

Community Socials July 2023

*Week
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Date & Time...	Event...	Location...
Mon 3rd 13:30	Virtual Café	Online
Mon 3rd 17:30	Coffee & Catch up King's Lynn	Starbucks, Hardwick Road
Tue 4th 10:00	Running Group	Eaton Park, Norwich
Tue 4th 12:00	Halesworth Volunteers Social	Chinny's Sports Bar
Tue 4th 17:30	LGBT+ 🏳️‍🌈	REST, King's Lynn
Thu 6th 12:30	Allotment Lowestoft - CANCELLED	St Margaret's Road

Tue 11th 10:00	Running Group	Eaton Park, Norwich
Wed 12th 18:00	Crosswords Together	Online
Thu 13th 10:30	Coffee & Catch up Norwich	Merchant's House Cafe
Thu 13th 12:30	Allotment & Gardening in Lowestoft	St Margaret's Road
Fri 14th 10:30	Coffee & Catch up – Dersingham	Thaxter's Cafe

*Week
2*

Mon 17th 13:30	Virtual Café	Online
Tue 18th 10:00	Running Group	Eaton Park, Norwich
Tue 18th 10.30	*NEW* Coffee & Catch up, Norwich	Marzano, Forum, Norwich
Tue 18th 10:30	*New* Wellbeing Drop In @ REST	REST Downham Market
Thu 20th 12:30	Allotment & Gardening in Lowestoft	St Margaret's Road
Fri 21st 14:00	*New* Wellbeing Drop In @ REST	Heacham

*Week
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Socials continue on the next page...

 facebook.com/WellbeingNorfolkandWaveneySocials

 twitter.com/WellbeingSocial1

 wellbeingnands.co.uk/norfolk/social-events/

Sign Up!



Community Socials July 2023

Socials continued...

Date & Time...	Event...	Location...
Mon 24th 17:30	*NEW* Community Picnic	The Walks, King's Lynn
Tue 25th 13:00	Mindful Colouring with Realise Futures	Lowestoft Library
Tue 25th 15:00	Mindful Colouring	REST Norwich
Tue 25th 18:00	Monsters at the Museum in King's Lynn (D&D for Wellbeing) *Booking required*	True's Yard Fisherfolk Museum
Wed 26th 18:00	Quiz	Online
Thu 27th 12:30	Allotment & Gardening Lowestoft	St Margaret's Road
Fri 28th 15:00	Wellbeing Drop in @ REST	King's Lynn
Mon 31st 13:30	Virtual Café	Online



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.

Get these updates monthly! Sign up to our email list at <http://eepurl.com/ha9nLT>
Full details and access to virtual socials [via our website](#).
Any questions? Contact us at socials@wellbeingnandw.co.uk



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