

Wellbeing Walks – December

Our Wellbeing Walks are a great way to get out and get active while connecting with others. This is not a therapy session, but an opportunity to make social connections with like-minded people.

For casual wanderers and seasoned ramblers alike, everyone is welcome – Please check the weather forecast and dress appropriately – Our socials are open to anyone aged 16+ – No booking necessary, just turn up!

- **Lowestoft – Wed 1st Dec, 13:00**
Meeting at the South Pier fountains
- **Dereham – Tue 7th Dec, 10:30**
Meeting at Bishop Bonner's Cottage, Dereham NR19 1ED
- **Great Yarmouth History Walk – Wed 8th Dec, 12:30**
Meeting in front of Great Yarmouth Library, NR30 2SH
- **Norwich Whitlingham Broad – Thu 9th Dec, 10:30**
Meeting at Whitlingham Country Park Café, Norwich, NR14 8TR
- **Cromer – Fri 10th Dec, 10:30**
Meeting in front of Cromer pier, promenade NR27 9HE
- **Sandringham – Fri 10th Dec, 12:30**
Meeting in front of the Visitors' Centre, Sandringham, PE35 6AB
- **Halesworth – Wed 15th Dec, 13:00**
Meeting at Town Park entrance by the subway, Halesworth, IP19 8EX
- **Wymondham – Fri 17th Dec, 10:30**
Meeting at Tiffey/Becketswell Car Park, NR18 9PH
- **Norwich Winter Solstice Lights – Tue 21st Dec, 17:30**
Meeting outside the entrance to Norwich Forum, NR2 1BH
- **Cromer New Years Eve Special – Fri 31st Dec, 10:30**
Meeting in front of Cromer pier, promenade NR27 9HE

