

## Diary Dates and Event Posters for April 2024



**Rotary**  Club of Kings Lynn Priory

**SENIOR CITIZENS FILM CLUB**

**Monday 15th April and Wednesday  
17th April**

**KINGS LYNN CORN EXCHANGE CINEMA**



**VINDICATION SWIM**  
**THE HEROIC STORY OF THE FIRST BRITISH  
WOMAN TO SWIM THE CHANNEL IN 1927**

**Meet at 10.00 for tea and coffee**  
**£3 per ticket**  
**Film starts at 10.45**

Booking is essential, to secure your tickets email:  
Bharti.Patel@west-norfolk.gov.uk  
07375375404.

### King's Lynn Town Band *Spring Concert*

Saturday 27th April 2024–7:30pm  
London Road Methodist Church, King's Lynn, PE30 5EJ



**FREE**

Collection in aid of  
The Queen Elizabeth Hospital   
King's Lynn

**The West Norfolk  
Breast Care Unit**

 **KING'S  
LYNN  
Charity**

 [www.kingslynn townband.co.uk](http://www.kingslynn townband.co.uk) 

## Wellbeing Socials





Helping you live your life



Norfolk and Waveney  
Talking Therapies

### Cafe Socials

Why not join us at one of our café catch ups around the county?

- Halesworth - Tues 2nd April 12 noon**  
Chinny's, 27 Norwich Rd, Halesworth IP19 8BX
- Norwich - Thurs 11th April 10.30am**  
Merchant's House, 7-9 Fye Bridge St, NR3 1LJ
- Fakenham - Mon 15th April 1.30pm**  
Pensthorpe Café, Pensthorpe Rd, Fakenham, NR21 0LN
- King's Lynn - Mon 15th April 5.30pm**  
Costa Coffee Drive Thru, St Nicholas Retail Park, Edward Benefer Way, PE0 2HY
- Theatre Royal Norwich - Tues 16th April 10:30am**  
Theatre Royal Café, Norwich, NR2 1RL
- Norwich - Wed 17th April 5pm**  
Café Bar Marzano, The Forum, NR2 1TF
- Caister - Thurs 25th April 12.30pm**  
The Rabbit Hutch, Caister On Sea, NR30 5ET

Open to anyone 16+ with no need to book. Any queries please email us at [socials@wellbeingnandw.co.uk](mailto:socials@wellbeingnandw.co.uk)

[www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)
0300 123 1503





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### Coastal Walks

Come and join us for a stroll along parts of the Norfolk Coastal Path. Meet like minded people and enjoy the views and fresh air along our beautiful coast. Open to anyone over 16yrs. All abilities welcome, mixed terrain paths at some points. We will do our best to accommodate all and walking times will vary depending on group and weather.

- Weds 3rd April 10.30am - Hunstanton**  
Meet outside Princess Theatre, 13 The Green, PE36 5AH
- Tues 9th April 12 noon - Sheringham**  
Meet at Sheringham Town Clock (opposite Little Theatre), NR26 8RE
- Fri 12th April 10.30am - Cromer**  
Meet at Cromer Pier, Promenade, NR27 9HE
- Thurs 18th April 13:00pm - Lowestoft**  
Meet at Kensington Gardens Boating Lake, NR33 0HY
- Fri 19th April 10.30am - Great Yarmouth**  
Meet outside Marina Centre (main entrance), Marine Parade, NR30 4ET
- Tues 30th April 12 noon - Gorleston**  
Marine Parade Car Park, Gorleston-on-Sea, NR31 6EZ

For more information please email us on [socials@wellbeingnandw.co.uk](mailto:socials@wellbeingnandw.co.uk)

[www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)
0300 123 1503

## Wellbeing Socials

Community Socials April 2024



Norfolk and Waveney  
Talking Therapies

Date & Time...	Event...	Location...
Tue 2nd 10:00	Re-do Craft Social	44 - 48 Magdalen Street, Sackville Place, Norwich, NR3 1JU
Tue 2nd 12:00	Halesworth Volunteers Catch Up	Chinny's, 27 Norwich Rd, Halesworth, IP19 8BX
Thu 4th 13:00	Mindful Colouring	St Andrew's Church, Roman Road, Lowestoft, NR32 2DQ
Thu 4th 18:00	D&D One Shot <b>- Booking required</b>	Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER
Wed 10th 18:00	Virtual Quiz	Online via the Wellbeing website
Thu 11th 10:30	Norwich Café Catch Up	Merchant's House Café, Fye Bridge St, Norwich, NR3 1LJ
Mon 15th 13:30	Pensthorpe Café Catch up	Pensthorpe Road, Fakenham, NR21 0LN
Mon 15th 17:30	Evening Coffee Social	Costa Coffee, 4 Edward Benefer Way, King's Lynn, PE30 2HY
Tue 16th 10:30	Theatre Royal Café Catch Up	Theatre Royal, Theatre Street, Norwich, NR2 1RL
Wed 17th 17:00	Norwich Evening Social	Café Bar Marzano, The Forum, Norwich, NR2 1TF
Thu 18th 18:00	D&D Character Creation <b>- Booking required</b>	Athena Games, 9, St Gregory's Alley, Norwich, NR2 1ER
Wed 24th 18:00	Virtual Evening Social	Online via the Wellbeing website
Thu 25th 12:30	Caister Café Catch Up	The Rabbit Hutch, Caister On Sea, NR30 5ET
Tue 30th 10:30	Gressenhall Visit <b>- Booking required</b>	Gressenhall Farm and Workhouse, Gressenhall, Dereham, NR20 4DR
Tue 30th 11:00	Marina Theatre Tour <b>- Booking required</b>	Marina Theatre, Lowestoft, NR32 1HH

Any queries please email us: [socials@wellbeingnandw.co.uk](mailto:socials@wellbeingnandw.co.uk)



for anxiety and depression





## Wellbeing Socials

### Wellbeing Walks April 2024



**Norfolk and Waveney  
Talking Therapies**

Date & Time...	Walk...	Meeting Point...
Tue 2nd 10:30	Diss	Frenze Beck Nature Reserve, Sawmills Road, IP22 4GG
Wed 3rd 10:30	Hunstanton Coastal Path	Outside Princess Theatre, Hunstanton, PE36 5AH
Thu 4th 10:30	Waterloo Park	Waterloo Park Pavilion, Angel Rd, Norwich, NR3 3HX
Fri 5th 10:30	Redwings Aylsham	Redwings, Spa Lane, Aylsham, NR11 6UE
Mon 8th 10:30	Norwich	City Hall steps, St Peters St, Norwich, NR2 1NH
Mon 8th 12:30	Castle Rising	Outside St Lawrence's Church, Castle Rising, PE31 6AG
Tue 9th 12:00	Sheringham Coastal Path	Town Clock opp. Sheringham Little Theatre, 2 Station Rd, Sheringham. NR26 8RE
Wed 10th 10:30	Downham Market	Town Hall, Bridge Street, PE38 9DW
Fri 12th 10:30	Cromer Costal Path	Cromer Pier, Promenade, Cromer, NR27 9HE
Mon 15th 10:30	Dereham	St Nicholas Church, corner of Church Street/St Withburga Lane, Dereham, NR19 1DN
Tue 16th 12:00	Swaffham	Outside St Peter & St Paul Church (next to Iceland), Market Place, PE37 7AQ
Wed 17th 10:30	Felbrigg	Car Park 'Welcome Hut', Felbrigg, NR11 8PP
Thu 18th 13:00	Lowestoft	Boating Lake, Kensington Gardens, Lowestoft, NR33 0HY
Fri 19th 10:30	Great Yarmouth Costal Path	Outside Marina Centre main entrance, Marine Parade, Great Yarmouth, NR30 2ER
Fri 19th 10:30	Wymondham	Tiffey/Becketswell Car Park, Wymondham, NR18 9PH
Mon 22nd 12:00	Carlton Marshes	Visitor Centre, Carlton Marshes, Burnt Hill Lane, Carlton Colville, NR33 8HU
Tue 23rd 10:30	Thetford	The Light Cinema, Bridge Street, Thetford, IP24 3AE
Tue 23rd 10:30	Plantation Gardens	4 Earlham Road, Norwich, NR2 3DB
Fri 26th 10:30	Riverside King's Lynn	Customs House, 1 King Street, King's Lynn, PE30 1HP
Fri 26th 10:30	Redwings Caldecott	Caldecott Hall, Beccles Road, Fritton, NR31 9EY
Mon 29th 10:30	North Walsham	Market Cross, Church Street, North Walsham, NR28 9BS
Tue 30th 12:00	Gorleston Coastal Path	Marine Parade Car Park, Gorleston-on-Sea, NR31 6EZ

All our walks are open to anyone aged 16+ with no need to book. Our walks include a café visit, you are welcome to join us just for a cuppa if you don't fancy the walk!

Any queries please email us: [socials@wellbeingnandw.co.uk](mailto:socials@wellbeingnandw.co.uk)



for anxiety and depression

SCAN ME



**To find out more and about other wellbeing events search the website below-**

**<https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/>**

## Creative Socials

2<sup>nd</sup> April- St Georges Theatre, Great Yarmouth



[RETURN TO LISTINGS](#)

### **GREAT YARMOUTH CREATIVE SOCIALS**

02 APRIL 2024 | START TIME 01:00 PM | DOORS OPEN 12:30 PM

#### **DESCRIPTION**

Seasonal Soundscaping with Les Chappell Join Les for an experimental music making workshop, exploring the seasons using different sounds and instruments to compose a soundscape through the year, combining all Creative Socials groups together to produce a final outcome. Creative Socials offer high-quality arts workshops for people aged 50+ in Great Yarmouth! Sessions offer...

[Read More](#)

Click below for information-

[Great Yarmouth Creative Socials - Creative Arts East](#)

8<sup>th</sup> April- Hunstanton Community Centre



[RETURN TO LISTINGS](#)

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

08 APRIL 2024 | START TIME 01:00 PM | DOORS OPEN 12:30 PM

#### **DESCRIPTION**

Seasonal Soundscaping with Les Chappell Join Les for an experimental music making workshop, exploring the seasons using different sounds and instruments to compose a soundscape through the year, combining all Creative Socials groups together to produce a

Click below for information-

[West Norfolk Creative Socials - Hunstanton - Creative Arts East](#)

## 12<sup>th</sup> April- Thetford Library



[RETURN TO LISTINGS](#)

### **BRECKLAND CREATIVE SOCIALS - THETFORD**

12 APRIL 2024 | START TIME 01:00 PM | DOORS OPEN 12:30 PM

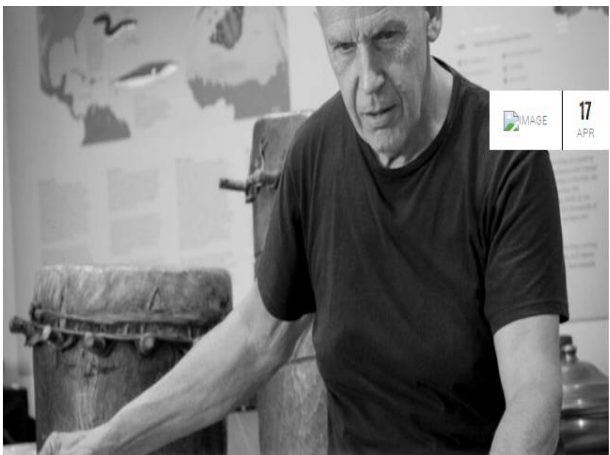
#### **DESCRIPTION**

Seasonal Soundscaping with Les Chappell Join Les for an experimental music making workshop, exploring the seasons using different sounds and instruments to compose a soundscape through the year, combining all Creative Socials groups together to produce a

Click below for information-

[Breckland Creative Socials - Thetford - Creative Arts East](#)

## 17<sup>th</sup> April- Great Massingham Village Hall



[RETURN TO LISTINGS](#)

### **WEST NORFOLK CREATIVE SOCIALS - GREAT MASSINGHAM**

17 APRIL 2024 | START TIME 01:00 PM | DOORS OPEN 12:30 PM

#### **DESCRIPTION**

Seasonal Soundscaping with Les Chappell Join Les for an experimental music making workshop, exploring the seasons using different sounds and instruments to compose a soundscape through the year, combining all Creative Socials groups together to produce a

Click below for information-

[West Norfolk Creative Socials - Great Massingham - Creative Arts East](#)

## 18<sup>th</sup> April- Attleborough Town Hall



[RETURN TO LISTINGS](#)

### **BRECKLAND CREATIVE SOCIALS - ATTLEBOROUGH**

18 APRIL 2024 | START TIME 01:00 PM | DOORS OPEN 12:30 PM

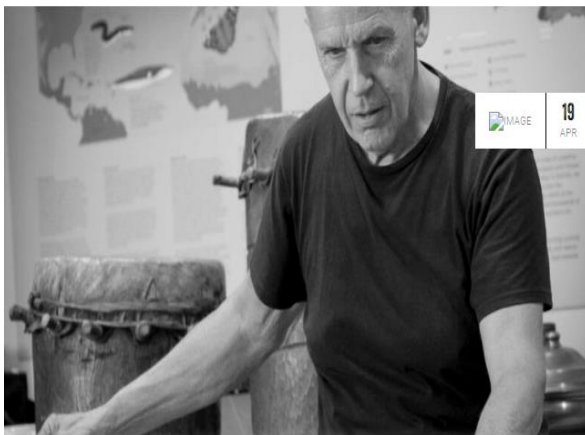
#### **DESCRIPTION**

Seasonal Soundscaping with Les Chappell Join Les for an experimental music making workshop; exploring the seasons using different sounds and instruments to compose a soundscape through the year, combining all Creative Socials groups together to produce a

**Click below for information-**

**[Breckland Creative Socials - Attleborough - Creative Arts East](#)**

## 19<sup>th</sup> April- Trinity Methodist Church Dereham



[RETURN TO LISTINGS](#)

### **BRECKLAND CREATIVE SOCIALS - DEREHAM**

19 APRIL 2024 | START TIME 01:00 PM | DOORS OPEN 12:30 PM

#### **DESCRIPTION**

Seasonal Soundscaping with Les Chappell Join Les for an experimental music making workshop; exploring the seasons using different sounds and instruments to compose a soundscape through the year, combining all Creative Socials groups together to produce a

**Click below for information-**

**[Breckland Creative Socials - Dereham - Creative Arts East](#)**

## Cuppacare Bus Timetable

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 board of our Cuppa Care Bus who can help.



## April Bus Locations

### **Acle, Car Park by Acle Methodist Hall**

Monday 15th, 10am - 12pm

### **Aldborough Community Centre**

Tuesday 2nd, 10am - 12pm

### **Antingham Village Hall**

Wednesday 24th, 10am - 12pm

### **Attleborough, Queens Square**

Thursday 25th, 10am - 12pm

### **Aylsham Town Hall**

Wednesday 10th, 1pm - 3pm

### **Aylsham, Bure Valley House**

Monday 8th, 1pm - 3pm







## April Bus Locations

### **Cromer, Barkers Herne Summerhouse**

Tuesday 2nd, 1pm - 3pm

### **Dereham Shopping Centre**

Wednesday 17th, 1pm - 3pm

### **Diss Market Square**

Monday 29th, 10am - 12pm

### **Fakenham War Memorial**

Tuesday 30th, 10am - 12pm

### **Great Yarmouth, The Market Place**

Monday 15th, 1pm - 3pm

### **Harleston, Coop Car Park**

Monday 29th, 1pm - 3pm



## April Bus Locations

### **Hickling Methodist Church Car Park**

Thursday 18th, 1pm - 3pm

### **Hoveton & Wroxham Medical Centre**

Wednesday 24th, 1pm - 3pm

### **Holt, The Venue**

Monday 8th, 10am - 12pm

### **Hunstanton, The Bandstand**

Wednesday 3rd, 10am - 12pm

### **Loddon, Church Plain**

Tuesday 9th, 10am - 12pm

### **Long Stratton Leisure Centre**

Tuesday 9th, 1pm - 3pm





## April Bus Locations

### King's Lynn, Waterside Retirement Housing

Wednesday 3rd, 1pm - 3pm

### Necton Community Centre

Tuesday 30th, 1pm - 3pm

### Northrepps Village Hall

Wednesday 10th, 10am - 12pm

### North Walsham, Vicarage Street Car Park

Tuesday 16th, 10am - 12pm

### Norwich, The Forum

Thursday 11th, 10am - 3pm

### Sheringham, Station Approach Car Park

Tuesday 16th, 1pm - 3pm



## April Bus Locations

### Stalham, Staithe Surgery Car Park

Thursday 18th, 10am - 12pm

### Swaffham War Memorial

Friday 5th, 1.15pm - 3.15pm

### Terrington St Clement, St Clements Surgery

Monday 22nd, 1pm - 3pm

### Thetford Market Place

Friday 5th, 10am - 12pm

### Upwell Village Hall

Monday 22nd, 10am - 12pm

### Watton, Queens Hall

Wednesday 17th, 10am - 12pm





## April Bus Locations

**Wymondham, Waitrose Car Park**

Thursday 25th, 1pm - 3pm

