

Wellbeing Walks March 2024

Date & Time...			Walk...	Meeting Point...
Mon	4th	10:30	North Walsham	Market Cross, Church Street, NR28 9BS
Tue	5th	10:30	Diss	Frenze Beck Nature Reserve, Sawmills Road, IP22 4GG
Wed	6th	10:30	Hunstanton	Princess Theatre, Hunstanton PE36 5AH
Thur	7th	10:30	Waterloo Park	Meet at Feed Café, Waterloo Park Pavillion, Angel Road, Norwich, NR3 3HX
Fri	8th	10:30	Cromer	Cromer Pier, Promenade, Cromer NR27 9HE
Mon	11th	10:30	Norwich	City Hall, St Peters St, Norwich NR2 1NH
Mon	11th	12:30	Castle Rising	St Lawrence's Church, Castle Rising, PE31 6AG
Tue	12th	12:00	Sheringham	2 Station Rd, Sheringham NR26 8RE
Fri	15th	10:30	Great Yarmouth	Marina Centre, Marine Parade, GY, NR30 2ER
Fri	15th	10:30	Wymondham	Tiffey/Becketswell Car Park, Wymondham, NR18 9PH
Mon	18th	10:30	Dereham	St Nicholas Church, Church Street, Dereham, NR19 1DN
Tue	19th	10:30	Downham Willows Nature Reseve	Town Hall, Bridge Street, PE38 9DW
Wed	20th	10:30	Felbrigg	Felbrigg Car Park 'Welcome Hut' NR11 8PP
Thur	21st	13:00	Lowestoft	Boating Lake, Kensington Gardens, Lowestoft NR33 0HY
Fri	22nd	10:30	Riverside King's Lynn	Customs House, Purfleet Quay, King's Lynn PE30 1HP
Mon	25th	12:00	Carlton Marshes	Meet at Visitor Centre, Carlton Marshes, Burnt Hill Lane, Carlton Colville NR33 8HU
Tue	26th	10:30	Thetford	The Light Cinema, Bridge Street, Thetford, IP24 3AE
Tue	26th	12:00	Gorleston Coastal Walk	Marine Parade Car Park, Gorleston-on-Sea, NR31 6EZ

All our walks are open to anyone aged 16+ with no need to book. Our walks include a café visit, you are welcome to join us just for a cuppa if you don't fancy the walk!

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



for anxiety and depression

SCAN ME

