



Weekly groups held at REST Great Yarmouth (unless otherwise stated) from April 2025
 REST Great Yarmouth, 28-31 Deneside, Great Yarmouth, NR30 3AX (Monday – Friday 09:00 – 16:00).
 Age requirement 18+ for all groups

Monday	Tuesday	Wednesday	Thursday	Friday
All Hub based morning groups and activities run from 10:00 – 12:00				<div>Good 2 Grow 10am – 2pm</div> <div>(The Land Mill Road, Cobholm, Gt Yarmouth, NR31 0AY)</div> <div>Toilet facilities are basic (porta loo/toilet tent)</div> <div>Wear appropriate clothing/footwear</div>
<div>The Support Lounge</div> <div>Chat over a cuppa in a group setting. (Info and advice - support and signposting)</div>	<div>Walk and Talk Gorleston</div> <div>11am – 12:30pm (Meet at Beaches Medical Centre Sussex Road, NR31 6QB)</div>		<div>Arts, Crafts, Knit & Crochet</div> <div>(Supplies provided, or bring your own!)</div>	
All Hub based afternoon groups and activities run from 13:30 – 15:30				
	<div>Games Afternoon</div> <div>(Variety of games provided or bring your own)</div>	<div>Catch up Cuppa</div> <div>(Social chat and info with quiet activity area provided)</div>	<div>Photography</div> <div>(Meet at the REST Hub – indoor and outdoor sessions)</div>	

For further information, please call us on 0300 330 5488
 or email rest.greatyarmouth@norfolkandwaveneymind.org.uk
 Registered charity no. 1118449



The Support Lounge

Info and Signposting –
Advice and support over
a cuppa.

Talk to others in a group
setting or 121.

Walk and Talk

Enjoy some fresh air and a
walk around the Gorleston
area. Cuppa at the end
of the walk. Chat to
new people and discuss
mental health worries with
recovery workers.

Arts, Crafts, Knit & Crochet

Feeling creative?
Pop along for a place
to get arty. We have a
variety of different crafts
to choose from or bring
your own!

Good 2 Grow

Back to nature, gardening,
planting, digging and
more. Occasional group
activities including crafts
and photography on offer
alongside.

Games

Enjoy different board
games/card games and
more. Feel free to bring
your own.

Catch up Cuppa

Meet others chat and chill,
get advice/signposting
whilst enjoying a cuppa and
biscuits. Or simply enjoy a
chat and activity.

REST Great Yarmouth, 28-31 Deneside, Great Yarmouth, NR30 3AX (Monday to Friday, 09:00 – 4:00pm).

Age requirement is 18+ for all groups

For further information, contact us on:

Tel: 0300 330 5488 or Email: rest.greatyarmouth@norfolkandwaveneymind.org.uk