

## April 2026 Diary dates

**Rotary**  Club of Kings Lynn Priory

### SENIOR CITIZENS FILM CLUB

**MOTHERS PRIDE  
MARTIN CLUNES, JONNO DAVIES**

£4 PER TICKET



**MONDAY APRIL 20  
AND WEDNESDAY  
APRIL 22**



**KINGS LYNN CORN  
EXCHANGE CINEMA**



**MEET AT 10.00  
FILM STARTS AT 10.45.  
12.20 FINISH**



**TEA AND  
COFFEE**

Booking is essential, to secure your tickets email:

[Bharti.Patel@west-norfolk.gov.uk](mailto:Bharti.Patel@west-norfolk.gov.uk)

07375375404.

## Cuppa Care Bus- NEW timetable of visits across Norfolk

**Cuppa care**   
Bringing us together

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

\*Based on a YOUGov PLC survey of 3,147 UK adults in September 2018.

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 [cuppacare@norfolk.ageuk.org.uk](mailto:cuppacare@norfolk.ageuk.org.uk) or 01603 404440.

**BUS**

Where:

When:

From:  To:



Our Cuppa Care funders



**We are here for you**

**Whether you just want to get out of the house, meet new people, chat about something that's worrying you or get information and advice – we have friendly people on board our Cuppa Care bus who can help.**

[Cuppa Care - Hear For Norfolk](#)

Timetable below..

**Acle** Car Park by Acle Recreation Centre, Bridewell Lane, Acle NR13 3RA

20/04/2026 10am - 12pm

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

28/04/2026 10am - 12pm

**Attleborough** Connaught Hall, Station Road, Attleborough, NR17 2AS

23/04/2026 10am - 12pm

**Aylsham** Outside Aylsham Town Hall, NR11 6EL

08/04/2026 1pm - 3pm

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

13/04/2026 1pm - 3pm

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

28/04/2026 1pm - 3pm

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

15/04/2026 1pm - 3pm

**Fakenham** War Memorial, Market Place, Fakenham

21/04/2026 10am - 12pm

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

20/04/2026 1pm - 3pm

**Hickling** Methodist Church Car Park, NR12 0YD

16/04/2026 1pm - 3pm

**Holt** The Venue, Kerridge Way, Holt NR25 6DW

13/04/2026 10am - 12pm

**Loddon** Church Plain Car Park, NR14 6LX

07/04/2026 10am - 12pm

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

07/04/2026 1pm - 3pm

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

21/04/2026 1pm - 3pm

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

08/04/2026 10am - 12pm

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

09/04/2026 10am - 3pm

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

22/04/2026 10am - 12pm

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

14/04/2026 1pm - 3pm

**Spixworth** Village Hall Car Park, Spixworth, NR10 3NQ

17/04/2026 10am - 12pm

**Stalham** Staithe Surgery Car Park, NR12 9BU

16/04/2026 10am - 12pm

**Swaffham** Swaffham War Memorial, Lynn Street

10/04/2026 1pm – 3pm

**Taverham** Taverham Village Hall Car Park, Taverham, Norwich, NR8 6JR

17/04/2026 1pm - 3pm

**Thetford** Market Place, Thetford, IP24 2DS

10/04/2026 10am - 12pm

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

15/04/2026 10am - 12pm

Check dates and times- <https://www.hearfornorfolk.org.uk/cuppacare/#timetable>

**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 follow us on Facebook [@cuppacarenorfolk](#) or e-mail us on [cuppacarenorfolk@gmail.com](mailto:cuppacarenorfolk@gmail.com)



**A dementia friendly golf group at  
Swaffham Golf Club,  
Cley Road, Swaffham PE37 8AE**

**Every Fourth Wednesday of the month between 2-4pm**

Refreshments will be provided.

***To book a place free of charge, or for further information please call:***

***Swaffham Golf Club on 01760 721621***

***manager@swaffhamgc.co.uk or Sally Palmer on 07967 124 015***

Each person will be accompanied by an experienced golf volunteer.

***Dates for 2026: 25th February – 25th March – 22nd April – 27th May – 24th June – 22nd July***

***26th August – 23rd September – 28th October – 25th November – December TBC***

Swaffham Golf Club – 'Fore Get Me Not' - Charity Number 1212148



A dementia friendly golf group at

Dereham Golf Club,

75b Quebec Road, Dereham, Norfolk NR19 2DS.

Each person will be accompanied by an experienced golf volunteer.

Every third Thursday of the month between 2-4pm

Refreshments will be provided.

*To book a place free of charge, or for further information please call:*

*Stuart Goodman at Dereham Golf Club on 01362 695900 or Sarah Wicks on 07833 107582*

*Email [foregetmenotgolf@derehamgolfclub.com](mailto:foregetmenotgolf@derehamgolfclub.com)*

*Dates for 2026:*

*15th January 19th February 19th March 16th April 21st May*

*18th June 16th July 20th August 17th September*

*15th October 19th November 17th December*

Registered Charity number 1212148



## Swaffham Area Are you a Veteran?



The **Veterans Voice** project aims to help veterans and family members find how to access veteran organisations and support groups, such as breakfast clubs and social hubs, identify opportunities for social interaction with other veterans, and provide information about support resources.

Following our first two get-togethers in Swaffham we have decided to run these for the next few months on the **4<sup>th</sup> Tuesday of the month from 1030 to 1300.**



**Come along for a FREE hot drink, cake, chat and a spot of banter, or to ask question about veterans support.**

At: **the Regency Room, Swaffham Assembly Rooms, 1030 to 1300.**

**On Tuesday:**

**February 24<sup>th</sup>**

**March 24<sup>th</sup>**

**April 27<sup>th</sup>**

**May 26<sup>th</sup>**

**Location:** The Assembly Rooms are located in the centre of Swaffham and there is adjacent free parking (but use machine to get a ticket). You are welcome to bring partners or carers.

*Please spread the word to any military colleagues in the area.*

More information? Contact: [ops@veteranscentral.co.uk](mailto:ops@veteranscentral.co.uk)

Mobile: 0771 3860040

**Fakenham:** Veterans Central also has a Veterans Drop-in at the Fakenham Library. First Thursday of the month (5<sup>th</sup> February, 5<sup>th</sup> March, 2<sup>nd</sup> April booked so far).

### **Veterans Central**

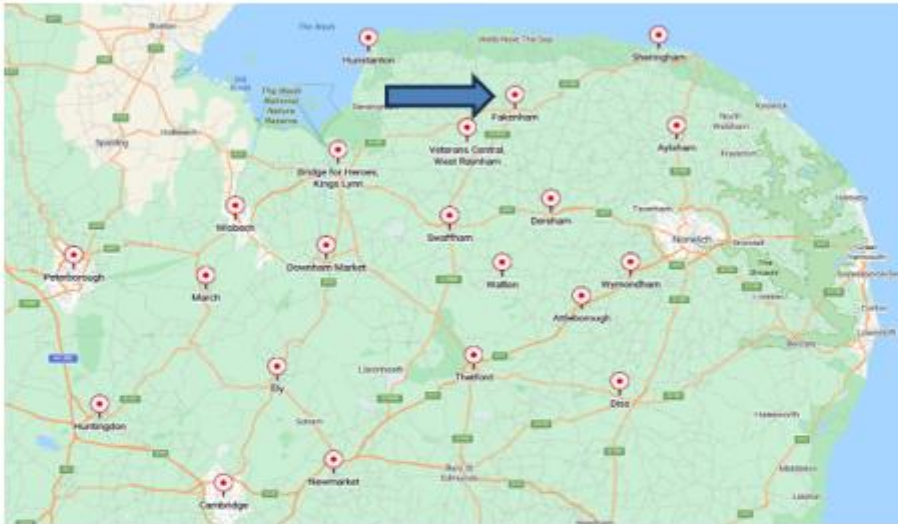
The Veterans Central charity (#1208763) is based at **West Raynham SHQ** and is a facility for Military veterans, serving personnel and families, to support activities, wellbeing and social engagement. Veterans Central is open every Wednesday, Thursday and Saturday from 1000 to 1500.



## Fakenham Area Are you a Veteran?



The **Veterans Voice** project aims to help veterans and family members find how to access veteran organisations and support groups, such as breakfast clubs and social hubs, identify opportunities for social interaction with other veterans, and provide information about support resources.



**Come along for a FREE hot drink, cake, chat and a spot of banter, or to ask question about veterans support. First Thursday each month.**

**At: Fakenham Library, Oak St, NR21 9DY. 1030 to 1230.**

**On Thursday 5<sup>th</sup> February  
Thursday 5<sup>th</sup> March  
Thursday 2<sup>nd</sup> April**



**More information? contact: [loraine@veteranscentral.co.uk](mailto:loraine@veteranscentral.co.uk)  
Mobile: 0771 3860040**

**Swaffham:** Veterans Central also has a Veterans Drop-in at the Swaffham, Assembly Room. Fourth Tuesday of the month (27<sup>th</sup> January, 24<sup>th</sup> February, 24<sup>th</sup> March, 27<sup>th</sup> April, 26<sup>th</sup> May booked so far).

### **Veterans Central**

The Veterans Central charity (#1208763) is based at **West Raynham SHQ (NR21 7PL)** and is a facility for Military veterans, serving personnel and families, to support activities, wellbeing and social engagement. Veterans Central is open every Wednesday, Thursday and Saturday from 1000 to 1500.



## Welcome Cafe



Held every Friday morning

9.30am - 12 noon

at Diss United Reformed Church (Opposite B&M)

Come and drop in for a hot drink and a biscuit or even one of our famous cheese scones! It's a time to meet old and new friends or to sit quietly reading your newspaper. There's always a warm welcome waiting for you. You can even buy home made cakes to take home with you or a little something extra from our bric-a-brac stall.



**A Diss United Reformed Church Community Initiative**

For further information on the Welcome Cafe, please contact our Community Worker Ruth Bridges on 01379 309062 or at [rthbridges@gmail.com](mailto:rthbridges@gmail.com)

## Do You Look After Somebody?

# North Norfolk Carers Wellness & Information Event

Cromer Parish Hall, 65 Church St, Cromer NR27 9HH

Friday 17<sup>th</sup> April – 10.30 to 2.30



### FREE Wellness Sessions for Unpaid Carers



Apply for a Carers  
Identity Passport



Info &  
Advice



Local Health &  
Exercise Info



FREE  
Refreshments

For more information, contact [info@carersvoice.org](mailto:info@carersvoice.org) or 07932095260

**The Friends of Binham Priory**  
**Spring Talk April 24<sup>th</sup> Binham Village Memorial Hall**  
**“How amazing Miss Savidge moved her house”**



Soon to be made into a film, this is the story of gritty May Savidge who saved her ancient house by moving it, beam by beam, brick by brick, 100 miles to Wells-next-the-Sea

Our speaker, another amazing lady, is May's niece

**Christine Adams**

Talk starts 7.30, doors open 7pm

Tickets available from Wells Maltings from March 20th

FoBP members can book from March 6th

£12.50 each including a glass of wine/soft drink

Visit The Maltings, ring 01328 710885, or go online to [wellsmaltings.org.uk](http://wellsmaltings.org.uk).

**LIMITED SEATING – BOOKING ESSENTIAL**

## wellbeing cafes and walks

**Click on the link below to view the dates and details of the venues**

Link- [Social events details | Norfolk](#)

These are run by the NHS -Norfolk and Waveney Talking Therapies.

**locations include-**

**Fritton, Downham Market, Thetford, Gorleston, Attleborough, Carlton Marshes, Hoveton, Felbrigg Hall, Great Yarmouth, Dereham, Wymondham, Watton, Sheringham, James Paget Hospital, Fakenham, Cromer, Beccles, Swaffham, Diss, North Walsham and various places in Norwich.**

Our socials are not a therapy session, but a chance to connect with like-minded people in an informal and relaxed setting. Anyone aged 16+ is welcome with no need for referral or booking, just turn up! All of our socials are free to attend.

## Creative Arts East events

Check the link for events near you! Including Village Screenings

[Performances Archive | Creative Arts East](#)

**Creative Socials are monthly creative workshops for people aged 50+.**

## Stories from the Dance Floor with Glass House Dance

From April to May, join us for some friendly and welcoming dance workshops. Together with Glass House Dance come dance, chat and share your favourite dance floor moments - the songs you loved, the places you danced, and the people you shared them with!

No experience needed - just curiosity, conversations, and a love of moving (or listening).

## When and where...

### **In Breckland**

#### **Attleborough St Mary's Church**

Thu 16th Apr, 1pm

Thu 14th May, 1pm

#### **Dereham Trinity Methodist Church**

Fri 17th Apr, 1pm

Fri 15th May, 1pm

#### **Thetford Methodist Church**

Fri 24th Apr, 1pm

Fri 8th May, 1pm

## In West Norfolk

### **Great Massingham Village Hall**

Wed 15th Apr, 1pm

Wed 13th May, 1pm

### **King's Lynn London Road Methodist Church**

Tue 21st Apr, 1pm

Tue 19th May, 1pm

### **Hunstanton Community Centre**

Mon 13th Apr, 1pm

Mon 11th May, 1pm

**\*\* Want to come along?**

Click here to book (<https://www.ticketsource.co.uk/creative-arts-east>) your place for any event online, call us on 01953 713390 or email [info@creativeartseast.co.uk](mailto:info@creativeartseast.co.uk) (<mailto:info@creativeartseast.co.uk>) to secure your place.

### **Hospitality Action – Golden Friends**

Our Golden Friends scheme is free to join, and open to anyone – currently working or already retired – who has work in the hospitality sector for 5 years or more and who has reached the age of 60.

Membership is also open to younger applicants who have completed 5 years in the hospitality sector but can no longer work due to long term health issues.

Click on the link below if you worked in hospitality and are interested.

<https://www.hospitalityaction.org.uk/get-help/golden-friends/>



## SIP & SOCIAL CAFÉ LOPHAMS' VILLAGE HALL

Are You Over 55?

Don't sit at home on your own...

**4<sup>th</sup> Friday of Each Month**

ENTRY £3.00 per person  
(includes refreshments & raffle)

**1.30pm – 3.30pm**

 Join us for Refreshments

 Chat, make friends, share memories & enjoy fun activities

**Ample Parking on site**

**Where Friendship Never Gets Old**

Non-profit community organised event



# DOVE AFTERNOON TEA

Come and join us  
for coffee, cake  
& chatter from  
1.30pm - 3pm at  
Diss URC every 4<sup>th</sup>  
Monday of the month



With choral music,  
hymns &  
prayers



## Everybody welcome

A Diss United Reformed Church Community Initiative

## Learn a new skill

Browse or search our current courses on the Adult Learning website and enrol online

[Adult learning courses - Norfolk County Council](#)

New courses starting March 2026

### Find an Adult Learning course



And many more...

## LIBRARIES

From knitting to singing, there's lots going on in  
your local library

Click on the link below to select a type of  
activity

## What's on in Norfolk Libraries - Norfolk County Council

Or Click on this link below to see what's on in a specific local library

## Local libraries in Norfolk - Norfolk County Council

### **Mobile library service**

This link provides a map for which areas are covered by our mobile routes:

<https://experience.arcgis.com/experience/33a1d0e0f79d4808ba2b0a6f588668d7>

You can explore specific stop information on this page:

<https://www.norfolk.gov.uk/mobilelibraries>

### **Home, residential and sheltered library service**

The home library service provides books on wheels to the homes of people who like to use the library service but are unable to get to a branch or mobile library due to age, disability or mobility.

<https://www.norfolk.gov.uk/article/40134/Home-residential-and-sheltered-library-service>

You can also refer to this service via NCAN. <https://ncan.co.uk/listing/home-library-service/>

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.**

Taking place at the following libraries;

**Aylsham, Caister, Costessey, Cromer, Dereham,  
Dersingham, Downham Market, Gaywood,  
Gorleston, Great Yarmouth, Holt, Hunstanton,  
Kings Lynn, Martham, Mundesley, North Walsham,  
Sheringham, Sprowston, Taverham**

For further details about dates and times please visit our  
website to view our "What's On" page.

**[www.norfolk.gov.uk/libraries](http://www.norfolk.gov.uk/libraries)**

Email us on **[libraries.iconnect@norfolk.gov.uk](mailto:libraries.iconnect@norfolk.gov.uk)**

Or phone **01603 774777**

(Last updated March 2025)

**borrow discover connect**



**Norfolk** County Council

## Information groups for older people from Independent Age

Join one of our free webinars for a deep dive into our information guides. Led by an expert adviser, we'll look at topics including money, social care and scams, with the opportunity to ask questions. The webinars are suitable for those aged over 65, as well as family, friends, carers or anyone supporting an older person.

### **Renting in later life**

Wednesday 29 April

11am-12 Midday

Whether you are a social or private renter, it's important to know your rights and responsibilities as a tenant. It's also good to know what your landlord or letting agent must do, and what to do if something goes wrong. Jo from our Advice team will be covering information from our Renting in later life guide, as well as information about the new Renters' Rights Act.

<https://www.independentage.org/get-advice/good-to-know-groups>



Good Grief Festival,

We're delighted to share that a brand new, free online Good Grief Festival is coming this April.

This special weekend will explore grief, resilience and hope — because when life falls apart, many of us ask the same questions: What helps? What gets in the way? And how do we keep going?

From Friday 17th to Sunday 19th April, we'll bring together a remarkable group of speakers for thoughtful, honest conversations about living with loss. Guests include leading grief experts Julia Samuel MBE and David Kessler, former Children's Laureate Joseph Coelho OBE, resilience researcher Dr Lucy Hone, neuroscientist Professor Mary-Frances O'Connor, trauma specialist Dr Frank Anderson, and many others who combine professional expertise with personal experience.

Across the weekend we'll explore topics such as:

**Making Norfolk a great place to grow older**

- the science of resilience
- the stories and rituals that help us through loss
- trauma and intergenerational grief
- the role of nature and landscape in healing
- life-limiting illness

Most events will take place online, so you can join us from anywhere. We're also excited to feature a special in-person performance and book signing in Birmingham – more details below.

Registration is now open and we would love you to join us.

## FIND OUT MORE

All live online events are free, so that as many people as possible can take part. Recordings will also be available afterwards for a small fee to help cover festival costs – more information coming soon.

We're also pleased to share that Good Grief Festival Founding Director, Professor Lucy Selman, will give a public lecture in Bristol on Tuesday 24th March at 5.30pm. Lucy will reflect on her life and career so far — and why bringing often hidden experiences into public conversation matters.

Everyone is welcome to attend in person and the lecture will also be live-streamed.

## FIND OUT MORE

If you've got questions or thoughts you'd like to share, email us at [hello@goodgrieffest.com](mailto:hello@goodgrieffest.com) – we always love hearing from you.



Scan to sign up to our workshop



**Let's talk about death and dying - discover how to be a Compassionate Friend...**

**You can be a Compassionate Friend?**

We all know people who are going through a difficult time due to ill-health, care-giving, loss or bereavement. We often want to offer support, but don't always have the words or know how we can help. Becoming a compassionate friend will help to build the skills and confidence needed.

**Our workshops cover:**

- Understanding what a compassionate community is
- Dispelling myths and taboos about death and dying
- Communication skills and how to use them effectively
- Practical ways you can support or the offer of a friendly ear to make a difference

Sign up to our free Compassionate Friends Skills Workshop here:  
[www.tappinghouse.org.uk/compassionate-communities/](http://www.tappinghouse.org.uk/compassionate-communities/)  
or call 01485 601700

## April Workshops

Wednesday 15th April 10.00-12.30 - at Later Life Centre, Sheringham, NR26 8RS

Fri 17th April 2026 9.30-12.30 Zoom

## **What's happening at Merchant's Place, Cromer**

### **Merchants' Place Opening Hours:**

#### **Office Hours:**

**Monday – Friday, 8:30am – 5pm**

#### **Community Fridge and Larder Hours:.....**

**Monday – Thursday, 9:30am – 3pm**

**Life begins at... Friendship group. A friendship group for older people. Thursday afternoons 1pm to 3pm here at Merchants' Place. Why not come along and join the group for a friendly chat and a cuppa?. For more information call 01263 519454 or email [info@merchantsplace.co.uk](mailto:info@merchantsplace.co.uk).**

**Coffee, Cake & Company takes place here every Tuesday between 10am to 12noon here at Merchants' Place. If you would like to socialise in a safe, friendly space then join us for coffee/tea, cake and company. We would love to see you, everyone welcome! We just ask for a £2 donation to contribute towards refreshments.**

**Lloyds Community Banker is at Merchants' Place every Tuesday from 9am to 3pm. Offering banking support – no cash transactions.**

### **Other information and new courses at Merchants Place 16 Church Street**

**Cromer NR27 9ES**

**call in at our Reception at 16 Church Street, Cromer NR27 9ES**

**call- 01263 519454**

**website- <https://merchantsplace.co.uk/>**

# Stay warm in Dereham

A timetable of warm places in town - 2025/26

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Made by  
 Love  
Dereham

## Love Dereham - Let's Chat companionship group

Inside Green Pastures Bookshop, 20 Norwich Street.

Stop in to "Let's Chat" for company and conversation with friendly people. Free hot drinks/cuppa soups and biscuits. Free Wi-Fi. Mon-Fri 9:30-11am.

Closed weekends, bank holidays and every 2nd Tuesday.



## Love Dereham - Community Fridge

Inside Green Pastures Bookshop, 20 Norwich Street.

Doors open 9:30am, fridge access 10am to 1pm. Get free food in the form of surplus goods from local shops and businesses. No referral or paperwork, just come in and see what you can make use of.

Check [facebook.com/derehamcommunityfridge](https://facebook.com/derehamcommunityfridge) for seasonal closures. Closed weekends, bank holidays and every 2nd Tuesday.



## The Salvation Army



Tuesdays from 9:30am to 1:30pm: a warm environment for friendship, games and other activities, free hot drinks, free lunch served at Midday.

Fridays from 8:45am to 11am: Charity Shop open & coffee morning with free hot drinks for those in need. Find them at 3 St Nicholas Street.



## Baptist Church - Coffee Morning



The Coffee Shop is open on a Friday from 10am to 1pm. Come and be warm & with friendly people. Free Wi-Fi. Homemade cakes, light-bites and drinks available for a small cost. No purchase necessary to come in and get warm and use the facilities. Enter either from High Street (next to The Bull), or via the garden entrance [near GD].



## Dereham Cancer Care



Mon, Tues, Thurs, Fri: 10am to 2pm. Free drinks & biscuits (donations welcome if able). Puzzles, chit chat, crafting etc. Free talks on various topics that are open to all. It's a welcoming centre, open for everyone.

Located in Baldings Yard, Cowper Road.

**Men's Shed:** Wednesday afternoons - men's shed social inside DCC.

# Stay warm in Dereham

A timetable of warm places in town - 2025/26

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Made by  
 Love  
Dereham



## Dereham Aid Centre



This venue is open to everyone regardless of nationality. Opening times are Wed: 10am-2pm and Fri: 10am-3pm. Hang out in this friendly warm space on Wrights Walk - free hot drinks, hot food & child's play area.

**Dereham Men's Network** - A space for men to chat, connect and unwind. Meets in the aid centre on Friday's from 11am-1pm.

**Silver Circle** - Social group for over 60's. Meeting on alternate Thursdays from 10.30am in the Aid Centre. Not open to the public during this time.



## Dereham Library



The library is a warm place open: 9:30am to 7pm Mon-Fri and 9:30am to 4pm on Sat. Closed Sun. Free hot drinks station open Mon-Fri: 10am-1pm. Free 'Warm and Well' supplies available, while stocks last.

Just a Cuppa - Tuesday 10:30am till 12 noon

Dereham Community Crafters - Wednesday 1pm to 3pm

Bereavement Cafe - Thursday 11:30am to 1pm

Knit and Natter - Friday 10am to 12 noon

Board Games Group - Saturday 1:30pm to 3:30pm



## The Meeting Point



Mon to Fri from 9am to 4pm (3pm on Thursdays). A place for the over 55's and adults with learning difficulties to meet and socialise. Tea, coffee and snacks from the serving hatch are available throughout the day for a small charge. Lunch: £8, 2 courses + tea/coffee. Pre-booking essential.

## Sacred Heart & St Mary Margaret Catholic Church



Free winter soup lunch - Every Monday from 12pm - 2pm. No booking required. Find them at 35 London Road, NR19 1AS

This timetable has been produced by Love Dereham [www.lovedereham.org.uk](http://www.lovedereham.org.uk)

 Love  
Dereham

## **Support at Stalham Baptist Church**

**Stalham Baptist Church has opened a Memories café in its refurbished School Room.**

**It is open on the last Monday of the month 10am to 12 Noon.**

**It aims to provide a welcoming social space where people with memory loss, and their carers, can gather to have a cuppa, enjoy a range of activities, make new friends and enhance their quality of life.**

**This provides an opportunity to meet others who face similar problems. Activities include games, music, jigsaws, painting, knitting, and baking. There are also “memory books” which can prompt those attending to reminisce.**

**Other groups at the Church include an over 55's group, a bereavement support group and warm space.**

**Click on the link below to find the calendar of groups and activities.**

**<https://www.stalhambaptist.org.uk/diary.php>**

## Dove Dementia Cafe

A time for fun, friendship, support and a light lunch for people with a Dementia diagnosis and their carers - free of charge.

Held between 10am and 1pm monthly  
at Diss United Reformed Church  
(Opposite B&M)

### Dates for 2026:

7 January 4 February 4 March  
1 April 6 May 3 June 1 July  
5 August 2 September 7 October  
4 November 2 December



## Dove Song

Music therapy singing sessions for people with a Dementia or Parkinson's Disease diagnosis and for people who've had a stroke, as well as their carers - free of charge. Join us to sing well known songs and to have fun with percussion instruments. Also held between 1.30pm and 3pm monthly at Diss United

Reformed Church

### Dates for 2026:

19 January 16 February 16 March 20 May 15 June 20 July  
17 August 21 September 19 October 16 November 21 December

**Diss United Reformed Church Community Initiatives**

For further information on either the Dove Dementia Cafe or Dove Song, please contact our Community Worker Ruth Bridges on 01379 309062 or at [rthbridges@gmail.com](mailto:rthbridges@gmail.com)

**Betty's Club**

Making Norfolk a great place to grow older

Registered Charity No:1077097

## Burnham Market


Looking for volunteers, members and supporters

We have created it especially for local older people and their family carers in the community who have dementia or cognitive decline.

Here are links to our website and Facebook pages:

[www.bettysclub.com](http://www.bettysclub.com)

<https://www.facebook.com/profile.php?id=61576631575779>




## DEMENTIA CAFÉ

**Location: The Reef Leisure Centre, (Sheringham)**  
**Time: Starting Friday 3rd October, 10am Cost: Free**

A welcoming and supportive environment designed for people living with dementia and their caregivers. It serves as a safe, relaxed space where individuals can socialise, share experiences, and access information in a non-clinical setting.

The café typically offers activities tailored to engage those with dementia, such as arts and crafts, music, or simple games, which can help stimulate cognitive function and provide a sense of community.

To book your place please call **01263 825 675** or scan the QR code.



everyoneactive.com

More below.....

## **Come Singing For People Of All Ages With Memory Loss**

### **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

## Dementia Clubs around the county

### Bradwell

**Forget-me-nots.** First Monday of the month. 10am to 12noon

St Nicholas Church Hall, Bradwell Gt Yarmouth NR31 8QQ

**Contact-** 07580 005723 ( Leslie)

### Brundall

**Forget-me-nots.** Tuesdays and Thursdays weekly. 10am to 12noon

The Hub, St Laurence Church, Church Lane, Brundall NR13 5NA

**Contact-** 01603 715136

### Catton

**Reminiscence Group.** Second Monday of the month. 1.30pm to 3.30pm

Christ Church, Magdalen Road NR3 4LA

**Contact-** 01603 496333

### Congham

**Dementia Friendly Pub Lunches.** Second Wednesday of the month. 12noon to 2pm

The Anvil Inn, Congham PE32 1DU

**Contact-** [www.anvilcongham.co.uk](http://www.anvilcongham.co.uk)

### Costessey

**Dementia Friendly Café.** Second Thursday of the month. 10am to 12 noon

The Costessey Centre, Longwater Lane, Norwich, NR12 7EP

**Contact-** 01603 742958

## Cringleford

**Memory Lane.** Third Wednesday of the month. 2.15-4.15pm

St Peter's Church Hall, Newmarket Road, Cringleford, NR4 6UE.

**Contact-** [samantha.woods@careuk.com](mailto:samantha.woods@careuk.com)

## Cringleford

**Advice and Support.** Third Tuesday of the month. 1.30pm to 3.30pm

Cavell Court , Dragonfly Lane, Cringleford Norwich NR4 7SW

**Contact-** 01603 859918

## Diss

**Dove Dementia Café.** First Wednesdays of the month. 10am to 1pm

Diss United Reformed Church, Mere Street, Diss, IP22 4AD

**Contact-** [Diss United Reformed Church | Calendar of events](#)

## Diss

**Pabulum Café.** Second Wednesday of the month. 10am to 12noon

Denny Centre, Thomas Manning Road, Diss IP22 4HL

**Contact-** 01603 785228.

## Downham Market

**Dementia Café.** Fourth Monday of the month. 10am to 12noon

Downham Market Methodist Church, Paradise Road, PE36 9JE

**Contact-** [Downham Market Methodist Church | Facebook](#)

## Gorleston

**Memory Café.** Wednesdays weekly. 2pm to 7pm

Methodist Church Hall, Magdalen Way, Gorleston on Sea, NR31 7DB

**Contact-** 07766 411094 <https://gygmemoryclub.co.uk/>

## Hellesdon

**Hellesdon Library.** Last Friday of the month. 10.30am to 12.30pm

Hellesdon Library, Woodview Road, Hellesdon, NR6 5QB

**Contact-** 01603 427790 [Hellesdon Library | Hellesdon | Facebook](#)

## Holt

**Poppy Café.** Tuesdays weekly. 10.30am to 12.30pm

Meeting Room, St Andrews Church, Holt NR25 6BB

**Contact-** <https://www.holtdementiasupport.org.uk/poppy-cafe>

## Horsford

**Duncan's Club Reminiscence.** Thursdays weekly, 2 sessions-

10am to 11.30am and 12noon to 1.30pm

The Nest, Horsford, Norwich NR10 3AQ

**Contact-** [Duncan's Club](#)

## Hoveton

**'Making Connections' Dementia Café.** Last Tuesday of the month

10am to 12noon

Hoveton Village Hall, Stalham Road, Hoveton NR12 8DU.

**Contact-** 07513 183769 [Making Connections - Hoveton & Wroxham | Facebook](#)

## King's Lynn

**Dementia Café.** Third Friday of the month. 10am to 12noon

Amberley Hall Care Home 55 Baldock Drive Kings Lynn PE30 3DQ

**Contact-** 07548 774925

## Little Plumstead

**Walled Garden Dementia Café.** Last Monday of the month. 10am to 12noon.

Old Hall Road, Little Plumstead, NR13 5FA

**Contact-** 01603 559242 <https://www.facebook.com/thewalledgardenshop>

## North Walsham

**'Cameo Café' Dementia Café.** Tuesdays and Thursdays 10am to 3pm

Furse Hill, Resource Centre, 73 Happisburgh Road, NR28 9HD

**Contact-** 01692 502608 <https://www.facebook.com/CameoCafe1>

## Norwich

**Puzzle and Cake.** 1<sup>st</sup> Monday of the month. 10.30am to 12.30pm

The Boundary Pub, 414 Aylsham Road, Norwich, NR3 2SA

**Contact-** <https://www.facebook.com/norwichboundary/>

**Sunshine Café.** 1<sup>st</sup> Thursday of the month. 10am to 12noon

Salvation Army, 24 Boundary Rd, Norwich NR6 5HT

**Contact-** 01603 402703

<https://carersmatternorfolk.org.uk/groups/norwich/sunshine-dementia-cafe/>

**Dementia and Cancer Support Group-** 1<sup>st</sup> Friday of the month 10am to 12

Priscella Bacon Hospice Century Place, Norwich NR4 7YA

**Contact-** 01603 776600 [pbl@nchc.nhs.uk](mailto:pbl@nchc.nhs.uk)

## Old Catton

**Pabulum Café.** Third Wednesday of the month. 10.30am to 12.30pm

St Margaret's Church Hall, Blacksmiths Way, Old Catton, NR6 7DN

**Contact-** 01603 785228

## Rackheath

**Dementia support group.** Third Thursday in the month 10am to 12noon

Ashfields Care Home, 31 Salhouse Road, Rackheath NR13 6PD

**Contact-** 01603 721720 [ashfields@barchester.com](mailto:ashfields@barchester.com)

## Scratby

**Memory Café.** Mondays weekly 10am to 2pm

All Saints Parish Hall, Beach Road, Scratby, NR29 3AJ

**Contact-** 07799 377520 <https://gygmemoryclub.co.uk/>

## Sprowston

**Sprowston Dementia Friendly Café.** Third Thursday of the month 10am to 12 noon

Diamond Centre, School Road, School Lane, Sprowston, NR7 8TR

**Contact-** 07554 117164 [Sprowstondfc@gmail.com](mailto:Sprowstondfc@gmail.com)

<https://www.facebook.com/SprowstonDFC>

## Thetford

**Thetford and District Dementia Support.** Fridays weekly 10am to 1pm

Cloverfields Community Church Yarrow Cl, Thetford IP24 2TZ

**Contact-** 07542 866519 [taddsgroup@hotmail.com](mailto:taddsgroup@hotmail.com)

## Thorpe St Andrew

**Thorpe Dementia Café.** 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month 10am to 12

68 Yarmouth Road, Thorpe, Norwich, NR7 0QZ

**Contact-** 01603 701048 <https://www.facebook.com/ThorpeDementiaCafe>

## Wymondham

**Pabulum Café.** Mondays and Fridays weekly 10am to 12noon( not Bank Holidays

Fairland Church Centre Fairland Hill Wymondham NR18 0AW

**Contact-** 07391 659057 or 07586 312809

<https://www.wymondham-dementia-support-group.org.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.



Part of Norfolk and Wymondham  
**REST**  
Thetford



## Pitstop- Aylsham

**Pit Stops cover a variety of interests and activities ranging from board games, creative arts, walks to fishing. We're keen to hear what you'd like to do too.**

**For details of Pit Stops and activities in Aylsham find events at  
[menscraft.org.uk/events/](http://menscraft.org.uk/events/)**

**Aylsham**

**Fridays 1-3pm**

**The Drill Hall, Cawston Road, Aylsham**

**NR11 6EB**

**For further details contact: Karl Read**

**07512 656864**

**[Karl@menscraft.org.uk](mailto:Karl@menscraft.org.uk)**

## **Coffee Mornings**

**Cake...& Company at St Alban's, Norwich**

**You are INVITED to come along ...If you enjoy-Why not Bring a Friend ! FREE !**

**Most TUESDAY mornings ... 10.30 – 12.00**

**St Albans Church, Grove Walk – Side Entrance in Eleanor Road**

**For details ... please call 0777 333 04 05**

**Supported by EAST CHURCH**

## Companionship Cafes

(Run by Home Instead at -)

### Thorpe Companionship Café

**When:** 1st Thursday of each month

**Where:** St Williams Way Library, NR7 0AJ

### Earlham Companionship Café

**When:** 3rd Thursday of each month

**Where:** Earlham Library, NR4 7HG

### Hellesdon Companionship Café

**When:** 2nd Friday of each month

**Where:** Hellesdon Library, NR6 5QB

**Attendance is free, and no booking is required. For more details, contact:**

**Email:** [hannah.begley@homeinstead.co.uk](mailto:hannah.begley@homeinstead.co.uk)

## Lunch club

Hi Ladies

The Horning and District Ladies Lunch Club,

Is a great way to meet new people, and, we also enjoy a delicious 2 course meal, followed by tea or coffee.

There is also different guest speaker every month.

As the names suggests, it is a daytime gathering, so, the added bonus, is that you will be home before it starts getting dark.

We meet at the Old Rectory Hotel in Crostwick, on the 4th Tuesday of every month.

For more information, please contact Tricia Elson on, 07931 301606, or email her at, [ladieslunchclub@btinternet.com](mailto:ladieslunchclub@btinternet.com)

We look forward to welcoming you.

## The Bridge For Heroes

**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.**



# Struggling to afford heating oil?

**Help is  
available.**

The Norfolk  
Heating Oil Crisis  
Fund offers support for  
low-income households  
at risk of losing access to  
heating and hot water.

**If you're worried  
about staying warm,  
we're here for you.**

For advice and help:  
**[norfolk.gov.uk/HeatingOil](https://norfolk.gov.uk/HeatingOil)**





## **HEAT** **STRUGGLING WITH FUEL PRICES?**

**Are you struggling with fuel prices  
and need some advice?**

**If you, or someone you know,  
is struggling with their energy bills, we  
may be able to help**

**Our dedicated mentors can provide advice  
by visiting you at home and continue support  
through further visits or remote assistance to  
help you save money on your energy.**

**We may be able to help speak to your  
supplier about any questions you may have  
regarding billing issues or outstanding debt.**

**We can support  
you with:**



**ENERGY CRISIS &  
ADVOCACY SUPPORT**



**ENERGY SAVING  
AWARENESS**



**INCOME  
MAXIMISATION**



**ENERGY  
EFFICIENCY ADVICE**

**PLEASE CONTACT OUR HOME  
ENERGY ADVICE TEAM TODAY!**



**HEAT@THEWISEGROUP.CO.UK**



**0800 092 9002**



## Lions Message in a Wallet

Link to website-[Message in a Wallet - LIONS DISTRICT 105CE](#)

All Lions clubs have been associated with the Message in a Bottle scheme which was launched several years ago, however a relatively new project to supplement the Bottle scheme is now available via the Message In A Wallet. The Wallet scheme which has a similar form as in the bottles to contain an individual's Medical, Allergy details and contact details in an emergency etc. which is then contained in a plastic sleeve (credit card size) and placed in a Wallet, Purse or Handbag. The advantage of this scheme being if you are away from home and are in need of urgent medical treatment your details are readily available with you.

The Wallets have been recognised by the Emergency Services as another Lions project that assists them when an individual is in need of urgent medical treatment by notifying them of medication already prescribed and any allergies.

The Wallets have been readily accepted by all sections of the community including younger people who believe the wallets offer a service to everyone.

If you require further information about please contact us by email: [health@lions105ce.org.uk](mailto:health@lions105ce.org.uk)

## Your Health Services Norfolk

### Free Tier 2 Adult Weight Management Programme (10 weeks)

A structured programme offering:

- Nutrition & lifestyle education (gut health, sleep, UPFs, protein, portions)
- Inclusive exercise sessions (seated or standing)
- Strength, balance, mobility and gentle aerobic activity
- Support for those with long-term health conditions or low activity levels

#### Suitable for patients who:

- Have a BMI  $\geq 30$
- Have a BMI  $\geq 27.5$  for Black, Asian & minority ethnic groups
- Would benefit from structured lifestyle or activity support

### Falls Prevention Sessions (Fee-based)

Designed to improve balance, strength and confidence to help reduce the risk of falls and support independent living.

#### Referral Options

- Online: <https://www.yourhealthnorfolk.co.uk/>
- Phone: 01603 399 026
- Local classes: <https://www.yourhealthnorfolk.co.uk/group-weightloss>

Link to details of local classes-Click below

### [Group Classes Weightloss — Your Health Norfolk](#)

## Pilates Classes( in person)

3 great classes for older people.

Worstead

Thursdays 4.30pm

Standing and Sitting Pilates.

More classes below....

East Ruston

Fridays 2.45 pm

Gentle Mat Pilates.

Neatishead

Mondays 3 pm

Gentle Mat Pilates

From Boo Williams

07717473600

## **Over 50's Online Exercise Classes**

### **Get active remotely**

**EPIC Norfolk are providing FREE online exercise sessions for people over 50 years old. These sessions will support those who want to improve their physical and mental health or maintain their health to prolong their independence. They can be done seated or standing.**

**The classes are suitable for all abilities and exercises can be adapted to each individual's needs.**

**They will include aerobic exercises (improve your heart and lung health), balance exercises and muscular strength exercises.**

**All sessions are led by a friendly and experienced Level 4 instructor.**

**It's ideal that you have a resistance band to use during the sessions. If you don't have one, please email [info@epicnorfolk.com](mailto:info@epicnorfolk.com) and we'll post one to you for free.**

**These sessions are funded by profits from our fundraising events.**

**Mondays 10-10.50am – Over 50's Exercise**

**Zoom Meeting**

**<https://zoom.us/j/93137401336?pwd=N0dJTzllWDFvL1ZjY1ZhdmFVZnE2Zz09>**

**Meeting ID: 931 3740 1336**

**Passcode: 397104**

**Thursdays 3-3.50pm – Over 50's Exercise**

**Zoom Meeting**

**<https://zoom.us/j/95879993009?pwd=U2xxQlYxdGcvVFVoSk53eEowYXk1dz09>**

**Meeting ID: 958 7999 3009**

**Passcode: 810993**

**We also have a range of pre-recorded exercise videos on our YouTube channel**

**<https://www.youtube.com/@epicnorfolk1136/videos>**

**<https://epicnorfolk.com/live-zoom-classes/>**

**We have an exciting announcement!**

**NEW**

**NEW NATIONAL MAP OF WALK AND TALK  
GROUPS LAUNCHING SOON**



We are thrilled to share news that we are currently developing a new resource for our website.

The Good Grief Trust is proud to be the UK's bereavement network, bringing together vital resources under one umbrella, for those who are bereaved, under any circumstance.

**Help and Hope in One Place**

This new map will include locations across the UK where you will be

able to find others in your local community, to go for a walk and talk out in nature, and hopefully forge new friendships.

We know that being outdoors creates calm, while walking with friends opens space for support. Physical activity reduces stress and boosts our endorphins and a cup of coffee and cake at the end is always a welcome treat!

**We would love to hear from you, if you run a Walk and Talk Group/event, anywhere in the UK.**

**Please get in touch soon and we will include your group on our new map**

[Hello@thegoodgrieftrust.org](mailto:Hello@thegoodgrieftrust.org)

[www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)

**'Grief can be complicated but access to support should never be'**



## END OF APRIL 2026 DATES FOR NOW

