

## September 2025 Diary dates

### Online sessions for Carers

Carers Voice invites Carers across Norfolk and Waveney to join our free online wellness activity sessions taking place over summer 2025. The dates and topics of the sessions are below:

**Monday 8th September:** 10.30am-12.00pm:  
Guided Indian Head Massage

**Thursday 25th September:** 1.00pm-2.30pm:  
Windowsill Gardening and Seated Yoga

The sessions will open with the regular item 'What Matters to Me' to ensure that you have the opportunity to share what's important to them including anything they have found useful in support of their caring role or any issue of concern they would like to raise as well as the chance to connect with other Carers.

click on the following link:

<https://www.smartsurvey.co.uk/s/Carers-seated/>

Please use the form to complete your details so we can send you the Zoom link to join, contact you about the sessions you are interested in joining and Carers Voice mailing list

## **Advice for carers**

### **Carer Money Matters – Norfolk Roadshow**

#### **Monday 8 September**

10.30am-12.30pm – Brundall Memorial Hall

1.30pm-3.30pm – North Walsham Vicarage Street, North Walsham

4.00pm-6.00pm – Sheringham Station Approach Car Park, Sheringham

#### **Tuesday 9 September**

9.00am-11.00am – Stearmans Yard Car Park, Wells-next-the-sea

12.30pm-2.30pm – Valentine's Road Car Park, Hunstanton

3.00pm-5.00pm – Dersingham Village Centre

#### **Wednesday 10 September**

9.00am-11.00am – North Wootton Village Hall

Downham Market

2.30pm-4.30pm – Feltwell Playing Field off Paynes Lane

#### **Thursday 11 September**

9.00am-11.00am – Thetford Marketplace

11.30am-1.30pm – Diss Town Council Mere's Mouth

2.00pm-3.30pm – Mulbarton Village Hall

Visit the **Caring Together Charity** Camper Van for friendly help and advice about reducing energy costs this autumn, financial support you may be entitled to, and managing financially as a carer for a family member (or friend) who is ill or disabled. We will also be distributing free Carbon Monoxide alarms to eligible households\*.

[Carer Money Matters – Norfolk Roadshow - Caring Together Charity](#)

**Rotary**



Club of Kings Lynn Priory

## **SENIOR CITIZENS FILM CLUB**

### **THE ROSES**

**OLIVIA COLMAN & BENEDICT  
CUMBERBATCH**

£4 PER TICKET



**MONDAY 15<sup>TH</sup>  
SEPTEMBER AND  
WEDNESDAY 17<sup>TH</sup>  
SEPTEMBER**



**KINGS LYNN CORN  
EXCHANGE CINEMA**



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



**TEA AND  
COFFEE**

Booking is essential, to secure your tickets email:

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

07375375404.

## Creative Arts East Events

### Great Yarmouth... Memoir Writing with NCW

<https://www.ticketsource.co.uk/creative-arts-east/memoir-writing-with-ncw/e-pbeopy>

Katie Cooper from the National Centre for Writing will be joining us for a two-part workshop series focusing on writing memoir through food, thinking about how smell, taste and sight can transport us to bygone times and places.

No writing experience necessary!( Book using the link)

St George's Theatre Café

Tuesday 2nd September 1pm

### For more information

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 for more events

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

**More Creative Arts East events below...**

## Arts For Health

### An Afternoon of ( very) old radio

Are you sitting comfortably? Then we'll begin.

This is London calling...Written and performed by comedian, broadcast historian and British Comedy Award-winning writer (Miranda, Not Going Out) Paul Kerensa, this one-man show informs, educates and entertains about the origin story of the BBC, radio and life as we know it.

Journey back to the 1920s with tales, clips and re-enactments of landmark moments: the first BBC broadcast, the first children's show, drama, sports commentary and much more.

With genuine 'cat's whisker' radio set, gramophone player and 1923 Radio Times, this 'stand-up history' show brings back to life forgotten pioneers – from Britain's first DJ Gertrude Donisthorpe (spinning discs in a field during WWI), to the BBC's first children's character. Hear the BBC's first song, the influential first outside broadcast and the bawdy tale of the launch of Savoy Hill. All wrapped in a delightfully fun tale - with insights of Paul's present-day BBC career.

"Top comic, top writer" - Lee Mack

Wednesday 24<sup>th</sup> September 2pm to 4pm

Hunstanton Methodist Church

( 5 Austin Street, Hunstanton PE36 6AJ)

Thursday 25<sup>th</sup> September 2pm to 4pm

Attleborough Methodist Church

( London Road, Attleborough NR17 2BX)

Tickets are 'Pay What You Can'. Book yours here!

(<https://www.ticketsource.co.uk/creative-arts-east/an-afternoon-of-very-old-radio/e-zezzaz>)

**More Creative Arts East events- below.....**

## 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.

### **Breckland**

11<sup>th</sup> September 1pm-3pm

St Mary's Church Attleborough

12<sup>th</sup> September 1pm to 3pm

Thetford Methodist Church

19<sup>th</sup> September 1pm to 3pm

Dereham Trinity Methodist Church

### **West Norfolk**

8<sup>th</sup> September 1pm to 3pm

Hunstanton Community Centre

17<sup>th</sup> September 1pm to 3pm

Great Massingham Village Hall

### **King's Lynn**

**Movement and Dance with Zen 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.

16<sup>th</sup> September 1pm-3pm

London Road Methodist Church, King's Lynn

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) (<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>)

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**Thinking about trying a new activity?**

**Explore Norfolk County Council's Adult Learning**

**For courses in person and online**

**[Adult Learning Course List](#)**

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## **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](mailto: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

**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 5,147 UK adults in September 2019.

**The Cuppa Care Bus aims to bring people together and tackle loneliness.**

Whether you just want to get out of the house, to meet new people, or chat about something that's worrying you – we have friendly people on hand who can help. Come on your own or with a friend, you'll be more than welcome to join us for a cuppa and a chat!

Contact us at  
cuppacare@norfolk.gov.uk or  
01603 404840.

**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

Timetable for September below...

**Acle-** Car Park by Acle Methodist Hall, Bridewell Lane, Acle NR13 3RA

Monday 15th September      10am - 12pm

**Aldborough-**      Aldbrough Community Centre, The Green, Aldborough,  
NR11 7AA

Tuesday 2nd September      10am - 12pm

**Attleborough-**      Queens Square, Attleborough, NR17 2AF

Thursday 25th September      10am - 12pm

**Aylsham-**      Outside Aylsham Town Hall, NR11 6EL

Wednesday 10th September      1pm - 3pm

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

Monday 22nd September      1.00pm - 3pm

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

Tuesday 2nd September      1.00pm - 3pm

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

Wednesday 17th September      1.00pm - 3pm

**Diss-**      Market Square, Outside thePost Office, IP22 4AN

Monday 8th September 10am - 12pm

**Erpingham-** Erpingham with Calthorpe Village Hall, The Street,  
Erpingham NR11 7QB

Wednesday 24th September 10am - 12pm

**Fakenham-** War Memorial, Market Place, Fakenham

Tuesday 23rd September 10am - 12pm

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

Monday 15th September 1pm - 3pm

**Harleston-** Coop Car Park, Bullock Fair Close, IP20 9AT

Monday 8th September 1pm - 3pm

**Hickling-** Methodist Church Car Park, NR12 0YD

Tuesday 18th September 1pm - 3pm

**Hoveton-** Hoveton & Wroxham Medical Centre, Stalham Road, NR12 8DU

Wednesday 24th September 1.00pm - 3pm

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

Monday 22nd September 10am - 12pm

**Kings Lynn-** North Lynn Food Hub, 4 Walpole Road, Kings Lynn, PE30 2DZ

Wednesday 3rd September 1pm - 3pm

**Loddon-** Church Plain Car Park, NR14 6LX

Tuesday 9th September 10am - 12pm

**Mundford-** Mundford Village Hall, St Leonards Street, IP26 5DW

Thursday 4th September 10am - 12pm

**Necton-** Necton Community Centre, 13 Tun's Road, Necton PE37 8EH

Tuesday 23rd September 1pm - 3pm

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

Wednesday 10th September 10am - 12pm

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

Tuesday 16th September 10am - 12pm

**Poringland-** Poringland Community Centre, Overtons Way,  
Poringland, NR14 7WB

Tuesday 9th September 1pm - 3pm

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

Tuesday 16th September 1pm - 3pm

**Spixworth-** Village Hall Car Park, Spixworth, NR10 3NQ

Friday 19th September 10am - 12pm

**Stalham-** Staithe Surgery Car Park, NR12 9BU

Thursday 18th September 10am - 12pm

**Swaffham-** Swaffham War Memorial, Lynn Street

Friday 5th September 1pm - 3pm

**Taverham-** Taverham Village Hall Car Park, Taverham, Norwich, NR8 6JR

Friday 19th September 1pm - 3pm

**Thetford-** Market Place, Thetford, IP24 2DS

Friday 5th September 10am - 12pm

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

Wednesday 17th September 10am - 12pm

**Wymondham-** Waitrose Car Park, Wymondham, NR18 0SH

Thursday 25th September 1pm - 3pm

Come on your own or with a friend, you'll be more than welcome to join us  
for a cuppa and a chat!

For more information please follow us on Facebook [@cuppacarenorfolk](#)

or e-mail us on [cuppacarenorfolk@gmail.com](mailto:cuppacarenorfolk@gmail.com)

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

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



# Wellbeing Walks

## July - September 2025



Norfolk and Waveney  
Talking Therapies

| Day       | Meeting Point...                                                                         | Time  | July | Aug  | Sept |
|-----------|------------------------------------------------------------------------------------------|-------|------|------|------|
| Monday    | North Walsham<br>Market Cross, Market Place, NR28 9BS                                    | 10:30 | 7th  | 4th  | 1st  |
|           | Fakenham<br>Fakenham Library, Oak Street, NR21 9DY                                       | 10:30 | 14th | 11th | 8th  |
|           | Norwich<br>City Hall Steps, St Peter's Street, NR2 1NH                                   | 10:30 | 14th | 11th | 8th  |
|           | Dereham<br>St Nicholas Church, Church Street, NR19 1DN                                   | 10:30 | 21st | 18th | 15th |
|           | Carlton Marshes<br>Visitor Centre, Burnt Hill Lane, NR33 8HU                             | 10:30 | 28th | -    | 22nd |
| Tuesday   | Diss<br>Frenze Beck Nature Reserve, Sawmills Rd, IP22 4GG                                | 10:30 | 1st  | 5th  | 2nd  |
|           | Sheringham<br>Town Clock opposite Little Theatre, 2 Station Rd, NR26 8RE                 | 13:00 | 8th  | 12th | 9th  |
|           | Hunstanton *new meeting point*<br>The Bandstand, The Green, Le Strange Terrace, PE36 5AJ | 10:30 | 15th | 19th | 16th |
|           | Thetford<br>The Light Cinema, Bridge Street, IP24 3AE                                    | 10:30 | 22nd | 26th | 23rd |
|           | Gorleston<br>Beaches Medical Centre, Sussex Road, NR31 6QB                               | 11:00 | 22nd | 26th | 23rd |
| Wednesday | Swaffham<br>Pathway next to Iceland, Market Place, PE37 7AQ                              | 10:30 | 2nd  | 6th  | 3rd  |
|           | Downham Market<br>Town Clock, Bridge Street/High Street, PE38 9DW                        | 10:30 | 9th  | 13th | 10th |
|           | Felbrigg Hall (Free Parking)<br>Car Park Welcome Hut, Felbrigg Hall, NR11 8PP            | 10:30 | 16th | 20th | 17th |
| Thursday  | Waterloo Park<br>Feed Café, Waterloo Park Pavilion, Angel Road, NR3 3HX                  | 10:30 | 3rd  | 7th  | 4th  |
|           | Lowestoft with PCN<br>Banksy Artwork Platform, Nicholas Everitts Park, NR33 9JR          | 14:00 | 3rd  | 7th  | 4th  |
|           | Beccles<br>St Michael's Church Bell Tower, The Walk, NR34 9HE                            | 10:30 | 10th | 14th | 11th |
|           | Watton<br>Behind Queens Hall, entrance to Kittell Close, IP25 6DD                        | 10:30 | 17th | 21st | 18th |
|           | King's Lynn<br>Behind the Customs House, Purfleet Quay, PE30 1HP                         | 10:30 | 24th | 28th | 25th |
|           | Harleston<br>'Welcome to Harleston' sign left of co-op, Bullock Fair CI, IP20 9AT        | 13:00 | 24th | 28th | 26th |

Please turn over for Friday walks



for anxiety and depression



## Wellbeing Walks

### April - June 2025



Norfolk and Waveney  
Talking Therapies

| Day    | Meeting Point...                                                                     | Time  | July | Aug  | Sept |
|--------|--------------------------------------------------------------------------------------|-------|------|------|------|
| Friday | Redwings Aylsham<br>Spa Lane, Aylsham, NR11 6UE                                      | 10:30 | 4th  | 1st  | 5th  |
|        | Cromer<br>Cromer Pier, Promenade, NR27 9HE                                           | 10:30 | 11th | 8th  | 12th |
|        | Wymondham<br>Tiffey/Beckets well Car Park, NR18 9PH                                  | 10:30 | 18th | 15th | 19th |
|        | Great Yarmouth *new meeting point*<br>Outside Munchies Café, 2 North Drive, NR30 4ET | 13:00 | 18th | 15th | 19th |
|        | Hoveton<br>Hoveton Visitor Centre, Station Road, NR12 8UR                            | 10:30 | 25th | 22nd | 26th |
|        | Redwings Caldecott<br>Visitor Centre, Beccles Road, Fritton, NR31 9EY                | 10:30 | 25th | 29th | 26th |

Please note, all our walks include a café visit and you are welcome to join us just for a cuppa if you don't fancy the walk! Please email us or visit our website for more details.

All of our socials are open to anyone 16+ with no need to book unless specified. Socials are very informal and you're welcome to stay for as long as you like.

Any queries please email us: [cdcteam@norfolkandwaveneymind.org.uk](mailto:cdcteam@norfolkandwaveneymind.org.uk)

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

**More below...**



## Wellbeing Community Events July - September 2025



Norfolk and Waveney  
Talking Therapies

| Day       | Location                                                                                                                            | Time    | July | Aug  | Sept |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------|---------|------|------|------|
| Monday    | Kings Lynn Social with Family Action<br>Family Action Discovery Centre Garden, Columbia Way,<br>Kings Lynn, PE30 2LA                | 10:30   | 7th  | 4th  | 1st  |
|           | My Long-Term Health Condition and Me Social Group<br>Louise Hamilton Centre, James Paget Hospital, Gorleston,<br>NR31 6LA           | 14.00   | 14th | 11th | 8th  |
|           | Attleborough Social<br>Attleborough Library, Ground Floor, Attleborough<br>Community and Enterprise Centre, Church Street, NR17 2AH | 13.00   | 28th | -    | 22nd |
| Tuesday   | Halesworth Cafe Catch Up<br>Chinny's, 27 Norwich Rd, Halesworth IP19 8BX                                                            | 12 noon | 1st  | 5th  | 2nd  |
|           | Swaffham Wellbeing Group with Family Action<br>Swaffham Community Centre, Campingland, PE37 7RB                                     | 10:00   | 8th  | 12th | 9th  |
|           | Theatre Royal Café Social<br>Theatre Royal, Theatre Street, Norwich, NR2 1RL                                                        | 10.30   | 15th | 19th | 16th |
| Wednesday | Norwich Evening Social<br>Marzanos, The Forum, NR2 1TF                                                                              | 17.00   | 9th  | 13th | 10th |
|           | Norwich Evening Warhammer Craft Social<br>*booking required*<br>Wellbeing Hub, Holland Court, Norwich, NR1 4DY                      | 18.00   | 23rd | 27th | 24th |
| Thursday  | Dungeons & Dragons One Shot *booking required*<br>Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER                              | 18.00   | 3rd  | 7th  | 4th  |
|           | Hoveton Café Catch Up<br>Café 98, EACH Charity Shop, Station Road, NR12 8UR                                                         | 11:30   | 10th | 14th | 11th |
|           | Origami Social - Folding for Pride<br>REST Hub Norwich, 71 Bethel Street, NR2 1NW                                                   | 18:00   | 17th | -    | -    |
| Friday    | Caister Café Social<br>The Rabbit Hutch, Caister On Sea, NR30 5ET                                                                   | 10:30   | 4th  | 1st  | 5th  |
|           | Norwich Café Social<br>Merchant's House, Fye Bridge St, NR3 1LJ                                                                     | 10:30   | 11th | 8th  | 12th |

All of our socials are open to anyone 16+ with no need to book unless specified, which can be done on the email below. Socials are very informal and you're welcome to stay for as long as you like. Online socials can be accessed via our website.

Any queries please email us: [cdteam@norfolkandwaveneymind.org.uk](mailto:cdteam@norfolkandwaveneymind.org.uk)

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



for anxiety and depression

## **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](mailto:info@merchantsplace.co.uk).

Coffee, Cake & Company takes place here every Tuesday between 10am to 12noon here at Merchants' Place. If you would like to socialise in a safe, friendly space then join us for coffee/tea, cake and company. We would love to see you, everyone welcome! We just ask for a £2 donation to contribute towards refreshments.

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

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 café**

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](http://www.bettysclub.com)

<https://www.facebook.com/profile.php?id=61576631575779>

## **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](http://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](mailto: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 ?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.** 1<sup>st</sup> Monday of the month. 10.30am to 12.30pm

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

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

More below.....

## **Norwich Continued....**

**Sunshine Café.** 1<sup>st</sup> 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-** 1<sup>st</sup> Friday of the month  
10am to 12

Priscella Bacon Hospice Century Place, Norwich NR4 7YA

**Contact-** 01603 776600 [pbl@nchc.nhs.uk](mailto: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](mailto: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](mailto: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](mailto:taddsgroup@hotmail.com)

### **Thorpe St Andrew**

**Thorpe Dementia Café.** 1<sup>st</sup> and 3<sup>rd</sup> 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>

### **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

More social clubs ....



### **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/](https://menscraft.org.uk/events/)

Aylsham

Fridays 1-3pm

The Drill Hall, Cawston Road, Aylsham

NR11 6EB

For further details contact: Karl Read

07512 656864 [Karl@menscraft.org.uk](mailto:Karl@menscraft.org.uk)

## **Companionship Cafes**

Homeinstead have launched two new Companionship Café locations in Norwich to combat loneliness and isolation. These cafés offer tea, coffee, cakes, quizzes, and friendly company, as well as access to tablets for internet use, games, or tech support. Here are the café locations and schedules:.....

### **Thorpe Companionship Café**

**When:** 1st Thursday of each month

**Where:** St Williams Way Library, NR7 0AJ

### **Earlham Companionship Café**

**When:** 3rd Thursday of each month

**Where:** Earlham Library, NR4 7HG

### **Hellesdon Companionship Café**

**When:** 2nd Friday of each month

**Where:** Hellesdon Library, NR6 5QB

Attendance is free, and no booking is required. For more details, contact:

**Email:** [hannah.begley@homeinstead.co.uk](mailto:hannah.begley@homeinstead.co.uk)

**Phone:** 01603 963317

## Norfolk Library Service Bereavement Cafés



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

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

Taking place at the following libraries;

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

For further details about dates and times please visit our  
website to view our "What's On" page.

**[www.norfolk.gov.uk/libraries](http://www.norfolk.gov.uk/libraries)**

Email us on **[libraries.iconnect@norfolk.gov.uk](mailto:libraries.iconnect@norfolk.gov.uk)**

Or phone **01603 774777**

(Last updated March 2025)



Scan to sign up to  
our workshop



## **Let's talk about death and dying - discover how to be a Compassionate Friend...**

### **You can be a Compassionate Friend?**

We all know people who are going through a difficult time due to ill-health, care-giving, loss or bereavement. We often want to offer support, but don't always have the words or know how we can help. Becoming a compassionate friend will help to build the skills and confidence needed.

#### **Our workshops cover:**

- Understanding what a compassionate community is
- Dispelling myths and taboos about death and dying
- Communication skills and how to use them effectively
- Practical ways you can support or the offer of a friendly ear to make a difference

Sign up to our free Compassionate Friends Skills Workshop here:  
[www.tappinghouse.org.uk/compassionate-communities/](http://www.tappinghouse.org.uk/compassionate-communities/)  
or call 01485 601700

## **Come Singing For People Of All Ages With Memory Loss**

### **Come Singing at Millenium Library**

Tuesdays:

2nd and 4th Tuesday of the month 10.30-12.30

The Norfolk and Norwich Millennium Library

The Forum

Norwich

Phone 01603 774774

### **Come Singing at Earlham Library**

Fridays:

3rd Friday in each month 11.15 – 12.15

Earlham Library,

Colman Road,

Norwich, NR4 7HG.

01603 454338

If you are interested in starting up a singing group in your area please  
contact us at [info@comesinging.org.uk](mailto:info@comesinging.org.uk)

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

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

COME SINGING BY PHONE

for more information, please phone Heather on 01603 452404

## **Support at Stalham Baptist Church**

Stalham Baptist Church has opened a Memories café in its refurbished School Room.

It is open on the last Monday of the month 10am to 12 Noon.

It aims to provide a welcoming social space where people with memory loss, and their carers, can gather to have a cuppa, enjoy a range of activities, make new friends and enhance their quality of life.

This provides an opportunity to meet others who face similar problems. Activities include games, music, jigsaws, painting, knitting, and baking. There are also “memory books” which can prompt those attending to reminisce.

Other groups at the Church include an over 55's group, a bereavement support group and warm space.

Click on the link below to find the calendar of groups and activities.

<https://www.stalhambaptist.org.uk/diary.php>

## **Sailability**

**Sailability Website link-**

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

**email Adrian Tebbutt-**

[sbsc.accessible.sailing@gmail.com](mailto:sbsc.accessible.sailing@gmail.com)



# Sailability

## Accessible Sailing at Snettisham Beach Sailing Club

### Why sailing?

#### It helps with:

- Muscle strength and endurance,
- Cardiovascular fitness,
- Mental wellness,
- Lowers stress levels,
- Increases agility,
- Improves concentration,
- Improves communication skills and spatial awareness.

We have the facilities to accommodate a wide range of disabilities, and welcome individuals who would like to learn to sail and also those who would simply like to spend time on the water.

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

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

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

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

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

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

Booking can be made by visiting our website  
[www.snetbeach.co.uk/page/accessible-sailing](http://www.snetbeach.co.uk/page/accessible-sailing)

Any questions or for more information contact  
Adrian Tebbutt  
[sbsc.accessible.sailing@gmail.com](mailto:sbsc.accessible.sailing@gmail.com)  
07530 046139



**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](mailto:foregetmenotgolf@derehamgolfclub.co.uk)***

***Dates for 2025:***

|                     |                      |                      |                       |                 |
|---------------------|----------------------|----------------------|-----------------------|-----------------|
| <i>16th January</i> | <i>20th February</i> | <i>20th March</i>    | <i>17th April</i>     | <i>15th May</i> |
| <i>19th June</i>    | <i>17th July</i>     | <i>21st August</i>   | <i>18th September</i> |                 |
| <i>16th October</i> | <i>20th November</i> | <i>18th December</i> |                       |                 |

Registered Charity Number: 1212148

[derehamgolfclub.co.uk](http://derehamgolfclub.co.uk)

## The Bridge For Heroes

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

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

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

Find us at 52A South Clough Lane, King's Lynn PE30 1SE and online at [www.thebridgeforheroes.org](http://www.thebridgeforheroes.org).

Call the team on 01553 760 230 or email [contact@thebridgeforheroes.org](mailto:contact@thebridgeforheroes.org).

Facebook and Instagram @thebridgeforheroes.

Exercise.....

## **Online exercise classes**

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

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

**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**

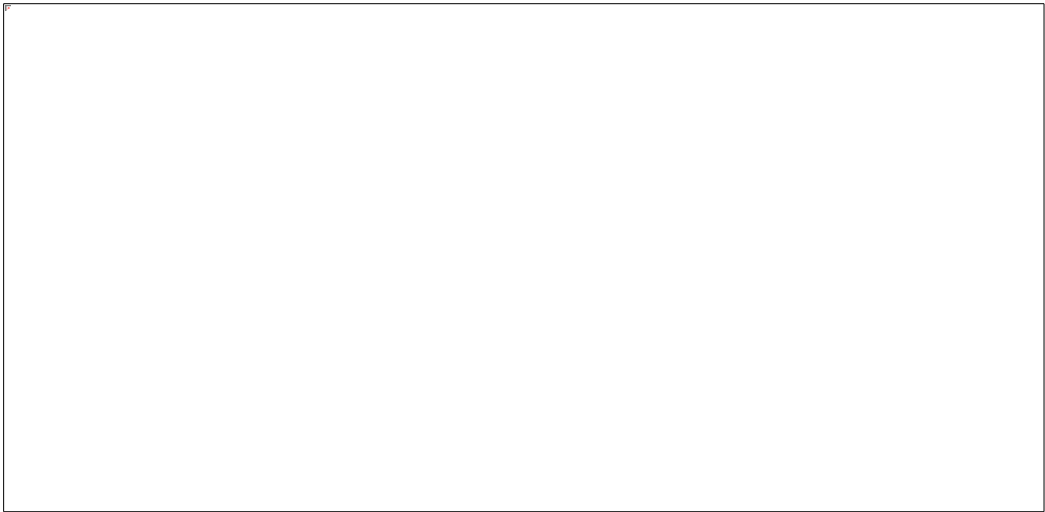
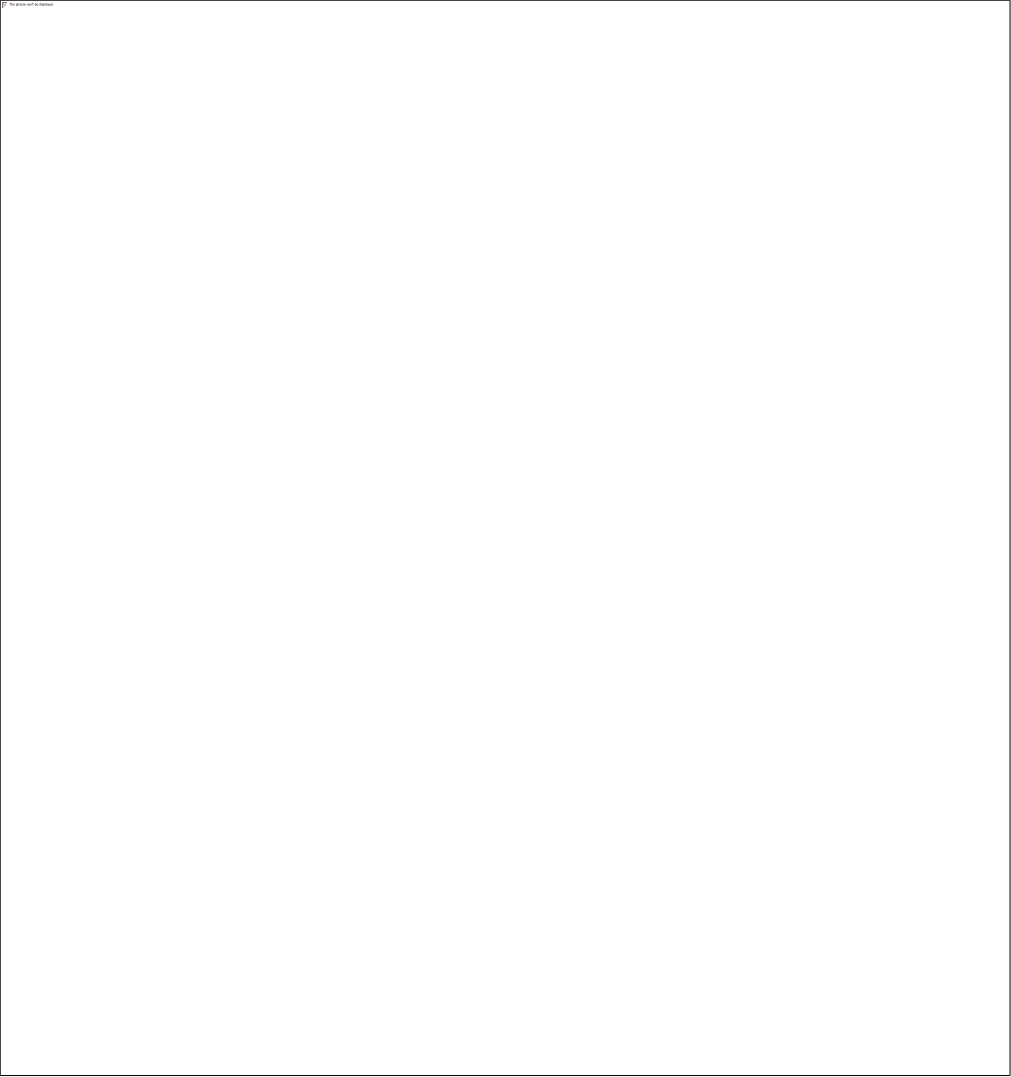
**Time: 3-3.45pm**

**Join Zoom Meeting**

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

**Meeting ID: 958 7999 3009**

**Passcode: 810993**





End of September dates for now