

# **July 2025 Diary dates**

## **Creative Arts East Afternoon event**

### **Time Machine Tea Dance with Glass House Dance**

**Welcome to the Time Machine Tea Dance! A space where everyone is invited to dance, watch and socialise.**

It's a Tea Dance but not as you know it... With our trusty time machine, we will flip through time, covering different musical genres and dance styles.

You will hear some traditional tea dance numbers, but we may dip into disco or hot foot it to hip hop! You will experience a mixture of guided movement and opportunities to freestyle, as well as time for solo dancing and partnering. You will also have the opportunity to select the music YOU want to hear and dance to.

You're welcome to come dressed up for a tea dance or in your best disco outfit!

**Harling Old School Village Hall**

**Tuesday 1st July 1-3pm**

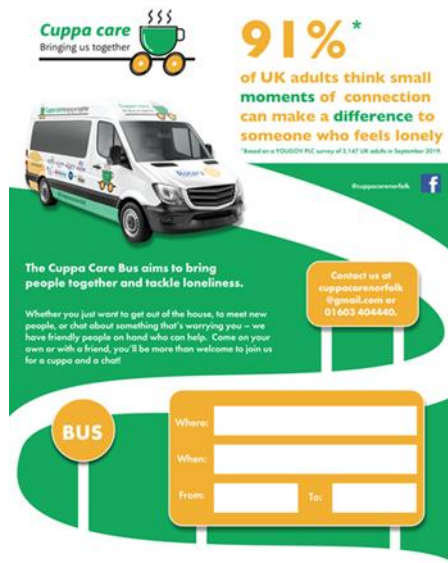
Tickets are 'Pay What You Can' – Please click here for full details

<https://www.ticketsource.co.uk/creative-arts-east/time-machine-tea-dance/e-ykxvln>

To book your place for any event, please book online via TicketSource,( the link above or,

call us on 01953 713390 or email [info@creativeartseast.co.uk](mailto:info@creativeartseast.co.uk) to secure your place.

# 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 YouGov 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@norfolk.gov.uk  
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 July below...**

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

Monday 14th July 10am - 12pm

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

Tuesday 1st July 10am - 12pm

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

Thursday 24th July 10am - 12pm

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

Wednesday 9th July 1pm - 3pm

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

Monday 21st July 1.00pm - 3pm

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

Tuesday 1st July 1.00pm - 3pm

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

Wednesday 16th July 1.00pm - 3pm

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

Monday 7th July 10am - 12pm

**Erpingham-** Erpingham with Calthorpe Village Hall, The Street, Erpingham NR11 7QB

Wednesday 23rd July 10am - 12pm

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

Tuesday 22nd July 10am - 12pm

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

Monday 14th July 1pm - 3pm

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

Monday 7th July 1pm - 3pm

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

Tuesday 17th July 1pm - 3pm

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

Wednesday 23rd July 1.00pm - 3pm

**Holt-** The Venue, Kerridge Way, Holt NR25 6DW

Monday 21st July 10am - 12pm

**Kings Lynn-** North Lynn Food Hub, 4 Walpole Road, Kings Lynn, PE30 2DZ

Wednesday 2nd July 1pm - 3pm

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

Tuesday 8th July 10am - 12pm

**Mundford-** Mundford Village Hall, St Leonards Street, IP26 5DW

Thursday 3rd July 10am - 12pm

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

Tuesday 22nd July 1pm - 3pm

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

Wednesday 9th July 10am - 12pm

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

Tuesday 15th July 10am - 12pm

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

Thursday 10th July 10am - 3pm

**Poringland-** Poringland Community Centre, Overtons Way, Poringland, NR14 7WB

Tuesday 8th July 1pm - 3pm

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

Tuesday 15th July 1pm - 3pm

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

Friday 18th July 10am - 12pm

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

Thursday 17th July 10am - 12pm

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

Friday 4th July 1pm - 3pm

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

Friday 18th July 1pm - 3pm

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

Friday 4th July 10am - 12pm

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

Wednesday 16th July 10am - 12pm

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

Thursday 24th July 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](#)

## Walks



**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

## **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/>

## **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-

### **July**

1st – Thetford Library 10:00-12:00

9th – Kings Lynn Library 10:00-12:00

14th – North Walsham Library 10:30-12:30

16th – Great Yarmouth Library 13:30-15:30

29th – Dereham Library 10:00-12:00

### **August**

5th – Acle 10:00 -12:00

8th – Sprowston 10:00-12:00

14th – Downham Market 10:00-12:00

14th – Millennium Library, Norwich 10:00-14:00



## More social groups-



## 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/](http://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

**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 Earham Library**

Fridays:

3rd Friday in each month 11.15 – 12.15

Earham 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>



# 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.



## **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=N0dJTzllWDFv  
L1ZjY1ZhdmFVZnE2Zz09](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=U2xxQlYxdGcv  
VFVoSk53eEowYXk1dz09](https://us06web.zoom.us/j/95879993009?pwd=U2xxQlYxdGcvVFVoSk53eEowYXk1dz09)**

**Meeting ID: 958 7999 3009**

**Passcode: 810993**

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### 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, Reephams 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)

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**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 Reephams Rd  
Norwich NR6 5AB  
07943 802071  
[freetry.co.uk](http://freetry.co.uk)

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1st Training Session

**fit20**  
Fit in 20 minutes per week



## CRAFT & NATURE GROUP

CAREGIVERS OF  
ANYONE WITH ASD

Take a break, unwind,  
and get creative with  
nature. Connect with  
others and enjoy some  
well-deserved calm.



### DATES & TIMES



22<sup>ND</sup> MAY  
12:00PM - 1:30PM



19<sup>TH</sup> JUNE  
12:00PM - 1:30PM



17<sup>TH</sup> JULY  
12:00PM - 1:30PM

THE DISCOVERY CENTRE  
COLUMBIA WAY, KING'S LYNN  
PE30 2LA

IN COLLABORATION WITH: ASPERGER EAST ANGLIA

**AEA**

To book or for more information  
please contact:  
[thewildhubnorfolk@gmail.com](mailto:thewildhubnorfolk@gmail.com)  
or  
[J.Saint-Laurent@asperger.org.uk](mailto:J.Saint-Laurent@asperger.org.uk)



**Royal Association  
for Deaf people**



## Drop in: Norfolk Advocacy

Advocacy services can support those who are deaf, deafened, deafblind and hard of hearing people living in the Norfolk area.

### **RAD can support with:**

- Independent Health Complaints Advocacy (IHCA)
- Independent Care Act Advocacy (ICAA)
- Independent Mental Capacity Advocacy (IMCA)
- Independent Mental Health Advocacy (IMHA)
- Relevant Paid Persons Representative

### **An Advocate will support you with:**

- Represent your views Decisions and wishes.
- Make sure you know your rights
- Look at your options/choice
- Help you to feel in control and empowered
- Access and understand information by translating written English into BSL
- Make sure reasonable adjustments are made to meet your needs.

**7 May, 4 June, 2 July, 3 September,  
1 October, 5 November, 3 December**

**10am – 2pm**

### **Location:**

**Deaf Connexions Norwich Deaf  
Community Centre, Johnson Place,  
Norwich, NR2 2SA**



**Face-to-face appointments available or just drop in.**

**For more information or to book an appointment,  
please email: [advocacy@royaldeaf.org.uk](mailto:advocacy@royaldeaf.org.uk)**

**End of July dates for now**