October 2026 Diary Dates



Creative Arts East events

Check the link for events near you! Including Village Screenings

Performances Archive | Creative Arts East

Also Creative Socials- Creative Socials are monthly creative workshops for people aged 50+. Activities change month-to-month and range from dancing and music, to arts, crafts and creative writing. A welcoming and inclusive group for anyone who wants to try something new, make new connections and have a cup of tea and a slice of cake!

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

Check ahead to see what is arranged for West Norfolk and Breckland

Upcoming Afternoon Events

Gentle Folk – Bereavement Café

October 16, 2026

2:00 pm

Martham Library

FREE

book tickets >

Gentle Folk – Bereavement Café

October 28, 2026

12:30 pm

Downham Market Library

FREE

book tickets >

Pathmakers

We are Walking Norfolk again this year. September 13th - October 18th 2026

Welcome back to the WalkNorfolk festival. And this year we have extended into September to catch the lighter evenings and end of summer warmth too.

The walks will be in various locations all over Norfolk.

We gather fabulous walk leaders to share their knowledge and skills with you and keep the costs low and offer free spaces to children and carers on every walk.



Walks programme to book now live

https://www.pathmakers.org.uk/events/

https://www.pathmakers.org.uk/walknorfolk-2/

Digital hubs with Clarion

Free Digital Hubs across the country. These welcoming spaces offer drop-in sessions where you can learn basic computer skills at your own pace, whether you're a complete beginner or looking to build on what you already know.

To book and for more information, get in touch with your local Digital Support Officer by contacting us at digital@clarionhg.com or text CLARION with your name, address and DIGITAL SUPPORT to 60650. We aim to respond within five working days.

Digital Hub sessions are open to all, many are run by partner organisations that Clarion Housing fund through their digital grant programme.

Their digital skills training offer is open to all also, they are awaiting the updated schedule for September through December and they hope to be in a position to share this shortly.

The digital device scheme (loans and gifted) is for Clarion residents only.

Monday

Hub: REST Hub
Address: Norfolk and Waveney Mind, 71 Bethel Street, Norwich, NR2 1NR

Wednesday

Hub: Social Moments
Address: Oaktree Business Park, Unit 4 Basey Rd, Rackheath, Norwich NR13 6PZ

Thursday

Hub: Jubilee Family Centre
Address: Jubilee Centre, Norwich Road, Aylsham, NR11 6JG

https://www.myclarionhousing.com/help-and-guidance/digital-skills-and-support

Registered Charity No:1077097

Tech Skills for Life

Programme from Norfolk County Council

Many venues across all areas of Norfolk including libraries and centres.

https://www.norfolk.gov.uk/techskills4life

Do you live in Norfolk?

- Do your children need to do their homework, but you do not have a laptop or internet access at home?
- Do you need to book appointments, buy things online, or apply for jobs, but struggle with your device or data?
- Do you have a smartphone, but feel you are not getting the most out of it?
- Do you feel you might be missing out because you are not online?
- Are you worried about staying safe from online scams?

Tech Skills for Life is here to help.

What we offer

Our friendly Community Tech Coaches work with people across Norfolk to:

- Help you access laptops, tablets and internet data
- Give advice about affordable broadband
- Teach practical skills to make technology easier to use
- Build your confidence using the internet safely

You can take part in free one-to-one sessions with a Community Tech Coach.

Whether you are completely new to digital technology or want to build on existing skills, we will support you at your pace.

We aim to help you:

- Use tablets, computers and smartphones
- Get online and stay connected
- Develop the confidence to use technology in a way that works for you

How do I get started?

It's easy to get in touch. You, or someone you trust, can call us on 01485 536420, 01603 306241, or 01493 448246. The line is open Monday to Friday from 9am to 5pm.

A Community Tech Coach will answer your call, or you can leave them a message and someone will call you back at the earliest opportunity.

Or you can complete our Tech Skills for Life online form.

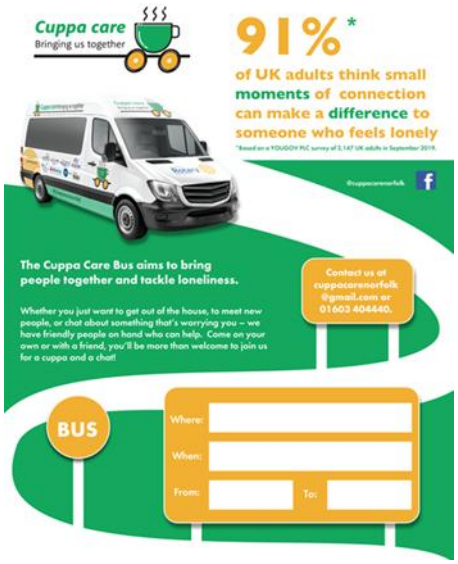
We're currently receiving a high number of requests, so it may take us a little longer to get back to you. We'll contact you as soon as we can.

Please send only one request per person. Sending duplicates creates extra work for our team and may delay your response.

If you have a question about a request you've already submitted, please call one of the numbers listed above or email us at **techskillsforlife@norfolk.gov.uk**. This mailbox is monitored Monday to Friday, 9am-5pm.

https://www.norfolk.gov.uk/techskills4life

Cuppa Care Bus- Timetable of visits across Norfolk



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.....

Age Friendly Activities & Events across Norfolk

These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.

Acle Car Park by Acle Recreation Centre, Bridewell Lane, Acle NR13 3RA

19/10/2026 10am - 12pm

Attleborough Connaught Hall, Station Road, Attleborough, NR17 2AS

15/10/2026 10am - 12pm

Aylsham Outside Aylsham Town Hall, NR11 6EL

14/10/2026 1pm - 3pm

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

12/10/2026 1pm - 3pm

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

21/10/2026 1pm - 3pm

Dersingham Dersingham Village Centre, 83 Manor Road, PE31 6LN

20/10/2026 1pm - 2:30pm

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

05/10/2026 10am - 12pm

Fakenham War Memorial, Market Place, Fakenham

20/10/2026 10am - 12pm

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

19/10/2026 1pm - 3pm

Registered Charity No:1077097

Harleston Co-Op Car Park, Bullock Fair Close, IP20 9AT

05/10/2026 1pm - 3pm

Hickling Methodist Church Car Park, NR12 0YD

08/10/2026 1pm - 3pm

Hingham Marketplace, Hingham, NR9 4AF

07/10/2026 10am - 12pm

Hoveton Hoveton and Wroxham Medical Centre, Stalham Road, NR12 8DU
28/10/2026 1pm - 3pm

Holt The Venue, Kerridge Way, Holt NR25 6DW

12/10/2026 10am - 12pm

Kings Lynn Alive Lynnsport, Greenpark Avenue, Kings Lynn, Norfolk, PE30 2NB
01/10/2026 10am - 12pm

Kings Lynn Purfleet, Pathway House, Austin Fields, Kings Lynn, PE30 1PH
01/10/2026 1pm- 3pm

Loddon Church Plain Car Park, NR14 6LX

06/10/2026 10am - 12pm

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

06/10/2026 1pm - 3pm

Mattishall Bob Carter Court, Daffodill Way, Mattishall, East Dereham, NR20 3RU
07/10/2026 1pm - 2pm

Northrepps Northrepps Village Hall, 4 School Close, Northrepps, Cromer, NR27 0LB
14/10/2026 10am - 12pm

North Walsham Vicarage Street Car Park, North Walsham, NR28 9DQ
13/10/2026 10am - 12pm

Norwich The Forum, Millenium Plain, Norwich, NR2 1TF
22/10/2026 10am - 3pm

Reepham Stimpsons Piece Pavillion, Bartle Court, Reepham, NR10 4LL
28/10/2026 10am - 12pm

Sheringham Station Approach Car Park, Station Road, Sheringham, NR26 8RG
13/10/2026 1pm - 3pm

Spixworth Village Hall Car Park, Spixworth, NR10 3NQ
09/10/2026 10am - 12pm

Stalham Staithe Surgery Car Park, NR12 9BU
08/10/2026 10am - 12pm

Swaffham Swaffham War Memorial, Lynn Street
23/10/2026 1pm - 3pm

Taverham Taverham Village Hall Car Park, Taverham, Norwich, NR8 6JR
09/10/2026 1pm - 3pm

Thetford	Market Place, Thetford, IP24 2DS
23/10/2026	10am - 12pm

Watton	Queens Hall, Norwich Road, Watton, IP25 6DA
21/10/2026	10am - 12pm

Wymondham Waitrose Car Park, Wymondham, NR18, 0SH

15/10/2026 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

Thinking about visiting a museum?

A number of museums in Norfolk offer free entry to those people who get means-tested benefits including Universal Credit and Pension Credit or are a Companion for a disabled person.

Have a look below at the prices for Norfolk Museums. Remember for concessions you need to take proof of eligibility.

Please click on the links below for further details:

https://www.lynnmuseum.norfolk.gov.uk/article/30485/Lynn-Museum-admission-prices

https://www.cromermuseum.norfolk.gov.uk/article/30670/Admission-prices-at-Cromer-Museum

https://www.museumofnorwich.norfolk.gov.uk/article/30520/Museum-of-Norwich-admission-prices

https://www.timeandtide.norfolk.gov.uk/article/30573/Time-and-Tide-admission-prices

https://www.gressenhall.norfolk.gov.uk/article/30617/Admission-prices-at-Gressenhall-Farm-and-Workhouse

https://www.norwichcastle.norfolk.gov.uk/article/30296/Admission-prices-and-book-tickets-for-Norwich-Castle

https://www.elizabethanhouse.norfolk.gov.uk/article/30554/Admission-prices-at-the-Elizabethan-House

https://www.ancienthouse.norfolk.gov.uk/article/30691/Admission-prices-at-Ancient-House

https://www.strangershall.norfolk.gov.uk/article/30443/Strangers-Hall-admission-prices

https://www.tolhousegaol.norfolk.gov.uk/article/30598/Tolhouse-Gaol-admission-prices

More below.....

Cromer Community Centre

North Norfolk Health & Wellbeing Partnership



MUSIC
—FOR MEN—

AT CROMER COMMUNITY CENTRE

FRIDAY 2PM TO 4PM

- Not Just Music
  all types of live entertainment.
- Listen to local artists of all genre.
- Chat about the music you like.
- Spin some of your own vinyl, be a DJ.

These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.

Norwich City Football Club run lots of activities through their charity - Community Sports Foundation

Click on this link below to find details of these opportunities listed-

Activities | Norwich City Community Sports Foundation

Duncan's Club - (FREE) dementia support sessions for people with Dementia and their families, @ The Nest, 2x 2 hour sessions, Thursday's 10:30am + 12:30pm.

Extra Time (Carrow Park) - (SUBSCRIPTION) Over 55's physical and social activities, Wednesday's at Carrow Park from 10am-12noon

Extra Time (Breckland) - (FREE) Walking Football at Breckland Leisure Centre, over 40's physical and social activities, Friday's 10am.

Parkinson's Walking Football (FREE) - Aimed at those with Parkinson's, inclusive movement session on the 3g or in the wellbeing box at the Nest followed by a social with free refreshments. Thursday's 12noon-1:30pm.

Run for Me - (FREE) all abilities Running group at Carrow Park (Monday's 10am) and The Nest (Wednesday's 12noon).

Team Talk - (FREE) - Walking football sessions, Thursday's at The Nest - 12noon - 1:30pm with social and refreshments included.



Everyone Active & Parkinson's UK

We are offering a complimentary membership for people living with Parkinson's. Free membership will also be given to carers to provide support if needed.

Everyone Active centres are in Fakenham, North Walsham, Mundesley, Cromer, Bungay, Lowestoft, and Sheringham.

And you can learn more about being active with Parkinson's and Parkinson's UK.

https://www.everyoneactive.com/promotion/parkinsons/

How do I join a Parkinson's membership?

Follow the join online process, which can be found here, for a step by step guide to start your membership. A join in-centre option is also available. Please call or visit your nearest centre if you require additional support.

Everyone Active FAQ may be found on our website.

https://www.everyoneactive.com/promotion/parkinsons/frequently-asked-questions/?_gl=1*2nf52p*_up*MQ..*_ga*MjExMDk5Nzg3Ny4xNzgxNjg4Mjgw*_ga_KBDL5QDXD8*czE3ODE2ODgyNzkkbzEkZzEkdDE3ODE2ODgyNzkkajYwJGwwJGgw

Pickleball for Parkinson's

Hingham Pickleball club run weekly Pickleball for Parkinson's sessions (PfP) specifically for people with Parkinson's. Accompanying adults are welcome to join the fun!

The sessions are being provided free of charge.

We supply the equipment. You should wear non -slip sports shoes (eg tennis type court shoes) and bring water.

Sessions will be held at the Hingham Sports centres, with up to 3 courts available. Ample free car parking on site.

Thanks to some of our Pickleball bakers and the Hingham co-op supermarket, tea/ coffee and cake will be on offer – also free to all participants and those accompanying them.

We will run the sessions via our club Spond group so we ask you to email hinghampickleball@gmail.com, quoting 'PfP sessions' so we can send you the PfP sign up link.

When – Weekly every Friday

From 14:30 until 15:30

Cost None

Primary contact Hingham Pickleball
hinghampickleball@gmail.com

Location

Hingham Sports Centre
Watton Road
Hingham
NR9 4HD

Accessible parking available

https://localsupport.parkinsons.org.uk/activity/pickleball-parkinsons

Sport England and the National Lottery have awarded us £1310 to fund the start-up costs of the project. The sessions are being provided free of charge.

These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.



Click on link to website below-

Clubspark / Cringleford Tennis Club / Play Your Way

These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.



Starting in April

WALKING TENNIS

here at Cromer Tennis Club

Love tennis but looking for a gentler pace of play? Walking Tennis is safe, fun and inclusive and a fantastic way to stay active!

It's a game that's open to anyone - whether you're a lifelong tennis player, a complete beginner or just need a bit more time to get into the swing of things, you can give the game a go in a supportive setting. Adapted rules with a smaller court, softer tennis balls and one or two bounces.

You can play tennis at any age and Walking Tennis offers an easy way for older people to keep their body and mind active – while also enjoying the social side of being part of a tennis community.

Sessions will be FREE for an initial period so it's a great way to Get Active, Meet New Friends, Enjoy the fresh air so join us from April onwards. Please contact the club on 01263 513741 or Andy (Head Coach) on 07956450194 to book a place or for any more details

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Registered Charity No:1077097


Snettisham Beach Sailing Club
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 informationcontact
Adrian Tebbutt
sbsc.accessible.sailing@gmail.com
07530 046139

Sailability

Sailability Website link-

https://www.snetbeach.co.uk/page/accessible-sailing

email Adrian Tebbutt-

sbsc.accessible.sailing@gmail.com

Veterans



NEW-Tuesday 6 October, 2pm to 6pm

Following this first meeting, sessions will be held on the first and third Tuesday of each month.

Venue:

Hanover Court, Holyrood Drive, Dersingham PE31 6YD

The building is located approximately halfway down Holyrood Drive on the right-hand side and can be identified by the clock on the front of the building.

Veterans from all branches of HM Armed Forces are welcome. Attendees will simply be asked to provide their service number and former/current branch of service.

For further information, please contact 07717 334346 or visit our Facebook page: Hanover Veterans Dersingham.

Veterans Central West Raynham

Veterans Central West Raynham SHQ

SHQ Opening Times

SHQ is open 3 days a week (Wednesday, Thursday, Saturday) all year from 10 to 3. We open at other times by prior arrangement.

Location: There are no signposts to RAF West Raynham or the West Raynham Business Park (not West Raynham village). On entering the main gates at West Raynham, SHQ is the BIG building on the left. You can park outside the building or across the road from SHQ.

Post code: NR21 7PL

What 3 words: scrum.rationed.cakewalk

NOTE: Visiting SHQ does not permit access to the rest of West Raynham airfield.

Veterans Events

Drop-in Days for 4C (Coffee-Cake-Conversation-Company): **Veterans Central stays open all year** and for now we will have our Wednesday, Thursday, and Saturdays for drop-in visitors between 1000 and 1500. We are also discussing options to increase our drop-in days from 3 a week to 4 a week in 2026; this will depend on having volunteers to open up SHQ on a Monday – if you are able to help with that, please contact us.
Veterans Breakfast: The breakfasts have been a huge success since we launched them in 2024; to the extent that we are usually fully booked a few weeks before the event, which is why it is important to get your request in early! Email catering@veteransce

- May 9th

- June 13th
- July 11th
- August 8th
- September 12th
- October 10th
- November 14th
- December 12th (Christmas Lunch)

Drop-in Centres

Our 4Cs concept (Coffee-Cake-Conversation-Company) is working really well and is proving of great benefit to an increasing number of people. Our main drop-in centre is West Raynham SHQ as we are open 3 days a week and the facility is particularly good. However, we now run monthly drop-ins in Swaffham, Fakenham and Dereham.

West Raynham SHQ is open every Wednesday, Thursday, Saturday from 1000 to 1500 for drop-in visits (kettle is always on and there is always cake!)

Swaffham drop-in

The Swaffham drop-in centre at the Assembly Rooms has been a great success and we average 25 or so at each one, with a few new people each time. This drop-in is part of our Veterans Voice programme. The following dates (**4th Tuesday of month 1030 to 1300**) are booked and we will book more dates through to September:

- April 27th
- May 26th
- June to December TBC

Fakenham drop-in

The Fakenham drop-in centre at the Fakenham Library started in February. This drop-in is part of our Veterans Voice programme and we have programmed them to end of April. The following dates **(1st Thursday of the month 1030 to 1230)** are booked and we will book dates through to August:

- April 2nd
- May to August TBC

Dereham drop-in

The Dereham drop-in centre will be at the Railway Tavern and we are just finalising dates.

NEW-
Coltishall

Village Hall. First Thursday/ month 10am to 1pm

For enquiries try- info@veteranscentral.co.uk

Latest information try their Facebook page-

West Raynham SHQ - Veterans Central. Charity #1208763 | Facebook

Veterans Central West Raynham SHQ

2026 Public Events Plan

Charity #: 1208763

Dates for you diaries: we will publish more information, including timings, well ahead of each event. For more details or to offer to take part or help, email: events@veteranscentral.co.uk.





- March 26 (Thur): Veterans Help Awareness Day
- March 28 (Sat): Great Tommy Sleep Out (overnight)
- April 19 (Sun): Easter Fun Day
- May 2/3 (Sat/Sun): Wargames weekend
- *May 2:* *Cadet Forces Day*
- May 24 (Sun): Cold War History Day
- June 21 (Sun): World War Two History Day
- **July 19 (Sun): Annual Open Day**
- August16 (Sun): 'East of Suez 'History Day
- Sept 26 (Sat): WR Memorial Association Reunion
- October 24 (Sat): Ghostly Airfields (evening)
- November 8 (Sun): Memorial Wall Commemoration
- November 21 (Sat): Christmas Fair
- December 5 (Sat): Walking Home for Christmas (charity walk)





These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.



MEET YOUR NEW COMMUNITY BUILDER FOR NORWICH

Working with all ex-service personnel and their families, no need to book. Come see what's on!

Starts From 21st August,Then Commences Every Third Friday of The Month,10–12
Where? The Reading Room Keswick, NR4 6TZ

HELP for HEROES

Registered with FUNDRAISING REGULATOR

Help for Heroes is a charity registered in England and Wales (1120920) and Scotland (SC044984).


future radio Norwich
COME AND TRY
RADIO & PODCASTING
IF YOU'RE A VETERAN OR MALE AGED 35 TO 55 OR HAVE A LONG TERM MENTAL HEALTH CONDITION
RECORD YOUR STORY
SHARE YOUR MEMORIES & FAVOURITE TRACKS
JOIN A PODCAST CLUB
CREATE YOUR OWN SHOWS WITH FRIENDS
TAKE PART IN A RECORD CLUB
CHAT & LISTEN TO MUSIC TOGETHER
FIND OUT MORE AT
FUTURERADIO.CO.UK/PODCASTS/CREATIVE CONNECTIONS


SWAFFHAM
GOLF CLUB
EST. 1922
"FORE" GET ME NOT
GOLF
RESPECT IN GOLF
A dementia friendly golf group at
Swaffham Golf Club,
Cley Road, Swaffham PE37 8AE
Every Fourth Wednesday of the month between 2-4pm
Refreshments will be provided.
To book a place free of charge, or for further information please call:
Swaffham Golf Club on 01760 721621
manager@swaffhamgc.co.uk or Sally Palmer on 07967 124 015
Each person will be accompanied by an experienced golf volunteer.
Dates for 2026: 25th February – 25th March – 22nd April – 27th May – 24th June – 22nd July
26th August – 23rd September – 28th October – 25th November – December TBC
Swaffham Golf Club – 'Fore Get Me Not' - Charity Number 1212148

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

These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.



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

AccessibiliTEA – the friendly group to support those with health issues and disabilities in Thetford

Every Friday lunchtime, a warm welcome awaits at Thetford Methodist Church. From 12.30–2.30pm, AccessibiliTEA opens its doors (ring the bell if it's locked) to create a relaxed, judgement-free space for people living with health issues or disabilities.

AccessibiliTEA now runs from January to May, restarting again in September.

Tea, coffee and light refreshments, including toast and cake – are always available. The group marks festivals from Valentine's Day to Christmas. New members are always welcome. For more information, call 07706 035856.

Thetford Methodist Church, Tanner St, Thetford IP24 2BQ

These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.

Welcome Cafe

Held every Friday morning

9.30am - 12 noon

at Diss United Reformed Church (Opposite B&M)

Come and drop in for a hot drink and a biscuit or even one of our famous cheese scones! It's a time to meet old and new friends or to sit quietly reading your newspaper. There's always a warm welcome waiting for you. You can even buy home made cakes to take home with you or a little something extra from our bric-a-brac stall.



A Diss United Reformed Church Community Initiative

For further information on the Welcome Cafe, please contact our Community Worker Ruth Bridges on 01379 309062 or at rthbridges@gmail.com

Registered Charity No:1077097

These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.



DOVE AFTERNOON TEA

Come and join us for coffee, cake & chatter from 1.30pm – 3pm at Diss URC every 4th Monday of the month





With choral music, hymns & prayers



Everybody welcome

A Diss United Reformed Church Community Initiative

Registered Charity No:1077097

Norfolk and Waveney Talking Therapies – Support for older people

We offer a range of talking therapies, workshops and groups that help reduce feelings of worry and low mood, especially for those aged 65 and above. Our qualified and experienced therapists will work with you to understand your needs and help choose the best support for you.

We can offer you:

Cognitive Behavioural Therapy (CBT): which can help with motivation to make positive changes to improve your quality of life.

Counselling: which can help you to come to terms with changes in your life, such as retirement, physical changes and life circumstances.

You can choose to receive your support by phone, face-to-face or online.

If you or someone you know would benefit from support for low mood, anxiety or worry call for free on 0300 123 1503, contact a GP, or complete our online self referral form here

Workshops

Easy access support.We offer a range of 1-2 hour, online workshops to support your mental health:

To book, call us on 0300 123 1503 or visit our workshops page here

https://www.nandwtalkingtherapies.org.uk/support-for-older-people/

For list of free events click on link below-

Events | Borough Council of King's Lynn & West Norfolk

For list of free events click on link below-

Hunstanton events and activities | Borough Council of King's Lynn & West Norfolk

New dementia group at Aylsham Library

7 Hungate St, Aylsham, NR11 6AA

The Dementia Cafe is every Friday between 11 – 12.

Our weekly 'Dementia Café' is for anyone affected by Dementia either personally or as a carer.

We have friendly volunteers on hand to make you feel welcome, it's a chance to meet others, chat and eat cake!

Generously supported by Co-op in Aylsham Market Square with sweet treats.

There will be dementia friendly resources available as well as information to take home.

Catton Grove Community Centre – new dementia café

Catton Grove Community Centre, Jewson Road, Norwich NR3 3RQ

Free dementia cafe / Drop in sessions

A new free, drop in session for local residents with dementia, Alzheimer's or memory loss and the friends and family members who are caring for someone with any of these conditions.

1:30 – 3:30pm on:

17th August
21st September
19th October
16th November

Everyone welcome, no booking needed! Free refreshments!

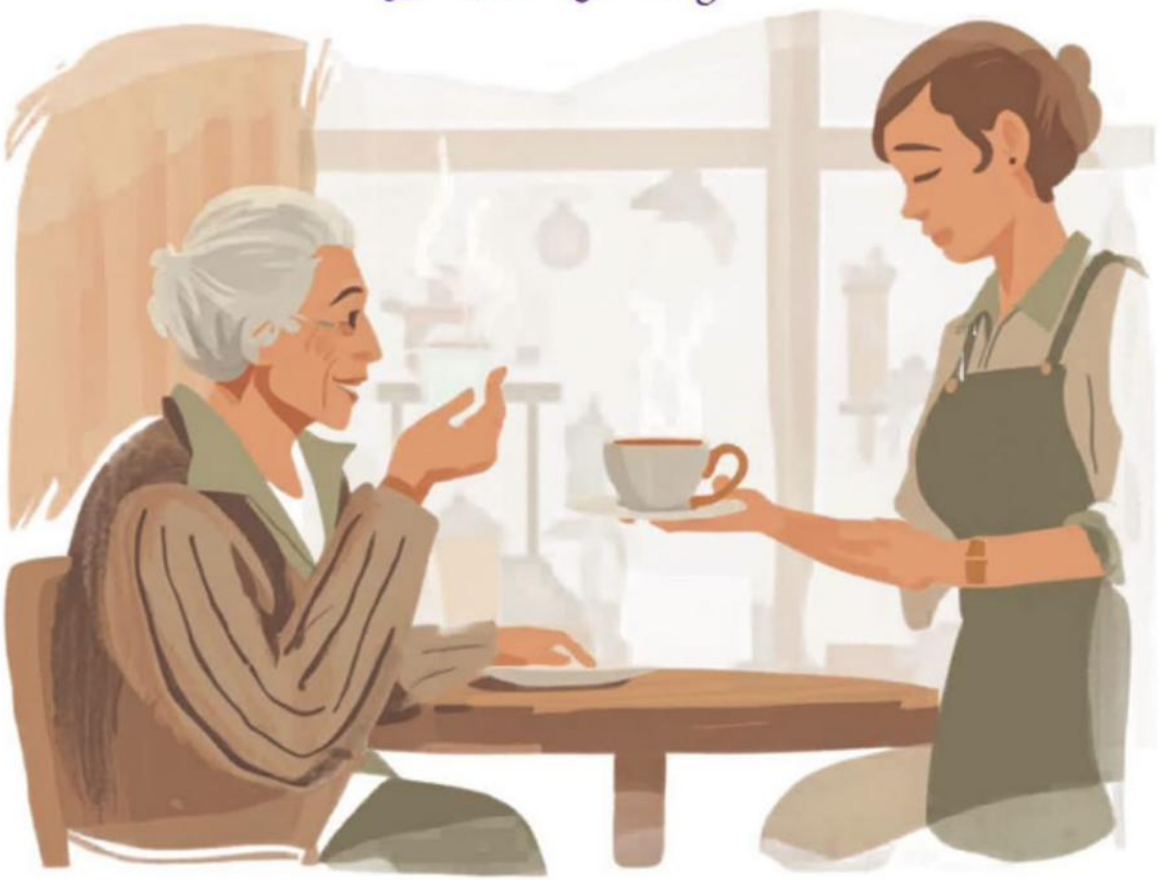
For more information call or text 07834 436272 or send an email to cattongrovecentre@hotmail.co.uk

https://www.cattongrovecentre.org/new-dementia-cafe.html

These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.

Join Us at The Forget Me Not Cafe

Dementia Friendly



"A community cafe founded by community members to offer a warm, welcoming and dementia friendly space where people can enjoy a cuppa, have a chat & make new friends."

Once a Fortnight on Tuesdays

10AM – 12PM

Connaught Hall, Attleborough

CH CONNAUGHT HALL

These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.

Dove Dementia Cafe

A time for fun, friendship, support and a light lunch for people with a Dementia diagnosis and their carers - free of charge.
Held between 10am and 1pm monthly
at Diss United Reformed Church
(Opposite B&M)

Dates for 2026:
7 January 4 February 4 March
1 April 6 May 3 June 1 July
5 August 2 September 7 October
4 November 2 December



Dove Song

Music therapy singing sessions for people with a Dementia or Parkinson's Disease diagnosis and for people who've had a stroke, as well as their carers - free of charge. Join us to sing well known songs and to have fun with percussion instruments. Also held between 1.30pm and 3pm monthly at Diss United Reformed Church

Dates for 2026:
19 January 16 February 16 March 20 May 15 June 20 July
17 August 21 September 19 October 16 November 21 December

Diss United Reformed Church Community Initiatives

For further information on either the Dove Dementia Cafe or Dove Song, please contact our Community Worker Ruth Bridges on 01379 309062 or at rthbridges@gmail.com

Registered Charity No:1077097

Alzheimer's Society Companionship Service

Our Companionship Service connects people affected by dementia with trained volunteers for regular, supportive calls, helping to reduce loneliness and build meaningful social connections.

At the heart of the service are one-to-one Companion Calls, offering consistent, friendly contact and emotional support from someone who takes the time to get to know you. Participants can also choose to join facilitated online group conversations and access our Dementia Support Forum, providing additional opportunities to connect with others who understand their experiences.

The service is flexible, so you can choose the level of support that feels right for you. Whether you're looking for regular companionship, a sense of community, or simply someone to talk to, we're here to help.

How our Companionship Service works

You can choose regular one-to-one Companion Calls with a trained volunteer, with the option to also take part in facilitated online group conversations if that feels right for you. Calls remain at the heart of the Companionship service, offering reliable, friendly contact and emotional support.

Companionship is designed to help reduce loneliness and provide reassurance through meaningful social connection. You don't have to use every option – we'll help you choose what works best for you.

Ways to connect through Companionship

One-to-one Companion Calls: Regular, often weekly, friendly conversations with the same trained volunteer, offering a consistent connection and someone who gets to know you.

Weekly online groups: One-hour groups each week. Join when you'd like – you can dip in and out depending on how you're feeling.
Online forum: The Dementia Support Forum is a separate online community, available anytime, where anyone affected by dementia can connect with others. You'll need to register to become a member.

You don't have to commit to all three options. Let us know what interests you and we'll guide you through the next steps.

What to expect from our Companionship Services

Warm, volunteer-led companionship
Flexible access depending on your needs
Regular Companion Calls, with optional online group conversations
Availability across England, Wales and Northern Ireland
Our Companionship Services aren't clinical or crisis care. Online elements require internet access.

Sign up for Companionship

If you're unsure which option suits you best, fill out the form and we'll assist you in making a choice.

Companionship provides warmth and connection through friendly, volunteer-led conversations.

For expert advice, information and support about dementia, you can contact Alzheimer's Society's Dementia Support Line on 0333 150 3456, where trained Dementia Advisers are available to listen and help.

https://www.alzheimers.org.uk/get-support/companionship

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.

(e.g Tuesday Coffee and Chat 9.30-11am)

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

These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.



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

Groups in Norfolk - Come Singing Come Singing

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 to12noon

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 ?pm

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



These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.

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

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

Rosedale Bereavement Support

In person and online bereavement support in Norfolk and Suffolk

Our trained bereavement support group facilitators, Lucy, Amanda and Andrew run our groups in our Norfolk and Suffolk communities throughout the year and they also offers an online bereavement support programme.

The bereavement support groups follow the eight week Rosedale Bereavement Support Programme and each participant will receive their own bereavement support booklets.

Online bereavement support in Norfolk and Suffolk

At Rosedale Funeral Home, we have been offering face-to-face bereavement support groups for over a decade, and these valuable in-person sessions will continue to be available. However, we understand that not everyone is able to attend due to work schedules, childcare responsibilities, or transport difficulties.

To ensure our support is accessible to more people, we now offer an online bereavement support group that provides the same compassionate care in the comfort of your own home. This eight-week programme is held via Zoom from 5.30pm to 7.00pm and is open to all adults (18+) living in South Norfolk and North Suffolk. Sessions are run several times a year based on demand.

https://rosedalefuneralhome.co.uk/grief-loss/bereavement-support-groups/

LIBRARIES

From knitting to singing to Digital Skills, there's lots going on in your local library

Click on the link below to select a type of activity

What's on in Norfolk Libraries - Norfolk County Council

Or Click on this link below to see what's on in a specific local library

Local libraries in Norfolk - Norfolk County Council

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

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

Groups/ services-

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.

Lots of Classes and opportunities

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/

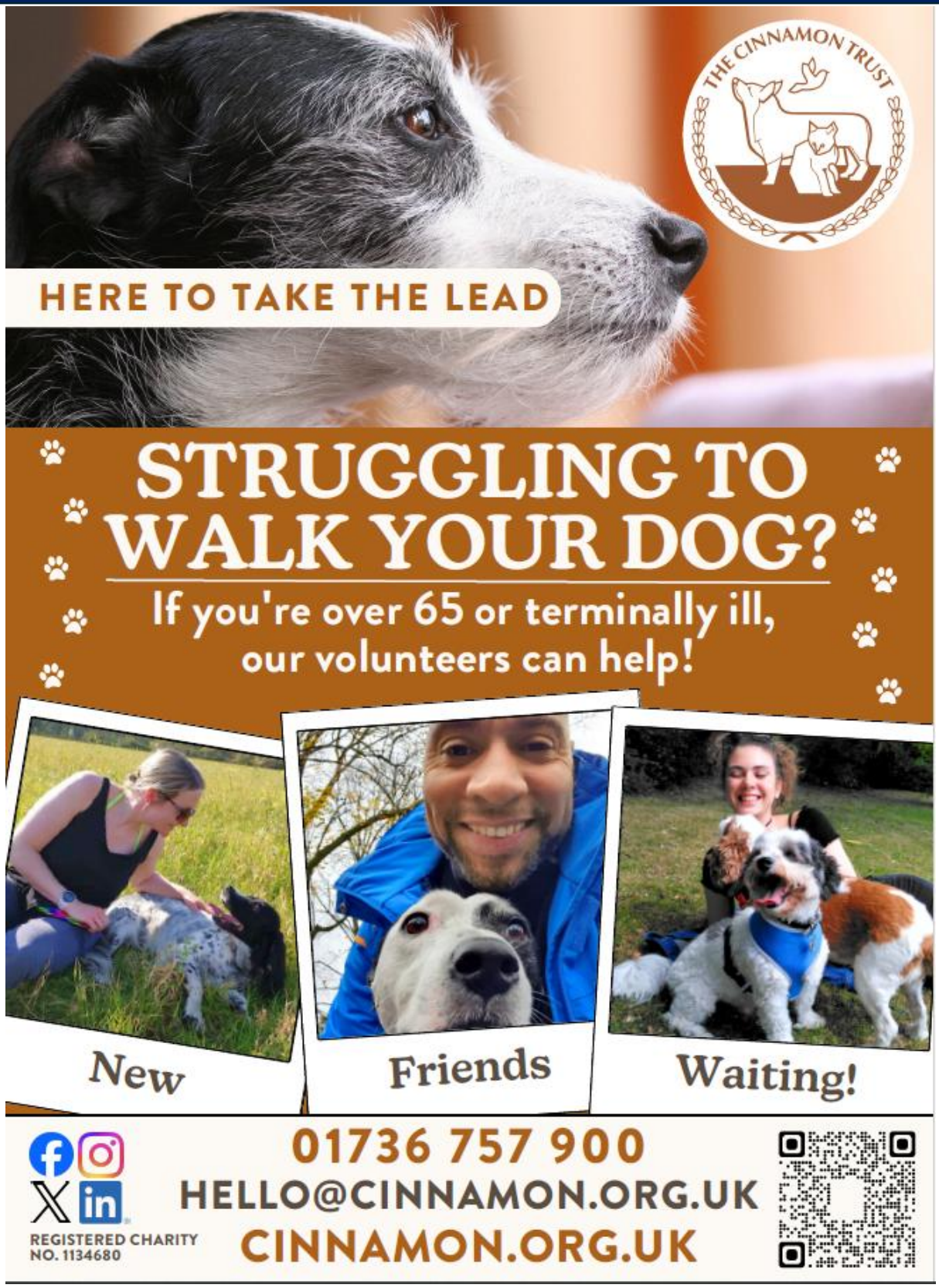
Hospitality Action – Golden Friends

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.

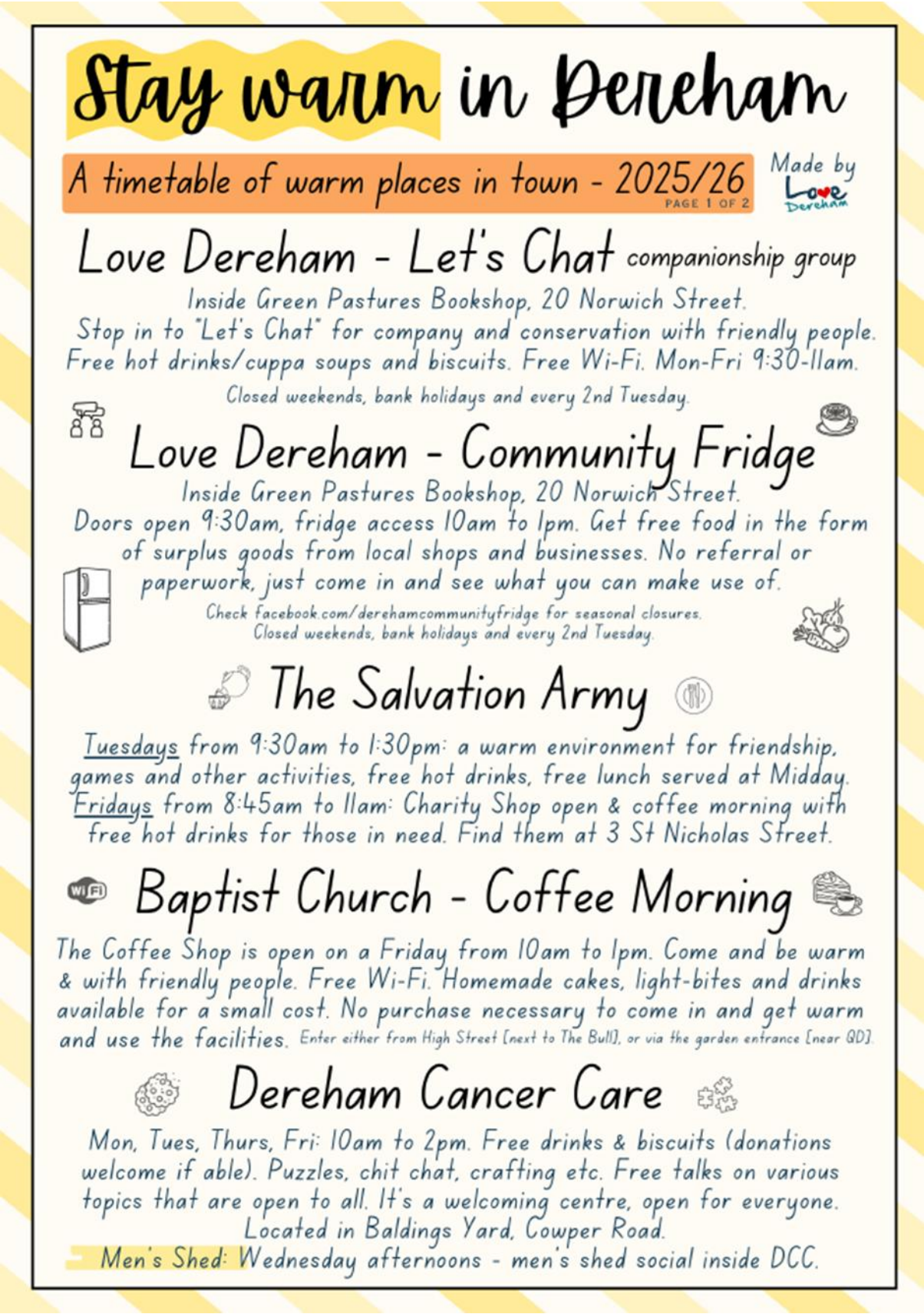
Membership is also open to younger applicants who have completed 5 years in the hospitality sector but can no longer work due to long term health issues.

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

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


THE CINNAMON TRUST
HERE TO TAKE THE LEAD
STRUGGLING TO WALK YOUR DOG?
If you're over 65 or terminally ill, our volunteers can help!
New
Friends
Waiting!
01736 757 900
HELLO@CINNAMON.ORG.UK
CINNAMON.ORG.UK
REGISTERED CHARITY NO. 1134680

These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.



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 conservation 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 QD).

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.

These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.

Stay warm in Dereham

A timetable of warm places in town - 2025/26

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 & childs 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

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.

British Red Cross Mobility Aids

The British Red Cross helps people in times of crisis

For someone having mobility problems, the right equipment can mean the difference between maintaining an active life and being isolated at home.

Our mobility aids short-term loan service helps thousands of people every year. Our team of staff and volunteers will support you to loan equipment that is right for your needs, or signpost you to a service that can.

For information on what is available and local branches/ contact details. Click below-

https://communitydirectory.norfolk.gov.uk/Services/12310/British-Red-Cross-Mo

Norfolk Adult Care and Support Guide

The 2026 edition of your guide to care and support for adults has now been published. You can access it here

www.norfolk.gov.uk/careservices

If you are unfamiliar with the Guide, it contains lots of useful information to support people to be independent, resilient and well in Norfolk. There is information about how to get help and support, what kind of services are available and details of other organisations that can help. It is available for free in libraries, GP surgeries and other places across Norfolk.

Falls Prevention Information from ROSPA

In addition to removing hazards that could cause a trip, engaging in regular physical activity, to develop and maintain strength and balance, is also particularly important as we get older. Exercises designed to improve muscle strength, some of which are highlighted in the video, can reduce the risk of a fall by improving posture, coordination and balance.

https://www.rospa.com/home-safety/older-people-safety



Lions Message in a Wallet

Link to website-Message in a Wallet - LIONS DISTRICT 105CE

All Lions clubs have been associated with the Message in a Bottle scheme which was launched several years ago, however a relatively new project to supplement the Bottle scheme is now available via the Message In A Wallet. The Wallet scheme which has a similar form as in the bottles to contain an individual's Medical, Allergy details and contact details in an emergency etc. which is then contained in a plastic sleeve (credit card size) and placed in a Wallet, Purse or Handbag. The advantage of this scheme being if you are away from home and are in need of urgent medical treatment your details are readily available with you.

The Wallets have been recognised by the Emergency Services as

another Lions project that assists them when an individual is in need of urgent medical treatment by notifying them of medication already prescribed and any allergies.

The Wallets have been readily accepted by all sections of the community including younger people who believe the wallets offer a service to everyone.

If you require further information about please contact us by email: health@lions105ce.org.uk

Your Health Services Norfolk

Free Tier 2 Adult Weight Management Programme (10 weeks)

A structured programme offering:

- **Nutrition & lifestyle education (gut health, sleep, UPFs, protein, portions)**
- **Inclusive exercise sessions (seated or standing)**
- **Strength, balance, mobility and gentle aerobic activity**
- **Support for those with long-term health conditions or low activity levels**

Suitable for patients who:

- **Have a BMI ≥ 30**
- **Have a BMI ≥ 27.5 for Black, Asian & minority ethnic groups**
- **Would benefit from structured lifestyle or activity support**

Falls Prevention Sessions (Fee-based)

Designed to improve balance, strength and confidence to help reduce the risk of falls and support independent living.

Referral Options

- **Online: https://www.yourhealthnorfolk.co.uk/**
- **Phone: 01603 399 026**
- **Local classes: https://www.yourhealthnorfolk.co.uk/group-weightloss**

Link to details of local classes-Click below

Group Classes Weightloss — Your Health Norfolk

These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.

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

Over 50's Online Exercise Classes

Get active remotely

EPIC Norfolk are providing FREE online exercise sessions for people over 50 years old. These sessions will support those who want to improve their physical and mental health or maintain their health to prolong their independence. They can be done seated or standing.

The classes are suitable for all abilities and exercises can be adapted to each individual's needs.

They will include aerobic exercises (improve your heart and lung health), balance exercises and muscular strength exercises.

All sessions are led by a friendly and experienced Level 4 instructor.

It's ideal that you have a resistance band to use during the sessions. If you don't have one, please email info@epicnorfolk.com and we'll post one to you for free.

These sessions are funded by profits from our fundraising events.

Mondays 10-10.50am – Over 50's Exercise
Zoom Meeting

https://zoom.us/j/93137401336?pwd=N0dJTzlIWDFvL1ZjY1ZhdmFVZnE2Zz09

Meeting ID: 931 3740 1336
Passcode: 397104

Thursdays 3-3.50pm – Over 50's Exercise
Zoom Meeting

https://zoom.us/j/95879993009?pwd=U2xxQlYxdGcvVFVoSk53eEowYXk1dz09

Meeting ID: 958 7999 3009
Passcode: 810993

We also have a range of pre-recorded exercise videos on our YouTube channel https://www.youtube.com/@epicnorfolk1136/videos.

https://epicnorfolk.com/live-zoom-classes/

Mental health




Scan to sign up to our workshop
Compassionate Friends
Norfolk & Waveney
Tapping House
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/
or call 01485 601700

These events are organised by third parties, not Age UK Norfolk. We cannot take responsibility for content, bookings, or safety. Please contact the organiser directly.




wise group
mentoring people out of poverty
HEAT
STRUGGLING WITH FUEL PRICES?
Are you struggling with fuel prices and need some advice?
If you, or someone you know, is struggling with their energy bills, we may be able to help
Our dedicated mentors can provide advice by visiting you at home and continue support through further visits or remote assistance to help you save money on your energy.
We may be able to help speak to your supplier about any questions you may have regarding billing issues or outstanding debt.
We can support you with:
ENERGY CRISIS & ADVOCACY SUPPORT
ENERGY SAVING AWARENESS
INCOME MAXIMISATION
ENERGY EFFICIENCY ADVICE
PLEASE CONTACT OUR HOME ENERGY ADVICE TEAM TODAY!
HEAT@THEWISEGROUP.CO.UK
0800 092 9002

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End of Oct 2026 Diary Dates for now

Registered Charity No:1077097