

**August 2019 Wellbeing Associates
Workshop & Socials**



Monday 5th August – Creativi-tea –12.00 p.m– 2.00 p.m

Location: Gateway House, Gateway 11 Business Park, Wymondham

A creative group using various mediums to express yourself. Materials provided, but please feel free to bring anything that you may want to use

No booking required, just turn up.

****PLEASE NOTE THE BELOW WALK REPLACES OUR USUAL CROMER WALK WHICH WILL RETURN POST SCHOOL HOLIDAYS IN SEPTEMBER AS USUAL!*****

Friday 9th August –Meet the Peer Support Workers Walk

10.30 am– 12.00 pm

Location: Meet outside Café Kitale, North Walsham Town Centre

A great opportunity to meet our Peer Support Team whilst walking in the picturesque town of North Walsham. Please note the route is a good steady walk and goes through various paved, rough ground, gradient and steps.

No booking required, just turn up.



Monday 12th August – Arts & Craft/Table Top Games/Coffee & Catch up

Time: 11:00am – 1.00pm

Location: Wellspring Family Centre, 35 Neatherd Rd, Dereham, NR19 2AE

Meet like-minded people in a relaxed, informal setting. Free Tea & Coffee available and a range of activities going on, or just sit and chat in a comfortable, friendly welcoming environment –Feel free to bring a friend.

No booking required, just turn up



a wellspring family centre project

Tuesday 13th August – Waterloo Park Walk & Coffee 10.30am- 12.00pm

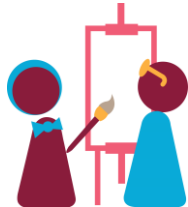
Location – Waterloo Park, Norwich – meet at Britannia Cafe

Join us for a stroll around Waterloo park and the see the work being done to this historic park by the ‘friends of Waterloo park’ volunteers. Followed by refreshments in the beautiful Britannia Café

No booking required, just turn up.



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Thursday 15th August – Creativi-Tea Art group 1.00p.m – 3.00 p.m

Location: North Walsham Library, North Walsham

A creative group using various mediums to express yourself. Materials provided, but please feel free to bring anything that you may want to use.

No booking required, just turn up.

Friday 16th August -Wymondham Abbey Walk, 10.30 a.m–12.00 p.m

Location: Meet at Wymondham Abbey Station Car Park (Becketswell road)

A lovely walk beside the river Tiffey up to Wymondham Abbey, we will also visit a local coffee shop for refreshments. Bring your camera to take some scenic photos!

No booking required, just turn up.



Tuesday 20th August–Table Top Games –2.00 p.m–4.00 p.m

Location : Holland Court, Cathedral Close, Norwich

Join us for an afternoon of table top games. Please do bring along any board or card games that you may like to use. Feel free to bring a friend. **No booking required. Just turn up**

Wednesday 21st August - Whittlingham Wildlife Walk 1.00pm-2.30pm

Location: Whittlingham Car Park, Trowse, Norwich

Join us for a leisurely Wildlife walk around Whittlingham with Sue, our Peer Support Worker. Feel free to bring Binoculars and Cameras. Weather permitting. There is a small charge for car park.

No booking required, just turn up.



For further information or to book a place
please contact **Stella Sloan or Kelvin Colbourn on 01603 252999**
or email us at **cityLAC@nsft.nhs.uk**

**August 2019 Wellbeing Associates
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Tuesday 27th August 10.30 a.m. – 12.00 p.m – Coffee & Catch up

Location : Pensthorpe Café, Pensthorpe Natural Park (just outside of Fakenham)

Join us in the beautiful surroundings of Pensthorpe Natural Park for a coffee/tea and even a slice of delicious cake. If the weather is nice we can sit outside and enjoy the views. Car Park and entry to the café are FREE! Refreshments available to purchase

No booking required, just turn up.



Thursday 29th August – 2.00p.m – 3.30pm Stalham New Friends Group

Location: Stalham Green Surgery, Yarmouth Rd, NR12 9PS

Meet like-minded people in a relaxed, informal setting.

An opportunity to catch up & meet new people in your area. We will supply the Tea & Coffee and there is ample free parking – Feel free to bring a friend!

No booking required, just turn up.



Friday 30th August–Bowling Session –1.00 p.m. – 2.30 p.m.

Location : Bowling House, Dereham Road, Norwich.

Join us for an afternoon of ten pin bowling fun at this exciting new venue. There will be a nominal charge which we will keep to a minimum, details upon booking. Refreshments available to purchase. **Booking required.**



Free Men's Football Weekly!

Every Wednesday @ FDC, Bowthorpe, Norwich 1.30-2.30pm

Every Thursday @ Goals, Hall Road, Norwich 1.30pm-2.30pm

Just turn up and play, free of charge, aged 18yrs +



*******Future Date for Diary *******

Friday 6th September – 10.30am – 12.30pm

New Social Monthly @ Redwings, Aylsham

Free Tea/Coffee, Entrance/Exit Gate attended

