

Wellbeing Walks

Our Wellbeing Walks are a great way to get out and get active while connecting with others. This is not a therapy session, but an opportunity to make social connections with like-minded people. Our socials are open to anyone aged 16+.

No booking necessary, just turn up!

For casual wanderers and seasoned ramblers alike, everyone is welcome. Please check the weather forecast and dress appropriately.

- **Dereham – Wed 6th Oct, 10:30**
Meeting at Bishop Bonner's Cottage, Dereham NR19 1ED
- **Lowestoft – Wed 6th Oct, 13:30**
Meeting at the South Pier fountains
- **Norwich City Centre – Thu 7th Oct 10:30**
Meeting by the steps of City Hall, St Peter's Street, NR2 1NH
- **Cromer – Fri 8th Oct, 10:30**
Meeting in front of Cromer pier, promenade NR27 9HE
- **Sandringham – Wed 13th Oct, 12:30**
Meeting in front of the Visitors' Centre, Sandringham, PE35 6AB
- **Great Yarmouth – Wed 13th October, 12:30**
Meeting in front of Great Yarmouth Library, NR30 2SH
- **Breydon Water – Wed 20th Oct, 12:30**
Meeting at Back of Great Yarmouth, Asda Car Park, where Breydon Water Reserve starts. NR30 1SF
- **Wymondham – Fri 22nd October, 10:30**
Meeting at Tiffey/Becketswell Car Park, NR18 9PH
- **UEA Broad – Tue 26th October, 12:00**
Meeting outside the Sainsbury Centre for Visual Arts, NR4 7TJ
- **Bungay – Wed 27th Oct, 13:30**
Meeting at Outney Common carpark, Bungay
- **King's Lynn Riverside – Fri 29th, 12:30**
Meeting outside The Customs House, King's Lynn PE30 1ET

