

December Diary Dates



Rotary



Club of Kings Lynn Priory

SENIOR CITIZENS FILM CLUB

THE HOLIDAY

A CHRISTMAS ROM-COM STARRING
KATE WINSLETT, CAMERON DIAZ, JUDE
LAW AND JACK BLACK

£4 PER TICKET



**MONDAY 16TH &
WEDNESDAY 18TH
DECEMBER**



**KINGS LYNN CORN
EXCHANGE CINEMA**



**MEET AT 10.00
FILM STARTS AT
10.45**



**TEA, COFFEE AND
MINCE PIES**

Booking is essential, to secure your tickets email:

Bharti.Patel@west-norfolk.gov.uk

07375375404.





NHS
Norfolk and Waveney
Talking Therapies

FESTIVE SOCIALS

Mon 23rd @ 12pm - Carlton Marshes Walk
Meet at Nature Reserve Visitor Centre, NR33 8HU

Mon 23rd @ 1pm - Attleborough Library Social
Attleborough Library, NR17 2AH

Tues 24th @ 11am - Festive Quiz (online)
Via website [www.https://www.wellbeingnands.co.uk/norfolk/](https://www.wellbeingnands.co.uk/norfolk/)

Fri 27th @ 10.30am - Redwings Caldecott
Meet at Visitor Centre, NR31 9EY

Fri 27th @ 10.30am - Waterloo Park Walk
Meet at Feed Cafe, NR3 3HX

Mon 30th @ 10.30am - Cromer Walk
Meet at the front of Cromer Pier, NR27 9HE

Tue 31st @ 11am - Big End of Year Quiz (online)
Via website as above

 for anxiety and depression

Website for Norfolk and Waveney Talking Therapies-

[Social Events - The Norfolk and Waveney Talking Therapies Norfolk and Waveney](#)

For more Christmas events and lunches please keep scrolling to the end of December Diary dates



Creative Socials to book

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

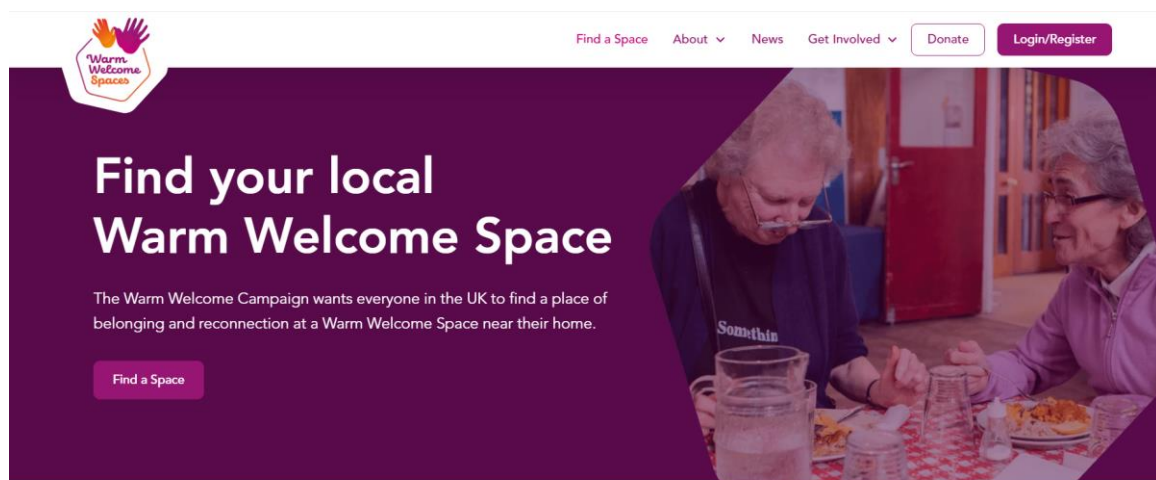
Dancing throu' the Decades with Sam Moss Join Sam for...

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>

Warm Spaces



Click on the link below to use the map

[Find a Space](#)

Support at Stalham Baptist Church

Stalham Baptist Church has opened a Memories café in its refurbished School Room.

It is open on the last Monday of the month 10am to 12 Noon.

It aims to provide a welcoming social space where people with memory loss, and their carers, can gather to have a cuppa, enjoy a range of activities, make new friends and enhance their quality of life.

This provides an opportunity to meet others who face similar problems. Activities include games, music, jigsaws, painting, knitting, and baking. There are also “memory books” which can prompt those attending to reminisce.

Other groups at the Church include an over 55’s group, a bereavement support group and warm space.

Click on the link below to find the calendar of groups and activities.

<https://www.stalhambaptist.org.uk/diary.php>

Weekly online exercise classes provided by EPIC Norfolk(Exercising People in Communities)

They are free to attend and suitable for anybody. The exercises can be done seated or standing.

Monday – Over-50's Exercise

Time: 10-10.45am

Join Zoom Meeting

<https://us06web.zoom.us/j/93137401336?pwd=N0dJTzllWDFvL1ZjY1ZhdmFVZnE2Zz09>

Meeting ID: 931 3740 1336

Passcode: 397104

Thursday – Over 50's Exercise

Time: 3-3.45pm

Join Zoom Meeting

<https://us06web.zoom.us/j/95879993009?pwd=U2xxQLYxdGcvVFVoSk53eEowYXk1dz09>

Meeting ID: 958 7999 3009

Passcode: 810993

Fitness in Hellesdon



changed by fit20

fit20 Hellesdon
Fit in 20 minutes per week

Make time for your fitness

At fit20 you train once a week for 20 minutes with a personal trainer. Our training method is based on the latest scientific findings about effective and efficient training to improve fitness and health. You book your weekly session ahead of time to stay on track. We guarantee measurable results within a few sessions, and more importantly, you will feel stronger and fitter.

105 Reepham Rd
Norwich NR6 5AB
07943 802071
freetry.co.uk

FREE
1st Training Session

fit20
Fit in 20 minutes per week

MA6V0006

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

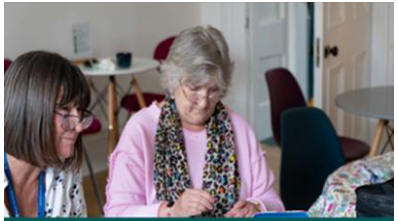
Attendance is free, and no booking is required. For more details, contact:

Email: hannah.begley@homeinstead.co.uk

Phone: 01603 963317

Other Social groups

See below.....



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.





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
or scan the QR code



for anxiety and depression

More below.....



NHS
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



for anxiety and depression

Timetable below...

Wellbeing Walks

October-December 2024

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	-



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





91%*

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

*Based on a YUUGOV 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 16th December 10am - 12pm

Aldborough Aldbrough 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



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.

Community Hot Spots

Last winter many communities offered Hot Spots open to those looking for a warm welcome and place to go during the cold winter months. These are links to map showing the places in Norfolk that took part last year.

[Community Hot-Spots 2023/4 – Google My Maps](#)

Soon places will be making arrangements for winter 2024-25 and we hope to bring you news on these when we can. In the meantime it is likely that many of these venues will be looking to make this offer again if they can, so perhaps enquire whether one near you is planning to do so.

More support.....



Health and wellbeing support in North Norfolk

Discover a wide range of activities and advice for adults and children in North Norfolk to boost your health and wellbeing

Scan the QR code or use www.north-norfolk.gov.uk/healthandwellbeing to visit our new webpage full of helpful resources





 NORTH NORFOLK DISTRICT COUNCIL

 North Norfolk Health & Wellbeing Partnership

Or click on link below to go to website home page -

[Home | Health and wellbeing support in North Norfolk \(north-norfolk.gov.uk\)](http://north-norfolk.gov.uk)

Events at Merchants Place Cromer

Coffee, Cake & Company takes place here every Tuesday between 10am to 12noon here at Merchants' Place. If you would like to socialise in a safe, friendly space then join us for coffee/tea, cake and company. We would love to see you, everyone welcome! We just ask for a £2 donation to contribute towards refreshments

Life begins at... Friendship group. For more information call 01263 519454 or email info@merchantsplace.co.uk

New Website launched



Meals on Wheels UK

[Home](#) [Find Providers](#) [About](#) [Facts](#) [Resources](#) [FAQ](#) [News](#) [Contact](#)

Search for Meals on Wheels providers delivering to your area

Enter the first line of your address or postcode and select your location from the list.

Photo courtesy Ageing Better

Welcome to Meals on Wheels UK

Your one-stop-shop for finding Meals on Wheels services delivering in your area!

Watch this short film introducing Meals on Wheels UK.



Click on the link below to go to the website homepage

[Meals on Wheels UK – Information about Meals on Wheels in the UK](#)

Christmas



See below....

NOBODY EATS ALONE ON CHRISTMAS DAY
Baileys Fish and Chips is here to be
with you and serve for you.

NO-ONE SHOULD SPEND CHRISTMAS
ALONE AND HUNGRY
TRADITIONALLY

ON CHRISTMAS DAY 25th DECEMBER
FROM 12am UNTIL 4pm
ANY MEAL IS
FREE OF CHARGE



68 Shelfanger road, Diss, IP22 4EH

More below...

Norwich Open Christmas 



Join our Christmas Celebration

For anyone alone, homeless or in need

WHAT?

A free event for anyone to join

We provide food, entertainment and good company

WHEN?

Wednesday 25 December

11am - 5pm

WHERE?

The King's Centre
King Street
Norwich
NR1 1PH

Scan the QR code for more information



Find our more at:

www.norwichopenchristmas.org.uk/guests

Phone us: 01603 510751 (choose option 1)

Email us: enquiries@norwichopenchristmas.org.uk

More below.....



**Silver Road Community Centre
Community Christmas Dinner 2024**



On Saturday 21st December at 6pm

Cost is £3 per person (paid to reserve your place.)

Community meal made by our volunteers

**To reserve your place
text Julie on
07786694325**



More below.....

St Mary Magdalen Christmas Lunch	Christmas Lunch	Magdalen Square, Gorleston-on-Sea, Great Yarmouth NR31 7BZ	25th December 2024	Sue Loades: sue.loades@stmmgorleston.org.uk	01493 655523
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Park Baptist Christmas Lunch	Christmas Lunch	14a Crown Rd, Great Yarmouth NR30 2JN	25th December 2024	Chris Hudson: Ch370184@gmail.com	01493 331910
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Sheringham Christmas Lunch	We open at 11am in St Andrew's Methodist Church Hall on Christmas morning, serving tea and coffee, followed by a traditional Christmas lunch with light festive music, finishing up with coffee and after dinner mints, chocolates, mince pies and a fun Christmas quiz and company. We provide transport to and from the event where needed and a take out Christmas meal for those	St Andrews Methodist Church, Sheringham NR26 8SA	All welcome 25th December 2024 11am	Nicky Phillips < fca.nickyphillips321@gmail.com >	Nicky 0773317034 John 07492866242 Jane 07961060680
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Sams Café Norwich	Christmas Day lunch , free You must book! Priority is given to those who live in the Jenny Lind Park area	Sam's Café , 26 Suffolk Square, Norwich NR2 2AA. No drop in on the day	12.30-2pm	nr2skillsshare@gmail.com	07787 538881
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Pheonix Centre Christmas Lunch	Free Christmas Day lunch please book to either collect or can be delivered	132A Mile Cross Rd, Upper Hellesdon, Norwich NR3 2LD	Hot roast dinner or vegetarian nut roast	bookings@thepheonixcentre.org.uk	01603 403814
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More below....



St Augustines Church Hall, Norwich	Christmas Day cooked lunch all welcome, please text if you would like to go along All Welcome	St Augustine's Hall, behind St Augustine's Church, Pitt St, Norwich NR3 1DS	11am until 2.30pm have dinner together and all help welcome	Carrie Sant	0752 3909798
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Aylsham Town Hall	Christmas Day lunch All welcome	Aylsham Town Hall Market Place Aylsham NR11 6EL	Open 12-4pm for music, food & drinks	Contact Aylsham village church, please book as places are limited	Tel. 07941 616956
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Catfield Community Christmas	Christmas Day lunch, please book in advance by 15th December, all welcome, everyone helps	Catfield Village Hall, Catfield NR29 5AL	Free Christmas lunch with afternoon entertainment and games 12- 4pm	dianarackham@hotmail.com	Monica & Barry 01692 581587
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North Walsham Community Centre	Churches <u>Together in</u> North Walsham Christmas day lunch for those living on their own in NW	New Road, North Walsham NR28 9DE	Lunch 1-4pm Transport may be available All welcome please pre-book	Chris	01692 405386
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Mundesley Community Christmas day lunch	<u>Mundesley</u> and area Christmas day lunch. Please book vegan, vegetarian, GF and DF diets catered for.	All Saints Community Rooms, Mundesley NR11 8BE	Christmas day lunch 12 noon. Lifts may be available	Bob White	01263 649020
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North Walsham Salvation Army	23rd December Christmas Brunch	Hall Lane, North Walsham NR28 9DT	FREE Brunch 10-12pm	Ruth Morey	01692 403955 or 07587 410690
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Pine Close Christmas Lunch Thetford	Christmas day 12 noon onwards, also have presents for children please contact directly	Pine Close (next to the chip shop) Thetford IP24 3LA	Christmas lunch, afternoon buffet, music	Sharon Thompson shaz_eng_uk@hotmail.com	0794 0029510
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Salvation Army Dereham	Christmas Day lunch at the Sunshine Café Volunteers needed with DBS checks for transport	Sunshine Café 5-6 Nunns Way Dereham NR19 2AN	For anyone alone, no charge. Eat at 12.30. Transport may be available Booking essential	Major Jenny Barwise dereham@salvationarmy.org.uk	01362 696341
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Salvation Army Lowestoft	Christmas Day lunch	<u>Battery Green Rd. Lowestoft NR32 1EA</u>	Open Christmas day meal for all, no charge. Christmas day service 10.30am, meal served from 12 noon. Booking preferred	Anita and Nick Cotterill	0786 7257344 or 01502 568867 (Lisa 07730100154)
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St Faiths Church, Kings Lynn	Christmas lunch all welcome 12 noon	<u>Gaywood Church</u> rooms. Gayton Road, Kings Lynn <u>Kings Lynn PE30 4EA</u>	Booking Essential leave a voice mail	Gillian Hiles	07841 632457
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Watton Sports & Social Club	Christmas lunch for those living in Watton and surrounding villages. Lunch served at 1pm	Watton Sports Association Dereham, Watton IP25 6EZ	Can supply transport Booking Essential	Sandra	0796 7739887
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Diss Intergenerational Christmas Lunch	Christmas Lunch Monday 23rd December 12-2.30pm Free for anyone	District Bowls Club, Denmark St, Diss IP22 4BE	Booking Essential	Julia	07546059061 or julia@mtmyouthservices.org.uk
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END OF DECEMBER DATES FOR NOW