

March 2026 Diary dates

Creative Arts East events

Singing and Songwriting with Kimberley Moore

From January to March, join Kimberley Moore for a series of laid-back sessions of singing and music-making. We will warm up our voices, sing songs in rounds and play with harmony.

Kimberley will use short, sweet, and upbeat tunes, and explore song writing about the everyday and perhaps magical happenings of our lives.

Breckland

Attleborough St Mary's Church

Thu 12th Mar, 1pm

New venue: Thetford Library

Fri 13th Mar, 1pm

Dereham Trinity Methodist Church

Fri 20th Mar, 1pm

West Norfolk

Hunstanton Community Centre

Mon 9th Mar, 1pm

King's Lynn London Road Methodist Church

Tue 17th Mar, 1pm

Great Massingham Village Hall

Wed 18th Mar, 1pm

To book your place for any event, please book online via TicketSource (<https://www.ticketsource.co.uk/creative-arts-east>) , call us on 01953 713390 or email info@creativeartseast.co.uk (<mailto:info@creativeartseast.co.uk>) to secure your place.

We are 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 like these.

Click here to book for all events! (<https://www.ticketsource.co.uk/creative-arts-east>)

Learn a new skill

Browse or search our current courses on the Adult Learning website and enrol online

[Adult learning courses - Norfolk County Council](#)

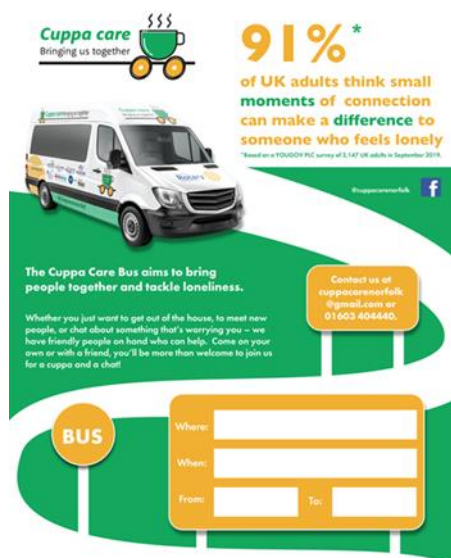
New courses starting March 2026

Find an Adult Learning course



And many more...

Cuppa Care Bus- timetable of visits across Norfolk



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 5,147 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 or
01603 404840.

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 below and check website link above

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

16/03/2026 10am - 12pm

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

31/03/2026 10am - 12pm

Attleborough Queens Square, Attleborough, NR17 2AF

26/03/2026 10am - 12pm

Aylsham Outside Aylsham Town Hall, NR11 6EL

11/03/2026 1pm - 3pm

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

09/03/2026 1.00pm - 3pm

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

31/03/2026 1.00pm - 3pm

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

18/03/2026 1.00pm - 3pm

Diss Market Square, Outside thePost Office, IP22 4AN

02/03/2026 10am - 12pm

Erpingham Erpingham with Calthorpe Village Hall, The Street, Erpingham
NR11 7QB 25/03/2026 10am - 12pm

Fakenham War Memorial, Market Place, Fakenham
24/03/2026 10am - 12pm

Great Yarmouth The Market Place, Great Yarmouth, NR30 2BA
16/03/2026 1pm - 3pm

Harleston Coop Car Park, Bullock Fair Close, IP20 9AT
02/03/2026 1pm - 3pm

Hickling Methodist Church Car Park, NR12 0YD
19/03/2026 1pm - 3pm

Hoveton Hoveton & Wroxham Medical Centre, Stalham Road, NR12 8DU
25/03/2026 1.00pm - 3pm

Holt The Venue, Kerridge Way, Holt NR25 6DW
09/03/2026 10am - 12pm

Kings Lynn Purfleet Health and Wellbeing Centre, Pathway House, Austin
Fields, Kings Lynn, PE30 1PH
05/03/2026 1pm - 3pm

Loddon Church Plain Car Park, NR14 6LX

10/03/2026 10am - 12pm

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

05/03/2026 10am - 12pm

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

24/03/2026 1pm - 3pm

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

11/03/2026 10am - 12pm

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

17/03/2026 10am - 12pm

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

12/03/2026 10am - 3pm

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

10/03/2026 1pm - 3pm

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

17/03/2026 1pm - 3pm

Spixworth Village Hall Car Park, Spixworth, NR10 3NQ

20/03/2026 10am - 12pm

Stalham Staithe Surgery Car Park, NR12 9BU

19/03/2026 10am - 12pm

Swaffham Swaffham War Memorial, Lynn Street

13/03/2026 1pm - 3pm

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

20/03/2026 1pm - 3pm

Thetford Market Place, Thetford, IP24 2DS

13/03/2026 10am - 12pm

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

18/03/2026 10am - 12pm

Wymondham Waitrose Car Park, Wymondham, NR18 0SH

26/03/2026 1pm - 3pm

Check dates and times- <https://www.hearfornorfolk.org.uk/cuppacare/#timetable>

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



SIP & SOCIAL CAFÉ LOPHAMS' VILLAGE HALL

Are You Over 55?

Don't sit at home on your own...

4th Friday of Each Month

ENTRY £3.00 per person
(includes refreshments & raffle)

1.30pm – 3.30pm

 Join us for Refreshments

 Chat, make friends, share memories & enjoy fun activities

Ample Parking on site

Where Friendship Never Gets Old

Non-profit community organised event

The Journey

A Geography of Memory

**Ever wonder where all the
years have gone?**

**You are invited to join in a free creative
'hands-on' afternoon exploring your
memories and life stories**

**12th February and 19th March
1.30pm - 3.30pm**

North Norfolk Railway Cafe

Sheringham NR26 8RA

Refreshments provided

Please bring

-  A photograph or copy of one
-  A cherished card or letter
-  A small object that is important to you
-  Something worn, used, or kept
-  Or simply a memory – objects provided if needed

You don't need to have any experience of art

No pressure to speak or share

Booking essential: thehealingharbour22@gmail.com

Tel: 07585586469



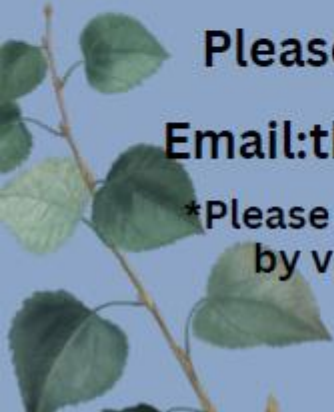
THE HEALING HARBOUR CHARITY

**ARE YOU LIVING WITH DEMENTIA, CANCER,
HEART FAILURE, STROKE OR ANOTHER
SERIOUS ILLNESS ?**

The Healing Harbour offers free treatments *:

**Reiki Therapy
Aromatherapy Massage
Hypnotherapy
Craniosacral Therapy
Reflexology
Herbal Medicine
Bowen Technique**

**We support people living with illnesses that
shorten lives and the families that care
for them. We are based in Sheringham.**



**Please get in touch to find out more:
Tel: 07585586469
Email: thehealingharbour22@gmail.com**

***Please note we are a small local charity led
by volunteers, all free treatments are
subject to availability.**

ICENI DRUMMING

Hempton Monthly
January 25th February 22nd March 29th
4.30pm until 6pm Adults only

Bodham Monthly
February 7th March 7th April 4th
10.30am until 12pm All ages

Wells Weekly
Thursdays 6.30pm until 8pm
Adults only 10 Week Program

There are limited complimentary spaces
available on these circles funded by Norfolk's
Healing Harbour Charity
for those living with
life shortening conditions and/or carers

£9 one off pay on the day
or £18 for 3 sessions advance payment

Call Claire for bookings
0758 447 4450

Strength, Honour, Freedom

[More below....](#)

“Good to know” groups offered by Independent Age.

Information groups for older people

Join one of our free webinars for a deep dive into our information guides. Led by an expert adviser, we'll look at topics including money, social care and scams, with the opportunity to ask questions. The webinars are suitable for those aged over 65, as well as family, friends, carers or anyone supporting an older person.

[See next session details below....](#)

Council Tax
Tuesday 31 March
2-3pm

If you're wondering whether you can reduce your Council Tax bill, join our Advisor Liz for our March webinar. We'll look at how Council Tax works, why you may be exempt, and ways you can get help to pay your Council Tax.

<https://www.independentage.org/get-advice/good-to-know-groups>

I'm not online – how can I join your webinar?

You can still join our webinar, even if you can't get online.

If you're joining by phone, you'll need to dial yourself into the session and enter a code. To join a Good to Know session by phone, please follow the instructions below.

Call 020 3321 5200 a few minutes before the session start time.

You'll be asked to enter a unique code, which you'll find under the session description on the Good to Know programme.

If you don't join immediately, please bear with us as it might take a few minutes to admit everyone.

How much do the groups cost?

Our groups are free to join. If you are joining over the phone, you may want to check with your telephone supplier about how many free minutes you get with your mobile or landline package.

<https://www.independentage.org/get-advice/good-to-know-groups>

North Walsham Library



Click, Save, Spend

- free support with online banking, budgeting and shopping

Starting in November, libraries across the county will offer Click, Save, Spend – a brand new service designed to help build confidence with managing money online.

Whether you're new to mobile banking or want to feel more secure shopping online, our friendly team is here to help. Through free, in-person, one-to-one support sessions, you can learn how to:

Navigate online banking

Use digital tools to budget and find savings

Shop or make payments online

Stay safe with online security tips

Available at select branches (17, across all areas of Norfolk). Book your session by emailing libraries.iconnect@norfolk.gov.uk or calling 01603774777.

This service is made possible by the Household Support Fund and will run until the end of March 2026.

Mobile library service

This link provides a map for which areas are covered by our mobile routes:

<https://experience.arcgis.com/experience/33a1d0e0f79d4808ba2b0a6f588668d7>

You can explore specific stop information on this page:

<https://www.norfolk.gov.uk/mobilelibraries>

Home, residential and sheltered library service

The home library service provides books on wheels to the homes of people who like to use the library service but are unable to get to a branch or mobile library due to age, disability or mobility.

<https://www.norfolk.gov.uk/article/40134/Home-residential-and-sheltered-library-service>

You can also refer to this service via NCAN.

<https://ncan.co.uk/listing/home-library-service/>

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

Email us on **libraries.iconnect@norfolk.gov.uk**

Or phone **01603 774777**

(Last updated March 2025)

borrow discover connect



Norfolk County Council

Warm Space Finder

Click on the link below and add your location to find any places
offering a warm space

<https://warm.open-innovations.org/find?gss=E07000146>

It isn't always accurate, but it's the best one recommended!



**Royal Association
for Deaf people**



Wednesday 4 March 2026, 10am – 2pm

POhWER Advocacy Norfolk- Drop in Service

Drop-in service in Norfolk with advocacy for Deaf, HOH, DeafBlind individuals. Advocacy services supports 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.

Event Location: Norwich Unity Hub – Carrow House, Norwich NR1 2GA

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

For more information or to book an appointment, please contact us by email or send a BSL video to: advocacy@royaldeaf.org.uk



**Royal Association
for Deaf people**



Wednesday 18 March 2026, 10am – 2pm

POhWER Advocacy Norfolk- Drop in Service

Drop-in service in Norfolk with advocacy for Deaf, HOH, DeafBlind individuals. Advocacy services supports 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.

Event Location: West Norfolk Deaf Association, 32B Railway Road, King's Lynn, PE30 1NF

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

For more information or to book an appointment, please contact us by email or send a BSL video to: advocacy@royaldeaf.org.uk

More below...

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.

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/>

Stay warm in Dereham

A timetable of warm places in town - 2025/26

PAGE 1 OF 2

Made by
 Love
Dereham

Love Dereham - Let's Chat companionship group

Inside Green Pastures Bookshop, 20 Norwich Street.

Stop in to "Let's Chat" for company and conversation with friendly people. Free hot drinks/cuppa soups and biscuits. Free Wi-Fi. Mon-Fri 9:30-11am.

Closed weekends, bank holidays and every 2nd Tuesday.



Love Dereham - Community Fridge



Inside Green Pastures Bookshop, 20 Norwich Street.

Doors open 9:30am, fridge access 10am to 1pm. Get free food in the form of surplus goods from local shops and businesses. No referral or paperwork, just come in and see what you can make use of.



Check facebook.com/derehamcommunityfridge for seasonal closures. Closed weekends, bank holidays and every 2nd Tuesday.



The Salvation Army



Tuesdays from 9:30am to 1:30pm: a warm environment for friendship, games and other activities, free hot drinks, free lunch served at Midday.

Fridays from 8:45am to 11am: Charity Shop open & coffee morning with free hot drinks for those in need. Find them at 3 St Nicholas Street.



Baptist Church - Coffee Morning



The Coffee Shop is open on a Friday from 10am to 1pm. Come and be warm & with friendly people. Free Wi-Fi. Homemade cakes, light-bites and drinks available for a small cost. No purchase necessary to come in and get warm and use the facilities. Enter either from High Street (next to The Bull), or via the garden entrance (near GD).



Dereham Cancer Care



Mon, Tues, Thurs, Fri: 10am to 2pm. Free drinks & biscuits (donations welcome if able). Puzzles, chit chat, crafting etc. Free talks on various topics that are open to all. It's a welcoming centre, open for everyone.

Located in Baldings Yard, Cowper Road.

Men's Shed: Wednesday afternoons - men's shed social inside DCC.

Stay warm in Dereham

A timetable of warm places in town - 2025/26

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Made by
Love
Dereham



Dereham Aid Centre



This venue is open to everyone regardless of nationality. Opening times are Wed: 10am-2pm and Fri: 10am-3pm. Hang out in this friendly warm space on Wrights Walk - free hot drinks, hot food & child's play area.

Dereham Men's Network - A space for men to chat, connect and unwind. Meets in the aid centre on Friday's from 11am-1pm.

Silver Circle - Social group for over 60's. Meeting on alternate Thursdays from 10.30am in the Aid Centre. Not open to the public during this time.



Dereham Library



The library is a warm place open: 9:30am to 7pm Mon-Fri and 9:30am to 4pm on Sat. Closed Sun. Free hot drinks station open Mon-Fri: 10am-1pm. Free 'Warm and Well' supplies available, while stocks last.



Just a Cuppa - Tuesday 10:30am till 12 noon

Dereham Community Crafters - Wednesday 1pm to 3pm

Bereavement Cafe - Thursday 11:30am to 1pm

Knit and Natter - Friday 10am to 12 noon

Board Games Group - Saturday 1:30pm to 3:30pm



The Meeting Point



Mon to Fri from 9am to 4pm (3pm on Thursdays). A place for the over 55's and adults with learning difficulties to meet and socialise. Tea, coffee and snacks from the serving hatch are available throughout the day for a small charge. Lunch: £8, 2 courses + tea/coffee. Pre-booking essential.



Sacred Heart & St Mary Margaret Catholic Church



Free winter soup lunch - Every Monday from 12pm - 2pm. No booking required. Find them at 35 London Road, NR19 1AS

This timetable has been produced by Love Dereham www.lovedereham.org.uk

Love
Dereham



A dementia friendly golf group at
Dereham Golf Club,

75b Quebec Road, Dereham, Norfolk NR19 2DS.

Each person will be accompanied by an experienced golf
volunteer.

Every third Thursday of the month between 2-4pm

Refreshments will be provided.

To book a place free of charge, or for further information please call:

*Stuart Goodman at Dereham Golf Club on 01362 695900 or Sarah Wicks on
07833 107582*

Email foregetmenotgolf@derehamgolfclub.com

Dates for 2026:

15th January 19th February 19th March 16th April 21st May

18th June 16th July 20th August 17th September

15th October 19th November 17th December

Registered Charity number 1212148

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>

Betty's Club

Burnham Market

Looking for volunteers, members and supporters

We have created it especially for local older people and their family carers in the community who have dementia or cognitive decline.

Here are links to our website and Facebook pages:

www.bettysclub.com

<https://www.facebook.com/profile.php?id=61576631575779>




DEMENTIA CAFÉ

Location: The Reef Leisure Centre, (Sheringham)
Time: Starting Friday 3rd October, 10am Cost: Free

A welcoming and supportive environment designed for people living with dementia and their caregivers. It serves as a safe, relaxed space where individuals can socialise, share experiences, and access information in a non-clinical setting.

The café typically offers activities tailored to engage those with dementia, such as arts and crafts, music, or simple games, which can help stimulate cognitive function and provide a sense of community.

To book your place please call **01263 825 675** or scan the QR code.



everyoneactive.com



More below.....

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

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

Dementia Clubs around the county

Bradwell

Forget-me-nots. First Monday of the month. 10am to 12noon

St Nicholas Church Hall, Bradwell Gt Yarmouth NR31 8QQ

Contact- 07580 005723 (Leslie)

Brundall

Forget-me-nots. Tuesdays and Thursdays weekly. 10am to 12noon

The Hub, St Laurence Church, Church Lane, Brundall NR13 5NA

Contact- 01603 715136

Catton

Reminiscence Group. Second Monday of the month. 1.30pm to 3.30pm

Christ Church, Magdalen Road NR3 4LA

Contact- 01603 496333

Congham

Dementia Friendly Pub Lunches. Second Wednesday of the month. 12noon to 2pm

The Anvil Inn, Congham PE32 1DU

Contact- www.anvilcongham.co.uk

Costessey

Dementia Friendly Café. Second Thursday of the month. 10am to 12 noon

The Costessey Centre, Longwater Lane, Norwich, NR12 7EP

Contact- 01603 742958

Cringleford

Memory Lane. Third Wednesday of the month. 2.15-4.15pm

St Peter's Church Hall, Newmarket Road, Cringleford, NR4 6UE.

Contact- samantha.woods@careuk.com

Cringleford

Advice and Support. Third Tuesday of the month. 1.30pm to 3.30pm

Cavell Court , Dragonfly Lane, Cringleford Norwich NR4 7SW

Contact- 01603 859918

Diss

Dove Dementia Café. First Wednesdays of the month. 10am to 1pm

Diss United Reformed Church, Mere Street, Diss, IP22 4AD

Contact- [Diss United Reformed Church | Calendar of events](#)

Diss

Pabulum Café. Second Wednesday of the month. 10am to 12noon

Denny Centre, Thomas Manning Road, Diss IP22 4HL

Contact- 01603 785228.

Downham Market

Dementia Café. Fourth Monday of the month. 10am to 12noon

Downham Market Methodist Church, Paradise Road, PE36 9JE

Contact- [Downham Market Methodist Church | Facebook](#)

Gorleston

Memory Café. Wednesdays weekly. 2pm to 7pm

Methodist Church Hall, Magdalen Way, Gorleston on Sea, NR31 7DB

Contact- 07766 411094 <https://gygmemoryclub.co.uk/>

Hellesdon

Hellesdon Library. Last Friday of the month. 10.30am to 12.30pm

Hellesdon Library, Woodview Road, Hellesdon, NR6 5QB

Contact- 01603 427790 [Hellesdon Library | Hellesdon | Facebook](#)

Holt

Poppy Café. Tuesdays weekly. 10.30am to 12.30pm

Meeting Room, St Andrews Church, Holt NR25 6BB

Contact- <https://www.holtdementiasupport.org.uk/poppy-cafe>

Horsford

Duncan's Club Reminiscence. Thursdays weekly, 2 sessions-

10am to 11.30am and 12noon to 1.30pm

The Nest, Horsford, Norwich NR10 3AQ

Contact- [Duncan's Club](#)

Hoveton

‘Making Connections’ Dementia Café. Last Tuesday of the month

10am to 12noon

Hoveton Village Hall, Stalham Road, Hoveton NR12 8DU.

Contact- 07513 183769 [Making Connections - Hoveton & Wroxham | Facebook](#)

King's Lynn

Dementia Café. Third Friday of the month. 10am to 12noon

Amberley Hall Care Home 55 Baldock Drive Kings Lynn PE30 3DQ

Contact- 07548 774925

Little Plumstead

Walled Garden Dementia Café. Last Monday of the month. 10am to 12noon.

Old Hall Road, Little Plumstead, NR13 5FA

Contact- 01603 559242 <https://www.facebook.com/thewalledgardenshop>

North Walsham

'Cameo Café' Dementia Café. Tuesdays and Thursdays 10am to 3pm

Furse Hill, Resource Centre, 73 Happisburgh Road, NR28 9HD

Contact- 01692 502608 <https://www.facebook.com/CameoCafe1>

Norwich

Puzzle and Cake. 1st Monday of the month. 10.30am to 12.30pm

The Boundary Pub, 414 Aylsham Road, Norwich, NR3 2SA

Contact- <https://www.facebook.com/norwichboundary/>

Sunshine Café. 1st Thursday of the month. 10am to 12noon

Salvation Army, 24 Boundary Rd, Norwich NR6 5HT

Contact- 01603 402703

<https://carersmatternorfolk.org.uk/groups/norwich/sunshine-dementia-cafe/>

Dementia and Cancer Support Group- 1st Friday of the month 10am to 12

Priscella Bacon Hospice Century Place, Norwich NR4 7YA

Contact- 01603 776600 pbl@nchc.nhs.uk

Old Catton

Pabulum Café. Third Wednesday of the month. 10.30am to 12.30pm

St Margaret's Church Hall, Blacksmiths Way, Old Catton, NR6 7DN

Contact- 01603 785228

Rackheath

Dementia support group. Third Thursday in the month 10am to 12noon

Ashfields Care Home, 31 Salhouse Road, Rackheath NR13 6PD

Contact- 01603 721720 ashfields@barchester.com

Scratby

Memory Café. Mondays weekly 10am to 2pm

All Saints Parish Hall, Beach Road, Scratby, NR29 3AJ

Contact- 07799 377520 <https://gygmemoryclub.co.uk/>

Sprowston

Sprowston Dementia Friendly Café. Third Thursday of the month 10am to 12 noon

Diamond Centre, School Road, School Lane, Sprowston, NR7 8TR

Contact- 07554 117164 Sprowstondfc@gmail.com

<https://www.facebook.com/SprowstonDFC>

Thetford

Thetford and District Dementia Support. Fridays weekly 10am to 1pm

Cloverfields Community Church Yarrow Cl, Thetford IP24 2TZ

Contact- 07542 866519 taddsgroup@hotmail.com

Thorpe St Andrew

Thorpe Dementia Café. 1st and 3rd Wednesdays of the month 10am to 12

68 Yarmouth Road, Thorpe, Norwich, NR7 0QZ

Contact- 01603 701048 <https://www.facebook.com/ThorpeDementiaCafe>

Wymondham

Pabulum Café. Mondays and Fridays weekly 10am to 12noon(not Bank Holidays

Fairland Church Centre Fairland Hill Wymondham NR18 0AW

Contact- 07391 659057 or 07586 312809

<https://www.wymondham-dementia-support-group.org.uk>





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/**

Aylsham

Fridays 1-3pm

The Drill Hall, Cawston Road, Aylsham

NR11 6EB

For further details contact: Karl Read

07512 656864

Karl@menscraft.org.uk

Coffee Mornings

Cake...& Company at St Alban's, Norwich

You are INVITED to come along ...If you enjoy-Why not Bring a Friend ! FREE !

Most TUESDAY mornings ... 10.30 – 12.00

St Albans Church, Grove Walk – Side Entrance in Eleanor Road

For details ... please call 0777 333 04 05

Supported by EAST CHURCH

Companionship Cafes

(Run by Home Instead at -)

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

Lunch club

Hi Ladies

The Horning and District Ladies Lunch Club,

**Is a great way to meet new people, and, we also enjoy a delicious 2 course meal,
followed by tea or coffee.**

There is also different guest speaker every month.

As the names suggests, it is a daytime gathering, so, the added bonus, is that you will be home before it starts getting dark.

We meet at the Old Rectory Hotel in Crostwick, on the 4th Tuesday of every month.

For more information, please contact Tricia Elson on, 07931 301606, or email her at, ladieslunchclub@btinternet.com

We look forward to welcoming you.

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.

Hospitality Action – Golden Friends

Our Golden Friends scheme is free to join, and open to anyone – currently working or already retired – who has work in the hospitality sector for 5 years or more and who has reached the age of 60.

Membership is also open to younger applicants who have completed 5 years in the hospitality sector but can no longer work due to long term health issues.

Click on the link below if you worked in hospitality and are interested.

<https://www.hospitalityaction.org.uk/get-help/golden-friends/>

Pilates Classes(in person)

3 great classes for older people.

Worstead

Thursdays 4.30pm

Standing and Sitting Pilates.

More classes below....

East Ruston

Fridays 2.45 pm

Gentle Mat Pilates.

Neatishead
Mondays 3 pm
Gentle Mat Pilates

From Boo Williams
07717473600

Online exercise classes

Weekly online exercise classes provided by EPIC Norfolk(Exercising People in Communities)

See below.....

They are free to attend and suitable for anybody. The exercises can be done seated or standing.

More information (<https://epicnorfolk.com/live-zoom-classes/>)

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

END OF MARCH 2026 DATES FOR NOW