

## September 2024 Diary Dates- Scroll down page

### AgeUK Norfolk Events and Talks-



- Wednesday 4<sup>th</sup> September from 1.15, a talk from AgeUK Norfolk about us and our services at Swardeston Day Centre for their members and visitors.
- Friday 27<sup>th</sup> September from 10.30am to 12 Noon, an advice drop-in session with AgeUK during the monthly meeting of Hellesdon Library Dementia Support Group in the library.

## Creative Socials to book

See below....

**TUESDAY 03 SEPTEMBER**



**GREAT YARMOUTH  
CREATIVE SOCIALS**

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

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

See below for information on this....

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...

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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...

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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.

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

More Creative Socials to book below.....

## 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.





## **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)