

Community Socials April 2023

Date & Time...	Event...	Location...
Mon 3rd 13:30	Virtual Café	Online
Tue 4th 10:00	*New* Wellbeing Café with Morrisons	Diss
Tue 4th 12:00	Halesworth Volunteers Social	Chinny's, Halesworth
Tue 4th 17:30	*New* LGBT+ Peer-led Group	REST, Kings Lynn
Tue 4th 18:00	Have Your Say Virtual!	Online
Wed 5th 18:00	Quiz	Online
Thu 6th 12:00	Allotment & Gardening Group	Lowestoft
Fri 7th	National Holiday – no socials	

Week
1

Mon 10th	National Holiday – no socials	
Wed 12th 18:00	Crosswords	Online
Thu 13th 11:00	Wellbeing Café with Morrisons	Riverside, Norwich
Thu 13th 12:00	Allotment & Gardening Group	Lowestoft
Fri 14th 10:30	Coffee & Catch up – Dersingham	Thaxter's Cafe
Fri 14th 13:00	Wellbeing Café with Morrisons	Cromer

Week
2

Mon 17th 13:30	Virtual Café	Online
Tue 18th 14:00	*New* Wellbeing Café with Morrisons	Pakefield, Lowestoft
Wed 19th 18:00	Quiz	Online
Thu 20th 12:00	Allotment & Gardening Group	Lowestoft
Fri 21st 14:00	*New* Wellbeing Drop In @REST	Heacham

Week
3

Socials continue on the next page...

 facebook.com/WellbeingNorfolkandWaveneySocials

 twitter.com/WellbeingSocial1

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

Sign Up!



Community Socials April 2023

Socials continued...

Date & Time...			Event...	Location...
Mon	24th	13:30	Virtual Café	Online
Tue	25th	13:00	*New* Mindful Colouring with Realise Futures	Lowestoft Library
Tue	25th	15:00	Mindful Colouring <i>(booking required)</i>	REST, Norwich
Tue	25th	17:30	*New* Monsters at the Museum (D&D for Wellbeing)	King's Lynn
Wed	26th	18:00	Crosswords	Online
Thu	27th	12:00	Allotment Group	Lowestoft
Fri	28th	15:00	*New* Wellbeing drop in @ Rest KL!	King's 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@wellbeingandw.co.uk



 [facebook.com/WellbeingNorfolkandWaveneySocials](https://www.facebook.com/WellbeingNorfolkandWaveneySocials)

 twitter.com/WellbeingSocial1

 [wellbeingnands.co.uk/norfolk/social-events/](https://www.wellbeingnands.co.uk/norfolk/social-events/)

Sign Up!

