

## October 2025 Diary dates

### Walk Norfolk Festival

#### – with Pathmakers

A month long programme of interesting guided walks across Norfolk. Various lengths and locations.

Link to their website below to find the walks, details and book a place.

### Events - Pathmakers

**1<sup>st</sup> to 31<sup>st</sup> October 2025**

## **Creative Arts East Events**

### **Mindful Dance with Vanhulle Dance Theatre-**

Join Laura and Oliver for an uplifting dance workshop in a relaxed and supportive environment! This mindful dance session offers gentle, soothing exercises that encourage self-expression, creativity, and well-being. No experience needed - just bring your curiosity and a willingness to move.

#### **WEST NORFOLK**

13<sup>th</sup> October 1pm to 3pm

Hunstanton Community Centre

15<sup>th</sup> October 1pm to 3pm

Great Massingham Village Hall

#### **BRECKLAND**

24<sup>th</sup> October 1pm to 3pm

Dereham Trinity Methodist Church

30<sup>th</sup> October 1pm to 3pm

St Mary's Church, Attleborough

31<sup>st</sup> October 1pm to 3pm

Thetford Methodist Church

#### **KING'S LYNN**

**Movement and Dance with XEN Arts-** Join Xenoula for fun and friendly dance and movement classes, focusing on improving strength, flexibility and balance.

Open to all - no experience necessary and everything can be adapted to seated or standing.

21<sup>st</sup> October 1pm to 3pm

London Road Methodist Church

### **National Theatre Live Screenings-Mrs. Warren's Profession**

**23<sup>rd</sup> Oct 2pm- Hunstanton Town Hall**

**27<sup>th</sup> Oct 2pm- Bawdeswell Village Hall**

**“Pay What You Can” pricing structure**

**Book- [Creative Arts East event tickets from TicketSource.](#)**

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) (<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>)

# At your Library

in North Walsham



## Childhood Memories - Do you remember?

Come and share your childhood memories.  
Bring your old photographs and share  
them with us.

**Wednesday 1 October**  
**at 2 - 3.30pm**

*An event hosted by Brian Hedge.*

Free, drop-in event. Refreshments provided.

For more details, speak to staff  
or call the library at **01692 402482**

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

**borrow discover connect**



**Norfolk** County Council

More activities below usually available at North Walsham Library-

North Walsham Library Activities

## **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 2<sup>nd</sup> 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 3<sup>rd</sup> 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.



# Wellbeing Walks

## October - December 2025

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](mailto:cdcteam@norfolkandwaveneymind.org.uk)

Website: [www.nandwtalkingtherapies.org.uk](http://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, breathe 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](mailto: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	<b>My Long-Term Health Condition and Me Social Group</b> Louise Hamilton Centre, James Paget Hospital, Gorleston, NR31 6LA	14.00	13th	10th	8th
	<b>Attleborough Social</b> Attleborough Library, Ground Floor, Attleborough Community and Enterprise Centre, Church Street, NR17 2AH	13.00	27th	24th	22nd
Tuesday	<b>Halesworth Café Catch Up</b> Chinny's, 27 Norwich Rd, Halesworth IP19 8BX	12 noon	7th	4th	2nd
	<b>Theatre Royal Café Social</b> Theatre Royal, Theatre Street, Norwich, NR2 1RL	10.30	21st	18th	16th
Wednesday	<b>Norwich Evening Social</b> Marzanos, The Forum, NR2 1TF	17.00	22nd	26th	-
Thursday	<b>Dungeons &amp; Dragons One Shot *booking required*</b> Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER	18.00	2nd	6th	4th
	<b>Writing and Making Workshop</b> The Annex, Holland Court, Cathedral Close, NR1 4DY	13:30	16th	20th	18th
Friday	<b>Norwich Café Social</b> 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](mailto:cdcteam@norfolkandwaveneymind.org.uk)  
Website: [www.nandwtalkingtherapies.org.uk](http://www.nandwtalkingtherapies.org.uk)

Hi Ladies

You maybe starting to wonder what you can do, now that the nights are getting darker?

Well, **The Horning and District Ladies Lunch Club**, are pleased to announce that we will be returning on the 28th October, following our summer break.

It's 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

**We look forward to welcoming you.**

## **Pilates Classes**

3 great classes for older people.

### **Worstead**

Thursdays 4.30pm

Standing and Sitting Pilates.

### **East Ruston**

Fridays 2.45 pm

Gentle Mat Pilates.

### **Neatishead**

Mondays 3 pm

Gentle Mat Pilates

From Boo Williams

Pilates Classes

07717473600

# **Community Culture Club**

**( starting November ,but open to sign up now)**

## **What is it?**

**Community Culture Club 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.**

**It is completely free to be a part of. It's a fixed-term programme of ten sessions and runs once a year, from November – February. We have worked with four cohorts of participants to-date. Each group size is capped at eight participants, to ensure a supportive staff: participant ratio.**

## **What do you do?**

**Each of the ten sessions is themed around an object or objects in the museum's collections. We will do different creative activities together, inspired by the theme that week.**

**This could include activities like:**

**Painting**

**Clay work**

**Tasting foods**

**Handling historical objects**

**You do not need any past creative experience or historical knowledge.**

**We will provide all the materials needed for the activities.**

**There's also plenty of time to chat with other people in the group, to get to know each other.**

**Tea, coffee, fruit, and biscuits are provided at each session. We need to fuel our creativity!**

**"It's an opportunity for older people to re-discover their creative side, learn about the museum and the history of Norwich, and meet new people" – Community Culture Club participant**

**How do I join?**

**Our next group will run November 2025 – January 2026.  
We will open registration for participants in August 2025.**

**If you'd like to express your interest for the next cohort:**

**Email: [bridewellmuseum@norfolk.gov.uk](mailto:bridewellmuseum@norfolk.gov.uk)**

**In your email clearly state:**

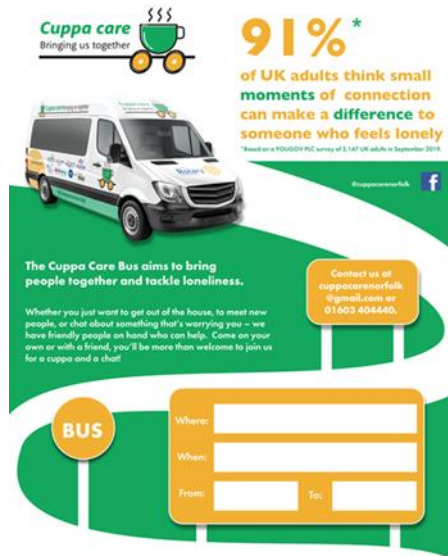
**Your name**

**Email address**

**That you are interested in Community Culture Club 25-26.**

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

## 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 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.gov.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**

**Autumn Timetable –**

**Below....**

**Acle** - Acle Recreation Centre Car Park, Bridewell Lane, Acle, NR13 3RA  
10am - 12pm Monday 20<sup>th</sup> Oct

**Attleborough**- Queens Square, Attleborough, NR17 2AF 10am - 12pm  
Thursday 23<sup>rd</sup> Oct

**Aylsham**- Outside Aylsham Town Hall, NR11 6EL 1pm - 3pm Wednesday  
13<sup>th</sup> Oct

**Aylsham** -Bure Valley House, Station Road, Norwich, NR11 6HU 1pm -  
3pm Monday 8<sup>th</sup> Oct

**Blakeney** -Glaven Centre, Thistleton Court, Blakeney, Holt, NR25 7PH 1pm  
- 3pm Tuesday 21<sup>st</sup> Oct

**Cromer** -Ashdown Court, Cliff Avenue, Cromer, NR27 0AE 1pm - 3pm  
Tuesday 28<sup>th</sup> Oct

**Dereham**- Dereham Shopping Centre, Wright's Walk, Dereham, NR19 1TR  
1pm - 3pm Wednesday 15<sup>th</sup> Oct

**Diss**- Market Square, Outside the Post Office, IP22 4AN 10am - 12pm  
Monday 6<sup>th</sup> Oct

**Fakenham**- War Memorial, Market Place, Fakenham 10am - 12pm Tuesday  
21<sup>st</sup> Oct

**Great Yarmouth** -The Market Place, Great Yarmouth, NR30 2BA 1pm - 3pm  
Monday 20<sup>th</sup> Oct

**Harleston**- Coop Car Park, Bullock Fair Close, IP20 9AT 1pm - 3pm Monday  
6<sup>th</sup> Oct

**Hingham** -Marketplace, Hingham, NR9 4AF 10am - 12pm Wednesday 1<sup>st</sup>  
Oct

**Hoveton**- Hoveton & Wroxham Medical Centre, Stalham Road, NR12 8DU  
1pm - 3pm Wednesday 22<sup>nd</sup> Oct

**Holt** -The Venue, Kerridge Way, Holt NR25 6DW 10am - 12pm Monday 13<sup>th</sup>  
Oct

**Loddon**- Church Plain Car Park, NR14 6LX 10am - 12pm Tuesday 7<sup>th</sup> Oct

**Long Stratton**- Long Stratton Leisure Centre, Swan Lane, NR15 2UY 1pm  
- 3pm Tuesday 7<sup>th</sup> Oct

**Ludham**- Ludham Village Hall Car Park, Norwich Road, Ludham, Great  
Yarmouth, NR29 5PB 1pm - 3pm Thursday 16<sup>th</sup> Oct

**Mattishall**- Bob Carter Court, Mattishall, NR20 3RU 1pm - 3pm  
Wednesday 1<sup>st</sup> Oct

**Northrepps-** Northrepps Village Hall, 4 School Close, Northrepps,  
Cromer, NR27 0LB 10am - 12pm Wednesday 8th Oct

**North Walsham-** Vicarage Street Car Park, North Walsham, NR28 9DQ  
10am - 12pm Tuesday 14th

**Norwich-** The Forum, Millenium Plain, Norwich, NR2 1TF 10am - 3pm  
Thursday 9th Oct

**Reepham-** Stimpsons Piece Pavillion, Bartle Court, Reepham, NR10 4LL  
10am - 12pm Wednesday 22th Oct

**Sheringham-** Station Approach Car Park, Station Road, Sheringham,  
NR26 8RG 1pm - 3pm Tuesday 14th Oct

**Spixworth-** Village Hall Car Park, Spixworth, NR10 3NQ 10am - 12pm  
Friday 17th Oct



**Stalham-** Staithe Surgery Car Park, NR12 9BU 10am - 12pm Thursday

16th Oct

**Swaffham-** Swaffham War Memorial, Lynn Street 1pm - 3pm Friday 10th

Oct

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

1pm - 3pm Friday 17th Oct

**Thetford-** Market Place, Thetford, IP24 2DS 10am - 12pm Friday 10th Oct

**Watton-** Queens Hall, Norwich Road, Watton, IP25 6DA 10am - 12pm

Wednesday 15th Oct

**Wymondham** -Waitrose Car Park, Wymondham, NR18 0SH 1pm - 3pm

Thursday 23rd Oct

## **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/>**

## Dementia cafe



# 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](http://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](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 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.** 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**

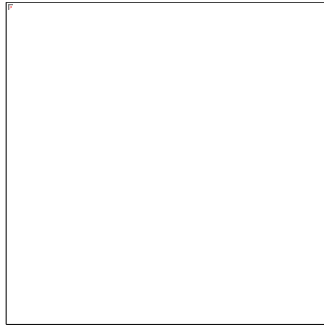
**Pabulum Café.** Mondays and Fridays weekly 10am to 12noon( not Bank Holidays

Fairland Church Centre Fairland Hill Wymondham NR18 0AW

**Contact-** 07391 659057 or 07586 312809

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





### **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**

More cafes-.....

## **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)**

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

**Thinking about trying a new activity?**

**Explore Norfolk County Council’s Adult Learning**

**For courses in person and online**

**[Adult Learning Course List](#)**

### **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](#)



## **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.**

## **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**

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### Move it or Lose it Exercise Classes with Jo

#### Exercise classes for the over 50's

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

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

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

**WEDNESDAY** - 10 OR 11.30am (2 classes) **Bawdeswell** Village Hall, 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

07941086603

[jo.farnworth@moveitorloseit.co.uk](mailto:jo.farnworth@moveitorloseit.co.uk)

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The advertisement features a banner with four photos of people exercising. The first photo shows a woman on a stationary bike. The second shows a man with a beard. The third shows a woman on a bike. The fourth shows a man on a bike. The text 'fit20' is prominently displayed in green and black. Below the banner, there is a green speech bubble that says 'changed by fit20'. To the right, it says 'Make time for your fitness'. Below that, it says 'fit20 Hellesdon' and 'Fit in 20 minutes per week'. A paragraph of text describes the program. At the bottom left, there is contact information. At the bottom center, there is a green button that says 'FREE 1st Training Session'. At the bottom right, there is a logo for 'fit20' with the tagline 'Fit in 20 minutes per week'.

**changed by fit20**

**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](http://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?**

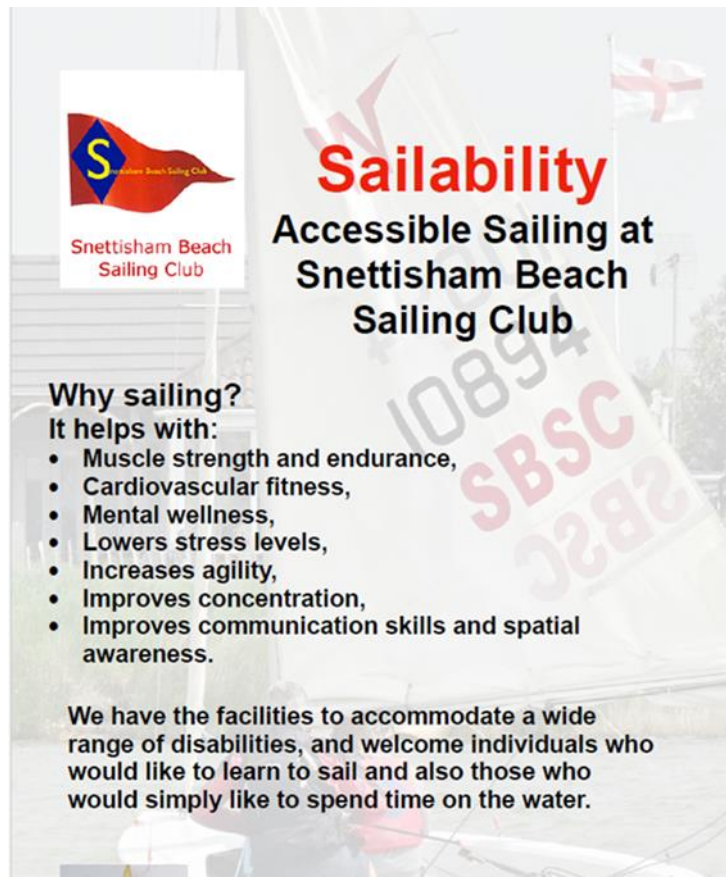
We all know people who are going through a difficult time due to ill-health, care-giving, loss or bereavement. We often want to offer support, but don't always have the words or know how we can help. Becoming a compassionate friend will help to build the skills and confidence needed.

#### **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/](http://www.tappinghouse.org.uk/compassionate-communities/)  
or call 01485 601700





## Sailability

### Sailability Website link-

<https://www.snetbeach.co.uk/page/accessible-sailing>

### email Adrian Tebbutt-

[sbsc.accessible.sailing@gmail.com](mailto:sbsc.accessible.sailing@gmail.com)





All our volunteers are DBS checked and have undergone appropriate training for their roles.

The sessions will run between April and October on Friday afternoons between 13.00 and 17.00hrs, weather permitting, and need to be booked in advance.

Wheelchair access is possible to the floating pontoon and we have a hoist installed to transfer individuals to our boats.

All specialist equipment required will be provided. Clients should not get wet when on the water (rain excepted) and should be dressed appropriately for the weather.

Charges are £12 per hour for an individual booking and £90 for a 2 hour group booking for 6 - 10 people.

Currently we have 2 Hansa 303 dinghies and 2 Wayfarer dinghies available. We hope to add to our Hansa fleet in the near future.

Booking can be made by visiting our website  
[www.snetbeach.co.uk/page/accessible-sailing](http://www.snetbeach.co.uk/page/accessible-sailing)

Any questions or for more information contact  
Adrian Tebbutt  
[sbsc.accessible.sailing@gmail.com](mailto:sbsc.accessible.sailing@gmail.com)  
07530 046139

END OF OCTOBER DATES FOR NOW