

Wellbeing Socials April 2022

Weekly socials:

Day & Time	Event...	Location...
Mon 13:30	Virtual Café (Excluding Bank Holiday)	Online
Tue 10:00	Running for Wellbeing	Eaton Park Bandstand
Tue 13:00	All to Play For – Men’s Football Group	Alive Lynnsport
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

All other socials this month:

Date & Time...	Event...	Location...
Mon 2nd -	Bank Holiday Monday	
Thu 5th 10:30	Book Club	Online
Fri 6th 10:30	Redwings Social	Aylsham



Mon 9th 14:00	Wellbeing Café @ Morrisons	Beccles
Wed 11th 12:00	Wellbeing Walks - Southwold	Southwold Pier
Wed 11th 12:30	Wellbeing Walks- Sandringham	Visitors Centre
Thu 12th 18:00	Crosswords	Online
Fri 13th 10:30	Wellbeing Walk- Cromer	Cromer Pier



Wed 18th 13:00	Wellbeing Walks- Breydon Water	Great Yarmouth
Fri 20th 10:30	Wellbeing Walks - Wymondham	Tiffany Car Park



Socials continue on next page...



Wellbeing Socials April 2022

Socials continued:

Date & Time...	Event...	Location...
Mon 23rd 10:00	Yoga with Emily	Online
Wed 25th 14:00	Gardening in the City	Norwich
Thu 26th 18:00	Quiz	Online
Fri 27th 10:30	Laughter Yoga with Mand	Online
Fri 27th 12:30	Wellbeing Walks – Riverside King’s Lynn	Customs House
Mon 30th 10:30	Wellbeing Walks- Eaton Park	Norwich
Mon 30th 17:00	Wellbeing Café @ Morrisons	King’s Lynn

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Our socials are open to anyone aged 16+ with no need to book (unless indicated), just turn up! They are based upon the ‘5 Ways to Wellbeing’ -these are a set of evidence-based recommendations which can improve your mental health and wellbeing.

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

Any questions? Contact us at socials@wellbeingnandw.co.uk

