

November 2025 Diary dates

Creative Arts East Events

Ubunye

Experience the raw power of African voices in harmony.

The pounding rhythms of Africa blended with the explosive energy of a live 6-piece band. This vibrant group of Zulu performers combined with seasoned musicians from the UK mix ancient tradition with contemporary flare. Ubunye deliver a soulful, goosebump-inducing performance of original pieces cleverly fused with South African songs. It is a fantastic multi-cultural experience.

Thursday 20th November 2pm

The Carnegie, Thetford

<https://www.ticketsource.co.uk/creative-arts-east/ubunye/e-dypozy>

Monday 24th November 3pm

Hunstanton Town Hall

<https://www.ticketsource.co.uk/creative-arts-east/ubunye/e-dypozy>

More events will be added....

If you want to come along to any of the above events provided by Creative Arts East-

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

We are using a 'Pay What You Can' pricing structure, to help us to continue these workshops. All funds we raise will contribute towards providing excellent high-quality arts sessions like these.

Creative Socials are monthly creative workshops for people aged 50+. Activities change month-to-month and range from dancing and music, to arts, crafts and creative writing.

A welcoming and inclusive group for anyone who wants to try something new, make new connections and have a cup of tea and a slice of cake! Our social runs from 1-3pm.

Click here to book now (<https://www.ticketsource.co.uk/creative-arts-east>)

Community Culture Club

This is a museum creative wellbeing programme for older adults (65+) including: People living with dementia, Carers, People with long-term health conditions, People who are lonely or socially isolated.

It's based at the Museum of Norwich at the Bridewell, right in the heart of the Norwich Lanes. 10 free sessions. **November 2025 to January 2026**

Email: bridewellmuseum@norfolk.gov.uk

In your email clearly state:

Your name, email address and that you are interested in Community Culture Club 25-26.

<https://www.museumofnorwich.norfolk.gov.uk/article/68154/Community-Culture-Club>

Discovering Norfolk's Pilgrim Routes

Binham Memorial Hall

November 21st

Step into the past with writer Andy Bull to explore Norfolk's ancient pilgrim routes now rediscovered and walked again.



In the late Middle Ages pilgrims criss-crossed the county, some using entry ports like Cley, Wells and Hunstanton, treading their way to Binham, Walsingham and beyond.

Andy's new book ' Norfolk Pilgrim Routes: A History of Paths Places and People' will be for sale, signed, on the night.

Talk tickets £10 (including a glass of wine/soft drink) available from Wells Maltings (01328 710885) from October 24th. Members receive early access. Limited Seating. Booking essential. Doors open 7pm for 7.30 start.

Organised by The Friends of Binham Priory. friendsofbinhampriory.weebly.com



Wellbeing Walks

October - December 2025



Norfolk and Waveney
Talking Therapies

Day	Meeting Point...	Time	Oct	Nov	Dec
Monday	North Walsham Market Cross, Market Place, NR28 9BS	10:30	6th	3rd	1st
	Fakenham Fakenham Library, Oak Street, NR21 9DY	10:30	13th	10th	8th
	Norwich City Hall Steps, St Peter's Street, NR2 1NH	10:30	13th	10th	8th
	Dereham St Nicholas Church, Church Street, NR19 1DN	10:30	20th	17th	15th
	Carlton Marshes Visitor Centre, Burnt Hill Lane, NR33 8HU	10:30	27th	24th	22nd
Tuesday	Diss Frenze Beck Nature Reserve, Sawmills Rd, IP22 4GG	10:30	7th	4th	2nd
	Sheringham *new time* Town Clock opposite Little Theatre, 2 Station Rd, NR26 8RE	10:30	14th	11th	9th
	Great Yarmouth *new day* Outside Munchies café, 2 North Drive, NR30 4ET	13:00	21st	18th	16th
	Thetford Outside The Light Cinema, Bridge Street, IP24 3AE	10:30	28th	25th	-
	Gorleston *new* By ice cream van, Marine Parade Car Park, NR31 6EZ	09:30	28th	25th	-
Wednesday	Swaffham Pathway next to Iceland, Market Place, PE37 7AQ	10:30	1st	5th	3rd
	Felbrigg Hall (Free Parking) Car Park Welcome Hut, Felbrigg Hall, NR11 8PP	10:30	15th	19th	17th
	Downham Market Town Hall Steps, Bridge Street/High Street, PE38 9DW	10:30	22nd	26th	-
Thursday	Waterloo Park Feed Café, Waterloo Park Pavilion, Angel Road, NR3 3HX	10:30	2nd	6th	4th
	Oulton Broad with Lowestoft PCN Banksy Artwork Platform, Nicholas Everitt's Park, NR33 9JR	14:00	2nd	6th	4th
	Beccles St Michael's Church Bell Tower, The Walk, NR34 9HE	10:30	9th	13th	11th
	Watton Behind Queens Hall, entrance to Kittell Close, IP25 6DD	10:30	16th	20th	18th
	Harleston *new time* 'Welcome to Harleston sign' to the left of Co-op, Bullock Fair Close, IP20 9AT	10:30	23rd	27th	-



Wellbeing Walks

October - December 2025



Norfolk and Waveney
Talking Therapies

Day	Meeting Point...	Time	Oct	Nov	Dec
Friday	Redwings Aylsham Spa Lane, Aylsham, NR11 6UE	10:30	3rd	7th	5th
	King's Lynn *new day* Behind the Customs House, Purfleet Quay, PE30 1HP	10:30	3rd	7th	5th
	Cromer Cromer Pier, Promenade, NR27 9HE	10:30	10th	14th	12th
	Wymondham Tiffey/Becketswell Car Park, NR18 9PH	10:30	17th	21st	19th
	Hoveton Hoveton Visitor Centre, Station Road, NR12 8UR	10:30	24th	28th	-
	Redwings Caldecott Visitor Centre, Beccles Road, Fritton, NR31 9EY	10:30	31st	28th	-



Please note, all our walks include a café visit and you are welcome to join us just for a cuppa if you don't fancy the walk! Please email us or visit our website for more details.

All of our socials are open to anyone 16+ with no need to book unless specified. Socials are very informal and you're welcome to stay for as long as you like.

Any queries please email us: cdcteam@norfolkandwaveneymind.org.uk

Website: www.nandwtalkingtherapies.org.uk





Norfolk and Waveney
Talking Therapies

Countywide Wellbeing Walks

Come and join our free walks across the County, connect with new people, breath in the fresh air and get back to nature!

All our walks are staffed by our Community Team and open to anyone aged 16+ with no need to book.

We always include a café visit and you are welcome to join us just for a cuppa if you don't fancy the walk!

Any enquiries please feel free to get in touch!

cdcteam@norfolkandwaveneymind.org.uk



for anxiety and depression



Wellbeing Community Events

October - December 2025



Norfolk and Waveney
Talking Therapies

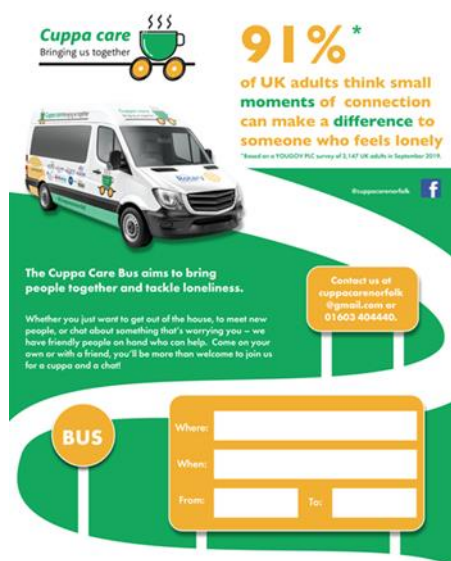
Day	Location	Time	Oct	Nov	Dec
Monday	My Long-Term Health Condition and Me Social Group Louise Hamilton Centre, James Paget Hospital, Gorleston, NR31 6LA	14.00	13th	10th	8th
	Attleborough Social Attleborough Library, Ground Floor, Attleborough Community and Enterprise Centre, Church Street, NR17 2AH	13.00	27th	24th	22nd
Tuesday	Halesworth Café Catch Up Chinny's, 27 Norwich Rd, Halesworth IP19 8BX	12 noon	7th	4th	2nd
	Theatre Royal Café Social Theatre Royal, Theatre Street, Norwich, NR2 1RL	10.30	21st	18th	16th
Wednesday	Norwich Evening Social Marzanos, The Forum, NR2 1TF	17.00	22nd	26th	-
Thursday	Dungeons & Dragons One Shot *booking required* Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER	18.00	2nd	6th	4th
	Writing and Making Workshop The Annex, Holland Court, Cathedral Close, NR1 4DY	13:30	16th	20th	18th
Friday	Norwich Café Social Merchant's House, Fye Bridge St, NR3 1LJ	10:30	10th	14th	12th

All of our socials are open to anyone 16+ with no need to book unless specified, which can be done on the email below. Socials are very informal and you're welcome to stay for as long as you like.

Any queries please email us: cdcteam@norfolkandwaveneymind.org.uk

Website: www.nandwtalkingtherapies.org.uk

Cuppa care- 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 2019.

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 that 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.gov.uk or
01603 404540

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](#)

Autumn Timetable will be coming- check website link above.

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.

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/>



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



Betty's Club

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

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

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

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

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

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 3pm

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. 1st 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. 1st 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- 1st Friday of the month 10am to 12

Priscella Bacon Hospice Century Place, Norwich NR4 7YA

Contact- 01603 776600 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

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

<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

Thorpe St Andrew

Thorpe Dementia Café. 1st and 3rd 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>





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/**

Aylsham

Fridays 1-3pm

The Drill Hall, Cawston Road, Aylsham

NR11 6EB

For further details contact: Karl Read

07512 656864

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

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

Email us on **libraries.iconnect@norfolk.gov.uk**

Or phone **01603 774777**

(Last updated March 2025)

borrow discover connect



Norfolk County Council

Thinking about trying a new activity?

Explore Norfolk County Council’s Adult Learning

For courses in person and online

[Adult Learning Course List](#)

Activities available at North Walsham Library

MONDAY

Mini Movers

Songs and social time for toddlers and their adults, run by staff from 11am to 11.30am.

Stay & Chat

After Bounce & Rhyme, stay for a free cuppa and a chat with other parents.

Scrabble

Every other Monday between 11am -1pm join others for a game or two.

Knit and Natter

Come and join this friendly drop-in session between 1.30-3pm for those who knit, sew or crochet.

Digital Support *

If you need support with technology our volunteers can help you, they have **bookable** appointments between 2pm and 3pm. You can bring your own device or use our PCs

Children Colouring Club

Relax after school at our colouring club between 3.30-4.30pm.

TUESDAY

Creative Writing Groups

Get inspiration and advice from fellow writers from 10.30-11.30am.

Bereavement Cafe

Every 2nd Tuesday between 11am – 12 noon join us for our Bereavement Cafe

for a free hot drink and a chat. These sessions are volunteer led.

Breastfeeding Support

On the first Tuesday from 1.30pm-3pm, led by our volunteer Harriet, come for support, friendship and advice.

German Conversation

Practise your German with fellow speakers between 2.15pm and 3.15pm.

WEDNESDAY

Walk & Talk

Join Lucy, every Wednesday for a nice walk and get to know other walkers. Starts at 12.45pm sharp. Come back afterwards for a free cuppa and a chat.

Drop in and Draw

Relaxed art club from 1.30pm to 3pm. Bring a project to work on and get to know other artists.

THURSDAY

Bounce & Rhyme

Songs and social time for little ones and their adults run by a volunteer from 10.45am - 11am

Stay & Chat

After Bounce & Rhyme, stay for a free cuppa and a chat with other parents

Home Ed LEGO Club

On the 1st Thursday of the month, LEGO Club for home schooled children, from 1.30 to 2.30pm.

Digital Support

If you need support with technology our volunteers can help you, they have **bookable** appointments between 2pm and 3pm. You can bring your own device or use our PCs

FRIDAY

Spanish Conversation

Practise your Spanish with fellow speakers between 11am and 12 noon.

Just A Cuppa & A Jigsaw

Every Friday between 2pm and 3.30pm, enjoy a free cuppa, a chat and the shared experience of completing a puzzle.

Chess Club

From 4.15 till 6pm. Suitable for adults and children aged 10+, our chess club is the perfect place to play a game or two in a friendly atmosphere. Free drinks provided.

SATURDAY

LEGO Club

Every Saturday from 11pm – 1pm pop along to play with some LEGO or Duplo, what will you create?

Saturday Reads Book Group

Fancy joining a friendly group? Come on the 3rd Saturday of the month at 10.30am and discuss the book chosen by the group.

Updated 27/08/2025 SW

Most libraries have similar programmes. Check on the website below for what's on offer at your local library-

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

Click on your nearest in the list and scroll down the information about the library to find out about activities and events coming up.

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>

Priscilla Bacon Lodge Knit and Natter Group

Starting on 4th June 2025, our new Knit and Natter Group will take place on the first Wednesday of every month from 10:30am – 12:30pm, at [The Friends Café](#) inside Priscilla Bacon Lodge.

If you'd like to support our Comfort Blankets project whilst attending the group, we'd be thrilled to have your help. You're also very welcome to bring along your own knitting or crochet projects.

There is no need to sign up, please just come along and join us for a cuppa and some friendly conversation. We look forward to seeing you!

Or join in at home with the Comfort Blankets Project- download the pack for instructions-

Information is on the website-

[Comfort Blankets - Priscilla Bacon Hospice Charity](#)



**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.co.uk

Dates for 2025:

<i>16th January</i>	<i>20th February</i>	<i>20th March</i>	<i>17th April</i>	<i>15th May</i>
<i>19th June</i>	<i>17th July</i>	<i>21st August</i>	<i>18th September</i>	
<i>16th October</i>	<i>20th November</i>	<i>18th December</i>		

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.

Call the team on 01553 760 230 or email contact@thebridgeforheroes.org.

Facebook and Instagram @thebridgeforheroes.

Online exercise classes

Weekly online exercise classes provided by EPIC Norfolk(Exercising People in Communities)

See below.....

They are free to attend and suitable for anybody. The exercises can be done seated or standing.

More information (<https://epicnorfolk.com/live-zoom-classes/>)

See classes below-

Monday – Over-50's Exercise

Time: 10-10.45am

Join Zoom Meeting

<https://us06web.zoom.us/j/93137401336?pwd=N0dJTzllWDFvL1ZjY1ZhdmFVZnE2Zz09>

Meeting ID: 931 3740 1336

Passcode: 397104

Thursday – Over 50's Exercise

Time: 3-3.45pm

Join Zoom Meeting

<https://us06web.zoom.us/j/95879993009?pwd=U2xxQlYxdGcvVFVoSk53eEowYXk1dz09>

Meeting ID: 958 7999 3009

Passcode: 810993

Move it or Lose it Exercise Classes with Jo

Exercise classes for the over 50's

MONDAY - 10am - **Fakenham** Gallow Sports Centre (on Racecourse site), Hempton Rd, Fakenham NR21 7NY.

12 OR 1pm (2 classes back -to -back) **Swaffham** Assembly Rooms, 1 Market Place, Swaffham PE37 7AB.

TUESDAY - 10 OR 11am (2 classes back- to- back) **Swanton Morley** Village Hall, Manns Lane, Swanton Morley NR20 4NP. Refreshments available.

WEDNESDAY - 10 OR 11.30am (2 classes) **Bawdeswell** Village Hall, Reephams Rd, Bawdeswell NR20 4 RU. Refreshments available.

THURSDAY - 11am **Swaffham** Assembly Rooms, 1 Market Place, Swaffham PE37 7AB

1.15pm **Fakenham** Community Centre, Oak Street, NR 21 9SR.

FRIDAY - 9.45am **Thornham** Village Hall, High St, Thornham PE36 6LX.

Contact Jo Farnworth

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The advertisement features a banner with three photos of people exercising. The first photo shows a woman on a stationary bike. The second photo shows a man on a stationary bike. The third photo shows a man on a stationary bike. The banner includes the text 'fit20', 'Fit in 20 minutes per week', 'changed by fit20', 'Make time for your fitness', 'fit20 Hellesdon', 'Fit in 20 minutes per week', 'At fit20 you train once a week for 20 minutes with a personal trainer. Our training method is based on the latest scientific findings about effective and efficient training to improve fitness and health. You book your weekly session ahead of time to stay on track. We guarantee measurable results within a few sessions, and more importantly, you will feel stronger and fitter.', '105 Reephams Rd', 'Norwich NR6 5AB', '07943 802071', 'freetry.co.uk', 'FREE 1st Training Session', and the 'fit20' logo.

fit20
Fit in 20 minutes per week

changed by fit20

Make time for your fitness

fit20 Hellesdon
Fit in 20 minutes per week

At fit20 you train once a week for 20 minutes with a personal trainer. Our training method is based on the latest scientific findings about effective and efficient training to improve fitness and health. You book your weekly session ahead of time to stay on track. We guarantee measurable results within a few sessions, and more importantly, you will feel stronger and fitter.

105 Reephams Rd
Norwich NR6 5AB
07943 802071
freetry.co.uk

FREE
1st Training Session

fit20
Fit in 20 minutes per week



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/
or call 01485 601700

END OF NOVEMBER DATES FOR NOW