

# wellbeing Socials

## Wellbeing Walks November 2023

Any queries please email us on [socials@wellbeingandw.co.uk](mailto:socials@wellbeingandw.co.uk)



Norfolk and Waveney  
Talking Therapies

Wed	1st	13:00	<b>Lowestoft Coastal Path Walk</b> Triton Statue, South Pier, Lowestoft NR33 0AE
Thu	2nd	10:30	<b>Waterloo Park Walk</b> Meet at Feed Café, Waterloo Park Pavilion, NR3 3HX
Fri	3rd	10:30	<b>Redwings Horse Sanctuary</b> Redwings, Spa Lane, Aylsham, NR11 6UE
Mon	6th	10:30	<b>North Walsham Walk</b> Meeting at the band stand, North Walsham, NR28 9BS
Tue	7th	10.30	<b>Diss Walk</b> Frenze Beck Nature Reserve, Sawmills Road, Diss, IP22 4GG
Fri	10th	10:30	<b>Cromer Coastal Path Walk</b> Cromer Pier, Promenade, Cromer, NR27 9HE
Mon	13th	10:30	<b>Norwich City Centre Walk</b> Meet at the steps in front of City Hall, NR2 1NH
Wed	15th	10:30	<b>Great Yarmouth Coastal Path Walk</b> Meet by Munchies Café, Great Yarmouth, NR30 4ET
Wed	15th	10:30	<b>Felbrigg Walk</b> Felbrigg Hall Car Park, NR11 8PP
Fri	17th	10:30	<b>Wymondham Walk</b> Tiffany/Becketswell Car Park, Wymondham, NR18 9PH
Mon	20th	10:30	<b>Dereham Walk</b> St Nicholas Church, corner of Church Street/St Withburga Lane, Dereham, NR19 1DN
Tue	21st	10:30	<b>Fenway River Walk Downham Market (NEW TIME!)</b> Meet outside Downham Market train station, PE38 9EN
Fri	24th	10:30	<b>Redwings Horse Sanctuary - Caldecott</b> Caldecott Hall, Beccles Road, Fritton, NR31 9EY
Fri	24th	10:30	<b>King's Lynn Riverside Walk (NEW TIME!)</b> Meeting at the Customs House, PE30 1HP
Mon	27th	12:00	<b>Carlton Marshes Walk *NEW*</b> Burnt Hill Lane, Carlton Colville, NR33 8HU
Tue	28th	10.30	<b>Thetford Walk</b> The Light Cinema, Bridge Street, Thetford, IP24 3AE



All of our walks include a café stop- email us to find out where if you want to just join us there!

Scan for more events, more info and to subscribe!



Norfolk and Waveney

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