

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)

More events below....

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

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](#)

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](#)

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

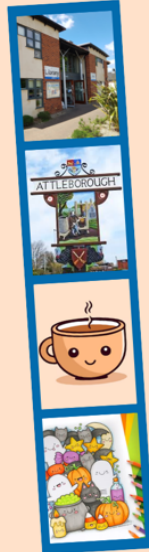
£4 per ticket

Film starts at 10.45

Booking is essential, to secure your tickets email:

Bharti.Patel@west-norfolk.gov.uk

07375375404.



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!

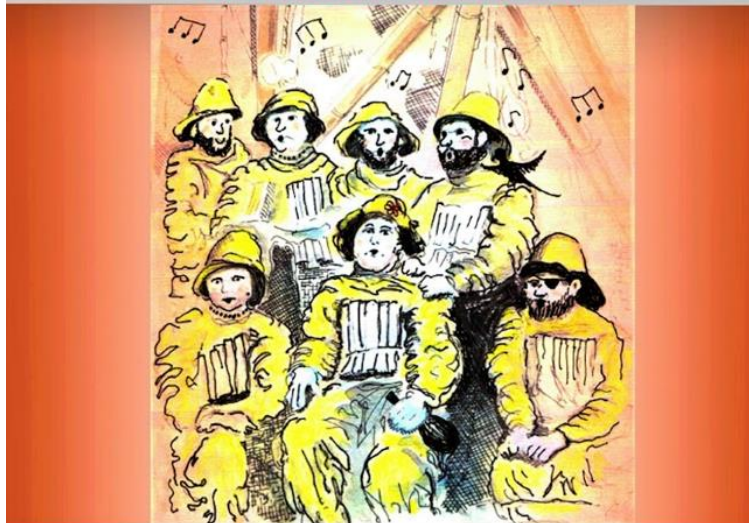
For more information please email us at
socials@wellbeingnandw.co.uk
or scan the QR code



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

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....

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



Rosedale

BEREAVEMENT SUPPORT GROUPS

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.



91%*
of UK adults think small moments of connection can make a difference to someone who feels lonely

*Based on a YOUNG 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:

When:

From: To:

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 14th October 10am - 12pm

Aldborough Aldbrough Community Centre, The Green, Aldborough, NR11 7AA

Tuesday 1st October 10am - 12pm

Attleborough Queens Square, Attleborough, NR17 2AF

Thursday 24th October 10am - 12pm

Aylsham Outside Aylsham Town Hall, NR11 6EL

Wednesday 9th October 1pm - 3pm

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

Monday 7th October 1pm - 3pm

Cromer Ashdown Court, Cliff Avenue, Cromer, NR27 0AE

Tuesday 1st October 1.00pm - 3pm

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

Wednesday 16th October 1.00pm - 3pm

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

Monday 28th October 10am - 12pm

Fakenham War Memorial, Market Place, Fakenham

Tuesday 29th October 10am - 12pm

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

Monday 14th October 1pm - 3pm

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

Monday 28th October 1pm - 3pm

Hickling Methodist Church Car Park, NR12 0YD

17th October 1pm - 3pm

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

Wednesday 23rd October 1.00pm - 3pm

Holt The Venue, Kerridge Way, Holt NR25 6DW

Monday 7th October 10am - 12pm

Loddon Church Plain Car Park, NR14 6LX

Tuesday 8th October 10am - 12pm

Long Stratton Long Stratton Leisure Centre, Swan Lane, NR15 2UY

Tuesday 8th October 1pm - 3pm

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

Tuesday 29th October 1pm - 3pm

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

Wednesday 9th October 10am - 12pm

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

Tuesday 15th October 10am - 12pm

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

Thursday 10th October 10am - 3pm

Reepham Stimpsons Piece Pavillion, Bartle Court, Reepham, NR10 4LL

Wednesday 23rd October 10am - 12pm

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

Tuesday 15th October 1pm - 3pm

Stalham Staithe Surgery Car Park, NR12 9BU

Thursday 17th October 10am - 12pm

Swaffham Swaffham War Memorial, Lynn Street

Friday 4th October 1.15pm - 3.15pm

Thetford Market Place, Thetford, IP24 2DS

Friday 4th October 10am - 12pm

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

Wednesday 16th October 10am - 12pm

Wymondham Waitrose Car Park, Wymondham, NR18 0SH

Tuesday 1st October 1pm - 3pm

End of October diary dates so far