December 2026 Diary Dates

Rotary Club of Kings Lynn Priory

SENIOR CITIZENS FILM CLUB

JOHNNY DEPP, RUPERT GRINT

EBENEZER

£4 PER TICKET, BOOKING ESSENTIAL



MONDAY 14 DECEMBER AND WEDNESDAY 16 DECEMBER

KINGS LYNN CORN EXCHANGE CINEMA

MEET AT 10.00
FILM STARTS AT 10.45.
13.10 FINISH

TEA, COFFEE AND BISCUITS

Booking is essential, to secure your tickets email:
751bharti.patel@gmail.com
07375375404


Walk on
Bereavement Walking Group
Free, friendly walks in West Norfolk for adults who have lost someone close.
Walk and talk, or simply walk alongside others who understand.
You don't need to have used our services before.
Upcoming walks
Wednesday 9th December
10:30am · Longer · 4 miles
Sandringham Visitor Centre, in front of the café
Friday 4th December
10:30am · Easy · 2 miles
Sandringham Visitor Centre, in front of the café
Both are circular walks in the grounds of the Sandringham Estate, with refreshments at the café afterwards.
Before you set off -
Wear suitable clothing and footwear, as paths can be rough or slippery.
First walk?
Walks don't need to be booked, but please register before your first one. Call or text 07557 458911 so we know to look out for you. Look for our leaders in light blue hi-vis tabards.
Walk On is run by volunteers on behalf of Compassionate Communities, the outreach service at Tapping House, in partnership with the Walk On group at St Elizabeth Hospice.
07557 458911

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

https://www.creativeartseast.co.uk/whats-on/

Festive Crafts with Melanie Tilford

Immerse yourself in a festive crafting experience. We will be using seasonal treasures from our local environment and arranging them into a rustic hanging mobile perfect for your garden, or living space. Materials will be provided, but feel free to bring along your own natural objects to incorporate into your creation.
Dates below…..

In Breckland

* Attleborough St Mary's Church
Thu 10th December, 1pm

* Dereham Trinity Methodist Church
Fri 18th December, 1pm

In West Norfolk

* Hunstanton Community Centre
Mon 7th December, 1pm

* King's Lynn London Road Methodist Church
Tue 15th December, 1pm

* Great Massingham Village Hall
Wed 16th December, 1pm

Would you like to come along?
-All Creative Socials are Pay What You Can.

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.



Creative Arts East Activities to Enjoy From Home

Join Vanhulle Dance Theatre Online!

Laura and Oliver from Vanhulle Dance Theatre have created a three-part series of movement and dance videos. Watch and join in with at your leisure!

These 20 minute videos have been commissioned by Creative Arts East to give you a chance to move, feel energised and get creative, all from the comfort of your own home.

We'd love for you all to take a look - and we'd really like to hear your feedback (on how you found the videos too!

https://forms.cloud.microsoft/e/vAk89L5D25)

Click here to watch the videos on YouTube

https://www.youtube.com/playlist?list=PLL5ja3YuJ8-E)

more below……

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.



Registered Charity No:1077097

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Norwich Open Christmas
Join our Christmas Celebration
For anyone alone, homeless or in need
WHAT?
A free event for anyone to join
We provide food, entertainment and good company
WHEN?
Friday 25 December
11am - 5pm
WHERE?
St Andrew's Hall
St Andrew's Plain
Norwich
NR3 1AU
Scan the QR code for more information
Phone us: 01603 510751 (choose option 1)
Email us: enquiries@norwichopenchristmas.org.uk
Find our more at:
www.norwichopenchristmas.org.uk/guests

Diss- 22nd Dec

🎁 **Event / Christmas lunch name -** Intergenerational Luncheon

🗓️ **Date and time - Tuesday 22nd December 2027**

📍 **Full venue address / location: Diss & District Bowls Club, Lower Denmark Street, Diss IP22 4BE**

🍽️ **What's on offer** — Free Hot 2 Course lunch, time to chat and play games with our young volunteers

👥 **Who can attend** — anyone from the local community over 1

🎟️ **How to book** — Advance booking is essential Call Julia on 07546 059061 or email julia@mtmyouthservices.org.uk

⏰ **Booking deadline:** Friday 18th December

📞 **Contact name, telephone number and/or email address -** See above

🚙 **Transport** — transport may be available. Please notify when booking

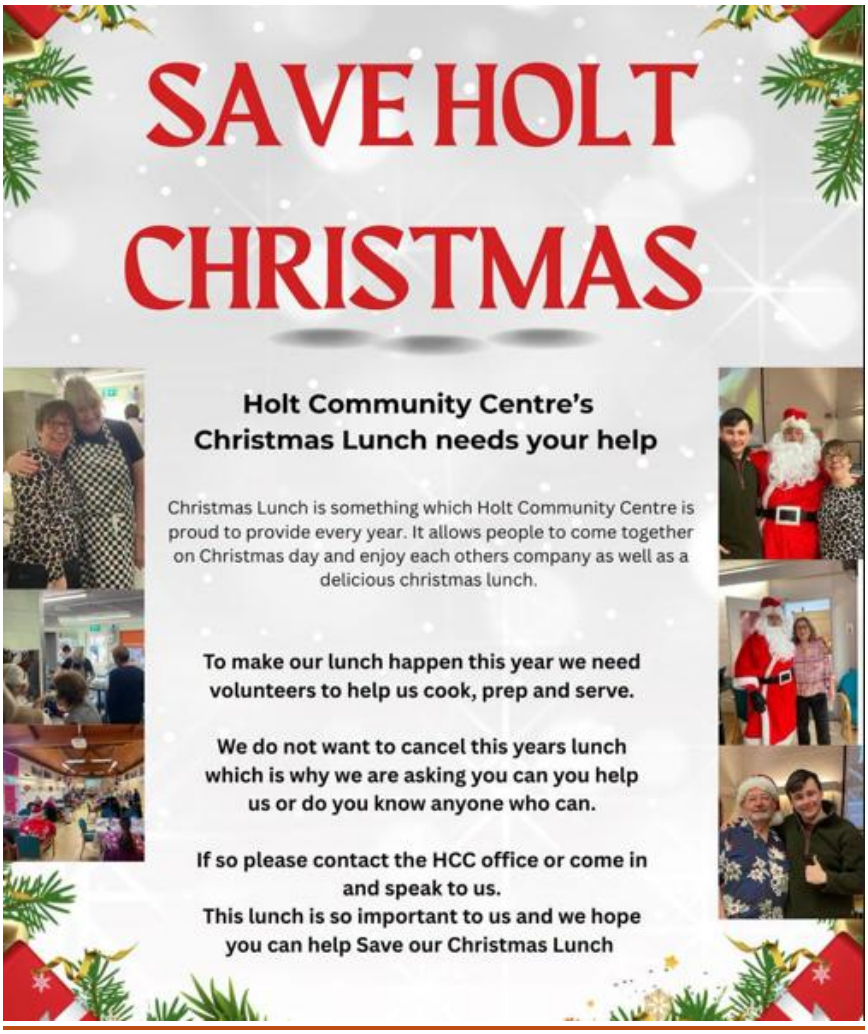
♿ **Accessibility information:** Fully accessible

🥗 **Dietary requirements** — Please notify us when booking

💷 **Cost or suggested donation -** Free

🏠 **Home delivery / takeaway meals -** N/A


NOBODY EATS ALONE ON CHRISTMAS DAY
Baileys Fish and Chips is here to be
with you and serve for you.
NO-ONE SHOULD SPEND CHRISTMAS
ALONE AND HUNGRY
TRADITIONALLY
ON CHRISTMAS DAY 25th DECEMBER
FROM 12am UNTIL 4pm
ANY MEAL IS
FREE OF CHARGE


SAVE HOLT
CHRISTMAS
Holt Community Centre's
Christmas Lunch needs your help
Christmas Lunch is something which Holt Community Centre is proud to provide every year. It allows people to come together on Christmas day and enjoy each others company as well as a delicious christmas lunch.
To make our lunch happen this year we need volunteers to help us cook, prep and serve.
We do not want to cancel this years lunch which is why we are asking you can you help us or do you know anyone who can.
If so please contact the HCC office or come in and speak to us.
This lunch is so important to us and we hope you can help Save our Christmas Lunch

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GLAVEN CARING

- **Happy Mondays,** join us for lunch - two courses for just £8.00 – every Monday, do book early to avoid disappointment
- **Monday Knit/ Crochet and Natter** – 10am to 12 noon every Monday at the Glaven Centre – we are knitting and crocheting our Toto the Seal mascots for donations to raise funds for our client activities and trips out. We are on a roll to raise £500!
- **Tuesday Coffee, Cake and Cards** with monthly raffle 10.00 to 12 noon - donations please for delicious teas and coffees - every Tuesday
- **Thursday Chatty Café** – 'chatter and natter' - pop over for a friendly chat every Thursday 10am to 12 noon
- **Caring for the Carers** – it is good to talk - coffee, advice from other carers, our team and a representative from Social Services - 10am to 12 noon first Friday of the month, **4th December**
- **Board Games & Chat – 18th December** - 10am to 12 noon – coffee, chat, chess, and more. Free to attend and all levels welcome - every third Friday of the month
- **Bridge Club** – every Tuesday evening – 6pm to 8pm – at the Glaven Centre. Tables for both experienced players and learning players.

Glaven Caring, Thistleton Court, Blakeney

www.glavencaring.co.uk

01263 740762

info@glavencaring.co.uk

Our day centre for the elderly and frail, their carers and our supporters is open four days a week – Monday, Tuesday, Thursday and Friday - closed on Wednesdays.

Winter warmth and wellbeing event

At St. Saviours Yard, Norwich NR3 1GQ, 3rd Dec, 2026. 9am till 1pm!- see poster below……



Everyone Welcome!

WINTER WARMTH and wellbeing event

- **Christmas jumpers on!** Free warm clothes
- **Be Well Bus** Free tea, coffee and biscuits Pop on and say hello.
- **NHS InHealth team** Screening for Diabetes for residents
- **Happy Smiles** Dental checks for kids
- **Local support and businesses** Advice, information and services
- **Friendly faces and festive fun** For the whole community

At St. Saviours Yard, NR3 1GQ, 3rd Dec, 2026. 9am till 1pm!



Mini health checks Available all day, free of charge

Free tea, coffee & biscuits Take a seat and have a chat

Pop on and say hello Meet the team -Everyone welcome!

Supported by Community Development part of Norfolk County Council

THE GIVING WARDROBE

VOLUNTARY NORFOLK



For anyone affected by grief or bereavement-The day will bring together a range of organisations and support services from across Norfolk, offering information, advice and opportunities to connect with others. Visitors can explore support stands, enjoy refreshments in the Grief Café, attend presentations from guest speakers, and receive a complimentary hand massage.

NORTH NORFOLK HEALTHY AGEING PROGRAMME



At

North Walsham- Victory Swim and Fitness Centre

Sheringham- The Reef Leisure Centre

Fakenham-Sports and Fitness Centre

Click on the link to find out about the programme and the timetables at all 3 centres

North Norfolk Healthy Ageing Programme - Everyone Active

There is also a seated exercise class video for use at home on the website.

The Move More programme is currently available at North Walsham Victory for those on Universal Credit or Pension Credit-

Move More Membership - Everyone Active

Horning Ladies Lunch Club

Hello 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, as our new membership numbers continue to grow.
If you are thinking about meeting new people or finding something new to do, then why not come along and see what we are all about?
If you are interested, then, there is further information below.
We hope to see you very soon.

-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

Menscraft activity workshops

MensCraft is a Norfolk-based charity supporting men's health, wellbeing and social connection.

Comedy, poetry & singing workshops in Cromer & Great Yarmouth

Creative group activities are proven to improve wellbeing and build confidence. These workshops are taking place at our usual Pit Stop venues either before or after the regular Pit Stop session.

No need to book - just turn up! If you would like more information or to speak with someone beforehand, email Karl. These free sessions are for men aged 18 or over.

VENUE	POETRY	COMEDY	SINGING	COMEDY	POETRY
CROMER Cromer Parish Hall 65 Church St, Cromer, NR27 9HH	Tuesdays 1-3pm 10 Nov – 15 Dec		Tuesdays 1-3pm 5 Jan – 9 Feb	Tuesdays 1-3pm 16 Feb – 16 March	
GT YARMOUTH St Mary's Church Room, 282 Southtown Rd, Gt Yarmouth, NR31 0JB		Fridays 2-4pm 13 Nov – 18 Dec			Fridays 2-4pm 19 Feb – 26 March

If you'd like to find out locations of other pitstops, click on the link below

Locations of our Pit Stop groups for men in Norfolk & Waveney - Menscraft

North Creake Area

Tea parties – Opportunities for older people

Reengage have opportunities for older people to join our tea party groups. Our tea parties are free monthly social groups open to people aged 75 and over. They are a chance for a change of scenery and regular afternoons of conversation and laughter with friends of all ages.

Each month, usually on a Sunday afternoon, a volunteer driver will collect and drive you to a local tea party, which are usually hosted in a volunteer's home or a community space. After the event, you'll be driven safely back home again.

Who can join

This free service is open to anyone aged 75+ who would benefit from some company. To take part, guests will need to:

Be able to get in and out of a car (with a helping hand)
Manage a few steps into a host's home or community space
Be able to use the bathroom independently
You'll never be asked to host a tea party yourself, and there's no cost to join.

Interested?- see below….

How to get started

1. Apply to join a group

Enter your postcode into our map to see if we currently have a tea party or a space in your area

https://reengage.org.uk/join-a-group/tea-parties/

Fill in the short form and your group coordinator will be in touch to explain everything you need to know.

https://reengage.formstack.com/forms/joining_reengage?Inperson_services=1&GroupID=GRP-00002019&GroupParticipantID=GPP-00090563

We'll organise the transport and make sure you're warmly welcomed at your monthly gathering.

More below....

The Help Hub van(in Broadland and South Norfolk)

The van is a confidential space where you can come on board to talk one-on-one with a member of our team. Staff will listen to your needs and provide guidance and signposting if appropriate. With your consent, the team are also able to log your request for support with the Help Hub and a follow-up call can be arranged.

No appointment is necessary, and any support needs can be discussed. These may include, but are not limited to:

money and debt worries

benefits

parenting, relationships and domestic abuse

health and wellbeing

bereavement support

employment

housing or home improvements

If you need advice or support, you can pop along and speak with a member of our friendly team. No appointments are required.

02/12/2026 10am – 2:30pm Help Hub outreach with the Community Development Worker Village Green, Swan Plain, Horsham St Faith, Norwich NR10 3HL

03/12/2026 9am – 12noon Help Hub outreach at Help For Heroes Drop-in Coltishall Village Hall, Rectory Road, Coltishall, NR12 7HL

08/12/2026 11am – 3pm Help Hub outreach with HealthWatch and Waste and Recycling Denton Village Hall, The Village Hall, Norwich Rd, Harleston IP20 0BD

10/12/2026 10am – 4pm Help Hub outreach with the Community Development Worker Lingwood Village Hall, Station Rd, Lingwood, Norwich NR13 4AZ

15/12/2026 10am – 2pm Help Hub outreach with Best Start Family Hub Long Stratton Leisure Centre, Swan Lane, Long Stratton, NR15 2UY

16/12/2026 10am – 2pm Help Hub outreach with the Financial Wellbeing Team Barnham Broom Village Hall, Norwich Rd, Barnham Broom, NR9 4BU

17/12/2026 10am – 2pm Help Hub outreach with HealthWatch Tibenham Community Hall Pristow Green Ln, Tibenham, NR16 1PX

Communities Team

Address: The Horizon Centre, Broadland Business Park, Peachman Way, Norwich, NR7 0WF

Telephone: 01603 430611

Email: Communities@southnorfolkandbroadland.gov.uk

https://www.southnorfolkandbroadland.gov.uk/community-safety/support-wellbeing/community-engagement-van

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Let's Talk

Need advice, support or information?

Pop in for a friendly chat with a member of the Adult Social Services team.
No appointment needed.

We can help with:

- Staying independent at home
- Care and support options
- Support for unpaid carers
- Local services and community groups
- Information and advice
- Understanding what support is available



Location: Sheringham Day Services, Sheringham
Date(s): 28 Oct | 24 Nov | 16 Dec 2026
Time: 9:30am – 2:30pm

Everyone welcome

No question is too small. Everyone is welcome.
Looking for support for yourself, a family member, friend or neighbour?
Pop in for a chat and find out what help is available.

- Informal conversation
- Friendly advice and guidance
- Family members and carers welcome

Norfolk County Council

Sheringham Day Services
01263 821188

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Let's Talk

Need advice, support or information?

Pop in for a friendly chat with a member of the Adult Social Services team.
No appointment needed.

We can help with:

- Staying independent at home
- Care and support options
- Support for unpaid carers
- Local services and community groups
- Information and advice
- Understanding what support is available



Location: Glaven Caring. Blakeney, Holt
Date(s): 6 & 17 Nov | 4 Dec & 15 Dec 2026
Time: 9am-2pm

Everyone welcome

No question is too small. Everyone is welcome.
Looking for support for yourself, a family member, friend or neighbour?
Pop in for a chat and find out what help is available.

- Informal conversation
- Friendly advice and guidance
- Family members and carers welcome

Norfolk County Council

Glaven Caring
01263 740762

Let's Talk

Need advice, support or information?

Pop in for a friendly chat with a member of the Adult Social Services team.
No appointment needed.

We can help with:

- Staying independent at home
- Care and support options
- Support for unpaid carers
- Local services and community groups
- Information and advice
- Understanding what support is available



Location: Heritage House, Wells-next-the-Sea
Date(s): 6 & 20 Oct | 3 & 17 Nov | 1 Dec & 15 Dec 2026
Time: 9:30am – 2:30pm

Everyone welcome

No question is too small. Everyone is welcome.
Looking for support for yourself, a family member, friend or neighbour?
Pop in for a chat and find out what help is available.

- Informal conversation
- Friendly advice and guidance
- Family members and carers welcome

Norfolk County Council

Heritage House
01238 711333

Vehicle Tax exemption or 50%reduction

Vehicle tax exemption

You can get a vehicle tax exemption for one vehicle, if you're eligible.

The vehicle must be registered in the disabled person's name or their nominated driver's name.

The vehicle must be used for a disabled person's personal needs. It cannot be used by the nominated driver for their own personal use.

Eligibility

You can apply for exemption from paying vehicle tax if you get the:

higher rate mobility component of Disability Living Allowance (DLA)
enhanced rate mobility component of Personal Independence Payment (PIP)
enhanced rate mobility component of Adult Disability Payment (ADP)
Scottish Adult Disability Living Allowance
higher rate mobility component of Child Disability Payment
War Pensioners' Mobility Supplement
Armed Forces Independence Payment

How to claim

You claim the exemption when you apply for vehicle tax.

If you're claiming for a vehicle for the first time, you have to claim at a Post Office. You must do this every time you change your vehicle.

Vehicle tax reduction

You can get a 50% reduction in vehicle tax on one vehicle, if you're eligible.

The vehicle must be registered in the disabled person's name or their nominated driver's name.

Eligibility

You can get the reduction if you get the:

PIP standard rate mobility component

ADP standard rate mobility component

You cannot get a reduction for getting the DLA lower rate mobility component.

How to claim

You must include the following with your application:

a letter or statement from the Department for Work and Pensions that shows your PIP rate and the dates you're getting it – if you're getting PIP
an ADP decision letter from Social Security Scotland that shows your mobility component rate and the dates you're getting it – if you're getting ADP
the vehicle log book (V5C)
a V10 form
evidence of a current MOT, if you need one – for example, a copy of your vehicle's MOT history or your MOT certificate, if you have one
an original goods vehicle testing (GVT) certificate, if you need one
a cheque or payable order (made out to 'DVLA, Swansea') for 50% of the full rate of car tax for the vehicle
an insurance certificate or cover note (if you live in Northern Ireland)

Do not send your PIP assessment or any other medical information with your application.

If you've just bought the vehicle and it's not registered in your name yet, you'll need to complete a V62 form and include the green 'new keeper' slip from the log book with your application.

Send the documents to:

DVLA
Swansea
SA99 1BF

If the vehicle is not registered to you or the nominated driver

When you make your application you will need to include a signed letter from the vehicle's registered keeper. This needs to say:

how they know you
how the vehicle will be used, for example picking up your prescription or shopping

https://www.gov.uk/financial-help-disabled/vehicles-and-transport

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Priority Services Register with UK Power Networks

What is in the emergency box and how can I request them?

Our emergency boxes are designed for customers who are medically dependant on electricity.

The box contains:

Advice on what to do during a power cut
A power cut torch with a battery life of four hours which turns on in the event of a power cut
Lions Message in a bottle – this scheme encourages people to keep their emergency information on a standard card. The bottle is then stored in the fridge and you will also receive two labels which should be displayed on the inside of the front door or main entrance to your home and the other on your fridge. This helps the emergency services easily find this information in the event of being called to you home.
A room temperature guide

What help should I expect from being on the Priority Services Register?

Support during a power cut:

A priority number that you can call 24 hours a day
Text and voice message alerts, letting you know when we are aware of a large power cut in your area
Tailored support if needed such as home visits, hot meals, advice and keeping your friends and relatives updated
Where possible we will send you text and voice messages when we expect severe weather to help you prepare
In certain scenarios we may also offer a free hotel overnight and transport to the hotel
For complex power cuts our community welfare teams provide on-site

support which includes hot drinks, hot meals, a wifi connection and charge points

Read through our helpful advice on what to do during a power cut.

Additional support:

For your peace of mind, we can contact someone on your behalf and if you would like us to we can agree a security password to keep you safe
We can put you in touch with an expert who can offer you advice on energy bills and energy saving tips

Who can sign up?

You can register if you or someone in your household:

relies on medical equipment
have refrigerated medicines
have a serious or chronic illness
have a disability
is living with dementia
are of pensionable age
have children under five in your household
have mental health difficulties

We recognise that people may also need support because of life-changing events such as bereavement, relationship breakdown, job loss, recovery from hospital treatment or living independently for the first time. If you or someone in your household is experiencing any of these circumstances, you can register to receive extra help on a temporary basis.

https://www.ukpowernetworks.co.uk/power-cut/priority-services/about-the-priority-services-register

11th December 2026

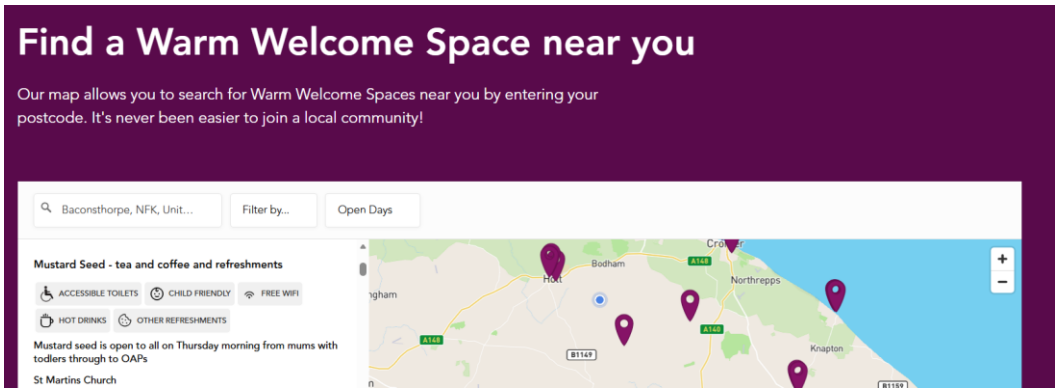


Ipswich Road United Reformed Church, 40-42 Ipswich Road, Eaton, Norwich NR4 6QR

ipswichroadurc.org.uk

Questions? Heather 01603 452404 or Caroline 07941 259502

Warm Spaces



Use the map on the website to search for details of warm spaces near you.**link below-**

Warm Welcome | Find Community Spaces Near You

Independent Age Winterwise Advice Booklet

With winter approaching, please also take a look at the **Winterwise booklet**. It contains useful information for older residents on staying warm, managing costs and bills, staying safe, looking after health and wellbeing, eating well, keeping active and preparing for health emergencies.

You can fill in a form to order copies to be sent to you or download a copy from the website.Click on the link-

Winterwise advice guide online.

Independent Age also offers a free Helpline on **0800 319 6789**, Monday to Friday, 8.30am–5.30pm, or by email at **helpline@independentage.org**

Important Fraud Advice

Please remember that the police or your bank will never ask you to provide your PIN or personal banking details, withdraw money, transfer funds, or hand over your bank card. If you receive a call you are unsure about, hang up and contact the organisation using a trusted number.

Scammers appear to be calling from a cloned number so when called back, it goes through to Norfolk Police switchboard. If you receive a call from an officer and wish to check their identity, we advise hanging up and calling 101 - ideally from a different phone. An officer will never mind waiting for you to check their identity via the control room.

Your bank or the police will NEVER ask for your PIN, bank card or bank account details over the phone –do not give these details to anybody.

CLICK SAVE SPEND



See below....

Libraries across the county offer Click, Save, Spend – a service designed to help you build confidence with managing your money online.

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

- Navigate online banking
- Use digital tools to budget and find savings
- Make secure purchases online
- Stay safe with online security tips

Available at select branches across the county. Book your session by emailing libraries.iconnect@norfolk.gov.uk or calling 01603774777.

This service is made possible by the Crisis and Resilience Fund.

Appointments available at the following libraries:

Broadland & East: Aylsham, Blofield, Great Yarmouth, Wroxham

Norwich: Millennium, Earlham

North: Fakenham, Holt, Hunstanton

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

Tech Skills for Life

Programme from Norfolk County Council

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

See below for current sessions

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

Do you live in Norfolk?

- Do you need to book appointments, buy things online, 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.

Current Tech Skills for Life Sessions

Karen at-

- **Hunstanton Town Hall** Helping Hands Café, Town Hall, The Green, Hunstanton, PE36 6BQ

2nd Monday of the month 10am to 12pm

- **Veterans Central West Raynham SHQ**, Blenheim Way, West Raynham Business Park, Fakenham, NR21 7PL

Last Wednesday of the month 11am to 2pm

Anna at-

- **Wereham Village Hall**, Church Road, Wereham, PE33 9AP

1st Tuesday of the month every other month 10am to 12pm (next one November 2026)

- **St. Mary's Church**, Bell Street, Feltwell, IP26 4AL

1st Friday of the month 10am to 12pm

- **King's Lynn Dementia Café,** Gaywood Community Centre, Gaywood Park Office, Cemetery Drive, Gayton Road, Gaywood, King's Lynn, PE30 4DZ

3rd Wednesday of the month 2pm to 4pm

Jonny at-

- **The Costessey Centre**, Bongwater Lane, Costessey, NR8 5AH

4th Wednesday of the month 10am to 1pm

Jonny and Neve at-

- **Mile Cross library**, Aylsham Road, Upper Hellesdon, Norwich NR3 2RJ

Tuesdays 2pm to 4pm

- **St William's Way library**, 5 St Williams Way, Norwich NR7 9NW

Fridays 2pm to 4pm

- **Drayton Medical Practice**, Drayton Surgery, 8 Manor Farm Close, Drayton, Norwich NR8 6EE

Fridays 10am to 1pm ENDS **18/12/2026**

Neve at-

- **St. Margaret's Church**, Church Street, Old Catton, Norwich, NR6 7DR

2nd Friday of the month 9:30am to 11:30am

Emma at-

- **Swaffham Methodist Church**, 3 London Street, Swaffham, PE37 7DD

Last Tuesday of the month 10.30am to 12pm

- **Watton library,** George Trollope Road, Watton, IP25 6AS

1st Thursday of the month 10.30am to 1pm

- **Swaffham Warm Space**, Fountain of Life Church @ The Barn, The Barn Theatre, Sporle Road, Swaffham, PE37 7HL

Last Wednesday of the month 10am to 12pm

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

1st Friday of the month 10.30am to 12pm

- **Dereham library**, 59 High Street, Dereham, NR19 1DZ

1st Wednesday of the month 10.30am to 1.30pm

Janine at-

- **Attleborough library**, Church Street, Attleborough, NR17 2AH

3rd Monday of the month 10am to 12pm

- **Harleston library**, Swan Lane, Harleston, IP20 9AW

1st Monday of the month 12pm to 2pm

- **Long Stratton library**, The Street, Long Stratton, NR15 2XJ

2nd Monday of the month 11am to 1pm

- **Tibenham Community Hall**, Pristow Green Lane, Tibenham, Pristow Green, NR16 1PX

3rd Wednesday of the month 10am to 1pm

- **Diss library**, 1 Church Street, Diss, IP22 4DD

4th Wednesday of the month 10am to 12pm

- **Thetford library**, Raymond Street, Thetford, IP24 2EA

Every Thursday 10am to 12pm

- **Co Lab**, Norfolk House Courtyard, St. Nicholas Street, Diss, IP22 4LB

3rd Wednesday of the month 2pm to 4pm

Arrin at-

- **Brundall library**, 90 The Street, Brundall, NR13 5LH

3rd Tuesday of the month 10am to 12pm

Dawn and Janine at-

- **Attleborough Foodbank** at The Lighthouse, 131 Hargham Road, Attleborough, NR17 2JP

2nd Tuesday of the month 10am to 11am

Holli at-

- **Horning Hub Cozy Café**, Horning Village Hall, Mill Hill, Horning, NR12 8LU

1st Tuesday of the month 10am to 12pm

- **Weybourne Village Hall**, Beach Lane, Weybourne, NR25 7AH

3rd Wednesday of the month 2pm to 4pm

Dawn at-

- **Attleborough library**, Church Street, Attleborough, NR17 2AH

1st Monday of the month 10am to 12pm

- **Yaxham Community Café**, Jubilee Park, Yaxham Village Hall, Norwich Road, Yaxham, Dereham, NR19 1RJ

2nd Thursday of the month 10am to 12pm

- **Bob Carter Court**, Daffodil Way, Mattishall, Dereham, NR20 3RU

3rd Tuesday of the month 1:30pm to 3:30pm

Erika at-

- **The Hub, Wroxham Reformed Church**, 114 Norwich Rd, Wroxham, NR12 8SA

2nd Thursday of the month 10.30am to 12pm

- **Aylsham library,** 7 Hungate Street, Aylsham, NR11 6AA

Tuesdays 11am to 2pm

All drop-in sessions are subject to change/ availability, and the sessions do not run on bank holidays. Please check sessions are running by contacting us first!

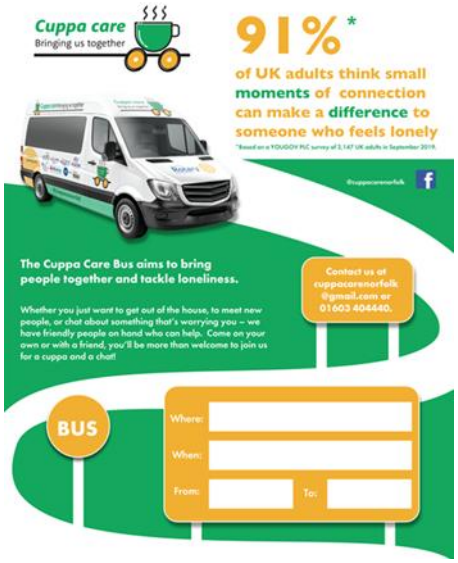
Telephone: 01603 306241/ 01485 536420/ 01493 448246

Monday to Friday 9am to 5pm. Please leave a message if no one is available to take your call.

Email: techskillsforlife@norfolk.gov.uk

Web: www.norfolk.gov.uk/techskillsforlife

Cuppa Care Bus- Timetable of visits across Norfolk



Norfolk Age UK | Norwich Age UK | mind Norfolk and Waveney | wellbeing Helping you live your life | VISION NORFOLK | HEAR FOR NORFOLK

Our Cuppa Care funders

COMMUNITY FUND | Rotary in Norwich

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...

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

21/12/2026 10am - 12pm

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

01/12/2026 10am - 12pm

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

17/12/2026 10am - 12pm

Aylsham Outside Aylsham Town Hall, NR11 6EL

09/12/2026 1pm - 3pm

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

14/12/2026 1pm - 3pm

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

01/12/2026 1pm - 3pm

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

16/12/2026 1pm - 3pm

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

22/12/2026 1pm - 2:30pm

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

07/12/2026 10am - 12pm

Fakenham War Memorial, Market Place, Fakenham

22/12/2026 10am - 12pm

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

21/12/2026 1pm - 3pm

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

07/12/2026 1pm - 3pm

Hickling Methodist Church Car Park, NR12 0YD

10/12/2026 1pm - 3pm

Hingham Marketplace, Hingham, NR9 4AF

02/12/2026 10am - 12pm

Hoveton Hoveton and Wroxham Medical Centre, Stalham Road, NR12 8DU

23/12/2026 1pm - 3pm

Holt The Venue, Kerridge Way, Holt NR25 6DW

14/12/2026 10am - 12pm

Kings Lynn Alive Lynnsport, Greenpark Avenue, Kings Lynn, Norfolk, PE30 2NB

03/12/2026 10am - 12pm

Kings Lynn Purfleet, Pathway House, Austin Fields, Kings Lynn, PE30 1PH

03/12/2026 1pm- 3pm

Loddon Church Plain Car Park, NR14 6LX

08/12/2026 10am - 12pm

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

08/12/2026 1pm - 3pm

Mattishall Bob Carter Court, Daffodill Way, Mattishall, East Dereham, NR20 3RU

02/12/2026 1pm - 2pm

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

09/12/2026 10am - 12pm

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

15/12/2026 10am - 12pm

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

24/12/2026 10am - 3pm

Reepham Stimpsons Piece Pavillion, Bartle Court, Reepham, NR10 4LL

23/12/2026 10am - 12pm

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

15/12/2026 1pm - 3pm

Spixworth Village Hall Car Park, Spixworth, NR10 3NQ

11/12/2026 10am - 12pm

Stalham	Staithe Surgery Car Park, NR12 9BU
10/12/2026	10am - 12pm
Swaffham	Swaffham War Memorial, Lynn Street
18/12/2026	1pm - 3pm
Taverham	Taverham Village Hall Car Park, Taverham, Norwich, NR8 6JR
11/12/2026	1pm - 3pm
Thetford	Market Place, Thetford, IP24 2DS
18/12/2026	10am - 12pm
Watton	Queens Hall, Norwich Road, Watton, IP25 6DA
16/12/2026	10am - 12pm
Wymondham	Waitrose Car Park, Wymondham, NR18, 0SH
17/12/2026	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

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.

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.



Registered Charity No:1077097

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.

Ashwellthorpe and Fundenhall Community Centre Coffee Morning

Looking for a friendly place to meet local people, enjoy a cuppa and have a chat? Everyone is warmly invited to the monthly Coffee Morning at **Thorpe Hall Community Centre**.

Thorpe Hall, Muskett Road, Ashwellthorpe, Wymondham, NR16 1FD
First Tuesday of every month
9:30am–11:00am

It's a welcoming opportunity to get together, meet others in the community and find out about useful local information and support.



Registered Charity No:1077097

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

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

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/

more below.....

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

More below….

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

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!

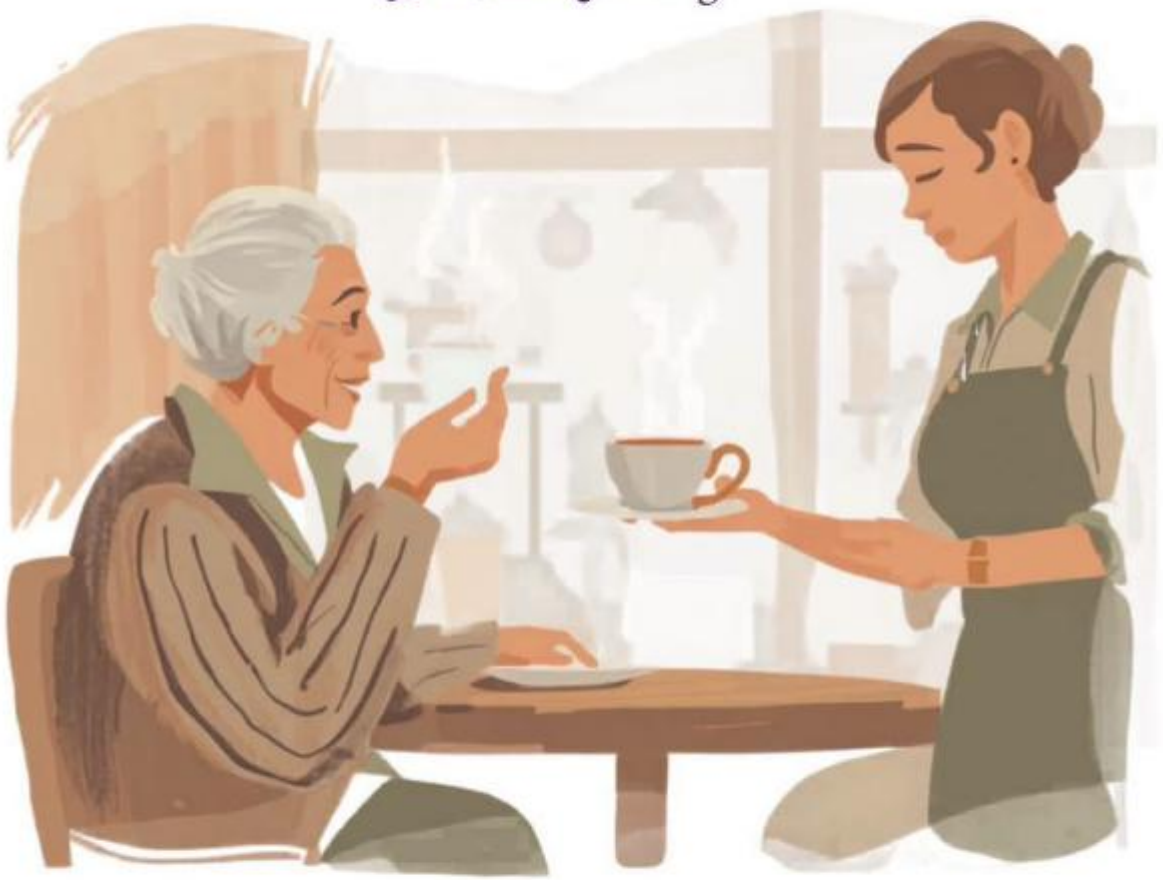
For more information call or text 07834 436272 or send an email to cattongrovecentre@hotmail.co.uk

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

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


DEMENTIA CAFÉ
Location: The Reef Leisure Centre, (Sheringham)
Time: Starting Friday 3rd October, 10am Cost: Free
A welcoming and supportive environment designed for people living with dementia and their caregivers. It serves as a safe, relaxed space where individuals can socialise, share experiences, and access information in a non-clinical setting.
The café typically offers activities tailored to engage those with dementia, such as arts and crafts, music, or simple games, which can help stimulate cognitive function and provide a sense of community.
To book your place please call 01263 825 675 or scan the QR code.
everyoneactive.com

More below.....

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.

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



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.

Held in Diss and Wymondham

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/

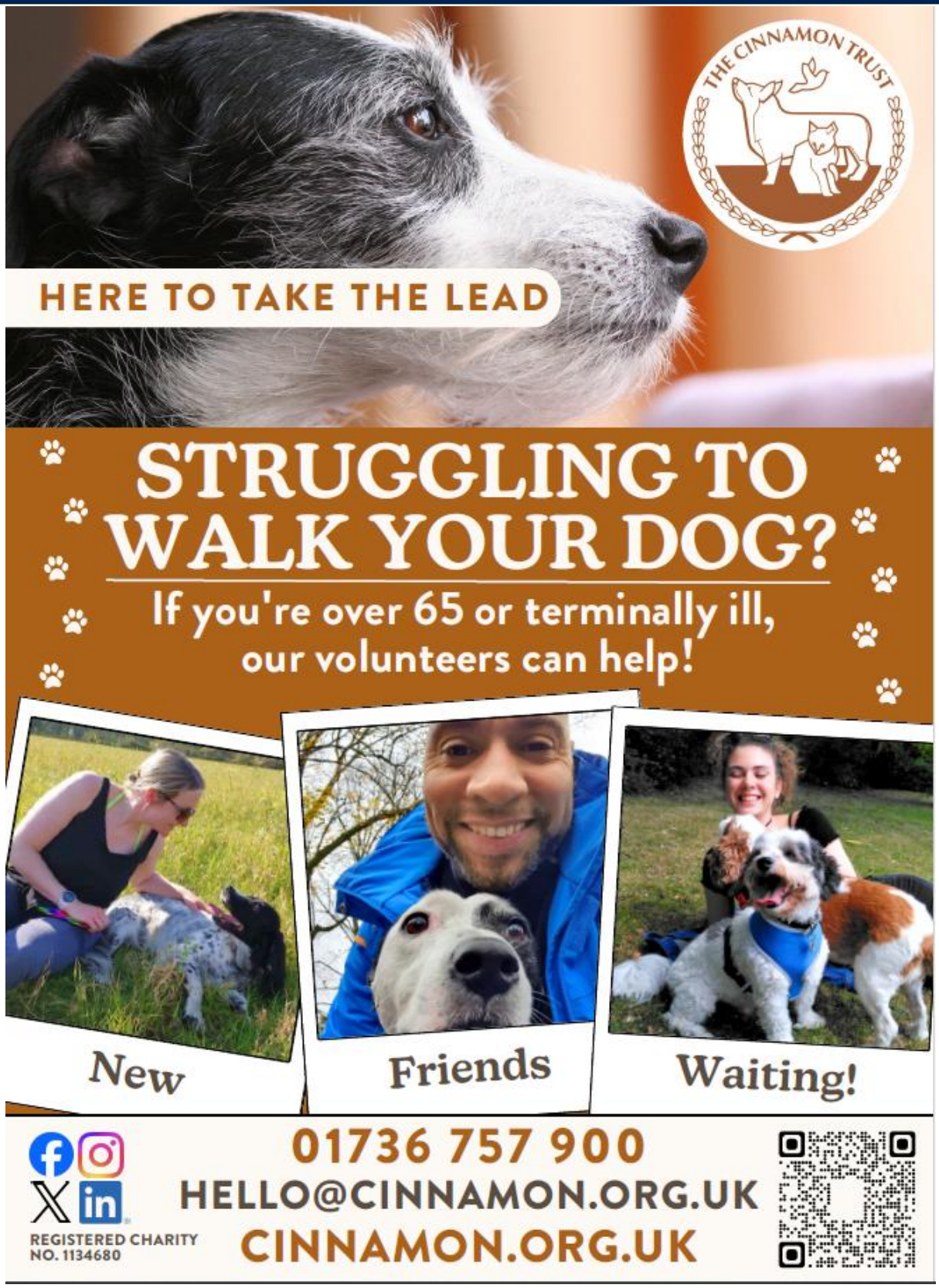
Hospitality Action – Golden Friends

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.

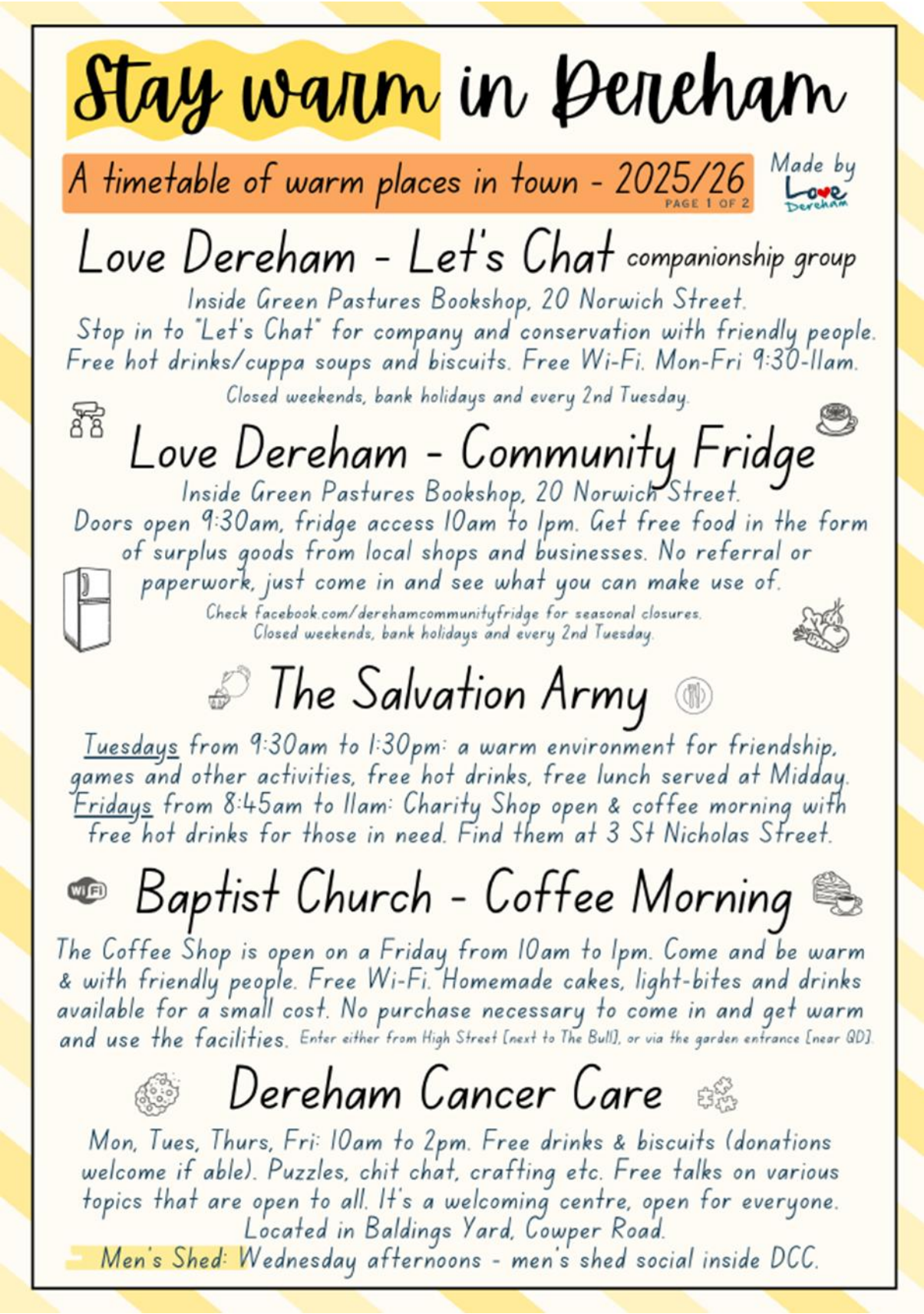
Membership is also open to younger applicants who have completed 5 years in the hospitality sector but can no longer work due to long term health issues.

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.

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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

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

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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

More below....

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 Support




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

Household Energy Payment

https://www.gov.uk/government/news/what-the-autumn-budget-2026-means-for-your-energy-bills

The Household Energy Payment will provide a £100 payment to households in Council Tax bands A to D in England, to help with their energy costs.

Up to 20 million households will be eligible, including an estimated 83% of fuel stressed households in England, and 88% of households in the bottom three income deciles.

The payments will be made from January 2027.

Who is eligible?

Households in England are eligible for the Household Energy Payment if they are liable for council tax on, and live in, a property in council tax bands A to D as their main home.

This will include most households exempt from council tax, with full eligibility criteria to be published in due course.

Second homes, empty properties or households where the householder isn't responsible for paying council tax are not eligible.

How do I find out what council tax band I'm in?

You can check by visiting Check your Council Tax band.

Do I need to do anything to claim the rebate?

If you pay by direct debit and live in bands A to D, you don't need to do anything – the rebate will be paid directly into your bank account.

If you don't pay by direct debit, your council will invite you to apply for the rebate directly.

Nobody other than your council should get in touch asking you to claim the rebate. Only give out your personal information if you are certain it is your local council contacting you. If you're unsure whether a message is genuine, double check with your council.

What if I'm not eligible, but need support with my energy bills?

We know that not all households struggling with their energy bills live in bands A to D.

That's why we're providing an additional £100 million for local authorities to provide discretionary support to these households who are not eligible for the £100 rebate.

If you receive means-tested benefits, you may also be eligible for the £150 Warm Home Discount. You can check if you're eligible here: Warm Home Discount Scheme: Overview - GOV.UK

How can I apply for support from my council's discretionary fund?

Local councils will be responsible for setting their eligibility criteria for the discretionary fund and making sure it benefits households who most need support.

Your local council will make information on eligibility and how you can apply available on their website, once local arrangements are in place.

If you are unsure, please contact your local council directly. You can check who your local council is by visiting Find your local council.

Local councils - Norfolk County Council

Energy debt circuit breaker

I'm in energy debt – what are you doing to support me?

In the short term, we will provide targeted, one-off debt relief for vulnerable households, provided they re-engage with their supplier through the Debt Relief Scheme.

And in the longer term, we will tackle the root causes of energy debt and take practical steps to prevent debt building up again.

Will I be eligible for support through the Debt Relief Scheme?

If the energy billpayer in your household is on means-tested benefits, disability benefits, or is a pensioner, and you have built up debt since the energy crisis of 2022-4, you will be eligible to have your debt written off through the Debt Relief Scheme, provided you take steps to re-engage with paying your debt.

https://www.gov.uk/government/news/what-the-autumn-budget-2026-means-for-your-energy-bills

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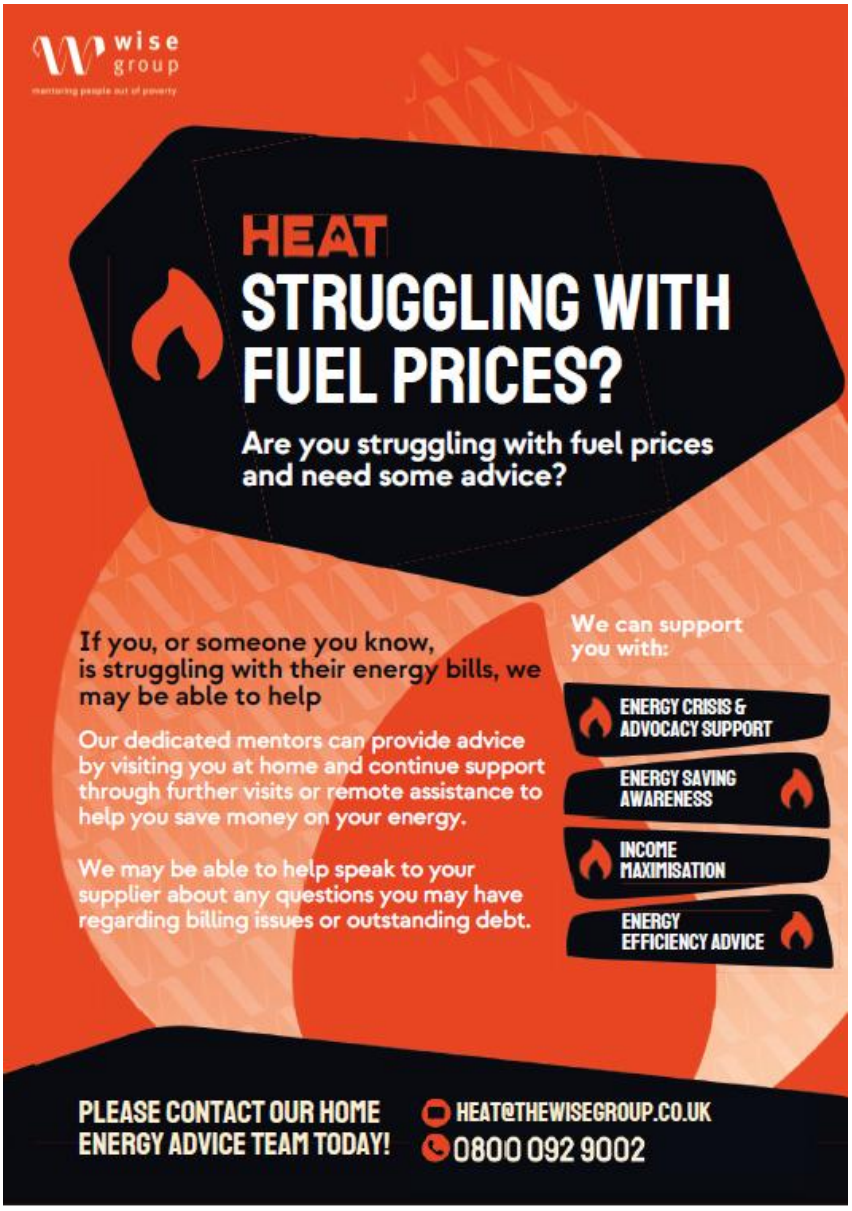
Heating oil support

The Norfolk Heating Oil Crisis Fund, which supports low-income households experiencing financial hardship who rely on heating oil.

How to get help from the Crisis and Resilience Service

https://www.norfolk.gov.uk/article/41970/How-to-get-help-from-the-Crisis-and-Resilience-Service



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End of Dec 2026 Diary Dates for now

Registered Charity No:1077097