

Community Socials March 2023

Date & Time...	Event...	Location...
Wed 1st 18:00	Meditate with Mevy	Online
Thu 2nd 12:00	Allotment & Gardening Group	Lowestoft
Mon 6th 13:30	Virtual Café	Online
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 12:00	Halesworth Volunteers Social	Chinny's, Halesworth
Tue 7th 17:30	*New* LGBT+ Peer-led Group	REST, Kings Lynn
Tue 7th 18:00	Have Your Say Virtual!	Online
Wed 8th 18:00	Crosswords	Online
Thu 9th 11:00	Wellbeing Café with Morrisons	Riverside, Norwich
Thu 9th 12:00	Allotment & Gardening Group	Lowestoft
Thu 9th 13:00	North Walsham Men's Shed social	North Walsham
Fri 10th 10:30	Coffee & Catch Up – Dersingham	Thaxters Coffee Shop
Fri 10th 13:00	Wellbeing Café with Morrisons	Cromer
Mon 13th 13:30	Virtual Café	Online
Mon 13th 14:00	Wellbeing Café with Morrisons	Beccles
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 12:00	Allotment & Gardening Group	Lowestoft
Fri 17th 14:00	*New* Coffee & Catch up - Heacham	REST Heacham

Socials continue on the next page...

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Sign up!



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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	10:30	Ancient House Museum Tour <i>(booking required)</i>	Thetford
Tue	21st	14:00	*New* Wellbeing Café with Morrisons	Pakefield, Lowestoft
Wed	22nd	18:00	Crosswords	Online
Thu	23rd	12:00	Allotment Group	Lowestoft
Fri	24th	15:00	*New* Wellbeing drop in @ Rest KL!	King's Lynn



Mon	27th	10:00	*New* Cuppa Care Together	Norwich
Mon	27th	13:30	Virtual Café	Online
Tue	28th	15:00	*New* Mindful Colouring <i>(booking required)</i>	REST, Norwich
Thu	30th	12:00	Allotment Group	Lowestoft



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



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