

## 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**

**24<sup>th</sup> October 10am to 1pm at Love Downham Market Shop Bridge St**

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

**Fakenham Library Monday 14<sup>th</sup> 11.30-1.30pm (Oak Street, Fakenham, NR21 9DY)**

**Stalham Library Thurs 17<sup>th</sup> 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, 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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**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...

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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...

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...

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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](mailto: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](mailto: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](mailto:socials@wellbeingandw.co.uk)  
or scan the QR code



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**NHS**  
Norfolk and Waveney  
Talking Therapies

# Wellbeing Board Games

## Afternoon

Tuesday  
29th October  
2pm - 4pm



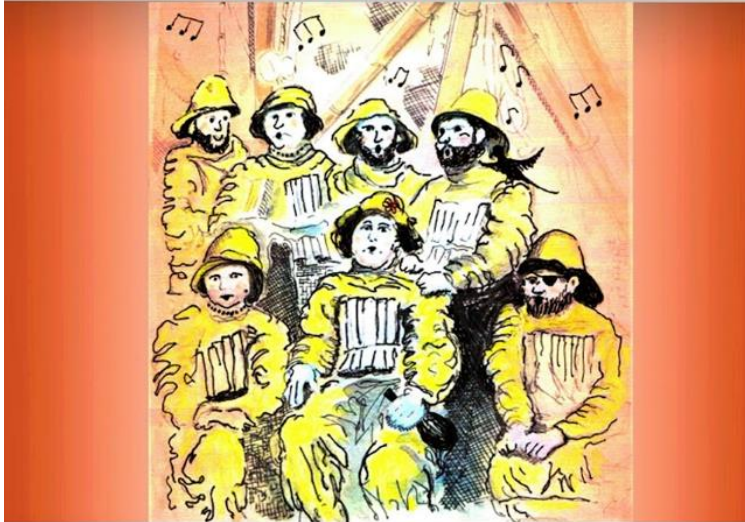
Join us for a FREE afternoon  
of easy to learn board games  
at Athena Games Norwich!

Contact [CDCteam@Norfolkandwaveneymind.org.uk](mailto:CDCteam@Norfolkandwaveneymind.org.uk) to book your place  
Please note this is a 16+ Event.



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**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...



**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](mailto:cdcteam@norfolkandwaveneymind.org.uk) to book, or for more information.

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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**




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**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**




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See walks timetable below

# Wellbeing Walks

## October-December 2024



Norfolk and Waveney  
Talking Therapies

| Day       | Meeting Point...   | Time    | Oct  | Nov  | Dec  |
|-----------|--|---------|------|------|------|
| Monday    | North Walsham<br>Market Cross, Market Place, NR28 9BS                    | 10:30   | 7th  | 4th  | 2nd  |
|           | Norwich<br>City Hall Steps, St Peter's Street, NR2 1NH                   | 10:30   | 14th | 11th | 9th  |
|           | Fakenham<br>Wensum Lodge Hotel, NR21 9AY                                 | 10:30   | 14th | 11th | 9th  |
|           | Dereham<br>St Nicholas Church, Church Street, NR19 1DN                   | 10:30   | 21st | 18th | 16th |
|           | Carlton Marshes<br>Visitor Centre, Burnt Hill Lane, NR33 8HU             | 12 noon | 28th | 25th | 23rd |
| Tuesday   | Diss<br>Frenze Beck Nature Reserve, Sawmills Rd, IP22 4GG                | 10:30   | 1st  | 5th  | 3rd  |
|           | Sheringham<br>Town Clock opposite Little Theatre, 2 Station Rd, NR26 8RE | 12 noon | 8th  | 12th | 10th |
|           | Swaffham<br>St Peter & St Paul Church, Market Place, PE37 7AQ            | 10:30   | 15th | 19th | 17th |
|           | Thetford<br>The Light Cinema, Bridge Street, IP24 3AE                    | 10:30   | 22nd | 26th | -    |
|           | Gorleston<br>Marine Parade car park, NR31 6EZ                            | 12 noon | 22nd | 26th | -    |
| Wednesday | Downham Market<br>Town Clock, Bridge Street/High Street, PE38 9DW        | 10:30   | 9th  | 13th | 11th |
|           | Felbrigg Hall<br>Car Park Welcome Hut, Felbrigg Hall, NR11 8PP           | 10:30   | 16th | 20th | 18th |
| Thursday  | Waterloo Park<br>Feed Café, Waterloo Park Pavilion, Angel Road, NR3 3HX  | 10:30   | 3rd  | 7th  | 5th  |
|           | Beccles<br>Community Hub, 20 Blyburgate, NR34 9TB                        | 10:30   | 10th | 14th | 12th |
| Friday    | Redwings Aylsham<br>Spa Lane, Aylsham, NR11 6UE                          | 10:30   | 4th  | 1st  | 6th  |
|           | Cromer<br>Cromer Pier, Promenade, NR27 9HE                               | 10:30   | 11th | 8th  | 13th |
|           | Great Yarmouth<br>Marina Centre main entrance, Marine Parade, NR30 2ER   | 10:30   | 18th | 15th | 20th |
|           | Wymondham<br>Tiffey/Becketswell Car Park, NR18 9PH                       | 10:30   | 18th | 15th | 20th |
|           | King's Lynn<br>Customs House, Purfleet Quay, PE30 1HP                    | 10:30   | 25th | 29th | -    |
|           | Redwings Caldecott<br>Beccles Road, Fritton, NR31 9EY                    | 10:30   | 25th | 29th | -    |



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## Community Socials October-December 2024

| Day       | Location   | Time   | Oct  | Nov  | Dec  |
|-----------|--|--------|------|------|------|
| Monday    | My Long-Term Health Condition and Me Social Group<br>Louise Hamilton Centre, James Paget Hospital, Gorleston,<br>NR31 6LA  | 14.00  | 14th | 11th | 9th  |
|           | Crafty Creations<br>DANES, 161 Rotterdam Road, Lowestoft, NR32 2EZ   | 10.30  | 21st | 18th | 16th |
|           | Attleborough Social *NEW*<br>Attleborough Library, Ground Floor, Attleborough<br>Community and Enterprise Centre, Church Street, NR17 2AH  | 13.00  | 28th | 25th | 23rd |
| Tuesday   | Re-Do Crafting Social - *booking required*<br>Unit 4, St Augustine's Gate, Norwich, NR3 3BE  | 10.00  | 1st  | 5th  | 3rd  |
|           | Halesworth Cafe Catch Up<br>Chinny's, 27 Norwich Rd, Halesworth IP19 8BX   | 12noon | 1st  | 5th  | 3rd  |
|           | Theatre Royal Café Social<br>Theatre Royal, Theatre Street, Norwich, NR2 1RL   | 10.30  | 15th | 19th | 17th |
| Wednesday | Norwich Café Social<br>(just on Wednesday for October then Thursday)<br>Merchant's House, Fye Bridge St, NR3 1LJ   | 10.30  | 9th  | -    | -    |
|           | Online Quiz Night – entry via our website<br><a href="https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/">https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/</a> | 18.00  | 9th  | 13th | 11th |
|           | Norwich Evening Social<br>Marzanos, The Forum, NR2 1TF   | 17.00  | 16th | 20th | 18th |
| Thursday  | Dungeons & Dragons One Shot Adventure *booking required*<br>Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER   | 18.00  | 3rd  | 7th  | 5th  |
|           | Norwich Café Social<br>Merchant's House, Fye Bridge St, NR3 1LJ  | 10.30  | -    | 14th | 12th |
|           | Caister Café Social<br>The Rabbit Hutch, Caister On Sea, NR30 5ET  | 12.30  | 31st | 28th | -    |
|           | Lowestoft Café Social<br>The Red Mingo, 4 Surrey Street, Lowestoft NR32 1LJ  | 13.00  | 17th | 20th | 18th |
|           | Mindful Colouring<br>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](mailto: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](mailto:cdcteam@norfolkandwaveneymind.org.uk)



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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](mailto:cdcteam@norfolkandwaveneymind.org.uk) for more info and to book your place



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# 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](mailto:cdcteam@norfolkandwaveneymind.org.uk)



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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....

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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



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](http://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.

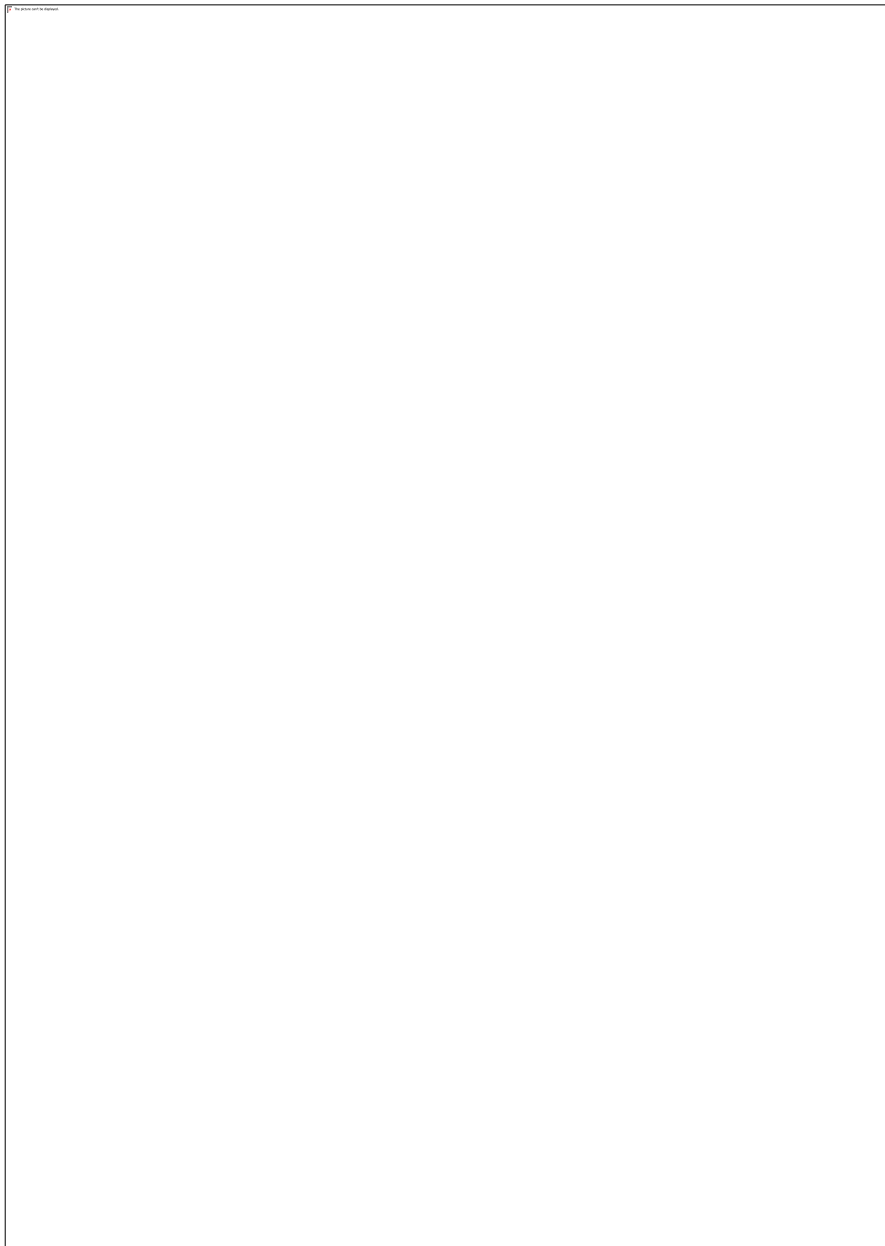
We run a Drop-In centre on South Clough Lane, King’s Lynn, and our doors are open from 10am until 4pm Monday to Friday, and from 10am until 2pm on Saturdays. We provide hot and cold drinks, home-cooked lunches, with a warm welcome and friendly conversation.

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](http://www.thebridgeforheroes.org).

Call the team on 01553 760 230 or email [contact@thebridgeforheroes.org](mailto: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



COMMUNITY FUND



VISION NORFOLK

Rotary in Norfolk



Norfolk ageUK

wellbeing Helping you live your life

Mind Norfolk and Waveney

Norwich ageUK



# 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