

## Wellbeing Suffolk Social Team

Every month the Wellbeing Suffolk Social Team organise socials across Suffolk to give people the opportunity to expand their social network and catch up with those they've met through Wellbeing. These are currently hosted on Zoom and here is a quick summary of next year's socials which includes:

- **Where to walk in Suffolk** - Our community advisers and guests will be discussing some of the walks they have been on and share ideas on where to go if you are looking for inspiration.
- **Getting Active in Suffolk** - A relaxed online meet up to discuss the many different ways you can get active in Suffolk.
- **Virtual Men's Shed** - A chance for all men in Suffolk to take some time to have a chat about anything they'd from sports, motorsports, Netflix, cars, animals, bikes and so much more.
- **Book Worms** – a new monthly social all about books, literature and poetry and even some chat about the wonders of being human.
- **Managing the Menopause** - A session especially for 'women of a certain age' who are experiencing the menopause.
- **History Club** – An opportunity to meet like-minded people in a relaxed, informal setting and talk about all things History.
- **Quick Quiz** - Quick Quiz is a social where you can get your quiz fix. Certainly not University Challenge but full of light-hearted fun and a chance to connect with others.
- **Relaxation Pitstop** – A shorter online relaxation pitstop with Nikki, good if you are at work or home.
- **Nap and Natter** – A social for all those parents who are in need of a natter at naptime.
- **Song writing Social** - A social for learning how to turn your words into music and create a song accompanied with live music.
- **Nature and Nurture** - A chance to take some time for yourself and think about nature and all it has to offer, discussing favourite places you like to visit.
- **Cultural Connections** – A social to join residents from a wide variety of cultural backgrounds living in Suffolk who will be shining the spotlight on their culture and traditions.
- **Cuppa and a chat** – A chance to meet like-minded people in a relaxed, informal chat. This is not a therapy session, but an opportunity to build connections with others.
- **Relaxation Art** - A new relaxation social to relax and watch as a new piece of Art is created each week.
- **All things art #Get creative** - With guest speakers and practical workshops this social focus is on making, creating and appreciating art.
- **How to motivate yourself** - Starting an exercise routine and sticking to it, can be difficult and this social offers some helpful tips and hints to keep you going and motivated.