

Café Socials

When it's cold out, why not join us at one of our café catch ups around the county?

Attleborough - Weds 10th January 1.30pm

The Hideout, Queen's Square, Attleborough, NR17 1AF

Norwich - Thurs 11th January 10.30am

Merchant's House, 7-9 Fye Bridge St, NR3 1LJ

Fakenham - Mon 15th January 1.30pm

Pensthorpe Cafe, Pensthorpe Rd, Fakenham, NR21 0LN

Theatre Royal Norwich - Tues 16th January 10:30am

Theatre Royal Cafe, Norwich, NR2 1RL

Caister - Thur 25th January 12.30pm

The Rabbit Hutch, Caister On Sea, NR30 5ET

Open to anyone 16+ with no need to book. Any queries please email us at socials@wellbeingandw.co.uk or scan the QR code for more info, more events and to subscribe to our mailing list

