

Wellbeing Socials June 2022

Weekly socials:

Day & Time	Event...	Location...
Mon 13:30	Virtual Café	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 30th 10:30	Wellbeing Walks – Eaton park	Norwich
Mon 30th 17:00	Wellbeing Café with Morrisons Community Champ	Morrisons, King's Lynn
Wed 1st 13:00	Wellbeing Walks - Lowestoft	South Pier
Mon 6th 10:30	Wellbeing Walks - Norwich	City Hall
Tue 7th 18:00	Meditate with Mevy	Online
Wed 8th 12:30	Wellbeing Walks - Hunstanton	Bandstand
Fri 10th 10:30	Wellbeing Walks - Cromer	Cromer Pier
Mon 13th 14:00	Wellbeing Café	Morrisons Beccles
Tue 14th 10:00	Running for Wellbeing	Eaton park
Thu 16th 18:00	Crosswords Together	Online
Fri 17th 10:30	Wellbeing Walks - Wymondham	Tiffey Carpark



Socials continue on next page...



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Socials continued:

Date & Time...	Event...	Location...
Mon 20th 10:00	Yoga with Emily	Online
Tue 21st 18:00	Quiz	Online
Wed 22nd 13:00	Wellbeing Walk - Great Yarmouth	Munchies café
Fri 24th 10:30	Laughter Yoga with Mand	Online
Fri 24th 12:30	Wellbeing Walks – Riverside King's Lynn	Customs House
Mon 27th 10:30	Wellbeing Walks - UEA	Norwich
Mon 27th 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

