



Creativity and **Wellbeing** **WEEK**

Norfolk: 10 - 16 June 2019



www.norfolk.gov.uk



Norfolk County Council



Front Page Photo Credits, Images from left:

Top row: 'Our Day Out', Creative Arts East, photo: Anita Staff, Family Workshop, Print to the People, Performance of 'Cry to the Sea', Thalia Theatre, photo: Miguel Sepulveda.

Middle row: Audience Creative Arts East touring theatre production, photo: Trish Thompson, Flick, Squirt, Ooze workshop lead by Sophie Fox, Norwich Puppet Theatre, Magdalen Memory Club, Cinema City.

Bottom row: Toddler Dance, The Garage, High Tide and D for Dance, The Garage, Quidenham Children's Hospice Siblings Day Event, Norwich Playhouse.

'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



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Norfolk Creativity and Wellbeing Week 2019: [@CreativeNorfolk](https://twitter.com/CreativeNorfolk)

Norfolk Arts Forum: [@NCCArtsService](https://twitter.com/NCCArtsService)



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Email arts@norfolk.gov.uk and we will do our best to help.

Welcome!



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).

Cllr. Margaret Dewsbury

Cabinet Member - Communities and Partnerships

Norfolk County Council

4 | Professional Development Programme: 12 - 13 June

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

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Sing your Heart Out, Wells Library	12
Exploring Watercolour – Colour Mood, Wensum Lodge	13
Knit and Natter, Long Stratton Library	12
Knit and Natter, Watton Library	13
Arts and Crafts session, Cromer Library	12
Just a Cuppa – Adult Colouring and Games Session, Dereham Library	12
Performance of Connie’s Colander, by Gaye Poole, Great Yarmouth Library	11
Drawn Together – Craft Workshop, North Walsham Library	12
Hands-on History, Time and Tide Museum	13
Stitch Together Exhibition, 10 - 14 June. Barrington Farm, Walcott, Norfolk	10
Sewing the Stories of Lynn, Stories of Lynn Museum, King’s Lynn	13
Craft Session, Acle Library	13
The Garage Creative Classes Taster Sessions, 10-16 June, The Garage, Norwich	9
Great Yarmouth Arts Festival 2019, 7-16 June, Various Venues, Great Yarmouth	12
‘Pride of the People’ Exhibition, 10-15 June, Gressenhall Farm and Workhouse, Gressenhall	10
Dementia Café, The Corn Hall, Diss	13
Art in the Minster, 7-16 June, Great Yarmouth Minster	10
Cloth of Kindness – Health and Wellbeing Exhibition and Workshops, 9-16 June, Burning Bush Barn Contemplative Arts Space, Rockland St Mary	10
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Our Day Out: Music & Dance Workshops for Older People, Women’s Institute Hall, Wells-next-the-Sea	14
Crochet a Healthier You, Wensum Lodge	14
North Walsham People’s Choir, Sacred Heart Parish Hall, North Walsham	14
Crochet Club, Poringland Library	15
Gardening Club, Great Yarmouth Library	14
Keep Calm and Colour – Adult Colouring Group, The Millennium Library, Norwich	14
Performance of Connie’s Colander, by Gaye Poole, Gaywood Library	11
Arts & Wellbeing Course - Introduction & Taster session, Artpocket, Norwich	9
Stories of Lynn Open House, Stories of Lynn Museum, King’s Lynn	15
Art Café Open Day, Abbey Neighbourhood Centre, Thetford	13
Making at the Marsh, create small artworks from air-drying clay, Burgh Castle	15

All events are FREE unless otherwise stated

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Creativity and Wellbeing Professional Development Session, Norfolk Record Office, Norwich	4
First Man – Community Cinema Screening, Diss Corn Hall	16
Organ Recital in Great Yarmouth Minster by Martyn Marshall, Great Yarmouth Minster	11
Knit and Natter, Holt Library	15
Hidden Gems, King’s Lynn Borough Archives	16
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Drop in and Draw, The Millennium Library, Norwich	15
‘Drop in, join in, have fun’ with Thalia Theatre, St Saviour Church, Magdalen Street, Norwich	9
Stories of Lynn Youth Group, Stories of Lynn Museum, King’s Lynn	16
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Arts in Health at the Theatre Open Day, Stage Two, Norwich Theatre Royal	9
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Knit and Natter, Dersingham Library	17
Stitch and Natter, Long Stratton Library	18
Gardening Club, Dersingham Library	17
Young Carers Print making session, Stories of Lynn Museum, King’s Lynn	18
Paper Works* - Printing for Wellbeing, The Fisher Theatre, Bungay	18
Mental Health Conference, East Coast College, Great Yarmouth Campus	18
‘Moods in the Wood’ film making workshop for young carers, Gressenhall Farm and Workhouse	17
After Hours at the Museum of Norwich – Lino Printing Workshop, Museum of Norwich	17
Performance of Connie’s Colander, by Gaye Poole, Dereham Library and Wymondham Library	11
Words for Wellness, Hosted by National Centre for Writing, Dragon Hall, Norwich	17
Art Appreciation, The Corn Hall, Diss	18
Community Singers! The Café at St. George’s Theatre	18



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

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Our Day Out: Music & Dance Workshops for Older People, Dereham Meeting Point, Dereham	19
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Colour Me Calm – Adult Colouring session, Gaywood Library	19
Performance of Connie's Colander, by Gaye Poole, Thetford Library	11
Colour Me Calm, North Walsham Library	20
ELECTROLYTE (Wildcard Theatre Company), Norwich Playhouse	11
Walk: Discover Hanseatic Lynn with Dr Paul Richards, The Customs House, King's Lynn	20
Digital Photography Session, Stalham Library	20
Carers Support Day, The Forum, Norwich	19
Disrupt Preconceptions: Women Over 40, The Shoe Factory, St. Mary's Works, Norwich	21
Needlefelt Workshop, The Corn Hall, Diss	19
The Moral Story, Norfolk Record Office, Norwich	20
Saturday 15 June	
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Yoga + Fire in the Woods and more! Whitlingham Country Park, Norwich	21
Disrupt Preconceptions: Women Over 40, The Shoe Factory, St. Mary's Works, Norwich	21
Launch of 'The HumaniTea Party' Exhibition, OPEN Café, Norwich	21
Talking Textiles Family Event for Looked after Children and Young Carers, Gressenhall Farm and Workhouse	22
Puppet Party, Norwich Puppet Theatre, Norwich	22
Ukulele Festival, The Corn Hall, Diss	23
Wild Walking and Mindful Making, Burgh Castle	23
Sunday 16 June	
Write Water Walk, Geldeston Lock	23
Sunday Morning Sketch Session, Time and Tide Museum, Great Yarmouth	23

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



Art Workshop, Thalia Theatre



Toddler Dance Session, The Garage

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](#)



NNUH Cloth of Kindness

'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



Batik, Barrington Farm

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

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

Music by Bedard, Boëllmann, Bach, Lefebure-Wely and Gigout. **Retiring collection for organ.**

www.greatyarmouthartsfestival.co.uk



Team Viking

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

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

12 | Participation

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

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

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



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

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

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

14 | Participation

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

Crochet Club

Norfolk Library and Information Service

11 June

14:00 - 16:00

Poringland Library, Overtons Way, Poringland,
Norwich NR14 7WB

All levels of expertise welcome. Glad to help if you are new to crochet.

www.norfolk.gov.uk

Making at the Marsh

Broads Authority

11 June

13:00 - 15:00

Burgh Castle, Butt Lane, Burgh Castle, Great
Yarmouth, Norfolk NR31 9QB

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.

watermillsandmarshes.org.uk

www.visitthebroads.co.uk

Stories of Lynn Open House Family Learning Activities

Stories of Lynn Museum

11 June

10:00 - 16:30

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

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!

www.storiesoflynn.co.uk

Knit & Natter

Norfolk Library and Information Service

12 June

10:30 - 12:00

Holt Library, 9 Church St, Holt NR25 6BB

If you fancy having a chat to others while sharing knitting tips and patterns, come along for our Knit and Natter.

www.norfolk.gov.uk

Drop in and Draw

Norfolk Library and Information Service

12 June

14:10 - 16:30

The Millennium Library (first floor), The Forum,
Millennium Plain, Norwich NR2 1AW

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.

www.norfolk.gov.uk



Playing For Cake! Community Singing and Music Making Workshop

12 June

16:00 - 18:00

The Hub café at Sheringham Little Theatre, 2 Station
Rd, Sheringham NR26 8RE

Free and Fun Community Singing and Music Making
Workshop

www.playingforcake.co.uk

**All events are FREE
unless otherwise stated**



Audience at Creative Arts East event.
Photo: Trish Thompson

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

The riveting story of NASA's mission to land a man on the moon, focusing on Neil Armstrong and the years 1961-1969.

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

**All events are FREE
unless otherwise stated**

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

Knit and Natter

Norfolk Library and Information Service

13 June

10:30 - 12:00

Dersingham Library, Orchard Close, Dersingham, King's Lynn PE31 6LU

A weekly drop in morning 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

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

18 | Participation

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

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

or call: 01379 652241

Mental Health & Wellbeing Conference Community Event

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

Paper-Works* - Printing for Wellbeing

Thursdays at the Fisher

13 June

10:30 - 12:30

£10 per person

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

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

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

Knit and Natter

Norfolk Library and Information Service

14 June

10:00 - 12:00

Sprowston 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 Sprowston Library. With refreshments.

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

Needlefelt 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

**All events are FREE
unless otherwise stated**

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

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

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

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



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>



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.



Work from Friend Ship CIC workshop

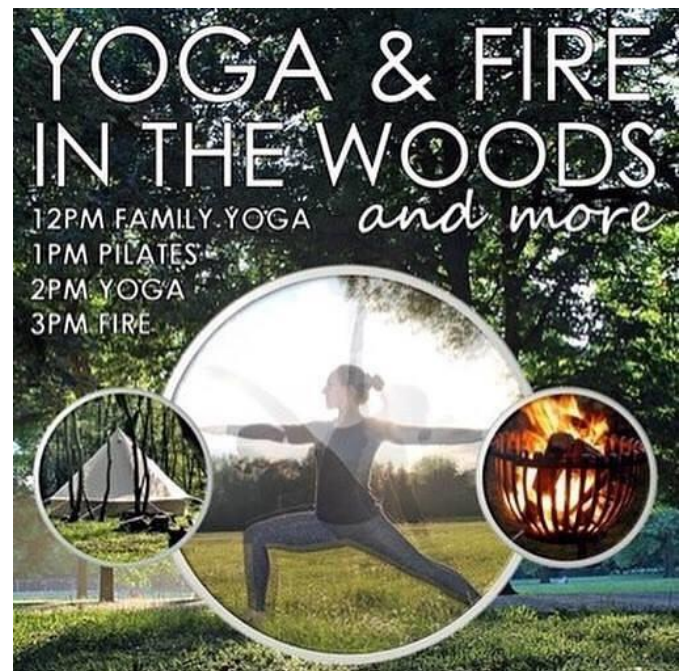


Image from Yoga with Lucy

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



Puppet workshop, Norwich Puppet Theatre

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

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

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

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

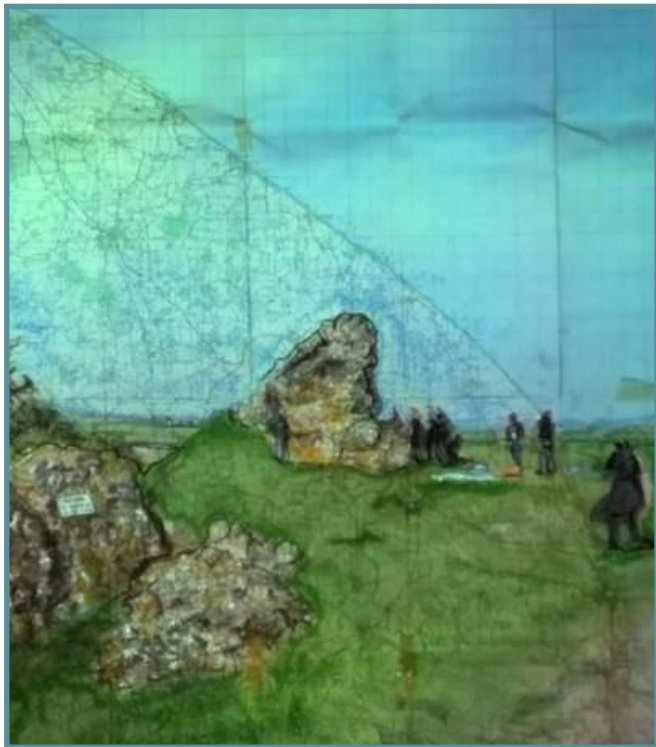
Join artist Genevieve Rudd for a relaxed walk around Burgh Castle with some mindful making activities inspired by the surrounds, working directly with the natural materials found along the walk. No previous experience is needed, just a willingness to try out creative activities which will encourage you 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.

watermillsandmarshes.org.uk

www.visitthebroads.co.uk



*Artist's image of Burgh Castle,
Restoration Trust*

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, Geldeston, 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

Museums

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.

Norwich Castle Study Centre, Shirehall, Norwich

The Study Centre offers first-rate facilities to access and study NMS reserve collections.

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.



Creative Arts East
creativeartseast.co.uk



National Centre for Writing
nationalcentreforwriting.org.uk



Norwich Puppet Theatre
puppettheatre.co.uk



St. George's Theatre
stgeorgestheatre.com



Curious Directive
curiousdirective.com



Norwich Arts Centre
norwichartscentre.co.uk



Norwich Theatre Royal
theatreroyalnorwich.co.uk



Thalia Theatre Company
thaliatheatre.co.uk



King's Lynn Festival
kingslynnfestival.org.uk



Norfolk & Norwich Festival
nnfestival.co.uk



SeaChange Arts
seachangearts.org.uk



The Garage
thegarage.org.uk



Maddermarket Theatre
maddermarket.co.uk



Norwich Playhouse
norwichplayhouse.co.uk



Sheringham Little Theatre
sheringhamlittletheatre.com



Westacre
westacretheatre.com

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



Norfolk Library and Information Service workshop

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.



Volunteers at Norwich Playhouse

www.museums.norfolk.gov.uk

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

Norfolk Arts Service
Norfolk County Council
The Archive Centre
Martineau Lane
Norwich NR1 2DQ
Telephone: 01603 222941
Email: arts@norfolk.gov.uk



Norfolk Creativity and Wellbeing Week 2019: [@CreativeNorfolk](https://twitter.com/CreativeNorfolk)

Norfolk Arts Forum: [@NCCArtsService](https://twitter.com/NCCArtsService)



www.facebook.com/NCCArtsService



Norfolk County Council



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.