

## October 2024 Diary Dates to scroll down

### AgeUK Norfolk Events and Talks-



We will be at-

**2<sup>nd</sup> October 10.30am to 12Noon- Wednesday Coffee and Chat drop-in session at Hellesdon Library**

**7<sup>th</sup> Oct 9am to 3pm -Care for Carers Information Day**

**Held at The Forum in Norwich**

### **Free events**

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, 3<sup>rd</sup> October 10:30am-12:00pm

### **Earlham Companionship Café (NEW)**

When: 3rd Thursday of each month

Where: Earlham Library, NR4 7HG

Next café: Thursday, 17<sup>th</sup> October, 2:00pm-3:30pm

### **Hellesdon Companionship Café (NEW)**

When: 2nd Friday of each month

Where: Hellesdon Library, NR6 5QB

Next café: Friday, 11th October, 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

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## **Creative Socials to book-**

**TUESDAY 01 OCTOBER**



### **GREAT YARMOUTH CREATIVE SOCIALS**

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

Mindful Movement with  
Vanhulle Dance Theatre  
Join Laura and Oliver...

**Information below...**

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 03 OCTOBER**



### **BRECKLAND CREATIVE** **SOCIALS -** **ATTLEBOROUGH**

**01:00 PM Attleborough  
Town Hall**

Mindful Movement with  
Vanhulle Dance Theatre  
Join Laura and Oliver...

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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 11 OCTOBER**



**BRECKLAND CREATIVE  
SOCIALS - THETFORD**

**01:00 PM Thetford  
Methodist Church**

Mindful Movement with  
Vanhulle Dance Theatre  
Join Laura and Oliver...

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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 dates below....**



**MONDAY 14 OCTOBER**



## **WEST NORFOLK CREATIVE SOCIALS - HUNSTANTON**

**01:00 PM Hunstanton  
Community Centre**

Mindful Movement with  
Vanhulle Dance Theatre  
Join Laura and Oliver...

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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](#)

**WEDNESDAY 16 OCTOBER**



## **WEST NORFOLK CREATIVE SOCIALS - GREAT MASSINGHAM**

**01:00 PM Great  
Massingham Village Hall**

Mindful Movement with  
Vanhulle Dance Theatre  
Join Laura and Oliver...

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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**.

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

**FRIDAY 18 OCTOBER**



### **BRECKLAND CREATIVE SOCIALS - DEREHAM**

**01:00 PM Trinity Methodist Church**

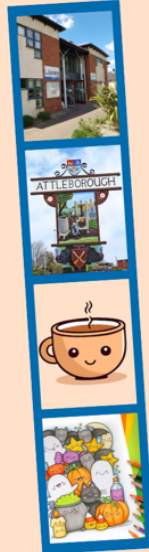
Mindful Movement with Vanhulle Dance Theatre  
Join Laura and Oliver...

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](#)

**More events below....**



# 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!

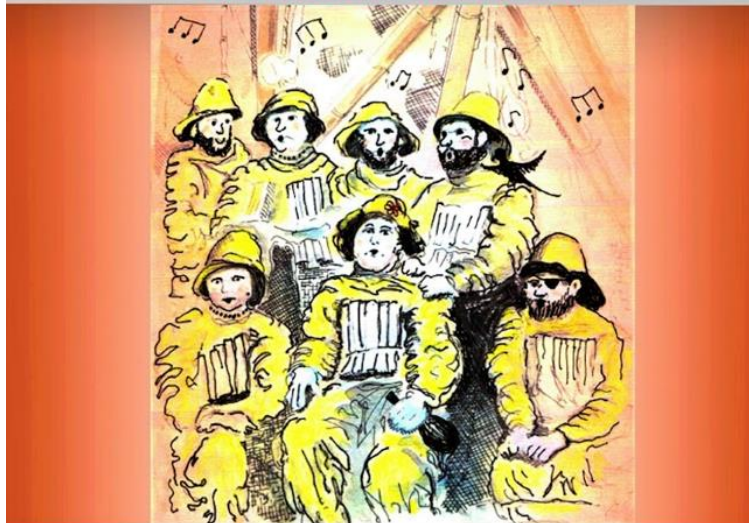
For more information please email us at  
[socials@wellbeingnandw.co.uk](mailto:socials@wellbeingnandw.co.uk)  
or scan the QR code



for anxiety and depression

# Nelson's Blood

Sunday Oct 13th 3 to 5pm  
St Edmunds Church, Acle



A double Concert  
*plus a "drop of grog"*

with Norwich Community Choir  
& Village Voices Community Choir

*Suggested donation of £10*

Proceeds split to the Royal National Lifeboat Institution  
and Access 4 Acle

Village Voices is a recipient of a Keep it Going grant  
from S. Norfolk and Broadland District Council



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](mailto:ladieslunchclub@btinternet.com)

**More activities below-**





# 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.



More activities below....

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

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**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

## **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**

## **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**

End of October diary dates so far