

October Socials 2021

Weekly socials:

Day & Time	Event...	Location...
Mon 13:30	Virtual Café	Online
Tues 10:00	Running for Wellbeing	Norwich
Tues 14:30	Virtual Arts & Crafts Group	Online
Wed 13:30	'All to Play For' -Men's Football @ FDC	Norwich
Thu 13:30	'All to Play For' -Men's Football @ Goals	Norwich
Thu 14:00	Allotment Group	Lowestoft

All other socials this month:

Date & Time...	Event...	Location...
Fri 1st 10:30	Redwings Social	Aylsham
Mon 4th 11:00	Bump, Baby & Me! (Perinatal social)*	Online
Tue 5th 18:00	Gaming, TV & Film Club	Online
Wed 6th 10:30	Wellbeing Walks	Dereham
Wed 6th 14:00	Kokedama Plant Workshop* (limited places)	Norwich
Wed 6th 13:30	Wellbeing Walks	Lowestoft
Thu 7th 10:30	Wellbeing Walks	Norwich
Thu 7th 14:00	Holland Court Gardening Group	Norwich
Fri 8th 10:30	Wellbeing Walks	Cromer
Tue 12th 18:00	30 mins Meditation with Mevy	Online
Wed 12th 10:30	'AlltoPlayFor' - Men's Football @ Wellesley Rec	Yarmouth
Wed 13th 12:30	Wellbeing Walks	Sandringham
Wed 13th 12:30	Wellbeing Walks	Great Yarmouth
Thu 14th 10:30	Autumn Watch	Online
Fri 15th 10:30	Virtual Café	Online

Socials continue on next page...

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Socials continued:

Date & Time...	Event...	Location...
Mon 18th 10:00	Intro to Socials*	Online
Tue 19th 18:00	Crosswords together	Online
Wed 20th 10:30	Spirituality & Holistic Health	Online
Wed 20th 13:30	Wellbeing Walks	Breydon Water
Thu 21st 14:00	Holland Court Gardening Group	Norwich
Fri 22nd 10:30	Wellbeing Walks	Wymondham
Fri 22nd 13:00	Treat Yo'self (pamper social)	Online
Mon 25th 10:00	Yoga with Emily	Online
Tue 26th 18:00	Quiz Night!	Online
Tue 26th 12:00	Wellbeing Walks	UEA
Wed 27th 10:30	Desert Wellbeing Discs	Online
Wed 27th 13:30	Wellbeing Walks	Bungay
Fri 29th 10:30	Laughter Yoga with Mand	Online
Fri 29th 12:30	Wellbeing Walks	King's Lynn

Our socials are open to anyone aged 16+ with no need to book*, just turn up! and are based upon the '5 Ways to Wellbeing'; These are a set of evidence-based recommendations which, when followed, can improve your mental health and wellbeing.

*Marked socials require booking, see listings on our website for details on how to join these sessions or call reception and ask for someone from the Community Development Team to call you back.

Full details and access to virtual socials [via our website](#).

Any questions? Contact us at socials@wellbeingandw.co.uk

