

October 2025 Diary dates

Creative Arts East Events

Mindful Dance with Vanhulle Dance Theatre-

Join Laura and Oliver for an uplifting dance workshop in a relaxed and supportive environment! This mindful dance session offers gentle, soothing exercises that encourage self-expression, creativity, and well-being. No experience needed - just bring your curiosity and a willingness to move.

WEST NORFOLK

13th October 1pm to 3pm

Hunstanton Community Centre

15th October 1pm to 3pm

Great Massingham Village Hall

BRECKLAND

24th October 1pm to 3pm

Dereham Trinity Methodist Church

30th October 1pm to 3pm

St Mary's Church, Attleborough

31st October 1pm to 3pm

Thetford Methodist Church

KING'S LYNN

Movement and Dance with XEN Arts- Join Xenoula for fun and friendly dance and movement classes, focusing on improving strength, flexibility and balance.

Open to all - no experience necessary and everything can be adapted to seated or standing.

21st October 1pm to 3pm

London Road Methodist Church

If you want to come along to any of the above events provided by Creative Arts East-

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

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

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! Our social runs from 1-3pm.

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

Community Culture Club

(starting November ,but open to sign up now)

What is it?

Community Culture Club is a museum creative wellbeing programme for older adults (65+) including:

People living with dementia

Carers

People with long-term health conditions

People who are lonely or socially isolated

It's based at the Museum of Norwich at the Bridewell, right in the heart of the Norwich Lanes.

It is completely free to be a part of. It's a fixed-term programme of ten sessions and runs once a year, from November – February. We have worked with four cohorts of participants to-date. Each group size is capped at eight participants, to ensure a supportive staff: participant ratio.

What do you do?

Each of the ten sessions is themed around an object or objects in the museum's collections. We will do different creative activities together, inspired by the theme that week.

This could include activities like:

Painting

Clay work

Tasting foods

Handling historical objects

**You do not need any past creative experience or historical knowledge.
We will provide all the materials needed for the activities.**

**There's also plenty of time to chat with other people in the group, to get
to know each other.**

**Tea, coffee, fruit, and biscuits are provided at each session. We need to
fuel our creativity!**

**"It's an opportunity for older people to re-discover their creative side,
learn about the museum and the history of Norwich, and meet new
people" – Community Culture Club participant**

How do I join?

**Our next group will run November 2025 – January 2026.
We will open registration for participants in August
2025.**

If you'd like to express your interest for the next cohort:

Email: bridewellmuseum@norfolk.gov.uk

In your email clearly state:

Your name

Email address

That you are interested in Community Culture Club 25-26.

<https://www.museumofnorwich.norfolk.gov.uk/article/68154/Community-Culture-Club>

Cuppa care- timetable of visits across Norfolk

Cuppa care
Bringing us together

91%*
of UK adults think small moments of connection can make a difference to someone who feels lonely

*Based on a YOUGov PLC survey of 3,147 UK adults in September 2015

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 that about something that's worrying you – we have friendly people on hand who can help. Come on your own or with a friend, you'll be more than welcome to join us for a cuppa and a chat!

Contact us at:
cuppacare@norfolk.gov.uk or
01603 404540

BUS

Where:
When:
From: To:



Our Cuppa Care funders



We are here for you

Whether you just want to get out of the house, meet new people, chat about something that's worrying you or get information and advice – we have friendly people on board our Cuppa Care bus who can help.

[Cuppa Care - Hear For Norfolk](#)

Autumn Timetable will be coming- check website link above.

What's happening at Merchant's Place, Cromer

Merchants' Place Opening Hours:

Office Hours:

Monday – Friday, 8:30am – 5pm

Community Fridge and Larder Hours:

Monday – Thursday, 9:30am – 3pm

Life begins at... Friendship group. A friendship group for older people. Thursday afternoons 1pm to 3pm here at Merchants' Place. Why not come along and join the group for a friendly chat and a cuppa?. For more information call 01263 519454 or email info@merchantsplace.co.uk.

Coffee, Cake & Company takes place here every Tuesday between 10am to 12noon here at Merchants' Place. If you would like to socialise in a safe, friendly space then join us for coffee/tea, cake and company.

We would love to see you, everyone welcome! We just ask for a £2 donation to contribute towards refreshments.

Lloyds Community Banker is at Merchants' Place every Tuesday from 9am to 3pm. Offering banking support – no cash transactions.

Other information and new courses at Merchants Place 16 Church Street

Cromer NR27 9ES

call in at our Reception at 16 Church Street, Cromer NR27 9ES

call- 01263 519454

website- <https://merchantsplace.co.uk/>

Dementia cafe

The Reef Leisure Centre

Sheringham

Every Friday 10-11am

To book a place call 01263 825675

Upon arrival ,ask at Reception and they will guide you to the room.

The Dementia Café session is free ,but hot drinks are extra .

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

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

The Reef Leisure Centre,Weybourne Rd, Sheringham NR26 8WD

<https://www.everyoneactive.com/centre/the-reef-leisure-centre/>

Call 01263 825675

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>

Come Singing For People Of All Ages With Memory Loss

Come Singing at Millenium Library

Tuesdays:

2nd and 4th Tuesday of the month 10.45 – 11.45

The Norfolk and Norwich Millennium Library

The Forum

Norwich

Phone 01603 774774

Come Singing at Earlham Library

Fridays:

3rd Friday in each month 11.15 – 12.15

Earlham Library,

Colman Road,

Norwich, NR4 7HG.

01603 454338

If you are interested in starting up a singing group in your area please
contact us at info@comesinging.org.uk

All sessions are free for people living with dementia and their carers.

<https://www.comesinging.org.uk/>

COME SINGING BY PHONE

for more information, please phone Heather on 01603 452404

Dementia Clubs around the county

Bradwell

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

St Nicholas Church Hall, Bradwell Gt Yarmouth NR31 8QQ

Contact- 07580 005723 (Leslie)

Brundall

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

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

Contact- 01603 715136

Catton

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

Christ Church, Magdalen Road NR3 4LA

Contact- 01603 496333

Congham

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

The Anvil Inn, Congham PE32 1DU

Contact- www.anvilcongham.co.uk

Costessey

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

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

Contact- 01603 742958

Cringleford

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

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

Contact- samantha.woods@careuk.com

Cringleford

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

Cavell Court , Dragonfly Lane, Cringleford Norwich NR4 7SW

Contact- 01603 859918

Diss

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

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

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

Diss

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

Denny Centre, Thomas Manning Road, Diss IP22 4HL

Contact- 01603 785228.

Downham Market

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

Downham Market Methodist Church, Paradise Road, PE36 9JE

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

Gorleston

Memory Café. Wednesdays weekly. 2pm to 3pm

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

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

Hellesdon

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

Hellesdon Library, Woodview Road, Hellesdon, NR6 5QB

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

Holt

Poppy Café. Tuesdays weekly. 10.30am to 12.30pm

Meeting Room, St Andrews Church, Holt NR25 6BB

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

Horsford

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

10am to 11.30am and 12noon to 1.30pm

The Nest, Horsford, Norwich NR10 3AQ

Contact- [Duncan's Club](#)

Hoveton

'Making Connections' Dementia Café. Last Tuesday of the month

10am to 12noon

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

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

King's Lynn

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

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

Contact- 07548 774925

Little Plumstead

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

Old Hall Road, Little Plumstead, NR13 5FA

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

North Walsham

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

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

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

Norwich

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

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

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

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

Salvation Army, 24 Boundary Rd, Norwich NR6 5HT

Contact- 01603 402703

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

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

Priscella Bacon Hospice Century Place, Norwich NR4 7YA

Contact- 01603 776600 pbl@nchc.nhs.uk

Old Catton

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

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

Contact- 01603 785228

Rackheath

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

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

Contact- 01603 721720 ashfields@barchester.com

Scratby

Memory Café. Mondays weekly 10am to 2pm

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

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

Sprowston

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

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

Contact- 07554 117164 Sprowstondfc@gmail.com

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

Thetford

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

Cloverfields Community Church Yarrow Cl, Thetford IP24 2TZ

Contact- 07542 866519 taddsgroup@hotmail.com

Thorpe St Andrew

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

68 Yarmouth Road, Thorpe, Norwich, NR7 0QZ

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

Wymondham

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

Fairland Church Centre Fairland Hill Wymondham NR18 0AW

Contact- 07391 659057 or 07586 312809

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





Pitstop- Aylsham

Pit Stops cover a variety of interests and activities ranging from board games, creative arts, walks to fishing. We're keen to hear what you'd like to do too.

For details of Pit Stops and activities in Aylsham find events at menscraft.org.uk/events/

Aylsham

Fridays 1-3pm

The Drill Hall, Cawston Road, Aylsham

NR11 6EB

For further details contact: Karl Read

07512 656864

Karl@menscraft.org.uk

More clubs-.....

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

More below....

Norfolk Library Service Bereavement Cafés



**Informal friendship groups for bereaved adults
run by Norfolk Library Service.**

**A space to support each other and find
information about other services.**

Taking place at the following libraries;

**Aylsham, Caister, Costessey, Cromer, Dereham,
Dersingham, Downham Market, Gaywood,
Gorleston, Great Yarmouth, Holt, Hunstanton,
Kings Lynn, Martham, Mundesley, North Walsham,
Sheringham, Sprowston, Taverham**

For further details about dates and times please visit our
website to view our “What’s On” page.

www.norfolk.gov.uk/libraries

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

Or phone **01603 774777**

(Last updated March 2025)

borrow discover connect



Norfolk County Council

Thinking about trying a new activity?

Explore Norfolk County Council’s Adult Learning

For courses in person and online

[Adult Learning Course List](#)

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>

Priscilla Bacon Lodge Knit and Natter Group

Starting on 4th June 2025, our new Knit and Natter Group will take place on the first Wednesday of every month from 10:30am – 12:30pm, at [The Friends Café](#) inside Priscilla Bacon Lodge.

If you'd like to support our Comfort Blankets project whilst attending the group, we'd be thrilled to have your help. You're also very welcome to bring along your own knitting or crochet projects.

There is no need to sign up, please just come along and join us for a cuppa and some friendly conversation. We look forward to seeing you!

Or join in at home with the Comfort Blankets Project- download the pack for instructions-

Information is on the website-

[Comfort Blankets - Priscilla Bacon Hospice Charity](#)



**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.co.uk

Dates for 2025:

16th January	20th February	20th March	17th April	15th May
19th June	17th July	21st August	18th September	
16th October	20th November	18th December		

The Bridge For Heroes

The Bridge for Heroes – a small charity with a big heart, supporting the Armed Forces community of West Norfolk and beyond.

We run a Drop-In centre on South Clough Lane, King's Lynn, and our doors are open from 10am until 4pm Monday to Friday, and from 10am until 2pm on Saturdays. We provide hot and cold drinks, home-cooked lunches, with a warm welcome and friendly conversation.

If you are a veteran or serving member of HM Forces, full-time or reserve, you are welcome to access our services. If you are the spouse, widow/er, parent, child or carer of someone who has served or is serving, we are here for you too. And we don't want to forget families separated through divorce or relationship breakdown. We do everything we can to assess need on a case-by-case basis, and it all starts with a brew and a chat!

Find us at 52A South Clough Lane, King's Lynn PE30 1SE and online at www.thebridgeforheroes.org.

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

Facebook and Instagram @thebridgeforheroes.

Online exercise classes

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

See below.....

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

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

See classes below-

Monday – Over-50's Exercise

Time: 10-10.45am

Join Zoom Meeting

<https://us06web.zoom.us/j/93137401336?pwd=N0dJTzllWDFvL1ZjY1ZhdmFVZnE2Zz09>

Meeting ID: 931 3740 1336

Passcode: 397104

Thursday – Over 50's Exercise

Time: 3-3.45pm

Join Zoom Meeting

<https://us06web.zoom.us/j/95879993009?pwd=U2xxQlYxdGcvVFVoSk53eEowYXk1dz09>

Meeting ID: 958 7999 3009

Passcode: 810993

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, Reephams 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



The advertisement features a banner with four photos of people exercising. The first photo shows a woman on a stationary bike. The second shows a man in a dark sweater. The third shows a woman in a striped shirt. The fourth shows a man in a light blue shirt. The banner includes the 'fit20' logo, the text 'Fit in 20 minutes per week', and a speech bubble saying 'changed by fit20'. Below the banner, there is a blue bar with the text 'Make time for your fitness'. The main text reads 'fit20 Hellesdon' and 'Fit in 20 minutes per week'. A paragraph describes the training method. A green box offers a 'FREE 1st Training Session'. The address and contact information are listed at the bottom left. The 'fit20' logo is repeated at the bottom right.

changed by fit20

fit20 Hellesdon
Fit in 20 minutes per week

At fit20 you train once a week for 20 minutes with a personal trainer. Our training method is based on the latest scientific findings about effective and efficient training to improve fitness and health. You book your weekly session ahead of time to stay on track. We guarantee measurable results within a few sessions, and more importantly, you will feel stronger and fitter.

105 Reephams Rd
Norwich NR6 5AB
07943 802071
freetry.co.uk

FREE
1st Training Session

fit20
Fit in 20 minutes per week



Scan to sign up to
our workshop



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



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.


Sailability

Sailability Website link-

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

email Adrian Tebbutt-

sbsc.accessible.sailing@gmail.com



All our volunteers are DBS checked and have undergone appropriate training for their roles.

The sessions will run between April and October on Friday afternoons between 13.00 and 17.00hrs, weather permitting, and need to be booked in advance.

Wheelchair access is possible to the floating pontoon and we have a hoist installed to transfer individuals to our boats.

All specialist equipment required will be provided. Clients should not get wet when on the water (rain excepted) and should be dressed appropriately for the weather.

Charges are £12 per hour for an individual booking and £90 for a 2 hour group booking for 6 - 10 people.

Currently we have 2 Hansa 303 dinghies and 2 Wayfarer dinghies available. We hope to add to our Hansa fleet in the near future.

Booking can be made by visiting our website
www.snetbeach.co.uk/page/accessible-sailing

Any questions or for more information contact
Adrian Tebbutt
sbsc.accessible.sailing@gmail.com
07530 046139

When available add Walks and Socials

(held across Norfolk)

[Social Events | Norfolk](#)

When available add Creative Socials

(Held in Brecks, West Norfolk and Great Yarmouth

<https://www.ticketsource.co.uk/creative-arts-east>)

END OF OCTOBER DATES FOR NOW