

November Diary Dates to scroll down

AgeUK Norfolk Events and Talks-



We will be at-

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...

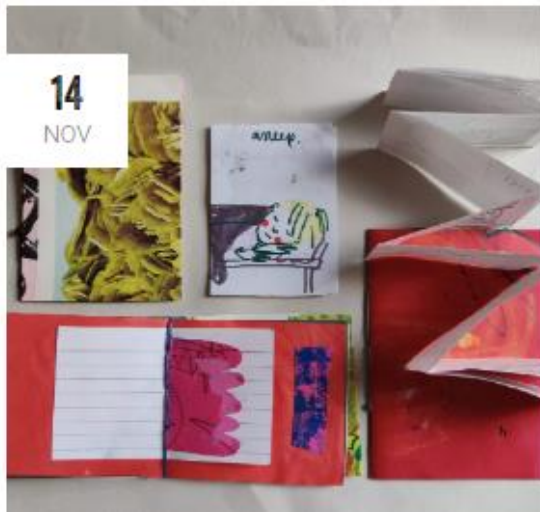
Creative Socials offer high-quality arts workshops for people aged 50+ in Hunstanton! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment. Free to attend, but **booking is essential**.

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](#)



Norfolk and Waveney
Talking Therapies

Attleborough Social

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@wellbeingnandw.co.uk
or scan the QR code



for anxiety and depression

More dates below.....

Norfolk Library Service Bereavement Cafés



**Informal friendship groups for bereaved adults run by
Norfolk Library Service**

**A space to support each other and find
information about other services.**

Taverham - Mondays 11.00 —12pm

Caister – Mondays 11.30 – 1.00pm

Costessey Library - Mondays 5.30 - 6.30pm

Great Yarmouth Library -Tuesdays 10.30 - 12.00pm

North Walsham Library - 2nd Tuesday of the month 12.00 - 1.00pm

Cromer Library - Tuesdays 12.00 - 1.00pm

Sheringham Library - Tuesdays 1.00 - 2.00pm

Mundesley Library – Tuesdays 3.00 – 4.00pm

Hunstanton Library - 2nd & 4th Wednesday 2.00 - 3.00pm

Dersingham - Wednesdays 11.00— 12.00pm

Continued below.....

Norfolk Library Service Bereavement Cafés Continued

Kings Lynn - Wednesday 5.30—6.30pm

Aylsham Library - Thursdays 10.00 – 11.00pm

Gaywood Library – Thursdays 11.00 -12.00pm

Dereham Library –Thursdays 11.30 - 1.00pm

Downham Market Library –Thursdays 12.30 -1.30pm

Gorleston Library – Thursday 2.30 – 4.30pm

Holt Library - Fridays 11.00 -12.00pm

Martham Library - Fridays 12.30—2.00pm

Sprowston Library – Fridays 1.00 – 2.00pm