

## Community Socials August 2022

Date & Time...	Event...	Location...
Mon 1st 13:00	Wellbeing Café with Morrisons Community Champions	Morrisons Norwich Riverside
Mon 1st 13:30	Virtual Café	Online
Tue 2nd 12:00	Cuppa & Catch Up with Halesworth Volunteers	Chinnys Halesworth
Tue 2nd 14:30	Daytime Crosswords	Online
Tue 2nd 18:00	Meditate with Mevy	Online
Thu 4th 13:00	Allotment Group	Lowestoft
<i>Week 1</i>		
Mon 8th 13:30	Virtual Café	Online
Mon 8th 14:00	Wellbeing Café with Morrisons Community Champion	Morrisons Beccles
Tue 9th 14:30	Arts & Crafts	Online
Thu 11th 13:00	Allotment Group	Lowestoft
Thu 11th 18:00	Crosswords	Online
<i>Week 2</i>		
Mon 15th 13:30	Virtual Café	Online
Tue 16th 10:00	Yoga with Emily	Online
Tue 16th 14:30	Daytime Quiz	Online
Thu 18th 13:00	Allotment Group	Lowestoft
Fri 19th 10:30	Coffee & Catch up – Reeds Café	Downham Market
<i>Week 3</i>		

Socials continue on next page...



## Community Socials August 2022

### Socials continued:

Date & Time...	Event...	Location...
Fri 19th 10:30	Coffee & Catch up – Reeds Café	Downham Market
Mon 22nd 13:30	Virtual Café	Online
Mon 22nd 17:00	Wellbeing Café with Morrisons Community Champion	Morrisons Kings Lynn
Tue 23rd 14:30	Arts & Crafts	Online
Thu 25th 13:00	Allotment Group	Lowestoft
Thu 28th 18:00	Quiz	Online
Fri 26th 10:30	Laughter Yoga with Mand	Online



Tue 30th 14:30	Daytime Crosswords	Online
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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.

Full details and access to virtual socials [via our website](#).

Any questions? Contact us at [socials@wellbeingnandw.co.uk](mailto:socials@wellbeingnandw.co.uk)

