



## **Community Socials August 2022**

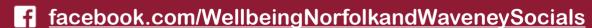
Date & Time			Event	Location	
Mon	1st	13:00	Wellbeing Café with Morrisons Community Champions	Morrisons Norwick Riverside	ch
Mon	1st	13:30	Virtual Café	Online	
Tue	2nd		Cuppa & Catch Up with Halesworth Volunteers	Chinnys Haleswor	rth
Tue	2nd	14:30	Daytime Crosswords	Online	Week
Tue	2nd	18:00	Meditate with Mevy	Online	7
Thu	4th	13:00	Allotment Group	Lowestoft	
Mon	8th	13:30	Virtual Café	Online	
Mon	8th	14:00	Wellbeing Café with Morrisons Community Champion	Morrisons Beccle	
Tue	9th	14:30	Arts & Crafts	Online	Week 2
Thu	11th	13:00	Allotment Group	Lowestoft	
Thu	11th	18:00	Crosswords	Online	
Mon	15th	13:30	Virtual Café	Online	
Tue	16th	10:00	Yoga with Emily	Online	Week
Tue	16th	14:30	Daytime Quiz	Online	3

Socials continue on next page...

Thu 18th 13:00 Allotment Group



Lowestoft







Fri

19th 10:30 Coffee & Catch up - Reeds Café





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## **Community Socials August 2022**

## Socials continued:

Date &	Time		Event	Location	
Fri	19th	10:30	Coffee & Catch up – Reeds Café	Downham M	1arket
Mon	22nd	13:30	Virtual Café	Online	
Mon	22nd	17:00	Wellbeing Café with Morrisons	Morrisons Kings Lynn	
			Community Champion		
Tue	23rd	14:30	Arts & Crafts	Online	•
Thu	25th	13:00	Allotment Group	Lowestoft	Week
Thu	28th	18:00	Quiz	Online	4
Fri	26th	10:30	Laughter Yoga with Mand	Online	
Tue	30th	14:30	Daytime Crosswords	Online	•
					Week

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? Contacts us at socials@wellbeingnandw.co.uk



twitter.com/WellbeingSocia1

