

Community Socials November 2022

Date & Time...	Event...	Location...
Tue 1st 10:00	Running Group	Eaton Park, Norwich
Tue 1st 12:00	Coffee with Halesworth Volunteers	Chinny's Halesworth
Tue 1st 18:00	*New* Have Your Say! The Participation Social	Online
Wed 2nd 18:00	Meditate with Mevy	Online
Thu 3rd 13:00	Allotment Group	Lowestoft



Week
1

Mon 7th 13:30	Virtual Café	Online
Tue 8th 10:00	Running Group	Eaton Park, Norwich
Wed 9th 10:30	*New* Coffee & Catch up at Thaxters	Dersingham
Wed 9th 18:00	Quiz	Online
Thu 10th 11:00	*New* Wellbeing Café with Morrisons	Norwich Riverside
Thu 10th 13:00	Allotment Group	Lowestoft
Fri 11th 13:00	*New* Wellbeing Café with Morrisons	Cromer



Week
2

Mon 14th 13:30	Virtual Café	Online
Mon 14th 14:00	Wellbeing Café with Morrisons	Beccles
Tue 15th 10:00	Running Group	Eaton Park, Norwich
Thu 17th 13:00	Allotment Group	Lowestoft
Fri 18th 10:30	*New* Coffee & Catch Up at Reeds	Downham Mkt



Week
3



Socials continue on the next page...

 facebook.com/WellbeingNorfolkandWaveneySocials

 twitter.com/WellbeingSocial1

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

Sign up!



Community Socials November 2022

Socials continued...

Date & Time...	Event...	Location...
Mon 21st 13:30	Virtual Café	Online
Tue 22nd 10:00	Running Group	Eaton Park, Norwich
Wed 23rd 18:00	Crosswords	Online
Thu 24th 13:00	Allotment Group	Lowestoft



Mon 31st 10:00	Cuppa Care	Norwich
Mon 31st 13:30	Virtual Café	Online
Mon 31st 17:00	Wellbeing Café with Morrisons	Kings Lynn



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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