

## Wellbeing Socials July 2021

Date & Time...	Event...	Location...
Thu 1st 10:30	'Treat Yo' Self' Pamper Social	Online
Thu 1st 14:00	<b>Holland Court Gardening Group – NEW!</b>	Norwich
Thu 1st 14:00	<b>Wellbeing Allotment Day – NEW!</b>	Lowestoft
Fri 2nd 10:30	Spirituality and Holistic health	Online
Mon 5th 11.00	Bump, Baby and Me	Online
Mon 5th 13:30	Virtual Café	Online
Tue 6th 10:30	<b>Wellbeing Walks – NEW!</b>	Norwich
Tue 6th 14:30	Virtual Arts and Crafts	Online
Tue 6th 18:00	Women's Group	Online
Wed 7th 10:30	Mindful Movement	Online
Wed 7th 10:30	<b>Wellbeing Walks – NEW!</b>	Dereham
Thu 8th 10:30	What Works For Me	Online
Thu 8th 14:00	<b>Wellbeing Allotment Day – NEW!</b>	Lowestoft
Fri 9th 10:30	Wellbeing Walks	Cromer
Mon 12th 10:00	Online Introduction to Socials	Online
Mon 12th 13:30	Virtual Café	Online
Tue 13th 14:30	Virtual Arts and Crafts	Online
Tue 13th 18:00	Virtual Café	Online
Wed 14th 10:30	Meditation with Mevy	Online
Wed 14th 12:30	<b>Wellbeing Walks – NEW!</b>	Great Yarmouth
Thu 15th 14:00	<b>Holland Court Gardening Group – NEW!</b>	Norwich
Thu 15th 14:00	<b>Wellbeing Allotment Day – NEW!</b>	Lowestoft
Fri 16th 10.30	Desert Wellbeing Discs	Online



More on the next page

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Date & Time...	Event...	Location...
Mon 19th 10:00	Yoga With Emily	Online
Mon 19th 12:30	<b>Wellbeing Walks – NEW!</b>	Hunstanton
Mon 19th 13:30	Virtual Café	Online
Tue 20th 14:30	Virtual Arts and Crafts	Online
Tue 20th 18:00	Dads/Mens Club	Online
Wed 21st 12:30	<b>Wellbeing Walks – NEW!</b>	Halesworth
Thu 22nd 10:30	Virtual Café	Online
Thu 22nd 14:00	<b>Wellbeing Allotment Day – NEW!</b>	Lowestoft
Fri 23rd 10:30	<b>Wellbeing Walks – NEW!</b>	Wymondham



Mon 26th 13:30	Virtual Café	Online
<b>Tue 27th 12:00</b>	<b>Wellbeing Walks – NEW!</b>	Norwich
Tue 27th 14:30	Virtual Arts and Crafts	Online
Tue 27th 18:00	Quiz	Online
<b>Thu 29th 10:30</b>	<b>Wellbeing Walks – NEW!</b>	King's Lynn
<b>Thu 29th 14:00</b>	<b>Holland Court Gardening Group – NEW!</b>	Norwich
<b>Thu 29th 14:00</b>	<b>Lowestoft Allotment Day – NEW!</b>	Lowestoft
Fri 30th 10:30	Laughter Yoga	Online



Day & Time	Event...	Location...
Tuesdays 10:00	<b>Running for Wellbeing – NEW!</b>	Norwich
Wednesdays 13:30	<b>ATPF Men's Football @ Bowthorpe – NEW!</b>	Norwich
Thursdays 13:30	<b>ATPF Men's Football @ Goals – NEW!</b>	Norwich



Our socials are open to anyone aged 16+ with no need to book 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](https://www.wellbeingnandw.co.uk). Any questions? Contact us at [socials@wellbeingnandw.co.uk](mailto:socials@wellbeingnandw.co.uk)