

## Wellbeing Walks – October

Our Wellbeing Walks are a great way to get out and get active while connecting with others. This is not a therapy session, but an opportunity to make social connections with like-minded people. For casual wanderers and seasoned ramblers alike, everyone is welcome – Please check the weather forecast and dress appropriately – Our socials are open to anyone aged 16+ – No booking necessary unless indicated, just turn up!

- **Lowestoft Sea Front – Wed 5th Oct, 13:00**  
Meeting by the Triton Statue - South Pier - Lowestoft - NR33 0AE
- **Waterloo Park Coffee & Walk – Thu 6th Oct, 10:00**  
Meeting at Feed Cafe Waterloo Park Pavilion, Norwich
- **Redwings Horse Sanctuary – Fri 7th Oct, 10:30**  
Meeting at Redwings, Spa Ln, Aylsham, Norwich NR11 6UE
- **Cromer – Fri 14th Oct, 10:30**  
Meeting in front of Cromer Pier, Cromer NR27 9HE
- **Norwich City – Mon 17th Oct, 10:30**  
Meeting outside the steps of Norwich City Council, St Peters St, Norwich NR2 1NH
- **Great Yarmouth – Wed 19th Oct, 13:00**  
Meeting at The Boating Lake, Near Munchies Café - North Drive, NR30 4ET
- **Wymondham – Fri 21st Oct, 10:30**  
Meeting at the Tiffey/Becketswell Car Park, Wymondham, NR18 9PH
- **Youth Wellbeing Walk (Norwich) – Mon 24th Oct, 15:00**  
Meet in front of the Theatre Royal, Theatre Street, NR2 1RL
- **Thetford – Tue 25th Oct, 10:30**  
Meeting at the Light Cinema 17 Bridge St, Thetford IP24 3AE
- **Riverside King's Lynn – Fri 28th Oct, 12:30**  
Meeting behind The Customs House, 1 King St, King's Lynn PE30 1ET

