

## May 2025 Diary Dates

**Rotary**  Club of Kings Lynn Priory

### **SENIOR CITIZENS FILM CLUB**

#### **THE PENGUIN LESSONS**

**STEVE COOGAN**

£4 PER TICKET



**MONDAY MAY 19<sup>TH</sup>  
AND WEDNESDAY  
MAY 21<sup>ST</sup>**



**KINGS LYNN CORN  
EXCHANGE CINEMA**



**MEET AT 10.00  
FILM STARTS AT 10.45.  
12.40 FINISH**



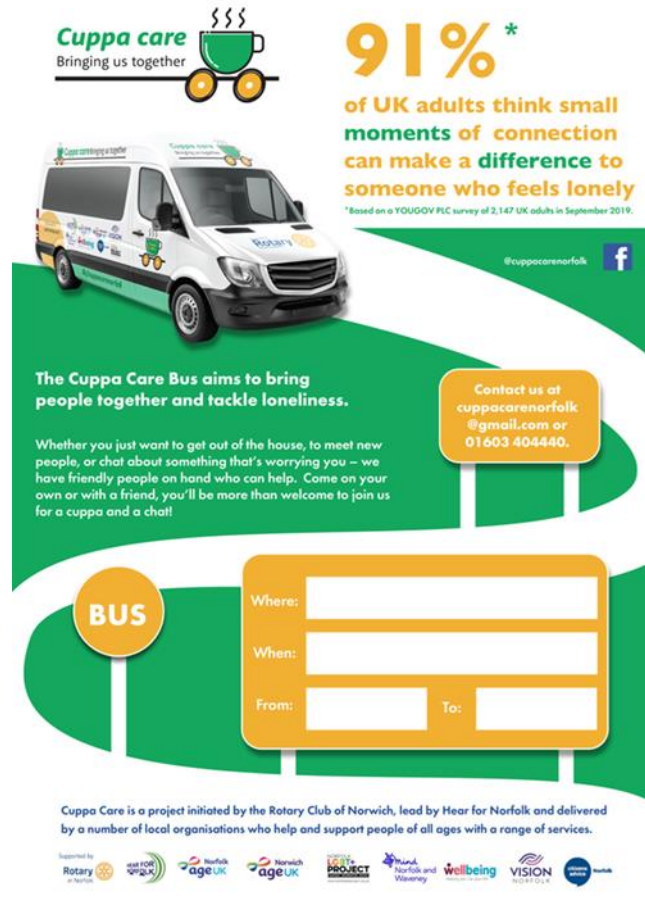
**TEA AND  
COFFEE**

Booking is essential, to secure your tickets email:

[Bharti.Patel@west-norfolk.gov.uk](mailto:Bharti.Patel@west-norfolk.gov.uk)

07375375404.

# 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, age UK, Norfolk, Norwich, LGBT+ 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](mailto:cuppacarenorfolk@gmail.com)**

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

**[Cuppa Care - Hear For Norfolk](#)**

## Creative Socials

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

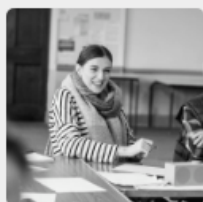
From April, we will be using a 'Pay What You Can' pricing structure, to help us to continue these workshops. All funds we raise will contribute towards providing excellent high-quality arts sessions.

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).

### **Most sessions 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.**

### **Friday 2<sup>nd</sup> May 1-3pm at Dereham Trinity Methodist Church**



#### **Dereham May Creative Social with Poppy Stevens**

Dereham Trinity Methodist Church  
Dereham

Fri 2 May 2025, 1:00PM

<https://www.ticketsource.co.uk/booking/select/lyeydpnenvqa>

### **Tuesday 6<sup>th</sup> May at St George's Theatre Great Yarmouth 1pm to 3pm**



#### **Great Yarmouth May Creative Social with Poppy Stevens**

St George's Theatre Cafe  
Norfolk

Tue 6 May 2025, 1:00PM

<https://www.ticketsource.co.uk/booking/select/lbpnermeokm>

**Thursday 8<sup>th</sup> May at Attleborough Town Hall 2pm to 4pm**



**Attleborough May Creative Social with Poppy Stevens**

Attleborough Town Hall

Attleborough

Thu 8 May 2025, 2:00PM

<https://www.ticketsource.co.uk/booking/select/wdnmrzjzdkja>

**Friday 9<sup>th</sup> May at Thetford Methodist Church Hall 1pm to 3pm**



**Thetford May Creative Social with Poppy Stevens**

Thetford Methodist Church Hall

Thetford

Fri 9 May 2025, 1:00PM

<https://www.ticketsource.co.uk/booking/select/eywnozgagglx>

**Monday 12<sup>th</sup> May at Hunstanton Community Centre 1pm to 3pm**



**Hunstanton May Creative Social with Poppy Stevens**

Hunstanton Community Centre

Hunstanton

Mon 12 May 2025, 1:00PM

<https://www.ticketsource.co.uk/booking/select/wgybvmmjrzd>



**Tuesday 20<sup>th</sup> May at London Road Methodist Church, King's Lynn 1pm to 3pm with Les Chapel**

**Join Les for an experimental music making workshop**



**King's Lynn May Creative Social with Les Chappell**

London Road Methodist Church  
King's Lynn

Tue 20 May 2025, 1:00PM

**<https://www.ticketsource.co.uk/booking/select/kxjpxlvgopgn>**

**Wednesday 21<sup>st</sup> May at Great Massingham Village Hall 1pm to 3pm**



**Great Massingham May Creative Social with Poppy Stevens**

Great Massingham Village Hall  
King's Lynn

Wed 21 May 2025, 1:00PM

**<https://www.ticketsource.co.uk/booking/select/agknygmbzndo>**

**more activities below....**

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/](https://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

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

### **Wellbeing Walks - Norwich Waterloo Park**

**Meet at The Feed Café, Waterloo Park Pavilion, Angel Road, Norwich, NR3 3HX**

Join us for a stroll around the grounds at Waterloo Park before returning to the café for a coffee and a chat for anyone that wants to stay.

Next date: 01st May 2025 - 10:30 am to 12:30 pm

[Wellbeing Walks - Norwich Waterloo Park - Norfolk and Waveney Talking Therapies](#)

### **Wellbeing Walks - Lowestoft**

**Meeting next to the Banksy artwork platform at Nicholas Everitt's Park, Bridge Road, Lowestoft, NR33 9JR**

Join us for a gentle stroll along the Prom!

Next date: 01st May 2025 - 2:00 pm to 4:00 pm

[Wellbeing Walks - Lowestoft - Norfolk and Waveney Talking Therapies](#)

## **Dungeons and Dragons One Shot \*booking essential\***

**Athena Games, 9 St Gregory's Alley, Norwich NR2 1ER**

Are you an avid Dungeons and Dragons player or a complete novice who would love to take part in this Tabletop Role Playing Game?

Next date: 01st May 2025 - 6:00 pm to 8:30 pm

[Dungeons and Dragons One Shot \\*booking essential\\* - Norfolk and Waveney Talking Therapies](#)

### **Redwings - Aylsham**

**Redwings Horse Sanctuary (Aylsham), Spa Lane, Aylsham, Norwich NR11 6UE**

Come along to meet up with old and new friends in the peaceful surroundings of the Sanctuary and visit the animals in a safe environment.

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

[Redwings - Aylsham - Norfolk and Waveney Talking Therapies](#)

## Coffee Catch Up - Caister

**The Rabbit Hutch, Caister On Sea, NR30 5ET**

Join us for a coffee and a chat at Caister's community café, The Rabbit Hutch

Next date: 02nd May 2025 - 10:30 am to 12:00 pm

[Coffee Catch Up - Caister - Norfolk and Waveney Talking Therapies](#)

## Re-do Wellbeing Sewing Crafty Group (booking required)

**ReDo Norfolk CIC, St Augustines Unit 4, Norwich, NR3 3BE**

A creative social offering an opportunity to come and release your crafty side alongside Re-Do Norwich.

Next date: 06th May 2025 - 10:00 am to 11:30 am

[Re-do Wellbeing Sewing Crafty Group \(booking required\) - Norfolk and Waveney Talking Therapies](#)

## Wellbeing Walks – Diss

**Meeting at Frenze Beck Nature Reserve car park, Sawmills Road, Diss, IP22 4GG (opposite Animal Feed Warehouse)**

Join us for an exploration of Frenze Beck Nature Reserve and opportunity for a drink and chat afterwards

Next date: 06th May 2025 - 10:30 am to 12:30 pm

[Wellbeing Walks – Diss - Norfolk and Waveney Talking Therapies](#)

## Cuppa & Catch Up Social with the Halesworth Volunteers

**Chinny's Sports Club, 27 Norwich Rd, Halesworth IP19 8BX**

Drop in for a chat and a beverage in good company and meet NHS Talking Therapy staff to support you to connect with local services.

Next date: 06th May 2025 - 12:00 pm to 2:00 pm

[Cuppa & Catch Up Social with the Halesworth Volunteers - Norfolk and Waveney Talking Therapies](#)

## Wellbeing Walk - Swaffham

**Pathway next to Iceland, Market Place, PE37 7AQ**

Join us for a wander around the hidden green spaces in the historic market town of Swaffham

Next date: 07th May 2025 - 10:30 am to 12:30 pm

[Wellbeing Walk - Swaffham - Norfolk and Waveney Talking Therapies](#)

## Wellbeing Walk – Beccles

**Meeting at the entrance to St Michael's Church Bell Tower, The Walk, Beccles, NR34 9HE**

The NHS Norfolk & Waveney Talking Therapy Service has come together with LEAF (Lived Experience Advisory Forums) and Beccles Community Hub to bring to you a new social group in Beccles.

Next date: 08th May 2025 - 10:30 am to 12:30 pm

[Wellbeing Walk – Beccles - Norfolk and Waveney Talking Therapies](#)

## Wellbeing Cafe Catch Up – Hoveton NEW

**Cafe 98, EACH charity shop, Station Road, Hoveton, NR12 8UR**

Join us for a coffee at the lovely cafe 98 in the EACH charity shop.

Next date: 08th May 2025 - 11:30 am to 1:00 pm

[Wellbeing Cafe Catch Up – Hoveton NEW - Norfolk and Waveney Talking Therapies](#)

## Norwich Cafe Catch Up

**The Merchant's House, 7-9 Fye Bridge Street, Norwich, NR3 1LJ**

Join us for a coffee and catch up in the city!

Next date: 09th May 2025 - 10:30 am to 12:00 pm

[Norwich Cafe Catch Up - Norfolk and Waveney Talking Therapies](#)

## Wellbeing Coastal Path Walk - Cromer

**In front of Cromer Pier, Promenade, Cromer, NR27 9HE**

Join us for a gentle stroll along the promenade or the beach, connect with others and take in the beautiful scenery, before finishing with a well-deserved café stop! Feel free to join us for all or just part!

Next date: 09th May 2025 - 10:30 am to 12:30 pm

[Wellbeing Coastal Path Walk - Cromer - Norfolk and Waveney Talking Therapies](#)

## **Fakenham Walk & Café Catch Up**

**Fakenham Library, Oak Street, NR21 9DY**

Our new social offering an opportunity to meet like-minded people in comfortable surroundings.

Next date: 12th May 2025 - 10:30 am to 12:30 pm

[Fakenham Walk & Café Catch Up - Norfolk and Waveney Talking Therapies](#)

## **Wellbeing Walks - Norwich**

**Meeting at City Hall, St Peter's Street, Norwich NR2 1NH**

Join us for a walk through this fine city, with a cafe stop at the end!

Next date: 12th May 2025 - 10:30 am to 12:30 pm

[Wellbeing Walks - Norwich - Norfolk and Waveney Talking Therapies](#)

## **My Long-Term Health Condition Social Group**

**Louise Hamilton Centre, James Paget University Hospital, Lowestoft Rd, Gorleston-on-Sea, NR31 6LA**

Our new social offering an opportunity to meet like-minded others in comfortable surroundings.

Next date: 12th May 2025 - 2:00 pm to 4:00 pm

[My Long-Term Health Condition Social Group - Norfolk and Waveney Talking Therapies](#)

## **Swaffham Wellbeing Group with Family Action NEW**

**Swaffham Community Centre, Campingland, Swaffham, PE37 7RB**

Join us alongside Family Action at Swaffham Wellbeing Group

Next date: 13th May 2025 - 10:00 am to 12:00 pm

## **Wellbeing Coastal Path Walk - Sheringham**

**Meet at the Town Clock opposite Sheringham Little Theatre Cafe, 2 Station Road, Sheringham, NR26 8RE.**

Join us for a coffee and catch up in this traditional seaside town!

Next date: 13th May 2025 - 1:00 pm to 3:00 pm

[Wellbeing Coastal Path Walk - Sheringham - Norfolk and Waveney Talking Therapies](#)

## **Wellbeing Walk – Downham Market**

**Meeting outside Downham Market Town Hall, PE38 9DW**

Join us for a gentle stroll through Downham town, to the beautiful Willows nature reserve and back.

Next date: 14th May 2025 - 10:30 am to 12:30 pm

[Wellbeing Walk – Downham Market - Norfolk and Waveney Talking Therapies](#)

## **Norwich Evening Coffee Social**

**Marzanos Cafe, Millennium Library the Forum, 2 Millennium Plain, Norwich NR2 1TF**

Our new evening social at this popular city coffee spot

Next date: 14th May 2025 - 5:00 pm to 6:30 pm

[Norwich Evening Coffee Social - Norfolk and Waveney Talking Therapies](#)

## **Wellbeing Walks - Wymondham**

**Meeting at Tiffey/Becketswell Car Park, Becketswell Road, Wymondham, NR18 9PH**

Join us for a walk and chat along the River Tiffey and the historic Wymondham Abbey.

Next date: 16th May 2025 - 10:30 am to 12:30 pm

[Wellbeing Walks - Wymondham - Norfolk and Waveney Talking Therapies](#)

## **Wellbeing Coastal Path Walk – Great Yarmouth**

**Meet outside Marina Centre main entrance, Marine Parade, Great Yarmouth NR30 2ER**

A gentle walk along Great Yarmouth Sea Front, part of the Norfolk Coastal Path and around the beautiful Venetian Waterways in Great Yarmouth

Next date: 16th May 2025 - 1:00 pm to 3:00 pm

[Wellbeing Coastal Path Walk – Great Yarmouth - Norfolk and Waveney Talking Therapies](#)

## Wellbeing Walks - Dereham

**Meeting outside St Nicholas Church, corner of Church Street/St Withburga Lane, Dereham, NR19 1DN**

Join us for a wander along the Ted Ellis walk in Dereham and onto Lucy's Meadow/Scarning Water Meadows.

Next date: 19th May 2025 - 10:30 am to 12:30 pm

[Wellbeing Walks - Dereham - Norfolk and Waveney Talking Therapies](#)

## Crafty Creations

**DANES, 161 Rotterdam Rd, Lowestoft, NR32 2EZ**

Calling all Crafty Creators, join us for our new Arts & Crafts social in Lowestoft and let your creative side shine.

Next date: 19th May 2025 - 1:00 pm to 3:00 pm

[Crafty Creations - Norfolk and Waveney Talking Therapies](#)

## Wellbeing Walks - Hunstanton

**Meeting outside The Princess Theatre, 13 The Green, Hunstanton, PE36 5AH**

This popular Wellbeing Walk is returning, meeting on The Green (the band stand) in Hunstanton for a gentle stroll along Hunstanton South Beach

Next date: 20th May 2025 - 10:30 am to 12:30 pm

[Wellbeing Walks - Hunstanton - Norfolk and Waveney Talking Therapies](#)

## Norwich Cafe Catch Up - Theatre Royal

**The Theatre Royal Norwich Cafe, Theatre Street, Norwich, NR2 1RL.**

Join us for a coffee and catch up in the city!

Next date: 20th May 2025 - 10:30 am to 12:00 pm



# **‘The Meaning of Geese’**

## **A talk by naturalist and author**

# **Nick Acheson**

**FRIDAY MAY 2<sup>nd</sup> 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 11<sup>th</sup>.**

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](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)

### 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

More details below.....

**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.

In Partnership with Norfolk Community Law Service Merchants' Place are able to facilitate free specialist legal advice sessions. Held here at Merchants' Place. Next session on 28th May from 9.30am to 12.30pm. For more information please contact Lizzie at [outreach@ncls.co.uk](mailto:outreach@ncls.co.uk) or visit [www.ncls.co.uk](http://www.ncls.co.uk) for more information.

Vision Norfolk monthly drop in for the visually impaired. A friendly group offering support and friendship. Here at Merchants' Place on the 28th May from 10am to 1pm. Just come along and have a cuppa and a chat.

## GETTING TO GRIPS WITH YOUR TABLET OR SMARTPHONE

Thursday 8th May 6 lessons over 7 weeks - 13:00 to 15:00

Are you still trying to get to grips with your smartphone or tablet? Whether you need support downloading Apps, connecting to the internet, creating files, contacts or setting up emails, this course will help you get the most out of your device.

To enrol call Adult Learning on 0344 800 8020 option 5 or call Merchants' Place on 01263 519454 or drop in to the centre and we can pass on your details

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, breathe 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 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](mailto:cdcteam@norfolkandwaveneymind.org.uk)

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



## **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.....

## 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



Living well, dying well, never alone

## 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

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=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....**





**fit20**  
Fit in 20 minutes per week

changed by fit20

Make time for your fitness

**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](mailto:jo.farnworth@moveitorloseit.co.uk)

**End of Diary Dates for May so far**