

September 2024 Diary Dates- Scroll down page

AgeUK Norfolk Events and Talks-



- Monday 2nd September- We are joining a meeting of Redcastle Furze Neighbourhood Watch in Thetford from 7pm at Cannon's Walk Communal Meeting Room
- Wednesday 4th 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 17th September 10.30am to 13.30pm. We will be attending the Dementia "Mini Positivitea Event" open to the public at Holt Library
- Thursday 19th 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 19th September. We will be presenting a talk on Scams at Goodwins Hall, King's Lynn. Open to residents and visitors.
- Tuesday 24th September. We will be giving a talk at the Sainsbury's Veterans meeting in Thorpe St Andrews.

- Friday 27th 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.

Free events to attend

Live performances and cinema screenings for people aged 50+

Performance with Q&A

BRECKLAND AFTERNOON EVENTS
 VANHULLEDANCETHEATRE
OLIVE BRANCH
 Martial arts meets contemporary dance!

Dereham Memorial Hall
Thursday 26th September, 2-3pm

FREE TO ATTEND - Advanced booking essential, limited tickets available on the door. Voluntary donations welcomed.

Book tickets online by visiting:
ticketsource.co.uk/creative-arts-east

SCAN TO BOOK

Find out more...
 Call us on 01953 713390
 Email info@creativeartseast.co.uk
 Visit www.brecklandartsforhealth.co.uk



Homeinstead Companionship cafes

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, 5th September, 10:30am-12:00pm

Earlham Companionship Café (NEW)

When: 3rd Thursday of each month

Where: Earlham Library, NR4 7HG

Next café: Thursday, 19th September, 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

Exercise classes



Come &
try your first
class FREE

Turn back the clock with our fun
and friendly exercise classes to
improve your

- ✓ balance & confidence
- ✓ mobility & flexibility
- ✓ strength & independence

MOVE IT
OR LOSE IT!®

NEW CLASS STARTS TUESDAY 2nd SEPTEMBER
Hingham Sports Centre, Watton Road, NR9 4HB at 1pm

To book your place contact Laura on
07845 578689 or 01362 692021

“It’s friendly & fun
and it’s given me
my life back!”

Come &
try your first
class FREE



Turn back the clock with our fun
and friendly exercise classes to
improve your

- ✓ balance & confidence
- ✓ mobility & flexibility
- ✓ strength & independence

MOVE IT
OR LOSE IT!®

NEW CLASS STARTS MONDAY 2nd SEPTEMBER

Toftwood Village Hall, NR19 1JL at 1.30pm

To book your place contact Laura on
07845 578689 or 01362 692021

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

Heritage Open Days

Fri 6 – Sun 15 September 2024

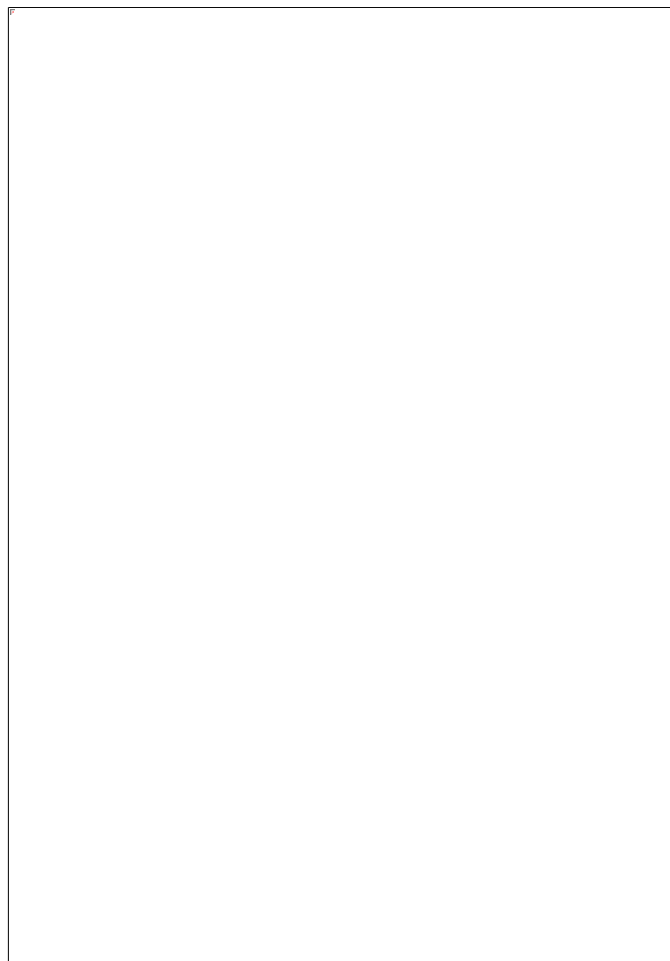
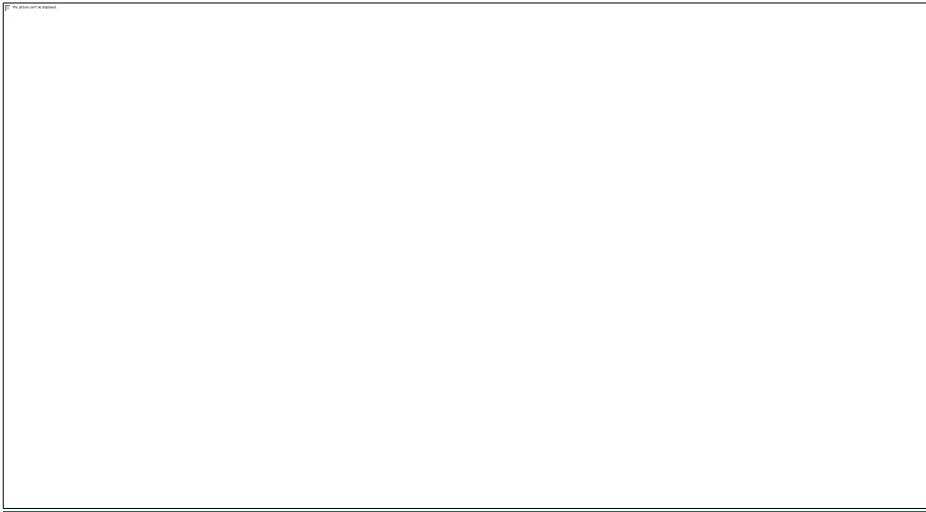
Explore, Experience, Enjoy!

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](#)



Wellbeing Walks

September 2024



Norfolk and Waveney
Talking Therapies

Date & Time...	Walk...	Meeting Point...
Mon 2nd 10:30	North Walsham	Market Cross, Market Place, North Walsham, NR28 9BS
Tue 3rd 10:30	Diss	Frenze Beck Nature Reserve, Sawmills Road, IP22 4GG
Wed 4th 10:30	Hunstanton	Princess Theatre, Hunstanton, PE36 5AH
Thur 5th 10:30	Waterloo Park	Feed Café, Waterloo Park Pavillion, Norwich, NR3 3HX
Fri 6th 10:30	Redwings Aylsham	Spa Lane, Aylsham, NR11 6UE
Fri 6th 10:30	Strumpshaw Fen	Low Road, Strumpshaw, NR13 4HS
Mon 9th 10:30	Norwich	City Hall steps, St Peters Street, Norwich, NR2 1NH
Mon 9th 10:30	Fakenham	Wensum Lodge Hotel, Fakenham, NR21 9AY
Tue 10th 12:00	Sheringham	Town Clock opp Sheringham Little Theatre, 2 Station Road, NR26 8RE
Wed 11th 10:30	Downham Market	Town Hall, Bridge Street, Downham Market, PE38 9DW
Thur 12th 10:30	Beccles	Community Hub, 20 Blyburgate, Beccles, NR34 9TB
Fri 13th 10:30	Cromer	Cromer Pier, Promenade, Cromer, NR27 9HE
Mon 16th 10:30	Dereham	St Nicholas Church, Church St, Dereham, NR19 1DN
Tue 17th 12:00	Swaffham	St Peter & St Paul Church, Market Place, PE37 7AQ
Wed 18th 10:30	Felbrigg	Car Park 'Welcome Hut', Felbrigg, NR11 8PP
Fri 20th 10:30	Great Yarmouth	Marina Centre main entrance, Marine Parade, NR30 2ER
Fri 20th 10:30	Wymondham	Tiffany/Becketswell Car Park, Wymondham, NR18 9PH
Mon 23rd 12:00	Carlton Marshes	Visitor Centre, Burnt Hill Lane, NR33 8HU
Tue 24th 10:30	Thetford	The Light Cinema, Bridge Street, Thetford, IP24 3AE
Tue 24th 12:00	Gorleston	Marine Parade Car Park, Gorleston, NR31 6EZ
Fri 27th 10:30	King's Lynn Riverside	Customs House, King's Lynn, PE30 1HP
Fri 27th 10:30	Redwings Caldecott	Caldecott Hall, Beccles Road, Fritton, NR31 9EY

All our walks are open to anyone aged 16+ with no need to book. Our walks include a café visit, you are welcome to join us just for a cuppa if you don't fancy the walk!

Any queries please email us: socials@wellbeingandw.co.uk



for anxiety and depression

SCAN ME



Community Socials

September 2024



Norfolk and Waveney
Talking Therapies

Date & Time...			Event...	Location...
Tue	3rd	10:00	Re-Do Craft Social *booking required*	St Augustine's Gate Unit 4, Norwich, NR3 3BE
Tue	3rd	12:00	Halesworth Café Catch Up	Chinny's, 27 Norwich Rd, Halesworth, IP19 8BX
Thur	5th	18:00	Dungeons & Dragons One Shot Adventure *booking required*	Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER
Fri	6th	10:30	King's Lynn Café Social	Sainbury's Café, Hardwick Industrial Estate, Scania Way, King's Lynn PE30 4LR
Mon	9th	14:00	My Long-Term Health Condition and Me Social Group	Louise Hamilton Centre, James Paget Hospital, Gorleston, NR31 6LA
Wed	11th	18:00	Quiz	Online
Thur	12th	10:30	Norwich Café Catch Up	Merchant's House Café, Fye Bridge St, Norwich, NR3 1LJ
Mon	16th	10:30	Crafty Creations	DANES, 161 Rotterdam Road, Lowestoft, NR32 2EZ
Tue	17th	10:30	Theatre Royal Café Social	Theatre Royal, Theatre Street, Norwich, NR2 1RL
Wed	18th	17:00	Norwich Evening Social	Marzanos, The Forum, NR2 1TF
Thur	26th	12:30	Caister Café Social	The Rabbit Hutch, Caister On Sea, NR30 5ET

All of our socials are open to anyone 16+ with no need to book. Online socials are hosted on Teams via our website, scan the QR code for more!

Any queries please email us: socials@wellbeingandw.co.uk



for anxiety and depression

SCAN ME





Attleborough Social

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

[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...

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

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 27th. 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

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

17	Great Yarmouth	1.30-3.30
23	Thetford	9-11
29	Aylsham	11-1

August

8	Fakenham	10-12
9	Hunstanton	10-12
14	Kings Lynn	10-12
16	Diss	10-12

September

2	Wymondham	10-12
7	Attleborough	10-12
9	North Walsham	10-12
10	Dereham	10-12
17	Acle	11-1
20	Cromer	10-12
26	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.hearfornorfolk.org.uk/cuppacare/>

Or, please follow us on Facebook @cuppacarenorfolk
or e-mail us on cuppacarenorfolk@gmail.com

More below.....

THE BRIDGE FOR HEROES
THE BRIDGE FOR HEROES
Sept 2024 *What's on?*
THE BRIDGE DROP IN CENTRE

MON
10AM - 4PM
Brew Time
 Ukulele - Have you ever wanted to play a musical instrument but have no idea where to start? Join Laura on Monday morning for some laughter and music making!
 Photography in and around King's Lynn - Are you a keen photographer or a complete amateur? Join us for some photography tips!

TUES
10AM - 4PM
Brew & Banter
 Knitting & Crochet - Join us for for a knit and natter!
 Healthy Living - Join Andrew for some personalised healthy living tips, including an opportunity to weigh in!

WED
10AM - 4PM
Camaraderie & Coffee
 Woodwork @ Men's Shed - Join the team over at the King's Lynn Men's Shed for some woodwork. An encouraging and friendly atmosphere where all are welcome!
 Art - Now held at the Men's Shed... Ask a member of staff for more details.

THURS
10AM - 4PM
Pull up a sandbag with a Brew
 Armchair Games - Do you like playing games? Do you like sitting in an armchair?... then this is the activity for you!

FRI
10AM - 4PM
Memory lane & a Brew
 Crossword - Do you get stuck trying to complete Crosswords on your own? Come and join us and work as a team to finally complete that crossword!
 2pm Quiz - Have you tried the famous Bridge Quiz yet? Come along and test your general knowledge with Quiz Master Gregg!

SAT
10AM - 2PM
Old Friends & a Brew
 Parkrun/walk @ The Walks - Looking to get moving? This is your chance. Join us on a Saturday at The Walks with the Parkrun community.
 Gardening - interested in gardening? Help us to keep our Garden looking nice!

Activities will take place at/from the Drop-in Centre unless otherwise stated.
 •• One to one sessions and activities can be made available outside of these hours ••

SUPPORTED BY...
 VETERANS FOUNDATION
 THE ARMED FORCES COVENANT FUND TRUST

WELFARE CLINIC - DWP
PLEASE BOOK AN APPOINTMENT
 Tuesday 10th September
 Providing support with pensions, benefits, PIP applications.

Veteran's Lunch Sunday
 Sunday 6th October
 •• Booking essential... Speak to Andrew ••

Air Raid Shelters
 Sunday 8th September

Battle of Britain Flag Rising
 9th September

Vet's Breakfast
 Saturday 28th September
 10am
 •• Booking essential ••

•• All of our core activities and meals are free for the Armed Forces Community.
 Lunch is available Monday to Saturday.

For further information about our services and activities please contact:
 Gregg or Andrew
 Bridge Centre: 01553 760 230
 andrew.pover@thebridgeforheroes.org
 gregg.baker@thebridgeforheroes.org

Dominoes - Join our thriving Domino League! All are welcome. Games are available on everyday of the week speak to Gregg.

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.



To find out when the next group is starting in your area, please give us a call.

ATTLEBOROUGH
01953 452538

BECCELES
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

End of diary dates so far