

May 2025 Diary Dates

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 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.

Supported by: Rotary in Norfolk, get FOR older, Norfolk age UK, Norwich age UK, LEAF PROJECT, Norfolk and Waveney, Wellbeing, VISION, Norfolk

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

May 2025 dates so far...

Acle- Car Park by Acle Methodist Hall, Bridewell Lane, Acle NR13 3RA
Monday 19th May 10am - 12pm

Aldborough- Aldborough Community Centre, The Green,
Aldborough, NR11 7AA Tuesday 6th May 10am - 12pm

Attleborough- Queens Square, Attleborough, NR17 2AF
Thursday 29th May 10am - 12pm

Aylsham- Outside Aylsham Town Hall, NR11 6EL
Wednesday 14th May 1pm - 3pm

Aylsham- Bure Valley House, Station Road, Norwich, NR11 6HU
Monday 12th May 1.00pm - 3pm

Cromer- Barkers Herne, Summerhouse Close, Cromer, NR27 9JE
Tuesday 6th May 1.00pm - 3pm

Dereham- Dereham Shopping Centre, Wright's Walk, Dereham, NR19
1TR Wednesday 21st May 1.00pm - 3pm

Erpingham- Erpingham with Calthorpe Village Hall, The Street,
Erpingham NR11 7QB Wednesday 28th May 10am - 12pm

Fakenham- Fakenham War Memorial, Market Place, Fakenham
Tuesday 27th May 10am - 12pm

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

Monday 19th May 1pm - 3pm

Hickling- Methodist Church Car Park, NR12 0YD

Tuesday 22nd May 1pm - 3pm

**Hoveton- Hoveton & Wroxham Medical Centre, Stalham Road, NR12 8DU
Wednesday 28th May 1.00pm - 3pm**

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

Monday 12th May 10am - 12pm

**Kings Lynn- North Lynn Food Hub, 4 Walpole Road, Kings Lynn, PE30 2DZ
Wednesday 7th May 1pm - 3pm**

Loddon- Church Plain Car Park, NR14 6LX

Tuesday 13th May 10am - 12pm

**Mundford- Mundford Village Hall, St Leonards Street, IP26 5DW
Thursday 1st May 10am - 12pm**

**Necton- Necton Community Centre, 13 Tun's Road, Necton PE37 8EH
Tuesday 27th May 1pm - 3pm**

**Northrepps- Northrepps Village Hall, 4 School Close, Northrepps, Cromer, NR27 0LB
Wednesday 14th May 10am - 12pm**

North Walsham- Vicarage Street Car Park, North Walsham, NR28 9DQ
Tuesday 20th May 10am - 12pm

Norwich- The Forum, Millenium Plain, Norwich, NR2 1TF
Thursday 15th May 10am - 3pm

Poringland- Poringland Community Centre, Overtons Way,
Poringland, NR14 7WB **Tuesday 13th May 1pm - 3pm**

Sheringham- Station Approach Car Park, Station Road,
Sheringham, NR26 8RG **Tuesday 20th May 1pm - 3pm**

Spixworth- Village Hall Car Park, Spixworth, NR10 3NQ
Friday 23rd May 10am - 12pm

Stalham- Staithe Surgery Car Park, NR12 9BU
Thursday 22nd May 10am - 12pm

Swaffham- Swaffham War Memorial, Lynn Street
Friday 9th May 1pm - 3pm

Taverham- Taverham Village Hall Car Park, Taverham, Norwich, NR8
6JR **Friday 23rd May 1pm - 3pm**

Thetford- Market Place, Thetford, IP24 2DS

Friday 9th May 10am - 12pm

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

Wednesday 21st May 10am - 12pm

Wymondham- Waitrose Car Park, Wymondham, NR18 0SH

Thursday 29th May 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**

Please check for added dates or cancellations by clicking below to see the timetable-

[Cuppa Care - Hear For Norfolk](#)

MensCraft are launching a new Pit Stop Social in Aylsham Friday 4th April.



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

‘The Meaning of Geese’

A talk by naturalist and author

Nick Acheson

FRIDAY MAY 2nd Binham Village Hall 7.30pm.



During lockdown, Nick cycled 1200 miles round his native North Norfolk following great flocks of wild geese. His book, *The Meaning of Geese*, was named East Anglian Book of the Year in 2023.

Tickets £10 to include a glass of wine/soft drink. Doors open 7pm.

Tickets available to the general public from the

Wells Maltings website from April 11th.

Organised by the Friends of Binham Priory



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

Any questions or for more information contact
Adrian Tebbutt
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

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/>

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

 for anxiety and depression



Wellbeing Walks

April - June 2025



Norfolk and Waveney
Talking Therapies

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

Website: www.wellbeingnands.co.uk

Social Groups



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.





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 https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/	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

Website: www.wellbeingnands.co.uk



for anxiety and depression

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

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

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.....

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)

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

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.

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

More exercise classes below....



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 Reepham Rd
Norwich NR6 5AB
07943 802071
freetry.co.uk

FREE
1st Training Session

fit20
Fit in 20 minutes per week

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

End of Diary Dates for May so far

