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

Creative Socials to book-

TUESDAY 01 OCTOBER



Information below...

GREAT YARMOUTH CREATIVE SOCIALS

01:00 PM St George's Theatre Cafe

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

<u>Great Yarmouth Creative Socials - Creative Arts</u> <u>East</u>

THURSDAY 03 OCTOBER



<u>BRECKLAND CREATIVE</u> <u>Socials -</u> <u>Attleborough</u>

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**.

<u>West Norfolk Creative Socials - Hunstanton -</u> <u>Creative Arts East</u>

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**.

<u>West Norfolk Creative Socials - Great</u> <u>Massingham - Creative Arts East</u>

FRIDAY 18 OCTOBER



BRECKLAND CREATIVE SOCIALS - DEREHAM 01:00 PM Trinity Methodist Church

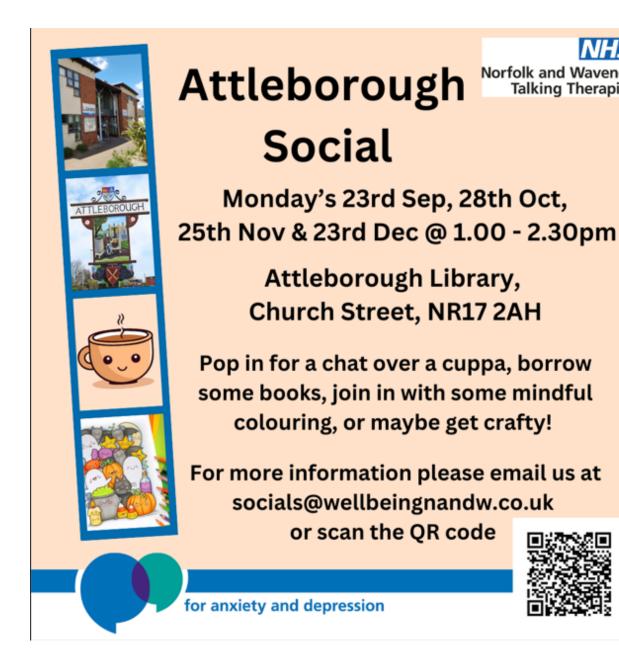
Mindful Movement with Vanhulle Dance Theatre Join Laura and Oliver...

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**.

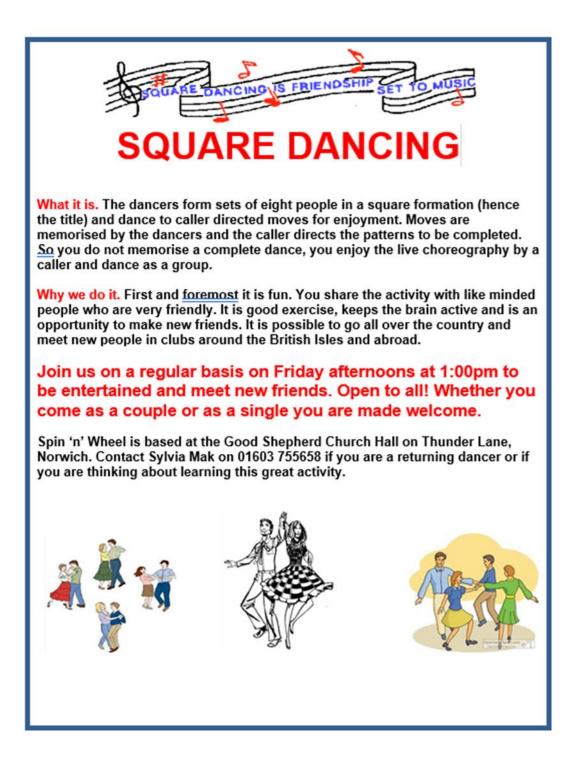
Breckland Creative Socials - Dereham - Creative Arts East

More events below....



Norfolk and Waveney **Talking Therapies**

More dates below....



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, Reepham Rd, Bawdeswell NR20 4 RU. Refreshments available.

THURSDAY -11am Swaffham Assembly Rooms, 1 Market Place, Swaffham PE377AB

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





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