

Community Socials June 2023

Date & Time...	Event...	Location...
Thu 1st 12:00	Allotment & Gardening Group	Lowestoft
Mon 5th 13:30	Virtual Café	Online
Tue 6th 10:00	Running Group	Eaton Park, Norwich
Tue 6th 12:00	Halesworth Volunteers Social	Chinny's Sports Bar
Tue 6th 17:30	LGBT+ Support Group	REST, King's Lynn
Thu 8th 10:30	*New* Coffee & Catch up Norwich	Merchant's House Cafe
Thu 8th 12:00	Allotment & Gardening Group	Lowestoft
Fri 9th 10:30	Coffee & Catch up – Dersingham	Thaxter's Cafe
Mon 12th 17:30	Coffee & Catch up – King's Lynn	Starbucks Southgates
Tue 13th 10:00	Running Group	Eaton Park, Norwich
Tue 13th 10:30	*New* Wellbeing Drop In @ REST	REST Downham Market
Wed 14th 18:00	Crosswords Together	Online
Thu 15th 12:00	Allotment & Gardening Group	Lowestoft
Fri 16th 14:00	*New* Wellbeing Drop In @ REST	Heacham
Mon 19th 13:30	Virtual Café	Online
Tue 20th 10:00	Running Group	Eaton Park, Norwich
Thu 22nd 12:00	Allotment & Gardening Group	Lowestoft
Fri 23rd 15:00	Wellbeing Drop in @ REST	King's Lynn

Week
7

Week
2

Week
3

Week
4



Socials continue on the next page...

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

Sign Up!



Community Socials June 2023

Socials continued...

<i>Date & Time...</i>	<i>Event...</i>	<i>Location...</i>
Tue 27th 10:00	Running Group	Eaton Park, Norwich
Tue 27th 13:00	Mindful Colouring with Realise Futures (<i>booking required</i>)	Lowestoft Library
Tue 27th 15:00	Mindful Colouring (<i>booking required</i>)	REST Norwich
Wed 28th 18:00	Quiz	Online
Thu 29th 12:00	Allotment & Gardening 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@wellbeingnandw.co.uk



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