

December Diary Dates

AgeUK Norfolk Events and Talks-



We will be attending

3rd December- Love Downham Market Shop on Bridge Street 10am to 1pm

5th December- 11am to 2pm Beaupre Hall, Outwell (alongside Freebridge Community Housing Advisor)

10th December- “Beat The Bills” event at St George’s Hall, High Street, Methwold 10am to 12 Noon

12th December- Slipper Swap at Dereham Library 10am to 2pm

17th December- 11am to 2pm- Neville Court, Heacham (Temperature Check your Winter event alongside Freebridge Community Housing Advisor)

19th December 11am to 2pm Freebridge Haven, West Winch (alongside Freebridge Community Housing Advisor)

Creative Socials to book-

Afternoon Event – WATSON: The Final Problem

Watson. An old soldier with a few bruises and a cracking story to tell. 1894. Watson is alone. His beloved wife Mary and the great Sherlock Holmes are both gone. But London seethes with false reports and rumour. It is time to set the record straight...

So, Watson tells his tale. A tale of long buried secrets, betrayal and death. There is a shadow in the gutters of London. A spider’s web of poisonous intrigue lies across the

city. Someone is playing a deadly game and Holmes and Watson face their greatest ever challenge. But as Watson unravels the story, is the game really over?

WATSON is a multiple award-winning solo performance incorporating a thrilling chase across Europe towards a deathly embrace at the Reichenbach Falls...

- Monday 2nd December 2-3:30pm – Bawdeswell Village Hall

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

TUESDAY 03 DECEMBER



GREAT YARMOUTH CREATIVE SOCIALS

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

Dancing throu' the Decades
with Sam Moss Join Sam
for...

Creative Socials offer high-quality arts workshops for people aged 50+ in Great Yarmouth! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment. Free to attend, but booking is essential.

Click on the link below to go to the website page. There is more information and how to book for Great Yarmouth.

<https://www.creativeartseast.co.uk/post/events/great-yarmouth-creative-socials-dec24>

more dates below.....

MONDAY 09 DECEMBER



**WEST NORFOLK CREATIVE
SOCIALS - HUNSTANTON**

01:00 PM Hunstanton

Community Centre

Dancing throu' the Decades
with Sam Moss Join Sam
for...

Creative Socials offer high-quality arts workshops for people aged 50+ in Hunstanton! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment. Free to attend, but **booking is essential**.

Click on the link below to go to the website page. There is more information and how to book for **Hunstanton**.

<https://www.creativeartseast.co.uk/post/events/west-norfolk-creative-socials-hunstanton-dec24>

THURSDAY 12 DECEMBER



**BRECKLAND CREATIVE
SOCIALS -
ATTLEBOROUGH**

01:00 PM Attleborough

Town Hall

Dancing throu' the Decades
with Sam Moss Join Sam
for...

Creative Socials offer high-quality arts workshops for people aged 50+ in Attleborough! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment. Free to attend, but booking is essential.

Click on the link below to go to the website page. There is more information and how to book for Attleborough.

<https://www.creativeartseast.co.uk/post/events/breckland-creative-socials-attleborough-dec24>

FRIDAY 13 DECEMBER



**BRECKLAND CREATIVE
SOCIALS - THETFORD**

**01:00 PM Thetford
Methodist Church**

Dancing throu' the Decades
with Sam Moss Join Sam
for...

Creative Socials offer high-quality arts workshops for people aged 50+ in Thetford! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment. Free to attend, but booking is essential.

Click on the link below to go to the website page. There is more information and how to book for Thetford.

<https://www.creativeartseast.co.uk/post/events/breckland-creative-socials-thetford-dec24>

WEDNESDAY 18 DECEMBER



**WEST NORFOLK CREATIVE
SOCIALS - GREAT
MASSINGHAM**

01:00 PM Great

Massingham Village Hall

Dancing throu' the Decades
with Sam Moss Join Sam
for...

Creative Socials offer high-quality arts workshops for people aged 50+ in Great Massingham! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment. Free to attend, but **booking is essential**.

Click on the link below to go to the website page. There is more information and how to book for **Great Massingham**.

<https://www.creativeartseast.co.uk/post/events/west-norfolk-creative-socials-great-massingham-dec24>

FRIDAY 20 DECEMBER



**BRECKLAND CREATIVE
SOCIALS - DEREHAM**

**01:00 PM Trinity Methodist
Church**

Dancing throu' the Decades
with Sam Moss Join Sam
for...

Creative Socials offer high-quality arts workshops for people aged 50+ in Dereham! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment. Free to attend, but **booking is essential**.

Click on the link below to go to the website page. There is more information and how to book for **Dereham**.

<https://www.creativeartseast.co.uk/post/events/breckland-creative-socials-dereham-dec24>

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>

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.

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

Lunch Club

Hi to all you ladies out there.

Are you wondering what you can do now that summer is almost over?

Are you looking to meet new people? If so, look no further, we have the perfect solution.

We are Horning Ladies Lunch Club, and, we are delighted to announce, that, we are returning in October, following our summer break.

Already we have had several new enquiries 😊

We still have spaces though, and are always happy to welcome 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, email her- ladieslunchclub@btinternet.com

Companionship Cafes

This autumn Homeinstead are launching 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

Next café: Thursday, 5th December, 10:30am-12:00pm

Earlham Companionship Café (NEW)

When: 3rd Thursday of each month

Where: Earlham Library, NR4 7HG

Next café: Thursday, 19th December, 2:00pm-3:30pm

Hellesdon Companionship Café (NEW)

When: 2nd Friday of each month

Where: Hellesdon Library, NR6 5QB

Next café: Friday, 13th December, 10:30am-12:00pm

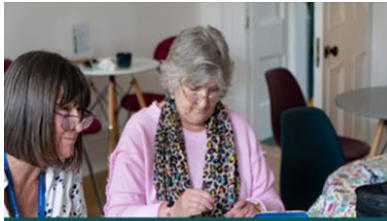
Attendance is free, and no booking is required. For more details, contact:

Email: hannah.begley@homeinstead.co.uk

Phone: 01603 963317

Other Social groups

See 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.



Attleborough Social

**Monday's 23rd Sep, 28th Oct,
25th Nov & 23rd Dec @ 1.00 - 2.30pm**

**Attleborough Library,
Church Street, NR17 2AH**

Pop in for a chat over a cuppa, borrow some books, join in with some mindful colouring, or maybe get crafty!

For more information please email us at socials@wellbeingnandw.co.uk or scan the QR code

Norfolk and Waveney
Talking Therapies

for anxiety and depression

More below.....



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



for anxiety and depression

Timetable below...

Wellbeing Walks

October-December 2024

NHS
Norfolk and Waveney
Talking Therapies

Day	Meeting Point...	Time	Oct	Nov	Dec
Monday	North Walsham Market Cross, Market Place, NR28 9BS	10:30	7th	4th	2nd
	Norwich City Hall Steps, St Peter's Street, NR2 1NH	10:30	14th	11th	9th
	Fakenham Wensum Lodge Hotel, NR21 9AY	10:30	14th	11th	9th
	Dereham St Nicholas Church, Church Street, NR19 1DN	10:30	21st	18th	16th
	Carlton Marshes Visitor Centre, Burnt Hill Lane, NR33 8HU	12 noon	28th	25th	23rd
Tuesday	Diss Frenze Beck Nature Reserve, Sawmills Rd, IP22 4GG	10:30	1st	5th	3rd
	Sheringham Town Clock opposite Little Theatre, 2 Station Rd, NR26 8RE	12 noon	8th	12th	10th
	Swaffham St Peter & St Paul Church, Market Place, PE37 7AQ	10:30	15th	19th	17th
	Thetford The Light Cinema, Bridge Street, IP24 3AE	10:30	22nd	26th	-
	Gorleston Marine Parade car park, NR31 6EZ	12 noon	22nd	26th	-
Wednesday	Downham Market Town Clock, Bridge Street/High Street, PE38 9DW	10:30	9th	13th	11th
	Felbrigg Hall Car Park Welcome Hut, Felbrigg Hall, NR11 8PP	10:30	16th	20th	18th
Thursday	Waterloo Park Feed Café, Waterloo Park Pavilion, Angel Road, NR3 3HX	10:30	3rd	7th	5th
	Beccles Community Hub, 20 Blyburgate, NR34 9TB	10:30	10th	14th	12th
Friday	Redwings Aylsham Spa Lane, Aylsham, NR11 6UE	10:30	4th	1st	6th
	Cromer Cromer Pier, Promenade, NR27 9HE	10:30	11th	8th	13th
	Great Yarmouth Marina Centre main entrance, Marine Parade, NR30 2ER	10:30	18th	15th	20th
	Wymondham Tiffey/Becketswell Car Park, NR18 9PH	10:30	18th	15th	20th
	King's Lynn Customs House, Purfleet Quay, PE30 1HP	10:30	25th	29th	-
	Redwings Caldecott Beccles Road, Fritton, NR31 9EY	10:30	25th	29th	-



Community Socials

October-December 2024

Day	Location	Time	Oct	Nov	Dec
Monday	My Long-Term Health Condition and Me Social Group Louise Hamilton Centre, James Paget Hospital, Gorleston, NR31 6LA	14.00	14th	11th	9th
	Crafty Creations DANES, 161 Rotterdam Road, Lowestoft, NR32 2EZ	10.30	21st	18th	16th
	Attleborough Social *NEW* Attleborough Library, Ground Floor, Attleborough Community and Enterprise Centre, Church Street, NR17 2AH	13.00	28th	25th	23rd
Tuesday	Re-Do Crafting Social - *booking required* Unit 4, St Augustine's Gate, Norwich, NR3 3BE	10.00	1st	5th	3rd
	Halesworth Cafe Catch Up Chinny's, 27 Norwich Rd, Halesworth IP19 8BX	12noon	1st	5th	3rd
	Theatre Royal Café Social Theatre Royal, Theatre Street, Norwich, NR2 1RL	10.30	15th	19th	17th
Wednesday	Norwich Café Social (just on Wednesday for October then Thursday) Merchant's House, Fye Bridge St, NR3 1LJ	10.30	9th	-	-
	Online Quiz Night – entry via our website https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/	18.00	9th	13th	11th
	Norwich Evening Social Marzanos, The Forum, NR2 1TF	17.00	16th	20th	18th
Thursday	Dungeons & Dragons One Shot Adventure *booking required* Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER	18.00	3rd	7th	5th
	Norwich Café Social Merchant's House, Fye Bridge St, NR3 1LJ	10.30	-	14th	12th
	Caister Café Social The Rabbit Hutch, Caister On Sea, NR30 5ET	12.30	31st	28th	-
	Lowestoft Café Social The Red Mingo, 4 Surrey Street, Lowestoft NR32 1LJ	13.00	17th	20th	18th
	Mindful Colouring Gorleston Library, Lowestoft Road, Gorleston, NR31 6SG	17.00	3rd	7th	5th

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 last around 1.5 to 2 hrs and are very informal.

Online socials can be accessed via our website.

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



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 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

See dates, times and venues below.....

Or check online by clicking this link-

<https://www.hearfornorfolk.org.uk/cuppacare/>

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

Monday 16th December 10am - 12pm

Aldborough Aldbrough Community Centre, The Green NR11 7AA

Tuesday 3rd December 10am - 12pm

Aylsham Outside Aylsham Town Hall, NR11 6EL

Wednesday 11th December 1pm - 3pm

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

Monday 9th December 1.00pm - 3pm

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

Tuesday 3rd December 1.00pm - 3pm

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

Wednesday 18th December 1.00pm - 3pm

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

Monday 16th December 1pm - 3pm

Hickling Methodist Church Car Park, NR12 0YD

Thursday 19th December 1pm - 3pm

Holt The Venue, Kerridge Way, Holt NR25 6DW

Monday 9th December 10am - 12pm

Loddon Church Plain Car Park, NR14 6LX

Tuesday 10th December 10am - 12pm

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

Tuesday 10th December 1pm - 3pm

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

Wednesday 11th December 10am - 12pm

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

Tuesday 17th December 10am - 12pm

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

Thursday 12th December 10am - 3pm

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

Tuesday 17th December 1pm - 3pm

Stalham Staithe Surgery Car Park, NR12 9BU

Thursday 19th December 10am - 12pm

Swaffham Swaffham War Memorial, Lynn Street

Friday 6th December 1.15pm - 3.15pm

Thetford Market Place, Thetford, IP24 2DS

Friday 6th December 10am - 12pm

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

Wednesday 18th December 10am - 12pm

Wymondham

3rd December

Waitrose Car Park, Wymondham, NR18 0SH

1pm - 3pm

Tuesday

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



Rosedale BEREAVEMENT SUPPORT GROUPS

To find out when the next group is starting in your area, please give us a call.

ATTLEBOROUGH
01953 452538

BECCLES
01502 714445

BUNGAY
01986 892790

DISS
01379 640810

HALESWORTH
01986 875588

HARLESTON
01379 853999

WYMONDHAM
01953 601103

Following the course there are regular monthly meetings, offering **further support** and connection with others who have attended previous groups.

Rosedale Bereavement Support Group is a complementary

8 week course

covering many aspects of the grieving process.

The groups are

open to all,

no matter how long ago they were bereaved or which funeral director has been used. The groups are led by trained facilitators of the Rosedale Bereavement Support Programme.

www.rosedalefuneralhome.co.uk

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.

Community Hot Spots

Last winter many communities offered Hot Spots open to those looking for a warm welcome and place to go during the cold winter months. These are links to maps showing the places in Norfolk that took part last year.

[Community Hot-Spots 2023/4 – Google My Maps](#)

[Warm Welcome Campaign](#)

Soon places will be making arrangements for winter 2024-25 and we hope to bring you news on these when we can. In the meantime it is likely that many of these venues will be looking to make this offer again if they can, so perhaps enquire whether one near you is planning to do so.

Health and wellbeing support in North Norfolk

Discover a wide range of activities and advice for adults and children in North Norfolk to boost your health and wellbeing

Scan the QR code or use www.north-norfolk.gov.uk/healthandwellbeing to visit our new webpage full of helpful resources



Or click on link below to go to website home page -

[Home | Health and wellbeing support in North Norfolk \(north-norfolk.gov.uk\)](http://north-norfolk.gov.uk)

END OF DECEMBER DATES FOR NOW

