

## March 2025 Diary dates

### Creative Socials

**TUESDAY 04 MARCH**



#### **GREAT YARMOUTH CREATIVE SOCIALS**

**01:00 PM St George's  
Theatre Cafe**

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 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-2>



## 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**.

<https://www.creativeartseast.co.uk/post/events/west-norfolk-creative-socials-hunstanton-2>

More below....

**THURSDAY 13 MARCH**



**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.

<https://www.creativeartseast.co.uk/post/events/breckland-creative-socials-attleborough-2>

more below...

**FRIDAY 14 MARCH**



## **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.

<https://www.creativeartseast.co.uk/post/events/breckland-creative-socials-thetford-2>

More below...

**FRIDAY 21 MARCH**



**21**  
MAR

## **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**.

<https://www.creativeartseast.co.uk/post/events/breckland-creative-socials-dereham-2>

more below...

**WEDNESDAY 26 MARCH**



**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 >**

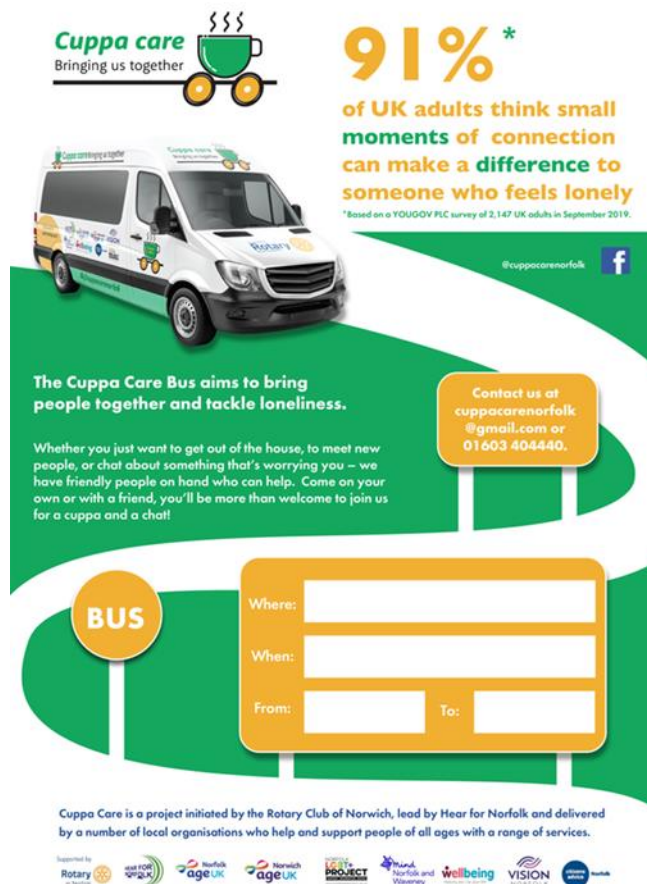
Creative Socials offer high-quality arts workshops for people aged 50+ in Great Massingham! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment. Free to attend, but **booking is essential.**

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

<https://www.creativeartseast.co.uk/post/events/west-norfolk-creative-socials-great-massingham-2>

**More Below.....**

# Cuppa Care Bus



**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.

@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: Rotary in Norfolk, age UK, Norfolk age UK, Norwich age UK, PROJECT, Hear for Norfolk and Waveney, wellbeing, VISION, Norfolk

Acle Car Park by Acle Methodist Hall, Bridewell Lane, Acle NR13 3RA

Monday 17th March 10am - 12pm

Aldborough Aldbrough Community Centre, The Green, Aldborough, NR11 7AA

Tuesday 4th March 10am - 12pm

Attleborough Queens Square, Attleborough, NR17 2AF

Thursday 27th March 10am - 12pm

Aylsham Outside Aylsham Town Hall, NR11 6EL

Wednesday 12th March 1pm - 3pm

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

Monday 10th March 1.00pm - 3pm

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

Tuesday 4th March 1.00pm - 3pm

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

Wednesday 19th March 1.00pm - 3pm

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

Monday 24th March 10am - 12pm

Fakenham War Memorial, Market Place, Fakenham

Tuesday 25th March 10am - 12pm

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

Monday 17th March 1pm - 3pm

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

Monday 24th March 1pm - 3pm

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

Wednesday 26th March 1.00pm - 3pm

Holt The Venue, Kerridge Way, Holt NR25 6DW

Monday 10th March 10am - 12pm



Loddon Church Plain Car Park, NR14 6LX

Tuesday 11th March 10am - 12pm

Ludham Ludham Village Hall Car Park, Norwich Road, Ludham, NR29 5PB

Thursday 20th March 1pm - 3pm

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

Tuesday 25th March 1pm - 3pm

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

Wednesday 12th March 10am - 12pm

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

Tuesday 18th March 10am - 12pm

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

Thursday 13th March 10am - 3pm

Poringland Bugens Car Park, The Street, NR14 7RQ

Tuesday 11th March 1pm - 3pm

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

Wednesday 26th March 10am - 12pm

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

Tuesday 18th March 1pm - 3pm

Spixworth Village Hall Car Park, Spixworth, NR10 3NQ

Friday 14th March 10am - 12pm

Stalham Staithe Surgery Car Park, NR12 9BU

Thursday 20th March 10am - 12pm

Swaffham Swaffham War Memorial, Lynn Street

Friday 7th March 1.15pm - 3.15pm

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

Friday 14th March 1pm - 3pm

Thetford Market Place, Thetford, IP24 2DS

Friday 7th March 10am - 12pm

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

Wednesday 19th March 10am - 12pm

Wymondham Waitrose Car Park, Wymondham, NR18 0SH

Thursday 27th March 1pm - 3pm

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

## 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> <b>*booking required*</b> 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



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 link below to use the map

<https://www.warmwelcome.uk/find-a-space>

## social groups



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

**Phone: 01603 963317**

## **Come Singing For People Of All Ages With Memory Loss**

**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

## **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



## **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>**

## **Online exercise classes**

**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.**

**See classes below-**

**Monday – Over-50’s Exercise**

**Time: 10-10.45am**

**Join Zoom Meeting**

**<https://us06web.zoom.us/j/93137401336?pwd=N0dJTzllWDFvL1ZjY1ZhdmFVZnE2Z09>**

**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**

## **Hi to all you ladies out there.**

**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](mailto:ladieslunchclub@btinternet.com)**

**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.**

## **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

**More below....**

**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

### 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)

## 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](https://www.north-norfolk.gov.uk/healthandwellbeing) to visit our new webpage full of helpful resources



Click on the link below-

<https://www.north-norfolk.gov.uk/healthandwellbeing>

**End of March Diary dates for now**