

Community Socials December 2022

Date & Time...	Event...	Location...
Thu 1st 13:00	Allotment Group	Lowestoft
Mon 5th 13:30	Virtual Café	Online
Tue 6th 12:00	Coffee with Halesworth Volunteers	Chinny's Halesworth
Tue 6th 14:00	*New* Have Your Say! Participation Social	REST hub, Norwich
Tue 6th 18:00	*New* Have Your Say! Participation Virtual Social	Online
Wed 7th 10:30	Coffee & Catch Up at Thaxter's	Dersingham
Wed 7th 18:00	Meditate with Mevy	Online
Thu 8th 11:00	Wellbeing Café with Morrisons	Riverside, Norwich
Thu 8th 13:00	Allotment Group	Lowestoft
Fri 9th 13:00	*New* Wellbeing Café with Morrisons	Morrisons Cromer
Mon 12th 13:30	Virtual Café	Online
Mon 12th 14:00	Wellbeing Café with Morrisons	Morrisons Beccles
Wed 14th 18:00	Crosswords	Online
Thu 15th 10:30	Bridewell Museum Tour <i>*booking required</i>	Norwich
Thu 15th 13:00	Allotment Group	Lowestoft
Fri 16th 10:30	Coffee & Catch Up – Reeds café	Downham Market

Week
1

Week
2

Week
3

Socials continue on the next page...



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

Sign up!



Community Socials December 2022

Socials continued...

Date & Time...	Event...	Location...
Mon 19th 10:00	Behind the Scenes: Panto Tour at Norwich Theatre <i>*booking required</i>	Norwich Theatre Royal
Mon 19th 13:30	Virtual Café	Online
Wed 21st 10:30	*New* Wellbeing Café with Morrisons	Fakenham
Wed 21st 15:00	Festive Quiz	Online
Thu 22nd 11:00	Festive Wellbeing Discs	Online
Fri 23rd 14:30	Festive Social at REST	King's Lynn



Wed 28th 17:30	The Big End of Year Quiz	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



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