

# **June 2025 Diary Dates**

## **Creative Socials**

In 2025, Creative Socials are programmed with 3-month residencies with artists. From April to June we have Poppy Stevens.

From April, we will be 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.

If you want to attend any of the Creative Socials workshops, or Afternoon Events, you need to book a place either via our Ticketsource or by contacting us on 01953 713390 or by emailing [info@creativeartseast.co.uk](mailto:info@creativeartseast.co.uk).

Sessions are with Poppy this month-

Poppy will lead you through a series of creative writing prompts and games to get your ideas flowing onto the page. Using the prompt SPRING as the seed, you will grow your very own poems. No writing experience is necessary, this workshop aims to remove the fear and find the creativity in writing.

**Thursday 12th June – Attleborough Town Hall 2-4pm**

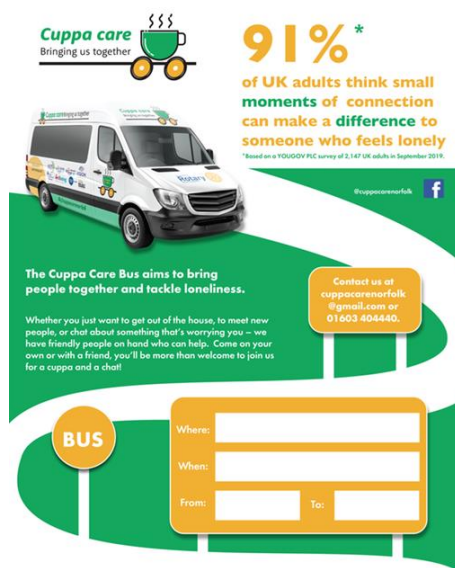
**Friday 13th June – Thetford Methodist Church 1-3pm**

**Friday 20th June – Dereham Trinity Methodist Church 1-3pm**

**Please book your space online or do get in touch by emailing [info@creativeartseast.co.uk](mailto:info@creativeartseast.co.uk) or call 01953 713390 if you have any questions or specific access needs. From April, we will be using a 'Pay What You Can' pricing structure, to help us to continue these workshops.**

**<https://brecklandartsforhealth.co.uk/whats-on/>**

# 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  
cuppacarenorfolk@gmail.com or  
01603 404640.

**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 June below...

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

Monday 16th June 10am - 12pm

**Aldborough-** Aldborough Community Centre, The Green, Aldborough,  
NR11 7AA Tuesday 3rd June 10am - 12pm

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

Thursday 26th June 10am - 12pm

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

Wednesday 11th June 1pm - 3pm

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

Monday 23rd June 1.00pm - 3pm

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

Tuesday 3rd June 1.00pm - 3pm

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

Wednesday 18th June 1.00pm - 3pm

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

Monday 9th June 10am - 12pm

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

Tuesday 24th June 10am - 12pm

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

Monday 16th June 1pm - 3pm

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

Monday 9th June 1pm - 3pm

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

Wednesday 4th June 10am - 12pm

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

Wednesday 25th June 1.00pm - 3pm

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

Monday 23rd June 10am - 12pm

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

Tuesday 10th June 10am - 12pm

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

Tuesday 10th June 1pm - 3pm

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

Thursday 19th June 1pm - 3pm

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

Wednesday 4th June 1pm - 3pm

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

Tuesday 24th June 1pm - 3pm

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

Wednesday 11th June 10am - 12pm

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

Tuesday 17th June 10am - 12pm

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

Thursday 12th June 10am - 3pm

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

Wednesday 25th June 10am - 12pm

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

Tuesday 17th June 1pm - 3pm

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

Friday 20th June 10am - 12pm

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

Thursday 19th June 10am - 12pm

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

Friday 6th June 1pm - 3pm

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

Friday 20th June 1pm - 3pm

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

Friday 6th June 10am - 12pm

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

Wednesday 18th June 10am - 12pm

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

Thursday 26th June 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](#)**

# **Norfolk and Waveney Talking Therapies Wellbeing Walks and Socials**

## **Kings Lynn Social NEW**

**Family Action Discovery Centre Garden, Columbia Way, Kings Lynn, PE30 2LA**

Join us for an uplifting social event at the Discovery Garden in Kings Lynn, hosted by Family Action and NHS Norfolk and Waveney Talking Therapies.

Next date: 02nd June 2025 - 10:30 am to 12:30 pm

[Kings Lynn Social NEW - Norfolk and Waveney Talking Therapies](#)

## **Wellbeing Walks – North Walsham**

**Meeting at the Market Cross in the market place, NR28 9BS**

Feel free to join us for a gentle stroll down the beautiful Weavers Way, finishing with a coffee at the lovely café Kitale

Next date: 02nd June 2025 - 10:30 am to 12:30 pm

Many more walks and socials listed below to find one near you.....



## Wellbeing Walks

### April - June 2025



Norfolk and Waveney  
Talking Therapies

Day	Meeting Point...	Time	Apr	May	June
Monday	<b>North Walsham</b> Market Cross, Market Place, NR28 9BS	10:30	7th	-	2nd
	<b>Fakenham (New Day &amp; Time)</b> Fakenham Library, Oak Street, NR21 9DY	10:30	14th	12th	9th
	<b>Norwich</b> City Hall Steps, St Peter's Street, NR2 1NH	10:30	14th	12th	9th
	<b>Dereham</b> St Nicholas Church, Church Street, NR19 1DN	10:30	-	19th	16th
	<b>Carlton Marshes (New Time)</b> Visitor Centre, Burnt Hill Lane, NR33 8HU	10:30	28th	26th	23rd
Tuesday	<b>Diss</b> Frenze Beck Nature Reserve, Sawmills Rd, IP22 4GG	10:30	1st	6th	3rd
	<b>Sheringham (New Time)</b> Town Clock opposite Little Theatre, 2 Station Rd, NR26 8RE	13:00	8th	13th	10th
	<b>Hunstanton (New)</b> The Princess Theatre, 13 The Green, PE36 5AH	10:30	15th	20th	17th
	<b>Thetford</b> The Light Cinema, Bridge Street, IP24 3AE	10:30	22nd	27th	24th
	<b>Gorleston (New)</b> Beaches Medical Centre, Sussex Road, NR31 6QB	11:00	22nd	27th	24th
Wednesday	<b>Swaffham</b> Pathway next to Iceland, Market Place, PE37 7AQ	10:30	2nd	7th	4th
	<b>Downham Market</b> Town Clock, Bridge Street/High Street, PE38 9DW	10:30	9th	14th	11th
	<b>Felbrigg Hall (Free Parking)</b> Car Park Welcome Hut, Felbrigg Hall, NR11 8PP	10:30	16th	21st	18th
Thursday	<b>Waterloo Park</b> Feed Café, Waterloo Park Pavilion, Angel Road, NR3 3HX	10:30	3rd	1st	5th
	<b>Lowestoft with PCN (New)</b> Banksy Artwork Platform, Nicholas Everitts Park, NR33 9JR	14:00	3rd	1st	5th
	<b>Beccles</b> St Michael's Church Bell Tower, The Walk, NR34 9HE	10:30	10th	8th	12th
	<b>Watton (New)</b> Behind Queens Hall, entrance to Kittell Close, IP25 6DD	10:30	17th	15th	19th
	<b>King's Lynn (New Day)</b> Customs House, Purfleet Quay, PE30 1HP	10:30	24th	22nd	26th
	<b>Harleston (New)</b> 'Welcome to Harleston' sign left of co-op, Bullock Fair Cl, IP20 9AT	13:00	24th	22nd	26th

Please turn over for Friday walks



for anxiety and depression





## Wellbeing Walks

### April - June 2025



Norfolk and Waveney  
Talking Therapies

Friday	Redwings Aylsham Spa Lane, Aylsham, NR11 6UE	10:30	4th	2nd	6th
	Cromer Cromer Pier, Promenade, NR27 9HE	10:30	11th	9th	13th
	Wymondham Tiffey/Becketswell Car Park, NR18 9PH	10:30	-	16th	20th
	Great Yarmouth Marina Centre main entrance, Marine Parade, NR30 2ER	13:00	-	16th	20th
	Hoveton (New) Hoveton Visitor Centre, Station Road, NR12 8UR	10:30	25th	23rd	27th
	Redwings Caldecott Visitor Centre, Beccles Road, Fritton, NR31 9EY	10:30	25th	30th	27th

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)





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



## Wellbeing Community Events

### April – June 2025



Norfolk and Waveney  
Talking Therapies

Day	Location	Time	Apr	May	June
Monday	Kings Lynn Social with Family Action (New) Family Action Discovery Centre Garden, Columbia Way, Kings Lynn, PE30 2LA	10:30	7th	-	2nd
	My Long-Term Health Condition and Me Social Group Louise Hamilton Centre, James Paget Hospital, Gorleston, NR31 6LA	14.00	14th	12th	9th
	Crafty Creations (New Time) DANES, 161 Rotterdam Road, Lowestoft, NR32 2EZ	13:00	-	19th	16th
	Attleborough Social Attleborough Library, Ground Floor, Attleborough Community and Enterprise Centre, Church Street, NR17 2AH	13.00	28th	26th	23rd
Tuesday	Re-Do Craft Social *booking required* Unit 4, St Augustine's Gate, Norwich, NR3 3BE	10.00	1st	6th	3rd
	Halesworth Cafe Catch Up Chinny's, 27 Norwich Rd, Halesworth IP19 8BX	12 noon	1st	6th	3rd
	Swaffham Wellbeing Group with Family Action (New) Swaffham Community Centre, Campingland, PE37 7RB	10:00	8th	13th	10th
	Theatre Royal Café Social Theatre Royal, Theatre Street, Norwich, NR2 1RL	10.30	15th	20th	17th
Wednesday	Norwich Evening Social Marzanos, The Forum, NR2 1TF	17.00	9th	14th	11th
	Online Quiz Night – entry via our website <a href="https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/">https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/</a>	18:00	16th	21st	18th
	Norwich Evening Warhammer Social (New) Wellbeing Hub, Holland Court, Norwich, NR1 4DY	18.00	23rd	28th	25th
Thursday	Dungeons & Dragons One Shot *booking required* Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER	18.00	3rd	1st	5th
	Hoveton Café Catch Up (New) Café 98, EACH Charity Shop, Station Road, NR12 8UR	11:30	10th	8th	12th
Friday	Caister Café Social (New Day & Time) The Rabbit Hutch, Caister On Sea, NR30 5ET	10:30	4th	2nd	6th
	Norwich Café Social (New Day) Merchant's House, Fye Bridge St, NR3 1UJ	10:30	11th	9th	13th

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: [cdteam@norfolkandwaveneymind.org.uk](mailto:cdteam@norfolkandwaveneymind.org.uk)

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

more social groups....



### **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

## **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.....

## **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)

**More below.....**



## 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





# **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)

**Hi, to all you Ladies out there.**

Are you maybe thinking about finding something new to do?

Something that you can enjoy during the day and meet new people at the same time.

If the answer is yes, then, why not give the Horning Ladies Lunch Club a try.

We are going from strength to strength, and have welcomed many new members since our return from our summer break last October.

We still have spaces and would very much like to welcome even more 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, e mail her at,  
[ladieslunchclub@btinternet.com](mailto:ladieslunchclub@btinternet.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**

---

**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)

---

**END OF JUNE DATES FOR NOW**