

# August 2025 Diary Dates

## Creative Arts East- August

### **Movement with Xen Arts**

Join Xenia 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.

London Road Methodist Church, King's Lynn

Tuesday 19th August 1pm

### **Botanical Clay Imprinting with Rachel Burchell**

Join artist Rachel Burchell to create lasting reminders of the daily wonders that surround us.

Through using plant materials and air dry clay to create unique plaques, pictures, gift tags or just mementos of the natural world, this mindful process is accessible to all.

### **In Breckland-**

Attleborough St Mary's Church

Thursday 14th August 1pm

Thetford Methodist Church

Friday 8th August 1pm

Dereham Trinity Methodist Church

Friday 15th August 1pm

**In West Norfolk-**

Hunstanton Community Centre

Thursday 11th August 1pm

Great Massingham Village Hall

Wednesday 6th August 1pm

**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 via ticket source using the link above.

St George's Theatre Café

Tuesday 5th August 1pm

Information about Creative Arts events below...

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 this one.

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.

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

## 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 YOUNGVIU PLC survey of 2,147 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@nuffield.org.uk](mailto:cuppacare@nuffield.org.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](#)

Timetable for August below...

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

Monday 18th August 10am - 12pm

**Aldborough-** Aldbrough Community Centre, The Green, Aldborough, NR11 7AA Tuesday 5th August 10am - 12pm

**Attleborough-** Queens Square, Attleborough, NR17 2AF

Thursday 28th August 10am - 12pm

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

Wednesday 13th August 1pm - 3pm

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

Tuesday 5th August 1.00pm - 3pm

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

Wednesday 20th August 1.00pm - 3pm

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

Monday 11th August 10am - 12pm

**Fakenham-** War Memorial, Market Place, Fakenham

Tuesday 26th August 10am - 12pm

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

Monday 18th August 1pm – 3

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

Monday 11th August 1pm - 3pm

**Hingham-** Marketplace, Hingham, NR9 4AF

Wednesday 6th August 10am - 12pm

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

Wednesday 27th August 1.00pm - 3pm

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

Tuesday 12th August 10am - 12pm

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

Tuesday 12th August 1pm - 3pm

**Ludham-** Ludham Village Hall Car Park, Norwich Road, Ludham, Great Yarmouth, NR29 5PB

Thursday 21st August 1pm - 3pm

**Mattishall-** Bob Carter Court, Mattishall, NR20 3RU

Wednesday 6th August 1pm - 3pm

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

Tuesday 26th August 1pm - 3pm

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

Wednesday 13th August 10am - 12pm

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

Tuesday 19th August 10am - 12pm

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

Thursday 14th August 10am - 3pm

**Reepham-** Stimpsons Piece Pavillion, Bartle Court, Reepham, NR10 4LL

Wednesday 27th August 10am - 12pm

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

Tuesday 19th August 1pm - 3pm

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

Friday 22nd August 10am - 12pm

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

Thursday 21st August 10am - 12pm

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

Friday 8th August 1pm - 3pm

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

Friday 22nd August 1pm - 3pm

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

Friday 8th August 10am - 12pm

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

Wednesday 20th August 10am - 12pm

**Wymondham-** Waitrose Car Park, Wymondham, NR18 0SH

Thursday 28th August 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](mailto:cuppacarenorfolk@gmail.com)

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

**[Cuppa Care - Hear For Norfolk](#)**

## 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](#)





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

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

More below.....

## **Learn more about Adult Social Services at your local library**

If you would like to know more about Adult Social Care and what we do to help you remain living as independently as possible why not drop in for a chat at one of the libraries listed below-

### **August**

#### **5<sup>th</sup> Aug – Acle Library 10:00 -12:00**

Bridewell Ln, Acle, Norwich NR13 3RA

#### **8th Aug– Sprowston 10:00-12:00**

Recreation Ground Rd, Norwich NR7 8EW

#### **14th Aug– Downham Market 10:00-12:00**

78 Priory Rd, Downham Market PE38 9JS

#### **14th Aug– Millennium Library 10:00-14:00**

The Forum, Millennium Plain, Norwich NR2 1AW

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

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



for anxiety and depression

## Dementia café

The Reef Leisure Centre  
Sheringham

**Every Friday 10-11am**

**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

## **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/>

more below....



### **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/](https://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)

## **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



## 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)



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





**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](mailto: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](http://derehamgolfclub.co.uk)

**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.....**



Snettisham Beach  
Sailing Club

## 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](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

**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)

**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.

**More below....**

## **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**



---

### 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)

---



**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](http://freetry.co.uk)

**FREE**  
1st Training Session

**fit20**  
Fit in 20 minutes per week

**End of August dates for now**