

Social Events January 2022

Weekly socials this month:

Day & Time	Event...	Location...
Mon 13:30	Virtual Café (<i>not on Monday 10th Jan</i>)	Online
Tue 10:00	'Couch 2 5K' Running for Wellbeing	Eaton Park Bandstand
Tue 13:00	All to Play For – Men's Football Group	Alive Lynnsport (From 25th Jan)
Tue 14:30	Virtual Arts & Crafts	Online
Wed 13:30	All to Play For – Men's Football Group	FDC, Norwich
Thu 13:00	Allotment Group	Lowestoft
Thu 13:30	All to Play For – Men's Football Group	Goals, Norwich

Every
Week!

All other socials this month:

Date & Time...	Event...	Location...
Tue 4th 10:30	Wellbeing Walks - Dereham	Bishop Bonner's Cottage
Tue 4th 18:00	Meditate with Mevy	Online
Wed 5th 10:30	Wellbeing Walks - Norwich	City Hall
Wed 5th 13:00	Wellbeing Walks - Lowestoft	South Pier Fountains
Thu 6th 10:30	Virtual Café	Online
Thu 6th 14:00	Holland Court Gardening Group	Norwich
Fri 7th 10:30	Redwings Social	Aylsham

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Mon 10th 13:30	'Find your groove' (Women's Group)	Online
Wed 12th 12:30	Wellbeing Walks - Great Yarmouth	Yarmouth Library
Thu 13th 10:30	Virtual Café (Book Club)	Online
Thu 13th 18:00	Crosswords	Online
Fri 14th 10:30	Wellbeing Walks - Cromer	Cromer Pier
Fri 14th 12:30	Wellbeing Walks - Sandringham	Visitors Centre

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Socials continue on next page...



Social Events January 2022

Socials continued:

Date & Time...	Event...	Location...
Tue 18th 18:00	Journaling for Wellbeing	Online
Wed 19th 12:00	Wellbeing Walks - Beccles	Beccles Common
Thu 20th 14:00	Holland Court Gardening Group	Norwich
Fri 21st 10:30	Wellbeing Walks - Wymondham	Tiffany Car Park
Fri 21st 12:30	Desert Wellbeing Discs	Online
Mon 24th 10:00	Yoga with Emily	Online
Mon 24th 12:30	Wellbeing Walks - Breydon Water	Asda Car Park
Wed 26th 10:30	Wellbeing Walks - UEA	Sainsbury's Centre
Thu 27th 10:30	Virtual Café	Online
Thu 27th 18:00	Quiz	Online
Fri 28th 10:30	Laughter Yoga with Mand	Online
Fri 28th 12:30	Wellbeing Walks - King's Lynn	Customs House



Our socials are open to anyone aged 16+ with no need to book*, just turn up! and are based upon the '5 Ways to Wellbeing'; These are a set of evidence-based recommendations which, when followed, can improve your mental health and wellbeing.

Full details and access to virtual socials [via our website](#).

Any questions?

Contacts us at: socials@wellbeingnandw.co.uk

