

April 2025 Diary dates

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](#)

Other Creative Arts East events

Creative Socials – Spring Poetry with Poppy Stevens

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.

- Friday 4th April 1-3pm – Dereham Trinity Methodist Church
- Thursday 10th April 2-4pm – Attleborough Town Hall
- Friday 11th April 1-3pm – Thetford Methodist Church
- Monday 14th April 1-3pm – Hunstanton Community Centre
- Wednesday 16th April 1-3pm – Great Massingham Village Hall

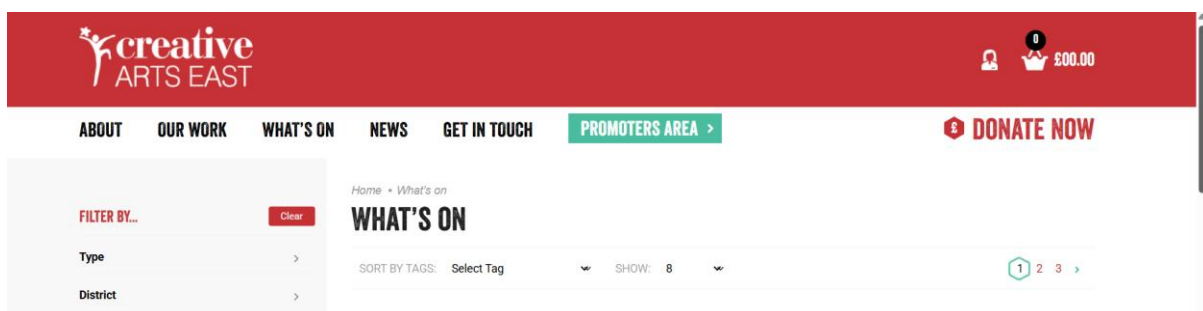
Want to come along?

- For Creative Socials and Afternoon Events: Click here to book a place in advance via Ticket Source

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

or call us on 01953 713390 or email info@creativeartseast.co.uk

Tea and cake provided at all our events – Voluntary donations welcomed.



Take a look at the What's on pages. Click below...

[What's on - Creative Arts East](#)



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

Links below-

Website link-

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

email Adrian Tebbutt-

sbsc.accessible.sailing@gmail.com

Warm Spaces



Click on the link below to use the map

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

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

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

Phone: 01603 963317

more social groups below....



Super 60s Social Group

Available to all those aged 60 and over. Our social group runs every Friday from 10:30 am-12:30 pm at REST Thetford Riverside Walk.



REST Thetford

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

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

The Bridge For Heroes

The Bridge for Heroes – a small charity with a big heart, supporting the Armed Forces community of West Norfolk and beyond.

We run a Drop-In centre on South Clough Lane, King's Lynn, and our doors are open from 10am until 4pm Monday to Friday, and from 10am until 2pm

on Saturdays. We provide hot and cold drinks, home-cooked lunches, with a warm welcome and friendly conversation.

If you are a veteran or serving member of HM Forces, full-time or reserve, you are welcome to access our services. If you are the spouse, widow/er, parent, child or carer of someone who has served or is serving, we are here for you too. And we don't want to forget families separated through divorce or relationship breakdown. We do everything we can to assess need on a case-by-case basis, and it all starts with a brew and a chat!

Find us at 52A South Clough Lane, King's Lynn PE30 1SE and online at www.thebridgeforheroes.org.

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

Facebook and Instagram @thebridgeforheroes.

Online exercise classes

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

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=N0dJTzliWDFvL1ZjY1ZhdmFVZnE2Zz09>

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 for fit20 Hellesdon features a collage of three photos at the top showing people exercising. Below the photos is a blue banner with the text 'Make time for your fitness'. To the left of the banner is a green speech bubble with the text 'changed by fit20'. The main text reads 'fit20 Hellesdon' and 'Fit in 20 minutes per week'. Below this is a paragraph describing the 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 is the address: '105 Reepham Rd, Norwich NR6 5AB, 07943 802071, freetry.co.uk'. At the bottom center is a green button with the text 'FREE 1st Training Session'. At the bottom right is the fit20 logo with the tagline 'Fit in 20 minutes per week'.

fit20
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 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

End of April 2025 dates for now