

## December Socials 2021

### Socials continued:

Date & Time...	Event...	Location...	
Tue 14 <sup>th</sup> 18:00	Crosswords	Online	
Wed 15 <sup>th</sup> 13:00	Wellbeing Walk	Halesworth	
Thu 16 <sup>th</sup> 14:00	Holland Court Gardening Group	Norwich	
Thu 16 <sup>th</sup> 13:00	Wreath Making Workshop at Lowestoft Allotment*	Lowestoft	
Fri 17 <sup>th</sup> 10:30	Wellbeing Walk	Wymondham	
Fri 17 <sup>th</sup> 13:30	Film Club	Online	
 <b>Christmas Week!</b> 			
Tue 21 <sup>st</sup> 17:30	Wellbeing Walk – Winter Solstice Lights	Norwich	
Wed 22 <sup>nd</sup> 10:30	Wellbeing Christmas Bake Off	Online	
Thu 23 <sup>rd</sup> 10:30	Desert Wellbeing Discs – Holiday Special	Online	
Wed 29 <sup>th</sup> 13:30	Quiz – Holiday Special	Online	
Fri 31 <sup>st</sup> 10:30	Wellbeing Walk – New Years Eve Special	Cromer	

Our socials are open to anyone aged 16+ with no need to book\*, just turn up! and are based upon the '5 Ways to Wellbeing'; These are a set of evidence-based recommendations which, when followed, can improve your mental health and wellbeing.

\*Marked socials require booking, see listings on our website for details on how to join these sessions or call reception and ask for someone from the Community Development Team to call you back.

Full details and access to virtual socials [via our website](#).  
Any questions? Contact us at [socials@wellbeingandw.co.uk](mailto:socials@wellbeingandw.co.uk)



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

 [twitter.com/WellbeingSocial1](https://twitter.com/WellbeingSocial1)

## Social Events January 2022

### Weekly socials this month:

Day & Time	Event...	Location...
Mon 13:30	Virtual Café ( <i>not on Monday 10<sup>th</sup> Jan</i> )	Online
Tue 10:00	'Couch 2 5K' Running for Wellbeing	Eaton Park Bandstand
Tue 13:00	All to Play For – Men's Football Group	Alive Lynnsport (From 25th Jan)
Tue 14:30	Virtual Arts & Crafts	Online
Wed 13:30	All to Play For – Men's Football Group	FDC, Norwich
Thu 13:00	Allotment Group	Lowestoft
Thu 13:30	All to Play For – Men's Football Group	Goals, Norwich



### All other socials this month:

Date & Time...	Event...	Location...
Tue 4th 10:30	Wellbeing Walks - Dereham	Bishop Bonner's Cottage
Tue 4th 18:00	Meditate with Mevy	Online
Wed 5th 10:30	Wellbeing Walks - Norwich	City Hall
Wed 5th 13:00	Wellbeing Walks - Lowestoft	South Pier Fountains
Thu 6th 10:30	Virtual Café	Online
Thu 6th 14:00	Holland Court Gardening Group	Norwich
Fri 7th 10:30	Redwings Social	Aylsham
Mon 10th 13:30	'Find your groove' (Women's Group)	Online
Wed 12th 12:30	Wellbeing Walks - Great Yarmouth	Yarmouth Library
Thu 13th 10:30	Virtual Café (Book Club)	Online
Thu 13th 18:00	Crosswords	Online
Fri 14th 10:30	Wellbeing Walks - Cromer	Cromer Pier
Fri 14th 12:30	Wellbeing Walks - Sandringham	Visitors Centre



Socials continue on next page...

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

 [twitter.com/WellbeingSocial1](https://twitter.com/WellbeingSocial1)

## Social Events January 2022

### Socials continued:

Date & Time...	Event...	Location...
Tue 18th 18:00	Journaling for Wellbeing	Online
Wed 19th 12:00	Wellbeing Walks - Beccles	Beccles Common
Thu 20th 14:00	Holland Court Gardening Group	Norwich
Fri 21st 10:30	Wellbeing Walks - Wymondham	Tiffany Car Park
Fri 21st 12:30	Desert Wellbeing Discs	Online
Mon 24th 10:00	Yoga with Emily	Online
Mon 24th 12:30	Wellbeing Walks - Breydon Water	Asda Car Park
Wed 26th 10:30	Wellbeing Walks - UEA	Sainsbury's Centre
Thu 27th 10:30	Virtual Café	Online
Thu 27th 18:00	Quiz	Online
Fri 28th 10:30	Laughter Yoga with Mand	Online
Fri 28th 12:30	Wellbeing Walks - King's Lynn	Customs House



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