February 2025 Diary dates

Creative Socials

TUESDAY 04 FEBRUARY



GREAT YARMOUTH
CREATIVE SOCIALS
01:00 PM St George's
Theatre Cafe
Singing, Playing and
Laughing with Rob Gildon
Explore a whole...

MORE INFO >

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

THURSDAY OF FEBRUARY



BRECKLAND CREATIVE SOCIALS -ATTLEBOROUGH 01:00 PM Attleborough

01:00 PM Attleborough

Singing, Playing and Laughing with Rob Gildon Explore a whole...

MORE INFO >

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

THURSDAY 13 FEBRUARY



WEST NORFOLK CREATIVE SOCIALS - HUNSTANTON 01:00 PM Hunstanton

Community Centre

Singing, Playing and Laughing with Rob Gildon Explore a whole...



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

WEDNESDAY 19 FEBRUARY



WEST NORFOLK CREATIVE SOCIALS - GREAT MASSINGHAM 01:00 PM Great

01:00 PM Great Massingham Village Hall

Singing, Playing and Laughing with Rob Gildon Explore a whole...

MORE INFO >

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



BRECKLAND CREATIVE SOCIALS - DEREHAM

01:00 PM Trinity Methodist Church

Singing, Playing and Laughing with Rob Gildon Explore a whole...



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

FRIDAY 28 FEBRUARY



BRECKLAND CREATIVE
SOCIALS - THETFORD
01:00 PM Thetford
Methodist Church
Singing, Playing and
Laughing with Rob Gildon
Explore a whole...



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

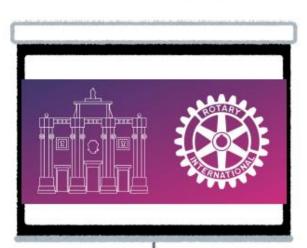


SENIOR CITIZENS FILM CLUB

MARIA

THE STORY OF MARIA CALLAS STARRING ANGELINA JOLIE

£4 PER TICKET





MONDAY 24TH FEBRUARY AND WEDNESDAY 26TH FEBRUARY





KINGS LYNN CORN EXCHANGE CINEMA



TEA AND

Booking is essential, to secure your tickets email: Bharti.Patel@west-norfolk.gov.uk 07375375404.

What's happening at Merchant's Place, Cromer

Merchants' Place Opening Hours:

Office Hours:

Monday - Friday, 8:30am - 5pm

Community Fridge and Larder Hours:

Monday - Thursday, 9:30am - 3pm

Life begins at... Friendship group. A friendship group for older people. Thursday afternoons 1pm to 3pm here at Merchants' Place. Why not come along and join the group for a friendly chat and a cuppa?. For more information call 01263 519454 or email info@merchantsplace.co.uk.

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

Warm Space-On Mondays 1pm to 4pm and Tuesdays 10am to 12 noon Merchants' Place funded through Norfolk Community foundation will be opening a Warm Space where you can come along and have a hot drink and a snack. just drop in no need to book.

Lloyds Community Banker is at Merchants' Place every Tuesday from 9am to 3pm. Offering banking support - no cash transactions.

Tablet and Smartphone support-Getting to grips with your tablet or smartphone starting **27th February**. 1pm to 3pm, 6 sessions over 6 weeks. Support getting to grips with your smart phone or tablet. To book your space call 0344 0800 8020 option 5 or enrol online-https://www.norfolk.gov.uk/education-and-learning/adult-learning

Art Course-Watercolour and Gouache 5 week art course Starting Tuesday **25th February 2pm to 4pm**. For more information or to book a place contact Cora Tel: 07500600572 email: infocoracora@gmail.com

Other information about Merchants Place 16 Church Street

Cromer NR27 9ES

call in at our Reception at 16 Church Street, Cromer NR27 9ES

call-01263 519454

website- https://merchantsplace.co.uk/

Hi, to all you Ladies out there.

Are you maybe thinking about finding something new to do?

Something that you can enjoy during the day and meet new people at the same time.

If the answer is yes, then, why not give the Horning Ladies Lunch Club a try.

We are going from strength to strength, and have welcomed many new members since our return from our summer break last October.

We still have spaces and would very much like to welcome even more 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.

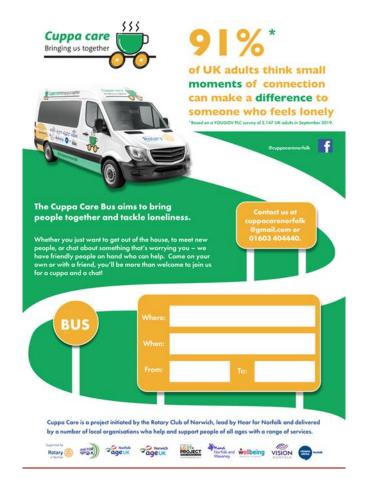
You do NOT have to live in Horning, in order to join us.

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, e mail her at,

ladieslunchclub@btinternet.com

Cuppa care Bus



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

Or check online by clicking this link-

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

Timetable below

Acle Car Park by Acle Methodist Hall, Bridewell Lane, Acle NR13 3RA Monday 17th February 10am to 12

Aldborough Aldbrough Community Centre, The Green, Aldborough, NR11 7AA Tuesday 4th February 10am - 12pm

Attleborough Queens Square, Attleborough, NR17 2AF
Thursday 27th February 10am - 12pm

Aylsham Outside Aylsham Town Hall, NR11 6EL Wednesday 12th February 1pm - 3pm

Aylsham Bure Valley House, Station Road, Norwich, NR11 6HU Monday10th February 1.00pm - 3pm

Cromer Ashdown Court, Cliff Avenue, Cromer, NR27 0AE

Tuesday 4th February 1.00pm - 3pm

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

Wednesday 19th February 1.00pm - 3pm

Diss Market Square, Outside the Post Office, IP22 4AN Monday 24th February 10am - 12pm

Erpingham with Calthorpe Village Hall, The Street, Erpingham NR11 7QB Wednesday 26th February 10am - 12pm

Fakenham War Memorial, Market Place, Fakenham Tuesday 25th February 10am - 12pm

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

Monday 17th February 1pm - 3pm

Harleston Coop Car Park, Bullock Fair Close, IP20 9AT Monday 24th February 1pm - 3pm

Hickling Methodist Church Car Park, NR12 0YD
Thursday 20th February 1pm - 3pm

Hoveton Hoveton & Wroxham Medical Centre, Stalham Road, NR12 8DU Wednesday 26th February 1.00pm - 3pm

Holt The Venue, Kerridge Way, Holt NR25 6DW Monday10th February 10am - 12pm

Loddon Church Plain Car Park, NR14 6LX Tuesday 11th February 10am - 12pm

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

Tuesday 11th February 1pm - 3pm

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

Tuesday 25th February 1pm - 3pm

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

Wednesday 12th February 10am - 12pm

North Walsham Vicarage Street Car Park, North Walsham, NR28 9DQ Tuesday 18th February 10am - 12pm

Norwich The Forum, Millenium Plain, Norwich, NR2 1TF Thursday 6th February 10am - 3pm

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

Tuesday 18th February 1pm - 3pm

Stalham Staithe Surgery Car Park, NR12 9BU Thursday 20th February 10am - 12pm

Swaffham Swaffham War Memorial, Lynn Street Friday 7th February 1.15pm - 3.15pm

Thetford Market Place, Thetford, IP24 2DS Friday 7th February 10am - 12pm

Watton Queens Hall, Norwich Road, Watton, IP25 6DA
Wednesday 19th February 10am - 12pm

Wymondham Waitrose Car Park, Wymondham, NR18 0SH

Thursday 27th February 1pm - 3pm

(further dates and locations could be added so check!)

Come on your own or with a friend, you'll be more than welcome to join us for a cuppa and a chat!

For more information please follow us on Facebook @cuppacarenorfolk or e-mail us on cuppacarenorfolk@gmail.com

Winter Slipper Swap

A series of special sessions are being held across Norfolk to help older people as the temperatures drop.

The Winter Slipper Swap will be happening at various libraries. There will be an opportunity for older people to get advice about keeping warm and well this winter.

They can also collect a brand new pair of slippers to help reduce trips and falls.

Tuesday 4th February 11-2pm Cromer

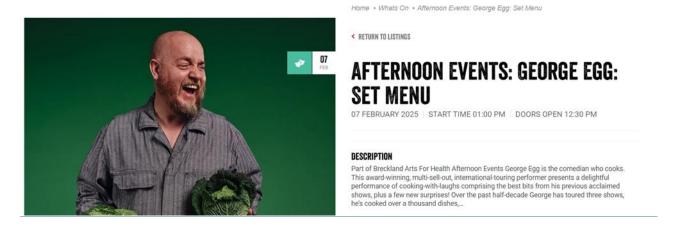
More below...



Click on the link below to use the map

Find a Space

Event to Book-



Held at The Carnegie, Thetford

This event is suitable for anyone aged 50+ including those with long-term health conditions such as dementia, carers and people looking to create new connections!

Click on the link for more information and to book tickets on a pay what you can basis.

https://www.creativeartseast.co.uk/post/events/afternoon-events-george-egg-setmenu

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=N0dJTzllWDFvL1ZjY1Zhdm FVZnE2Zz09

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=U2xxQlYxdGcvVF VoSk53eEowYXk1dz09

Meeting ID: 958 7999 3009

Passcode: 810993

Fitness in Hellesdon



Companionship Cafes

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

Earlham Companionship Café (NEW)

When: 3rd Thursday of each month

Where: Earlham Library, NR4 7HG

Hellesdon Companionship Café (NEW)

When: 2nd Friday of each month

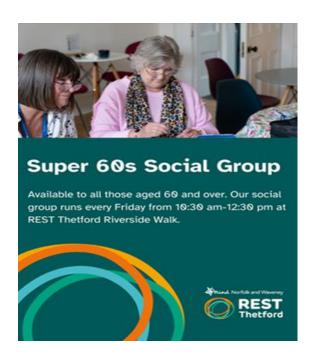
Where: Hellesdon Library, NR6 5QB

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

Email: hannah.begley@homeinstead.co.uk

Phone: 01603 963317

Social groups..



Wellbeing Community Events January – March 2025



Day	Location	Time	Jan	Feb	Mar
Monday	My Long-Term Health Condition and Me Social Group Louise Hamilton Centre, James Paget Hospital, Gorleston, NR31 6LA	14.00	13th	10th	10th
	Crafty Creations DANES, 161 Rotterdam Road, Lowestoft, NR32 2EZ	10.30	20th	17th	17th
	Attleborough Social Attleborough Library, Ground Floor, Attleborough Community and Enterprise Centre, Church Street, NR17 2AH	13.00	27th	24th	24th
Tuesday	Re-Do Craft Social - *booking required* Unit 4, St Augustine's Gate, Norwich, NR3 3BE	10.00	7th	4th	4th
	Halesworth Cafe Catch Up Chinny's, 27 Norwich Rd, Halesworth IP19 8BX	12 noon	7th	4th	4th
	Theatre Royal Café Social Theatre Royal, Theatre Street, Norwich, NR2 1RL	10.30	21st	18th	18th
Wednesday	Online Quiz Night – entry via our website https://www.wellbeingnands.co.uk/norfolk/community- development-team/social-events/	18.00	8th	12th	12th
	Norwich Evening Social Marzanos, The Forum, NR2 1TF	17.00	15th	19th	19th
Thursday	Mindful Colouring Gorleston Library, Lowestoft Road, Gorleston, NR31 6SG	17.00	2nd	6th	6th
	Dungeons & Dragons One Shot Adventure *booking required* Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER	18.00	2nd	6th	6th
	Norwich Café Social Merchant's House, Fye Bridge St, NR3 1⊔	10.30	9th	13th	13th
	Lowestoft Café Social The Red Mingo, 4 Surrey Street, Lowestoft NR32 1⊔	13.00	16th	20th	20th
	Caister Café Social The Rabbit Hutch, Caister On Sea, NR30 5ET	12.30	30th	27th	27th

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 are very informal and you're welcome to stay for as long as you like. Online socials can be accessed via our website.

Any queries please email us: cdcteam@norfolkandwaveneymind.org.uk



Wellbeing Walks January - March 2025

Day	Meeting Point	Time	Jan	Feb	Mar
Monday	North Walsham Market Cross, Market Place, NR28 9BS	10.30	6th	3rd	3rd
	Norwich City Hall Steps, St Peter's Street, NR2 1NH	10:30	13th	10th	10th
	Dereham St Nicholas Church, Church Street, NR19 1DN	10:30	20th	17th	17th
	Carlton Marshes Visitor Centre, Burnt Hill Lane, NR33 8HU	12:00	27th	24th	24th
Tuesday	Diss Frenze Beck Nature Reserve, Sawmills Rd, IP22 4GG	10:30	7th	4th	4th
	Sheringham Town Clock opposite Little Theatre, 2 Station Rd, NR26 8RE	12:00	14th	11th	11th
	Thetford The Light Cinema, Bridge Street, IP24 3AE	10:30	28th	25th	25th
	Gorleston (New Time!) Marine Parade car park, NR31 6EZ	13:00	28th	25th	25th
Wednesday	Swaffham (New Day!) St Peter & St Paul Church, Market Place, PE37 7AQ	10:30	- 1	5th	5th
	Downham Market Town Clock, Bridge Street/High Street, PE38 9DW	10:30	8th	12th	12th
	Felbrigg Hall (Free Parking!) Car Park Welcome Hut, Felbrigg Hall, NR11 8PP	10:30	15th	19th	19th
Thursday	Waterloo Park Feed Café, Waterloo Park Pavilion, Angel Road, NR3 3HX	10:30	2nd	6th	6th
	Beccles St Michael's Church Bell Tower, The Walk, NR34 9HE	10:30	9th	13th	13th
	Fakenham (New Day & Time!) Wensum Lodge Hotel, NR21 9AY	13:00	23rd	27th	27th
Friday	Redwings Aylsham Spa Lane, Aylsham, NR11 6UE	10:30	3rd	7th	7th
	Cromer Cromer Pier, Promenade, NR27 9HE	10:30	10th	14th	14th
	Great Yarmouth (New Time!) Marina Centre main entrance, Marine Parade, NR30 2ER	13:00	17th	21st	21st
	Wymondham Tiffey/Becketswell Car Park, NR18 9PH	10:30	17th	21st	21st
	King's Lynn Customs House, Purfleet Quay, PE30 1HP	10:30	24th	28th	28th
	Redwings Caldecott Beccles Road, Fritton, NR31 9EY	10:30	31st	28th	28th

Any queries please email us: cdcteam@norfolkandwaveneymind.org.uk





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

More activities below...

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

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.

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.

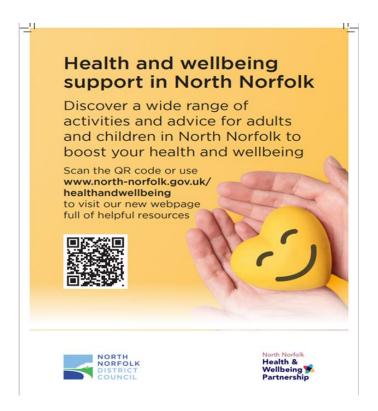
If you are a veteran or serving member of HM Forces, full-time or reserve, you are welcome to access our services. If you are the spouse, widow/er, parent, child or carer of someone who has served or is serving, we are here for you too. And we don't want to forget families separated through divorce or relationship breakdown. We do everything we can to assess need on a caseby-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.

More below...



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

Home | Health and wellbeing support in North Norfolk (northnorfolk.gov.uk)

More below....

Move it or Lose it Exercise Classes with Jo

Exercise classes for the over 50's

MONDAY - 10am - Fakenham Gallow Sports Centre (on Racecourse site), Hempton Rd, Fakenham NR21 7NY.

12 OR 1pm (2 classes back -to -back) **Swaffham** Assembly Rooms, 1 Market Place, Swaffham PE37 7AB.

TUESDAY - 10 OR 11am (2 classes back- to- back) **Swanton Morley** Village Hall, Manns Lane, Swanton Morley NR20 4NP. Refreshments available.

WEDNESDAY - 10 OR 11.30am (2 classes) **Bawdeswell** Village Hall, Reepham Rd, Bawdeswell NR20 4 RU. Refreshments available.

THURSDAY - 11am **Swaffham** Assembly Rooms, 1 Market Place, Swaffham PE37 7AB

1.15pm Fakenham Community Centre, Oak Street, NR 21 9SR.

FRIDAY - 9.45am **Thornham** Village Hall, High St, Thornham PE36 6LX.

Contact Jo Farnworth

07941086603

jo.farnworth@moveitorloseit.co.uk



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. \underline{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.





