

July Diary dates-scroll down page

Creative Socials-

Tuesday 2nd July – St George's Theatre Cafe



02
JUL

**GREAT YARMOUTH
CREATIVE SOCIALS**
01:00 PM St George's
Theatre Cafe
Creative Writing with
Kathryn Simmonds Come
and join Kathryn as...

MORE INFO >

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-july24>

Monday 8th July- Hunstanton Community Centre



08
JUL

**WEST NORFOLK CREATIVE
SOCIALS - HUNSTANTON**
01:00 PM Hunstanton
Community Centre
Creative Writing with
Kathryn Simmonds Come
and join Kathryn as...

MORE INFO >


Scroll down for information on this event...

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-july24>

Thursday 11th July- Attleborough Town Hall



11
JUL

**BRECKLAND CREATIVE
SOCIALS -
ATTLEBOROUGH**

**01:00 PM Attleborough
Town Hall**

Creative Writing with
Kathryn Simmonds Come
and join Kathryn as...

MORE INFO >

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-july24>

More events below.....

Friday 12th July- Thetford Library



BRECKLAND CREATIVE SOCIALS - THETFORD 01:00 PM Thetford Library

Creative Writing with
Kathryn Simmonds Come
and join Kathryn as...

MORE INFO >

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-july24>

Wednesday 17th July- Great Massingham Village Hall

WEDNESDAY 17 JULY



WEST NORFOLK CREATIVE SOCIALS - GREAT MASSINGHAM

01:00 PM Great
Massingham Village Hall

Creative Writing with
Kathryn Simmonds Come
and join Kathryn as...

MORE INFO >

Scroll down for information on this event.....

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**.

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

Friday 19th July- Dereham Trinity Methodist Church



BRECKLAND CREATIVE SOCIALS - DEREHAM

**01:00 PM Trinity Methodist
Church**

Creative Writing with
Kathryn Simmonds Come
and join Kathryn as...

MORE INFO >

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**.

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

More Diary Dates below.....

Senior Citizens Film Club

Monday 22nd July and Wednesday 24th July- King's Lynn Senior Citizens Film Club

Rotary  Club of Kings Lynn Priory

SENIOR CITIZENS FILM CLUB

**Monday 22nd July and Wednesday
24th July**

KINGS LYNN CORN EXCHANGE CINEMA

FLY ME TO THE MOON

**SCARLETT JOHANSSON AND CHANNING
TATUM**

Meet at 10.00 for tea and coffee
£4 per ticket
Film starts at 10.45

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

Booking essential- email Bharti.patel@west-norfolk.gov.uk

Or call 07375 375404

More Diary Dates below.....

Wellbeing Walks



wellbeing Helping you live your life

Coastal Walks

NHS Norfolk and Waveney Talking Therapies

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 July 10.30am - Hunstanton
Meet outside Princess Theatre, 13 The Green, PE36 5AH

Tues 9th July 12 noon - Sheringham
Meet at Sheringham Town Clock (opposite Little Theatre), NR26 8RE

Fri 12th July 10.30am - Cromer
Meet at Cromer Pier, Promenade, NR27 9HE

Thurs 18th July 13:00pm - Lowestoft
Meet at Kensington Gardens Boating Lake, NR33 0HY

Fri 19th July 10.30am - Great Yarmouth
Meet outside Marina Centre (main entrance), Marine Parade, NR30 4ET

Tues 30th July 12 noon - Gorleston
Marine Parade Car Park, Gorleston-on-Sea, NR31 6EZ

For more information please email us on socials@wellbeingnandw.co.uk

www.wellbeingnands.co.uk 0300 123 1503

For more information, click on the link below-

[Social Events - The Wellbeing Service Norfolk and Waveney \(wellbeingnands.co.uk\)](http://www.wellbeingnands.co.uk)

More walks across Norfolk in July are on the poster below....

wellbeing Socials

Wellbeing Walks July 2024



Norfolk and Waveney
Talking Therapies

Date & Time...	Walk...	Meeting Point...
Mon 1st 10:30	North Walsham	Market Cross, Market Place, North Walsham, NR28 9BS
Mon 1st 12:30	Castle Rising	St Lawrence's Church (opp Trinity Hospital), PE31 6AG
Tue 2nd 10:30	Diss	Frenze Beck Nature Reserve, Sawmills Road, IP22 4GG
Wed 3rd 10:30	Hunstanton	Princess Theatre, Hunstanton, PE36 5AH
Thur 4th 10:30	Waterloo Park	Feed Café, Waterloo Park Pavillion, Norwich, NR3 3HX
Fri 5th 10:30	Redwings Aylsham	Spa Lane, Aylsham, NR11 6UE
Mon 8th 10:30	Norwich	City Hall steps, St Peters Street, Norwich, NR2 1NH
Tue 9th 12:00	Sheringham	Town Clock opp Sheringham Little Theatre, 2 Station Road, Sheringham, NR26 8RE
Wed 10th 10:30	Downham Market	Town Hall, Bridge Street, Downham Market, PE38 9DW
Thur 11th 10:30	Beccles	Community Hub, 20 Blyburgate, Beccles, NR34 9TB
Fri 12th 10:30	Cromer	Cromer Pier, Promenade, Cromer, NR27 9HE
Mon 15th 10:30	Dereham	St Nicholas Church, Church St, Dereham, NR19 1DN
Mon 15th 13:30	Fakenham	Wensum Lodge Hotel, Fakenham, NR21 9AY
Tue 16th 12:00	Swaffham	St Peter & St Paul Church, Market Place, PE37 7AQ
Wed 17th 10:30	Felbrigg	Car Park 'Welcome Hut', Felbrigg, NR11 8PP
Thur 18th 13:00	Lowestoft	Boating Lake, Kensington Gardens, Lowestoft, NR33 0HY
Fri 19th 10:30	Great Yarmouth	Marina Centre main entrance, Marine Parade, NR30 2ER
Fri 19th 10:30	Wymondham	Tiffey/Becketswell Car Park, Wymondham, NR18 9PH
Mon 22nd 12:00	Carlton Marshes	Visitor Centre, Burnt Hill Lane, Carlton Colville, NR33 8HU
Tue 23rd 10:30	Thetford	The Light Cinema, Bridge Street, Thetford, IP24 3AE
Wed 24th 17:30	Norwich Evening	Ethelbert Gate (next to Zizzis), Norwich, NR1 4DR
Fri 26th 10:30	Redwings Caldecott	Caldecott Hall, Beccles Road, Fritton, NR31 9EY
Fri 26th 10:30	King's Lynn Riverside	Customs House, King's Lynn, PE30 1HP
Mon 29th 10:30	Watton	War Memorial, Memorial Gardens Car Park, 3 Thetford Road, IP25 6BQ
Tue 30th 12:00	Gorleston	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



for anxiety and depression



Click on the link below for more information about any of the walks-

[Social Events - The Wellbeing Service Norfolk and Waveney \(wellbeingnands.co.uk\)](https://www.wellbeingnands.co.uk)

Wellbeing Socials





Norfolk and Waveney
Talking Therapies

Community Socials July 2024

Date & Time...			Event...	Location...
Tue	2nd	10:00	Re-Do Craft Social *booking required*	44 - 48 Magdalen Street, Sackville Place, Norwich, NR3 1JU
Tue	2nd	12:00	Halesworth Café Catch Up	Chinny's, 27 Norwich Rd, Halesworth IP19 8BX
Thur	4th	18:00	Dungeons & Dragons One Shot Adventure! *booking required*	Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER
Mon	8th	14:00	My Long-Term Health Condition and Me Social Group	Louise Hamilton Centre, James Paget Hospital, Gorleston, NR31 6LA
Mon	8th	17:30	Evening Wellbeing Social King's Lynn	Marriott's Warehouse South Quay, King's Lynn, PE30 5DT
Tue	9th	14:30	Museum of Norwich at the Bridewell Visit *booking required*	5 Bridewell Alley, Norwich, NR2 1AQ
Tue	9th	18:00	Origami Workshop *booking required*	Albion Games Café, St Benedicts Street, Norwich, NR2 4PF
Wed	10th	18:00	Quiz	Online
Thur	11th	10:30	Norwich Café Catch Up	Merchant's House Café, Fye Bridge St, Norwich, NR3 1LJ
Sat	13th	14:00	Control Tower Tour @ West Raynham *booking required*	The Control Tower, Blenheim Way, West Raynham, Fakenham NR21 7PL
Mon	15th	10:30	Crafty Creations	DANES, 161 Rotterdam Road, Lowestoft, NR32 2EZ
Tue	16th	10:30	Theatre Royal Café Social	Theatre Royal, Theatre Street, Norwich, NR2 1RL
Wed	17th	17:00	Norwich Evening Social	Café Bar Marzano, The Forum, Norwich, NR2 1TF
Thur	18th	15:45	Drumming Workshop *booking required*	Main Hall, Ketts Park, Wymondham, NR18 0WP
Wed	24th	12:30	Fritton Owl Sanctuary Visit *booking required*	Fritton Plant Centre, Beccles Road, NR31 9EX
Thur	25th	12:30	Caister Café Social	The Rabbit Hutch, Caister On Sea, NR30 5ET

All of our socials are open to anyone 16+ with no need to book. Online socials are hosted on Teams via our website, scan the QR code for more!
Any queries please email us: socials@wellbeingnandw.co.uk



for anxiety and depression

SCAN ME



For information and to book, click on the link below-
[Social Events - The Wellbeing Service Norfolk and Waveney \(wellbeingnands.co.uk\)](https://www.wellbeingnands.co.uk)

Cuppa care Bus Timetable for July

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.



July Bus Locations

Acle, Car Park by Acle Methodist Hall

Monday 15th, 10am - 12pm

Attleborough, Queens Square

Thursday 25th, 10am - 12pm

Aylsham Town Hall

Wednesday 10th, 1pm - 3pm

Cromer, Barkers Herne

Tuesday 2nd, 1pm - 3pm

Dereham Shopping Centre

Wednesday 17th, 1pm - 3pm

Diss Market Square

Monday 1st, 10am - 12pm



July Bus Locations

Erpingham with Calthorpe Village Hall

Wednesday 24th, 10am - 12pm

Fakenham War Memorial

Tuesday 30th, 10am - 12pm

Great Yarmouth, The Market Place

Monday 15th, 1pm - 3pm

Harleston, Coop Car Park

Monday 1st, 1pm - 3pm

Hingham Market Place

Wednesday 31st, 10am - 12pm

Hoveton and Wroxham Medical Centre

Wednesday 24th, 1pm - 3pm





July Bus Locations

Holt, The Venue

Monday 8th, 10am - 12pm

Hunstanton, The Bandstand

Wednesday 3rd, 10am - 12pm

Loddon, Church Plain Car Park

Tuesday 9th, 10am - 12pm

Ludham Village Hall Car Park

Thursday 11th, 1pm - 3pm

King's Lynn, Waterside Retirement Housing

Wednesday 3rd, 1pm - 3pm

Necton Community Centre

Tuesday 30th, 1pm - 3pm



July Bus Locations

Northrepps Village Hall

Wednesday 10th, 10am - 12pm

North Walsham, Vicarage Street Car Park

Tuesday 16th, 10am - 12pm

Norwich, The Forum

Thursday 18th, 10am - 3pm

Poringland, Budgens Car Park

Tuesday 9th, 1pm - 3pm

Sheringham, Station Approach Car Park

Tuesday 16th, 1pm - 3pm

Spixworth Village Hall Car Park

Friday 12th, 10am - 12pm



July Bus Locations

Stalham, Staithe Surgery Car Park
Thursday 11th, 10am - 12pm

Swaffham War Memorial
Friday 5th, 1.15pm - 3.15pm

Taverham Village Hall Car Park
Friday 12th, 1pm - 3pm

Terrington St Clement, St Clements Surgery
Monday 22nd, 1pm - 3pm

Thetford, Market Place
Friday 5th, 10am - 12pm

Upwell Village Hall
Monday 22nd, 10am - 12pm

COMMUNITY FUND HEAR FOR NORFOLK VISION Norfolk in Norfolk Norfolk ageUK wellbeing Mind Norfolk and Waveney Norwich ageUK

July Bus Locations

Watton, Queens Hall
Wednesday 17th, 10am - 12pm

Wymondham, Waitrose Car Park
Thursday 25th, 1pm - 3pm

For Dates in August in some of these and more locations click on the link below-

<https://www.hearfornorfolk.org.uk/cuppa-care-project-timetable/>

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.**

Taverham - Mondays 11.00 —12pm

Caister – Mondays 11.30 – 1.00pm

Costessey Library - Mondays 5.30 - 6.30pm

Great Yarmouth Library -Tuesdays 10.30 - 12.00pm

North Walsham Library - 2nd Tuesday of the month 12.00 - 1.00pm

Cromer Library - Tuesdays 12.00 - 1.00pm

Sheringham Library - Tuesdays 1.00 - 2.00pm

Mundesley Library – Tuesdays 3.00 – 4.00pm

Hunstanton Library - 2nd & 4th Wednesday 2.00 - 3.00pm

Dersingham - Wednesdays 11.00— 12.00pm

Norfolk Library Service Bereavement Cafés Continued

Kings Lynn - Wednesday 5.30—6.30pm

Aylsham Library - Thursdays 10.00 – 11.00pm

Gaywood Library – Thursdays 11.00 -12.00pm

Dereham Library –Thursdays 11.30 - 1.00pm

Downham Market Library –Thursdays 12.30 -1.30pm

Gorleston Library – Thursday 2.30 – 4.30pm

Holt Library - Fridays 11.00 -12.00pm

Martham Library - Fridays 12.30—2.00pm

Sprowston Library – Fridays 1.00 – 2.00pm

Friday 26th July -Concert at Great Ryburgh

THE THORNHILL SINGERS AT ST. ANDREW’S

Polyphony, madrigals, spirituals, folk songs, C16 - C20

St. Andrew’s Church, Great Ryburgh. NR21 0EB

Friday, 26th July 7 p.m.

Free entry. Retiring collection. Details from 01328 829413.