

Community Socials May 2023

Date & Time...	Event...	Location...
Mon 1st	National Holiday – no socials	
Tue 2nd 12:00	Halesworth Volunteers Social	Chinny's, Halesworth
Tue 2nd 17:30	*New* LGBT+ Peer-led Group	REST, Kings Lynn
Tue 2nd 18:00	Have Your Say! The Participation Social	Online
Thu 4th 12:00	Allotment & Gardening Group	Lowestoft

Week
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Mon 8th	National Holiday – no socials	
Wed 10th 18:00	Crosswords	Online
Thu 11th 13:00	North Walsham Men's Shed Social	Bacton Road
Thu 11th 10:30	*New* Coffee & Catch up	Norwich
Thu 11th 12:00	Allotment & Gardening Group	Lowestoft
Fri 12th 10:30	Coffee & Catch up – Dersingham	Thaxter's Cafe

Week
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Mon 15th 13:30	Virtual Café	Online
Tue 16th 10:30	*New* Wellbeing Drop In @ REST	REST Downham Market
Thu 18th 12:00	Allotment & Gardening Group	Lowestoft
Fri 19th 14:00	*New* Wellbeing Drop In @ REST	Heacham

Week
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Mon 22nd 10:00	History Theatre Show <i>(booking required)</i>	Thetford
Tue 23rd 13:00	*New* Mindful Colouring with Realise Futures	Lowestoft Library

Week
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Socials continue on the next page...

 facebook.com/WellbeingNorfolkandWaveneySocials

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

Sign Up!



Community Socials May 2023

Socials continued...

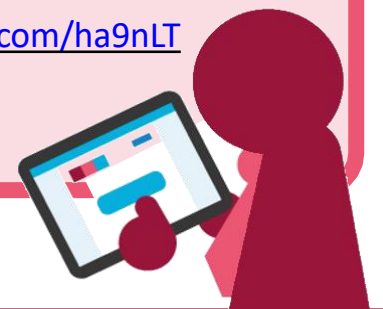
Date & Time...	Event...	Location...
Wed 24th 18:00	Quiz	Online
Thu 25th 10:30	Tour of the Plantation Gardens <i>(booking required)</i>	Norwich
Thu 25 th 12:00	Allotment & Gardening Group	Lowestoft
Fri 26th 15:00	*New* Wellbeing Drop In @REST	REST King's Lynn
Mon 29th	National Holiday – no socials	
Tue 30th 15:00	Mindful Colouring <i>(booking required)</i>	REST, Norwich

**Week
5**



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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Sign Up!

