

## September 2024 Diary Dates- Scroll down page

### AgeUK Norfolk Events and Talks-



- Monday 2<sup>nd</sup> September- We are joining a meeting of Redcastle Furze Neighbourhood Watch in Thetford from 7pm at Cannon's Walk Communal Meeting Room
- Wednesday 4<sup>th</sup> September from 1.15pm. There is a talk from AgeUK Norfolk about us and our services at Swardeston Day Centre for their members and visitors.
- Tuesday 17<sup>th</sup> September 10.30am to 13.30pm. We will be attending the Dementia "Mini Positivitea Event" open to the public at Holt Library
- Thursday 19<sup>th</sup> September 12-3pm. We will be at an event for UEA students and recent graduates ,to find out about volunteering opportunities at The LCR.
- Thursday 19<sup>th</sup> September. We will be presenting a talk on Scams at Goodwins Hall, King's Lynn. Open to residents and visitors.
- Tuesday 24<sup>th</sup> September. We will be giving a talk at the Sainsbury's Veterans meeting in Thorpe St Andrews.

- Friday 27<sup>th</sup> September from 10.30am to 12 Noon. Come along to an advice drop-in session with AgeUK during the monthly meeting of Hellesdon Library Dementia Support Group in the library.

## Exercise classes



*With Laura*

### **EXERCISE CLASSES FOR THE OVER 50s**

ALL EXERCISES CAN BE DONE SEATED OR STANDING

**HINGHAM SPORTS AND SOCIAL CLUB**

**WATTON ROAD, NR9 4HB**

**TUESDAY 1.00PM**

**\*STARTS TUESDAY 3<sup>RD</sup> SEPTEMBER\***

JUST £6.00

For more information or to book your place call:

Laura: 07845 578689 or 01362 692021

THE SESSIONS ARE SET TO GREAT MUSIC AND INCLUDE:  
FLEXIBILITY, AEROBIC, STRENGTH AND BALANCE EXERCISES

COME AND HAVE SOME FUN WHILST GETTING STRONGER AND  
FITTER

**ONE FREE CLASS WITH THIS LEAFLET**



*With Laura*

## **EXERCISE CLASSES FOR THE OVER 50s**

ALL EXERCISES CAN BE DONE SEATED OR STANDING

**TOFTWOOD VILLAGE HALL  
47, SHIPDHAM ROAD, DEREHAM NR19 1JL**

**MONDAY 1.30PM**

**\*STARTS MONDAY 2<sup>ND</sup> SEPTEMBER\***

JUST £6.00

For more information or to book your place call:

Laura: 07845 578689 or 01362 692021

THE SESSIONS ARE SET TO GREAT MUSIC AND INCLUDE;  
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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, Reepham 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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## **Heritage Open Days**

Fri 6 – Sun 15 September 2024

Explore, Experience, Enjoy!

Discover hundreds of free events taking place in Norfolk this September. Unique stories, fascinating places, brilliant history, and experiences you'll never forget... the Norfolk Heritage Open Days festival has something for everyone to enjoy!

Lots of HODs events are drop-in and you can just turn up on the day, there's always plenty to enjoy and experience. The brochure clearly outlines which events you'll need to book in advance.

More information below.....

[Click on the link below to go to the online brochure](#)  
[Heritage Open Days | Norfolk Heritage Open Days](#)

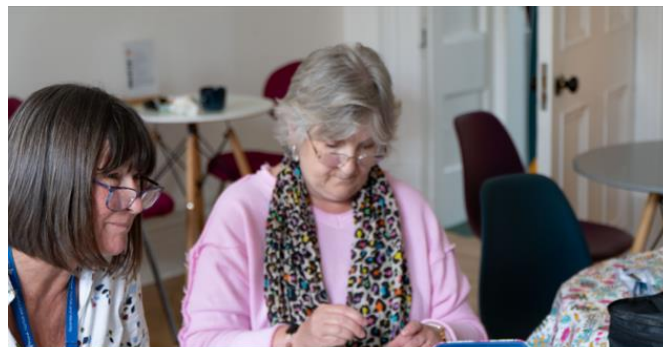


**Drop-in events**

There are over 150 drop-in events part of this year's Norfolk HODs programme.

Explore what's on in Norfolk Fri 6 - Sun 15 September where you can just show up and enjoy. From free entry to your favourite museums, to exclusive exhibitions, to exploring behind the scenes at theatres. There's so much to discover!

**No booking necessary**



**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.





## Creative Socials to book

**TUESDAY 03 SEPTEMBER**



### **GREAT YARMOUTH CREATIVE SOCIALS**

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

Singing & Songwriting with  
Kimberley Moore Kimberley  
invites you to...

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. <https://www.creativeartseast.co.uk/post/events/great-yarmouth-creative-socials-sept24>

More below.....

## MONDAY 09 SEPTEMBER



09  
SEP

### WEST NORFOLK CREATIVE SOCIALS - HUNSTANTON

01:00 PM Hunstanton  
Community Centre

Singing & Songwriting with  
Kimberley Moore Kimberley  
invites you to...

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**.

<https://www.creativeartseast.co.uk/post/events/west-norfolk-creative-socials-hunstanton-sept24>

## THURSDAY 12 SEPTEMBER



12  
SEP

### BRECKLAND CREATIVE SOCIALS - ATTLEBOROUGH

01:00 PM Attleborough  
Town Hall

Singing & Songwriting with  
Kimberley Moore Kimberley  
invites you to...

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.

<https://www.creativeartseast.co.uk/post/events/breckland-creative-socials-attleborough-sept24>

**FRIDAY 13 SEPTEMBER**



**BRECKLAND CREATIVE  
SOCIALS - THETFORD**

**01:00 PM Thetford  
Methodist Church**

Singing & Songwriting with  
Kimberley Moore Kimberley  
invites you to..

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.

<https://www.creativeartseast.co.uk/post/events/breckland-creative-socials-thetford-sept24>

More Creative Socials to book below.....

### WEDNESDAY 18 SEPTEMBER



### WEST NORFOLK CREATIVE SOCIALS - GREAT MASSINGHAM

01:00 PM Great

Massingham Village Hall

Singing & Songwriting with  
Kimberley Moore Kimberley  
invites you to...

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.**

<https://www.creativeartseast.co.uk/post/events/west-norfolk-creative-socials-great-massingham-sept24>

More Creative Socials to book below.....

**FRIDAY 20 SEPTEMBER**



## **BRECKLAND CREATIVE SOCIALS - DEREHAM**

**01:00 PM Trinity Methodist  
Church**

Singing & Songwriting with  
Kimberley Moore Kimberley  
invites you to...

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**.

<https://www.creativeartseast.co.uk/post/events/breckland-creative-socials-dereham-sept24>

**More diary dates below.....**

# **“A year in the life of the Lord Mayor of London”**

## **A talk by Sir Nicholas Lyons**



Nicholas Lyons was Lord Mayor from November 2022 to November 2023. It was a remarkable year, during which he worked closely with King Charles III, playing an active part in his Accession and Coronation. Nicholas has worked in the City of London for over 40 years, and also spends time in North Norfolk where he and his wife have a home.

**Friday 27<sup>th</sup>. September**  
7.30pm - doors open 7.00pm

Tickets £10 to include a glass of wine or soft drink

Tickets must be booked in advance please email  
[fobptickets@gmail.com](mailto:fobptickets@gmail.com)

Organised by the Friends of Binham Priory



# 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 below.....



# **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

## Learn more about Adult Social Services at your local library

Find out how Adult Social Services can help you or someone you know to stay well and independent in your home.

Promoting  
Independence

 Norfolk County Council

### July

<b>17</b>	Great Yarmouth	1.30-3.30
<b>23</b>	Thetford	9-11
<b>29</b>	Aylsham	11-1

### August

<b>8</b>	Fakenham	10-12
<b>9</b>	Hunstanton	10-12
<b>14</b>	Kings Lynn	10-12
<b>16</b>	Diss	10-12

### September

<b>2</b>	Wymondham	10-12
<b>7</b>	Attleborough	10-12
<b>9</b>	North Walsham	10-12
<b>10</b>	Dereham	10-12
<b>17</b>	Acle	11-1
<b>20</b>	Cromer	10-12
<b>26</b>	Downham Market	10-12



## Cuppa care Bus



# 91%\*

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

\*Based on a YOUNGOV 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- Monday 16th September-10am - 12pm**

**Aldbrough Community Centre- Tuesday 3rd September 10am - 12pm**

**Attleborough- Queens Square -Thursday 26th September 10am - 12pm**

**Aylsham      Outside Aylsham Town Hall -Wednesday 11th September 1pm - 3pm**

**Cromer      Barkers Herne, Summerhouse Close -Tuesday 3rd September 1pm - 3pm**

**Dereham Shopping Centre - Wednesday 18th September 1pm - 3pm**

**Diss      Market Square, Outside the Post Office- Monday 2nd September 10am - 12pm**

**Erpingham with Calthorpe Village Hall- Wednesday 25th September 10am - 12pm**

**Fakenham      War Memorial, Market Place -Tuesday 24th September 10am - 12pm**

**Great Yarmouth      The Market Place -Monday 16th September 1pm - 3pm**

**Harleston      Coop Car Park- Monday 2nd September 1pm - 3pm**

**Hoveton & Wroxham Medical Centre -Wednesday 25th September 1pm - 3pm**

**Holt      The Venue, Kerridge Way -Monday 9th September 10am - 12pm**

**Hunstanton      The Bandstand, The Green -4th September 10am - 12pm**

**Loddon      Church Plain Car Park -Tuesday 10th September 10am - 12pm**

**Ludham Village Hall Car Park -Thursday 12th September 1pm - 3pm**

**King's Lynn-Waterside Retirement Housing, Off Columbia Way -4th September 1pm - 3pm**

**Necton Community Centre - Tuesday 24th September 1pm - 3pm**

**Northrepps Village Hall - Wednesday 11th September 10am - 12pm**

**North Walsham-Vicarage Street Car Park -Tuesday 17th September 10am - 12pm**

- Norwich      The Forum -Thursday 19th September 10am to 3pm**
- Poringland    Budgens Car Park -Tuesday 10th September 1pm - 3pm**
- Sheringham    Station Approach Car Park -Tuesday 17th September 1pm - 3pm**
- Spixworth      Village Hall Car Park -Friday 13th September 10am - 12pm**
- Stalham        Staithe Surgery Car Park -Thursday 12th September 10am - 12pm**
- Swaffham War Memorial -Friday 6th September 1.15pm to 3.15pm**
- Taverham Village Hall Car Park -Friday 13th September 1pm - 3pm**
- Terrington St Clement- St Clements Surgery -Monday 23rd September 1pm - 3pm**
- Thetford        Market Place-Friday 6th September 10am - 12pm**
- Upwell          Village Hall -Friday 23rd September 10am - 12pm**
- Watton          Queens Hall -Wednesday 18th September 10am - 12pm**
- Wymondham Waitrose Car Park - Thursday 26th September 1pm - 3pm**

Come on your own or with a friend, you'll be more than welcome to join us for a cuppa and a chat!

For more information please click on our website link-

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

Or, please follow us on Facebook @cuppacarenorfolk  
or e-mail us on [cuppacarenorfolk@gmail.com](mailto:cuppacarenorfolk@gmail.com)

**September Wellbeing Socials below.....**

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## Wellbeing Walks – North Walsham

**Meeting at the Market Cross in the market place, NR28 9BS**

Feel free to join us for a gentle stroll down the beautiful Weavers Way, finishing with a coffee at the lovely café Kitale

Next date: 02nd September 2024 - 10:30 am to 12:30 pm

Click on link below to find out more

[Wellbeing Walks – North Walsham - Wellbeing Norfolk & Waveney  
\(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk)

## Re-do Wellbeing Sewing Crafty Group

**ReDo Norfolk CIC, St Augustines Unit 4, Norwich, NR3 3BE**

A creative social offering an opportunity to come and release your crafty side alongside Re-Do Norwich.

Next date: 03rd September 2024 - 10:00 am to 11:30 am

Click on the link below to find out more

[Re-do Wellbeing Sewing Crafty Group - Wellbeing Norfolk & Waveney  
\(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk)

## Wellbeing Walks – Diss

**Meeting at Frenze Beck Nature Reserve car park, Sawmills Road, Diss, IP22 4GG (opposite Animal Feed Warehouse)**

Join us for an exploration of Frenze Beck Nature Reserve and opportunity for a drink and chat afterwards

Next date: 03rd September 2024 - 10:30 am to 12:30 pm

Click on the link below to find out more

[Wellbeing Walks – Diss - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk)

More below.....



## Cuppa & Catch Up Social with the Halesworth Volunteers

**Chinny's Sports Club, 27 Norwich Rd, Halesworth IP19 8BX**

We will be meeting on the second Tuesday of the month for January only. Drop in for a cuppa and a chat. Food also available. Disabled Parking. Wheelchair friendly. If using the car park, please remember to add car registration in main function room to avoid any parking costs.

Next date: 03rd September 2024 - 12:00 pm to 2:00 pm

Click on the link below to find out more

[Cuppa & Catch Up Social with the Halesworth Volunteers - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk)

## Wellbeing Walks - Hunstanton

**Meeting outside The Princess Theatre, 13 The Green, Hunstanton, PE36 5AH**

Join us for a gentle stroll along the Hunstanton clifftops making our way to old Hunstanton, stopping in at the Old Beach Café before returning

Next date: 04th September 2024 - 10:30 am to 12:30 pm

Click on the link below to find out more

[Wellbeing Walks - Hunstanton - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk)

## Wellbeing Walks - Norwich Waterloo Park

**Meet at The Feed Café, Waterloo Park Pavilion, Angel Road, Norwich, NR3 3HX**

Join us for a stroll around the grounds at Waterloo Park before returning to the café for a coffee and a chat for anyone that wants to stay.

Next date: 05th September 2024 - 10:30 am to 12:30 pm

Click on the link below to find out more

[Wellbeing Walks - Norwich Waterloo Park - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk)

## \*NEW\* Mindful Colouring

**Gorleston Library, Lowestoft Road, Gorleston, NR31 6SG**

You are welcome to join us for our first Mindful Colouring Social Group at Gorleston Library.

Next date: 05th September 2024 - 5:00 pm to 6:30 pm

Click on the link below to find out more

[\\*NEW\\* Mindful Colouring - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk)

## **Dungeons and Dragons One Shot \*booking essential\***

**Athena Games, 9 St Gregory's Alley, Norwich NR2 1ER**

Are you an avid Dungeons and Dragons player or a complete novice who would love to take part in this Tabletop Role Playing Game?

Next date: 05th September 2024 - 6:00 pm to 8:30 pm

Click on the link below to find out more and book

[Dungeons and Dragons One Shot \\*booking essential\\* - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://www.wellbeingnands.co.uk/dungeons-and-dragons-one-shot-booking-essential)

## **Redwings - Aylsham**

**Redwings Horse Sanctuary (Aylsham), Spa Lane, Aylsham, Norwich NR11 6UE**

Come along to meet up with old and new friends in the peaceful surroundings of the Sanctuary and visit the animals in a safe environment.

Next date: 06th September 2024 - 10:30 am to 12:30 pm

Click on the link below to find out more

[Redwings - Aylsham - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://www.wellbeingnands.co.uk/redwings-aylsham)

## **Wellbeing Walk – Fakenham**

**Wensum Lodge Hotel, Bridge Street, Fakenham, NR21 9AY**

Join us for a gentle out and back stroll along the River Wensum path, connect with others and take in the beautiful scenery, before finishing with a well-deserved café stop! Feel free to join us for all or just part!

Next date: 09th September 2024 - 10:30 am to 12:30 pm

Click on the link below to find out more

[Wellbeing Walk – Fakenham - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://www.wellbeingnands.co.uk/wellbeing-walk-fakenham)

## **My Long-Term Health Condition and Me Social Group**

**Louise Hamilton Centre, James Paget University Hospital, Lowestoft Rd, Gorleston-on-Sea, NR31 6LA**

Our new social offering an opportunity to meet like-minded others in comfortable surroundings.

Next date: 09th September 2024 - 2:00 pm to 4:00 pm

Click on the link below to find out more

[My Long-Term Health Condition and Me Social Group - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk)

## Wellbeing Coastal Path Walk - Sheringham

Meet at the Town Clock opposite Sheringham Little Theatre Cafe, 2 Station Road, Sheringham, NR26 8RE.

Join us for a coffee and catch up in this traditional seaside town!

Next date: 10th September 2024 - 12:00 pm to 2:00 pm

Click on link below to find out more

[Wellbeing Coastal Path Walk - Sheringham - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk)

## Wellbeing Walk – Downham Market

Meeting outside Downham Market Town Hall, PE38 9DW

Join us for a gentle stroll through Downham town, to the beautiful Willows nature reserve and back.

Next date: 11th September 2024 - 10:30 am to 12:30 pm

Click on the link below to find out more

[Wellbeing Walk – Downham Market - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk)

## Wellbeing Online Quiz

### Online

Join us for a fun online quiz!

Next date: 11th September 2024 - 6:00 pm to 7:00 pm

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Click on link below for how to join in

[Wellbeing Online Quiz - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk)

# Norwich Cafe Catch Up

**The Merchant's House, 7-9 Fye Bridge Street, Norwich, NR3 1LJ**

Join us for a coffee and catch up in the city!

Next date: 12th September 2024 - 10:30 am to 12:00 pm

Click on link below for more information

[Norwich Cafe Catch Up - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk/norwich-cafe-catch-up)

# Wellbeing Walk – Beccles

**At the front of Beccles Library, Blyburgate, Beccles NR34 9TB**

The Wellbeing Service has come together with LEAF (Lived Experience Advisory Forums) and Beccles Community Hub to bring to you a new social group in Beccles.

Next date: 12th September 2024 - 10:30 am to 12:30 pm

Click on link below for more information

[Wellbeing Walk – Beccles - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk/wellbeing-walk-beccles)

# Wellbeing Coastal Path Walk - Cromer

**In front of Cromer Pier, Promenade, Cromer, NR27 9HE**

Join us for a gentle stroll along the promenade or the beach, connect with others and take in the beautiful scenery, before finishing with a well-deserved café stop! Feel free to join us for all or just part!

Next date: 13th September 2024 - 10:30 am to 12:30 pm

Click on link below for more information

[Wellbeing Coastal Path Walk - Cromer - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk/wellbeing-coastal-path-walk-cromer)

# Wellbeing Walks - Dereham

**Meeting outside St Nicholas Church, corner of Church Street/St Withburga Lane, Dereham, NR19 1DN**

Join us for a wander along the Ted Ellis walk in Dereham and onto Lucy's Meadow/Scarning Water Meadows.

Next date: 16th September 2024 - 10:30 am to 12:30 pm

Click on link below for more information

[Wellbeing Walks - Dereham - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk/wellbeing-walks-dereham)

## Crafty Creations

**DANES, 161 Rotterdam Rd, Lowestoft, NR32 2EZ**

Calling all Crafty Creators, join us for our new Arts & Crafts social in Lowestoft and let your creative side shine.

Next date: 16th September 2024 - 10:30 am to 12:30 pm

For more information click on the link below

[Crafty Creations - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk)

## Norwich Cafe Catch Up - Theatre Royal

**The Theatre Royal Norwich Cafe, Theatre Street, Norwich, NR2 1RL.**

Join us for a coffee and catch up in the city!

Next date: 17th September 2024 - 10:30 am to 12:00 pm

Click on the link below for more information

[Norwich Cafe Catch Up - Theatre Royal - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk)

## Wellbeing Walk - Swaffham

**Meeting outside St Peter & St Paul Church (next to Iceland), Market Place, PE37 7AQ**

Join us for a wander around the hidden green spaces in the historic market town of Swaffham

Next date: 17th September 2024 - 12:00 pm to 2:00 pm

Click on the link below for more information

[Wellbeing Walk - Swaffham - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk)

## Wellbeing Nature Walk- Felbrigg Hall

**Meeting in the car park by the 'Welcome Hut' Felbrigg Hall, Gardens and Estate, NR11 8PR.**

Join us for a wander round the beautiful Felbrigg Hall Estate.

Next date: 18th September 2024 - 10:30 am to 12:30 pm

Click on the link below for more information

[Wellbeing Nature Walk- Felbrigg Hall - Wellbeing Norfolk & Waveney \(wellbeingnands.co.uk\)](https://wellbeingnands.co.uk)



## Wellbeing Coastal Path Walk – Great Yarmouth

Meet outside Marina Centre main entrance, Marine Parade, Great Yarmouth NR30 2ER

A gentle walk along Great Yarmouth Sea Front, part of the Norfolk Coastal Path and around the beautiful Venetian Waterways in Great Yarmouth

Next date: 20th September 2024 - 10:30 am to 12:30 pm

Click on the link below for more information

[Wellbeing Coastal Path Walk – Great Yarmouth - Wellbeing Norfolk & Waveney](https://wellbeingnands.co.uk)  
(wellbeingnands.co.uk)

## Wellbeing Walks - Wymondham

Meeting at Tiffey/Becketswell Car Park, Becketswell Road, Wymondham, NR18 9PH

Join us for a walk and chat along the River Tiffey and the historic Wymondham Abbey.

Next date: 20th September 2024 - 10:30 am to 12:30 pm

Click on the link below for more information

[Wellbeing Walks - Wymondham - Wellbeing Norfolk & Waveney](https://wellbeingnands.co.uk)  
(wellbeingnands.co.uk)

## Wellbeing Walk - Carlton Marshes

Carlton Marshes, Burnt Hill Lane, Carlton Colville, NR33 8HU

Join us at Carlton Marshes nature reserve (meeting at the Visitor Centre) to explore the local wetland habitat and the wildlife it has to offer.

Next date: 23rd September 2024 - 12:00 pm to 2:00 pm

Click on the link below for more information

[Wellbeing Walk - Carlton Marshes - Wellbeing Norfolk & Waveney](https://wellbeingnands.co.uk)  
(wellbeingnands.co.uk)

## \* New \* Attleborough Social

Attleborough Library, Ground Floor, Attleborough Community and Enterprise Centre, Church Street, NR17 2AH

An opportunity to meet like-minded people for a chat over a drink, and maybe a bit of craft thrown in!

Next date: 23rd September 2024 - 1:00 pm to 2:30 pm

Click on the link below for more information

[\\* New\\* Attleborough Social - Wellbeing Norfolk & Waveney](https://wellbeingnands.co.uk)  
(wellbeingnands.co.uk)

**End of diary dates so far**