

October 2024 Diary Dates to scroll down

AgeUK Norfolk Events and Talks-



We will be at-

2nd October 10.30am to 12Noon- Wednesday Coffee and Chat drop-in session at Hellesdon Library

7th Oct 9am to 3pm -Care for Carers Information Day

Held at The Forum in Norwich

Our digital champions will be at the following places during Get Online Week in October 2024

Fakenham Library Monday 14th 11.30-1.30pm (Oak Street, Fakenham, NR21 9DY)

Stalham Library Thurs 17th 3-4pm (High Street, Stalham, NR12 9AN)



FREE DROP-IN SUPPORT

Tea and Tech

**Get Online Week at
Norfolk Libraries**

14th-19th October

Do you or someone you know need help to get online? Join us for a cuppa and get support to make the most of digital tech.

Mon 14 - Fakenham Library - 11:30-1:30

Tues 15 - King's Lynn Library - 2-4

Thurs 17 - Stalham Library - 3-4

Thurs 17 - Great Yarmouth Library - 10-12

Fri 18 - Wells Library - 11-1

Fri 18 - North Walsham Library - 2-3:30

Sat 19 - Swaffham Library - 10:30-12



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, 3rd October 10:30am-12:00pm

Earlham Companionship Café (NEW)

When: 3rd Thursday of each month

Where: Earlham Library, NR4 7HG

Next café: Thursday, 17th 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

Phone: 01603 963317

More below.....

Creative Socials to book-see below....

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](#)

More below.....

THURSDAY 03 OCTOBER



**BRECKLAND CREATIVE
SOCIALS -
ATTLEBOROUGH**

**01:00 PM Attleborough
Town Hall**

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

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...

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...

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...

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](#)

More below....

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](#)

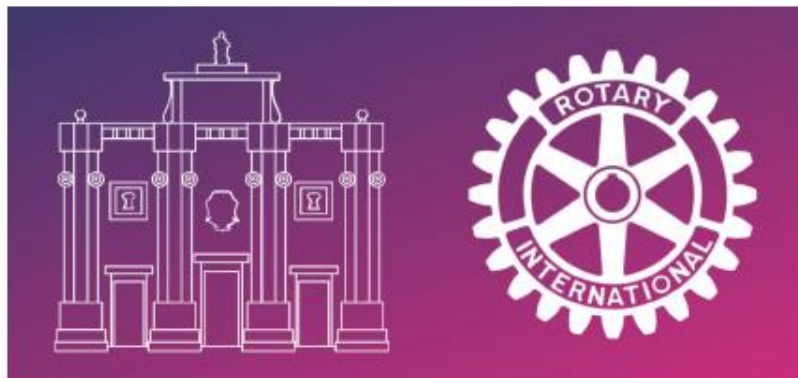
More events below....

Rotary  Club of Kings Lynn Priory

SENIOR CITIZENS FILM CLUB

**Monday 21st October and Wednesday
23rd October**

KINGS LYNN CORN EXCHANGE CINEMA



**THE CRITIC
IAN MCKELLEN AND GEMMA
ARTERTON**

Meet at 10.00 for tea and coffee

£4 per ticket

Film starts at 10.45

Booking is essential, to secure your tickets email:

Bharti.Patel@west-norfolk.gov.uk

07375375404.

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.



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



NHS
Norfolk and Waveney
Talking Therapies

Wellbeing Board Games

Afternoon

Tuesday
29th October
2pm - 4pm



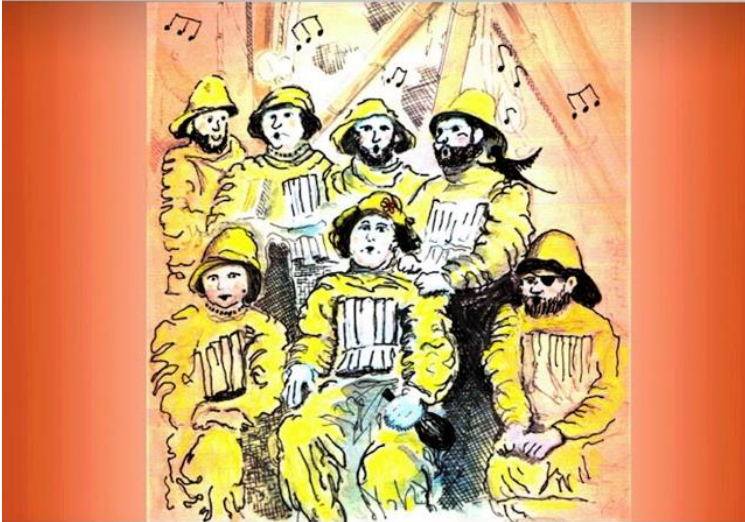
Join us for a FREE afternoon
of easy to learn board games
at Athena Games Norwich!

Contact CDCteam@Norfolkandwaveneymind.org.uk to book your place
Please note this is a 16+ Event.



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

More activities below...



NHS
Norfolk and Waveney
Talking Therapies

VISIT TO THOMSON WATER, THETFORD

MONDAY 7TH OCT 2024
10AM - 1PM
(10.30-12.30 ON SITE)

Norfolk Wildlife Trust have generously donated a guided walk and nature activity for anyone 16+ at this picturesque Site of Special Scientific Interest, important for breeding birds.

Free transport is available from the REST Hub in Thetford, leaving at 10am and returning at 1pm.

PLEASE NOTE: There are no toilets on site at Thompson Water and the paths are uneven in places through marshy woods and wetland. Places are limited so please email us at cdcteam@norfolkandwaveneymind.org.uk to book, or for more information.

 for anxiety and depression

NHS
Norfolk and Waveney
Talking Therapies

FRITTON OWL SANCTUARY TOUR

FRIDAY 11TH
OCTOBER 2024
11:00 – 12:00

COME AND JOIN US AT FRITTON OWL
SANCTUARY AND LEARN ABOUT
THESE FASINATING BIRDS!

**ANYONE 16+ WELCOME AND BOOKING
IS ESSENTIAL.**

**PLEASE EMAIL US FOR MORE
INFORMATION**
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




for anxiety and depression

See walks timetable below

Wellbeing Walks

October-December 2024

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	-



Community Socials

October-December 2024

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



for anxiety and depression



Norfolk and Waveney
Talking Therapies

Character Creation workshop

Thursday 24th October

6:00pm - 8.00pm



Interested in playing dungeons and dragons but don't know where to start?

Want to come to one of our monthly sessions but feeling nervous about jumping straight in?

Curious about character building but overwhelmed by options?

We're teaming up with Athena Games Norwich to bring you a D&D Character Creation Workshop in a safe, welcoming environment.



Anyone aged 16+ is welcome however booking is essential due to limited spaces. Please scan the QR code to reserve your space, or email us at cdcteam@norfolkandwaveneymind.org.uk



for anxiety and depression

Norfolk and Waveney
Talking Therapies

Origami Social

Friday 4th October 4pm- 6pm

Albion Games Cafe, 21 Saint Benedicts St.

Join us to fold and take home your very own Origami creations!

Scan the QR code below or email us at cdcteam@norfolkandwaveneymind.org.uk for more info and to book your place

for anxiety and depression



DJEMBE DRUMMING WORKSHOP

Wed 23rd October
2.45-4.45pm

Ketts Park Community
Centre, Wymondham

Free two-hour workshop
learning an African rhythm
using both drums and
percussion (no experience
needed)

16+ event with booking essential
via QR code or email
cdcteam@norfolkandwaveneymind.org.uk



for anxiety and depression



More 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....

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



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



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

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

The Bridge for Heroes – a small charity with a big heart, supporting the Armed Forces community of West Norfolk and beyond.

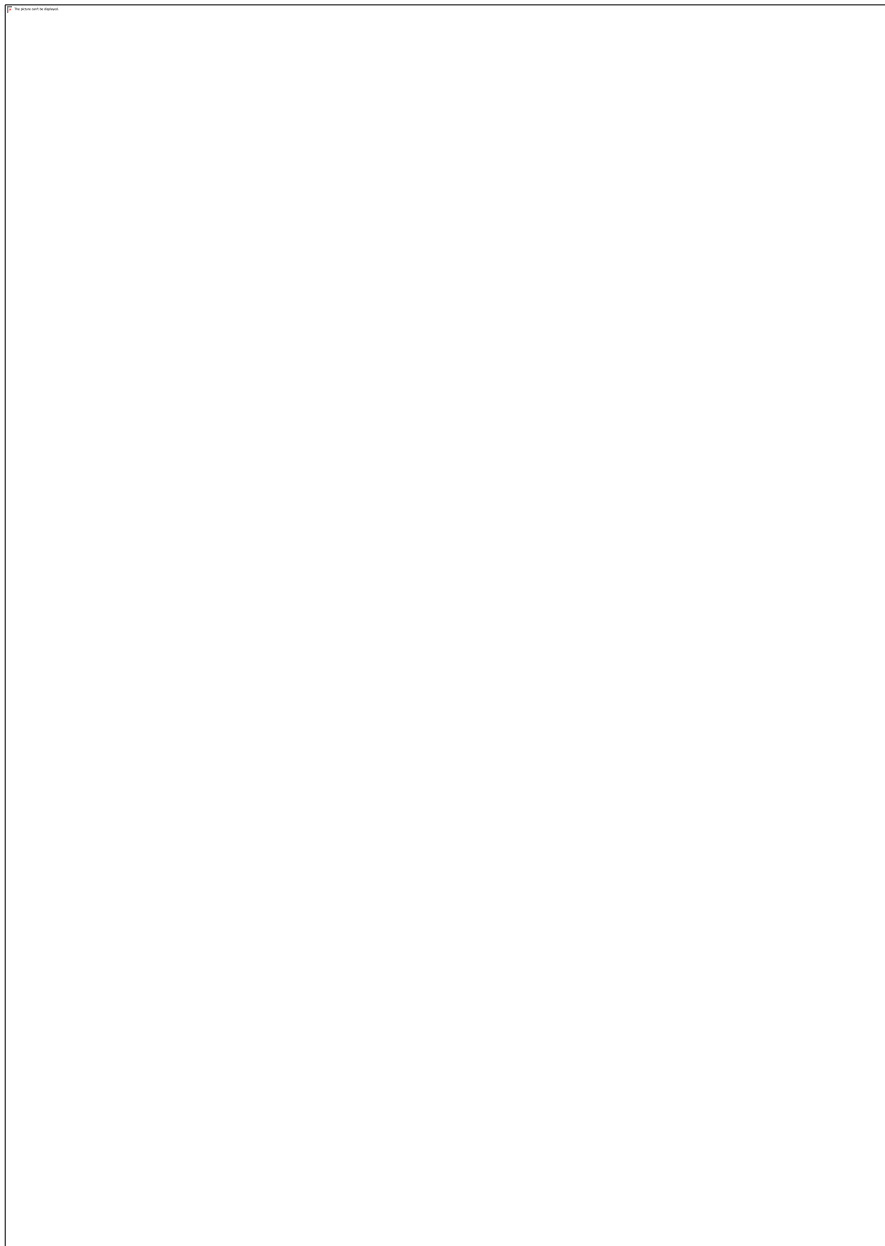
We run a Drop-In centre on South Clough Lane, King’s Lynn, and our doors are open from 10am until 4pm Monday to Friday, and from 10am until 2pm on Saturdays. We provide hot and cold drinks, home-cooked lunches, with a warm welcome and friendly conversation.

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.



See dates, times and venues below.....

Or check online by clicking this link-

<https://www.hearfornorfolk.org.uk/cuppacare/>



October Bus Locations

Acle, Car Park by Acle Methodist Hall

Monday 14th, 10am - 12pm

Aldborough Community Centre

Tuesday 1st, 10am - 12pm

Attleborough, Queens Square

Thursday 24th, 10am - 12pm

Aylsham Town Hall

Wednesday 9th, 1pm - 3pm

Aylsham, Bure Valley House

Monday 7th, 1pm - 3pm

Cromer, Ashdown Court

Tuesday 1st, 1pm - 3pm





October Bus Locations

Dereham Shopping Centre

Wednesday 16th, 1pm - 3pm

Diss Market Square

Monday 28th, 10am - 12pm

Fakenham War Memorial

Tuesday 29th, 10am - 12pm

Great Yarmouth, The Market Place

Monday 14th, 1pm - 3pm

Harleston, Coop Car Park

Monday 28th, 1pm - 3pm

Hickling Methodist Church Car Park

Thursday 17th, 1pm - 3pm





October Bus Locations

Hoveton and Wroxham Medical Centre

Wednesday 23rd, 1pm - 3pm

Holt, The Venue

Monday 7th, 10am - 12pm

Loddon, Church Plain Car Park

Tuesday 8th, 10am - 12pm

Long Stratton Leisure Centre

Tuesday 8th, 1pm - 3pm

Necton Community Centre

Tuesday 29th, 1pm - 3pm

Northrepps Village Hall

Wednesday 9th, 10am - 12pm





October Bus Locations

North Walsham, Vicarage Street Car Park

Tuesday 15th, 10am - 12pm

Norwich, The Forum

Thursday 10th, 10am - 3pm

Reepham, Stimpsons Piece Pavillion

Wednesday 23rd, 10am - 12pm

Sheringham, Station Approach Car Park

Tuesday 15th, 1pm - 3pm

Stalham, Staithe Surgery Car Park

Thursday 17th, 10am - 12pm

Swaffham war Memorial

Friday 4th, 1.15pm - 3.15pm





October Bus Locations

Thetford Market Place

Friday 4th, 10am - 12pm

Watton, Queens Hall

Wednesday 16th, 10am - 12pm

Wymondham, Waitrose Car Park

Tuesday 1st, 1pm - 3pm

End of October diary dates so far