

Community Socials October 2022

Date & Time...	Event...	Location...
Mon 3rd 13:00	*New* Wellbeing Café with Morrisons	Riverside Norwich
Mon 3rd 13:30	Virtual Café	Online
Tue 4th 10:00	Running Group	Eaton Park, Norwich
Tue 4th 12:00	Coffee with Halesworth Volunteers	Chinny's Halesworth
Tue 4th 14:30	Daytime Quiz	Online
Tue 4th 18:00	Meditate with Mevy	Online
Thu 6th 13:00	Allotment Group	Lowestoft
<i>Week 1</i>		
Mon 10th 13:30	Virtual Café	Online
Mon 10th 14:00	Wellbeing Café with Morrisons	Morrisons Beccles
Tue 11th 10:00	Running Group	Eaton Park, Norwich
Tue 11th 14:30	Virtual Arts & Crafts	Online
Wed 12th 18:00	Crosswords	Online
Thu 13th 13:00	Allotment Group	Lowestoft
Fri 14th 10:30	*New* Coffee & Catch Up at Thaxter's	Dersingham
Fri 14th 13:00	*New* Wellbeing Café with Morrisons	Cromer
<i>Week 2</i>		
Mon 17th 13:30	Virtual Café	Online
Tue 18th 10:00	Running Group	Eaton Park, Norwich
Tue 18th 14:30	Daytime Crosswords	Online
Wed 19th 10:30	*New* Wellbeing Café with Morrisons	Fakenham
Wed 19th 18:00	Quiz	Online
Thu 20th 13:00	Allotment Group	Lowestoft
Fri 21st 10:30	Coffee & Catch up – Reeds café	Downham Market
<i>Week 3</i>		

Socials continue on the next page...



 facebook.com/WellbeingNorfolkandWaveneySocials

 twitter.com/WellbeingSocial1

 wellbeingnands.co.uk/norfolk/social-events/

Sign up!



Community Socials October 2022

Socials continued...

Date & Time...	Event...	Location...
Mon 24th 13:30	Virtual Café	Online
Mon 24th 17:00	Wellbeing Café with Morrisons	Kings Lynn
Tue 25th 10:00	Running Group	Eaton Park, Norwich
Tue 25th 14:30	Virtual Arts & Crafts	Online
Wed 26th 18:00	Crosswords	Online
Thu 27th 13:00	Allotment Group	Lowestoft
Thu 27th 18:00	Crosswords	Online
Fri 28th 10:30	Laughter Yoga with Mand	Online



Mon 31st 13:30	Virtual Café	Online
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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.

Get these updates monthly! Sign up to our email list at <http://eepurl.com/ha9nLT>
Full details and access to virtual socials [via our website](#).

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



Sign up!

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