

September 2025 Diary dates

Creative Arts East

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.

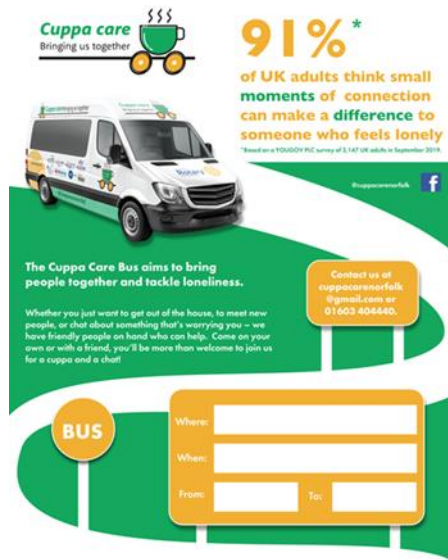
Creative Socials are monthly creative workshops for people aged 50+. Activities change month-to-month and range from dancing and music, to arts, crafts and creative writing.

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>)

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

**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 Market Cross, Market Place, NR28 9BS | 10:30 | 7th | 4th | 1st |
| | Fakenham Fakenham Library, Oak Street, NR21 9DY | 10:30 | 14th | 11th | 8th |
| | Norwich City Hall Steps, St Peter's Street, NR2 1NH | 10:30 | 14th | 11th | 8th |
| | Dereham St Nicholas Church, Church Street, NR19 1DN | 10:30 | 21st | 18th | 15th |
| | Carlton Marshes Visitor Centre, Burnt Hill Lane, NR33 8HU | 10:30 | 28th | - | 22nd |
| Tuesday | Diss Frenze Beck Nature Reserve, Sawmills Rd, IP22 4GG | 10:30 | 1st | 5th | 2nd |
| | Sheringham Town Clock opposite Little Theatre, 2 Station Rd, NR26 8RE | 13:00 | 8th | 12th | 9th |
| | Hunstanton *new meeting point* The Bandstand, The Green, Le Strange Terrace, PE36 5AJ | 10:30 | 15th | 19th | 16th |
| | Thetford The Light Cinema, Bridge Street, IP24 3AE | 10:30 | 22nd | 26th | 23rd |
| | Gorleston Beaches Medical Centre, Sussex Road, NR31 6QB | 11:00 | 22nd | 26th | 23rd |
| Wednesday | Swaffham Pathway next to Iceland, Market Place, PE37 7AQ | 10:30 | 2nd | 6th | 3rd |
| | Downham Market Town Clock, Bridge Street/High Street, PE38 9DW | 10:30 | 9th | 13th | 10th |
| | Felbrigg Hall (Free Parking) Car Park Welcome Hut, Felbrigg Hall, NR11 8PP | 10:30 | 16th | 20th | 17th |
| Thursday | Waterloo Park Feed Café, Waterloo Park Pavilion, Angel Road, NR3 3HX | 10:30 | 3rd | 7th | 4th |
| | Lowestoft with PCN Banksy Artwork Platform, Nicholas Everitts Park, NR33 9JR | 14:00 | 3rd | 7th | 4th |
| | Beccles St Michael's Church Bell Tower, The Walk, NR34 9HE | 10:30 | 10th | 14th | 11th |
| | Watton Behind Queens Hall, entrance to Kittell Close, IP25 6DD | 10:30 | 17th | 21st | 18th |
| | King's Lynn Behind the Customs House, Purfleet Quay, PE30 1HP | 10:30 | 24th | 28th | 25th |
| | Harleston '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 Spa Lane, Aylsham, NR11 6UE | 10:30 | 4th | 1st | 5th |
| | Cromer Cromer Pier, Promenade, NR27 9HE | 10:30 | 11th | 8th | 12th |
| | Wymondham Tiffey/Beckets well Car Park, NR18 9PH | 10:30 | 18th | 15th | 19th |
| | Great Yarmouth *new meeting point* Outside Munchies Café, 2 North Drive, NR30 4ET | 13:00 | 18th | 15th | 19th |
| | Hoveton Hoveton Visitor Centre, Station Road, NR12 8UR | 10:30 | 25th | 22nd | 26th |
| | Redwings Caldecott 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

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

Website: 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.

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



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

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

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

Email us on **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/
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 10.45 – 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

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



Sailability

Accessible Sailing at Snettisham Beach Sailing Club

Why sailing?

It helps with:

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

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

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

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

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

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

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

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

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

Any questions or for more information contact
Adrian Tebbutt
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

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

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.

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

Move it or Lose it Exercise Classes with Jo

Exercise classes for the over 50's

MONDAY - 10am - **Fakenham** Gallow Sports Centre (on Racecourse site), Hempton Rd, Fakenham NR21 7NY.

12 OR 1pm (2 classes back -to -back) **Swaffham** Assembly Rooms, 1 Market Place, Swaffham PE37 7AB.

TUESDAY - 10 OR 11am (2 classes back- to- back) **Swanton Morley** Village Hall, Manns Lane, Swanton Morley NR20 4NP. Refreshments available.

WEDNESDAY - 10 OR 11.30am (2 classes) **Bawdeswell** Village Hall, Reephams Rd, Bawdeswell NR20 4 RU. Refreshments available.

THURSDAY - 11am **Swaffham** Assembly Rooms, 1 Market Place, Swaffham PE37 7AB

1.15pm **Fakenham** Community Centre, Oak Street, NR 21 9SR.

FRIDAY - 9.45am **Thornham** Village Hall, High St, Thornham PE36 6LX.

Contact Jo Farnworth

07941086603

jo.farnworth@moveitorloseit.co.uk



changed by fit20

fit20 Hellesdon
Fit in 20 minutes per week

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

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

FREE
1st Training Session

fit20
Fit in 20 minutes per week

Priscilla Bacon Lodge Knit and Natter Group

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

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

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

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

Information is on the website-

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

End of September dates for now