

# January 2025 Diary Dates

20<sup>th</sup> and 22<sup>nd</sup> January

**Rotary**  Club of Kings Lynn Priory

## **SENIOR CITIZENS FILM CLUB**

**WE LIVE IN TIME**

A 2024 ROM-COM STARRING ANDREW  
GARFIELD AND FLORENCE PUGH

£4 PER TICKET



MONDAY 20TH  
JANUARY AND  
WEDNESDAY 22ND  
JANUARY



KINGS LYNN CORN  
EXCHANGE CINEMA



MEET AT 10.00  
FILM STARTS AT  
10.45



TEA AND  
COFFEE

Booking is essential, to secure your tickets email:

[Bharti.Patel@west-norfolk.gov.uk](mailto:Bharti.Patel@west-norfolk.gov.uk)

07375375404.

## 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 >**

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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 >**

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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 >](#)

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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**.

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[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**.

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[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 >](#)

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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**.

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

## **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.

### **January dates and venues**

Wednesday 8th January 2-4pm Hunstanton

Tuesday 14th January 10-2pm Thetford Library

Wednesday 15th January 11-3pm Earlham Library

Tuesday 21st January 10-2pm Sprowston Library

Friday 24th January 2.30-4.30pm Acle Library

Wednesday 29th January 10.30- 2.30pm Hellesdon Library

# 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](mailto: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 YUUGOV PLC 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](mailto: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.

Sponsored by: Rotary, East For Norfolk, Norfolk ageUK, Norwich ageUK, LEAF PROJECT, Norfolk and Waveney, Wellbeing, VISION, and others.

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](mailto: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](mailto:hannah.begley@homeinstead.co.uk)

Phone: 01603 963317

# Wellbeing Community Events

## January – March 2025

**NHS**  
Norfolk and Waveney  
Talking Therapies

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



for anxiety and depression





**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](mailto:cdcteam@norfolkandwaveneymind.org.uk)



for anxiety and depression

# 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](http://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](http://www.thebridgeforheroes.org).

Call the team on 01553 760 230 or email [contact@thebridgeforheroes.org](mailto: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](http://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)**

Events at Merchants Place, Cromer

### **Cromer Coffee and Cake**

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](mailto:info@merchantsplace.co.uk)

**More below....**

## **New Website launched.....**



The screenshot shows the homepage of the Meals on Wheels UK website. At the top, there is a logo for Meals on Wheels UK featuring a blue cart with a white wheel and the text 'MEALS ON WHEELS UK'. To the right of the logo is the text 'Meals on Wheels UK'. Below the logo and text is a navigation menu with the following items: Home, Find Providers, About, Facts, Resources, FAQ, News, and Contact. The main content area features a large image of three people: an elderly man with a long white beard, a woman in a yellow shirt, and an elderly woman in a yellow top. Overlaid on this image is a search bar with the text 'Search for Meals on Wheels providers delivering to your area' and a subtext 'Enter the first line of your address or postcode and select your location from the list.' Below the search bar is a text input field with the placeholder text 'Type your address or postcode'. Below the search bar is a teal banner with the text 'Welcome to Meals on Wheels UK' and 'Your one-stop-shop for finding Meals on Wheels services delivering in your area!'. Below the banner is a video player with a red play button icon and the text 'Watch this short film introducing Meals on Wheels UK.' The video player shows a person's hands holding a document and a bowl of food.

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**

**See below.....**



# 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](#)

More to do.....



**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.



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## **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](mailto:jo.farnworth@moveitorloseit.co.uk)

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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](mailto:ladieslunchclub@btinternet.com)

End of January 2025 dates for now