

September 2025 Diary dates

Heritage Open days

Heritage Open Days have just started. There are lots of drop in options available in locations across Norfolk.

Heritage Open Days is England's largest community led festival of history and culture, involving thousands of local volunteers and organisations. Every year in September it brings people together to celebrate their heritage, community and history. Stories are told, traditions explored, and histories brought to life. It's your chance to see hidden places and try out new experiences – and it's all FREE.

Heritage Open Days 2025: 12-21 September

Link below

[12-21 Sep 2025 | Norfolk Heritage Open Days](#)

Active Health Move & Shout programme (Norwich) – neurological conditions

We are excited to share that our first Active Health – Move and Shout 12-week programme is starting next month.

Start Date: Wednesday 24th September 2025

Finish Date: Wednesday 10th December 2025

Where: Riverside Leisure Centre, Norwich, Wherry Road, NR1 1WX

Time: 12:45 – 13:45 (it can be shortened depending on feedback from participants).

Cost: Free to Riverside Leisure Centre Members and £3.50 to non-members

The Active Health Move & Shout programme delivers a specialised 12-week physical activity intervention for individuals with neurological conditions in a leisure centre setting. Originally designed for Parkinson's disease, the programme has expanded to support individuals living with dementia, Alzheimer's disease, acquired brain injury, and other neurological impairments. The focus is to improve physical function, cognitive stimulation, and overall wellbeing while fostering inclusion and awareness within the community. This programme combines evidence-based physical activities with tailored cognitive exercises.

If individuals would like to express their interest they can do so by visiting this link:

<https://www.placesleisure.org/centres/riverside-leisure-centre/news/active-health-move-and-shout/>

Online sessions for Carers

Carers Voice invites Carers across Norfolk and Waveney to join our free online wellness activity sessions taking place over summer 2025. The dates and topics of the sessions are below:

Monday 8th September: 10.30am-12.00pm:
Guided Indian Head Massage

Thursday 25th September: 1.00pm-2.30pm:
Windowsill Gardening and Seated Yoga

The sessions will open with the regular item 'What Matters to Me' to ensure that you have the opportunity to share what's important to them including anything they have found useful in support of their caring role or any issue of concern they would like to raise as well as the chance to connect with other Carers.

click on the following link:

<https://www.smartsurvey.co.uk/s/Carers-seated/>

Please use the form to complete your details so we can send you the Zoom link to join, contact you about the sessions you are interested in joining and Carers Voice mailing list

Advice for carers

Carer Money Matters – Norfolk Roadshow

Monday 8 September

10.30am-12.30pm – Brundall Memorial Hall

1.30pm-3.30pm – North Walsham Vicarage Street, North Walsham

4.00pm-6.00pm – Sheringham Station Approach Car Park, Sheringham

Tuesday 9 September

9.00am-11.00am – Stearmans Yard Car Park, Wells-next-the-sea

12.30pm-2.30pm – Valentine's Road Car Park, Hunstanton

3.00pm-5.00pm – Dersingham Village Centre

Wednesday 10 September

9.00am-11.00am – North Wootton Village Hall

Downham Market

2.30pm-4.30pm – Feltwell Playing Field off Paynes Lane

Thursday 11 September

9.00am-11.00am – Thetford Marketplace

11.30am-1.30pm – Diss Town Council Mere's Mouth

2.00pm-3.30pm – Mulbarton Village Hall

Visit the **Caring Together Charity** Camper Van for friendly help and advice about reducing energy costs this autumn, financial support you may be entitled to, and managing financially as a carer for a family member (or friend) who is ill or disabled. We will also be distributing free Carbon Monoxide alarms to eligible households*.

[Carer Money Matters – Norfolk Roadshow - Caring Together Charity](#)

Rotary



Club of Kings Lynn Priory

SENIOR CITIZENS FILM CLUB

THE ROSES

**OLIVIA COLMAN & BENEDICT
CUMBERBATCH**

£4 PER TICKET



**MONDAY 15TH
SEPTEMBER AND
WEDNESDAY 17TH
SEPTEMBER**



**KINGS LYNN CORN
EXCHANGE CINEMA**



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



**TEA AND
COFFEE**

Booking is essential, to secure your tickets email:

Bharti.Patel@west-norfolk.gov.uk

07375375404.

Creative Arts East Events

Great Yarmouth... Memoir Writing with NCW

<https://www.ticketsource.co.uk/creative-arts-east/memoir-writing-with-ncw/e-pbeopy>

Katie Cooper from the National Centre for Writing will be joining us for a two-part workshop series focusing on writing memoir through food, thinking about how smell, taste and sight can transport us to bygone times and places.

No writing experience necessary!(Book using the link)

St George's Theatre Café

Tuesday 2nd September 1pm

For more information

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 for more events

(<https://www.ticketsource.co.uk/creative-arts-east>)

More Creative Arts East events below...

Arts For Health

An Afternoon of (very) old radio

Are you sitting comfortably? Then we'll begin.

This is London calling...Written and performed by comedian, broadcast historian and British Comedy Award-winning writer (Miranda, Not Going Out) Paul Kerensa, this one-man show informs, educates and entertains about the origin story of the BBC, radio and life as we know it.

Journey back to the 1920s with tales, clips and re-enactments of landmark moments: the first BBC broadcast, the first children's show, drama, sports commentary and much more.

With genuine 'cat's whisker' radio set, gramophone player and 1923 Radio Times, this 'stand-up history' show brings back to life forgotten pioneers – from Britain's first DJ Gertrude Donisthorpe (spinning discs in a field during WWI), to the BBC's first children's character. Hear the BBC's first song, the influential first outside broadcast and the bawdy tale of the launch of Savoy Hill. All wrapped in a delightfully fun tale - with insights of Paul's present-day BBC career.

"Top comic, top writer" - Lee Mack

Wednesday 24th September 2pm to 4pm

Hunstanton Methodist Church

(5 Austin Street, Hunstanton PE36 6AJ)

Thursday 25th September 2pm to 4pm

Attleborough Methodist Church

(London Road, Attleborough NR17 2BX)

Tickets are 'Pay What You Can'. Book yours here!

(<https://www.ticketsource.co.uk/creative-arts-east/an-afternoon-of-very-old-radio/e-zezzaz>)

More Creative Arts East events- below.....

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.

Breckland

11th September 1pm-3pm

St Mary's Church Attleborough

12th September 1pm to 3pm

Thetford Methodist Church

19th September 1pm to 3pm

Dereham Trinity Methodist Church

West Norfolk

8th September 1pm to 3pm

Hunstanton Community Centre

17th September 1pm to 3pm

Great Massingham Village Hall

King's Lynn

Movement and Dance with Zen 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.

16th September 1pm-3pm

London Road Methodist Church, King's Lynn

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>)

.....

Thinking about trying a new activity?

Explore Norfolk County Council's Adult Learning

For courses in person and online

[Adult Learning Course List](#)

.....

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

In your email clearly state:

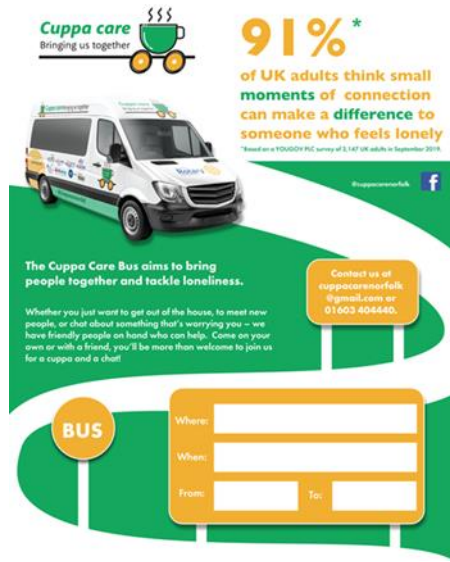
Your name

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



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 5,147 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 404840.

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 for September below...

Acle- Car Park by Acle Methodist Hall, Bridewell Lane, Acle NR13 3RA

Monday 15th September 10am - 12pm

Aldborough- Aldbrough Community Centre, The Green, Aldborough,
NR11 7AA

Tuesday 2nd September 10am - 12pm

Attleborough- Queens Square, Attleborough, NR17 2AF

Thursday 25th September 10am - 12pm

Aylsham- Outside Aylsham Town Hall, NR11 6EL

Wednesday 10th September 1pm - 3pm

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

Monday 22nd September 1.00pm - 3pm

Cromer- Barkers Herne, Summerhouse Close, Cromer, NR27 9JE

Tuesday 2nd September 1.00pm - 3pm

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

Wednesday 17th September 1.00pm - 3pm

Diss- Market Square, Outside thePost Office, IP22 4AN

Monday 8th September 10am - 12pm

Erpingham- Erpingham with Calthorpe Village Hall, The Street,
Erpingham NR11 7QB

Wednesday 24th September 10am - 12pm

Fakenham- War Memorial, Market Place, Fakenham

Tuesday 23rd September 10am - 12pm

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

Monday 15th September 1pm - 3pm

Harleston- Coop Car Park, Bullock Fair Close, IP20 9AT

Monday 8th September 1pm - 3pm

Hickling- Methodist Church Car Park, NR12 0YD

Tuesday 18th September 1pm - 3pm

Hoveton- Hoveton & Wroxham Medical Centre, Stalham Road, NR12 8DU

Wednesday 24th September 1.00pm - 3pm

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

Monday 22nd September 10am - 12pm

Kings Lynn- North Lynn Food Hub, 4 Walpole Road, Kings Lynn, PE30 2DZ

Wednesday 3rd September 1pm - 3pm

Loddon- Church Plain Car Park, NR14 6LX

Tuesday 9th September 10am - 12pm

Mundford- Mundford Village Hall, St Leonards Street, IP26 5DW

Thursday 4th September 10am - 12pm

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

Tuesday 23rd September 1pm - 3pm

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

Wednesday 10th September 10am - 12pm

North Walsham- Vicarage Street Car Park, North Walsham, NR28 9DQ

Tuesday 16th September 10am - 12pm

Poringland- Poringland Community Centre, Overtons Way,
Poringland, NR14 7WB

Tuesday 9th September 1pm - 3pm

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

Tuesday 16th September 1pm - 3pm

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

Friday 19th September 10am - 12pm

Stalham- Staithe Surgery Car Park, NR12 9BU

Thursday 18th September 10am - 12pm

Swaffham- Swaffham War Memorial, Lynn Street

Friday 5th September 1pm - 3pm

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

Friday 19th September 1pm - 3pm

Thetford- Market Place, Thetford, IP24 2DS

Friday 5th September 10am - 12pm

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

Wednesday 17th September 10am - 12pm

Wymondham- Waitrose Car Park, Wymondham, NR18 0SH

Thursday 25th September 1pm - 3pm

Come on your own or with a friend, you'll be more than welcome to join us
for a cuppa and a chat!

For more information please follow us on Facebook [@cuppacarenorfolk](#)

or e-mail us on cuppacarenorfolk@gmail.com

**Please check for added dates or cancellations by clicking below to see
the timetable-**

[Cuppa Care - Hear For Norfolk](#)



Wellbeing Walks

July - September 2025



Norfolk and Waveney
Talking Therapies

Day	Meeting Point...	Time	July	Aug	Sept
Monday	North Walsham Market Cross, Market Place, NR28 9BS	10:30	7th	4th	1st
	Fakenham Fakenham Library, Oak Street, NR21 9DY	10:30	14th	11th	8th
	Norwich City Hall Steps, St Peter's Street, NR2 1NH	10:30	14th	11th	8th
	Dereham St Nicholas Church, Church Street, NR19 1DN	10:30	21st	18th	15th
	Carlton Marshes Visitor Centre, Burnt Hill Lane, NR33 8HU	10:30	28th	-	22nd
Tuesday	Diss Frenze Beck Nature Reserve, Sawmills Rd, IP22 4GG	10:30	1st	5th	2nd
	Sheringham Town Clock opposite Little Theatre, 2 Station Rd, NR26 8RE	13:00	8th	12th	9th
	Hunstanton *new meeting point* The Bandstand, The Green, Le Strange Terrace, PE36 5AJ	10:30	15th	19th	16th
	Thetford The Light Cinema, Bridge Street, IP24 3AE	10:30	22nd	26th	23rd
	Gorleston Beaches Medical Centre, Sussex Road, NR31 6QB	11:00	22nd	26th	23rd
Wednesday	Swaffham Pathway next to Iceland, Market Place, PE37 7AQ	10:30	2nd	6th	3rd
	Downham Market Town Clock, Bridge Street/High Street, PE38 9DW	10:30	9th	13th	10th
	Felbrigg Hall (Free Parking) Car Park Welcome Hut, Felbrigg Hall, NR11 8PP	10:30	16th	20th	17th
Thursday	Waterloo Park Feed Café, Waterloo Park Pavilion, Angel Road, NR3 3HX	10:30	3rd	7th	4th
	Lowestoft with PCN Banksy Artwork Platform, Nicholas Everitts Park, NR33 9JR	14:00	3rd	7th	4th
	Beccles St Michael's Church Bell Tower, The Walk, NR34 9HE	10:30	10th	14th	11th
	Watton Behind Queens Hall, entrance to Kittell Close, IP25 6DD	10:30	17th	21st	18th
	King's Lynn Behind the Customs House, Purfleet Quay, PE30 1HP	10:30	24th	28th	25th
	Harleston 'Welcome to Harleston' sign left of co-op, Bullock Fair CI, IP20 9AT	13:00	24th	28th	26th

Please turn over for Friday walks



for anxiety and depression



Wellbeing Walks

April - June 2025



Norfolk and Waveney
Talking Therapies

Day	Meeting Point...	Time	July	Aug	Sept
Friday	Redwings Aylsham Spa Lane, Aylsham, NR11 6UE	10:30	4th	1st	5th
	Cromer Cromer Pier, Promenade, NR27 9HE	10:30	11th	8th	12th
	Wymondham Tiffey/Beckets well Car Park, NR18 9PH	10:30	18th	15th	19th
	Great Yarmouth *new meeting point* Outside Munchies Café, 2 North Drive, NR30 4ET	13:00	18th	15th	19th
	Hoveton Hoveton Visitor Centre, Station Road, NR12 8UR	10:30	25th	22nd	26th
	Redwings Caldecott Visitor Centre, Beccles Road, Fritton, NR31 9EY	10:30	25th	29th	26th

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.wellbeingnands.co.uk

More below...



Wellbeing Community Events

July - September 2025



Norfolk and Waveney
Talking Therapies

Day	Location	Time	July	Aug	Sept
Monday	Kings Lynn Social with Family Action Family Action Discovery Centre Garden, Columbia Way, Kings Lynn, PE30 2LA	10:30	7th	4th	1st
	My Long-Term Health Condition and Me Social Group Louise Hamilton Centre, James Paget Hospital, Gorleston, NR31 6LA	14.00	14th	11th	8th
	Attleborough Social Attleborough Library, Ground Floor, Attleborough Community and Enterprise Centre, Church Street, NR17 2AH	13.00	28th	-	22nd
Tuesday	Halesworth Cafe Catch Up Chinny's, 27 Norwich Rd, Halesworth IP19 8BX	12 noon	1st	5th	2nd
	Swaffham Wellbeing Group with Family Action Swaffham Community Centre, Campingland, PE37 7RB	10:00	8th	12th	9th
	Theatre Royal Café Social Theatre Royal, Theatre Street, Norwich, NR2 1RL	10.30	15th	19th	16th
Wednesday	Norwich Evening Social Marzanos, The Forum, NR2 1TF	17.00	9th	13th	10th
	Norwich Evening Warhammer Craft Social *booking required* Wellbeing Hub, Holland Court, Norwich, NR1 4DY	18.00	23rd	27th	24th
Thursday	Dungeons & Dragons One Shot *booking required* Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER	18.00	3rd	7th	4th
	Hoveton Café Catch Up Café 98, EACH Charity Shop, Station Road, NR12 8UR	11:30	10th	14th	11th
	Origami Social - Folding for Pride REST Hub Norwich, 71 Bethel Street, NR2 1NW	18:00	17th	-	-
Friday	Caister Café Social The Rabbit Hutch, Caister On Sea, NR30 5ET	10:30	4th	1st	5th
	Norwich Café Social Merchant's House, Fye Bridge St, NR3 1LJ	10:30	11th	8th	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. Online socials can be accessed via our website.

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

Website: www.wellbeingnands.co.uk



for anxiety and depression

Raise a cuppa for a great cause

Biggest Macmillan Coffee Morning

FREE ENTRY!

Enjoy music,
food, raffle &
more!

Friday 26th September | 2.30pm - 5pm

Gaywood Church Rooms, King's Lynn

All proceeds will go to Macmillan Cancer Support

MACMILLAN
CANCER SUPPORT



Amberley Hall Care Home

☎ 01553 603235

✉ AmberleyHall.Lifestyles@athenacarehomes.co.uk

🌐 www.athenacarehomes.co.uk



Goodwins Hall Care Home

☎ 01553 603242

✉ Goodwins.Lifestyles@athenacarehomes.co.uk

🌐 www.athenacarehomes.co.uk

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

The Reef Leisure Centre

Sheringham

Every Friday 10-11am

Returns 3rd October 2025

To book a place call 01263 825675

Upon arrival ,ask at Reception and they will guide you to the room.

The Dementia Café session is free ,but hot drinks are extra .

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.

The Reef Leisure Centre,Weybourne Rd, Sheringham NR26 8WD

<https://www.everyoneactive.com/centre/the-reef-leisure-centre/>

Call 01263 825675

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>

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/>

More below.....

Norwich Continued....

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>

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 social clubs



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

Companionship Cafes

Homeinstead have launched two new Companionship Café locations in Norwich to combat loneliness and isolation. These cafés offer tea, coffee, cakes, quizzes, and friendly company, as well as access to tablets for internet use, games, or tech support. Here are the café locations and schedules:.....

Thorpe Companionship Café

When: 1st Thursday of each month

Where: St Williams Way Library, NR7 0AJ

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

Phone: 01603 963317

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)



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

Come Singing For People Of All Ages With Memory Loss

Come Singing at Millenium Library

Tuesdays:

2nd and 4th Tuesday of the month 10.30-12.30

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

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>

Sailability

Sailability Website link-

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

email Adrian Tebbutt-

sbsc.accessible.sailing@gmail.com



Sailability

Accessible Sailing at Snettisham Beach Sailing Club

Why sailing?

It helps with:

- Muscle strength and endurance,
- Cardiovascular fitness,
- Mental wellness,
- Lowers stress levels,
- Increases agility,
- Improves concentration,
- Improves communication skills and spatial awareness.

We have the facilities to accommodate a wide range of disabilities, and welcome individuals who would like to learn to sail and also those who would simply like to spend time on the water.

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

Any questions or for more information contact
Adrian Tebbutt
sbsc.accessible.sailing@gmail.com
07530 046139



**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>		

Registered Charity Number: 1212148

derehamgolfclub.co.uk

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.

Exercise.....

Online exercise classes

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

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

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

Sanctuary community meal and service.

It is on Saturday 27th September 5pm-7:30pm at The Chapel in Hellesdon.

Sanctuary is a free community meal followed by an accessible, testimony-based service. We can offer free transport and cater for most dietary requirements, though it is

essential people book using this link
<https://gatewayvineyardnorwich.churchsuite.com/events/ojozj99a> leaving a phone
number so we can arrange taxi times with guests.

Please do get in touch if you require any further information.

Every blessing,

Dani Horsfall

Gateway Vineyard Church

dani@gatewayvineyard.church

07716454166

End of September dates for now