

wellbeing Socials

Wellbeing Walks October 2023



Norfolk and Waveney
Talking Therapies

Mon	2nd	10:30	North Walsham Walk Meeting at the band stand, North Walsham, NR28 9BS
Tue	3rd	10.30	Diss Walk Frenze Beck Nature Reserve, Sawmills Road, Diss, IP22 4GG
Wed	4th	13:00	Lowestoft Coastal Path Walk Triton Statue, South Pier, Lowestoft NR33 0AE
Thu	5th	10:30	Waterloo Park Walk Meet at Feed Café, Waterloo Park Pavilion, NR3 3HX
Fri	6th	10:30	Redwings Horse Sanctuary Redwings, Spa Lane, Aylsham, NR11 6UE
Mon	9th	10:30	Norwich City Centre Walk Meet at the steps in front of City Hall, NR2 1NH
Weds	11th	10:30	Wellbeing Nature Walk – Felbrigg Hall Meet at Felbrigg Car Park, Felbrigg, NR11 8PP
Fri	13th	10:30	Cromer Coastal Path Walk Cromer Pier, Promenade, Cromer, NR27 9HE
Mon	16th	10:30	Dereham Walk St Nicholas Church, corner of Church Street/St Withburga Lane, Dereham, NR19 1DN
Tue	17th	10:30	Fenway River Walk Downham Market (NEW TIME!) Meet outside Downham Market train station, PE38 9EN
Wed	18th	10:30	Great Yarmouth Coastal Path Walk Meet by Munchies Café, Great Yarmouth, NR30 4ET
Fri	20th	10:30	Wymondham Walk Tiffey/Becketswell Car Park, Wymondham, NR18 9PH
Mon	23rd	10:30	Wellbeing Nature Walk - Watton Meet at Watton War Memorial, Thetford Road, IP25 6BQ
Tue	24th	10.30	Thetford Walk The Light Cinema, Bridge Street, Thetford, IP24 3AE
Fri	27th	10:30	Redwings Horse Sanctuary - Caldecott Caldecott Hall, Beccles Road, Fritton, NR31 9EY
Fri	27th	10:30	King's Lynn Riverside Walk (NEW TIME!) Meeting at the Customs House, PE30 1HP

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

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Waveney

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