

Date & Time...			Event...	Location...
Tue	5th	10:00	Re-do Craft Social	44 - 48 Magdalen Street, Sackville Place, NR3 1JU
Tue	5th	12:00	Halesworth Volunteers Catch Up	Chinny's, 27 Norwich Rd, Halesworth IP19 8BX
Thur	7th	13:00	Mindful Colouring	St Andrew's Church, Roman Road, Lowestoft, NR32 2DQ
Thur	7th	18:00	Dungeons & Dragons*	Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER (*booking required)
Wed	13th	13:30	Attleborough Café Catch up	The Hideout, Queen's Square, Attleborough, NR17 1AF
Wed	13th	18:00	Online Quiz	Online via our website
Thur	14th	10:30	Norwich Café Catch Up	Merchant's House Café, Fye Bridge St, Norwich, NR3 1LJ
Mon	18th	13:30	Pensthorpe Café Catch up	Pensthorpe Rd, Fakenham, NR21 0LN
Tue	19th	10:30	Theatre Royal Café Social	Theatre Royal, Norwich, NR2 1RL
Wed	27th	10:30	Assembly House Tour*	Theatre Street, Norwich, NR2 1RQ (*booking required)
Wed	27th	18:00	Online Evening Social	Online via our website
Thur	28th	12:30	Café Catch up - Caister	The Rabbit Hutch, Caister On Sea, NR30 5ET

All our socials are based on the '5 ways to wellbeing' and are open to anyone aged 16+ with no need to book unless otherwise stated. No referral needed.

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



for anxiety and depression

SCAN ME

