Norfolk: 10 - 16 June 2019

www.norfolk.gov.uk
There is growing evidence that engagement in activities like dance, music, drama, painting and reading help ease our minds and heal our bodies. It is most encouraging to see just how much potential and ambition there is for joined up action on this vital work in Norfolk.

Sir Nicholas Serota, Chair, Arts Council England

Follow us on Twitter for daily updates

Norfolk Creativity and Wellbeing Week 2019: @CreativeNorfolk
Norfolk Arts Forum: @NCCArtsService

If you need this form in large print, audio, Braille, alternative format or in a different language please contact the Norfolk Arts Service on: Telephone 01603 222941
Email arts@norfolk.gov.uk and we will do our best to help.
Welcome to Norfolk Creativity and Wellbeing Week 2019!

A big thank you to all the organisations which have collaborated so generously to create this week-long celebration across Norfolk show-casing the many ways in which creativity impacts positively on our health and wellbeing. In this inaugural programme for people of all ages, you will find over 75 events including: open days, craft and print-making taster sessions, film and theatre performances, singing workshops, stitching and writing for wellbeing, exhibitions, talks, professional development sessions and more.

The Week is part of our ongoing work to encourage and support greater collaboration between our arts, culture, heritage and health partners. It is also part of a series of events promoted by London Arts in Health Forum and the Culture, Health and Wellbeing Alliance who are working together to build on the enormous success of the London Creativity and Wellbeing Week which has been expanded to become a national event from 2019.

As outlined in Norfolk’s Joint Health and Wellbeing Strategy 2018-22, Norfolk’s museums, libraries, archives, arts organisations, creative enterprises, artists, community learning centres and sports play a key role in supporting our health and wellbeing through the provision of:

- Inclusive participatory events and activities for people of all ages;
- Outstanding collaborative programmes including Kick the Dust, Our Day Out and Change Minds;
- Excellent volunteering; learning and skills development opportunities;
- Welcoming, enriching spaces and world-class museum and archive collections;
- Professional development for arts, health and social care professionals.

We hope you enjoy discovering something new and inspiring to do this week and remember that there is a wealth of creative activity happening across Norfolk not just this week but every week of the year (See pages 24-27 for further details).

**Clr. Margaret Dewsbury**

**Cabinet Member - Communities and Partnerships**

**Norfolk County Council**
Wednesday 12 June 2019

12:00  Registration and Welcome Refreshments

12:30  Artists Practicing Well

Nicola Naismith, Artist, Coach, Mentor, Researcher, Writer, AHRC Researcher: Affective Support for Creative Practitioners working in Participatory Arts for Health and Wellbeing / Gray’s School of Art / Robert Gordon University

Artists Practicing Well is a presentation and workshop session. Nicola Naismith will present her recent research which explores affective support for creative practitioners working in health and wellbeing settings - what they are offered, what they do for themselves and what they would like to be able to access in the future. This will lead into a workshop exploring different types of support and ways of initiating conversations about support from both practitioner and commissioner perspectives.

14:00  Refreshments and Networking

14:30  Culture, Health and Wellbeing Alliance (CHWA) and the Culture, Health East Network

Alexandra Casey, Co-Director, Suffolk Artlink

The Culture, Health and Wellbeing Alliance is a new national sector support organisation representing everyone who believes that cultural engagement can transform our health and wellbeing. Alex Casey, Co-Director of Suffolk Artlink is our regional representative for the Alliance. She will be telling us more about the role of the organisation and the range of support it provides. She will also be telling us about the Culture Health East Network and how you can get involved.

15:30  Refreshments and Networking

16:00  ‘Our Day Out’

Natalie Jode, Director, Creative Arts East

Creative Arts East (CAE) was successful in attracting highly competitive Spirit of 2012 funding to deliver Our Day Out, a unique dementia-friendly creative arts initiative for rurally-isolated older people. The three-year programme (2017-19) provides opportunities for people to engage creatively through fortnightly participatory music and dance sessions in rural communities across Breckland and North Norfolk. CAE works in partnership with outstanding local and national dance and music partners, including Rambert, to deliver Our Day Out and to share learning and creative output with the wider community through celebratory events. Natalie will be presenting the outcomes and findings from the evaluation of the first three years of the project.

17:00  Finish

Both days will take place in the Green Room at the Norfolk Record Office, Archive Centre, Martineau Lane, Norwich NR1 2DQ
Thursday 13 June 2019

09:00  Registration and Welcome Refreshments

09:15  Funding for Culture and Wellbeing Projects

1. Norfolk Community Foundation

This session will outline local funding support available for charitable organisations delivering community health and wellbeing projects. It will be run by the Norfolk Community Foundation.

2. Robyn Llewellyn, Head of Engagement, England, Midlands & East, National Lottery Heritage Fund (NLHF)

Robyn will give an overview of the new NLHF Strategic Funding Framework for 2019 - 24, with a particular focus on the new outcome ‘People will have greater wellbeing’. “We want to encourage exciting new approaches and partnerships between organisations working in heritage and those with broader health and wellbeing aims, helping individuals to be more active and feel more satisfied with life”.

10:30  Refreshments and Networking

11:00  The Restoration Trust’s Cultural Therapy Approach to Using Archive and Museum Collections, Landscape and Archaeology

Laura Drysdale FRSA, Director, Restoration Trust

The Restoration Trust works in partnership with heritage/arts and health/social care partners to offer ‘culture therapy’ programmes for people with mental health problems. This helps participants to enjoy heritage, art and culture in a safe, creative, impactful and effective way. The Trust draws on resources and expertise from archives, archaeology, the historic environment, museums, visual art, music, creative writing and digital arts. Laura Drysdale, Director will be talking about the Trust’s unique approach to using heritage and creativity for mental wellbeing.

13:00  Finish

*Our Day Out: Music & Dance Workshops for Older People, Creative Arts East*

*Restoration Trust workshop*
### Monday 10 June

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<td>Hands-on History, Time and Tide Museum</td>
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<td>Sewing the Stories of Lynn, Stories of Lynn Museum, King’s Lynn</td>
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<td>Keep Calm and Colour – Adult Colouring Group, The Millennium Library, Norwich</td>
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<td>Performance of Connie’s Colander, by Gaye Poole, Gaywood Library</td>
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<td>Arts &amp; Wellbeing Course - Introduction &amp; Taster session, Artpocket, Norwich</td>
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<td>Stories of Lynn Open House, Stories of Lynn Museum, King’s Lynn</td>
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<td>Art Café Open Day, Abbey Neighbourhood Centre, Thetford</td>
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<tr>
<td>Making at the Marsh, create small artworks from air-drying clay, Burgh Castle</td>
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**All events are FREE unless otherwise stated**
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<td>Hidden Gems, King’s Lynn Borough Archives</td>
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<td>Drop in and Draw, The Millennium Library, Norwich</td>
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<td>‘Drop in, join in, have fun’ with Thalia Theatre, St Saviour Church, Magdalen Street, Norwich</td>
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<td>Young Carers Print making session, Stories of Lynn Museum, King’s Lynn</td>
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<td>Paper Works* - Printing for Wellbeing, The Fisher Theatre, Bungay</td>
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<td>Mental Health Conference, East Coast College, Great Yarmouth Campus</td>
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<td>‘Moods in the Wood’ film making workshop for young carers, Gressenhall Farm and Workhouse</td>
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<td>After Hours at the Museum of Norwich – Lino Printing Workshop, Museum of Norwich</td>
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<td>Performance of Connie’s Colander, by Gaye Poole, Dereham Library and Wymondham Library</td>
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*Our Day Out: Music & Dance Workshops for Older People, Creative Arts East*
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<td>Walk: Discover Hanseatic Lynn with Dr Paul Richards, The Customs House, King’s Lynn</td>
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<td>Digital Photography Session, Stalham Library</td>
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<td>Disrupt Preconceptions: Women Over 40, The Shoe Factory, St. Mary’s Works, Norwich</td>
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<td>Needlefelt Workshop, The Corn Hall, Diss</td>
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<td>Yoga + Fire in the Woods and more! Whitlingham Country Park, Norwich</td>
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<td>Launch of ‘The HumaniTea Party’ Exhibition, OPEN Café, Norwich</td>
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<td>Talking Textiles Family Event for Looked after Children and Young Carers, Gressenhall Farm and Workhouse</td>
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<td>Puppet Party, Norwich Puppet Theatre, Norwich</td>
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<td>Wild Walking and Mindful Making, Burgh Castle</td>
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<td>Sunday 16 June</td>
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<td>Sunday Morning Sketch Session, Time and Tide Museum, Great Yarmouth</td>
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For further information on all the events listed in the programme please contact the individual organisers directly.
Arts & Wellbeing Course Introduction & Taster session
Art Pocket
11 June
14:30 - 17:30
Artpocket, Second Floor, Lion House, Muspole Street, Norwich NR3 1DJ
Find out more about this exciting new course aimed at those wishing to deliver wellbeing through creative practice. Meet the team, find out about the course structure and take part in a practical creative session. Please note that the Artpocket studios are not wheelchair accessible, please contact them for further information:
info@artpocket.co.uk
www.artpocketuk.weebly.com
‘Drop in, join in, have fun’ Thalia Theatre Open Day
Thalia Theatre
12 June
10:30 - 14:30
St Saviour Church, Magdalen Street, Norwich NR3 1AA
A drop in event with activities throughout the day. Thalia is an independent educational ‘arts’ related learning provider for disabled people with physical and sensory impairments and learning difficulties in particular but not exclusively. They provide learning opportunities during the day for adults (post 18 years) and evening and weekend activities for adults, young people and children.
www.thaliatheatre.co.uk

The Garage Creative Classes Taster sessions
The Garage
10 - 16 June
From 8:30 All Day
The Garage, 14 Chapel Field North, Norwich NR2 1NY
Try one of The Garage’s creative classes for free between 10 - 16 June. With over 70 classes to choose from, including Seated Pilates, Singing 50+, Contemporary Dance, Ballet, Toddler Dance and more. Come along and try something new. Subject to availability. Tasters are open for booking from Wednesday 1 May.
For more information visit: www.thegarage.org.uk
Call 01603 283382 to book.

Arts in Health at the Theatre Open Day
Stage Two, Norwich Theatre Royal
13 June
12:00 - 15:00
Stage Two, Norwich Theatre Royal, Theatre St, Norwich NR2 1RL
Come along and see the variety of activities on offer for everyone interested in supporting good physical, emotional and social health through the arts. Find out more about the theatre’s regular activities including dance, singing, drama and theatre; as well more targeted provision supporting the likes of mental health, loneliness, dementia and autism. Further details available at www.theatreroyalnorwich.co.uk
Art in the Minster
Great Yarmouth Arts Festival Exhibition
7 - 16 June
10:00 - 16:30 Daily
Great Yarmouth Minster, Church Plain, Great Yarmouth NR30 1NE
Exhibition of paintings and photographs by local artists many of which are for sale. Throughout the exhibition there will be demonstrations of painting, drawing and photography.
www.greatyarmouthartsfestival.co.uk

Cloth of Kindness Health and Wellbeing Exhibition and Workshops
9 - 16 June, Private View Sunday 9 June
13:00 - 17:00 Daily
The Burning Bush Barn Contemplative Arts Space, Rockland St Mary, Norfolk NR14 7EY
Textile exhibition show-casing the work of the Cloth of Kindness Project made over the last three years and new creative work, plus a range of workshops for artists, writers and healthcare professionals.
Cloth of Kindness Facebook Page

Pride of the People’ Exhibition
Norfolk Museums Service
10 - 15 June
10:00 - 17:00 Daily
Gressenhall Farm and Workhouse Gressenhall, Beetley, Dereham NR20 4DR
Included in museum admission price.
Curated by Ancient House Teenage History Club this exhibition explores queer people and queer experience in Thetford in the past, through objects, images and text. The exhibition includes the stories of Princess Catherine Duleep Singh and Lina Schafer, Robert Carlton, an 18th Century tailor and Justin Fashanu, the first openly gay professional footballer.
www.museums.norfolk.gov.uk

Stitch Together Exhibition
Barrington Farm and ArtatWork Exhibition
10 - 14 June
10:00 - 17:00 Daily
Barrington Farm, Walcott, Norfolk NR12 0PF
Stitch Together is a textile project based on researching folk art and (the genre known as) outsider art. It brings two artistic communities together - Barrington Farm, a supported arts studio in North Norfolk and Well Arty, an arts and wellbeing group for women run by ArtatWork based in Norwich. The Well Arty women were invited to Barrington Farm where they were taught textile based skills by some of the Barrington Farm Artists to learn about their artistic practice and processes. This exhibition will showcase the fine art and textile pieces made by the Well Arty group in their weekly sessions over an eight-month period. It includes screen printing, applique, batik, sashiko and shibori techniques alongside textile work made by the Barrington Farm Artists. The exhibition is open from 28 May until 14 June.
www.barringtonfarm.com
Connie’s Colander, by Gaye Poole
Norfolk Library and Information Service

Connie is a retired domestic science teacher. Emily, her daughter, is enjoying hosting her first TV cookery show: Connie’s Colander, bringing her mother’s recipes onscreen and up to date. Sensitively, with humour and tenderness, this newly written play traces the evolving relationship throughout their lives, and the impact of Connie’s Alzheimer’s. Can their relationship, and the TV show, survive?

Running time 50 mins. Plus a 20 minute post-show Q&A with a Dementia specialist.

Pay what you can afford

There are 5 performances during Norfolk Creativity and Wellbeing week, showing at these libraries:

Great Yarmouth Library, Monday 10 June at 2pm
Gaywood Library, Tuesday 11 June at 1.30pm
Dereham Library, Thursday 13 June at 11am
Wymondham Library, Thursday 13 June at 4.30pm
Thetford Library, Friday 14 June at 3.30pm

www.norfolk.gov.uk

Team Viking – Live Theatre in a Pub
Creative Arts East

12 June

Doors Open: 19:00, Start Time: 20:00

Tickets: £5.00. Box Office: 01328 856161

Sculthorpe Mill Pub, Lynn Road, Sculthorpe, Fakenham, Norfolk NR21 9QG

Five years ago, James’s best friend Tom was diagnosed with heart cancer and given three months to live. His last wish was to be given a full viking burial. This is the remarkable, hilarious, heart-lifting and outlandish story of how James actually gave his best mate the send-off he wanted. Originally developed at the Vaults Festival where it won the Origins Award, Team Viking was one of the runaway hits of the 2016 Edinburgh Festival, combining storytelling, music and comedy-theatre to rave reviews.

This event is part of Creative Arts East’s Inn Crowd project – which brings professional live literature performances to rural pub settings

www.creativeartseast.co.uk
www.sculthorpemillnorfolk.com

Organ Recital in Great Yarmouth Minster by Martyn Marshall

Great Yarmouth Arts Festival
12 June

12:30 start

Great Yarmouth Minster, Church Plain, Great Yarmouth NR30 1NE

www.greatyarmouthartsfestival.co.uk

ELECTROLYTE (Wildcard Theatre Company)

Norwich Playhouse

14 June

19:30 - 20:40 - 70 minutes (no interval)

Norwich Playhouse, 42 - 58 St. George’s Street
Norwich NR3 1AB

Tickets: £15.00 / £10.00 Students & Under 25s

Written in spoken word poetry and underscored entirely by original music created live, Electrolyte is an explosive piece of gig theatre exploring grief, depression and psychosis. The show is performed by six multi-instrumentalists who seamlessly integrate live music with expert storytelling. Electrolyte is the 2018 winner of the Mental Health Fringe Award, The Stepladder Award, The LET Award, The Voice Mag Pick of The Fringe Award and the Pleasance Best Newcomer Award.

www.wildcardtheatre.co.uk/current-productions/electrolyte

Box Office: 01603 598 598

Book online: www.norwichplayhouse.co.uk
Great Yarmouth Arts Festival 2019
7 - 16 June
Multiple events at various locations in Great Yarmouth
A festival of music, visual arts, theatre, literature and heritage starting with a Carnival, Community Fair and Festa Fiesta on Saturday 8 June.
www.greatyarmouthartsfestival.co.uk

Singing Workshop for Health & Wellbeing
Sing your Heart Out
10 June
14:00 - 15:00
Wells Library, Station Rd, Wells-next-the-Sea NR23 1EA
In partnership with Norfolk Library and Information Service, ‘Sing Your Heart Out’ is running a free singing workshop for Health & Wellbeing. Glorious harmonies, upbeat rhythms, songs to lift the spirits, beginners welcome. A warm welcome awaits anyone who loves singing in good company.
www.norfolk.gov.uk
www.syho.org

Knit and Natter
Norfolk Library and Information Service
10 June
11:00 - 13:00
Long Stratton Library, The Street, Long Stratton, Norwich NR15 2XJ
Knit, learn to knit and have a chat with other friendly people from your community.
www.norfolk.gov.uk

Just a Cuppa – Adult Colouring and Games Session
Norfolk Library and Information Service
10 June
14:00 - 16:00
Dereham Library, 59 High St, Dereham NR19 1DZ
Drop in for a friendly chat and a cuppa over a board game or relaxing colouring activity. All welcome. Every Monday.
www.norfolk.gov.uk

Arts and Crafts session
Norfolk Library and Information Service
10 June
10:30 - 12:30
Cromer Library, Prince of Wales Rd, Cromer NR27 9HS
Come along and meet new people. Spend a relaxing morning being creative. Bring along your own project or use the materials provided. No experience necessary.
www.norfolk.gov.uk

Drawn Together – Craft Workshop
Norfolk Library and Information Service
10 June
16:00 - 18:00
North Walsham Library, New Rd, North Walsham NR28 9DE
Weekly creative arts and crafts workshops for all. Suitable for all ages and abilities. Refreshments provided. Free workshop, but donations are welcome. Booking advised but not essential - call 01692 402482
www.norfolk.gov.uk

Crafts Session
Norfolk Library and Information Service with Norfolk Community Learning Services
10 June
10:00 - 12:00
Acle Library, Bridewell Lane, Acle NR13 3RA
Join us for a cuppa and a friendly free crafts session. Try your hand at origami, make your own greeting cards, a collage or use your creativity to decide what to make on the day. Sessions are free, fun and informal. We hope to see you there!
www.norfolk.gov.uk
Exploring Watercolour – Colour Mood

NCC Norfolk Community Learning Services
10 June
10:00 - 12:00

**£20 per person**

Wensum Lodge, 169 King St, Norwich NR1 1QW

Explore ways to express colour mood in watercolour painting. Using the transparent qualities of watercolour, you will learn to layer and mix colours to evoke emotion in a picture. 2 hour session held in a relaxed and friendly environment in Riverside Art Studio, overlooking the river Wensum.

[www.norfolk.gov.uk](http://www.norfolk.gov.uk)

Hands-on History

Norfolk Museum Service
10 June
10:30 - 12:30

**Museum admission only: Adult £6.20, Conc £5.90, Child (4 -18) £5.30, Family + 2 adults £21.80, Family + 1 adult £16.35.**

Time and Tide Museum, Blackfriars' Rd, Great Yarmouth NR30 3BX

Informal object handling exploring memories of Great Yarmouth, followed by an easy and accessible highlights tour around the galleries.

[www.museums.norfolk.gov.uk/time-tide](http://www.museums.norfolk.gov.uk/time-tide)

Sewing the Stories of Lynn

10 June
13:00 - 16:00

Stories of Lynn Museum, Town Hall Complex, Saturday Market Place, King’s Lynn PE30 5DQ

“Sewing the Stories of Lynn” is a friendly group of stitchers who enjoy making historic clothing for use in the Stories of Lynn Museum. We meet at 1 - 4pm on Mondays. We up-cycle clothing and donations of fabrics to make costumes for adults and children to wear whilst in the museum. Join us for the afternoon and have a go at making something with us. Come on 10 June and you might like to join us regularly.

[www.storiesoflynn.co.uk](http://www.storiesoflynn.co.uk)

Knit and Natter

Norfolk Library and Information Service
10 June
14:00 - 16:00

Watton Library, George Trollope Rd, Watton, Thetford IP25 6AS

Join a group to share ideas and knowledge about knitting and enjoy a cuppa.

[www.norfolk.gov.uk](http://www.norfolk.gov.uk)

Dementia Café

The Corn Hall
10 June
10:00 - 13:00

Waveney Room, The Corn Hall, 10 St Nicholas St Diss IP22 4LB

Our Dementia Cafés provide support to people with dementia and their carers in a relaxed, café-style setting, providing a chance to meet others, enjoy activities and gain support. Reminiscence items are used to aid interaction, conversation and laughter. Carers may remain with those they care for throughout the session, or break away into another room to discuss issues relating to their caring role and provide mutual support.

[www.thecornhall.co.uk](http://www.thecornhall.co.uk)

Art Café Open Day

Keystone Development Trust
11 June
10:30 and 13:00

Abbey Neighbourhood Centre, Exeter Way, Thetford IP24 1EE

The Art Café runs every Tuesday. It is a drop in group for people living in the locality of Abbey Estate, Thetford. The group will be displaying their art to members of the public who would like to see how the group works. Visitors can join in the activity of the day.

[www.keystonetrust.org.uk](http://www.keystonetrust.org.uk)
Keep Calm and Colour – Adult Colouring Group
Norfolk Library and Information Service
11 June
10:00 - 12:00
The Millennium Library (first floor), The Forum, Millennium Plain, Norwich NR2 1AW
Colouring is an easy way to calm the mind. Come along to this group to make new friends and relax. Colouring sheets and pens provided plus a warm welcome from our helpful volunteers.
www.norfolk.gov.uk

Crochet Yourself Healthy
NCC Norfolk Community Learning Services
11 June
12:30 - 16:30
Wensum Lodge, 169 King St, Norwich NR1 1QW
£20 per person
This is a 2 hour taster event to have a go at Crochet and make some crocheted flowers to take home. Come along and find out about the benefits which Crochet and knitting can have on mental well-being. Held in a relaxed and friendly environment in the Historic Music House at Wensum Lodge, Norwich. To enrol, please visit the NCLS website:
www.norfolk.gov.uk/adultlearning

Free Music & Dance Workshops for Older People
Our Day Out, Creative Arts East
11 June
13:00 - 15:00
Women’s Institute Hall, Church Plain, Wells-next-the-Sea NR23 1EQ
Creative Arts East run free regular workshops across Norfolk that help older people (including carers, those living with a dementia and other long-term health conditions) participate in high-quality creative activities. The workshops have a hugely positive impact in terms of improving wellbeing and decreasing loneliness and isolation amongst participants.
www.creativeartseast.co.uk/projects/our-day-out

North Walsham People’s Choir
New Stages
11 June
19:00 - 20:30
£3 per person
Sacred Heart Parish Hall, (Catholic Church Hall) Park Lane, North Walsham NR28 9JP
We are an energetic group of people who enjoy singing together. No previous experience is necessary and we’ll make you feel most welcome in our range of abilities, voices and ages (adult). We sing a wide range of songs – from pop, rock, the musicals and some world music too. Most importantly we sing for fun and our wellbeing; singing can do amazing things to us - both for our mind and our body.
www.new-stages.co.uk/northwalshampeopleschoir

Gardening Club
Norfolk Library and Information Service
11 June
10:00 - 12:00
Great Yarmouth Library, Tolhouse St, Great Yarmouth NR30 2SH
Could you help us care for our garden? Come and join us and make new friends and pick up some great gardening tips.
www.norfolk.gov.uk

Our Day Out: Music & Dance Workshops for Older People, Creative Arts East. Photo: Anita Staff
<table>
<thead>
<tr>
<th>Event Name</th>
<th>Organizers</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Description</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Crochet Club</td>
<td>Norfolk Library and Information Service</td>
<td>11 June</td>
<td>14:00 - 16:00</td>
<td>Poringland Library, Overtons Way, Poringland, Norwich NR14 7WB</td>
<td>All levels of expertise welcome. Glad to help if you are new to crochet.</td>
<td><a href="http://www.norfolk.gov.uk">www.norfolk.gov.uk</a></td>
</tr>
<tr>
<td>Making at the Marsh</td>
<td>Broads Authority</td>
<td>11 June</td>
<td>13:00 - 15:00</td>
<td>Burgh Castle, Butt Lane, Burgh Castle, Great Yarmouth, Norfolk NR31 9QB</td>
<td>Working with local artist, Ian Brownlie, to create small artworks from air-drying clay either while sitting above the marshes or while walking along the boardwalk by the reeds at Burgh Castle. This is a quiet, therapeutic activity including a walk from the fort to the church, taking in the rustle of the dried reeds swaying in the winds off Breydon water and the bird song across the marsh. This event is part of the Water, Mills and Marshes: Broads Landscape Partnership Scheme.</td>
<td>watermillsandmarshes.org.uk</td>
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<tr>
<td>Stories of Lynn Open House Family Learning Activities</td>
<td>Stories of Lynn Museum</td>
<td>11 June</td>
<td>10:00 - 16:30</td>
<td>Stories of Lynn Museum, Town Hall Complex, Saturday Market Place, King’s Lynn PE30 5DQ</td>
<td>This museum is a “Must See” as it was built in 1421 and houses treasures that tell the stories of Lynn over its 800-year history. For a special treat the museum has some great Family Learning activities on offer and entry is free. Come and visit, sit and chill, enquire and investigate – being creative and feeling well all under one roof!</td>
<td><a href="http://www.storiesoflynn.co.uk">www.storiesoflynn.co.uk</a></td>
</tr>
<tr>
<td>Knit &amp; Natter</td>
<td>Norfolk Library and Information Service</td>
<td>12 June</td>
<td>10:30 - 12:00</td>
<td>Holt Library, 9 Church St, Holt NR25 6BB</td>
<td>If you fancy having a chat to others while sharing knitting tips and patterns, come along for our Knit and Natter.</td>
<td><a href="http://www.norfolk.gov.uk">www.norfolk.gov.uk</a></td>
</tr>
<tr>
<td>Drop in and Draw</td>
<td>Norfolk Library and Information Service</td>
<td>12 June</td>
<td>14:10 - 16:30</td>
<td>The Millennium Library (first floor), The Forum, Millennium Plain, Norwich NR2 1AW</td>
<td>From mark making, doodling, sketching to watercolour painting. We can offer it all. Just drop in to the 1st floor and our friendly volunteers will get you started on some creative works of art. All materials provided.</td>
<td><a href="http://www.norfolk.gov.uk">www.norfolk.gov.uk</a></td>
</tr>
<tr>
<td>Playing For Cake! Community Singing and Music Making Workshop</td>
<td>Norfolk Library and Information Service</td>
<td>12 June</td>
<td>16:00 - 18:00</td>
<td>The Hub café at Sheringham Little Theatre, 2 Station Rd, Sheringham NR26 8RE</td>
<td>Free and Fun Community Singing and Music Making Workshop</td>
<td><a href="http://www.playingforcake.co.uk">www.playingforcake.co.uk</a></td>
</tr>
</tbody>
</table>

All events are FREE unless otherwise stated.
First Man – Community Cinema Screening

12 June
10:30 (Doors open 10:00)
19:30 (Doors open 19:00)

General Admission £5
Concessions £2.50

Diss Corn Hall, 10 St Nicholas Street, Diss IP22 4LB


A look at the life of the astronaut, Neil Armstrong, and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969, exploring the sacrifices and costs on the Nation, and Neil himself, during one of the most dangerous missions in the history of space travel.

This event is part of the Creative Arts East Screen community cinema scheme

To book tickets visit: www.thecornhall.co.uk or call: 01379 652241

Hidden Gems

King’s Lynn Borough Archives

12 June
10:30 - 11:30

Stories of Lynn Museum, Town Hall Complex, Saturday Market Place, King’s Lynn PE30 5DQ

In this free ‘Hidden Gems’ session, a selection of some of the archives’ more colourful and obscure records will be on display, and the archivist will talk about each document’s history and provenance. Places are limited and must be booked in advance.

Email: storiesoflynn@west-norfolk.gov.uk
Tel: 01553 774297

www.storiesoflynn.co.uk

Stories of Lynn Youth Group

Norfolk Museums Service

12 June
16:00 - 18:00

Education Room in Stories of Lynn Museum, Town Hall Complex, Saturday Market Place, King’s Lynn PE30 5DQ

This is a Kick the Dust Youth Group for 11 – 25 year olds who enjoy History, enjoy making things, are free on a Wednesday between 4 - 6pm and want to have a taste of what is in our museum that they can join in with. We will need a parental consent form signed for anyone under the age of 18 years. This is a FREE event. Young Carers are eligible and very welcome.

Kick the Dust Facebook page
www.storiesoflynn.co.uk

Street Art Doodling

Norfolk Museums Service

12 June
10:00 - 15:00

Lynn Museum, Market St, King’s Lynn PE30 1NL

Street Art is a new project that aims to brighten some of the forgotten, dingy corners and alley ways of King’s Lynn so visitors see the beauty of the historic buildings as they approach the Town Centre from the car parks, train station or bus station. We will be working with an artist on a mega-Street Art Doodle that will be used as vinyl prints on the windows of shops and buildings in the town.

www.museums.norfolk.gov.uk
‘Moods in the Wood’ Free Film Making Workshop for Young Carers

Norfolk Museums Service
13 June
16:00 - 18:00
Gressenhall Farm and Workhouse Gressenhall, Beetley, Dereham NR20 4DR
Join us at Gressenhall Farm and Workhouse as we enter the woods and create interesting film footage and art work. To book this workshop email: rachel.duffield@norfolk.gov.uk
www.museums.norfolk.gov.uk

After Hours at the Museum of Norwich Lino Printing Workshop

Norfolk Museums Service
13 June
16:00 - 18:00
Museum of Norwich at the Bridewell, Bridewell Alley, Norwich NR2 1AQ
Join us after hours at the Museum of Norwich for an evening of exploring, investigating and making. Meet Samson, our newly restored 17th century wood carving and create and take home your own lino prints inspired by the objects in our collection. Suitable for all levels aged 11+. Free event but booking essential.
Email: Rachel.daniel@norfolk.gov.uk
www.museums.norfolk.gov.uk

Gardening Club

Norfolk Library and Information Service
13 June
14:00 - 16:00
Dersingham Library, Orchard Close, Dersingham, King's Lynn PE31 6LU
Could you help us care for our garden? Come and join us, make new friends and pick up some great gardening tips.
www.norfolk.gov.uk

Knit and Natter

Norfolk Library and Information Service
13 June
10:30 - 12:30
Hunstanton Library, 36 Westgate, Hunstanton PE36 5AL
Want to learn to knit, chat, share ideas and patterns, then come and join our Knit and Knatter group. Refreshments provided, donations are welcome.
www.norfolk.gov.uk

Words for Wellness

Hosted by the National Centre for Writing
13 June
18.30 (90mins)
National Centre for Writing, Dragon Hall, 115-123 King Street, Norwich, NR1 1QE
Writer and counsellor Margaret Meyer is joined by Tonia Mihill (Mancroft Advice Project) and Sally-Anne Lomas (Cloth of Kindness project) to compare notes on the benefits and pleasures of writing and reading for wellbeing. In this session they will share their experiences of working with words in different settings, and invite you to share yours. There will also be the opportunity to try your hand at some practical exercises.
Free, please book in advance: www.nationalcentreforwriting.org.uk

All events are FREE unless otherwise stated
### Stitch and Natter
Norfolk Library and Information Service

13 June
16:45 - 19:00
Long Stratton Library, The Street, Long Stratton, Norwich NR15 2XJ

Stitch, knit and have a chat with other friendly people from your community.
[www.norfolk.gov.uk](http://www.norfolk.gov.uk)

### Paper-Works* - Printing for Wellbeing

The Fisher Theatre, Broad Street, Bungay NR35 1EE

Lowestoft based printmakers paper-works* will be bring their press to Bungay for a morning of printmaking for beginners. This event is open to everybody. Booking essential as places are limited.

Book by phoning Sophie on 07889583334 or email: fisherartsandsocial@gmail.com
[www.fishertheatre.org](http://www.fishertheatre.org)

### Art Appreciation
The Corn Hall

13 June
10:00 - 13:00

**£5 per session**

Waveney Room, The Corn Hall, 10 St Nicholas Street, Diss IP22 4LB

Led by art historian Tania Harrington, come and hear about artists and their lives through documentaries, video clips and discussion. An informal group open to all.

To book visit: [www.thecornhall.co.uk](http://www.thecornhall.co.uk) or call: 01379 652241

### Young Carers Print Making Session

13 June
17:00 - 19:00
Stories of Lynn Museum, Town Hall Complex, Saturday Market Place, King’s Lynn PE30 5DQ

Working from maps of the old town of King’s Lynn, we will be making print blocks to create works of art. This will be an evening session.
[www.storiesoflynn.co.uk](http://www.storiesoflynn.co.uk)

### Community Singers!

13 June
19:00 - 21:00
The Café at St. George’s Theatre, King St, Great Yarmouth NR30 2PG

Fun community singing.
[www.stgeorgestheatre.com](http://www.stgeorgestheatre.com)

### Mental Health & Wellbeing Conference

East Coast College

13 June
09:30 - 14:40

Great Yarmouth Campus, Suffolk Rd, Great Yarmouth NR31 0ED

Come and talk to agencies and organisations about services and provision, employment, voluntary work, placements, courses, activities and plans for mental health & wellbeing in Norfolk and Waveney. Open to all interested parties - organisations, charities, employers, students, local residents and training providers.
[www.eastcoast.ac.uk](http://www.eastcoast.ac.uk)

### Community Event

Norfolk Library and Information Service

14 June
10:00 - 12:00
Sproston Library, Recreation Ground Rd, Norwich NR7 8EW

Like knitting and would like to meet a great bunch of new people? Come and join the Norfolk Knitters and Stitchers Knit and Natter at Sproston Library. With refreshments.
[www.norfolk.gov.uk](http://www.norfolk.gov.uk)
**Knit and Natter**
Norfolk Library and Information Service  
14 June  
10:00 - 12:00  
Dereham Library, 59 High St, Dereham NR19 1DZ  
Come along and enjoy some good company over a cuppa with our friendly Knit and Natter group. Bring a project or start something new or swap tips and ideas. Absolute beginners welcome.  
www.norfolk.gov.uk

**Carers Support Day**
Adult Social Services, Norfolk County Council  
14 June  
10:00 - 16:00  
The Forum, Millennium Plain, Norwich NR2 1AW  
Carers Support Day celebrates the huge contributions carers play in people’s lives. The day brings together carers of all ages as a community to learn about the support available to them and try new activities. We will be filling the Forum with organisations, groups and networks from across Norfolk that can help with the difficulties, stresses and challenges of caring.  
www.norfolk.gov.uk  
www.carersweek.org

**Needlefelts Workshop**
The Corn Hall  
14 June  
10:00 - 13:30  
£40 per person (price includes tea/coffee & cake)  
The Corn Hall, St Nicholas St, Diss IP22 4LB  
Learn the craft of needle felting. Price includes full starter kit to make your own hare plus additional materials to take away and make another at home. Beginners welcome from Age 14+.  
To book tickets visit: www.thecornhall.co.uk or call: 01379 652241

**Free Music & Dance Workshops for Older People - 2 Sessions**
Our Day Out, Creative Arts East  
14 June  
10:00 - 12:00  
St Mary’s Community Hall, Church Street, Attleborough NR17 2AH  
14:00 - 16:00  
Dereham Meeting Point, Jubilee Suite, St Withburga Lane, Dereham NR19 1ED  
Arts charity Creative Arts East run free regular workshops across Norfolk that help older people (including carers, those living with a dementia and other long-term health conditions) participate in high-quality creative activities. They have a hugely positive impact in terms of improving wellbeing and decreasing loneliness and isolation amongst participants.  
www.creativeartseast.co.uk/projects/our-day-out

**Our Day Out: Music & Dance Workshops for Older People, Creative Arts East. Photo: Anita Staff**

**Colour me Calm – Adult Colouring Group**
Norfolk Library and Information Service  
14 June  
13:30 - 15:30  
Gaywood Library, River Lane, King’s Lynn PE30 4HD  
Colouring is an easy way to calm the mind. Colouring sheets and pens provided. Regular session every Friday. Refreshments will be available for a donation. Please call the library on 01552 768498 for more information.  
www.norfolk.gov.uk

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All events are FREE unless otherwise stated
**Colour me Calm**
Norfolk Library and Information Service  
14 June  
11:00 - 13:00  
North Walsham Library, New Rd, North Walsham NR28 9DE  
Colour Me Calm on Fridays. Switch off your mind to the hubbub of the day with a relaxing session of colouring in. All materials provided.  
[www.norfolk.gov.uk](http://www.norfolk.gov.uk)

**Walk: Discover Hanseatic Lynn with Dr Paul Richards**
King's Lynn Festival  
14 June  
19:00 Start  
**Tickets are £15 per person**  
Meet at The Customs House, King’s Lynn, Purfleet Quay, King’s Lynn PE30 1HP  
Join Paul Richards on a guided tour of the particular places where the town’s Hanseatic heritage can be discovered and appreciated. Walks usually last around 60 minutes. Followed by drinks at Hanse House. Tickets must be booked in advance from the Festival Office: 01553 767557 or purchased online.  
[Kingslynnfestival.org.uk](http://Kingslynnfestival.org.uk)

**Digital Photography Session**
Norfolk Library and Information Service with Norfolk Community Learning Services  
14 June  
09:30 - 11:30  
Stalham Library, High St, Stalham, Norwich NR12 9AN  
Join us for a free two hour digital photography session. During this session you will learn to take photos, edit and upload via your own smart phone or tablet. There will be an opportunity to develop your skills further during the session on a walking tour in and around the town that will enable you to practise on focus, lining up shots, lighting and using filters.  
[www.norfolk.gov.uk](http://www.norfolk.gov.uk)

**The Moral Story**
Norfolk Record Office  
14 June  
14:00 - 16:00  
The Green Room, Norfolk Record Office, The Archive Centre, Martineau Lane. Norwich NR1 2DQ  
Witness statements within the ‘bawdy court’ records offer some of the most interesting insights into people’s day-to-day lives. Church courts dealt with moral matters and cases of sexual impropriety. Join us for a workshop on how to read and interpret these seventeenth and eighteenth century records. Covering most of Norfolk and Suffolk, deposition books offer a rich resource for family, local and social historians. Booking essential at [https://www.eventbrite.co.uk/e/the-moral-story-tickets-53638629585](https://www.eventbrite.co.uk/e/the-moral-story-tickets-53638629585)

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*Work from Friend Ship CIC workshop*
Disrupt Preconceptions: Women Over 40
The Experience Event, Kathy Webb
14 June - 19:00 - 22:30
15 June - 11:00 - 16:00
The Shoe Factory, St. Mary’s Works, St. Mary’s Plain, Norwich NR3 3AF

The ‘Disrupt Preconceptions: Women Over 40’ Experience Event is a happening focussing on themes around positive ageing and women in their 40s, 50s, 60s and 70s. It will feature wellbeing experiences, music, photography, videography, areas to explore and inspiring speakers. The Experience Event will take place on the evening of Friday 14th June (Private View & Press Launch) and daytime on Saturday 15th June at the Shoe Factory in Norwich.

The winners of the ShakeYourAge Awards Norfolk & Norwich, which celebrate positive ageing of women over 40, will be announced at the Private View & Press Launch on Friday 14th. Talks will be on Saturday 15th. Tickets are available to the public for the Saturday with a small selection available for Friday's Private View/Press Launch.

www.theexperienceevent.co.uk

Launch of ‘The HumaniTea Party’ Exhibition
The Friend Ship CIC
15 June
16:30 - 18:00
OPEN Café, 28 Castle Meadow, Norwich NR1 3DS

The exhibition is a table set for invited famous refugee guests to challenge stereotypes of ‘who is a refugee’. Refugees doing the workshops with Norfolk artists say it gives them a chance to forget their stress and anxiety, relax and have a friendly fun time and learn new creative skills.

Image from Yoga with Lucy

Yoga + Fire in the Woods and more: Summer Solstice
Yoga with Lucy
15 June
12:00 - 16:00
12:00 Family Yoga (yoga with Lucy)
13:00 Nurturing Ourselves + Others (Nurtured Heart Approach®️with Debbie Sands)
14:00 Vinyasa Yoga (with Michelle M Yoga)
15:00-16:00 Fire Ceremony

£10 per adult | £10 per adult + 1 child (£5 additional Child/Teen) | Fire Ceremony is an additional FREE bonus

Whitlingham Country Park, Trowse, Norwich NR14 8TR

Yoga with Lucy has teamed up with the Broads Authority to create space to celebrate the Summer Solstice! A time to connect with the warmest, longest days of the year, breaking from work, celebrating all that is ripening, coming in to fruition and harvesting the fruits of our labours. Welcoming the power of summer, letting all it’s light in and awakening the bright summer within us all!

Bookings in advance at yogawithlucya@gmail.com

For more information visit: www.facebook.com/yogawithLucyA/yoga-with-lucy.tumblr.com

Work from Friend Ship CIC workshop
Puppet Party
Norwich Puppet Theatre
15 June
12:00 - 16:00
Norwich Puppet Theatre, St James, Whitefriars, Norwich NR3 1TN
£3 per person suggested donation
To celebrate Norfolk Creativity and Wellbeing Week, we’re holding a puppet party!
There will be a drop-in family workshop for a bit of crafting fun and the chance to spend some quality time together. Professor Jingles will also be joining us to perform his Punch and Judy show at 1pm and 3pm. If the weather is nice we’ll be outside in our garden, but there is plenty of space indoors if the clouds gather.
www.puppettheatre.co.uk

Knit and Natter
Norfolk Library and Information Service
15 June
11:00 - 13:00
Stalham Library, High St, Stalham, Norwich NR12 9AN
A drop in morning on the 1st & 3rd Saturday of the month for those who knit or crochet (or those who are interested in learning how to do both). If you are a knitter and are interested in helping others learn or if you would like to learn a new skill, then please come along. Coffee and tea available.
www.norfolk.gov.uk

Craft Morning
Norfolk Library and Information Service
15 June
10:30 - 12:00
Aylsham Library, 7 Hungate Street, Aylsham NR11 6AA
Craft sessions every Saturday morning, free event for all ages. Under 8’s accompanied by an adult please.
www.norfolk.gov.uk

Talking Textiles Family event for Looked after Children and Young Carers
Norfolk Museums Service
15 June
10:00 - 17:00 (drop in activity running throughout the day)
Gressenhall Farm and Workhouse Gressenhall, Beetley, Dereham NR20 4DR
Drop in art activity for those attending the LAC family day entitled ‘Talking Textiles’, using a variety of mixed media which have been inspired by the Lorina Bulwer sampler ‘rant’.
This event is part of a larger Family Fun Day for looked after and adopted children and their careers. This year’s theme is ‘Roll Up, Roll Up’ - a Circus themed extravaganza. The museum site will be brought to life through costumed characters, fun challenges, sculpture and art activities. Families can ‘Put on a Show’ with our Ringmaster in the courtyard, visit our fortune teller to discover their future, create fantastical creatures, get a tattoo in our tattoo parlour and try their luck at our fair stalls!
www.museums.norfolk.gov.uk

All events are FREE unless otherwise stated
Wild Walking and Mindful Making

Broads Authority
15 June
14:00 - 16:00
Burgh Castle, Butt Lane, Burgh Castle, Great Yarmouth, Norfolk NR31 9QB

Join artist Genevieve Rudd for a relaxed walk around Burgh Castle with some mindful making activities inspired by the surrounds, working directly with the natural materials found along the walk. No previous experience is needed, just a willingness to try out creative activities which will encourage you to look more closely at the landscape, such as making nature paintbrushes and pigments.

Activities will revolve around mixed media drawing, creating charcoal drawings with DIY twig/leaf/grass paintbrushes tied with string which will be created along the walk, and using mud as a pigment mixed with water.

This event is part of the Water, Mills and Marshes: Broads Landscape Partnership Scheme.

www.watermillsandmarshes.org.uk
www.visitthebroads.co.uk

Ukulele Festival

The Corn Hall
15 June
11:30 - 23:00
The Corn Hall, St Nicholas St, Diss IP22 4LB

A whole day of Ukulele-based activities including A Big Busk – Diss Market Square 11:30-12:30pm. In the Corn Hall Workshops 2pm & 3:30pm £3 each. Open Mic 5pm. Evening Concert Featuring The Delta Beltas 7:30pm £8.

To book tickets visit: www.thecornhall.co.uk or call: 01379 652241

Write Water Walk Community Writing Workshop

Broads Authority
16 June
10:00 - 13:00
Geldeston Lock, Gelderton, Beccles NR34 0HW

A 3 hour community writing workshop exploring the legacy of water at Geldeston Lock with words – write your own lyrical prose celebrating water in all its forms, rain, river, broad, and add to a giant river of words on display. Take a guided walk, gather words and impressions and shape them into a final piece of work. Open to all.

www.broads-authority.gov.uk
www.visitthebroads.co.uk

Sunday Morning Sketch Session

Norfolk Museums Service
16 June
9:30 - 12:30
Adults £6.00, Museum Pass Holders £5.00

Time and Tide Museum, Blackfriars' Rd, Great Yarmouth NR30 3BX

Join us for a morning of drawing and exploring some of the museum’s more hidden collections with our trained tutor. All abilities welcome and materials shall be supplied.

www.museums.norfolk.gov.uk/time-tide
Norfolk Museums Service comprises 10 museums and a study centre. The collections they house and the buildings themselves are all of great regional or national importance.

All the museums provide a year round programme of events and activities for people of all ages as well as specific projects working with vulnerable groups.

Visits to museums and participation in cultural activities provide learning opportunities and enhance peoples’ health and wellbeing.

To find out more visit: www.museums.norfolk.gov.uk

1. **Norwich Castle Museum & Art Gallery**
   Built by the Normans as a Royal Palace over 900 years ago, Norwich Castle is now a museum and art gallery and home to some of the most outstanding collections of fine and decorative arts, archaeology and natural history, not only in the region but the country. Over the next few years major investment from the National Lottery Heritage Fund and other key funders is set to transform the Castle’s iconic Keep into a world-class visitor experience.

2. **Strangers’ Hall, Norwich**
   This atmospheric building was once home to the wealthy merchants and mayors who made medieval Norwich a great city.

3. **The Museum of Norwich at the Bridewell**
   The Bridewell has been a merchant’s house, a house of correction, a tobacco warehouse and a shoe factory. Now The Museum of Norwich, it tells the stories of the people who helped create our modern city.

4. **Gressenhall Farm and Workhouse, near Dereham**
   This wonderful family-friendly 50 acre site features a working farm and Grade II listed workhouse complex. This houses Norfolk’s rural life museum and the moving new Voices from the Workhouse displays which explore the day-to-day lives of those who lived and worked within its walls.

5. **Lynn Museum, King’s Lynn**
   This vibrant community museum tells the West Norfolk Story and features a gallery dedicated to Seahenge, the unique 4,000-year-old timber circle.

6. **Ancient House Museum of Thetford Life**
   A lively, community-centred museum, Ancient House provides a fascinating insight into the rare Tudor house it occupies, alongside the wider history of Thetford and the Brecks.

7. **Cromer Museum**
   Located on the High Street this converted fisherman’s cottage explores the history of Cromer as a popular seaside resort and a geological area of international importance.

8. **Time and Tide, Museum of Great Yarmouth Life**
   Set in a preserved Victorian herring curing works, the museum celebrates the unique story of Great Yarmouth from prehistoric origins to the present day alongside an ambitious temporary exhibitions programme.

9. **Elizabethan House Museum, Great Yarmouth**
   This handsome 16th century home invites you to look into the lives of the families who lived there, from Tudor through to Victorian times.

10. **The Tolhouse, Great Yarmouth**
    One of the country’s oldest prisons, this 12th century site vividly brings to life the story of crime and punishment in Great Yarmouth.

Together to the Workhouse Door Project, Norfolk Museums Service, Sinfonia Viva, Norfolk Arts Service. Photo: David Kirkham
**Arts Organisations**

There is much to celebrate in the breadth, ambition and quality of the arts in the county. Norfolk boasts a wide range of professional arts organisations as well as a thriving voluntary and community arts sector. Norfolk is also home to many artists, writers, creative practitioners and enterprises. Many of our organisations have national and international roles and profiles. All enable access to and participation in high quality arts opportunities for residents and visitors alike, and play a key role in enhancing health and wellbeing.

Norfolk Arts Service administers Norfolk County Council’s arts grants budget which supports 16 professional arts organisations throughout Norfolk, as well as many community arts projects and activities. All organisations supported through the arts budget contribute to and enable health and wellbeing, social mobility, crime reduction, community engagement, diversity and skills.

Please contact the arts organisations directly for information about volunteering opportunities.

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<tr>
<th>Creative Arts East</th>
<th>National Centre for Writing</th>
<th>Norwich Puppet Theatre</th>
<th>St. George’s Theatre</th>
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<th>Norfolk &amp; Norwich Festival</th>
<th>SeaChange Arts</th>
<th>The Garage</th>
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<td>norwichplayhouse.co.uk</td>
<td>sheringhamlittletheatre.com</td>
<td>westacretheatre.com</td>
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Norfolk Library and Information Service

Norfolk Library and Information Service manages 47 libraries across the county, as well as providing a mobile library service. The libraries, many of which are in rural areas, provide a valuable service for local communities, often acting as a hub for activities for people of all ages, helping to improve health and wellbeing and reduce loneliness and isolation.

They provide a year round programme of regular classes and activities which often have a creative focus, including: Knit and Knatter, Colour me Calm, gardening clubs, craft sessions and music activities. They also host theatrical performances and story telling sessions.

www.norfolk.gov.uk/libraries-local-history-and-archives/libraries

Healthy Libraries

In a countywide drive to promote health and wellbeing, Norfolk’s library staff have been trained in understanding health improvement and mental health first aid. This means they can offer information, advice and healthy activities, as well as signposting customers to find further help.

Healthy library activity is delivered by library teams, working in partnership with Norfolk Public Health staff. Library staff, customers and volunteers have been able to tailor what happens in their healthy library to their local community. If local people express an interest in walking for their health, or there is an obvious need for a friendship group, then this can happen, with only a very small amount of money needed for staffing, materials and refreshments.

Library staff work with the Public Health team and doctors surgeries to continue to embed the Universal Health Offer in all libraries as part of the mainstream service.

This programme was awarded the 2016 Libraries Change Lives award by the Chartered Institute of Library and Information Professionals (CILIP).

Reading Well

The Reading Well scheme provides books with helpful information and support for: mental health, long term conditions, young people, dementia, ‘Mood boosting Books’ and Macmillan Cancer support booklets. www.norfolk.gov.uk/libraries-local-history-and-archives/libraries . For more information visit the Reading Well website.

Norfolk Community Learning Service

Based at Wensum Lodge in Norwich, Norfolk Community Learning Service provides Adult Learning education courses, community learning, skills and training, leisure and apprenticeships. They programme a wide range of creative courses in their specialist studios, which have facilities for silversmithing, ceramics, visual art and textiles.

www.norfolk.gov.uk/education-and-learning/adult-learning

Norfolk Community Learning Service workshop, Wensum Lodge
Norfolk Record Office

Norfolk Record Office has a full annual programme of activities and events which take inspiration from their fantastic archive of records detailing the history of Norfolk and its people, including: family fun and crafts, historical research sessions, behind the scenes tours, talks and calligraphy and drawing workshops.

www.archives.norfolk.gov.uk

Change Minds

Change Minds is a transformative archival adventure for people from North Norfolk and Norwich who live with mental health conditions and are on low incomes, carers, volunteers and staff. Researching two digitised 19th Century Norfolk County Asylum Case Books at Norfolk Record Office and Norwich Millennium Library, Change Minds engages local people and online visitors in the stories it reveals during a fascinating investigation into local heritage, mental health and identity.

The project is a partnership between the Restoration Trust, Norfolk Record Office and Together for Mental Wellbeing, funded by the National Lottery Heritage Fund.

www.changeminds.org.uk

Volunteering

Volunteering provides fantastic opportunities for people to learn new skills, meet people and support organisations to deliver services in the community.

Norfolk Museums Service, Norfolk Library Service, Norfolk Record Office and many arts organisations provide a wide range of volunteering opportunities for people of all ages. Visit the links below if you would like to find out more and get involved.

www.museums.norfolk.gov.uk
www.norfolk.gov.uk/libraries
www.archives.norfolk.gov.uk

Voluntary Norfolk

Voluntary Norfolk is dedicated to delivering services that enable strong communities where people are able to work together to improve their lives and fulfill their ambitions.

They enable people to contribute their time, skills and talents for their own and for the community’s benefit, together with supporting the growth and development of voluntary organisations and community groups.

www.voluntarynorfolk.org.uk

Norfolk Directory

Norfolk Community Directory contains activities, services and groups to help all Norfolk residents live healthy, active and fulfilling lives.

The information in this directory could be from any organisation which offers services, activities, or events to help people: keep healthy, be sociable, physically active, mentally active, raise their aspirations for educational achievement, help their community, stay independent, feel included, get involved, improve their well-being, stay safe, find suitable care and support, find help looking after their children, and get family support.

Visit the website to search for activities in your local area: communitydirectory.norfolk.gov.uk
If you need this form in large print, audio, Braille, alternative format or in a different language please contact the Norfolk Arts Service on: Telephone 01603 222941
Email arts@norfolk.gov.uk and we will do our best to help.