

Wellbeing Walks – August

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 unless indicated, just turn up!

- **Lowestoft Sea Front – Wed 3rd Aug, 13:00**
Meeting by the Triton Statue - South Pier - Lowestoft - NR33 0AE
- **Waterloo Park Coffee & Walk – Thu 4th Aug, 10:00**
Meeting at Feed Cafe Waterloo Park Pavilion, Norwich
- **Redwings Horse Sanctuary – Fri 5th Aug, 10:30**
Meeting at Redwings, Spa Ln, Aylsham, Norwich NR11 6UE
- **Sandringham Woods – Wed 10th Aug, 10:30**
Meeting in front of The Visitors Centre, Sandringham PE35 6AB
- **Cromer – Fri 12th Aug, 10:30**
Meeting in front of Cromer Pier, Cromer NR27 9HE
- **Norwich City – Mon 15th Aug, 10:30**
Meeting outside the steps of Norwich City Council, St Peters St, Norwich NR2 1NH
- **Great Yarmouth – Wed 17th Aug, 13:00**
Meeting at The Boating Lake, Near Munchies Café - North Drive, NR30 4ET
- **Wymondham – Fri 19th Aug, 10:30**
Meeting at the Tiffey/Becketswell Car Park, Wymondham, NR18 9PH
- **Youth Wellbeing Walk (Norwich) – Mon 22nd Aug, 15:00**
Meet in front of the Theatre Royal, Theatre Street, NR2 1RL
- **Thetford – Tue 23rd Aug, 10:30**
Meeting at the Light Cinema 17 Bridge St, Thetford IP24 3AE
- **Riverside King's Lynn – Fri 26th Aug, 12:30**
Meeting behind The Customs House, 1 King St, King's Lynn PE30 1ET

