

wellbeing Socials

Community Socials January 2024



Norfolk and Waveney
Talking Therapies

Date & Time...			Event...	Location...
Wed	3rd	18:00	Crosswords	Online via our website
Thu	4th	13:00	Mindful Colouring	St Andrew's Church, Roman Rd, Lowestoft, NR32 2DQ
Thu	4th	18:00	Dungeons & Dragons One Shot (<i>booking required</i>)	Athena Games, Norwich, NR2 1ER
Mon	8th	13:30	Virtual Cafe	Online via our website
Tue	9th	10:00	Re-Do Craft Social (<i>booking required</i>)	44-48 Magdalen St, Norwich, NR3 1JU
Tue	9th	12:00	Halesworth Wellbeing Social	Chinny's, Halesworth, IP19 8BX
Wed	10th	13:30	Café Catch Up - Attleborough	The Hideout, Queen's Square, NR17 1AF
Thu	11th	10:30	Coffee & Catch Up - Norwich	Merchant's House, 7-9 Fye Bridge St, NR3 1LJ
Mon	15th	13:30	Pensthorpe Café Catch Up	Pensthorpe Rd, Fakenham, NR21 0LN
Tue	16th	10:30	Theatre Royal Café Catch Up	Theatre Royal Cafe, Norwich, NR2 1RL
Wed	17th	18:00	Virtual Quiz	Online via our website
Mon	22nd	13:30	Virtual Café	Online via our website
Thurs	25th	12:30	Café Catch Up - Caister	The Rabbit Hutch, Caister, NR30 5ET
Mon	29th	10:30	Norwich Cathedral Café and Walk	Main Cathedral Entrance, Norwich, NR1 4DH

Any queries please email us on socials@wellbeingandw.co.uk

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Norfolk and
Waveney

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