

January 2025 Diary Dates

Creative Socials to book-

TUESDAY 07 JANUARY



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.

[Great Yarmouth Creative Socials - Creative Arts East](#)

THURSDAY 09 JANUARY



BRECKLAND CREATIVE SOCIALS - ATTLEBOROUGH

**01:00 PM Attleborough
Town 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 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.

[Breckland Creative Socials - Attleborough - Creative Arts East](#)

FRIDAY 10 JANUARY



**BRECKLAND CREATIVE
SOCIALS - THETFORD**

01:00 PM Thetford

Methodist Church

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

MORE INFO >

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.

[Breckland Creative Socials - Thetford - Creative Arts East](#)

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

WEDNESDAY 15 JANUARY



WEST NORFOLK CREATIVE SOCIALS - GREAT MASSINGHAM

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**.

[West Norfolk Creative Socials - Great Massingham - Creative Arts East](#)

THURSDAY 16 JANUARY



WEST NORFOLK CREATIVE SOCIALS - HUNSTANTON

01:00 PM Hunstanton
Community Centre

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

[MORE INFO >](#)

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**.

[West Norfolk Creative Socials - Hunstanton - Creative Arts East](#)

FRIDAY 17 JANUARY



BRECKLAND CREATIVE SOCIALS - DEREHAM

01:00 PM Trinity Methodist Church

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

MORE INFO >

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**.

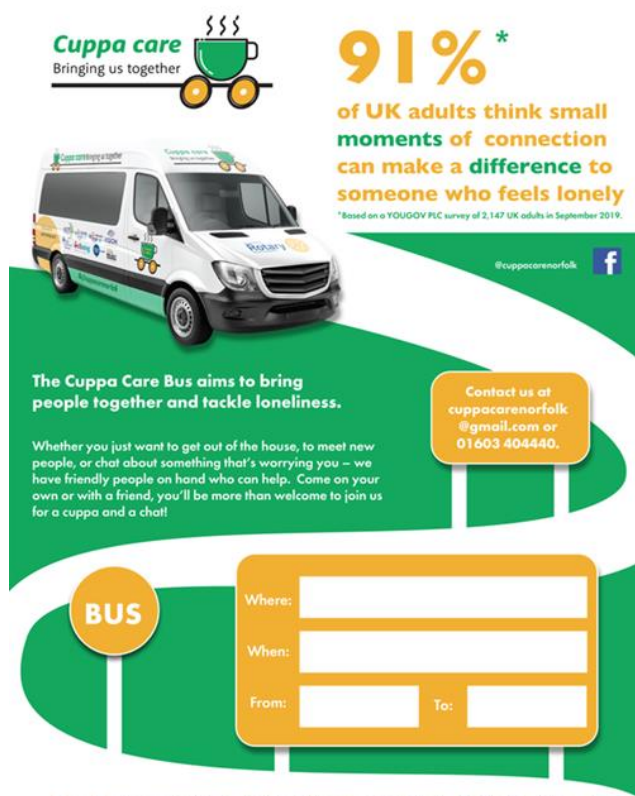
Click on the link below to go to the website page. There is more information and how to book for **Dereham**.

[Breckland Creative Socials - Dereham - Creative Arts East](#)

CUPPA CARE BUS BELOW.....

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 call- 01603 404440



Cuppa care
Bringing us together

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

*Based on a YOUGov PEC survey of 2,147 UK adults in September 2019.

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.



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 13th January 10am - 12pm

Attleborough- Queens Square, Attleborough, NR17 2AF

Thursday 23rd January 10am - 12pm

Aylsham Outside Aylsham Town Hall, NR11 6EL

Wednesday 8th January 1pm - 3pm

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

Monday 6th January 1.00pm - 3pm

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

Tuesday 2nd January 1.00pm - 3pm

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

Tuesday 2nd January (10 am-12pm on this date)

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

Wednesday 15th January 1.00pm - 3pm

Diss Market Square, Outside the Post Office, IP22 4AN

Monday 27th January 10am - 12pm

Fakenham War Memorial, Market Place, Fakenham

Tuesday 28th January 10am - 12pm

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

Monday 13th January 1pm - 3pm

Harleston Coop Car Park, Bullock Fair Close, IP20 9AT

Monday 27th January 1pm - 3pm

Hoveton Hoveton & Wroxham Medical Centre, Stalham Road, NR12 8DU

Wednesday 22nd January 1.00pm - 3pm

Holt The Venue, Kerridge Way, Holt NR25 6DW

Monday 6th January 10am - 12pm

Loddon Church Plain Car Park, NR14 6LX

Tuesday 7th January 10am - 12pm

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

Tuesday 28th January 1pm - 3pm

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

Wednesday 8th January 10am - 12pm

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

Tuesday 14th January 10am - 12pm

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

Thursday 9th January 10am - 3pm

Poringland Bugens Car Park, The Street, NR14 7RQ

Tuesday 7th January 1pm - 3pm

Reepham Stimpsons Piece Pavillion, Bartle Court, Reepham, NR10 4LL

Wednesday 22nd January 10am - 12pm

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

Tuesday 14th January 1pm - 3pm

Spixworth Village Hall Car Park, Spixworth, NR10 3NQ

Friday 10th January 10am - 12pm

Stalham Staithe Surgery Car Park, NR12 9BU

Thursday 16th January 10am - 12pm

Swaffham Swaffham War Memorial, Lynn Street

Friday 3rd January 1.15pm - 3.15pm

Taverham Taverham Village Hall Car Park, Taverham, Norwich, NR8 6JR

Friday 10th January 1pm - 3pm

Thetford Market Place, Thetford, IP24 2DS

Friday 3rd January 10am - 12pm

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

Wednesday 15th January 10am - 12pm

Wymondham Waitrose Car Park, Wymondham, NR18 0SH

Thursday 23rd January 1pm - 3pm

[More below...](#)

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

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.

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

[More social groups....](#)



Norfolk and Waveney Talking Therapies

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

Click on link above to find their timetable of in-person and on-line activities.

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

borrow discover connect



Norfolk County Council

More below.....



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

More below...

The Bridge for Heroes

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



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)

More below....

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

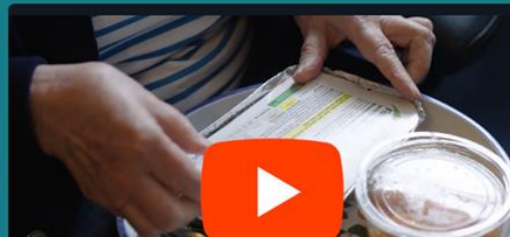
Enter the first line of your address or postcode and select your location from the list.

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](#)

Warm Welcome Campaign



[Find a Space](#) [About](#) [News](#) [Get Involved](#) [Donate](#) [Login/Register](#)

Find your local Warm Welcome Space

The Warm Welcome Campaign wants everyone in the UK to find a place of belonging and reconnection at a Warm Welcome Space near their home.

[Find a Space](#)



Click on the “ Find a Space “link below to search the map and find one near you.

[Find a Space](#)


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 maps 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 to do.....](#)






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.



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, Reephams 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

Hi to all you ladies out there.

Are you wondering what you can do in the new year?

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

End of January 2025 dates for now