

November Diary Dates to scroll down

AgeUK Norfolk Events and Talks-



We will be at-

6th November-10am to 2pm – Stoke Ferry Community Pub(The Bluebell)

8th November- 10am to 12 Noon- “Living Well in Winter” Positivitea Event at The Venue, Holt

14th November 10am to 1pm – Thetford Library advice drop in

21st November 2.30pm onwards-Talk for The Good Companions at New Buckenham Village Hall

Creative Socials to book-

TUESDAY 05 NOVEMBER



GREAT YARMOUTH CREATIVE SOCIALS

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

Zine Making &
Playful Illustration with
Rose Feather Learn three
simple...

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](#)

FRIDAY 08 NOVEMBER



BRECKLAND CREATIVE SOCIALS - THETFORD

**01:00 PM Thetford
Methodist Church**

Zine Making &
Playful Illustration with
Rose Feather Learn three
simple...

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 dates below...

MONDAY 11 NOVEMBER



WEST NORFOLK CREATIVE SOCIALS - HUNSTANTON

01:00 PM Hunstanton
Community Centre

Zine Making &
Playful Illustration with
Rose Feather Learn three
simple...

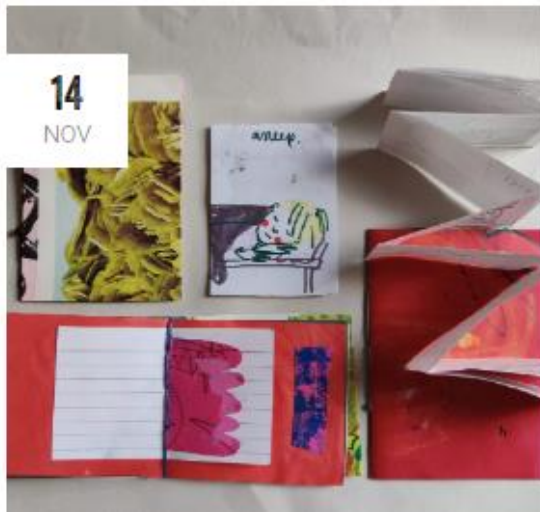
Creative Socials offer high-quality arts workshops for people aged 50+ in Hunstanton! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment. Free to attend, but **booking is essential**.

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](#)

More dates below...

THURSDAY 14 NOVEMBER



BRECKLAND CREATIVE SOCIALS - ATTLEBOROUGH

**01:00 PM Attleborough
Town Hall**

Zine Making &
Playful Illustration with
Rose Feather Learn three
simple...

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 15 NOVEMBER



BRECKLAND CREATIVE SOCIALS - DEREHAM

**01:00 PM Trinity Methodist
Church**

Zine Making &
Playful Illustration with
Rose Feather Learn three
simple...

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](#)

TUESDAY 19 NOVEMBER



WEST NORFOLK CREATIVE SOCIALS - GREAT MASSINGHAM

01:00 PM Great

Massingham Village Hall

Zine Making & Playful Illustration with Rose Feather Learn three simple...

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](#)

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.



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

For walks timetable-see below....

Wellbeing Walks

October-December 2024



Norfolk and Waveney
Talking Therapies

| Day | Meeting Point... | Time | Oct | Nov | Dec |
|-----------|--|---------|------|------|------|
| Monday | North Walsham Market Cross, Market Place, NR28 9BS | 10:30 | 7th | 4th | 2nd |
| | Norwich City Hall Steps, St Peter's Street, NR2 1NH | 10:30 | 14th | 11th | 9th |
| | Fakenham Wensum Lodge Hotel, NR21 9AY | 10:30 | 14th | 11th | 9th |
| | Dereham St Nicholas Church, Church Street, NR19 1DN | 10:30 | 21st | 18th | 16th |
| | Carlton Marshes Visitor Centre, Burnt Hill Lane, NR33 8HU | 12 noon | 28th | 25th | 23rd |
| Tuesday | Diss Frenze Beck Nature Reserve, Sawmills Rd, IP22 4GG | 10:30 | 1st | 5th | 3rd |
| | Sheringham Town Clock opposite Little Theatre, 2 Station Rd, NR26 8RE | 12 noon | 8th | 12th | 10th |
| | Swaffham St Peter & St Paul Church, Market Place, PE37 7AQ | 10:30 | 15th | 19th | 17th |
| | Thetford The Light Cinema, Bridge Street, IP24 3AE | 10:30 | 22nd | 26th | - |
| | Gorleston Marine Parade car park, NR31 6EZ | 12 noon | 22nd | 26th | - |
| Wednesday | Downham Market Town Clock, Bridge Street/High Street, PE38 9DW | 10:30 | 9th | 13th | 11th |
| | Felbrigg Hall Car Park Welcome Hut, Felbrigg Hall, NR11 8PP | 10:30 | 16th | 20th | 18th |
| Thursday | Waterloo Park Feed Café, Waterloo Park Pavilion, Angel Road, NR3 3HX | 10:30 | 3rd | 7th | 5th |
| | Beccles Community Hub, 20 Blyburgate, NR34 9TB | 10:30 | 10th | 14th | 12th |
| Friday | Redwings Aylsham Spa Lane, Aylsham, NR11 6UE | 10:30 | 4th | 1st | 6th |
| | Cromer Cromer Pier, Promenade, NR27 9HE | 10:30 | 11th | 8th | 13th |
| | Great Yarmouth Marina Centre main entrance, Marine Parade, NR30 2ER | 10:30 | 18th | 15th | 20th |
| | Wymondham Tiffey/Becketswell Car Park, NR18 9PH | 10:30 | 18th | 15th | 20th |
| | King's Lynn Customs House, Purfleet Quay, PE30 1HP | 10:30 | 25th | 29th | - |
| | Redwings Caldecott Beccles Road, Fritton, NR31 9EY | 10:30 | 25th | 29th | - |



for anxiety and depression

Or pop along to a social...

Community Socials October-December 2024

NHS
Norfolk and Waveney
Talking Therapies

| Day | Location | Time | Oct | Nov | Dec |
|-----------|--|--------|------|------|------|
| Monday | My Long-Term Health Condition and Me Social Group Louise Hamilton Centre, James Paget Hospital, Gorleston, NR31 6LA | 14.00 | 14th | 11th | 9th |
| | Crafty Creations DANES, 161 Rotterdam Road, Lowestoft, NR32 2EZ | 10.30 | 21st | 18th | 16th |
| | Attleborough Social *NEW* Attleborough Library, Ground Floor, Attleborough Community and Enterprise Centre, Church Street, NR17 2AH | 13.00 | 28th | 25th | 23rd |
| Tuesday | Re-Do Crafting Social - *booking required* Unit 4, St Augustine's Gate, Norwich, NR3 3BE | 10.00 | 1st | 5th | 3rd |
| | Halesworth Cafe Catch Up Chinny's, 27 Norwich Rd, Halesworth IP19 8BX | 12noon | 1st | 5th | 3rd |
| | Theatre Royal Café Social Theatre Royal, Theatre Street, Norwich, NR2 1RL | 10.30 | 15th | 19th | 17th |
| Wednesday | Norwich Café Social (just on Wednesday for October then Thursday) Merchant's House, Fye Bridge St, NR3 1LJ | 10.30 | 9th | - | - |
| | Online Quiz Night – entry via our website https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/ | 18.00 | 9th | 13th | 11th |
| | Norwich Evening Social Marzanos, The Forum, NR2 1TF | 17.00 | 16th | 20th | 18th |
| Thursday | Dungeons & Dragons One Shot Adventure *booking required* Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER | 18.00 | 3rd | 7th | 5th |
| | Norwich Café Social Merchant's House, Fye Bridge St, NR3 1LJ | 10.30 | - | 14th | 12th |
| | Caister Café Social The Rabbit Hutch, Caister On Sea, NR30 5ET | 12.30 | 31st | 28th | - |
| | Lowestoft Café Social The Red Mingo, 4 Surrey Street, Lowestoft NR32 1LJ | 13.00 | 17th | 20th | 18th |
| | Mindful Colouring Gorleston Library, Lowestoft Road, Gorleston, NR31 6SG | 17.00 | 3rd | 7th | 5th |

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 last around 1.5 to 2 hrs and are very informal.

Online socials can be accessed via our website.

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





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: | <input type="text"/> |
| When: | <input type="text"/> |
| From: | <input type="text"/> |
| To: | <input type="text"/> |

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.hearfornorfolk.org.uk/cuppacare/>

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

Monday 11th November 10am - 12pm

More dates....

Attleborough Queens Square, Attleborough, NR17 2AF

Thursday 21st November 10am - 12pm

Aylsham Outside Aylsham Town Hall, NR11 6EL

Wednesday 6th November 1pm - 3pm

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

Monday 4th November 1.00pm - 3pm

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

Wednesday 13th November 1.00pm - 3pm

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

Monday 25th November 10am - 12pm

Erpingham Erpingham with Calthorpe Village Hall, The Street, Erpingham NR11 7QB

Wednesday 20th November 10am - 12pm

Fakenham War Memorial, Market Place, Fakenham

Tuesday 26th November 10am - 12pm

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

Monday 11th November 1pm - 3pm

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

Monday 25th November 1pm - 3pm

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

Wednesday 20th November 1.00pm - 3pm

Holt The Venue, Kerridge Way, Holt NR25 6DW

Monday 4th November 10am - 12pm

Loddon Church Plain Car Park, NR14 6LX

Tuesday 5th November 10am - 12pm

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

Thursday 14th November 1pm - 3pm

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

Tuesday 26th November 1pm - 3pm

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

Wednesday 6th November 10am - 12pm

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

Tuesday 12th November 10am - 12pm

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

Thursday 7th November 10am - 3pm

Poringland Bugens Car Park, The Street, NR14 7RQ

Tuesday 5th November 1pm - 3pm

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

Tuesday 12th November 1pm - 3pm

Spixworth Village Hall Car Park, Spixworth, NR10 3NQ

Friday 8th November 10am - 12pm

Stalham Staithe Surgery Car Park, NR12 9BU

Thursday 14th November 10am - 12pm

Swaffham Swaffham War Memorial, Lynn Street

Friday 1st November 1.15pm - 3.15pm

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

Friday 8th November 1pm - 3pm

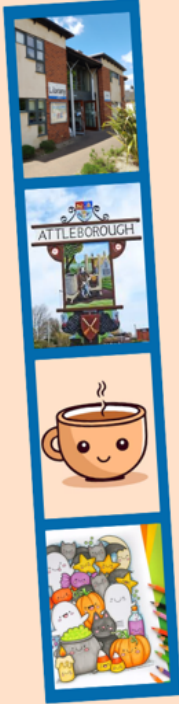
Thetford Market Place, Thetford, IP24 2DS

Friday 1st November 10am - 12pm

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

Wednesday 13th November 10am - 12pm

[More free groups and events to attend-](#)



Attleborough Social

NHS
Norfolk and Waveney
Talking Therapies

Monday's 23rd Sep, 28th Oct,
25th Nov & 23rd Dec @ 1.00 - 2.30pm

Attleborough Library,
Church Street, NR17 2AH

Pop in for a chat over a cuppa, borrow
some books, join in with some mindful
colouring, or maybe get crafty!

For more information please email us at
socials@wellbeingandw.co.uk
or scan the QR code



for anxiety and depression



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

More dates below.....

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, 7th November, 10:30am-12:00pm

Earlham Companionship Café (NEW)

When: 3rd Thursday of each month

Where: Earlham Library, NR4 7HG

Next café: Thursday, 21st November, 2:00pm-3:30pm

Hellesdon Companionship Café (NEW)

When: 2nd Friday of each month

Where: Hellesdon Library, NR6 5QB

Next café: Friday, 8th November, 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

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 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

More events and activities below-

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 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.

END OF NOVEMBER DATES SO FAR