



February 2025 Diary dates


Cuppa care Bus



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.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
Monday 10th 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

Monday 10th 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

More below...



[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

MARV0006

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

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

Social groups..



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

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 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

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



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.

More below...

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://www.north-norfolk.gov.uk/healthandwellbeing)



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

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. 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.



End of Diary Dates for February 2025 so far

