

## April 2025 Diary dates

### Creative Socials

**TUESDAY 01 APRIL**



### **GREAT YARMOUTH CREATIVE SOCIALS**

**01:00 PM St George's  
Theatre Cafe**

Join the Creative Arts East  
staff for a fun afternoon...

---

Join the Creative Arts East staff for a fun afternoon creative social - have some tea and cake and get together.

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! The social runs from 1-3pm.

**Booking is essential** and spaces are allocated on a first come first served basis, so please contact us in advance to book a place and let us know your access requirements.

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 this one. Tea, coffee and cake are still provided.

For information and to book click below-

<https://www.creativeartseast.co.uk/post/events/great-yarmouth-creative-socials-3>

**FRIDAY 04 APRIL**



## **BRECKLAND CREATIVE SOCIALS - DEREHAM**

**01:00 PM Trinity Methodist  
Church**

Poppy will lead you through  
a series of creative writing...

Poppy will lead you through a series of creative writing prompts and games to get your ideas flowing onto the page. Using the prompt **SPRING** as the seed, you will grow your very own poems. No writing experience is necessary, this workshop aims to remove the fear and find the creativity in writing.

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! The social runs from 1-3pm.

**Booking is essential** and spaces are allocated on a first come first served basis, so please contact us in advance to book a place and let us know your access requirements.

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 this one. Tea, coffee and cake are still provided.

For information and to book click below-

<https://www.creativeartseast.co.uk/post/events/breckland-creative-socials-dereham-3>

**THURSDAY 10 APRIL**



**BRECKLAND CREATIVE  
SOCIALS -  
ATTLEBOROUGH**

**02:00 PM Attleborough  
Town Hall**

Poppy will lead you through  
a series of creative writing...

Poppy will lead you through a series of creative writing prompts and games to get your ideas flowing onto the page. Using the prompt SPRING as the seed, you will grow your very own poems. No writing experience is necessary, this workshop aims to remove the fear and find the creativity in writing.

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! The social runs from 1-3pm.

**Booking is essential** and spaces are allocated on a first come first served basis, so please contact us in advance to book a place and let us know your access requirements.

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 this one. Tea, coffee and cake are still provided.

For information and to book click below-

<https://www.creativeartseast.co.uk/post/events/breckland-creative-socials-attleborough-3>

**FRIDAY 11 APRIL**



## **BRECKLAND CREATIVE SOCIALS - THETFORD**

**01:00 PM Thetford**

**Methodist Church**

Poppy will lead you through  
a series of creative writing...

Poppy will lead you through a series of creative writing prompts and games to get your ideas flowing onto the page. Using the prompt **SPRING** as the seed, you will grow your very own poems. No writing experience is necessary, this workshop aims to remove the fear and find the creativity in writing.

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! The social runs from 1-3pm.

**Booking is essential** and spaces are allocated on a first come first served basis, so please contact us in advance to book a place and let us know your access requirements.

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 this one. Tea, coffee and cake are still provided.

**For information and to book click below-**

<https://www.creativeartseast.co.uk/post/events/breckland-creative-socials-thetford-3>

**MONDAY 14 APRIL**



## **WEST NORFOLK CREATIVE SOCIALS - HUNSTANTON**

**01:00 PM Hunstanton**

**Community Centre**

Poppy will lead you through  
a series of creative writing...

Poppy will lead you through a series of creative writing prompts and games to get your ideas flowing onto the page. Using the prompt **SPRING** as the seed, you will grow your very own poems. No writing experience is necessary, this workshop aims to remove the fear and find the creativity in writing.

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! The social runs from 1-3pm.

**Booking is essential** and spaces are allocated on a first come first served basis, so please contact us in advance to book a place and let us know your access requirements.

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 this one. Tea, coffee and cake are still provided.

**For information and to book click below-**

<https://www.creativeartseast.co.uk/post/events/west-norfolk-creative-socials-hunstanton-3>



**TUESDAY 15 APRIL**



## **KING'S LYNN CREATIVE SOCIAL**

**01:00 PM London Road  
Methodist Church Hall**

Join Les for an  
experimental music making  
workshop; this event...

Join Les for an experimental music making workshop; this event is a taster session into the Creative Social programme.

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! The social runs from 1-3pm.

**Booking is essential** and spaces are allocated on a first come first served basis, so please contact us in advance to book a place and let us know your access requirements.

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 this one. Tea, coffee and cake are still provided.

**For information and to book click below-**

<https://www.creativeartseast.co.uk/post/events/kings-lynn-creative-social>

**WEDNESDAY 16 APRIL**



**WEST NORFOLK CREATIVE  
SOCIALS - GREAT  
MASSINGHAM**

**01:00 PM Great**

**Massingham Village Hall**

Poppy will lead you through  
a series of creative writing...

Poppy will lead you through a series of creative writing prompts and games to get your ideas flowing onto the page. Using the prompt SPRING as the seed, you will grow your very own poems. No writing experience is necessary, this workshop aims to remove the fear and find the creativity in writing.

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! The social runs from 1-3pm.

**Booking is essential** and spaces are allocated on a first come first served basis, so please contact us in advance to book a place and let us know your access requirements.

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 this one. Tea, coffee and cake are still provided.

**For information and to book click below-**

<https://www.creativeartseast.co.uk/post/events/west-norfolk-creative-socials-great-massingham-3>

**WEDNESDAY 23 APRIL**



**AFTERNOON EVENTS:  
NATIONAL THEATRE LIVE:  
THE IMPORTANCE OF  
BEING EARNEST**

**02:00 PM Bawdeswell  
Village Hall**

Part of Breckland Arts For  
Health Afternoon Events  
The Importance...

We are using a 'Pay What You Can' pricing structure, to help us to continue events like this. Any funds we raise will go towards us continuing to provide excellent high-quality arts events like this one. This event is suitable for anyone aged 50+ including those with long-term health conditions such as dementia, carers and people looking to create new connections!

[Click below for more information and to buy tickets](#)

[Afternoon Events: National Theatre Live: The Importance of Being Earnest - Creative Arts East](#)

For other Creative Arts East events around the County-

Try their website



<https://www.creativeartseast.co.uk/whats-on>





# Wellbeing Community Events

## April – June 2025



Norfolk and Waveney  
Talking Therapies

Day	Location	Time	Apr	May	June
Monday	Kings Lynn Social with Family Action (New) Family Action Discovery Centre Garden, Columbia Way, Kings Lynn, PE30 2LA	10:30	7th	-	2nd
	My Long-Term Health Condition and Me Social Group Louise Hamilton Centre, James Paget Hospital, Gorleston, NR31 6LA	14.00	14th	12th	9th
	Crafty Creations (New Time) DANES, 161 Rotterdam Road, Lowestoft, NR32 2EZ	13:00	-	19th	16th
	Attleborough Social Attleborough Library, Ground Floor, Attleborough Community and Enterprise Centre, Church Street, NR17 2AH	13.00	28th	26th	23rd
Tuesday	Re-Do Craft Social *booking required* Unit 4, St Augustine's Gate, Norwich, NR3 3BE	10.00	1st	6th	3rd
	Halesworth Cafe Catch Up Chinny's, 27 Norwich Rd, Halesworth IP19 8BX	12 noon	1st	6th	3rd
	Swaffham Wellbeing Group with Family Action (New) Swaffham Community Centre, Campingland, PE37 7RB	10:00	8th	13th	10th
	Theatre Royal Café Social Theatre Royal, Theatre Street, Norwich, NR2 1RL	10.30	15th	20th	17th
Wednesday	Norwich Evening Social Marzanos, The Forum, NR2 1TF	17.00	9th	14th	11th
	Online Quiz Night – entry via our website <a href="https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/">https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/</a>	18:00	16th	21st	18th
	Norwich Evening Warhammer Social (New) Wellbeing Hub, Holland Court, Norwich, NR1 4DY	18.00	23rd	28th	25th
Thursday	Dungeons & Dragons One Shot *booking required* Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER	18.00	3rd	1st	5th
	Hoveton Café Catch Up (New) Café 98, EACH Charity Shop, Station Road, NR12 8UR	11:30	10th	8th	12th
Friday	Caister Café Social (New Day & Time) The Rabbit Hutch, Caister On Sea, NR30 5ET	10:30	4th	2nd	6th
	Norwich Café Social (New Day) Merchant's House, Fye Bridge St, NR3 1LJ	10:30	11th	9th	13th

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

Website: [www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)



for anxiety and depression



# Wellbeing Walks

## April - June 2025



Norfolk and Waveney  
Talking Therapies

Day	Meeting Point...	Time	Apr	May	June
Monday	North Walsham Market Cross, Market Place, NR28 9BS	10:30	7th	-	2nd
	Fakenham (New Day & Time) Fakenham Library, Oak Street, NR21 9DY	10:30	14th	12th	9th
	Norwich City Hall Steps, St Peter's Street, NR2 1NH	10:30	14th	12th	9th
	Dereham St Nicholas Church, Church Street, NR19 1DN	10:30	-	19th	16th
	Carlton Marshes (New Time) Visitor Centre, Burnt Hill Lane, NR33 8HU	10:30	28th	26th	23rd
Tuesday	Diss Frenze Beck Nature Reserve, Sawmills Rd, IP22 4GG	10:30	1st	6th	3rd
	Sheringham (New Time) Town Clock opposite Little Theatre, 2 Station Rd, NR26 8RE	13:00	8th	13th	10th
	Hunstanton (New) The Princess Theatre, 13 The Green, PE36 5AH	10:30	15th	20th	17th
	Thetford The Light Cinema, Bridge Street, IP24 3AE	10:30	22nd	27th	24th
	Gorleston (New) Beaches Medical Centre, Sussex Road, NR31 6QB	11:00	22nd	27th	24th
Wednesday	Swaffham Pathway next to Iceland, Market Place, PE37 7AQ	10:30	2nd	7th	4th
	Downham Market Town Clock, Bridge Street/High Street, PE38 9DW	10:30	9th	14th	11th
	Felbrigg Hall (Free Parking) Car Park Welcome Hut, Felbrigg Hall, NR11 8PP	10:30	16th	21st	18th
Thursday	Waterloo Park Feed Café, Waterloo Park Pavilion, Angel Road, NR3 3HX	10:30	3rd	1st	5th
	Lowestoft with PCN (New) Banksy Artwork Platform, Nicholas Everitts Park, NR33 9JR	14:00	3rd	1st	5th
	Beccles St Michael's Church Bell Tower, The Walk, NR34 9HE	10:30	10th	8th	12th
	Watton (New) Behind Queens Hall, entrance to Kittell Close, IP25 6DD	10:30	17th	15th	19th
	King's Lynn (New Day) Customs House, Purfleet Quay, PE30 1HP	10:30	24th	22nd	26th
	Harleston (New) 'Welcome to Harleston' sign left of co-op, Bullock Fair Cl, IP20 9AT	13:00	24th	22nd	26th

Please turn over for Friday walks



for anxiety and depression



## Wellbeing Walks

### April - June 2025



Norfolk and Waveney  
Talking Therapies

Friday	Redwings Aylsham Spa Lane, Aylsham, NR11 6UE	10:30	4th	2nd	6th
	Cromer Cromer Pier, Promenade, NR27 9HE	10:30	11th	9th	13th
	Wymondham Tiffey/Becketswell Car Park, NR18 9PH	10:30	-	16th	20th
	Great Yarmouth Marina Centre main entrance, Marine Parade, NR30 2ER	13:00	-	16th	20th
	Hoveton (New) Hoveton Visitor Centre, Station Road, NR12 8UR	10:30	25th	23rd	27th
	Redwings Caldecott Visitor Centre, Beccles Road, Fritton, NR31 9EY	10:30	25th	30th	27th

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.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)



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



for anxiety and depression




## 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](https://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

[Links below-](#)

**Website link-**

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

**email Adrian Tebbutt-**

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




## Warm Spaces



**Click on the link below to use the map**


**<https://www.warmwelcome.uk/find-a-space>**


## Cuppacare



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

\*Based on a YOUNG PLC survey of 2,147 UK adults in September 2019.



@cuppacarenorfolk 

**The Cuppa Care Bus aims to bring people together and tackle loneliness.**










Whether you just want to get out of the house, to meet new people, or chat about something that's worrying you – we have friendly people on hand who can help. Come on your own or with a friend, you'll be more than welcome to join us for a cuppa and a chat!

Contact us at  
cuppacarenorfolk@gmail.com or  
01603 404440.

**BUS**

Where:   
When:   
From:  To:

Cuppa Care is a project initiated by the Rotary Club of Norwich, lead by Hear for Norfolk and delivered by a number of local organisations who help and support people of all ages with a range of services.

Supported by  










**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.**

[View Cuppa Care Timetable](#)

**Timetable for April so far added below....**

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

**Monday 14th April 10am - 12pm**

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

**Tuesday 1st April 10am - 12pm**

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

**Wednesday 9th April 1pm - 3pm**

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

**Tuesday 1st April 1.00pm - 3pm**

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

**Wednesday 16th April 1.00pm - 3pm**

**Diss- Market Square, Outside the Post Office, IP22 4AN**

**Monday 7th April 10am - 12pm**

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

**Monday 14th April 1pm - 3pm**

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

**7th April 1pm - 3pm**

**Hingham- Market Place, Hingham, NR9 4AF**

**Wednesday 2nd April 10am - 12pm**

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

**Thursday 17th April 1pm - 3pm**

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

**Tuesday 8th April 10am - 12pm**

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

**Tuesday 8th April 1pm - 3pm**

**Mattishall- Bob Carter Court, Daffodil Way, Dereham, NR20 3RU**

**Wednesday 2nd April 1pm - 3pm**

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

**Wednesday 9th April 10am - 12pm**

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

**Tuesday 15th April 10am - 12pm**

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

**Thursday 10th April 10am - 3pm**

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

**Tuesday 15th April 1pm - 3pm**

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

**Thursday 17th April 10am - 12pm**

**Swaffham- Swaffham War Memorial, Lynn Street**

**Friday 4th April 1.15pm - 3.15pm**

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

**Friday 4th April 10am - 12pm**

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

Wednesday 16th April 10am - 12pm

(further dates and locations will be added soon)

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

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

### 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

**Warm Space**-On Mondays 1pm to 4pm and Tuesdays 10am to 12 noon Merchants' Place funded through Norfolk Community foundation will be opening a Warm Space where you can come along and have a hot drink and a snack. just drop in no need to book.

**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/>

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

Phone: 01603 963317

[more social groups below....](#)



More below....

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

### **Come Singing at Millenium Library**

Tuesdays:

2nd and 4th Tuesday of the month 10.45 – 11.45

The Norfolk and Norwich Millennium Library

The Forum

Norwich

Phone 01603 774774

### **Come Singing at Earlham Library**

Fridays:

3rd Friday in each month 11.15 – 12.15

Earlham Library,

Colman Road,

Norwich, NR4 7HG.

01603 454338

If you are interested in starting up a singing group in your area please  
contact us at [info@comesinging.org.uk](mailto:info@comesinging.org.uk)

All sessions are free for people living with dementia and their carers.

<https://www.comesinging.org.uk/>

COME SINGING BY PHONE

for more information, please phone Heather on 01603 452404

**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>

more below....



# Bereavement Cafés



**Informal friendship groups for bereaved adults.  
A space to support each other and find  
information about other services.**

**Costessey Library - Mondays 5.30-6.30pm**  
**Cromer Library - Tuesdays 12.00 - 1.00pm**  
**Hunstanton Library - Tuesdays 2.00-3.00pm**  
**Gaywood Library –Thursdays 11.00 –12.00pm**  
**Dereham Library –Thursdays 11.30-1.00pm**  
**Downham Library –Thursdays 12.30 –1.30pm**  
**Holt Library - 3rd Monday of the month 2.00-3.30**

**borrow discover connect**



**Norfolk** County Council

## **Hi, to all you Ladies out there.**

Are you maybe thinking about finding something new to do?

Something that you can enjoy during the day and meet new people at the same time.

If the answer is yes, then, why not give the Horning Ladies Lunch Club a try.

We are going from strength to strength, and have welcomed many new members since our return from our summer break last October.

We still have spaces and would very much like to welcome even more new members.

We meet on the 4th Tuesday of each month ( between October and June )  
at the Old Rectory Hotel in Crostwick.

We enjoy a delicious 2 course meal, followed by Tea or Coffee, and, to complete the afternoon, we have a different guest speaker each month.

You do NOT have to live in Horning, in order to join us.

It is essential that lunch is booked in advance, to do this or, if you require any further information.

Please contact Tricia Elson on 07931 301606 or, e mail her at,  
[ladieslunchclub@btinternet.com](mailto:ladieslunchclub@btinternet.com)

## **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)**

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

**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



The advertisement features a collage of four photos at the top showing people exercising. Below this, a green speech bubble says 'changed by fit20'. To the right, the text reads 'fit20 Helleston' and 'Fit in 20 minutes per week'. A blue banner with white text says 'Make time for your fitness'. Below the banner, a paragraph describes the fit20 program: '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.' At the bottom left, the address '105 Reepham Rd, Norwich NR6 5AB' and phone number '07943 802071' are listed, along with the website 'freetry.co.uk'. At the bottom center, a green button says 'FREE 1st Training Session'. At the bottom right, the 'fit20' logo is displayed with the tagline 'Fit in 20 minutes per week'.

**changed by fit20**

**fit20 Helleston**  
Fit in 20 minutes per week

Make time for your fitness

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 Reepham Rd  
Norwich NR6 5AB  
07943 802071  
freetry.co.uk

**FREE**  
1st Training Session

**fit20**  
Fit in 20 minutes per week

---

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

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

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

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

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

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

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

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

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

**Contact Jo Farnworth**

07941086603

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

---

---

End of April 2025 dates for now