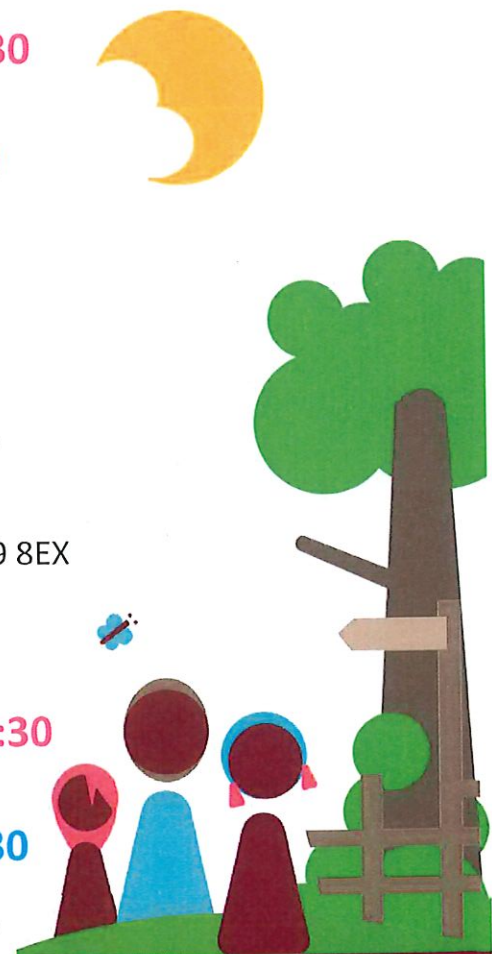


Wellbeing Walks – December

Our Wellbeing Walks are a great way to get out and get active while connecting with others. This is not a therapy session, but an opportunity to make social connections with like-minded people.

For casual wanderers and seasoned ramblers alike, everyone is welcome – Please check the weather forecast and dress appropriately – Our socials are open to anyone aged 16+ – No booking necessary, just turn up!

- **Lowestoft – Wed 1st Dec, 13:00**
Meeting at the South Pier fountains
- **Dereham – Tue 7th Dec, 10:30**
Meeting at Bishop Bonner's Cottage, Dereham NR19 1ED
- **Great Yarmouth History Walk – Wed 8th Dec, 12:30**
Meeting in front of Great Yarmouth Library, NR30 2SH
- **Norwich Whitlingham Broad – Thu 9th Dec, 10:30**
Meeting at Whitlingham Country Park Café, Norwich, NR14 8TR
- **Cromer – Fri 10th Dec, 10:30**
Meeting in front of Cromer pier, promenade NR27 9HE
- **Sandringham – Fri 10th Dec, 12:30**
Meeting in front of the Visitors' Centre, Sandringham, PE35 6AB
- **Halesworth – Wed 15th Dec, 13:00**
Meeting at Town Park entrance by the subway, Halesworth, IP19 8EX
- **Wymondham – Fri 17th Dec, 10:30**
Meeting at Tiffey/Becketswell Car Park, NR18 9PH
- **Norwich Winter Solstice Lights – Tue 21st Dec, 17:30**
Meeting outside the entrance to Norwich Forum, NR2 1BH
- **Cromer New Years Eve Special – Fri 31st Dec, 10:30**
Meeting in front of Cromer pier, promenade NR27 9HE



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

 twitter.com/WellbeingSocia1

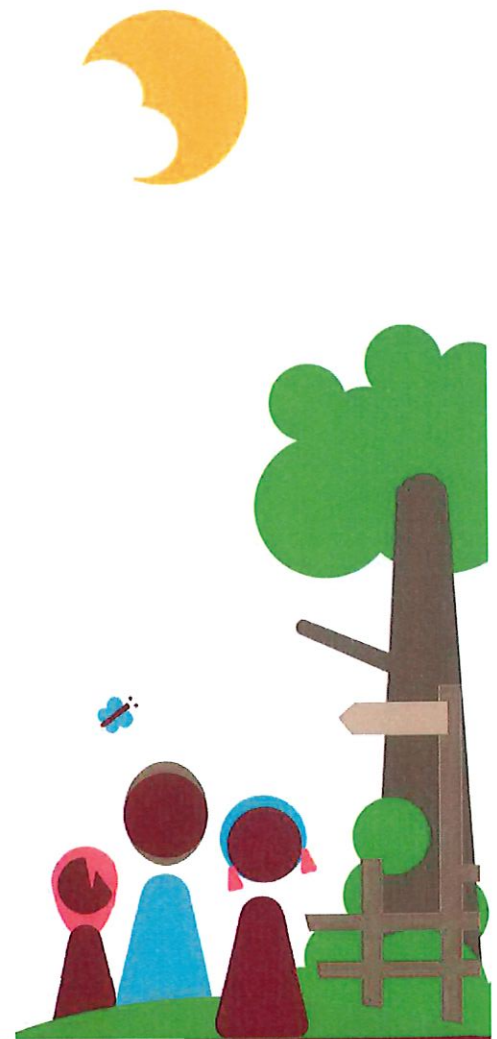
 socials@wellbeingandw.co.uk

Wellbeing Walks - January

Our Wellbeing Walks are a great way to get out and get active while connecting with others. This is not a therapy session, but an opportunity to make social connections with like-minded people.

For casual wanderers and seasoned ramblers alike, everyone is welcome – Please check the weather forecast and dress appropriately – Our socials are open to anyone aged 16+ – No booking necessary, just turn up!

- **Dereham – Tue 4th 10:30**
Meeting at Bishop Bonner's Cottage, Dereham, NR19 1ED
- **Norwich City – Wed 5th 10:30**
Meeting at Norwich City Hall
- **Lowestoft – Wed 5th 13:00**
Meeting at the South Pier Fountains
- **Redwings (Aylsham) – Fri 7th 10:30**
Meeting at Redwings, Spa Ln, Aylsham, Norwich NR11 6UE
- **Great Yarmouth – Wed 12th 12:30**
Meeting at Great Yarmouth Library, Tollhouse Street, NR30 2SH
- **Cromer – Fri 14th 10:30**
Meeting in front of Cromer Pier, Promenade, Cromer NR27 9HE
- **Sandringham – Fri 14th 12:30**
Meeting in front of the Visitor Centre PE35 6AB
- **Beccles Common – Wed 19th 12:00**
Meeting at Common Lane Carpark, Beccles, NR34 9BY
- **Wymondham – Fri 21st 10:30**
Meeting at Tiffey/Becketswell Car Park, Wymondham, NR18 9PH
- **Breydon Water – Mon 24th 12:30**
Meeting at the far end of Asda carpark, Great Yarmouth
- **UEA Broad – Wed 26th 10:30**
Meeting at the Sainsbury Centre for Visual Arts, UEA
- **King's Lynn Riverside – Fri 28th 12:30**
Meeting at The Customs House, 1 King St, King's Lynn PE30 1ET



 facebook.com/WellbeingNorfolkandWaveneySocials

 twitter.com/WellbeingSocial1

 socials@wellbeingnandw.co.uk