

Community Socials September 2022

Date & Time...	Event...	Location...
Thu 1st 13:00	Allotment Group	Lowestoft
		
Mon 5th 13:00	*New* Wellbeing Café with Morrisons	Riverside Norwich
Mon 5th 13:30	Virtual Café	Online
Tue 6th 10:00	Running Group	Eaton Park, Norwich
Tue 6th 12:00	Coffee with Halesworth Volunteers	Chinnys Halesworth
Tue 6th 14:30	Arts & Crafts	Online
Tue 6th 18:00	Meditate with Mevy	Online
Thu 8th 13:00	Allotment Group	Lowestoft
		
Mon 12th 13:30	Virtual Café	Online
Mon 12th 14:00	Wellbeing Café with Morrisons	Morrisons Beccles
Tue 13th 10:00	Running Group	Eaton Park, Norwich
Tue 13th 10:30	*New* Journaling for Wellbeing	Online
Tue 13th 14:30	Daytime Quiz	Online
Thu 15th 13:00	Allotment Group	Lowestoft
Thu 15th 18:00	Crosswords	Online
Fri 16th 10:30	Coffee & Catch up – Thaxters Café	Dersingham
		

Socials continue on the next page...



Community Socials September 2022

Socials continued...

Date & Time...	Event...	Location...
Mon 19th 13:30	Virtual Café	Online
Tue 20th 10:00	Running Group	Eaton Park, Norwich
Tue 20th 14:30	Arts & Crafts	Online
Thu 22nd 13:00	Allotment Group	Lowestoft
Thu 22nd 18:00	Quiz	Online

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Mon 26th 13:30	Virtual Café	Online
Mon 26th 17:00	Wellbeing Café with Morrisons	Morrisons Kings Lynn
Tue 27th 10:00	Running Group	Eaton Park, Norwich
Tue 27th 14:30	Daytime Crosswords	Online
Thu 29th 13:00	Allotment Group	Lowestoft
Fri 30th 10:30	Laughter Yoga with Mand	Online

Week
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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

