

Event Calendar 2020



Looking for some ideas to get active for RED January 2020? Have a look at the events we have going on in the area and come and join us!

No booking is required unless stated but if you have any queries about a specific event, please call 01503 432457 or email fundraising@norfolkandwaveneymind.org.uk.

Please check our website regularly in case of any changes to events.

Date	Time	Activity	Location	Information
Monday 6th	12.30pm - 1.30pm	Qigong	Millennium Library, The Forum, Norwich, NR2 1TF	With Qigong Master Kit Adams, for those of us who love a gentle but effective approach to being active
Wednesday 8th	4pm - 5pm	Tai Chi	Community Roots, Queen Anne's Road, Great Yarmouth, NR31 0LE	Relaxing, strengthening, gentle yet powerful exercise. To book, 01493 842129 or caroline.fernandez@norfolkandwaveneymind.org.uk
Thursday 9th	11.30am - 1pm	Cycling	Heartsease Hive, 94 Rider Haggard Road, Norwich, NR7 9UQ	Cycling different routes in Norwich with a ride leader. Take the time to chat, improve your fitness and see the sights of Norwich. Bikes available to borrow. For more info, anna.hattersley@norfolkandwaveneymind.org.uk
Thursday 9th	6pm - 7pm	Running	Kett's Park Community & Recreation Centre, Harts Farm Road, Wymondham, NR18 0UR	Pace of Mind group for any ability to promote your fitness and wellbeing. For more info, anna.hattersley@norfolkandwaveneymind.org.uk
Friday 10th	10am - 11.30am	Cycling	Community Roots, Queen Anne's Road, Great Yarmouth, NR31 0LE	Join us for a cycle ride. If it is icy or snowy, we will do bike maintenance or a gentle walk instead
Monday 13th	12.30pm - 1.30pm	Qigong	Millennium Library, The Forum, Norwich, NR2 1TF	With Qigong Master Kit Adams, for those of us who love a gentle but effective approach to being active
Tuesday 14th	2pm - 3pm	Laughter Yoga	Millennium Library, The Forum, Norwich, NR2 1TF	A practice originating in India with unconditional laughter. You'll breathe, stretch and laugh and then have some relaxation to increase energy and happiness levels and promote general wellbeing
Wednesday 15th	4pm - 5pm	Tai Chi	Community Roots, Queen Anne's Road, Great Yarmouth, NR31 0LE	Relaxing, strengthening, gentle yet powerful exercise. To book, 01493 842129 or caroline.fernandez@norfolkandwaveneymind.org.uk
Thursday 16th	11.30am - 12.30pm	Cycling	Heartsease Hive, 94 Rider Haggard Road, Norwich, NR7 9UQ	Cycling different routes in Norwich with a ride leader. Take the time to chat, improve your fitness and see the sights of Norwich. Bikes available to borrow. For more info, anna.hattersley@norfolkandwaveneymind.org.uk
Thursday 16th	6pm - 7pm	Running	Kett's Park Community & Recreation Centre, Harts Farm Road, Wymondham, NR18 0UR	Pace of Mind group for any ability to promote your fitness and wellbeing. For more info, anna.hattersley@norfolkandwaveneymind.org.uk
Friday 17th	10am - 11.30am	Cycling	Community Roots, Queen Anne's Road, Great Yarmouth, NR31 0LE	Join us for a cycle ride. If it is icy or snowy, we will do bike maintenance or a gentle walk instead
Monday 20th	12.30pm - 1.30pm	Qigong	Millennium Library, The Forum, Norwich, NR2 1TF	With Qigong Master Kit Adams, for those of us who love a gentle but effective approach to being active
Monday 20th	5.45pm - 7pm	Mindful Swimming	Riverside Leisure Centre, Wherry Road, Norwich	Beat Blue Monday! Enjoy being in the water and swimming at your pace with an introduction to mindful swimming. To book, mindfulness@norfolkandwaveneymind.org.uk

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Date	Time	Activity	Location	Information
Wednesday 22nd	11am - 12pm	Running	Hellesdon Library, 24 Wood View Road, Norwich, NR6 5QB	Run-for-Fun group to help with mild to moderate mental health issues by improving wellbeing and being more active. To book, outrunning@norfolkandwaveneymind.org.uk
Wednesday 22nd	4pm - 5pm	Tai Chi	Community Roots, Queen Anne's Road, Great Yarmouth, NR31 0LE	Relaxing, strengthening, gentle yet powerful exercise. To book, 01493 842129 or caroline.fernandez@norfolkandwaveneymind.org.uk
Thursday 23rd	11.30am - 12.30pm	Cycling	Heartsease Hive, 94 Rider Haggard Road, Norwich, NR7 9UQ	Cycling different routes in Norwich with a ride leader. Take the time to chat, improve your fitness and see the sights of Norwich. Bikes available to borrow. For more info, anna.hattersley@norfolkandwaveneymind.org.uk
Thursday 23rd	6pm - 7pm	Running	Kett's Park Community & Recreation Centre, Harts Farm Road, Wymondham, NR18 0UR	Pace of Mind group for any ability to promote your fitness and wellbeing. For more info, anna.hattersley@norfolkandwaveneymind.org.uk
Friday 24th	10am - 11.30am	Cycling	Community Roots, Queen Anne's Road, Great Yarmouth, NR31 0LE	Join us for a cycle ride. If it is icy or snowy, we will do bike maintenance or a gentle walk instead.
Saturday 25th	11am to 4pm	Netball Volleyball Badminton	Wensum Sport Centre, 169 King Street, Norwich, NR1 1QH	In the heart of the city, pop in to see the fully equipped gym, indoor courts for tennis, volleyball, 5 & 7 a-side football, martial arts classes and more!
Monday 27th	12.30pm - 1.30pm	Qigong	Millennium Library, The Forum, Norwich, NR2 1TF	With Qigong Master Kit Adams, for those of us who love a gentle but effective approach to being active
Wednesday 29th	11am - 12pm	Running	Hellesdon Library, 24 Wood View Road, Norwich, NR6 5QB	Run-for-Fun group to help with mild to moderate mental health issues by improving wellbeing and being more active. To book, outrunning@norfolkandwaveneymind.org.uk
Wednesday 29th	4pm - 5pm	Tai Chi	Community Roots, Queen Anne's Road, Great Yarmouth, NR31 0LE	Relaxing, strengthening, gentle yet powerful exercise. To book, 01493 842129 or caroline.fernandez@norfolkandwaveneymind.org.uk
Thursday 30th	11.30am - 12.30pm	Cycling	Heartsease Hive, 94 Rider Haggard Road, Norwich, NR7 9UQ	Cycling different routes in Norwich with a ride leader. Take the time to chat, improve your fitness and see the sights of Norwich. Bikes available to borrow. For more info, anna.hattersley@norfolkandwaveneymind.org.uk
Thursday 30th	6pm - 7pm	Running	Kett's Park Community & Recreation Centre, Harts Farm Road, Wymondham, NR18 0UR	Pace of Mind group for any ability to promote your fitness and wellbeing. For more info, anna.hattersley@norfolkandwaveneymind.org.uk
Friday 31st	10am - 11.30am	Cycling	Community Roots, Queen Anne's Road, Great Yarmouth, NR31 0LE	Join us for a cycle ride. If it is icy or snowy, we will do bike maintenance or a gentle walk instead