thursday 19th December 1pm - 3pm

Holt The Venue, Kerridge Way, Holt NR25 6DW

Monday 9th December 10am - 12pm

Loddon Church Plain Car Park, NR14 6LX

Tuesday 10th December 10am - 12pm

Long Stratton Long Stratton Leisure Centre, Swan Lane, NR15 2UY

Tuesday 10th December 1pm - 3pm

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

Wednesday 11th December 10am - 12pm

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

Tuesday 17th December 10am - 12pm

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

Thursday 12th December 10am - 3pm

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

Tuesday 17th December 1pm - 3pm

Stalham Staithe Surgery Car Park, NR12 9BU

Thursday 19th December 10am - 12pm

Swaffham Swaffham War Memorial, Lynn Street

Friday 6th December 1.15pm - 3.15pm

Thetford Market Place, Thetford, IP24 2DS

Friday 6th December 10am - 12pm

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

Wednesday 18th December 10am - 12pm

Wymondham Waitrose Car Park, Wymondham, NR18 0SH Tuesday
3rd December 1pm - 3pm

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



Rosedale

BEREAVEMENT SUPPORT GROUPS

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

ATTLEBOROUGH
01953 452538

BECCLES
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

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.

Call the team on 01553 760 230 or email contact@thebridgeforheroes.org.

Facebook and Instagram @thebridgeforheroes.

The REST at THETFORD RIVERSIDE



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

END OF DECEMBER DATES FOR NOW