

Social Events March 2022

Weekly socials this month:

Day & Time	Event...	Location...
Mon 13:30	Virtual Café	Online
Tue 10:00	Running for Wellbeing	Eaton Park Bandstand
Tue 13:00	All to Play For – Men's Football Group	Alive Lynnsport
Tue 14:30	Virtual Arts & Crafts	Online
Wed 13:30	All to Play For – Men's Football Group	FDC, Norwich
Thu 13:00	Allotment Group	Lowestoft
Thu 13:30	All to Play For – Men's Football Group	Goals, Norwich

Every
Week!

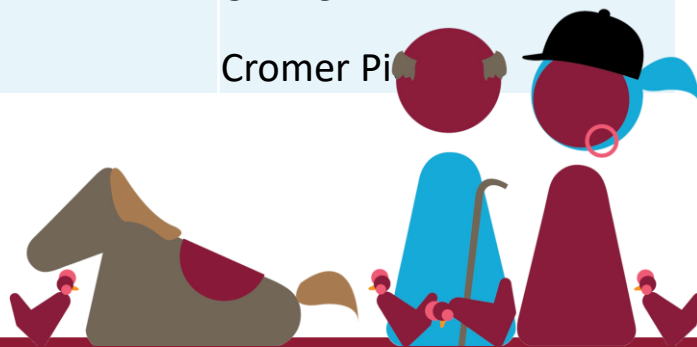
All other socials this month:

Date & Time...	Event...	Location...
Tue 1st 18:00	Meditate with Mevy	Online
Wed 2nd 13:00	Wellbeing Walks - Lowestoft	South Pier
Fri 4th 10:30	Redwings Social	Aylsham
Mon 7th 10:30	Wellbeing Walks – Norwich City	Norwich City Hall
Wed 9th 12:30	Wellbeing Walks - Sandringham	Visitors Centre
Wed 9th 12:30	Wellbeing Walks- Great Yarmouth	Great Yarmouth
Thu 10th 10:30	Book Chat	Online
Thu 10th 18:00	NEW! - Creative Writing Workshop with Norwich Theatre	Online
Fri 11th 10:30	Wellbeing Walks - Cromer	Cromer Pi

Week
1

Week
2

Socials continue on next page...



Social Events March 2022

Socials continued:

Date & Time...	Event...	Location...
Tue 15th 18:00	Crosswords	Online
Wed 16th 13:00	Wellbeing Walks - Bungay	Outney Common
Fri 18th 10:30	Wellbeing Walks - Wymondham	Tiffey Car Park
Mon 21st 10.00	Yoga with Emily	Online
Tue 22nd 10:30	NEW! - Poetry Workshop with Norwich Theatre	Online
Wed 23rd 14:00	Gardening in the City	Holland Court, Norwich
Fri 25th 10:30	Laughter Yoga with Mand	Online
Fri 25th 12:30	Wellbeing Walks - Riverside King's Lynn	Customs House
Mon 28th 10:30	Wellbeing Walks - Earlham Park	Earlham Carpark
Tue 29th 18:00	Quiz	Online

Week
3

Week
4

Week
5

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.

Full details and access to virtual socials [via our website](#).
Any questions? Contact us at socials@wellbeingandw.co.uk

