

March 2025 Diary dates

Cuppa Care Bus

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 YOUNG PLC survey of 2,147 UK adults in September 2019.

@cuppacarenorfolk

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.

Sponsored by:
Rotary in Norfolk, age UK, age UK, age UK, PROJECT, Hear for Norfolk and Waveney, wellbeing, VISION, Waveney

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

Monday 17th March 10am - 12pm

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

Tuesday 4th March 10am - 12pm

Attleborough Queens Square, Attleborough, NR17 2AF

Thursday 27th March 10am - 12pm

Aylsham Outside Aylsham Town Hall, NR11 6EL

Wednesday 12th March 1pm - 3pm

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

Monday 10th March 1.00pm - 3pm

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

Tuesday 4th March 1.00pm - 3pm

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

Wednesday 19th March 1.00pm - 3pm

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

Monday 24th March 10am - 12pm

Fakenham War Memorial, Market Place, Fakenham

Tuesday 25th March 10am - 12pm

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

Monday 17th March 1pm - 3pm

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

Monday 24th March 1pm - 3pm

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

Wednesday 26th March 1.00pm - 3pm

Holt The Venue, Kerridge Way, Holt NR25 6DW

Monday 10th March 10am - 12pm

Loddon Church Plain Car Park, NR14 6LX

Tuesday 11th March 10am - 12pm

Ludham Ludham Village Hall Car Park, Norwich Road, Ludham, NR29 5PB

Thursday 20th March 1pm - 3pm

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

Tuesday 25th March 1pm - 3pm

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

Wednesday 12th March 10am - 12pm

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

Tuesday 18th March 10am - 12pm

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

Thursday 13th March 10am - 3pm

Poringland Bugens Car Park, The Street, NR14 7RQ

Tuesday 11th March 1pm - 3pm

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

Wednesday 26th March 10am - 12pm

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

Tuesday 18th March 1pm - 3pm

Spixworth Village Hall Car Park, Spixworth, NR10 3NQ

Friday 14th March 10am - 12pm

Stalham Staithe Surgery Car Park, NR12 9BU

Thursday 20th March 10am - 12pm

Swaffham Swaffham War Memorial, Lynn Street

Friday 7th March 1.15pm - 3.15pm

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

Friday 14th March 1pm - 3pm

Thetford Market Place, Thetford, IP24 2DS

Friday 7th March 10am - 12pm

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

Wednesday 19th March 10am - 12pm

Wymondham Waitrose Car Park, Wymondham, NR18 0SH

Thursday 27th March 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!

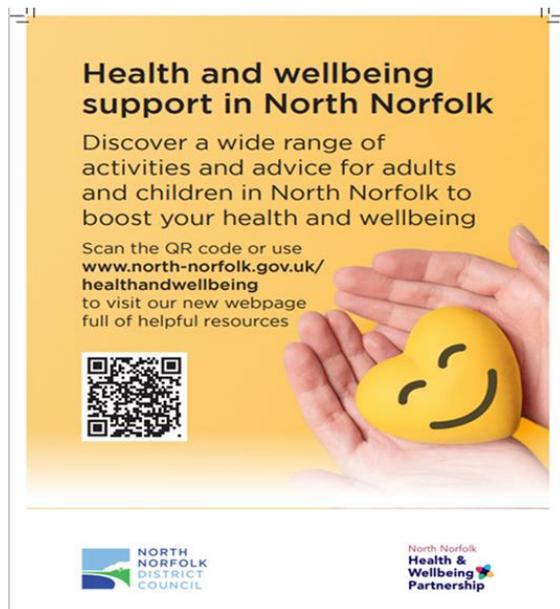
For more information please follow us on Facebook
@cuppacarenorfolk or e-mail us on
cuppacarenorfolk@gmail.com

Your local Warm Space



Click on the link below to use the map

Find a Space



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)

Wellbeing Community Events January – March 2025

NHS
Norfolk and Waveney
Talking Therapies

Day	Location	Time	Jan	Feb	Mar
Monday	My Long-Term Health Condition and Me Social Group Louise Hamilton Centre, James Paget Hospital, Gorleston, NR31 6LA	14.00	13th	10th	10th
	Crafty Creations DANES, 161 Rotterdam Road, Lowestoft, NR32 2EZ	10.30	20th	17th	17th
	Attleborough Social Attleborough Library, Ground Floor, Attleborough Community and Enterprise Centre, Church Street, NR17 2AH	13.00	27th	24th	24th
Tuesday	Re-Do Craft Social - *booking required* Unit 4, St Augustine's Gate, Norwich, NR3 3BE	10.00	7th	4th	4th
	Halesworth Cafe Catch Up Chinny's, 27 Norwich Rd, Halesworth IP19 8BX	12 noon	7th	4th	4th
	Theatre Royal Café Social Theatre Royal, Theatre Street, Norwich, NR2 1RL	10.30	21st	18th	18th
Wednesday	Online Quiz Night – entry via our website https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/	18.00	8th	12th	12th
	Norwich Evening Social Marzanos, The Forum, NR2 1TF	17.00	15th	19th	19th
Thursday	Mindful Colouring Gorleston Library, Lowestoft Road, Gorleston, NR31 6SG	17.00	2nd	6th	6th
	Dungeons & Dragons One Shot Adventure *booking required* Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER	18.00	2nd	6th	6th
	Norwich Café Social Merchant's House, Fye Bridge St, NR3 1LJ	10.30	9th	13th	13th
	Lowestoft Café Social The Red Mingo, 4 Surrey Street, Lowestoft NR32 1LJ	13.00	16th	20th	20th
	Caister Café Social The Rabbit Hutch, Caister On Sea, NR30 5ET	12.30	30th	27th	27th

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: cdcteam@norfolkandwaveneymind.org.uk



Wellbeing Walks

January - March 2025

Day	Meeting Point...	Time	Jan	Feb	Mar
Monday	North Walsham Market Cross, Market Place, NR28 9BS	10:30	6th	3rd	3rd
	Norwich City Hall Steps, St Peter's Street, NR2 1NH	10:30	13th	10th	10th
	Dereham St Nicholas Church, Church Street, NR19 1DN	10:30	20th	17th	17th
	Carlton Marshes Visitor Centre, Burnt Hill Lane, NR33 8HU	12:00	27th	24th	24th
Tuesday	Diss Frenze Beck Nature Reserve, Sawmills Rd, IP22 4GG	10:30	7th	4th	4th
	Sheringham Town Clock opposite Little Theatre, 2 Station Rd, NR26 8RE	12:00	14th	11th	11th
	Thetford The Light Cinema, Bridge Street, IP24 3AE	10:30	28th	25th	25th
	Gorleston (New Time!) Marine Parade car park, NR31 6EZ	13:00	28th	25th	25th
Wednesday	Swaffham (New Day!) St Peter & St Paul Church, Market Place, PE37 7AQ	10:30	-	5th	5th
	Downham Market Town Clock, Bridge Street/High Street, PE38 9DW	10:30	8th	12th	12th
	Felbrigg Hall (Free Parking!) Car Park Welcome Hut, Felbrigg Hall, NR11 8PP	10:30	15th	19th	19th
Thursday	Waterloo Park Feed Café, Waterloo Park Pavilion, Angel Road, NR3 3HX	10:30	2nd	6th	6th
	Beccles St Michael's Church Bell Tower, The Walk, NR34 9HE	10:30	9th	13th	13th
	Fakenham (New Day & Time!) Wensum Lodge Hotel, NR21 9AY	13:00	23rd	27th	27th
Friday	Redwings Aylsham Spa Lane, Aylsham, NR11 6UE	10:30	3rd	7th	7th
	Cromer Cromer Pier, Promenade, NR27 9HE	10:30	10th	14th	14th
	Great Yarmouth (New Time!) Marina Centre main entrance, Marine Parade, NR30 2ER	13:00	17th	21st	21st
	Wymondham Tiffany/Becketswell Car Park, NR18 9PH	10:30	17th	21st	21st
	King's Lynn Customs House, Purfleet Quay, PE30 1HP	10:30	24th	28th	28th
	Redwings Caldecott Beccles Road, Fritton, NR31 9EY	10:30	31st	28th	28th

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



for anxiety and depression



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

Social Group in Thetford



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.



Norfolk and Waveney
REST
Thetford

Companionship Cafes

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

Earlham Companionship Café (NEW)

When: 3rd Thursday of each month

Where: Earlham Library, NR4 7HG

Hellesdon Companionship Café (NEW)

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

Phone: 01603 963317

Come Singing For People Of All Ages With Memory Loss

We are happy to announce that we have started to sing again very safely at the following venues:

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

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.

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

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>

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=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

Hi to all you ladies out there.

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 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

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.

Call the team on 01553 760 230 or email contact@thebridgeforheroes.org.

Facebook and Instagram @thebridgeforheroes.

Events at Merchants Place Cromer

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

Life begins at... Friendship group. For more information call 01263 519454 or email
info@merchantsplace.co.uk

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, Reepham 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

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Photo courtesy Ageing Better

Welcome to Meals on Wheels UK

Your one-stop-shop for finding Meals on Wheels services delivering in your area!

Watch this short film introducing Meals on Wheels UK.



Click on the link below to go to the website homepage

[Meals on Wheels UK – Information about Meals on Wheels in the UK](#)

More below...



SQUARE DANCING

What it is. The dancers form sets of eight people in a square formation (hence the title) and dance to caller directed moves for enjoyment. Moves are memorised by the dancers and the caller directs the patterns to be completed. So you do not memorise a complete dance, you enjoy the live choreography by a caller and dance as a group.

Why we do it. First and foremost it is fun. You share the activity with like minded people who are very friendly. It is good exercise, keeps the brain active and is an opportunity to make new friends. It is possible to go all over the country and meet new people in clubs around the British Isles and abroad.

Join us on a regular basis on Friday afternoons at 1:00pm to be entertained and meet new friends. Open to all! Whether you come as a couple or as a single you are made welcome.

Spin 'n' Wheel is based at the Good Shepherd Church Hall on Thunder Lane, Norwich. Contact Sylvia Mak on 01603 755658 if you are a returning dancer or if you are thinking about learning this great activity.



END OF MARCH DIARY DATES FOR NOW

