



# Wellbeing Community Events

## July - September 2025



Norfolk and Waveney  
Talking Therapies

| Day       | Location   | Time       | July | Aug  | Sept |
|-----------|--|------------|------|------|------|
| Monday    | <b>Kings Lynn Social with Family Action</b><br>Family Action Discovery Centre Garden, Columbia Way,<br>Kings Lynn, PE30 2LA                | 10:30      | 7th  | 4th  | 1st  |
|           | <b>My Long-Term Health Condition and Me Social Group</b><br>Louise Hamilton Centre, James Paget Hospital, Gorleston,<br>NR31 6LA           | 14.00      | 14th | 11th | 8th  |
|           | <b>Attleborough Social</b><br>Attleborough Library, Ground Floor, Attleborough<br>Community and Enterprise Centre, Church Street, NR17 2AH | 13.00      | 28th | -    | 22nd |
| Tuesday   | <b>Halesworth Cafe Catch Up</b><br>Chinny's, 27 Norwich Rd, Halesworth IP19 8BX  | 12<br>noon | 1st  | 5th  | 2nd  |
|           | <b>Swaffham Wellbeing Group with Family Action</b><br>Swaffham Community Centre, Campingland, PE37 7RB                                     | 10:00      | 8th  | 12th | 9th  |
|           | <b>Theatre Royal Café Social</b><br>Theatre Royal, Theatre Street, Norwich, NR2 1RL  | 10.30      | 15th | 19th | 16th |
| Wednesday | <b>Norwich Evening Social</b><br>Marzanos, The Forum, NR2 1TF  | 17.00      | 9th  | 13th | 10th |
|           | <b>Norwich Evening Warhammer Craft Social</b><br><b>*booking required*</b><br>Wellbeing Hub, Holland Court, Norwich, NR1 4DY               | 18.00      | 23rd | 27th | 24th |
| Thursday  | <b>Dungeons &amp; Dragons One Shot *booking required*</b><br>Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER                          | 18.00      | 3rd  | 7th  | 4th  |
|           | <b>Hoveton Café Catch Up</b><br>Café 98, EACH Charity Shop, Station Road, NR12 8UR   | 11:30      | 10th | 14th | 11th |
|           | <b>Origami Social - Folding for Pride</b><br>REST Hub Norwich, 71 Bethel Street, NR2 1NW   | 18:00      | 17th | -    | -    |
| Friday    | <b>Caister Café Social</b><br>The Rabbit Hutch, Caister On Sea, NR30 5ET   | 10:30      | 4th  | 1st  | 5th  |
|           | <b>Norwich Café Social</b><br>Merchant's House, Fye Bridge St, NR3 1LJ   | 10:30      | 11th | 8th  | 12th |

All of our socials are open to anyone 16+ with no need to book unless specified, which can be done on the email below. Socials are very informal and you're welcome to stay for as long as you like. Online socials can be accessed via our website.

Any queries please email us: [cdcteam@norfolkandwaveneymind.org.uk](mailto:cdcteam@norfolkandwaveneymind.org.uk)

Website: [www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)



for anxiety and depression