

Community Socials February 2023

Date & Time...	Event...	Location...	
Wed 1st 18:00	Meditate with Mevy	Online	Week 1
Thu 2nd 13:00	Allotment Group	Lowestoft	
Mon 6th 13:30	Virtual Café	Online	Week 2
Mon 6th 14:00	Wellbeing Café with Morrisons	Beccles	
Mon 6th 17:00	Wellbeing Café with Morrisons	King's Lynn	
Tue 7th 10:00	Running for Wellbeing	Eaton Park, Norwich	
Tue 7th 10:00	*New* Wellbeing Café with Morrisons	Diss	
Tue 7th 14:00	*New* Have Your Say	Cafe Marzano, Norwich	
Tue 7th 17:30	*New* Monsters at the Museum! (D&D for Wellbeing)	True's Yard, Kings Lynn	
Tue 7th 18:00	Have Your Say! Get Involved	Online	
Wed 8th 18:00	Crosswords	Online	
Thu 9th 11:00	Wellbeing Café with Morrisons	Riverside, Norwich	
Fri 10th 10:30	Coffee & Catch Up – Dersingham	Thaxters Coffee Shop	
Fri 10th 13:00	*New* Wellbeing Café with Morrisons	Morrisons Cromer	
Mon 13th 13:30	Virtual Café	Online	Week 3
Tue 14th 10:00	Running for Wellbeing	Eaton Park, Norwich	
Wed 15th 10:30	Coffee & Catch Up – Downham Market	Reed's Cafe	
Wed 15th 18:00	Quiz	Online	
Thu 16th 13:00	Allotment Group	Lowestoft	

Socials continue on the next page...



 facebook.com/WellbeingNorfolkandWaveneySocials

 twitter.com/WellbeingSocial1

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

Sign up!



Community Socials February 2023

Socials continued...

Date & Time...	Event...	Location...
Mon 20th 13:30	Virtual Café	Online
Tue 21st 10:00	Running for Wellbeing	Eaton Park, Norwich
Tue 21st 14:00	*New* Wellbeing Café with Morrisons	Pakefield, Lowestoft
Tue 21st 17:30	*New* Monsters at the Museum! (D&D for Wellbeing)	True's Yard, Kings Lynn
Wed 22nd 18:00	Crosswords	Online
Fri 24th 14:00	*New* Coffee & Catch Up King's Lynn	REST King's Lynn
Mon 27th 10:00	*New* Cuppa Care	Norwich
Mon 27th 13:30	Virtual Café	Online
Tue 28th 10:00	Running for Wellbeing	Eaton Park, Norwich
Tue 31st 15:00	*New* Mindful Colouring (<i>booking required</i>)	REST, Norwich



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@wellbeingandw.co.uk

